

SCHOOL NEWS

Carlisle students receive educational scholarship

Philip Morris International Management SA (PMIM SA), a subsidiary of Philip Morris International Inc., has awarded an educational scholarship to Steven Tyler Duncan, Staci Myers and Laci Allison of Carlisle.



Photo submitted Laci Allison of Carlisle, has received an educational scholarship from Philip Morris International Inc.

son of Steve and Stephanie Duncan of Carlisle. Staci will attend Morehead State University this fall and plans to enter the prepharmacy program. She is the daughter of Darrell and Kathy Myers of Carlisle.

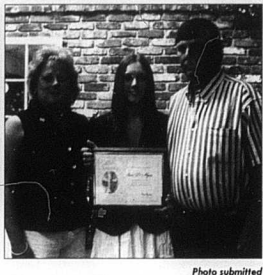


Photo submitted Staci Myers of Carlisle, has received an educational scholarship from Philip Morris International Inc. Standing with Staci are her parents Kathy and Darrell.

daughter of Todd and Barbara Allison of Carlisle. PMIM SA awards financial assistance to eligible dependents of participants in its Tobacco Farmer Partnering Program (TFPP). Partner participants provide high-quality tobacco to PMIM SA.

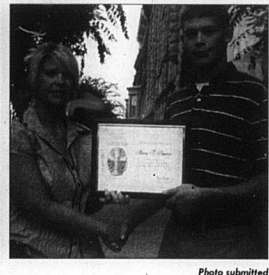


Photo submitted Tyler Duncan of Carlisle, KY, is recognized as a scholarship winner by Melody Rose of Philip Morris International Inc.



Talking food . . . yummm

Jill Hatton, program assistant with the Nicholas County Cooperative Extension Services speaks to the Nicholas County Diabetes Support Group at the Health Department. Her presentation was on cooking for the diabetic. She prepared some delightful desserts with Splenda as well as homemade salsa. The support group meets the first Monday of each month at 5:30 p.m. at the health department.

PUBLISHER'S NOTICE

All real estate advertising in this newspaper is subject to the Fair Housing Act which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention, to make any such preference, limitation or discrimination."

Nicholas County Schools Menu. Menu subject to change. Fresh Fruit and Canned Fruit Available Daily. Thursday, September 13: Breakfast: Bacon Egg on Bun, Lunch: Cheeseburger, Macaroni, Scalloped Potatoes, Peas, Ruffs, Fruit and Milk. Friday, September 14: Breakfast: Sausage and Cheese Bun, Lunch: Potato Bar, Chili, Grilled Cheese, Chips, Salsa, Bacon Ruffs, Pickle Spears, Pasta Salad, Fruit and Milk. Monday, September 17: Breakfast: Sausage, Egg and Toast, Lunch: Ravioli, Tossed Salad, Corn, Bread Sticks, Fruit and Milk. Tuesday, September 18: Breakfast: Bacon, Cheese Biscuit, Lunch: Chicken Fajita, Corn, Lettuce, Tomato, Onions, Fruit and Milk. Wednesday, September 19: Breakfast: Sausage Egg on Bun, Lunch: Roast Beef and Gravy, Mashed Potatoes, Green Beans, Bread, Fruit and Milk.

CUSTOMER APPRECIATION DAY SATURDAY, SEPT. 15 5 P.M. Drawing For Prizes - 7 p.m. Do not have to be present to win. 1st PRIZE - 2 UK FOOTBALL TICKETS. 2nd PRIZE - \$25 TRACK'S GIFT CERTIFICATE. 3rd PRIZE - COUNTRY HAM. 4th PRIZE - COUNTRY HAM. TRACK'S RESTAURANT PIG ROAST BBQ PIG POTATO SALAD COWBOY BEANS COLE SLAW CORN ON THE COB ALL YOU CAN EAT \$7.50 50¢ DRAFT BUD LIGHT

HARRISON COUNTY HOME ON 8+ ACRES REAL ESTATE AUCTION Sat. September 15th 10:00 AM 5337 E. Kentucky Hwy 36 Cynthiana, KY. Property Description: Country living at its finest. Conveniently located only minutes from Cynthiana, Paris, Carlisle, Georgetown and only 40 minutes from Lexington. Spacious 2 story home with over 3,700 sq ft on 8+ acres comes with 2 bedrooms, 2 full baths and many updates. Enjoy relaxing evenings on the front or side porch. Special features include first floor master bedroom, large family room w/fireplace, partial unfinished basement, bonus room, central heat & air and barn. Public Preview: Open Sunday, September 9th from 2:00 PM to 4:00PM and one hour prior to auction. Location: On the corner of Beamer Pike and KY Hwy 32-36 in Harrison County only about 10 miles from Carlisle. Terms: 10% down balance with deed on or before 30 days. Property offered "AS IS, WHERE IS" with no warranties expressed or implied. All inspections are the responsibility of the buyer. Announcements the day of sale take precedence over prior information. This home was built prior to 1978 and may contain lead based paint. Prospective purchasers may conduct a risk assessment during the 10 day period preceding the auction agreeing to waive their right to any post sale inspections. Note: 10% buyer's premium added to all offers and included in total contract price. Go to www.rtr.com for additional photos. Realtor Participation: Realtors must call auctioneer for details, required registration form. Realtor registration deadline 24 hours prior to auction. Jim Halphill Auction Group at Rector-Hayden, Realtors. Jim Halphill, Paul Daniel, Rector-Hayden-Walshetter.

LIFESTYLE

Farmer's Market... Fresh Ideas

By Jill Hatton EFNEP Program Extension Office Nicholas County Extension Office

Did you make it out to the Farmer's Market this weekend? Remember the market will be open until Saturday September 29th. Please be sure to get there to purchase the fall vegetables and fruits. This week I will introduce pumpkins and we will spend two weeks with the vegetable sharing recipes and understanding the importance of pumpkin. Fall is the season of the pumpkin. Pumpkins will begin to become readily available at grocery stores and local farmers' markets. Many people think of pumpkins only to carve or to use in making pies or bread. However, this versatile winter vegetable has many uses. Here are a few of the pumpkin's uses that you can use in your kitchen.

1) Pumpkin Soup: 1 can (15 ounces) pumpkin, 5 egg whites, 3/4 cup Splenda, 2 teaspoons pumpkin pie spice, 1/2 cup milk, 1 can (12 ounces) evaporated milk. Preheat oven to 350°F. Crush cookies. Lightly spray a 9-inch glass pie plate with cooking spray. Pat the cookie crumbs into the pie plate evenly. Pour into the crust and bake about 45 minutes (or until a knife comes out clean). Allow time to cool and slice into 8 wedges. Store in the refrigerator. Makes 8 servings. Servings may reduce the risk of developing certain types of cancer and offers protection against heart disease. Beta-carotene may also offer protection against other diseases as well as some aspects of aging. Source: University of Illinois Extension: www.carbanet.uiuc.edu. Light Pumpkin Pie 1 cup ginger snap cookies

Pumpkin Roll: 1 teaspoon lemon juice, 1/4 teaspoon salt, 2/3 cup pumpkin, 1 cup sugar, 1/4 teaspoon cinnamon, 1 teaspoon vanilla, 1/4 cup flour, 1 cup chopped nuts, optional. Beat eggs on high; then add sugar, lemon juice, cinnamon, salt, and soda. Fold in pumpkin and flour. Pour into a generously greased and floured 10 x 15 x 1-inch jelly roll pan. Sprinkle with nuts, if desired. Bake at 375° F for 15 minutes. While still hot, turn onto a tea towel that has been sprinkled with powdered sugar. Roll cake with towel and allow to cool. Filling: 8 ounces cream cheese, 4 tablespoon margarine, 1 cup powdered sugar. Combine all ingredients and mix thoroughly. When cake is cool, unroll, spread filling, re-roll, and wrap in foil; refrigerate or freeze. Slices better when frozen. Source: Dena Voegelé. Serving Size: 1 slice-one roll equals 12 slices. Nutritional Analysis: Calories 320, Protein 5 grams, Carbohydrates 36 grams, Fat 6 grams, Fiber 1 gram.

September 16-22 is National Farm Safety Week

The National Safety Council and Kentucky Farm Bureau are promoting September 16-22, as National Farm Safety Week. This year's observance emphasizes the importance of keeping the youngest members of our farm families safe. The farm is a great place for children to live, work and play. Unfortunately, disastrous consequences can sometimes result if safety procedures are not followed. Riding on a tractor can lead to one of those tragic results, as overturning tractors result 1 approximately 200 deaths nationwide each year.

Youth tractor operators are exposed to similar risks. Children and youth are risk takers and tend to overestimate and overestimate their own capabilities. Tractors without rollover protection, whether operating on farmland, or on a lawn can be dangerous. Slopes are often the culprit, but deep-furrows near a stream can have dangerous results. Fueling a tractor can be dangerous when the engine is not followed. A hot engine and careless gasoline spills can result in serious burns and one should never attempt to fuel any size tractor in an enclosed barn or other building. Once a thorough litter and debris check of an area to be mowed has been done, all bystanders, children and pets should be kept at a safe distance until the tractor and mower are put away. Farm Safety Week: It's time to focus on keeping the next generation of farmers safe and healthy.

BE THE FAST IN THE CLASSIFIEDS! NOTICE OF SALE UNDER SECURITY AGREEMENT Pursuant to the authority of Kentucky law and the power and by virtue of power of sale contained in that certain SECURITY AGREEMENT executed by Heidi C. McVey, Jr. & Lisa McVey. Default having been made in performance of the loan or credit sale agreement secured by Wholesale Bank's security interest on the property of Heidi C. McVey, Jr. & Lisa McVey, the following real estate is being sold. The property is located at 227 West Main Street, Carlisle, Kentucky, the following described piece of personal property. TYPE: 2004 Toyota Tacoma 4X4 Quad Cab Truck. Published in The Carlisle Mercury Wednesday September 12 and 19, 2007.

Regional Senior Games RACEWALK HORSESHOES BILARDS BASKETBALL Nicholas County Senior Center is joining with Bourbon, Harrison and Scott Counties to host the Regional Senior Games Saturday, Sept. 29 - 9-11:30 AM at the Scott County Senior Activity Center at Cardome, 800 Cincinnati Pike, Georgetown. All persons 50 years of age and older may participate in the offered events: RACEWALK (regulation 1 mile), HORSESHOES (regulation), BILARDS (regulation pool) and BASKETBALL (3 on 3, free throw, spot, air, shooting and 3 ft. shooting). A registration fee of \$7.00 will include a T-shirt, refreshments, medals and chances to win various prizes. If you are interested in competing in these games, please fill out the registration form and send to Carol Gabrath, Nicholas County Senior Center, 124 East Main Street, Carlisle, Kentucky 40311 or call (859) 289-3729. Registration due by September 21, 2007.

BARTERVILLE UNITED METHODIST CHURCH INVITES YOU TO ATTEND HOMECOMING Sunday, September 23 - 10:30 AM with Speaker, Tony K. Miller REVIVAL Sept. 24-28 - 6:30 NIGHTLY Rev. J.L. Young from Welcome, NC Special Singing Homecoming - Doxology Monday - Bro. Ronald Johns Tuesday - Whole Heart Wednesday - Soldiers of Christ Thursday - Sister Kathy Willoughby Friday - One Accord and Others

Join us in Dressing Up in Years Past!!!! Potluck Lunch Following Services (Drinks Also Available) Bring a Covered Dish, Lawn Chair and Bring Someone With You

EAST END FOOD MART We Now Have: Frozen Explosions! \$2.99 One Size Only. Coca Cola Fridge Packs \$2.99. Aquafina 24 pk. 16.9 oz bottles \$5.50. 24 PACK Pepsi CUBES \$5.99. Ham \$6.99. Pepsi FLATS \$4.99.

AMERICAN LEGION POST #17 FALL CHARITY HORSE SHOW WEST END PARK, CARLISLE, KY 6:00 P.M. SEPTEMBER 22, 2007. GATE ADMISSION \$10.00 PERSON, CHILDREN 6 AND UNDER FREE. NO ENTRY FEE FOR STICK HORSE AND LEAD LINE. \$5.00 ENTRY FEE FOR CLASSES 3 THRU 22. PREMIUMS 1st \$40.00, 2nd \$30.00, 3rd \$20.00, 4th \$10.00, 5th \$5.00. ALL HORSES MUST HAVE NEGATIVE COGGINS AND HEALTH CERTIFICATE PAPERS. 1. STICK HORSE (JUNIOR AND SENIOR TO ALL OTHERS). 2. LEAD LINE. 3. EGG AND SPON. 4. FEGG AND SPON. 5. NICHOLAS COUNTY PLEASURE. (IF AN OWNER WITH A REGISTRATION ONLY). 6. ROCKY, KY, MOUNTAIN PLEASURE MARES (LIMITED MARES). 7. BABY BOTTLE. 8. SPOTTED SADDLE HORSE (17 AND UNDER) KEG SHOD. 9. TRAIL PLEASURE CLASS. 10. ROCKY, KY, MOUNTAIN PLEASURE GEVENS (LIMITED MARES). 11. CATALOG BACK (IT AND UNDER). 12. SPOTTED SADDLE HORSE (18 AND OVER) KEG SHOD. 13. SPEED RACING. 14. CATALOG BACK (HAND OVER). 15. SPOTTED MOUNTAIN PLEASURE. 16. NICHOLAS COUNTY PLEASURE (18 AND OVER) NICHOLAS COUNTY ONLY. 17. PASSINGER PICKUP. 18. COUNTRY PLEASURE. 19. SUITCASE RACE. 20. ROCKY, KY, MOUNTAIN PLEASURE CLASS STALLIONS ONLY. 21. SPOTTED SADDLE HORSE - OPEN SHOD. 22. COSTUME CLASS. NOT RESPONSIBLE FOR ACCIDENTS FOR MORE INFORMATION CONTACT PENNY HOGG 859-289-6694 \*\*\*\*\*CLASSES SUBJECT TO CHANGE\*\*\*\*\* 305 MOOREFIELD RD 289-2200

50th Anniversary 4-H Calendar Nicholas County 4-H is celebrating the 50th Anniversary of the 4-H Calendar. Calendars cost \$5.00 Birthday or Anniversary Listing is \$5.00. We are looking for a 4-H member selling calendars. Calendars can also be ordered at the Extension Office by calling 289-2312.