LIFESTYLE

Farmer's Market...Fresh Ideas

By Jill Hatton
EFNEP Program Assistant
Nicholas County Extension Office

The cool crisp air over the weekend makes us think of the fall season to come. There will be lots of festivals to attend and there, hopefully, will be pumpkins everywhere. This week we will continue with our pumpkin goodness. First let's begin with some fun pumpkin facts.

*Pumpkins originated in Central America.

*Pumpkins are 90% water.

*Pumpkins were once recommended for removing freckles and curing snake bites.

*In colonial times, pumpkins were used as an ingredient for the crust of pies, not the filling.

*Pumpkins contain potassium and Vitamin A.

*Pumpkin flowers are edible.

*Eight percent of the pumpkin supply in the United States is available in October.

*Native Americans flattened strips of pumpkins, dried them and made mats.

*Pumpkins range in size from less than a pound to over 1,000 pounds.

Source: University of Illinois Extension: www.urbanext.uiuc.edu

Pumpkin Chili
(trust me it's GOOD)

1 medium pumpkin, 4 to 5 pounds OR 2 cups solid pack pumpkin
1 small yellow onion, chopped
1 clove garlic, minced
1 red bell pepper, cored, diced
2 tablespoons vegetable oil
1 pound lean ground beef
4 cups diced tomatoes
2 cups tomato sauce
2 cups cooked kidney beans
1 cup whole corn kernels
½ cup diced green chilies, to taste
1 tablespoon chili powder
1 teaspoon ground cumin
Salt and pepper to taste

Cut lid in top of pumpkin; set aside. Remove seeds and pith; replace lid. Bake at 375°F for 20 minutes. Scoop out pumpkin flesh, leaving at least ½ inch to hold pumpkin shape. Dice pumpkin and set aside. Reserve the pumpkin shell.

In 6-quart saucepan, sauté onion, garlic and bell pepper in oil for 5 minutes or until tender. Add ground meat; cook, stirring, until browned. Drain. Add tomatoes, tomato sauce, reserved pumpkin (2 to 3 cups fresh or 2 cups canned), kidney beans, corn, chilies, chili powder, cumin, salt and pepper. Bring to a boil; reduce heat, cover, simmer for 30 minutes or to desired consistency. Stir often. Adjust seasoning. Serve from reserved pumpkin shell (if you desire). Garnish with shredded cheese and sour cream. Serve over cooked rice.

Source: www.angelfire.com.

Nutritional analysis per serving: Recipe yields 6-8 servings. Calories: 272, Protein 18 grams, Carbohydrates, 34 grams; Fat 9 grams; Cholesterol, 45 milligrams; Sodium 451 milligrams.

Pumpkin Fudge

1 cup milk
3 cups sugar
3 tablespoons light corn syrup
½ cup pumpkin
Dash of salt
½ teaspoon cinnamon
½ teaspoon allspice
4 tablespoons margarine
1 teaspoon vanilla

Combine milk, sugar, corn syrup, pumpkin, and salt in a large pan. Cook over medium heat until boiling, stirring constantly. Reduce heat and simmer until mixture comes to the softball stage. Remove from heat. Beat in cinnamon, allspice, margarine, and vanilla; cool, then beat until thick and mixture loses its gloss. Spoon into buttered dish.

Yield: 24 pieces

Nutritional analysis: Calories 128; Protein, 0.4 gram; Carbohydrates, 28 grams; Fat 2 grams; Fiber 0.2 gram.

Source: University of Kentucky Extension publication The Pumpkin Patch.

Ashford visits Carlisle Rotary

Tom Ashford, the current district governor of Rotary International, paid a visit to the Carlisle Rotary Club last week in a meeting at Blue Licks Battlefield State Resort Park.

He spoke to the members of the club and their guests about an international humanitarian project that is a focus of his year as governor and asked the members to join other Rotarians across the eastern half of Kentucky in supporting the project.

The governor is asking each of the more than 2,000 Rotarians in District 6740 to donate $10 to the Asian Compassion Project, which is taking place in Myanmar, formerly known as Burma. The project involves a group of 185 orphanages embracing more than 6,000 children.

Myanmar, located in Southeast Asia, has been under a brutal dictatorship for the past 15 years and, as with all totalitarian regimes, there is no concern about social problems.

Dr. Bill Greiser, a Winchester surgeon, has felt called to this humanitarian mission and has left his medical practice to move to Myanmar and devote his life to God's work there.

Rotary's immediate need is to provide safe water for the first eight or nine of an intended 60 to 80 orphanages.

Each water well placed into operation will provide a steady flow of potable water for the children of that orphanage over the next 60-plus years.

This is why Rotary Governor Tom Ashford is asking every Rotarian in Carlisle and every other club within the district for $10 or more to save the lives of children in Myanmmar through the Asia Compassion Project. He said that more than $15,000 has already been committed, and new wells already are providing water and saving Burmese children's lives.

There are no Rotary clubs in Myanmmar under the totalitarian dictatorship, but Rotarians in the neighboring nation of Thailand are overseeing the project and doing the work of constructing the lifesaving water wells.

Each Rotarian's contribution to Governor Tom's project, whatever it may be, certainly will qualify as a true example of the Rotary motto, "Service Above Self."

Photo submitted

Rotary District Governor Tom Ashford (second from right) is joined and congratulated on his humanitarian project by (from left) Carlisle Rotary President Jock Conley, Past Rotary District Governor Leon Riggs and Past Rotary District Governor Bill Crawford.

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Seventy and Still Partying

Happy Birthday Woody

Love, Your Girls

HAPPY 18TH BIRTHDAY

Hannah Dixon

We love you.
Mom, Dad & Matt

AMERICAN LEGION POST #17
FALL CHARITY HORSE SHOW
WEST END PARK, CARLISLE, KY
6:00 P.M.
SEPTEMBER 22, 2007

GATE ADMISSION $3.00/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 RIBBON

ALL HORSES MUST HAVE NEGATIVE COGGINS AND HEALTH CERTIFICATE PAPERS

1. STICK HORSE (RIBBON AND DOLLAR TO ALL ENTRIES)
2. LEAD LINE (RIBBON AND DOLLAR TO ALL ENTRIES)
3. EGG AND SPOON
4. NICHOLAS COUNTY PLEASURE (17 AND UNDER) NICHOLAS RESIDENTS ONLY
5. ROCKY, KY, MOUNTAIN PLEASURE MARES (NO SPOTTED HORSES)
6. BABY BOTTLE
7. SPOTTED SADDLE HORSE (17 AND UNDER) KEG SHOD
8. TRAIL PLEASURE CLASS
9. ROCKY, KY, MOUNTAIN PLEASURE GELDINGS (NO SPOTTED HORSES)
10. CATALOG RACE (17 AND UNDER)
11. SPOTTED SADDLE HORSE (18 AND OVER) KEG SHOD
12. SPEED RACING
13. CATALOG RACE (18 AND OVER)
14. SPOTTED MOUNTAIN PLEASURE
15. BUGGY CLASS
16. NICHOLAS COUNTY PLEASURE (18 AND OVER) NICHOLAS RESIDENTS ONLY
17. PASSENGER PICKUP
18. COUNTRY PLEASURE
19. SUITCASE RACE
20. ROCKY, KY, MOUNTAIN PLEASURE CLASS STALLIONS ONLY (RIDER MUST BE 18 AND OVER) NO SPOTTED HORSES
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*****

Happy 13th Birthday
Cody Bussell

We love you very much.
Good Luck in all your Journeys.

Love always,
All of your family

Our # 4-0 is all grown up! He's traded his dump truck for a Dodge pickup and his Power Ranger costume for a Bluejacket jersey.

We are very proud of you #40, and just wanted to say HAPPY 18TH BIRTHDAY!

Love, Your Family

Tyler Gene is 18!
Happy Birthday! We hope it's the best yet!

Love, Kara and family

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 $.50

Be looking for a 4-H member selling calendars

Calendars can also be ordered at the Extension Office by calling 289-2312

LIFESTYLE

Family and Consumer Sciences Corner

4-H Involvement Fosters Team Work

UK COOPERATIVE EXTENSION SERVICE
University of Kentucky - College of Agriculture

Extension Notes

Kimberly Adkins Leger
Nicholas County Extension Office

4-H offers many opportunities for teamwork such as Teen Council, Teen Conference, state and county officer teams, challenge courses, summer camps, state fair projects, livestock judging and so much more.

Teamwork occurs when members of the team bring their own unique qualities, talents and abilities to the group to accomplish a larger purpose they all choose together. To be a successful team, each member must be involved and willing to communicate and compromise.

The involvement of each person in the life and tasks of the 4-H club is vital to the team's success. Involving each person assures that the activities of the club are relevant to the interests and needs of the members. Involving each person also assures opportunities for each person to grow as the team shares tasks.

People learn to work together by actually working together, sharing ideas and planning together. The growth of a team is a gradual evolution through a process of give and take, trial and error, feedback and evaluation and even starting over again.

The teamwork process has two basic components: belonging and accomplishing. Each member must feel welcome and important to the team and each member must have an opportunity to contribute to the work of the team.

Belonging is the beginning of motivation for leadership and the source of commitment to accomplish necessary tasks. A sense of community, built through personal caring, is important to a team's success. Belonging is associated with the basic human need for security and meaningful relationships with others. Team building begins by nurturing open and supportive relationships among team members.

Team members share several important qualities. Team members share a commitment to "big ideas." "Big ideas" point to the purpose of 4-H youth development. Kentucky 4-H leaders believe in the growth of children and teens through informal education, learning by doing, lifelong learning and the importance of the family unit.

Team members set specific goals for themselves. Goals are ways of putting "big ideas" into action. Team members plan together, choose goals and set long-term directions for their group. Their plan of action is a bridge between where they are and where they want to be. The plan provides steps to guide the team's work and it belongs to the team; each team member feels a commitment to support and carry out the plan which they all helped design.

Team members know to which part of the plan they belong. Each person must have a clear understanding of the task and how it contributes to the life of the 4-H club. Clear understanding of roles and relationships is a must. Job descriptions clarify understanding of who will do what. It is important that the skills and interests of the person match the requirements of the job and that the job provides opportunity for personal growth

Team members communicate. Communication is the lifeblood of the team and it must occur within the team, and among the team and the larger 4-H system and the local community.

Team members grow together as they work together. Over time they become a unit - a cohesive group. Because they like each other and work well together, the work of the team is greater than the sum of the work of the individual team members. A mature team has openness and flexibility; it is adaptable and generates alternatives for planning and problem solving. A mature team also copes with change by changing itself and is open to innovation.

Team members thrive on change, Life is continually changing. Team members grow and change. To work with a team is to be always involved in becoming.

To find out more about how you can join 4-H, contact the Nicholas County Cooperative Extension Service at 289-2312. Educational programs of the Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability or national origin.

Adapted from a University of Arkansas Division of Agriculture publication.

Reunion is held September 9

The Mann-Minton-Davis reunion was held at Fleming-Mason Shelter in Flemingsburg on Sept. 9.

Those attending were; Ruth Spieglec, Johanna Lee Rich (Huddleson), Sharon Ann Fischer, Jim and Louisie Hangen (Minton), Barbara Watkins, Brenda Henry, Judy Barlow, Charles Davis, Charles and Mary Carter, Amanda Frederick, Daniel Brainard, Dixie Anna Brainard, Kayla Frederick, Jackie Davis, Susie Myers, John and Cindy Rathbone, Christina, Sean Burl, Erick, Katie, Jennifer Rathbone, Nicholas, Tyler Horn, Jason, Donna Rathbone, Johnathan, Micheal, Chris, Emily, Rosa R. Fryman, and Deloris Sanders.

Also Arlene Voges, Marcia Barber, Carol Hearn, Geneva Jolly, Janie Woodard, Loretta Mann, Wyatt Burdett, Kay Bretz, Hiland, Phyllis Jolly, Dennis Jolly, Johnny Jolly, Donald, Norma Jolly, Julie Bretz, Libby Edmond, Roger, Alisha, Lena Abigal Dunn, John and Susan Huddleson, Sylvester Sanders Jr. Irene Saners, Debbie Sanders, Greg, Julie, Megan Bretz, Jean, Ricky Bretz, Gentri, Keaton, Jaella Tubbs, Rylan, Michael, and Celia Eads.

In addition, Lisa, Marvin Frederick, Amanda, Savanna, Caleb, Jacob, Becky, Jessica Hunt, Jennifer Frye, Simmie Fryman, Gary Hughes, Micheal Minton, Martha Cox, Charlotte, Kenleigh, Emerson Sexton, Trace, Lori Frederick, Marrissa, Trace, two kids, Mike, Vicky Mitchell, Charles, Martha Minton, Karen Long Talmadge, Louise Whaley Ruby, Bobby Mann, Gerald, Judy Whaley, Mary Ruth Gray, Phillip Bowles, and Virginia Brock.

In addition, Ursha Mitchell, Scotty Teater, Sue Watkins, Londa Tone, Alice Stone, Danny Watkins, Stephanie Gopster, Bonnie Minton, Patty, Terry, Katie Trussell, Dennis, Ann, Lizzie, Mason, Ashley, Micheal Minton, Becky Winn, Bethany Lyons, Chesley Lyons, Missy Lyons, Linda Watkins, Dale Watkins, Macie Watkins, and Felicia Watkins.

Plus Kenny Thomas, Parker Thomas, Jeane Watkins Corley, Andrea Corley, Ruth Garland, Billie and Bob Marking, Steve and Paula Minton, Shelby Stanfield, Elmer Davis, David Davis, Lisa Hughes, Harold Leonard, Megan Sanders, Pat Sanders, Helen McBride, Mitch Sanders, Jeniece and Vernon Bussell, Kay Bussell and Roberta Davis. The oldest in attendance was Rosa R. Fryman.

The two youngest were, Lena Abigal Dunn and Rylan Eads. Lizzie Minton traveled the farthest coming from Hawaii.

Mercury Memories

25 years ago

The Beechwood Tigers edged past the Bluejackets for a 35-24 victory Friday night. Next week the Bluejackets will celebrate Homecoming against Paris.

Members of the Nicholas County Fiscal Court set the county tax rate at 13.9 cents per $100, according to Judge-Executive Reese Smoot.

"The Texas Chainsaw Massacre" is now playing at the Judy Drive-in.

Five pound bags of flour are only 49 cents with one filled booster card at Jerry's IGA in Carlisle and Flemingsburg.

Mr. And Mrs. Dale Saunders announce the birth of a daughter, Stephanie Paige Saunders.

Mr. Youie Shaw celebrated his 90th birthday Sunday at the home of his grandson Jimmy Shaw, of Cliffway Drive.

Information was recently received by the Carlisle Mercury regarding our recent inquiries about the Iron Dog located in the Carlisle Cemetery. Mrs. John Krebs of St. Petersburg Florida, wrote in a letter to The Mercury that her mother Mattie Clay Shankland, who visited the cemetery for many years, that the dog was placed as a headstone for a young boy from Cincinnati who was 11 or 12-years-old when buried at the cemetery. According to Mrs. Krebs the dog was placed approximately 100 years ago.

Total rain thus far this year has been measured as 16.22 inches (Lexington) and 18.84 inches (Maysville).

50 years ago

FFA members Bobby Curtsinger, captain of the dairy judging team, Harold Sidles, Albert Workman and Paul Markwell, also of the dairy judging team, joined Jesse Smith of the

See MEMORIES Page 14

Community Calendar

AA meetings held

There will be no AA or Al-anon meeting for the month of September. Meetings will start back up in October.

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.

Auxiliary meets second Tuesday

The Johnson Mathers Health Care Auxiliary meets the second Tuesday of each month at 10 a.m. in the hospital dining room. Anyone interested in joining the auxiliary is welcome.

Wilson to be on KET

Charles E. Wilson will be on KET Monday September 24, 2007 at 10 p.m. He will be on a segment where KET reporters interviewed him concerning his service as a World War II veteran.

Mt. Zion Christian Church to hold revival

A revival will be held at Mt. Zion Christian Church beginning at 7 p.m. on Thursday September 20, Friday September 21 and Saturday September 22. There will be a morning service at 11 a.m. on Sunday, September 23. Mike Tuttle from Miamisburg, OH will be the speaker and there will be special music at each service.

Dampiers to hold get together

The Dampier family will hold a get together Friday and Saturday, September 28 and 28 at Blue Licks Battlefield State Resort Park. On Friday they will meet for dinner at 6 p.m. (reserved dining space). Saturday the meeting room is reserved all day and dinner will be in the dining room. They will also see the Daniel Thomas Dampier Homestead and Log Cabin.

Vice Reunion to be held

Sunday September 30 at the Carlisle Depot from 12:30 p.m.- 4:00 p.m. Pot luck dinner. For more information call Allie Vice Jr. at 859-289-5879.

Storytime to be held at N.C. Public Library

The Nicholas County Public Library invites you to Storytime for preschoolers ages 3-5 beginning Wed., Oct. 3 11-12 noon. Storytime will be held the first and third Wednesday of each month. Pre-registration is mandatory. Please sign up today! Call 289-5595.

N.C. Adult Learning Center News

The Adult Learning Center offers a flexible schedule and personalized instruction to help students successfully complete their GED. The center offers students the opportunity to study at their own pace and on their own schedule. Interested persons may stop by anytime between the hours 9 a.m. to 7:30 p.m. on Mondays and Tuesdays and 9 a.m. to 1 p.m. on Wednesdays.

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.

Bourbon Community Hospital
Nicholas Specialty Clinic
Charles Allran, MD - General Surgery 987-4496
J. Michael Baird, MD - OB/GYN 988-1966
Michael Noble, MD - Family Medicine 987-0074
www.BourbonHospital.com • 9 Linville Drive, Paris, KY • 859/987-3600
Now Open
101 West Chesnut Street
Carlisle, KY 40311

Bourbon Community Hospital and Bluegrass Medical Clinic
Welcomes
Michael L. Noble, MD

Dr. Noble is a graduate of UK and the University of Louisville School of Medicine. He completed his residency at Deaconess Family Medicine in Evansville, Indiana and is returning home to Kentucky to begin his practice. Dr. Noble, along with other members in their group, will provide continuous care from the clinic setting to providing inpatient care at Bourbon Community Hospital.

Dr. Noble is now accepting new patients at:

Bluegrass Medical Clinic
22 Clinic Drive
PARIS

Nicholas Specialty Clinic
101 W Chesnut St.
CARLISLE

To make an appointment with Dr. Noble, call
859/987-0074

Making Our Communities Healthier

Auction
Thursday, September 20 - 6:00 p.m.
Mattox Auction Center 3740 Maysville Road Carlisle, KY 40311

Fine selection of firearms and quality pocket knives from the estate of the late Billy Ray Sams, along with other quality items including tools, Indian artifacts, and more.

Firearms: Savage Model 24 .22/410 over and under, Springfield Armory Model 1903 .303, Savage Model 72 .22 bwever action, Remington Model 1100 12 ga., Sears Model 25 .22, Remington Model 514 .22 single shot, Ruger Mark 1 .22 automatic, H&R Model 929 .22 revolver, .38 special, Beretta Model 950 .22 automatic, Colt Jr. .22 automatic, Ruger .45 automatic, Ruger 9mm, .45 cal. black powder pistol and long rifle, and more.

Pocket Knives: 24 Case XX knives including: Case XX 1999 U.S. Marine Corps, Case XX elephant toenail stag and other stag handles, Case XX bowie knives, American Railroad Series, Masonic, CSX/Conrail mirger, canoe, muskrat, trappers, etc. Buck, Circle Remington, Boker, Fighting Rooster, Winchester, Ka-Bar bowie, Smith & Wesson, Parker, Hinckle, John Primble, and a set of 14 Boker Commemorative knives.

Good tools including tomahawk, Prime Hickory axe, and more.

Terms: Cash or check with proper identification. Visa and MasterCard accepted. $1. per lot processing fee added to the price of each item sold to determine the total purchase price. Absentee and Phone bidding accepted with a 10% Buyer's Premium.

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