Deaths

John William Wiggins

John William Wiggins 75, retired farmer, Paris Route 3, died at at 7 p. m. Wednesday, June 17, in the emergency room of the Bourbon County Hospital. He became ill at his home a short time earlier. He was a native of Nicholas County, and a member of the Herrington Methodist Church.

Surviving are four daughters, Mrs. Mary Ann Dotson and Mrs. Belle Long, Paris, and Mrs. George Grose and Mrs. Charles Grose, Lexington; two sons, John Corbin and William Earl Wiggins, Millersburg; a half-brother, Emery Wagoner, Paris; two half- sisters, Mrs. William Mynear, Nicholas County, and Mrs. James Earlywine, Millersburg.

Services were conducted at 2 p. m. Saturday, by the Rev. Wilmer King and Rev. Kemp Edwards. Burial in Millersburg Cemetary.

Cray Moreland

Cray Moreland 68, farmer of Cynthiana Route 5, died at 7:45 a. m. Thursday June 18, at the Veterans Administration Hospital, Lexington, after a short illness. He was a native of Nicholas County and a veteran of World War I.

He is survived by a son, Cecil Moreland, Cynthiana; a daughter, Mrs. Homer Hiten, Harrison County; four grandchildren and two great-grandchildren.

Services were conducted at 3:30 p. m. Saturday at the Smith-Rees Chapel by the Rev. Earl T. Curry. Burial in the Mt. Pleasant Cemetary.

Otis Milton Broderick

Otis Milton Broderick, 58, of Carlisle, a carpenter, died at 4:30 p. m. Friday, June19, of a heart attack on U. S. 68. He was stricken ill while working and was en route to town in a truck when he died.

Survivors are his wife, Mrs. Martha Caswell Broderick; a son, Ronnie Broderick, Carlisle; two brothers, Robert and Everett Broderick, Nicholas County, and two grandsons.

Services were conducted at 2:30 p. m. Sunday by the Rev. O. S. Gardner at the Mathers-Shearer Chapel. Burial was in the Barterville Cemetary. Bearers were Lester Snapp, Ward Shannon, Charles Watkins, Norman Broderick, Raymond Wesley Jr. and Ralph Wesley. Honorary bearers, Sherman Green, Hinton, Otis and Franklin Caswell, Eugene Booth, Harold Letton and Leonard Green.

In The Service

Completes Training

Pvt. Floyd W. Bussell, son of Mrs. Sarah E. Bussell, Carlisle, completed an eight-week personnel administration specialist four at the Army Armor Center, Fort Knox, June 19.

Bussell received training in the use of business machines such as addressographs and calculating machines and in facets of the Army personnel management program.

The 20-year old soldier entered the Army in January 1964 and received basic training at Fort Knox.

He was graduated from Carlisle High School in 1961 and was employed by the Carlisle Mercury before entering the Army.

Participates In Training Tests

Army Pvt. Elmer R. Gibbs, son of Sylvester Gibbs, Route 1, Sharpsburg, participated with other members of 3d Armored Division units in a week of annual tests (ATT) near Wildflecken, Germany, ending June 19.

The ATT is a tough and complete assessment of the unit's combat readiness under the most realistic conditions possible in peacetime.

The 19-year old soldier, a tank driver in Company C, 2d Battalion of the 3d Division's 33d Armor near Kirch Gons, entered the Army in July 1963. He Completed basic training at Fort Gordon Ga., and was assigned at Fort Knox.

Gibbs attended Norwalk (Ohio) High School.

Before entering the Army, he was employed by the Cedar Point Farm, Paris.

SALTWELL W. S. C. S.

By Mrs. Grace G. Allison

The W. S. C. S. of the Saltwell Church met Wednesday, June 10, for their monthly meeting. They were called to worship by Elizabeth A. Gaunce, president. The lesson topic was, "You are Christ Called." Hymns were sung; Scripture read and Readings were given. Members taking part were Virginia Fryman, Cora Gaunce, Carolyn D. Snapp, Betty Livingood.

Potluck dinner was served.

P. M. Program

The group was called to worship by acting president, Virginia Fryman. Those taking part in the afternoon session were: Rosa Allison, Virginia Fryman, Grace G. Allison, Wyoma Smith, Betty Livingood, Lois B. Allison.

A business session was held with the minutes being read and roll call with 15 members present, three visitors and nine children. 29 visits to the sick and four dishes carried. Flower fund $1.60.

Membership pins were presented to Virginia Fryman and Bettie Gaunce. Sunshine gifts were presented. The meeting adjourned to meet at the church in July with the benediction given by Carolyn Scott Gaunce.

MISS LINDA HUNT SPENDING VACATION AT CAMP KYSOC

Miss Linda Hunt, daughter of Mr. and Mrs. Jesse Hunt, Route 1, Carlisle, left Sunday, June 14, for a three- week stay at Camp Kysoc, near Carrollton.

The special camp session is for youngsters with hearing handicaps which cause difficulties with speech and language development.

In addition to receiving special therapy at the camp operated by the Kentucky Society for Crippled Children, she will participate in a well-rounded program including swimming, fishing, boating, cook-outs, and campcrafts.

CONTESTANTS TO ENTER NEEDLEWORK CONTEST

Since opening day of the 1964 Nicholas County Youth Fair is only a few weeks away, knitters and crocheters who plan to needle their way to fame as contestants in the 1964 National Wool Needlework Contest are urged to let their needles fly and speed up work on their entries, or begin them if they have not already done so. Judging of the art of needlework entries will take place at the Fair which opens on Thursday, August 13. Designs must be submitted to the Fair not later than 5 p. m. August 13. The contest is being jointly sponsored by the National Hand Knitting Yarn Association and the American Wool Council for the second successive year.

To be seriously in the running for an award by the Fair's judges, contestants are advised to give careful attention to such details as blocking, cleanliness and overall details before presenting their entries to the Fair.

Both knitters and crocheters are eligible to enter the contest, provided that they are non-professional needleworkers. Awards will be made in the six seperate categories, three each for knitting and crocheting.

Selection of the grand national winner, who will receive a free trip to New York and a three-day stay for two as well as a cash prize of $1000 and a special engraved trophy will be announced in December by the sponsors of the contest.

Further details on rules for the 1964 National Wool Needlework Contest can be obtained from Morrison Variety Store or the County Extension Office.

CUT OUT FAT EATEN; LOSE WEIGHT

Do you want to lose excess weight?

If you do, then reduce the amount of fat you eat. That's the advice of the Kentucky Heart Association.

In addition to less fat consumption, "reasonable substitution" of vegetable oils and other polyunsaturated fats for animal fats in the diet, under the supervision and on the advice of your doctor, is strongly recommended by KHA. This kind of diet control not only will make the overweight person look and feel better, it also may be the means by which he or she will decrease the risk from heart attacks and strokes.

This recommendation follows action on a national scale by the American Heart Association in broadening the scope of the statement it issued in 1961 on "Dietary Fat and its Relation to Heart Attacks and Strokes."

Originally it applied principally to the three groups with an especially high risk of heart atacks and strokes: the overweight; persons who have already had heart attacks or strokes; and men whose family and personal histories suggested that they might be prime targets for heart attacks or strokes. Again it was emphasized that, in every case, a person should seek medical guidance before making a change in diet.

A major purpose in issuing the recommendations is to reduce the blood levels in cholesterol. This fatty substance in the blood is a prime factor in bringing on "atherosclerosis." the type of hardening of the arteries responsible for most heart attacks and strokes.

Reducing the number of calories you consume will not only prevent you from putting on more weight but will decrease blood cholesterol as well. Both of these results will improve your health. Another way to lower your blood cholesterol, according to the Kentucky Heart Association, is by controlling the amount and type of fat (less animal fats and more vegetable oils) in your diet without changing the number of calories you consume.

It was pointed out by KHA that "there is no final proof yet that dietary changes will prevent heart attacks or strokes," and it was made clear that many factors influence the development of atherosclerosis, such as: age, sex, heredity, excessive cigarette smoking, high blood pressure, and diabetes. But it was further pointed out that "evidence from many countries suggests a relationship between the amount and type of fat consumed, the amoun of cholesterol in the bloou, and the reported incidence of coronary arte disease."

VOLCANO'S NEIGHBORS STUDIED BY UK PROF

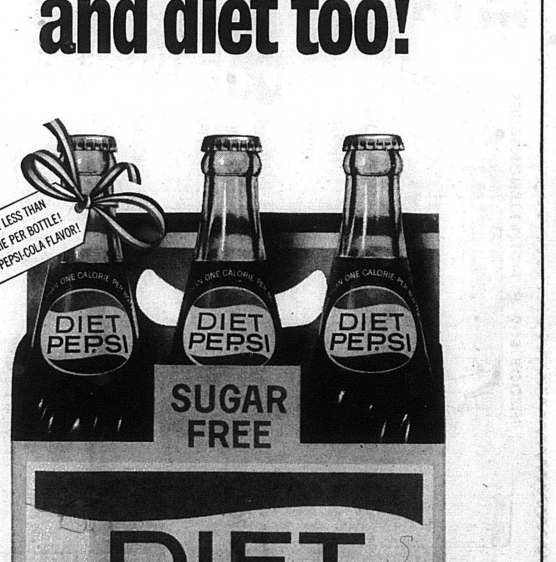
The attitudes of people who live daily under the threat of extinction by a volcano are being studied this summer by a University of Kentucky anthropologist. Dr. Douglas W. Schwartz is spending three months among the villagers of San Bartolomeo, on the island Stromboli in the Tyrrhenian Sea. The village is at the base of an active volcano. The UK professor hopes to find out how the people react to the constant danger and what ideas they share "to help them cope with the situation."

UK TRAINS TEACHERS DOING WORK IN PERU

Donald Leak, director of the University of Kentucky YMCA, will head a group of 12 American college students who this summer will help build a community center and school in Lima, Peru. The project is sponsored by the National Council of the YMCA. Fifteen Peruvian university students will work with the Americans in Lima. The project there will serve as a guide for Peruvian students after the U. S. volunteers depart. The group headed by the UK man will also visit two other South American countries, Ecuador and Colombia.

"If the world is going to the dogs it's because everybod has a bone to pick."

Now you can have your cola and diet too!



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CONTEST WINNERS--A poster contest was sponsored recently at the Carlisle Christian Church for those who attend the Junior Church service, 14 posters were entered in the contest. The theme of the contest was "What I Like About Junior Church" or "What We Do In Junior Church". Winners in the contest were; 1st prize, Horace (Spuddie) Marshall, II; 2nd prize, Charlotte Fryman; 3rd prize, Sam Cameron; honorable mention, Suellyn Clinkenbeard. All posters received ribbons and will be on exhibit during the Vacation Bible School period at the church.

90 Acres Of Land Deeded To Girl Scouts

Richard Clark of Indian Fields, Clark County, recently deeded 90 acres of land to the Wilderness Road Girl Scout Council for the perpetual use of all Girl Scouts of the Wilderness Road Council.

The council is made up of 49 counties of Eastern Kentucky, one in West Virginia, one in Virginia and one in Tennessee.

The land is located at Indian Fields, and formerly was known as Oil Springs, a resort of some renown. The old hotel building is still in existence as are parts of the old water system built to supply the hotel.

The property brings to five the number of camp sites owned by the Wilderness Road Council. Established camps are conducted at properties located in Floyd, Harlan and Morgan Counties. Troop and day camping is held at property located at Spears, in Jessamine County near the Fayette County line.

The acquisition of the Clark property will bring to the girls in this council a much more primitive area for camp use, and will afford them different opportunities for outdoor living than has heretofore been possible, accordihg to Scout officals.

Transfer of the property was completed on April 6, 1964.

The council is planning to use this area for troop camping, a planned event in which the leaders and girls of troops live out-of-doors together for a stated period of time, usually one, two or three days and nights.

Such an event makes possible the development of outdoor skills such as meal preparation, sleeping arrangements, safety in the out-of-dors, and does much to build a sense of responsibility for others in the girls. Such trips are planned and carried out by the girls under the patrol system used in their regular troop programs, officals said.

The camp is located on the banks of Lulbegrud Creek, so named by Daniel Boone when he spent the year of 1770 at Oil Springs, whose healing and medicinal waters were used by the Indians long before Columbus discovered America. There, within one acre, are five mineral springs, all of different waters, and it is said to be the only place in the world where such a condition occurs.

Near there in 1753 was the first fight on Kentucky soil between the Indians and the whites, and this fight was really the first battle in the French and Indian War. In this same locality is "Indian Oil Fields", "Eskippikithiki", or "Ken-ta-Ke", only Indian village in the state, from which Kentucky gets its name. Overlooking this meadowland is Pilot Knob where Daniel Boone in June, 1769 first beheld the Blue Grass Country. It was there that the famous "Blue Grass" started growing in Kentucky, the seed coming from the Blue Grass hay that John Finley, who operated a trading post, had packed his goods in, Pennsylvania.

A group of citizens of Clark and surrounding counties are being recruited to act as the Camp Committee for this property. It will be the responsibility of this group to plan all future improvements necessary to the property and make the recommendations for action to the Board of Directors of the Wilderness Road Girl Scout Council. Mr. and Mrs. Andy Layne of Winchester have accepted the chairmanship of this committee.

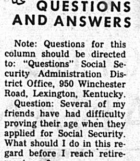
FARM & HOME

FROM PAGE 2

Some of the more common plants that are poisonous are Black Locust, Ohio Buckeye, horse chestnut, klamath weed, water hemlock, poison hemlock, dogbane, swamp milkweed, jimson weed, black nightshade, Indian tobacco, boneset, staggerwort, and many others. If weed poisoning is suspected, a veterinarian should be called immediately.

The use of weed killers may be practical in some cases but care will have to be exercised—follow instructions as stated on the package.

If you want more information on poisonous weeds, stop by the County Extension Office and pick up a copy of Circular 502, Some Plants of Kentucky Poisonous to Livestock.



QUESTIONS AND ANSWERS

Note: Questions for this column should be directed to: "Questions" Social Security Administration District Office, 950 Winchester Road, Lexington, Kentucky.

Question: Several of my friends have had difficulty proving their age when they applied for Social Security. What should I do in this regard before I reach retirement age?

Answer: Obtaining an old, reliable record of your age ahead of time will often speed up the arrival of your first check by several weeks.

Question: I have operated a business for several years and will be 65 in March. When can I file and what evidence do I need when I file a claim for Social Security?

Answer: You can file your claim as early as January if you prefer. Usually you will need only a copy of your Federal income tax return for the previous year, along with some document showing your age.

Question: I will be 65 next year, and my company will be retiring me. What should I do in advance of filing for my benefits?

Answer: If you have not done so, we advise you to call at our office to check your earnings record. If there are any errors, they can be corrected before you retire.

Question: Is there any change scheduled for the social security tax rate for employees?

Answer: Not at present. The rate is now 3¼%. This will change to 4⅛% in 1966 and to 4⅝% in 1968.

Question: I lost my social security number. What do I do for a card?

Answer: Ask your Postmaster or Social Security Office for an application so that a new card can be issued. Be sure you get the same number.

Question: My Husband died in 1939. I have always been told I can't collect as a widow. Is this true?

Answer: A recent change in the law may have made you eligible. Please contact your Social Security Office about filing a claim.

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Wilderness Area Mineral Search Is Called Vital

WASHINGTON—Congressional action to insure the accessibility of new and rare minerals in wilderness areas has been urged by the National Association of Manufacturers.

It was pointed out that some legislative proposals would ban prospecting or mining in certain perpetual wilderness areas and thus place the United States at a disadvantage since Soviet Russia is pushing forward with vast mineral exploration of her wilderness sections. The minerals are vital to the furtherance of modern technology.

Daniel Cannon, executive of the NAM Conservation Committee, told the House Subcommittee on Public Lands that designation of wilderness areas should be made on an individual basis, and subject to review.

He offered the following amendments to H.R. 9162, which he said would make it the best of the blanket legislation under consideration by the House unit:

1. Continue applicability of mineral leasing and mining laws to National Forest wilderness areas for at least 25 years.

2. Review classification of areas as "wilderness" at least every 25 years.

3. Require submission of views and analyses by specified federal agencies relating to areas designated.

4. Specify access rights of private owners.

5. Revert primitive areas not otherwise acted upon to National Forest status after 10 years.

SALES TOTAL 209 HEAD AT LOCAL MARKET

Thursday sales at the Carlisle Stock Yards resulted in receipts totaling 209 head and were as follows:

Hogs--Receipts 38; Packers $15.90; Sows $11.50 to $14.60; Stock Hogs $7.50 to $13.00.

Cattle--Receipts 100; Steers $18.00 to $20.50; Heifers $16.00 to $17.50; Baby Beeves $17 to $18; Cutter Cows $11.50 to $13.50; Stock Steers $70 to $81; Stock Bulls $100. to $125.

Sheep--Receipts 4; Top Ewes and Bucks $16.00.

Calves--Receipts 67; Top Veals $23; Medium $20 to $21.70; Common and Large $18.00 to $19.50.

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