

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.

**Celebration of life to be held**

The Nicholas County Cancer Coalition will be sponsoring the annual Celebration of Life at the Carlisle Methodist Church on Saturday, May 17th from 11 a.m. until 1 p.m. All Cancer survivors, their families, friends and interested persons are invited to attend. The guest speaker will be Amber Philpot from WKYT-TV. Join us as we celebrate the survivors and life!

For more information call Georgia Gilvin, chair 289-5972 or Peggy Seibers RN at 859-588-8517.

**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 charges or fee by the Commonwealth of Kentucky, Department of Veterans Affairs. Feel free to call and leave a message or we are out 1-866-376-7639 your call will be returned as soon as possible.

**Project Graduation meetings will be held every Wednesday until graduation at 2 p.m. in the high school.** All senior parents are welcome to attend.

**Day Time Red Hatters to meet**

The Day Time Red Hatters will meet Wednesday, May 14 at Capitan's in Mayeville at 12:00 p.m. Meet at Becky's Beauty Shop at 11:00 if you need a ride.

**Texas Hold 'Em Tournament to be held**

Texas Hold 'Em Tournament Saturday May 17th at the Nicholas County Fire Department. Registration begins at 6:00 p.m. Games begin at 7:00 p.m. Come and Enjoy the fun. For more info contact Alan Tegenard or Georgia Gil.

**The Johnson Mathers Health Care Auxiliary**

**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.**

**meets the second Tuesday of each month at 10 a.m. in the hospital dining room. Anyone interested in joining the auxiliary is welcome.**

**Revival to be held**

Morefield United Methodist church will have their Revival on May 15, 16, and 17th. Rev. Jason Capitanero, 7:00 p.m. nightly. Everyone welcomed.

**Orient Lodge #500 to hold meeting**

The Orient Lodge #500 meets the second Tuesday of each month at 7:30 p.m. All Master Masons are welcomed.

**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 3:30 p.m. on Mondays and Tuesdays at 9 a.m. to 3 p.m. on Wednesdays.

**Project Graduation meeting to be held**

**Democratic Women's Club and Democratic Executive Meetings**

**Democratic Women meet 6:30, Executive Committee meets 7:00 on Thursday May 15, 2008 at the Nicholas County Courthouse. All members urged to attend. If you have questions call Joan Morris 289-7085.**

**Family Reunion to be held**

Herrington Family Reunion May 17th at Blue Licks State Park 10:00-11:00. Have any questions call Amy at 606-584-3612.

**Health Center to be closed**

The Nicholas County Health Center will be closed on Monday May 26 to observe the Memorial Day Holiday.

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**Kiwanis Club will meet**

The Carlisle-Nicholas Co. Kiwanis club will hold their meetings at 7 p.m. on the first Thursday of every month at the Neal Building.

**What actor has portrayed Wolverine in all three X-Men movies?**

**To win: Be the first person to bring this ad into Video Shack with the correct answer and you will win a FREE night's rental**

**Some restrictions apply. See store for details.**

**bring it to The Carlisle Mercury at 117 South Locust. You can email it to editor@thecarlislemercury.com You can fax it to 859-289-4000.**

**Turn Your Trash Into Treasure**

**Advertise Your Garage Sale in The Carlisle Mercury**

**Just drop off your ad at 117 Locust St. • Carlisle 20 words for \$6.30 each additional word**

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LIFESTYLE

A Pinch of This and a Dash of That

**By Jill Hatton**  
**FNFP Program Assistant**  
 Nicholas County Extension Office

I hope you are having a great week after our rainy rainy weekend. This week I am choosing to stay with strawberries and share with you some more recipes. I hope you enjoy them and try a new recipe this week.

**Banana Berry Pancakes**  
 1 large banana, peeled and sliced  
 1 cup complete pancake mix  
 1/2 cup water  
 Nonstick cooking spray  
 Toppings:  
 1 1/2 cups fresh strawberries (unwashed)  
 2 tablespoons strawberry jam (if you are watching your sugar intake choose the lower sugar or sugar free jam)  
 Place banana in a medium bowl and mash with a fork. Add pancake mix and water; stir until blended. Stir a larger skillet with non-stick cooking spray over medium heat. Pour 1/4 cup batter for each pancake into hot skillet.

**GREER**  
 Continued from Page 4

stress illness that made us all live in fear that we would end up dead, crippled, or in iron lung.

I don't long for the frequent epidemics of other diseases like Chicken Pox, Measles, Whooping Cough and Scarlet Fever—all of which could be fatal.

I don't long for the days when if we broke a rule in school we would be forced to lean over and take licks with a paddle until our little butts bleb and it wasn't even considered bad.

I don't long for the trains that ran on coal and spit black smoke on our house when they chugged by, and I don't long for crop duster airplanes that sped out DDT on our crops.

I don't long for the attitude of many men in the 50s who believed that if a woman was raped "she probably asked for it."

I don't long for the days when evil politicians like Joe McCarthy used the threat of communism to take away our rights and control us through fear.

I don't long for the days when there were only 2 or 3 channels to watch on television and the picture was constantly rolling.

I don't long for the days when you would pick up the phone and wait ten minutes for an operator to ask you for the number, or you had to share your telephone line with a bunch of other people.

Lucky for we humans, our memories are selective. When I think back on the fifties, I mostly remember the things from the 'I long for' list.

But Happy Days? Maybe not.

**Date Greer is a member of the faculty at Morehead State University. He has an extensive background in media including award winning reporting and stints as a major television anchor. He can be reached via email at, ddgreer@roadrunner.com**

Cooking pancakes for about 2 minutes per side or until cooked thoroughly.

Topping preparation: Place berries in a small bowl with 1 minute. Stir, then cook for 1 minute more. Spoon topping over pancakes.

**Nutritional information:**  
 Calories: 197, Total fat: 1.8 grams; Saturated fat: 0.4 grams; % calories from fat: 8%; Protein: 4 grams; Carbohydrates: 43 grams; Cholesterol: 7 mg; Dietary fiber: 3 grams; Sodium: 397 mg.

**Source:** Recipe courtesy of Produce For Better Health Foundation, www.fruitsandvegetablesmoreatthemore.org

**Strawberry Shrimp Ceviche\*\***

**Ingredients:**  
 1/2 cup chopped, stemmed California strawberries  
 1/2 cup chopped plum tomato  
 1 1/2 tablespoons olive oil  
 4 teaspoons fresh lime juice  
 4 teaspoons red wine vinegar  
 2 teaspoons chopped, seeded jalapeno peppers  
 1 teaspoon sugar  
 1/2 teaspoon salt  
 1/2 teaspoon Worcestershire sauce  
 Ceviche

**REPORT**  
 Continued from Page 4

renters share my concern that a bailout is unfair. Congress needs to develop sensible models that investigate and prosecute bad actors in the mortgage business while helping responsible individuals stay in their homes without going substantial risk to all taxpayers.

In addition, first time homebuyers should be encouraged to attend housing counseling and general financial literacy programs in order to better understand responsible homeownership.

The HOPE NOW Alliance is available free of charge to help at-risk homeowners. If you or someone you know is at risk of losing their home, please call (888) 866-HOPE for visit http://www.hopenow.org as soon as possible. The sooner you take action, the better chance you may be eligible for a loan workout or modified payment plan to help you stay in your home.

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 Berea United Methodist Church  
 Carlisle United Methodist Church  
 First Hill United Methodist Church  
 Mt. Zion Christian Church  
 Catholic Church  
 Morefield United Church  
 Blue Lick Christian Church

**Team Monday**  
 Team Tuesday  
 Team Wednesday  
 Team Thursday  
 Team Friday

**Special Thanks to all churches who donated time and food!**

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