

Nursing Home News

By Virginia Smith Donovan

A Contented Lyric

LYRIC

CARLISLE, KY.
Fri-Sat-Sun



Women on the loose on their motorcycles in "Mini Skirt Mob"



Whatever You Do With Your Back During the Day... We'll Support it at Night!

Sure beats a cannibal's cauldron... Garrett's Furniture

Garrett's Furniture

There is something in the autumn that is native to my blood... **Myers**
By Mrs. Rena Crawford

(Delayed)
Mrs. Annell Shout of Hebron is visiting her daughter, Mrs. Bonnie Cummins.

Pam Flora spent the night last week with Treva Dumb of Carlisle. Mrs. Henry Barreto, Josie and Marjuna White, Mabel Shour, Rosalee and Kevin Hughes, and Pam Flora were in Cynthia Saturday night shopping.

Mrs. Dianthe Vice spent a few hours Wednesday at home. Bonnie Cummins and her mother, Mr. and Mrs. Shirlee Plack and family visited Mr. and Mrs. Frank Flora of Middletown, Ohio on Saturday.

Mr. and Mrs. Meral McCarty and two children of Fairborn, Ohio visited her parents, Mr. and Mrs. Thomas George over the weekend. Mrs. Clay Bryan and daughter spent a few hours with her mother, Mrs. Rena Crawford, Sunday.

Mr. and Mrs. Frank Flora had a Sunday guests, Mr. and Mrs. W.J. Flora and children, Mr. and Mrs. Billie Wayne Flora and son, Allen Larry Flora and Miss Donal Lane Fairlyne.

While visiting my daughter and family, Louise recently, she took her nine-year-old daughter, Shelle, to a dermatologist because the bottoms of her feet were covered with warts. The doctor said he had seen worse but not much worse. He doctored her feet by applying a little nitroglycerin. He told Shelle to go home and take her mother's greasy dish rag and rub her feet with it, then bury the dish rag. She was to take the foot down on a piece of paper and draw around them. Draw each foot picture full of warts and color them bright. Then the warts might disappear, but to come back for another appointment.

The story reminded me of another Mr. Carmel story. Do you mind listening again? It was much longer than this. My hands were covered with warts which were very unsightly and bothersome. Several people told me to get my mother's

grey dish rag and rub over the warts then bury the dish rag, and the warts would come off. At that time all the ladies were making their tea towels and embroidering them in colors. Mother made a snow white one with blue scallop embroidered trim on each end. O no, it wasn't greasy! Had never been used. I gressed it well and rubbed my hands with it over and over, then hid the tea towel under a big rock behind the smoke house. Mother looked the place over for her new tea towel. When she went out the yard, she spotted the blue

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Notice BankAmericard Holders

Those persons with BankAmericards without pictures should come to the DEPOSIT BANK during the week of Nov. 9 thru 13 to have their picture recorded on their new card. (It will soon be required that all credit cards have photos).

If you are not a BankAmericard holder you are invited to make application during Nov. 9 thru 13 at the Deposit Bank of Carlisle, Ky.



IGA HARVEST MOON PARTY!

Instant Coffee 79¢
IGA Tea Bags 99¢
Macaroni Soup 15¢

IGA Deluxe Coffee 59¢

1-lb. can
IGA Grinds
Tablet-Rite U.S.D.A. Grade 'A'

Whole Fryers 27¢

1-lb. can
Van Camp Pork & Beans 19¢

White Potatoes 89¢

20-lb. bag
Betty Crocker Layer Cake Mixes 33¢

Shortening 69¢

3-lb. can
IGA Fresh Vegetables 19¢

Enriched Tomato Soup 25¢

10 1/2-oz. can
Table-Treat Enriched Bread 15¢

Sugar Donuts 39¢

1 1/2-dozen
IGA Pork Filled Sausage 49¢

Keelber Cookies 69¢

Open 8 a.m. to 8 p.m. Daily
We sell many more products

Notice

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Miss Sugg participant in family life seminar

Mellicent Sugg was a participant in the Bluegrass Area Family Life Seminar, "Communication Bridges the Gap," held recently at the East Kentucky R.I.C.C. building near Winchester. Miss Sugg emphasized that parents need to show interest and concern in all aspects of their children's lives, not just where they are going, with whom and the time they will return. Family members that "do things together," whether it is sharing activities, responsibilities or short vacations, have a feeling of togetherness that other families lack, when each member goes his own separate way. These pleasant experiences in a relaxed atmosphere are times when confidence can be shared. It is these times that children feel loved and "cared" even if verbal communications are lacking. The youth of today want and need the approval of parents and need to feel that parents care about them. Some means through which parents can show their care are to recognize and respect each person as an individual, to take time to listen to their problems, to try to look at a situation from the youth's point of view and to help them find constructive ways to work through their frustration, anger and problems. Rev. Donald Herren, minister of Southern Hills Methodist Church, served as moderator of the panel. He estimated that he spent 40 to 50 hours weekly counseling families on domestic problems. Counseling is becoming a major role for today's clergymen. Mrs. Ray Salyer, Madison County Homekeeper, presented the mother-viewpoint from a positive attitude approach. She used the four "P's" as symbols for keeping family communication channels open: freedom, fellowship, fun and respect. Mr. Ray Clark, Fayette County business man, in the husband-father viewpoint stressed the importance of the husband-wife relationship. It is paramount and sets or determines the atmosphere of the home. Whether it is one of

Oxygen for senile minds

Without oxygen, human life cannot exist. Without enough oxygen, the human brain does not function properly. Many scientists, including Dr. A. Jacobs at the University of New York at Buffalo, suspect that decreased oxygen supply to the brain can be one cause of senility. In Dr. Jacobs' experiments, some senile patients exposed to a special oxygen-filled chamber had a noticeable improvement in thinking and memory. Senile patients exposed to the chamber for 90-minute sessions three days for 15 days showed improvements on psychological tests that ranged from 35 to 100 percent. They became more active, slept better, and took greater interest in caring for themselves. A control group not exposed to the chamber showed no improvements at all. Although the improvements showed for some time, Dr. Jacobs says not enough to show how long the effects do in fact last. The researchers also stress that there is no evidence that improvement will persist or that all senile patients will benefit even temporarily. "This is only a first small step," Dr. Jacobs says, "if as if we picked up and identified one grain of sand but may be standing in the middle of a whole Sahara."

Whenever the eventual outcome of experiments with senile patients, the body needs enough oxygen to function well. Cigarette smoking and pollution cut down the amount of oxygen we breathe; the lungs and heart as well as the brain are affected. Enough oxygen is necessary for all minds, not only senile ones. To find out more about oxygen and breathing, contact the Kentucky Tuberculosis and Respiratory Disease Association, Inc. a member of Life and Health. For information write Kentucky TB & RD Assn., 1000 Human Ave., Louisville, KY 40215.

City council limit on non-Ky. students

The Kentucky Council on Public Higher Education has adopted its current policy limiting the number of out-of-state students at state colleges and universities. The policy, adopted in 1969, limits each school's non-Kentucky enrollment to 15 per cent of the total by 1973. Currently a school cannot have more than 20 per cent of its student body out of state. Meeting at Morehead State University, the council reflected a proposal by Morehead president Adron Doran to keep the non-Kentucky ceiling but allow additional out-of-state students if either the students or the 17 parents are Kentucky natives. Each student would pay the current out-of-state tuition, three times that paid by Kentuckians. Continued on page 12.



Elizabeth Ellington, Lavina McFarland, Mellicent Sugg, Charles Wilson participated in one of the discussion groups at the seminar.

MSU basketball squads to appear in exhibition games

Morehead State University's varsity and freshman basketball squads will appear in three off-campus exhibition games before opening the regular season. Head Coach Bill Harrell and his cagers are staging intra-squad games Thursday, Nov. 4, at Johnson Central High School in Paducah; Tuesday, Nov. 9, at Pendleton County High School in Falmouth; and Thursday, Nov. 18, at Danville High School in Danville. "We're anxious for our fans away from the campus to see the talented young men who will be representing our basketball program in the next few years," Harrell said. Various groups are sponsoring the exhibition games and admission is 50 cents for students and one dollar for adults. "We feel we have another outstanding group of freshmen to go with those from last year's unbeaten team," Harrell added. The Little Eagles of 1970-71 won 17 straight and are sending nine players up to this year's varsity. MSU opens the regular season Thursday, Dec. 2, at Duquesne. The home opener is Monday, Dec. 6, against Oral Roberts.



First Row—Mrs. Louise Hart, Madison County Extension Agent for Home Economics; Mrs. William Tucker, Bluegrass Area Family Life Chairman; Mrs. Donald Evans, Scott County discussion leader; Mrs. Ray Salyer, panelist; Mrs. Mary Browder, State Family Life Extension Specialist; Mrs. Margie H. Wilson, Nicholas County Extension Agent for Home Economics.

Looking For A Christmas Gift
Now is the time to have that individual or family Portrait taken. For appointment call 289-2757.
Billy M. Gudgell Photographer

HOWARD DISCOUNT CENTER

MON.-THURS. 9 A.M.-9 P.M. FRI. & SAT. 9 A.M.-10 P.M.

4-Hour MONIGHT SALE

Thursday Nov. 4th 6 p.m.-10 p.m.

Blankets	22¢	Spark Plugs	57¢
Coffee Maker	\$10.77	Underwear	\$2.77
GE Toaster	\$10.77	Air King Electric Heater	\$7.97
Dupont Teflon Antifreeze	97¢	Dress Shirts	2/\$5.00
STP Oil Treatment	59¢	Quaker State Oil	46¢
Quaker State Oil	46¢	100% Virgin Wool	97¢

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