

LIFESTYLE Community Calendar

AA meetings 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.

City Council to meet
The Carlisle City Council will hold its regular monthly meeting at 7 p.m. Monday, April 9 in City Hall.

Fiscal Court to hold meeting
The Nicholas County Fiscal Court will hold its regular meeting at 4 p.m. Tues. April 10 in the Courthouse.

Free Computer Classes
Free computer classes will

begin at the Nicholas County Adult Learning Center on Wednesday, March 28 from 11 am to 12:30 pm. Parents on Tuesday, March 27 at 5 pm to 7 pm. The center is located in the lower level of the Nicholas County Public Library. Anyone interested may call the center at 658-289-6861 between the hours of 9 am to 5:30 pm Mondays and Tuesdays and 9 am to 1:30 pm on Wednesdays.

Free Computer Classes for parents with children at NCALC
Free computer classes will begin for parents with children at Nicholas County

Project Graduation to meet
Senior parents will meet every Monday night at 5:30 p.m. in the Nicholas County High School library to make plans for "Project Grad."

Adult Education Topics for Seniors

Johnston Mathers Healthcare would like to invite everyone to Healthy Seniors on Tuesday, March 27 at 1:30pm at the Nicholas County Health Center. Ms. Bonnie Sosky, Adult Education Instructor, will discuss services provided for free adult education, including computer and GED classes.

For further information contact Carolyn Pope RN at 289-7181, ext. 102.

Bluegrass Gospel Concert Set For March 30th
A nationally known Bluegrass Gospel group, Paul Williams and the Victory Trio, will be appearing at Flemingsburg Baptist Church

on Friday, March 30 at 7 p.m. If you have a community announcement, please get your ad to The Carlisle Mercury, you can fax it to 658-289-4006.

Bluergrass Gospel Concert Set For March 30th

A nationally known Bluegrass Gospel group, Paul Williams and the Victory Trio, will be appearing at Flemingsburg Baptist Church

on Friday, March 30 at 7 p.m. If you have a community announcement, please get your ad to The Carlisle Mercury, you can fax it to 658-289-4006.

Congratulations to Ruth Bayne Hall

on her upcoming retirement. She is an outstanding mother and we greatly appreciate everything she has done for us.

Love,
Jawelle Hatfield
Tim Hall

Family and Consumer Sciences Corner

Extension News

Just a few months ago we were concentrating on making our homes safer, anti-roping cold dark days spent indoors.

With the arrival of fresh breezes, warmer weather and longer daylight hours, we naturally start to see the results of our "long winter's nap": dust that's collected in corners, a stale refrigerator, musty bathrooms and cluttered closets.

The urge is to throw open the windows, bring in clean air and light, and turn the place upside down for a thorough cleaning.

Admin it, though. The size of the chore can be discouraging in its scope.

But don't let that discourage you from grabbing the mop and dust rag and dig in.

By keeping a few basics in mind, you'll end up with a sparkling house without wearing yourself out.

The first thing to think about is organization. A little time spent in advanced planning can make a world of difference in the time it takes you to clean.

Mitchell recognized
Culler's all the necessary equipment and supplies before you start cleaning. Make sure your cleaning equipment is in good condition.

Put your bath and kitchen cleaning supplies in one bucket. Use another bucket for dusting and other supplies.

And remember to keep your focus. As you rummage through a cluttered cabinet looking for that bottle of cleaning solution, you might feel the urge to clean out that space then and there. Don't do it. It will only pull you away

Fall is for nesting; Spring is for cleaning

From your original plan. By staying on target, you'll finish much more quickly. The most efficient way to clean an entire house is to tackle the job one room at a time, working in a set pattern, such as top to bottom, left to right. This not only reduces the amount of time, but also keeps you from overlooking anything.

First wipe out the ceiling corners, then dust and wipe down the other surfaces in the room, using either a damp or a treated dust mop. This will prevent dry dust from settling back onto

Moorefield Homemakers

The Moorefield Homemakers met at the extension office March 8, with Barbara Wilson as hostess. Vice President Margie Wilson presided at the meeting. Members prayed the Lord's Prayer and read the homemakers' creed. Nine members answered the roll call by telling "Where in

surfaces. If you move from top to bottom, any dust that filters down from the top will be wiped away as you work toward the floor. Leave the floors until last. Be sure to move furniture and large appliances so you can clean under or behind them.

It's important to read the labels on cleaning products. Look for special warnings from the manufacturer. Remember never to mix chlorine bleach or any cleaner containing chlorine with ammonia, toilet bowl cleaner or rust remover, because the mixture produces a harmful gas. Always keep strong

acid-away from your skin and eyes, and wear rubber gloves when using strong alkalis.

If you notice musty odors coming from old furniture, drawers, or metal contents and let the drawers air for several days.

If the weather permits, put the drawers in the sun for a few hours. You can also place the chest in the sun so the sun will shine on the inside surfaces.

Then, wash all unfinished surfaces with a solution of half vinegar and half water and dry with a soft towel.

If the odor persists, spray unfinished areas with a disinfectant cleaner, keep drawers closed to allow the cleaner to penetrate corners.

Before replacing the contents, let the drawers air and wipe out. Put potpourri, fabric refresher sheets or unwrapped bars of soap in the drawers to give a pleasant fragrance.

With a little perseverance and elbow grease, your indoors can be as fresh and bright as a spring day.

For more cleaning tips and information about other home environment topics, contact the Nicholas County Extension office at 289-2312.

Educational programs of the Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability or national origin.

Since we didn't meet in February, Cinderella sisters exchanged Valentine gifts. The next meeting will be at the home of Linda Linda, April 5, at 7:00pm

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Join Us March 23
We will hold a retirement reception from 2-4 p.m. honoring Ruth Bayne Hall for her 30 years of service to Whitaker Bank

EAST END FOOD MART

Hunt Brothers® Pizza
Includes all toppings
2 for \$15.99 • 3 for \$23.99

Budweiser 20PK, 12 oz. cans \$17.49
Coke Products 24 pk, 12 oz. cans \$22.22

Ham \$6.99
Pepsi Products \$4.99
Natural Lite \$11.99

BREAKFAST SPECIAL
2 eggs, bacon or sausage, hashbrowns or homefries, one biscuit and gravy \$4.19 + tax

Daily Lunch Special
One Meat, Two Vegetables Roll or Cornbread 20 oz. Fountain Drink \$5.29 + tax

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7 AM - 10 PM SUNDAY

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289-2200

LIFESTYLE Thoughts from the Pastor's Study

By Bro Steve Smith
Carlisle Christian Church



Photo Submitted

Issacs and Buckler to wed

Helen Marie Issacs and Jeffery Layne Buckler would like to announce their forthcoming marriage. The ceremony will take place at Barterville Methodist Church on Saturday, April 7, 2007 at 3:30pm. A reception will follow at the church.

Ms. Issacs is the daughter of the late Charles and Etie Issacs. Mr. Buckler is the son of Jewel Davis and the late William Bruce Buckler.

All friends and family are welcomed to attend and to celebrate this joyous occasion.

Tourism: Thinking of it as business

By Ed Taylor 289-4040
ed@edbtaylor.com

Stretching tourism a little further, I'm about thinking of it as a business for Nicholas County? We're going to do just that through the action by the Carlisle-Nicholas County Industrial Development Board.

The members have invited a group from the State Economic Development Cabinet to conduct an evaluation of economic development opportunities for the County. The evaluation will be based on input from citizens, a tour of the County, and discussions at an open public meeting currently scheduled for April 10 (time and place to be announced).

Breakfast and Lunch Menus

Thursday, March 22
Lunch: Cheeseburger on Bun, Chips, Pickles, Lettuce, Tomato, Fruit and Milk

Friday, March 23
Lunch: Chef's Day

Monday, March 26
Lunch: Sausage and Biscuit, Mashed Potatoes, Green Beans, Fruit and Milk

Tuesday, March 27
Lunch: Sloppy Jo on Bun, Tossed Salad, Chips, Fruit and Milk

Wednesday, March 28
Lunch: Mini Corn Dogs, Macaroni and Cheese, Tossed Salad, Fruit and Milk

High School
Thursday, March 22
Breakfast: Bacon Egg Bun
Lunch: Bar B Q Pork on Bun, Broccoli Cheese, Buttered Potatoes, Fruit and Milk

Friday, March 23
Breakfast: Sausage and Eggs
Lunch: Hoagie w/ Sauce, Cheese, Onions, Peppers, Olives, Pickles, Chips, Fruit and Milk

Monday, March 26
Breakfast: Bacon, Sausage, Toast, Cereal
Lunch: Pizza, Corn, Tossed Salad, Fruit and Milk

Tuesday, March 27
Breakfast: Biscuit and Gravy
Lunch: Country Fried Steak, Mashed Potatoes, Gravy, Peas, Texas Toast, Fruit and Milk

Wednesday, March 28
Breakfast: Sausage Links, Toast, Eggs
Lunch: Bologna, Cheese, Turkey, Ham, Chips, Lettuce, Tomato, Onion, Pickles, Fruit and Milk

sure you are familiar with many of them. If you aren't very careful, circumstances will rob you of joy. It makes no difference whether the circumstances are the result of your own doing or the result of something beyond your control. Circumstances cause us to fret and stew our own ourselves rather than our God, who is not short on resources to meet our every need.

Another thief of joy is sometimes people. Charles M. Schulz has his comic strip character, Linus exclaim, "I love mankind. It's people I can't stand." If you have ever entertained the thought that the world would be better off without certain people, then you understand completely how Linus feels.

It may be the in-laws, the boss, the co-worker, a relative, a Christian friend or someone else—all are capable of stealing our joy. Things can take away our joy too. It is a hard teaching, but wonderfully true: "Watch out! A man's life does not consist in the abundance of his possessions" (Luke 12:15). Things may bring us pleasure, excite us, make us proud—but joy is found in that kind of money.

Finally, and perhaps more than anything else, worry steals our joy. Worry adds very little to the quality of our lives. In fact, it can make us feel tired and weary. It takes our strength and makes us weak. It takes our enthusiasm and dampens our spirit. It takes our hope and makes us hopeless. It steals our creativity. No wonder Jesus said, "Who of you by worrying can add a single hair to his head? Since you cannot do this very little thing, why do you worry about the rest?" (Luke 12:22-24)

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I got home and called the insurance company to have the new car added to my policy. Cindy and I set aside a certain amount each month in savings so when the 6-month term that payment is due the money is already there.

As I was adjusting the budget to include the additional insurance, I noticed something was wrong. Somehow, we had forgotten to set aside our insurance for three months, and were about \$300 short.

Panicked, I began looking at our expenses, trying to find where I could come up with that kind of money. That little voice spoke up again: "Look in savings," it told me.

Sure enough, there was \$337 extra in our savings account that wasn't earmarked for something else. I'm sure there are some

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Service of Praise and Song
Featuring
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will be at the
Carlisle Methodist Church
on Sunday, April 1
for both morning services
Service times are
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joy-filled time of music
and proclamation

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Holy Week Services
April 2-6
Services at
Carlisle Christian Church
Monday - Thursday: 12:00 - 12:30
Friday: 2:00 - 3:00
Lunch Served Monday - Thursday at Carlisle Methodist Church Fellowship Hall at 12:30
Sponsored by the Nicholas County Ministerial Association