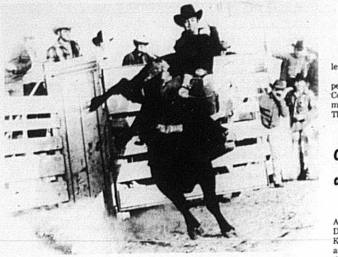

Ride'em cowboy

Cowboys from all over the U.S. will join in bull riding events, calf roping, and other Championship Cowboy events when Renfro Valley presents its Annual IRA Sanctioned Rodeo on Aug. 24 and 25.

Old photographs needed to restore Old Capitol

FRANKFORT—To restore the interior of the Old State Capitol as authentically as possible, 19th century photographs of the building are needed to discover how the rooms were furnished, according to William Barrow Floyd, curator of the Old State Capitol.

Floyd is looking for 19th century daguerreotypes, photographs, drawings, paintings and illustrations of the interior of the Old Capitol.

"There's a chance that someone in Kentucky will have some old photographs of the inside of the Capitol—and that someone is all I need," said Floyd, emphasizing that he is trying to be as accurate as possible in acquiring authentic furnishings for the building. The oldest photograph in his possession was taken in 1906 in the House of Representatives.

Floyd said he would like to borrow any photographs of the Old Capitol taken between 1830 and 1908 "so we can have them copied."

"We need pictures of the House of Representatives and the Senate," Floyd said. We are particularly anxious to get pictures of the Senate."

Floyd said he is also interested in obtaining 19th century photographs of the exterior of the Old Capitol and other buildings near it "for the record."

Early pictures of the fountain in front of the Old Capitol are needed, Floyd said, as well as records, notes, inventories listing the contents of the Old Capitol between 1830 and 1908.

"State government was very informal in those days, and there was no inventory of the possessions," Floyd explained.

Photographs may be loaned by writing to Floyd at P.O. Box 791, Frankfort.

Annual art exhibit at Natural Bridge

Hoedown Island at Natural Bridge State Resort Park, near Slade, Ky., will be the setting for the Eighth Annual Mountain Parkway Art Exhibit from 10 a.m. to 5 p.m. Sunday, Aug. 19. Sponsored by the Powell County Art Club, the exhibit is open to all artists.

Since the initiation of this annual event, the show has grown from an exhibit of works by club members displayed on a few rows of bleachers to one of the most important art activities in the region. At last year's exhibit, artists came from all over Kentucky as well as from Indiana, Ohio and West Virginia. Their works filled the concrete patio (where square dancing is enjoyed each weekend), and paintings overflowed to line the walkway all the way from the park souvenir shop.

This year's show is expected to attract some of the best-known names in Kentucky art. The show is not competitive, but is an opportunity for artists to sell their work, meet other artists and exchange ideas.

"Shop talk is a pleasant part of the day," said Mrs. Nellie Meadows of Clay City, director of the club. "The Natural Bridge show is the only opportunity some of us have to see artist friends from the far corners of Kentucky and other states."

Mrs. Meadows, along with Mrs. Emma Carpenter of Stanton, whose work has been exhibited through travel tours sponsored by the Kentucky Arts Commission, and Mrs. Jerelene Rose, editor of the Clay City Times, are in charge of the Natural Bridge exhibit. They invite photographers to participate by displaying what they consider outstanding photos or creative photography.

Paintings in all media are welcome but must be properly framed or matted.

Park manager Gary Qualls has made arrangements for artists to use facilities in and around Hemlock Lodge—covered porch areas and balconies—in case of rain.

"The exhibit is viewed by thousands each year and is an excellent time for visitors to meet their favorite artists," Mrs. Meadows said.

The public is admitted free, but artists and photographers who exhibit are expected to pay a $2 registration fee.

Further information may be obtained by telephoning Mrs. Meadows in Clay City, phone (606) 663-2264; Mrs. Carpenter in Stanton, phone (606) 663-5564; or Mrs. Rose in Clay City, phone (606) 663-5540.

President-elect

Mrs. Frances Jones Mills, Clerk of the Kentucky Court of Appeals, has been selected president-elect of the new National Association of Court Clerks at a meeting held in Washington, D.C., Aug. 2-4. Mrs. Mills, from Gray, Ky., will assume the presidency of the organization next year, and will succeed Judge J.O. Sentell, of the Alabama Supreme Court, the organization's first president.

Nursing Home News

By Virginia Smith Donovan

When life hands you a lemon, make lemonade.

There's nothing compared to competition. Believe I told you about Miss Cordia Bell's fly swatter. Tory Dotson must have read it for he has one now too. They are different colors, I believe.

Governor Ford to speak at Ky. C of C Fair Day

The principal speaker at the 21st Annual Kentucky Chamber of Commerce Day at the State Fair, Aug. 21, will be Kentucky Governor Wendell H. Ford, announces J. Ed McConnell, president of the Kentucky Chamber of Commerce. Governor Ford will address a noon luncheon in Rooms A-B-C of the Kentucky State Fair and Exposition Center at Louisville.

Several hundred business leaders from throughout the state, representing the Kentucky Chamber and local chambers of commerce, will attend the luncheon.

Miss Lyda Lewis, Miss Kentucky of 1973, will be a guest of the Chamber at the luncheon as will the 10 outstanding Young Kentuckians, as announced by the Kentucky Jaycees.

The annual Chamber of Commerce Day at the State Fair is an event in which all chambers of commerce in Kentucky share. The traditional luncheon on this day is sponsored by the Kentucky Chamber of Commerce.

Elmer Fredrick is sporting a cane, said "Rus" Ford made it out of hickory. Until now he hadn't used one.

Some people are blind spiritually as well as physically, just don't see the good in anything.

Herman Shannon's granddaughter, Rachel Booth, is now enjoying a trip to Virginia Beach. She's with her cousins Pat and "Doot" Hardin.

Miss Cordia Bell was glad to see Nancy Donovan Meadows and Ann Donovan Rogers Wednesday. They went to school to her at Parks.

I feel we will do fine for the rest of the week, for there is a new LPN with us. She is Iolene Cooper of Fleming county. Her nice smile will take her along the way to help us too.

Miss Cordia Bell had a visitor recently. She hadn't visited her for a while. She was the widow of Sparks Wilson, Miss Cordia's nephew. Right now she is living in Millersburg. She brought her a pretty blue bed jacket. It's such a pleasure to give Miss Cordia anything because she is so appreciative.

Hurschell Dampier rooms with Agustus Gill who is blind. Hurschell calls him "Unk", helps him to and from his meals. Shirley McDonald who works in the kitchen is very kind to him too. She tells him what foods are on his plate which is a help to him.

Shirley McDonald won't be Shirley McDonald much longer for Aug. 17 she will get married in Richmond. She plans to enter Eastern University.

Turner Donahue said his grandfather came from Ireland. His name was William Luther Donahue. He named his son, Turner's father, Samuel Luther, and our own Mr. Donahue's name is Albert Turner, and he named his son who is now deceased Luther Howard.

There's a new lady working in the kitchen. She's Mrs. Roger McCarty.

Greenup Berryman is a new patient, came from Winchester, said he was a native of Clark county, but has been all over the world, said he was a Veteran of World War I and II.

Dorothy Watkins' mother, Mrs. Kenton, is in the Paris Hospital.

Mrs. Doris Rogers took her candy stripers to King's Island one day. The girls were so fascinated with the place, think they would have bought it if they could.

Mr. and Mrs. Norman Parlow and daughters, Susie and Norma, came from Indianapolis to see Mrs. Parlow's grandmother, Mrs. Iva Payne. No wonder Mrs. Payne kept wishing for Helen to come. She's just pretty to look at.

Can't think which day it was, but I saw a "bunch" of people going into Herman Conyers' room, looked like Coxes Army or a "camp meetin cut loose." His youngest brother (Jack) Jasper and his son's wife and children came. Herman is the oldest one and Jasper the youngest of the family. I believe there were five boys. Lewis and family came from Vermont, Rondall (Mason county), the rest were from Fleming and Mason.

Mrs. Dixie White Norton, technician, said her mother and father both went to school at Fairview and my late husband, Will Donovan, was their teacher.

I just now thought what Miss Desda "Tiny" Earlywine so sweet. She lives on Sugar Creek.

Mrs. Elizabeth Hickey's daughters, Jo Thompson and Jean Rawlings, visited her Thursday. Oh! Yes, her granddaughter, Erin Thompson, came. They had been to Atlanta for a few days. I'm always so glad to see them.

Sorency Porter's niece told her uncle she had visited many nice nursing homes but this one here was the nicest she had ever visited.

Mr. and Mrs. Virgil Vice of Marion, Ind. visited their cousin, Iva Payne, Tuesday.

Little Melissa Lynn Purvis, four and one-half months old, and her mother, Mrs. Rex Purvis, came Thursday. They were guests of nurse Jean Rogers. She was the nurse at the hospital when Melissa arrived.

At this writing Lizzie Ratliff is the only one in the hospital. Palmer Sorrell, Rex Ratliff and Taylor Ring have returned.

Mrs. Maude Stone's daughter, Pauline Jones, of California said that where she lives the people enjoy the weekly newspapers for the recipes and the items.

Herman Shannon's brother and family came Monday. His name is Jasper (Jack). He's really got a family. He brought his wife and three sons and wives and their children. They looked like a camp meeting cut loose. Forgot to say that Lewis and his family were from Vermont. The others I believe were from Mason and Fleming counties. I do know that Mr. and Mrs. Jasper (Jack) Shannon live in Neptun, Fleming county. They visited just as dinner was being served and I didn't have time to catch the grandchildren to get their names.

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IGA Fruit Drinks Choice of 5 Flavors 46-oz can 25¢

Paramount Whole Pickles . . . 16 oz 49¢
Scott Decorated Paper Towels . . . 3 jbo $1
Creamette Elbow Macaroni . . . 3 lb pkg 75¢
Suction set colors Facial Tissue . . . 200-ct 3 pkg $1
IGA Fabric Softener . . . 64 oz bot 79¢

Kraft Salad Mustard . . . 8 oz 2/25¢
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TableRite Smoked Ham Whole or Shank Half lb. 99¢
16 lbs. & up

Van Camp's Pork & Beans 21-oz. can 17¢

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Green Giant Vegetables 12-17-oz. can 4 for $1

GREEN GIANT SWEET PEAS

Stretch Pure Red or White Grape Juice . . . 24 oz bot 59¢
Old Virginia Apple-Grape Jelly 15 oz jar 49¢
Betty Crocker Brownie Mix . . . 22 oz box 59¢
Kid Size 3 pak Fiddle Faddle . . . 4½ oz pkg 29¢

Kellogg Pop Tarts All Varieties & Flavors 11-oz pkg 35¢

California White Grapes . . . lb 49¢
Large Select Cucumbers . . . ea 15¢
From Green Onions . . . bunch 15¢

Green Giant Mushrooms 4 oz can 25¢ 2 for 35¢
Creamette Elbow or Shell Macaroni or Long Spaghetti 1 lb pkg 15¢

IGA Snacks Corn Chips, Cheese Curls, or Caramel Corn 1 lb box 49¢

Valu-Priced IGA Fancy Fruit Cocktail 17-oz. can 25¢

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New Apples 4-lb. bag 79¢

Maxwell House Instant Coffee 10-oz. jar 1.09 With coupon

Chuck Wagon Dog Food . . . 25 lb pkg 4.39
Dog Food . . . 5 lb pkg 89¢

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PICTURE IS DARK

Legend of Daniel Boone

Rev. Herman Kamlage, administrator of the Shrine of Our Lady of Guadalupe, attended "The Legend of Daniel Boone" in Harrodsburg on Friday night.

Rev. Haubner to show slides

Bro. Louis Haubner, minister of Mt. Zion Christian Church, will be showing slides on his trip to Brazil next Sunday at 7 p.m. at the church.

Gospel Concert to be Aug. 18

A Gospel Concert will be held Saturday, Aug. 18, at the Washington United Methodist Church, Maysville. There will be no charge.

Groups performing will be the Golden Gospel Quarter of Maysville, and the Rythm Masters and Crownsmen, both from Cincinnati.

Senator Dee Huddleston

REPORTS TO THE PEOPLE OF KENTUCKY

This past week my Senate office conducted a public hearing in Louisville in which we heard some five hours of testimony from various organizations and individuals concerning the effectivenss of federal programs. I brought eight members of my Washington staff down to hear the testimony and to meet with those who came to the hearing.

As I said at the hearing, this is "Phase I" of a series of hearings we intend to conduct throughout Kentucky. We have already held a rural development conference in Lexington, and I plan to have hearings in Eastern and Western Kentucky later this year. This opportunity, I think, is significant in that it provides me and my staff a first hand look at Kentucky's problems and needs and gives us a "local input" which is so often missing.

Federal programs can be compared to a long pipeline from Washington to local and state levels. The program funds and policies generally flow from Washington through the pipeline down to the local level. Unfortunately, there is too little flow of ideas and policy decisions from the local level back up to Washington.

I believe that local officials in most cases make better decisions about these programs than can a bureaucrat in Washington who probably has never visited the locality in question.

So I am bringing my staff down to Kentucky periodically in hopes that we can take this "local input" back to Washington. These hearings will certainly help me in deciding what program areas should be emphasized.

One does not need a poll to know there is widespread distrust and alienation among the public both with regard to government and politicians. We must work harder to bring government to the people, to increase local input and decision making and to open up communication between the public and government officials. That is one way to restore confidence in government.

* * *

My wife, Jean, and I are happy to be back in Kentucky during the current Congressional recess. I have a full schedule of activities during the first part of the recess meeting with local officials and giving several speeches. Jean and I are looking forward to seeing many of our friends during the recess before we go back to Washington.

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Hospital Notes

Aug. 6, 1973 to Aug. 12, 1973. Visiting hours are 2:00 to 4:00 and 7:00 to 8:30 p.m.

ADMITTED: Henry P. Young, Willella H. Gardiner, Jessie White, Lula Earlywine, Linda S. Cundiff, Howard Allison Jr., Carlisle; Delores A. Jones, Shawn Highland, Paris; Janet McCord, Richard Lewis Mitchell, Mary P. Brayfield, Austin V. Dodge, Rebecca Kithes, Patricia Bishop, Ewing; Larry Fisher, Cynthiana; Glydis Patton, Mt. Sterling; Carolyn King, Mt. Olivet; Linda Faris, Flemingsburg.

DISMISSED: Martha Ann Ann Mann, Alma Hilander, Charles Purcell, John W. Fryman, Ira Mitchell, Ricky Broderick, Jessie White, Bertie Allen, Willela Gardner, Carlisle; Nancy Kay Burton, Janet McCord, Richard Lewis Mitchell, Rebecca Jones, Ewing; Delores A. Jones, Paris; Raymond Wright, Mt. Olivet; Larry Fisher, Cynthiana.

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Lots of mens pants, shirts, suits and sport coats. Also oil paintings, prints and other pictures.

Carlisle, Ky.

Second year students assigned homerooms

Phase I (second year) homeroom assignments are as follows for the 1973-74 school year which starts Monday, Aug. 27.

Mrs. Anderson—Paul Watkins, Robert Hopkins, Becky Bradburn, Tyrone Stevenson, Mike Cobb, Randall Lutes, Angela Jolly, Johnny Mynear, Bonnita Barnett, Dale Thompson, Paige Haney.

Randy Doyle, Carl Ishmael, Julie Ritchie, Damon Smoot, Carolyn Morris, Gregory Robinson, Denise Stone, Lisa Shaw, William Sosby, Vella Herrington, Carma Becraft.

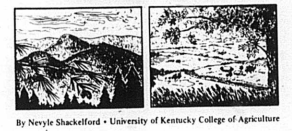
Mrs. Becker—Sherry Jolly, Mark Johnson, Stephen Wilson, Becky Barton, David Clay, Marsha Hunt, —Terry Ledford, Anthony Cobb, Betty Sadler, Steve Anderson, Ruth Ann Dailey, Shaheed Koury, Timothy Willoughby, Lynn Banta, Mark Dailey, Robert Boyd, Ronda Vaught, Harold McVey, Jamie Noll, Roxann Morris, Helen Warner.

Mrs. Werkman—Dallas Vaughn, Allen Martin, Mark Sampson, Nancy Fryman, David Jolly, Tony Pergram, David Hunt, Woodie Buzzard, Eric McGuffy, Tony Helphenstine, Bradford Curtis, Gregory Bretz, Rodney Brierly, Gay Ritchie, Pauline Dale, Sharon Doyle, Susanne Jones, Joseph Johnson, Darrell Boone, David Hopkins, Lisa Gilvin.

Mrs. Ecton—William Watkins, Kevin Vice, Scott Hobbs, Robbie Davis, Tammy Settle, Missy Withrow, Gregory Bean, Mary Ann Hunt, Tracy Woosley, Pam Sparks, Mark Price, Stephanie Ockerman, Melissa Earlywine, Cindy Livingood, Phyllis Jones, Dianna Ritchie, Timmy Hall, Ginger Fryman, Robert Evans, Kathy Ritchie, Randy Howard.

Mrs. Dudley—Meredith Jackson, Stephen Humphrey, Robbyn Carter, Melissa Myers, Denise Highland, Steven Warmouth, Michael Wagoner, John Hiint, Nancy Guy, Mark Wade, Jerry Allen, Paula Levart, Jo Ellen Howard, Randy Amburgey, Tracey Fite, Jeffery Fryman, Whitney Woodward, Clark Ring, Nancy Woosley, Lisa Barbee, Norma Edwards, Jill Banta.

Outdoor Lore



By Nevyle Shackelford • University of Kentucky College of Agriculture

There is in nature a strange mechanism that biologists refer to as a "Biological clock." Its common terms it is a peculiar sort of built-in timepiece by which flowers, potatoes, bees, bats, oysters, humans, and possibly all other living things regulate their hours of life and activity. Some people can even set this clock so it will awaken them at a certain time each morning.

No one is sure what makes this wonderful timepiece tick, but it does. A particular flower, for instance, placed in a dim room with unchanging temperature will open at sunrise. Bees that find nectar on a flower, often return the following day at the same time to pick up a new supply.

The night-flying cave bat doesn't have to check the entrance of its den every few minutes to see if evening has come. Instead it sleeps blissfully through the day, confident that its biological clock will awaken it at the proper time.

Biologists say that even the lowly potato absorbs oxygen according to a daily schedule. Their experiments have shown that if a potato is placed in a hermetically sealed jar and removed from all external influences, it goes right on observing a daily rhythm. These scientists have proven that it is possible for a trained observer to keep track of the time by merely watching the proper plants and animals in a laboratory.

Experiments designed to secure more information on this mysterious clock of nature have indicated that the main timing devices for living things are the day-night changes in light intensity, temperature, and atmospheric pressure. But changes in certain weak forces like the earth's magnetic field, gravity, and background radiation can act as back-up systems, keeping the organism on time when the primary timers are not available.

Something else is peculiar about the biological clock. Biologists have found that it can be reset.

Some plant buds do not open until the length of night shortens to about eight hours, then a strange alarm goes off, flashes a message to the buds and they immediately burst into bloom.

By exposing this plant to a flash of light lasting for less than a second, its clock can sometimes be reset or upset, the biologists say.

As indicated before, human cellular and glandular activities are also regulated by biological clocks—a fact that caused some concern while the astronauts were making ready to fly to the moon. Scientists were a bit fearful that these travelers might get so far away from earth that their internal clocks would be thrown out of commission. Never sure that these built-in clocks were merely for the convenience of plants and animals, the scientists thought it possible that this proper timekeeping could mean the difference between life and death.

Fortunately, space does not seem to affect the mechanisms of the biological clock because, no complaints were made by the astronauts upon their return from the moon.

The biological clock—an internal sense of time—is a hard thing to explain. It operates somewhat on the principle of hypnotism. A hypnotist can tell a sleeping subject to awaken in two minutes and he will right on schedule. We may not know how hypnotism works, but it does. So does the biological clock.

Six million children have lung-damaging diseases. Six would be too many. Please give to the Breath of Life Campaign to support the National Cystic Fibrosis Research Foundation.

* * * * * *

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CALORIE COUNTDOWN

EGG ON YOUR FACE

For dieters, getting caught with egg on your face is a good sign. Most careful calorie counters have already become well-accustomed to the low-cal nutrition of hard-boiled eggs. For breakfast, lunch, dinner or snacks, eggs boiled in the shell have only 80 calories each—and they are chock full of protein, iron, vitamin A, riboflavin, and that vitamin which is quite scarce in most foods, vitamin D.

A breakdown of the egg itself shows that 60 of those calories are contained in the yolk and 20 in the white.

For best storing of eggs, keep them refrigerated and use them within a week of purchase. Leftover egg yolks or whites should be tightly covered in the refrigerator and used within a few days. (Cover yolks with cold water before refrigerating to help and used within a few days. (Cover yolks with cold water before refrigerating to help them stay fresh.) For best hard-boiling, place eggs carefully in gently boiling water, reduce heat and simmer just below boiling for 20 minutes. Then crack the shells and run very cold water over them to facilitate peeling. Soft-cooked eggs are usually best simmered just below boiling for five minutes.

Eggs fried in one tablespoon of fat amount to about 95 calories and scrambled eggs cooked in the same amount of fat, using half a tablespoon of milk per egg, tally 100 calories each. Baked eggs are an interesting variation and easy to prepare: break them individually into lightly greased custard cups or muffin pan (or break several together into lightly greased shallow baking dish), pour one tablespoon milk over each egg, top each one with half teaspoon of butter or margarine, sprinkle with salt and pepper, cover and bake at 325 degrees F. for 20 to 25 minutes. Two baked eggs make an attractive and filling lunch of only 210 calories (105 per each baked egg). If you use one tablespoon sour half-and-half for each egg (omitting the milk and butter), you'll cut 5 calories per egg and it tastes great.

When you want to get fancy with eggs, here's a way to cook a perfect puffy omelet for two at only 95 calories per serving. Preheat oven to 300 degrees F. Combine two egg whites with two tablespoons water, then beat until stiff but not dry. Combine two egg yolks (sedplate bowl, of course) with dashes of salt and pepper, then beat until egg yolks (sedplate bowl, of course) with dashes of salt and pepper, then beat until thick. Fold yolk mixture into beaten whites very gently. Melt a tablespoon of fat, butter or margarine in a small frying pan and pour the egg mixture immediately into the pan. Bake in oven for about 15 minutes or until top springs back at light touch. With a large spatula, fold half of omelet over and serve immediately.

If you like thick sauces for cooked vegetables, here's a simple low-calorie recipe you can substitute for that fattening Hollandaise. For two cups of sauce, combine one 10½-ounce can of canned condensed cream of celery soup, two hard-boiled finely chopped eggs, two tablespoons of finely chopped green pepper, one-quarter cup milk and an eighth teaspoon pepper. Stir and heat to simmering. It's only 70 calories per third-of-a-cup serving over vegetables. (That's fewer calories than in a tablespoon of butter or margarine—and it's especially good to liven up green beans.)

Almost everyone is an egg salad fan and, made in the following proportions, it doesn't have to be very fattening. For two cups of egg salad, use six chopped hard-boiled eggs, two tablespoons mayonnaise-type salad dressing, one tablespoon prepared mustard, one-third cup pickle relish, two tablespoons chopped parsley, dashes of salt, pepper and, if you like, dried dill weed. One-third cup of this egg salad has only 120 calories. Serve it on a crispy lettuce leaf or, if you're nuts about egg salad has only 120 calories. Serve it on a crispy lettuce leaf or, if you're nuts about egg salad sandwiches, use only one slice of bread and sprinkle the top with paprika. This makes a great lunch to share with a dieting friend and leftovers can be stored in the refrigerator, tightly covered, for several days.

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