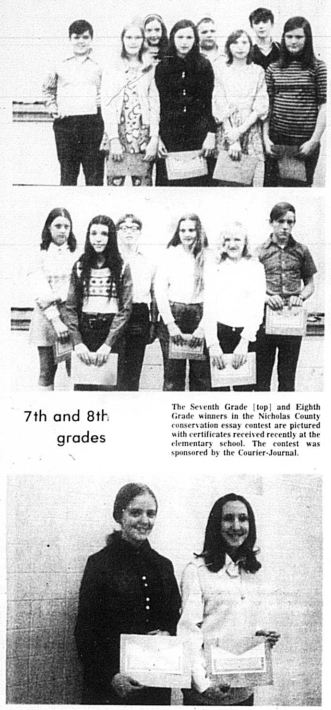
# Nicholas County Conservation Essay Contest winners named



7th and 8th grades

5th and 6th grades

The Seventh Grade [top] and Eighth Grade winners in the Nicholas County conservation essay contest are pictured with certificates received recently at the elementary school. The contest was sponsored by the Courier-Journal.

Nicholas County Elementary student winners in the conservation essay contest, are, top photo from the Fifth Grade, and bottom photo, Sixth Grade. Essay topic, "Trees—Its Effect on Me and My Environment."



High school

High school division county essay winners in the Nicholas County Conservation District Contest, sponsored by the Courier-Journal are: Rebecca Woosley's, fifth place, and Debbie Fryman, third. Essay topic, "Trees—Its Effect on Me and My Environment."

## Senator Dee Huddleston

REPORTS TO THE PEOPLE OF KENTUCKY

One of the most important issues facing Congress and the government is the necessity of bringing federal spending under control. It has become almost standard procedure in recent years for the federal government to spend far more than it takes in. The result has been larger and larger deficits, totalling $115.8 billion over the past 10 years.

Both the executive and legislative branch have contributed to these deficits by proposing ever-increasing expenditures without taking into account the limitations on revenues which the government collects. Until now, there has been no mechanism to bring expenditures into line with revenues.

The result has been that both Congress and the executive have made commitments to spend money for various programs over and beyond what the government had available to spend. When this happens, the President often impounds, or simply refuses to spend, some of the monies that are appropriated. This is a highly unsatisfactory method because it allows the executive branch to pick and choose which funds they will spend and which they will withhold—often in direct contradiction to the intent of Congress.

To correct the situation, Congress must put its own house in order by adopting a spending ceiling for each fiscal year. A special Joint Committee on Budgetary Control is now working on this problem, and has already made preliminary recommendations. I am hopeful the joint committee can come up with a plan whereby Congress itself can adopt a budget ceiling.

When this is done, Congress will still be free to determine what the spending priorities shall be within that budget ceiling. As it stands now, the executive branch makes that determination without consultation with the Congress.

It is clear to me that under the Constitution Congress bears the responsibility for determining how federal funds shall be spent; and for making any reductions that might be necessary in order to meet our spending limitations.

Congress can perform a great service to the American people and reassert its power of the purse by adopting a spending ceiling and making sure government stays within the ceiling adopted.

**Fellow Nicholas Countians!**

I need your support for The Nicholas County Judge's Office

*Allen Clay Stone*

NEW FOR Spring!

*Arrivals Daily!*

If it's Furniture we have it.

Garrett's Furniture Co.

Visit Our Gift Department — Lasting gifts for every occasion.

## Saltwell

By Mrs. Fred Hollar

Mr. and Mrs. Shellie Gaunce of Versailles were Saturday supper guests of Rev. and Mrs. Thomas Gaunce.

Mrs. Everett Snapp has been confined to her home the past few days from illness. Visitors were Mr. and Mrs. Jessie T. Earlywine, Mrs. Ezra Carter and Robyn, and Mr. and Mrs. Carl Mattox.

Miss Frances Barlow spent Monday with Mrs. Bess Alexander and Clyde of Ewing.

Mrs. Bobby Brady, Mrs. Orville Doyle, and Mrs. Billy Stone visited Mrs. Harry Pope of Sunrise Wednesday.

Pfc. and Mrs. Kenneth McDonald of Ft. Knox spent several days with Mr. and Mrs. Homer Withrow and Vickie and Mrs. Phyllis McDonald.

Mrs. M.T. Kennedy who has been ill at her home the past month, entered Nicholas County hospital on Sunday for treatment. Mr. and Mrs. Raymond Kennedy and Mrs. Herbert Blakeman and daughters spent Sunday with Mrs. Kennedy, Martha and Daley.

Mr. and Mrs. Larry Land and daughter Paige, and Mrs. Sylvia Hardin and Tye of Lexington spent Sunday with Mr. and Mrs. Clyde Snapp.

Mr. and Mrs. Swinford Cordray and Mrs. Roscoe McDuffey and daughters spent Sunday with Mr. and Mrs. Charles Huguenot and Mrs. Pearlie Morris at Flatwood, honoring the 81st birthday of Mrs. Morris.

Mr. and Mrs. David Earlywine entertained a number of their relatives on Sunday for a family dinner.

There were about 55 people gathered at the Headquarters Church on Thursday night for a fish supper. Rev. Howard Ritchie was the speaker.

Mrs. Dickie Grimes entered Nicholas County Hospital on Sunday evening for treatment and remains a patient there.

Miss Vicki Withrow and Mrs. Phyllis McDonald entertained with a stork shower on Friday night at the home of Mrs. McDonald for Mrs. Kenneth McDonald. There were 26 present and she received many lovely gifts.

Miss Lisa Gilvin of Carlisle spent Friday night with Robyn Carter.

Mr. and Mrs. Stanley W. Caswell move-from Paris on Saturday to a home they purchased recently in Millersburg. Mrs. Caswell was ill during the week with flu.

Mr. and Mrs. Jim Wilson and Mike of Carlisle were Sunday supper guests of Mr. and Mrs. Fred Hollar and Tracey.

Glad to report that Millard Asbury was able to be moved to his home at Hooktown on Sunday after a week's illness at Nicholas County Hospital.

Mr. and Mrs. Jennings Mattox and children surprised Mr. and Mrs. Vaughan Mattox on Sunday with a birthday dinner at their home honoring each of their birthdays. Mr. and Mrs. John Glump also enjoyed the meal.

Mr. and Mrs. Tom Webster and son of Lexington visited Mr. and Mrs. Homer Withrow and Vicki on Saturday.

Mr. and Mrs. Donald Stone and Denise, Mr. and Mrs. Jerry Galbraith, Mrs. Diane Hamilton and Shellie were Friday night guests of Mr. and Mrs. Gary Hollar and children.

## Myers

By Mrs. Rena Crawford

Mr. and Mrs. Ronald George and daughter, and Mrs. Tom George visited Mr. and Mrs. Paul Minton of Lexington one day the last week.

Mr. and Mrs. Frank Flora visited Mrs. Billy W. Flora and son for a few hours Thursday the past week.

Mrs. Thomas George visited Mr. and Mrs. Stanley recently.

Mrs. Rosemary Kinder and daughter visited Mr. and Mrs. Farris Flora the last week.

Terry Kinder visited Jackie Flora last week.

Mrs. Rosemary Kinder gave a bridal shower for Mrs. Shellia Kinder.

The Courier-Journal BARGAIN OFFER ends MARCH 3 1973

LOSE UGLY FAT. Start losing weight today OR MONEY BACK MONADEX is a low labiet that will help curb your de sire for extra food. Eat less eat less. Contains no dangerous drugs and will not make you nervous. No strenuous exercise. Change your life start today. MONADEX costs $3.00 for a 20 day supply and $5.00 for twice the amount. Make sure you lose fat or your money back be refunded with no questions asked. Be

Hopkins Drug Store, Carlisle-Mail orders Filled

LADIES! Since It's Still Too Cold And Wet For Your Spouse To Go Hunting Or Fishing...

Why Not Remind Him Of All Those Little Household Jobs That He's Been Putting Off?

Nag him a little about that kitchen cupboard that needs fixed . . . or the walls that need painting . . . or his promise to panel the den someday . . . or the new tile for the bathroom floor.

And Be Sure To Tell Him That All the Supplies For These Jobs Are Ready And Waiting For Him At . . .

Reid & Vice Builders Ph. 209-5279

Are You Interested In Obtaining Your High School Diploma

FREE!! FREE!! FREE!! FREE!! FREE!!

If you are interested in obtaining your High School Diploma the only thing that you will be required of you will be your time. The class will meet from 6:00 to 9:00 P.M. on Monday and Thursday nights. This program will be sponsored by the Division of Adult Education in Frankfort, Kentucky. For more information please call the Nicholas County Board of Education at 289-2264. Starting date will be February 12, 1973, at the Nicholas County High School.

Announcing - - - -

the Arrival of New Wallpaper Patterns

WALL PAPER

Also Available - - - -

Rogers Latex Wall Finish

Sherwin Williams Kem Glo and Super Kem Tone

Hopkins Drug Co.



## GET YOUR $ WORTH

BY SALLY AND JIM ADAMS

NEW SOCIAL SECURITY BLANKET: H

You pay more and you get more – that's the name of the new Social Security game for 1973. Last week we spelled out the amount your payroll tax has increased and noted some of the additional benefits to retired people and low-paid workers. Here are some additional benefits under the new law.

For the first time, medicare has been extended to aid people under 65 who are still holding jobs. No matter what your age, if you're receiving Social Security checks because of disability you'll be eligible for health-care protection under medicare, beginning July 1. However, to qualify you must have been entitled to disability benefits for at least two years. Benefits will include both hospitalization and doctors' bills.

Also in July, medicare will be extended to any worker suffering from a chronic kidney disease who needs dialysis by kidney machine. Children and spouses are also covered. Last year a medicare patient had to pay the first $50 of his annual doctors' bill. This year the amount has been raised to $60.

The government has now taken over the cost of aiding people on welfare who are aged, disabled or blind – a guaranteed monthly payment of at least $130 for a single person, $195 for a couple.

If you're 65 or over and not qualified for hospital benefits under medicare you can buy into the plan for $33 a month. If you do this you'll have to buy medicare coverage for doctors' bills at $5.80 per month.

This year you can collect disability benefits after you've been incapacitated for five months, rather than six.

Another medicare change – coverage of certain chiropractic services.

You can expect new provisions to be added in the future to protect you against the increasing cost of health care. For instance, it's likely that the law will soon be expanded to cover payments for certain outpatient prescription drugs, eye care and eye glasses and hearing aids.

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## FASHION 'N FABRICS

By FANNIE GLEESON

HANDSOME VELOUR FOR MENSWEAR

The simplicity of menswear is almost an art form, developed over the centuries to provide comfort and practicality in the work world. Throughout history, only the exceptionally wealthy man wore fabulous furs and gorgeous fabrics fashioned in intricate ways.

The jumpsuit is one of the most elementary articles of clothing in the world and gained its modern popularity following World War II. It is believed to have originated with eighth century Modrish sailors who wore a "jumper" to protect their clothing.

The choice of fabric can lift today's basic jumpsuit out of the ordinary. An example is knit velour made with triacetate yarn. In addition to the comfort stretch of knit, triacetate fibers provide easy care, and the brushed surface contributes a soft, interesting texture. In a wide range of socko colors, velour is a great change from dull denim.

Though a semi-fitted jumpsuit in stretch knit has a minimum of critical fitting requirements, it is important to be sure of comfort in the crotch length. To find this length, tie a string around a man's natural waistline. While he sits erect on a hard flat chair, measure the distance from string to chair seat. Spread back pattern piece on a table, and draw a crosswise line from the point where the seams join at the crotch to the side seam. Measure from the waistline to the pencil point.

Compare the man's measurement with the pattern measurement plus one-half inch "ease" for a small size person, or one inch ease for large size. Shorten or lengthen the pattern accordingly. To shorten, take a fold in the pattern at the "adjustment" line. To lengthen, slit the pattern on this line, spread over tissue paper and pin. Fasten with tape and trim seam edges. Make matching adjustment on front pattern piece.

A raglan sleeve is a time-saver, as well as providing somewhat more comfort than a set-in sleeve. With all its simplicity, it may require adjustment if the wearer has unusually square shoulders, or sloping shoulders. Clothes for casual wear should fit as perfectly as possible for the greatest enjoyment the same as any other garment.

To fit a raglan sleeve in order to compensate for a sloping shoulder, pin-fit pattern on the man to determine the amount of adjustment needed. Draw a new stitching line from the neck edge to a point below the original dart. The difference between the points of the original dart and the new dart will correspond to the amount you needed to lower the shoulder.

To accommodate a square shoulder, measure for adjustment, draw a new line from the neck edge to the point of the original dart, but curve the line slightly instead of making a straight line. This curve contributes more room at the outer curve of the shoulder.

Write for the free booklet, GUIDE TO MENSWEAR, which provides detailed information about fabric suitable for men's clothing, plus diagrams of fibers, weaves and knits. It will help in selection of ready-to-wear, as well as retail fabric. Send long, stamped, self-addressed envelope to Fannie Gleeson, Fashion 'N Fabrics, in care of this newspaper.

ILLUSTRATION:

Butterick No. 6681; easy three-piece men's jumpsuit.

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## TIPS DIETERS

By ANDREW SPRAGUE

"IN QUOTES"

SUSAN DUFF'S

## CALORIE COUNTDOWN

WINING FOR THE DIETER

True enough, the calorie count of wines is relatively low when compared in equal proportions to the amount of calories in distilled spirits. An ounce of one-hundred-proof bonded bourbon, for example, is 83 calories—and an ounce of white wine averages less than 25.

These totals make the wine look pretty good, calorically speaking, but such simple mathematics can be rather deceiving to the dieter. The reason is this: An ounce of liquor mixed with water or seltzer over ice is a pretty durable 83-calorie drink for most people, whereas, let's face it, a 25-calorie ounce of wine is only good for a few quick gulps. And, since most stemmed glasses hold about four ounces, a glassful of wine will invariably total up to more calories than an invigorating tumblerful of bourbon and water.

The truth of the matter is that the calorie count depends entirely upon the potency of the proof. Actually, 80 proof distilled spirits (whether scotch, bourbon, gin, vodka, or rye) have a calorie count of only 67 per cent, making them the best possible potables for drinking dieters.

Alas, the myth of wines' positive dieting qualities just doesn't hold up under the evidence of a comparative calorie count. Still, if you prefer a sublime glass of wine, sipped and savored lovingly, it isn't necessarily such a horrendously fattening beverage. There are quite a few tasty wines which can be enjoyed for less than 100 calories per four-ounce wine glass.

Those wonderful white wines are lowest: four ounces of glowing chablis, only 90 calories; the same amount of smooth Liebfraumilch, even better at 84. Other good white wines reasonably low calorie counts are Reisling wines (90 calories per glass), and Rhone and Rhine wines (each at 96 calories per serving).

Some red wines (Beaujolais, claret and burgundy) are also pretty low at only 96 calories for four ounces. Refreshing rose is only 90 calories and hearty chianti is pushing it at 100 calories per glass, but that's still pretty good.

All these above-mentioned wines make quite sensible drinks for the calorie counter and, mixed with plain water over ice, they are very satisfying cocktails. (If you like tall wine coolers—fill four ounces of wine mixed with four ounces of ginger ale over ice—add 43 calories to the caloric count of the wine.)

Not all wines, however, have reasonable calorie counts. Here are some which most dieters will probably want to avoid:

Port is rather disastrous at 200 calories per four-ounce wine glass; and the tawny and ruby ports are only slightly less caloric at 184. Dubonnet is 160 and so, m'dear, is Madeira. Muscatel is 196. Sweet vermouth is 180, but dry vermouth isn't so terrible at 126. Cream sherry is devastating at 200 calories; dry, it's only a bit better at 165.

Drinking wine is fine for dieters, as long as you stick pretty close to the wines which rate under 100 calories per four-ounce glass. To review in ascending calorie order: Liebfraumilch, 84; chablis, Reisling and rose, 90; Rhone, Rhine, Beaujolais, claret and burgundy, 96; and, if absolutely necessary, chianti, 100. These are the best offerings for the slimmer wine drinker.

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## THE HOME GAME

by MARY FUREY CRYMES

CHOCOFFEE — A delicious mocha dessert coffee is made by putting a tablespoon of canned chocolate frosting in a cup and filling with hot, strong coffee. Garnish with whipped cream or topping mix, and serve with rich chocolates to end meal.

ICED DIGIT — Someone need a painful splinter removed? Hold an ice cube on the spot where it went in for a minute or two. This numbs the area long enough to make the home surgery painless.

LINING LORE — Cut the best parts of a worn plastic tablecloth with pinking shears to fit silverware and cutlery drawers. Free linings, easy to trim and keep clean.

BACON BONANZA — You can clarify bacon fat for cooking, just as you do butter and chicken fat. After you've saved a batch, melt in a skillet. Cool slightly and pour grease in a coffee can of cold water. Burned bits and sediment will drop to the bottom and clarified fat can be removed easily.

VIVE LA VIOLET — Look for essence of violets at your drug or health food store. Mix a dram of the heavenly stuff with a half cup of rubbing alcohol and an ounce of pure ammonia. Bottle and use to perfume and soften bathwater. Pat on liberally to smell like mid-April.

VIEW OPENER — Keep an old windshield wiper blade in the car's glove compartment; along with a roll of paper toweling. The blade will remove dew, bugstains, rainspots and frost from windshields and the towels keep them sparkling.

FLOORS CAUSING—FITS? — Our floor care booklet has the answers on how to clean and care for wood, tile and other kinds. Send a postcard with your name and address to HOME GAME, care of this newspaper and ask for FLOORS BOOKLET.

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## UK deadline set

April 2 is the new application and credentials deadline for persons who plan to attend any or all of the University of Kentucky's three summer sessions.

Dr. Elbert W. Ockerman, UK dean of admissions and registrar, urged all high school seniors who plan to begin their college studies during the summer to obtain applications from their high school counselors immediately.

"High school teachers in the state who plan to attend the University this summer for additional college credit are encouraged to begin the application procedures as soon as possible," he said.

Readmission students who were not enrolled at UK last summer and transfer applicants should write to the Dean of Admissions, University of Kentucky, Lexington 40506, for a application materials. Graduate school applications may be obtained from the UK Graduate School admissions office.

## Guidelines, warning issued

Continued from page one

of the separate headings can be done by either men or women. Such discriminatory headings are as offensive to women as earlier ad classifications were to other groups. Years ago we had ads in parts of this country which said 'no Irish need apply'. We don't have that now, and in Kentucky we don't see papers which say 'White Jobs' or 'Protestant Jobs'."

Martin said the publishers have been very cooperative. He said a dozen or so papers were using the discriminatory headings last year, but now only the two in Lexington, the Middlesboro Daily News and the Mayfield Messenger are still using them.

He said the Commission also has worked with the newspapers in developing the guidelines for advertisers.

"We talked with many editors and publishers who helped our Commission develop the guidelines and we note that many Kentucky newspapers already are making efforts to follow these suggestions," Martin said. "We believe that this new education campaign directed at the advertisers will speed the process."

The warning being sent to employment advertisers is part of an information kit. The kit includes:

– a letter to advertisers informing them of the new guidelines.

– a copy of the guidelines.

– a copy of the State Civil Rights Act.

– an explanation of the Act.

In the letter, Martin says:

"Both the Guidelines and Kentucky's Civil Rights Act clearly state that it is an unlawful practice to print or publish—or cause to be printed or published—any discriminatory advertisements relating to employment. Employment advertisements that express or indicate any preference, limitation, specification, or discrimination, based on race, color, religion, national origin, sex, or age between 40 and 65 are prohibited by law (KRS 344.080) except when religion, national origin, sex, or age is a bona fide occupational qualification.

Martin pointed out that the employment advertisers must prove the bona fide occupational qualification and that such instances will be "quite rare".

The Commission in enforcing the laws against discrimination, has the power to negotiate conciliation agreements, to hold public hearings on complaints, and to issue "cease and desist" orders if it determines that a violation of the law has occurred.

Martin said that if educational efforts fail to bring about elimination of discriminatory ads, the full powers of the Commission will be used to get the job done.

## Kentucky afield

By Hope Carleton

The weather is ever-changing at this time of year and there are many enthusiastic anglers who would like to apply their fish-harvesting skills but, due to the uncertainty of the skies, feel that going to the major lakes might create a problem.

However, there is a lot of good fishing close-to-home and many modern-day fisherman are not as aware of these areas as were their fathers.

These nearby "hotspots" are smaller streams that abound in the commonwealth. In fact, Kentucky has some 13,000 miles of running water and is second only to Alaska in this rich natural resource.

Depending upon the time, of course, these streams may be high and muddy, but in a few days they will again clear.

In Central Kentucky, for example, there are many fine streams on which to spend a quiet day. Streams such as Elkhorn, Benson, Stoner, Paint Lick, Silver, Hanging Fork and other creeks that run into larger rivers give up good strings of fine fish, as do Dix, Chaplin and Salt Rivers.

Many of these streams will produce strings of black bass, crappie, sunfish, sucker and catfish at this time, especially for those who will use lively minnows, earthworms or nightcrawlers.

For the most part, those fishing these areas are bank fishermen who offer a small fire close to the stream's edge to keep away the cold and then fish in eddy areas or around drift piles close to the shoreline.

Those fishing with lively minnows around drift generally harvest crappie as well as black bass, while those who fish on the bottoms of the eddies with worms will take bass, sunfish, catfish and suckers.

The rigging for the minnow drift fishermen may well be a couple of cane poles with corks, hook, line and sinkers while those fishing the eddies could well use any rod and reed combination. For the most part, those fishing on the bottom will not use a cork and only a small sinker.

There are places where a dam or over-flow drain may be running water and those who have knowledge of such places may cast live nightcrawlers and float the tempting morsel just inches off the bottom. This tumbling, natural bait will go down with the current and then drift back up the eddy.

In such a spot on Salt River last winter, a local fisherman caught at least five black bass per trip and over a period of 60 days landed 87 bass, several of which tipped the scales above four pounds.

Now is a good time for those who want to get outdoors and catch a good string of fish to head for a nearby stream. But remember—ask the farmer's permission before heading for that "hot spot" on the stream.

DANCE

Carlisle Armory

SAT., MAR. 10

8 P.M. to 11:30 P.M.

MUSIC BY THE

BLUE GRASS EXPRESS BOYS

SQUARE DANCING – ROUND DANCING

*Odd Lot 1¢ Sale*

Thurs., Fri., Sat.

Buy one at regular price get second one for 1¢

Suits, Sportcoats, Dress & Casual Pants, Ties, Shirts

40% off Shoes, All Weather Coats, Car Coats

1/2 Price Top Coats, Hats

C. C. Cole Co.

"The Style-Setters In Carlisle"

Light for beauty

Light for safety

Light for recreation

Light's for night!

There are all kinds of good reasons to make nighttime bright time! Enhancing your home setting . . . warning prowlers and pranksters to keep their distance . . . adding hours of family enjoyment to your favorite outdoor games and fun. And every way outdoor lights work for you, the cost is small on today's low rates. *Less than 3 cents for a whole night of 100-watt lighting!* Stop in at any KU office for a free copy of "Light for Living . . . Outdoors" — full of bright ideas in outdoor lighting!

KENTUCKY UTILITIES COMPANY