

# The Coming of Autumn

Early stars don't need the calendar to tell them that autumn is here. The official date of its arrival separates the year before from the year to come. The first rays of the sun, the first morning, the smoke ascended and the blue of color on foliage and trees have heralded the coming year.

There is something about the fall that is easily identifiable with quiet woodland paths that for centuries have led to the most beautiful scenes in the world. It is the vision of America that we mean of an autumn that presents a wealth as precious in fact as any of the other seasons. The hills and valleys of the state will be greener, fresher, trainter, and wilderness areas are now cleaner than in the past.

A light of stars a dozen times each morning. Don't try to start with this note of these suggestions for getting your legs and wind in shape you might try one of these methods of exercise which are turning in to this modern day, bicycling, particularly if you work at the desk. It can do much good as the bicyclist, running, playing or walking. If the pedals and feet about the center have, however.

To build strength and durability in the shoulders and stomach, try a few push-ups and sit-ups. If you are in the weaker and smoother of their muscles, which are all important in accurate abate, depend on shoulder and back muscles being in top shape. Avoid the physical conditioning part of your total program with a few stretching exercises, preferably some that will stretch the muscles in your back, legs and stomach. Which one of these doesn't matter much, as long as they do it.

Use one of caution before you undertake a conditioning program. If it's better, while above you've seen your doctor, get a complete check-up before you start putting a strain on your body. If you get that check-up, however, get in shape. It might only be the end of summer, but the mountains of October and the hills and valleys of the Mid-west or where you live, are waiting for you.

**Letters to the Editor**

**THE CARLISLE MERCURY**

Dear Sirs: I received a letter from you in the mail, and I was glad to hear from you. I am glad to hear that you are still in the mail. I am glad to hear that you are still in the mail. I am glad to hear that you are still in the mail.

**Twenty & Forty Years Ago**

Twenty years ago, I was a young man, and I was in the military service. I was in the military service, and I was in the military service. I was in the military service, and I was in the military service.

**Mercury Vapours**

By Warren H. Fisher

THIS ONE STRIKES ME! If your wife is away on a holiday and you are left with the house, you may have a copy of the Mercury Vapours. It is a book that you can read at any time. It is a book that you can read at any time.

**Farm & Home**

AREA EXTENSION AGENTS

Steps in Starting a new lawn. It is a book that you can read at any time. It is a book that you can read at any time.

**The Carlisle Mercury**

ESTABLISHED 1847

PUBLISHED EVERY THURSDAY AT 332 LOCUST STREET SECOND CLASS POSTAGE PAID AT CARLISLE, KY. 40311

## THE HANDWRITING ON THE WALL

**TO GET A GOOD JOB—STAY IN SCHOOL.**

Handwriting on the wall is a phrase that means a warning or a sign of doom. In the context of education, it suggests that staying in school is the best way to ensure a good job in the future.

**Agree or Not, I Say What I Think**

By S. G. Van Curen

FRANKFORT, Ky.—The high money market and President Richard Nixon's proposed tax reduction measure may not be the best solution to the financial problem for school districts in Kentucky, according to a recent report by the State Department of Education.

**Looking at the Inside**

By Joseph H. Kiser

The Free University... Last week I listened to an interesting debate of notes at a Lexington radio station between Mr. Louis DeFuria, State Young Republican Chairman, and Mr. Don Mills, State Young Democrat Chairman.

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**Help for the Deserving' Is Morehead State University Guiding Principle**

Morehead, Ky.—With "help for the deserving" as its guiding principle, aid to financial aid to Morehead State University has grown to a \$1,200,000 program last year and touched more than one third of the 9,300-member student body.

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