LIFESTYLE

In The Kitchen With Beth

Well for the next few weeks I am going to give you great food ideas for your Labor Day picnics and the close to the summer dishes!! I will have warm food dishes for the fall so please enjoy the next few weeks of summer with me. This week I am going to give you a couple of salads that are easy and delicious. So let's get started. First we will begin with easy pasta salad.

Ingredients

16 ounce package macaroni
2 red bell peppers, chopped
1 green bell pepper, chopped
⅓ cup chopped green onions
1 stalk celery, chopped
1 tablespoon olive oil
1 cup mayonnaise
1 package dry vegetable soup mix

Directions

First you want to bring a large pot of salted water to a boil. Once the water comes to a boil add the macaroni and let it boil for 5 minutes. After the first 5 minutes turn off the heat and cover for an additional 5 minutes. After the pasta is cooked you will want to drain it and rinse it with cold water until the pasta no longer feels hot. Put the macaroni in a large bowl.

Add to the pasta the red bell peppers, green bell peppers, green onions, celery and olive oil. Mix in the mayonnaise and soup mix and stir it until all the pasta and vegetables appear coated. Refrigerate the salad for a few hours before serving.

A second recipe this week is Pea Salad.

Ingredients

3 eggs (boiled), chopped
¼ cup Ranch-style dressing
1 teaspoon white sugar (or Splenda)
2 teaspoons white wine vinegar
salt to taste
¼ teaspoon ground black pepper
2 cups frozen green peas, thawed
3 green onions, chopped
2 medium dill pickles, chopped
2 stalks celery, chopped
1 cup shredded or small cubed Cheddar cheese

First to boil the eggs, place eggs in a saucepan and cover completely with cold water. Bring the water to a boil. Once the water has come to a boil, cover them and remove them from the heat. Let the eggs stand in hot water for 10 to 12 minutes. Then remove them from the heat, let them cool and then peel and chop them.

In a small bowl, mix together well the salad dressing, vinegar, sugar (or Splenda), salt and pepper. In a large bowl combine the eggs, pasta, green onion, pickles, celery and cheese. Pour the dressing over the mixture and stir it well until coated. Chill for about two hours before serving it!!

I hope you all enjoy these recipes. As always if you have any idea's on recipes or suggestions thit you would like me to write about please feel free to email me or send me a letter and I will do everything possible to write something about your idea.

Beth Bond is a certified chef with a culinary arts degree and a hotel-restaurant management degree from Sullivan University in Louisville, Ky. She also has several years' experience in the hospitality and food service industries. She is a press association award-winning photographer and has several years' experience in the newspaper industry. She can be reached by email at chefbethbond@yahoo.com or you can reach her by mail at P.O. Box 272, Carlisle, KY 40311.

Nicholas News Triangle
Headquarters~Saltwell~Barterville

By Ramona Hollar George
859-289-4180
randbgor@bellsouth.net

Mr. and Mrs. Carl Whitson of Mt. Carmel Road celebrated the 13th birthday of their son David on Sunday afternoon with a cook out. The guests were Mr. and Mrs. Bobby Brady, Mr. and Mrs. Fred Whitson, three sets of grandparents, and a great-grandmother. David received several gifts and every one enjoyed homemade ice cream and cake.

Our communities extended sympathy to the families of Mason Curtsinger and Chris Watkins who both passed away last week.

Mildred Gifford, Irene Mynear and Phyllis Brady enjoyed the Mt. Vernon Kentucky Christian Camp meeting just off Flemingsburg-Morehead Road on Wednesday afternoon and night. The services were very inspiring including the Ring Service, outside which was prayer and singing and testimonies and studies in the new educational building, followed by the worship service with evangelist, Rev. Bud Burnette and much singing in the Tabernacle.

Mr. and Mrs. Donnie Doyle, Marjorie Fryman and Mr. and Mrs. Charles Doyle enjoyed the Woodman of The World's Lexington Lodge fish fry on Saturday at the camp.

Congratulations to Miss Jennifer Marcum who so beautifully represented Nicholas County and won second runner-up in the Miss Nicholas County Fair Pageant Saturday held at Nicholas County High School. There were 20 girls and only two from Nicholas County, and she was the youngest. This was the last pageant of the day, after having six others before this, beginning with the babies and on up.

Mr. and Mrs. Innis Feeback, Mr. and Mrs. Marvin Doyle and Mr. and Mrs. Bobby Brady enjoyed the Germantown Horse Show on Friday night. The Terry Doyle Stables, The Carroll Doyle Stables, The Vice's horses and Jessica Berry all showed many horses and did very well. With most of them all winning a first place and also second places, etc.

A large crowd attended the sale of the late Elizabeth Brady estate on Headquarters Road on Saturday.

Photo by Charles Mattox

Adding outside beauty

Jerry Jolly, left, Caleb Sadler, center, and Lucas Myers, right, were among the FFA students who volunteered to help new Ag Sciences teacher Ed Hendrick install landscaping material in front of the NCES last week.

Community Calendar

AA meetings held

AA meetings are held every Tuesday at 8 p.m., except the third Tuesday of the month is at 7 p.m. in the Community Room of the Nicholas County Health Department.

Veterans Benefits Field Representative at Courthouse

A Veterans Benefits Field Representative with the Kentucky Department of Veterans Affairs will be at the Nicholas County Courthouse on the third Tuesday of each month. The hours are 9-11 a.m. Veterans and their families will be given counseling in filing for Federal and State Veterans benefits. This service is provided free of any charge or fee by the Commonwealth of Kentucky, Department of Veterans Affairs. Feel free to call and leave a message if we are out 1-866-376-0308 your call will be returned as soon as possible. Come see us and bring all documents pertaining to filing a claim.

Orient Lodge #500 to hold meeting

The Orient Lodge #500 will hold its regular monthly meeting Thurs., Aug. 9 at 7:30 p.m. All Master-Masons are welcomed.

City Council to meet

The Carlisle City Council will hold its regular monthly meeting Mon., Aug. 13 at 7 p.m. in City Hall.

N.C. Fiscal Court to hold meeting

The Nicholas County Fiscal Court will hold its regular monthly meeting Tues., Aug. 14 at 4 p.m. in the courthouse.

Earlywine Reunion to be held

The annual reunion of the late Harley and Lula Kelley Earlywine will be held on Sun., Aug. 19 at the Flemingsburg RECC shelter in Fleming County. A potluck lunch will be served at 1 p.m. Paper products will be provided. All friends and relatives are invited to attend.

If you have a community announcement, please bring it to The Carlisle Mercury at 117 South Locust. You can mail it to POB 272, Carlisle, KY 40311. You can email it to editor@thecarlislemercury.com You can fax it to 859-289-4000.

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GENERAL NEWS

Thoughts from ... the Pastor's Study

By Jack Hughes Robinson, Ph.D.
Carlisle Presbyterian Church

What Prayer Can and Cannot Do

When in seminary I and other Presbyterians took a course in Hebrew so we could read the Hebrew Scriptures - the Old Testament - in the original language. Anyone who takes Hebrew knows the need for prayer. One look at the language and you think: "I'm not going to make it through by myself." So students asked: "Is it appropriate to ask God that you pass the course?"

I am not sure what other students did; but I prayed, I studied, and I passed the course. Did I pass because I prayed, or did I pass because I studied?

Can prayer change the outward circumstances of a person's life?

Many people's doubts about God begin with prayers unanswered. Farmers have prayed for good weather; and it rains in torrents. Sick people pray for health; and their sickness become chronic.

How do we respond to these experiences? To answer this question, we in the Christian tradition look at Jesus' prayer in the Garden of Gethsemane.

In Gethsemane before he was arrested Jesus turned to God for deliverance. Jesus prayed: Remove this cup from me.... Then, thinking that God's will might be different from his wish, Jesus added: Yet, not what I want, but what you want. Jesus prayed three times. By the third time, his circumstances did not change, he had changed. He had reconciled himself to the inevitable, and he with new strength he faced his future.

What can people from all religious traditions learn about prayer from this experience by Jesus?

We learn what prayer cannot do. Prayer does not change the outward circumstances of a person's life. Jesus prayed; but Jesus did not get what he wanted. God does not intervene unnaturally into the natural course of events.

If someone decides to hurt or crucify someone else, God does not intervene in other person's choice, even if it is a wrong choice.

Because Jesus was made of flesh and blood like us, God cannot change him when nails pierced his body. This is not what God desires, but God has created a system in which the regular course of creation is not interrupted.

For instance, God has created gravity as a benefit for us, so we can move around on this planet. Yet, if someone falls from a third story building, God cannot suspend gravity because that person prays to be saved.

God is not involved occasionally in the world. God is involved every moment in our lives through the law-governed course of Creation. God is involved in all activity not just a few occasions when we think God is intervening.

If prayer cannot change our outward circuinstances, then what can prayer do? Prayer can change the person who prays if the person is willing.

When Jesus prayed, he was changed; but he was open to change. As he prayed he recognized what he wanted and what God does to change the course of events were two different things. Through repeated prayer, Jesus chose to trust and accept the way God created the world, and the limits involved, until he was able to sincerely say: "Your will be done."

Prayer helps us to moderate our wish with the realities of God's world, and the laws of the universe by replacing anger with acceptance, anxious expectation with calmness of spirit. This takes time and repeated prayer. Sometimes it takes weeks, months, or years before we can accept what has befallen us.

I have struggled over this notion of prayer, especially after the losses I have suffered in my life. I pray for events not gain strength. Some losses take a lifetime of prayer to move beyond grief to accept what cannot be changed. Through prayer I, and we, can be changed from the inside.

A soldier had lost a leg during the war. Each morning he went to his church for prayer. Someone asked if he prayed God would give him his leg back. "No," he replied, "I pray each day God will help me live without it."

This new understanding of prayer as changing us not our circumstances can be difficult to accept. We want to believe in a God who comes in from above to change our situation. Yet, this is something that prayer cannot do.

What prayer can do is to change us. Rather than asking for a change in outward circumstances, we seek a change in ourselves. After repeated prayers, we feel strong enough to face our adversity so if what we dread befalls us, we can, like Jesus, accept the unacceptable, and with renewed strength set our face towards our adversity, and say: "Let us rise and go to meet it."

Nicholas to scrimmage Estill at Tates Creek

To get a feel for playing on turf before taking on Class A member Jeffersontown in a bowl game that will serve as a season-opener less than three weeks from now, Nicholas County will venture to Tates Creek High School in Lexington on Friday for the first of two preseason scrimmages.

In the first preseason scrimmage, Nicholas County will square off against Nicholas County on the Tates Creek turf. The Blue Jackets are slated to take on Jeffersontown at Louisville's Papa John's Cardinal Stadium in a season-opener

"We wanted to have a chance to play on turf before the bowl game at Papa-John's (Cardinal Stadium)," said Nicholas County Coach Robert Hopkins.

"Our kids are looking forward to the scrimmage against Estill County.

They've all worked hard here in the preseason."

The start time for the Nicholas-Estill scrimmage was unavailable at press-time.

Estill County featured nine sophomore starters on both offense and defense last season.

The underclassmen-led Engineers played their way to a 3-7 record. Estill Countey managed to win three of its last four games last season.

The Estill County backfield will feature juniors Ben Benedict (halfback), Justin Covey (halfback) and Clay Fuller (fullback).

Senior quarterback Derrick Collins is back to lead the Engineer offensive unit.

Junior offeasive linemen in the Estill County starting lineup are tackles Andrew Witt (6-0, 240) and Daniel Philhower (6-0, 240) and center Jacob Puckett (6-2, 250).

The Engineers are hoping to add to last season's three-win total. In Class 3A, District 6, playing along with Breathitt County (8-3) and Fleming County (8-4) that may be tough.

Cawood (3-8) and Powell County (1-9) also call Class 3A, District 6 home.

The Jackets passed against more than one opposing high school football team over the summer. Nicholas County and Estill County met over the summer as part of passing drills. This time, each team will be in full gear in preparation for the 2007 season.

Nicholas County ended last season 2-8 while playing out of one of the state's most competitive Class A districts.

Court News

Nicholas District Court
Wednesday July 18, 2007
Hon. Jay Delaney

Betty L. Morford vs. Amy Adams. OH. Betty Morford appeared, Amy Adams served but did not appear. Testimony taken on damages. Judgment for plaintiff for $1,495 plus $81 in court costs and post judgment interest at 12%.

James Best. PC. 1. Operate MC under/influence alc/drugs, .08, aggravator, 3rd offense. MOC amend to DUI 2nd with aggravator. 2. Failure to wear seat belts. PTC 8/22/07 at 1 p.m.

Kevin McCoy. ARR. 1. Make false statement to obtain increase of benefit over $100. P.D. appointed waive form. Arr. N.G. Plea. P.H. 7/25/07 at 2 p.m.

Travis McFarland. ARR. 1. Operate MV under/influence alc/drugs, .08, 4th or sub off. MOC amend to DUI 3rd. 2. Driving DUI suspended license, 1st offense, aggravator. PTC 7/25/07 at 1 p.m.

David Sapp. OH. 1. Speeding 23 mph over limit. 2. Failure of owner to maintain required insurance/security 1st. MOC dis on proff. Lost connection with jail. ARR. Cont'd to 7/25/07 at 12 p.m.

Jerry Watkins, ARR. 1. Failure to wear seat belts. 2. Failure to wear seat belts. 3. No/expired registration plates. 4. No/expired Kentucky registration receipt. 5. Operating on suspended/revoked operators license. 6. Failure of owner to maintain required insurance/sec or >. PTC 7/25/07 at 1 p.m. PD appointed waive form arr/NG plea bond amended to $2000, 10%. A.) no driving (sub to fines and cost in 06-F-050)

Amanda Wells. OH. Bonded for later date.

Amanda Wells. OH. Bonded for later date.

Nicholas District Court
Wednesday July 25, 2007
Hon. Jay Delaney

Terry Lee Tubbs. PTC. 1a) Operate Mv u/influence alc/drugs, .08 2nd offense. Amended MOC for reasons stated to DUI 1st offense with aggravator. (prior offense still pending on appeal) PO 8/22/07 at 1 p.m. Pretrail suspension order lifted; OL to be restored to defendant.

In re: Cynthia Cox. SETT. Taken under advisement.

Estate of: Albert David Fryman. REV. Review 9/26/07 at 12 p.m. Clerk to mail copy of this calendar to all attys of record.

Estate of: Alma Sue Fryman. REV. Review 9/26/07 at 12 p.m. Clerk to mail copy of this calendar to atty.

Estate of: Pansy H. Gilley. REV. Inventory filed.

Estate of: Elizabeth C. Berry. PBH. Will admitted to probate; order to be submitted.

Estate of: George Earl Bowles. SETT. Review 8/22/07at 12 p.m.

Estate of: Jane Ann Carpenter. REV. Review 9/26/07 at 12 p.m. Clerk to mail copy of this calendar to all attys of record.

Estate of: Kenneth D. Hardwick. REV. Inventory filed.

Estate of: Victor Henderson. MH. Continue by agreement to 8/22/07 at 12 p.m. Clerk to mail copy of this calendar to all attys of record.

Estate of: Cleola T. Thompson. REV. Review 8/22/07 at 12 p.m.

Estate of: Alma Fay Kerr. REV. Review 8/22/07 at 12 p.m.

In re: Kandice Lee Howard. MH. Motion sustained. Order entered, subject to advertising and approval of final settlement.

See COURT Page 17

Special Get Together
Daytime Red & Pink Hatters
We are having a special get together for all ladies that would like to be a part of the Carlisle Daytime Red & Pink Hatters
Please come join us in a Special Summertime Tea.
Track's Restaurant - Monday, August 13 - 1 p.m.
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Marie is the daughter of Tommy and Regina Young. She is 24 years old and is in need of a heart and lung transplant. All proceeds that are raised will go toward medical expenses that the Young Family will experience.
For any questions, contact: Tommy Young, 859-340-0412 Carma Becraft, 859-289-7631, Albert Grey, 606-748-2672 or Jody Bach, 859-473-1237
Donations may be mailed to: Marilyn Becraft 3750 Upper Sharpsburg Rd., Carlisle, KY 40311

ARE YOU READY TO BREAK THE CHAIN AND BECOME A NON-SMOKER?
Join a Cooper/Clayton Method to becoming a non-smoker class. The Health Education Team of Wedco District Health Department is offering Free classes.
Harrison County: Wednesday August 15th 5:00 PM - 6:00 PM, Harrison County Health Center Community Room 364 Oddville Ave Cynthiana
Nicholas County: Tuesday August 14th 5:00 Pm - 6:00 PM, Nicholas County Health Center Community Room 2320 Concrete Rd. Carlisle
Scott County: Tuesday August 14th 5:00-6:00 PM, Scott County Health Center Community Room 300 East Washington St. Georgetown
To Register or for more information contact Diane Dixon at (859) 235-5935 or (888) 664-4242

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