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Summer Heat A Health Hazard

Summer's heat runs a close second to winter's chill as a hazard to heart patients. So watch out for that first severe heat wave, warns the Kentucky Heart Association. Why? Because the heart works harder under conditions of high heat and humidity to maintain body temperatures at normal levels. It does this by pumping a greater volume of blood at a faster rate, actually

measurable in controlled experiments. The normal heart has enough reserve power to overcome the stress imposed by heat and humidity. The demands placed on a damaged heart, however, may add up to dangerous strain—as much as or even more than the burdens imposed by exercise or other exertion. What's the answer? According to the Heart Association, the wise thing to do is: take it

easy, and try to keep cool. In addition, the usual hot weather tips are good advice for the cardiac as well as for healthy people of all ages. These include eating and drinking lightly, taking frequent baths, staying out of the sun, and avoiding too much exertion. Summer heat has another built-in hazard that especially applies to the person who has poor or defective blood circulation: It takes badly needed salt out of the body. Most people perspire heavily in summer, losing large amounts of salt

and fluid in the process. You should replace them by drinking more water than you normally do and by taking extra salt, usually at mealtimes. This may pose a problem, however, for those heart and high blood pressure patients whose doctors are trying to decrease the amount of salt such patients consume, or are attempting to promote salt excretion or loss through the use of certain drugs. The Kentucky Heart Association advises these patients: Don't wait until the effects of hot weather have complicated your

WELCOME

TO CARLISLE
and the
BLACKBERRY
FESTIVAL

Ishmael
Cleaners

WELCOME
Homecomers

Best of luck
to the
Blackberry
Festival.



Sim's Jewelry

WELCOME
to
CARLISLE

We are happy
you can enjoy
our ...

Blackberry
Festival
ROBERTA'S
Beauty Shop

Welcome Home

And to the

BLACKBERRY FESTIVAL
DEE JAY AUTO PARTS

Welcome Homecomers



See Us For Your Building Needs

Ratliff Bros.

WELCOME HOMECOMERS



While here shop
and visit our store.
Abraham's Dept. Store

HOMECOMERS

We WELCOME YOU
to Carlisle and

The Blackberry Festival
Hunt's Ashland Station

WELCOME HOMECOMERS

Woodys Auto Repair

Salutes Nicholas American Legion
Post No. 17 for bringing to
Carlisle the annual Blackberry
Festival and July 4 celebration.

WELCOME TO CARLISLE

Stop and see us during the
Blackberry Festival

We are celebrating our
50th anniversary as
Kentucky's Oldest Ford Dealer



HARPER'S GARAGE

Your Ford Dealer Since 1915.

Best of Luck

to all
Homecomers
and to your

Blackberry Festival



Fleming-Mason
R.E.C.C.

Better Rural-Urban Relations

About the closest contact a suburban dweller has with farming these days is the supermarket. There are fewer and fewer people who can claim that their fathers or grandfathers were farmers. All of this weakens the ties between city and country dwellers and lessens the understanding of agriculture and its role in our economy.

In recent years, civic clubs, agr. — Business groups and farm organizations have cooperated in sponsoring an annual national Farm-City Week that has contributed greatly to better relationships between rural and urban areas.

This month marked another significant development in "operation understanding." It was the opening June 12 of the Agricultural Hall of Fame and National Agricultural Center, 12 miles west of Kansas City, Missouri, at the Kansas Turnpike and Iowan Springs, Kansas, interchange.

Here on a gently rolling site of 275 acres, the first building was formally opened and the ceremony was attended by farm, business, and agricultural education leaders from all parts of the United States.

This agricultural center is designed to focus national attention on the role of agriculture in America. It is essentially a living memorial and a year round show place for agriculture and related industry. It is not a museum concerned only with the old days, but is designed to tell the story of agriculture past, present and future.

Acquisition of the land and construction of the first building was made possible through 14,000 voluntary subscriptions from farmers and ranchers as well as other individuals, industries and organizations.

Adjacent to the Hall of Fame site, the Wyandotte County Park Board has developed a 300-acre park, and the State of Kansas has acquired 70 acres located between the site and the Kansas Turnpike for improvement and development of this area. The Kansas state legislature is also considering establishing an experimental farm in the area.

The Wyandotte Park was conceived primarily as a buffer zone for the adjacent Hall of Fame to prevent commercialization of the area.

WELCOME

Friends
We are happy
to have you
home and hope
you enjoy our

Blackberry
Festival



Baker's
Dept. Store

Welcome Homecomers



Visit us during your
stay in Carlisle.

Small's
Greenhouses

Welcome Homecomers

We extend a hearty welcome to
those returning to their native
county. We wish you a pleasant
visit among your friends during
the

Blackberry Festival
Dorsey Bros. & Fisher

HOMECOMERS

Welcome to Carlisle
During Our

BLACKBERRY FESTIVAL
While in town, drop in
and see us, we'd like
to see you, too.

Hopkins Drug Co.
Phone 18 Carlisle, Ky.

Welcome TO

Carlisle

and the
Blackberry Festival

First National Bank

Welcome Friends To Carlisle



BLACKBERRY FESTIVAL

...while here stop in and see us.
Our office is air conditioned for
your comfort —

SOUTHERN STATES
CARLISLE CO-OPERATIVE



Enjoy Homecoming and the Blackberry Festival
During the 4th of July Celebration
The Management and Employees of
Blue Grass Industries, Inc.

1965 KENTUCKY HOMECOMING YEAR

Welcome Homecomers
We invite all our friends and customers to visit us
during the —

Blackberry Festival.
Duncan Electric Shop

Deposit Bank Bldg. Phone 27