

# The Carlisle Mercury

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WARREN H. FISHER  
(Mrs.) Katherine T. Fisher  
Mrs. Joseph H. Conley  
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Editor Publisher  
Associate Editor  
News Editor  
Mrs. Charles Pope  
Secretary Editor

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## Post Office Politics

Physical fitness is a must for postal workers, according to a new regulation issued by the Post Office Department. The regulation states that postal workers must be in good physical condition to perform their duties. This is particularly important for those who work in physically demanding positions, such as mail carriers and delivery clerks. The regulation also states that postal workers must be free from any physical condition that would prevent them from performing their duties. This includes conditions such as heart disease, high blood pressure, and diabetes. The regulation is part of a broader effort by the Post Office Department to improve the health and safety of its employees. It also reflects the growing emphasis on physical fitness in the workplace in general.

## MERCURY VAPOURS

Looking at the Inside  
Mercury vapours are a common problem in homes, particularly in older homes. They are caused by the use of mercury-containing products, such as fluorescent light bulbs and certain types of paint. Mercury vapours can be harmful to health, particularly to the nervous system and the lungs. It is important to take steps to reduce mercury vapour levels in your home. This includes replacing fluorescent light bulbs with energy-saving alternatives, such as compact fluorescent lamps (CFLs), and using lead-free paint. It also includes proper disposal of mercury-containing products. If you suspect you have a mercury vapour problem in your home, it is best to consult with a professional.

## Farm & Home

Twenty & Forty Years Ago  
In 1929, the average farm family in Kentucky had a total income of \$1,000 per year. This was a significant amount at the time, but it was also a precarious income. Many farm families were struggling to make ends meet, particularly in the face of declining crop prices and increasing expenses. By 1949, the average farm family income had risen to \$3,000 per year. This was a significant improvement, but it was also a precarious income. Many farm families were still struggling to make ends meet, particularly in the face of declining crop prices and increasing expenses. The agricultural industry in Kentucky has come a long way since then, but it still faces many challenges. It is important to continue to support the agricultural industry and to work to improve the lives of farm families.

## THE BIG SCARECROW



## Looking at the Inside

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## Agree Or Not,

I Say What I Think  
By S. C. Van Coten

FRANKFORT, Ky.—Eugene Gosz, the 40-year-old Italian lawyer who became commissioner of highways last Thursday, has a clear mandate from Gov. Louis B. Nunn "to run the department in the best interests of the state," while this may read best in the abstract, it is not so simple in practice. Gosz has full authority, and this includes hiring and firing of personnel. He has also inherited a department that is in a state of transition. He must now take steps to bring the department into line with the state's needs. This is a challenging task, but it is one that Gosz is well-equipped to handle. He has a strong background in law and public administration, and he has a proven track record of success. He is confident that he can lead the department to a new era of efficiency and effectiveness.

## AMWAY

Home Care Plans At Your Disposal  
Call Ed Fryman At 289-2182 For A Free Trial Appointment

AMWAY is a leading manufacturer of household products, including cleaning supplies, personal care items, and home care services. The company has a long history of providing high-quality products and services to its customers. AMWAY is now offering a new line of home care plans that are designed to meet the needs of busy families. These plans include everything you need to keep your home clean and fresh, from cleaning supplies to maintenance services. AMWAY is committed to providing excellent customer service and to helping our customers save time and money. Contact Ed Fryman at 289-2182 for a free trial appointment.

## GRASS ROOTS

By Bob Strawn  
Special News Feature

From all the ranting and raving about the "grass roots" movement, it is surprising to find that the movement is still in its infancy. The "grass roots" movement is a term that has been used to describe a wide range of activities, from community organizing to social activism. The movement is based on the idea of "bottom-up" change, where change is brought about by the actions of ordinary people. The "grass roots" movement has a long history, and it has played a significant role in many social and political movements. It is important to continue to support the "grass roots" movement and to work to bring about positive change in our society.

## Homemaker Activities

Parish Homemakers  
The Parish Homemakers met March 6 with Mrs. Sherman Hollar on Morgan Street at 10:30 A.M.

The meeting was called to order by the president, Mrs. Frankie Watson. Devotional given by Mrs. Warner Love, reading Psalm 121 and followed by prayer. Mrs. Watson presided at the business meeting with Mrs. Sherman Hollar giving an article on "Abounding in Grace." Mrs. O'Brien, Mrs. Frank Johnson, Mrs. Fred Whaley and Mrs. Daniel Collins, present. Mrs. Emmett Darrell gave the devotional reading the 121st Psalm, and saying, "God's mercies are new every morning." The meeting closed with a prayer for the week and a song. Mrs. Hollar presided at the next meeting on March 13.

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Roofing-Guttering-Sheet Metal Work  
Dorsey Galbreath  
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Workdays 12:00-6:00  
Carlisle Phone 289-5125 or Collect, Paris 987-4634  
or Write P.O. Box 267 Carlisle 40311

## Southern States Spring SALE

Given Away: All-new INTERNATIONAL Model 1000D Custom Series Pickup Plus 67 other Big Prizes  
Teflon-Coated LOPPER Sale \$4.95 No. T-403  
Teflon-Coated PRUNER Sale \$2.65 No. T-200  
50 Ft. Steel Tape Sale \$1.95 No. PS0W  
Long Handle SHOVEL Sale \$2.89 No. 15-831  
Post Hole DIGGER Sale \$5.95 No. 33  
4" Nylon Paint Brush Sale \$2.25 No. IP-100  
300 Ft. 1" FLEXIBLE PLASTIC PIPE Sale \$14.45  
16 oz. Hammer Sale \$1.59 No. 316  
Pistol-Grip HOSE NOZZLE Sale \$1.10 No. 563  
Southern States  
CARLISLE COOPERATIVE  
Phone 289-2161

## Former Pastor Lenses For Missionary Duty

By Mrs. Fred Hollar

Mr. and Mrs. W. H. Hollar, III, of 1001 West 10th Street, Carlisle, Ky., have just returned from a missionary trip to the Philippines. The trip was a very successful one, and the Hollar family has many new friends and contacts in the Philippines. Mr. Hollar was a pastor in the Carlisle Baptist Church for many years, and he has a deep understanding of the needs of the people in the Philippines. He is now working as a missionary, and he is helping to build up the church in the Philippines. Mrs. Hollar is also working as a missionary, and she is helping to provide education and healthcare to the people in the Philippines. The Hollar family is committed to their missionary work, and they are looking forward to continuing their work in the Philippines.

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## SALTWELL

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