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The Carlisle Mercury



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CARLISLE, KENTUCKY 40311

(8 Pages) Thursday, Jan. 28, 1971

Identical Twins Student Teachers

At Nicholas County High School

Miss Yvonne Blair and Miss Yvette Blair, seniors at Morehead State University, are presently doing their student teaching in home economics at Nicholas County High School. They are the daughters of Mr. and Mrs. Claude Blair of Sasfras, Ky., and are graduates of Carr Creek High School.



YVONNE



YVETTE

Witness Season

The Carlisle Presbyterian Church has scheduled a series of Family Night programs from Jan. 1 and Apr. 4, a period known as the Witness Season. The overall theme is "World Hunger." The first Family Night Supper will be served at 6 p.m., Jan. 31 and the program will feature a filmstrip entitled "Facts, Tithes and other Table Talk."

Dr. Kinghorn Methodist District Speaker

Dr. Kenneth Kinghorn, professor of Church History at Ashbury Theological Seminary, will conduct a series of Bible studies on Jan. 31, Feb. 7-14 and 21. The classes will be held from 2-4 p.m. at the Flemingsburg United Methodist Church and will be taken from the Book of Galatians.

Dr. Kinghorn received his B.A. degree from Ball State University, B.D. degree from Ashbury Theological Seminary and his Ph.D. from Emory University. He is a member of the North Indiana Conference of the United Methodist Church, a frequent speaker on the Christian life; he is married and the father of four children. Dr. Kinghorn will be in Flemingsburg, sponsored by the Mayville District Lay Board.



Sassafras Gathered in January Is Best for Springtime Tonic

By Neville Shackelford, Staff Writer
UK College of Agriculture
If we are to believe as did our pioneer forefathers, then the month of Jan. "while the sap is down," is the best time to dig sassafras roots for making tea. Dig the roots, wash off in brackish water, hang them up, and let dry. But don't make and drink the tea just yet. Else it will "thin" as well as "purify" the blood, thus making the chill winds of March much harder to withstand.

At least this is the advice found in an old 17th-century "Doctor Book." Several local stores have their annual stock of sassafras roots. As old folk tale and medical records reveal, pioneer Americans did indeed set great store by sassafras tea as a springtime tonic. Laboring under such conviction, they drank this brew by the gallons at winter's end, and in many old abandoned homesteads still standing, the rooms used as kitchens still bear faint odors of boiled sassafras roots.

It wasn't only as a table beverage and a spring tonic that rural folk once utilized this tree. They distilled the wood to secure an oil favored for easing the pains of rheumatism and banishing disfiguring "wens" from the body. They used crushed sassafras leaves to rid the house of fleas and bedbugs, and taking a tip from the Indians who called it "pau-mo," scraped the pulp from small sassafras twigs, steeped it in water, and then used the water to treat " sore eyes."

From this wondrous tree, pioneers also made linens for stitching the ingredients of homemade soap, and used sassafras chips to keep moths out of quilt linens and wardrobes as they lined up in the store. In an account of the North American travels around 1750, the Swedish botanist, Peter Kalm, wrote that the Pennsylvania Swedes mixed sassafras bark with their beer and bread ingredients before brewing or distilling. He also noted that the Swedes cured drowsy with a "decoction" of sassafras roots in water drank every morning.

Kalm told of seeing women using

them on fire, and sometimes burning the house to the ground. Because of its many valuable uses, sassafras has been called the "universal plant" throughout the world. It is a Department of Health, Education and Welfare is reported to look upon it delicately.

According to an HEW report, sassafras bark and roots contain, as a natural ingredient, a small amount of safrole—a weak carcinogen.

The HEW report continued that while this did not mean the risk involved sufficient to preclude the drinking of sassafras tea, there were some serious doubts as to its therapeutic value. The sassafras tree, "Sassafras albidum," which covers many a hillside throughout eastern North America is a valuable tree and natural resource. It has contributed much to the lore and the wealth of the Nation.

Conservation Cost-Sharing To Improve Environment With REAP Wagoner Says

Nicholas County farmers will soon be participating in the new Rural Environmental Assistance Program (REAP) with major emphasis on solving those environmental problems which have been intensified by agricultural operations.

Announcement of the program is especially welcome since it assures authority for continuation of special pollution abatement practices in which farmers and newspapers may pool their efforts to stop pollution. Harvey Wagoner, chairman of the Nicholas County Agricultural Stabilization and Conservation (ASC) Committee, said the program announcement of REAP has been made in Washington by Secretary of Agriculture Clifford M. Hansen.

Farmers have known REAP as ACP—the Agricultural Con-

First Christian To Observe Layman's Sunday

This coming Sunday, Jan. 31, the First Christian Church (Disciples of Christ) will observe Layman's Sunday. The Layman of First Christian will be conducting the entire morning worship service. Robert Huntin and Dr. Robert Sparks will share in bringing the message.

First Sunday evening First Christian has gone beyond its own membership in securing James Carter, an active Christian Layman and community worker, in order that he may show pictures and slides of how Carlisle qualified as an "All-Kentucky City." Beginning at 6:00 p.m., sandwiches and refreshments will be served in an informal fellowship gathering. At 7:00 p.m., Mr. Carter will make his presentation. The public is cordially invited to come and share in these services.



A Lesson . . .

Dimes Drive 7:30 Tonight

C of C Elects Baker President

Officers and directors of the Carlisle-Nicholas County Chapter of Commerce were announced Monday.

Emmerston Baker was elected president; Dr. Leon Riggs, vice president; Billy Hopkins, secretary; James Wells, treasurer; Directors are Paul Smoot, Dan Rich, Joe Crouch, James H. Carter, Ronnie Letcher, Jewell Vice, Joseph H. Conley and M. C. Blair. Past directors are James A. Carter, Joe Crouch, M. C. Blair, Ronnie Letcher and Emmerston Baker, and Joseph H. Conley.

Wool Price Set At 72 Cents

The incentive price for shorn wool has been set at 72 cents a pound for the 1971 marketing year, according to Harvey Wagoner, chairman of the Agricultural Stabilization and Conservation (ASC) Committee.

The support price for mohair will be 80¢ cents per pound, he said. Both figures are unchanged from the 1970 levels. The price of pulled wool will be supported at a level comparable to the incentive price for shorn wool through payments on unshorn lambs.

Wagoner said the Agricultural Act of 1970 extended authority for the wool and mohair price-support program through Dec. 31, 1975.

Public Funds Large Income Source

How big a part do government dollars—Federal, state and local—play in the financial affairs of Nicholas County residents? How much of their personal income comes from these sources?

Based upon a state-by-state analysis by the Tax Foundation of data recently received by the U. S. Office of Business Economics, about 24.3 percent of each dollar of income in Nicholas County's area is from public funds. It came to approximately \$3,359,000 dollars, in 1969.

Taken into account in the study were payments of wages and salaries to people on government payrolls, the income of public utility companies, and the degree of government activity, wild and open space as well as the degree of government involvement.

A major thrust will be to reduce water pollution. Water abatement and retaining measures on

The name of Mrs. Billy Jones has been added to the list of persons who will be soliciting for the Mothers March. Remember this event will take place at 7:30 p.m., Jan. 28. Be ready with your contribution. After soliciting, all Marching Mothers should bring their contributions to the Methodist Church annex where refreshments will be served.

Runity Scott, whose picture appeared in last week's Mercury is not the only recipient of your contribution. The Nicholas County Chapter is currently helping Runity, Donita Smart, James Hatfield, Michael Hillcock, and Jennifer Hunt.

Set-Aside Program Offers Farm Help

The set-aside feature of 1971 farm programs for feed grain, wheat, and cotton should help producers concentrate on the crops they can produce best, according to Harvey Wagoner, chairman of the Nicholas County Agricultural Stabilization and Conservation (ASC) Committee.

Under the new programs, a producer agrees to set aside a predetermined number of acres of cropland from production and devote it to approved soil-conservation practices. He then can plant his remaining cropland to any crop he wishes, except for sugar cane and for quota crops such as peanuts, tobacco, rice, and extra long staple cotton.

In this way, Mr. Wagoner said, a farmer can plant the crops that

he prefers to grow and which give him his best net returns. Agricultural specialists who helped develop the new programs point out that this greater freedom to plant will eventually lead to the concentration of certain crops in areas of the country where they can be grown most efficiently.

They expect more corn production concentrated in the Corn Belt, more small grains in the Great Plains, more soybean production in the Southeast, and an expansion of cotton production in the most efficient areas.

One of the basic beliefs behind the set-aside feature, according to Mr. Wagoner, is that producers in all of these areas can be better off because they will be producing

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income from these sources. It is noted, due to a greater amount of public employment in their area and due to a high concentration of per capita income.

The ratio of government payments to personal income was highest, 49.2 percent, in the District of Columbia, because of the many Federal employees there, and with 45.7 percent, was next.

With government payrolls on the rise and social security and other benefits expanding, public funds are becoming an everincreasing source of personal income.

State and local contributions to personal income were lowest in New Hampshire, 7.1 percent, and highest in New Mexico, 18.4 percent.

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