

Parents watch

These Head Start children are singing and performing for parents and friends at the Head Start banquet held Thursday night, May 16, at the elementary school.

Mrs. Leonard Sosby, an aide, is directing. Mrs. Robert Hanson and Mrs. James Reid have been the Head Start teachers for the 1972-73 school year. —Mercury photo

Senator Deo Huddleston

REPORTS TO THE PEOPLE OF KENTUCKY

I believe this country is at a critical stage as far as its time-honored and tested system of separation of powers is concerned, because Congress has abdicated and forfeited so much its power and responsibility that it is in danger of being overwhelmed by the executive.

Further, Congress has taken several actions this session which indicate that it is ready to reassert its Constitutional responsibilities and regain its role as a co-equal branch of government. Let me cite a few things that have been done:

Church Chuckles by CARTWRIGHT



"I'd love to take a trip to my mother's, but he's afraid the congregation will think we had a squabble!"

MOVIE

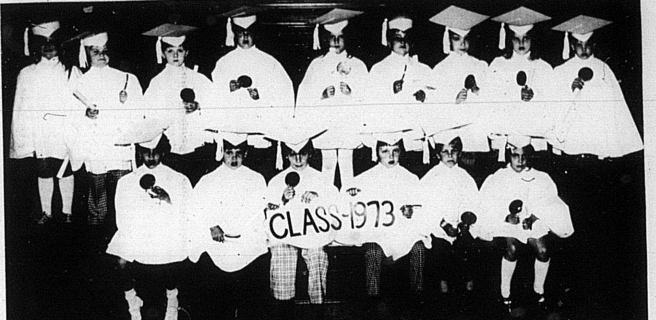
Are Your Shoes Made of Leather? When shoe shopping, let them know by the way, be sure you're getting what you pay for. Check out labels as well as looks on the shoes you see.

Miss Myerson's remarks have been echoed by an increasing number of women who have stepped out in new plastic shoes and soon found themselves limping, often causing discomfort and protruding the feet healthily.

County extension agents

Paul J. Neffinger, Sara Swango, Mrs. Marjorie Wilson

This medical research isn't initiated and built into the shoes you bring to the counter, Ralph Nader may one day have to write another book, "Unsafe At Any Stop."



Class of 1973

Kinderergarten graduation was held Sunday, May 6, at the Carlisle Christian Church. Students who graduated: Baker, First row—Jennett Carter, Nathan Allison, Jamey Anderson, Darren Robinson, Mark Cooley, Amy Padlin, Second row—Shirley Caskey, Kevin Howlings, Richard Deaton, Timothy Rose, Julia Wills, Mark Byrd, Todd Hedges, Michelle Mace, and Dewayne Baker.

New Businesses being born here

NEW YORK—In Nicholas County, new businesses are being born all the time. Because the difficulties are the pitfalls involved, with each succeeding year an additional number of new businesses are anxious to be their own bosses, embark on new ventures.

They give their jobs and the security of a weekly income, gather together the money they have saved or can borrow and take the plunge. Some by existing business and some by starting new ones from scratch.

Many of them are inadequately insured to carry them through the lean years. Others are handicapped because of insufficient know-how of the field they are entering.

However, although the hazards are great and the odds are heavily stacked against a new business lasting more than two or three years, there are many that succeed very well.

Evidence of that is to be seen in the fact that no less than 623 residents of Nicholas County make their living from their own business or professions, according to the Department of Commerce.

They are the storekeepers, the doctors, the farmers, the barbers, electricians, gas station operators and the like.

In terms of the number of people in the local area who are employed, it means that 34 percent are self-employed.

Class of 1973

SUSAN DUFF'S CALORIE COUNTDOWN

FRESH VEGETABLE DITCHING

As summer approaches, fresh vegetable prices go down and quality is greatly improved. Lucky for dieters who can choose a whole rainbow variety of farm produce from asparagus to zucchini to keep their summer figures in shape.

One cup of most vegetables, boiled or fresh, averages only about 50 calories or less, and even the starchy vegetables like lima beans, peas, corn and potatoes average about 100 to 150 calories per half-cup serving.

As an added attraction, fresh vegetables, of course, have no fatty acids which means that cholesterol-counters (in addition to 30 calorie-counters) can gorge on many of the season's offerings.

More specifically, following are the calorie counts for some of the more common fresh vegetables: eight spears of cooked asparagus have only 20 calories; one cup of cooked green or yellow snap beans has 30 calories; two cooked beets have 30 calories (beet greens have only 25 calories per cup and are extremely high in vitamin A); Brussels sprouts have about 50 calories per seven or eight spears (one cup); raw shredded cabbage has 15 calories per cup; cooked it doubles to 30 calories per cup; one raw carrot, five to six inches long, has 20 calories and one cup of cooked chopped carrots has 40 calories; a cup of cauliflower heads has just 25 calories.

Naturally, most individually-owned businesses are in some kind of retail trade—figures show. That's the field that attracts many of the people who are just starting out for themselves.

plus a good supply of calcium and iron; cooked summer squash and zucchini have 35 calories per cup or half vegetable; one average tomato (seven ounces) has 40 calories; cooked turnips have 25 calories per cup and turnip greens have 30; one large stalk of broccoli has 45 calories and a cup of cut broccoli pieces has 40 calories. These are the lower calorie fresh vegetables, all tasty and very important to well-balanced dieting.

Among the higher calorie fresh vegetables are some appealing summer treats that dieters can still enjoy, albeit in moderation. One five-inch-long ear of sweet corn, for example, has 70 calories. Limit the butter to just half tablespoon (5 calories) to keep the calories below 100 per ear—and better limit yourself to one ear as well. One cup of cooked green peas has 115 calories, so try having only half a cup with your meal and spice it up with a tiny sliver of butter and some cornmeal, dill or fresh minced mint. If you love potatoes, bake them 150 calories for each medium-sized potato (instead of boiling (100 calories each) to save for a few calories. (To gauge just what a "medium-sized" potato is, figure three to a medium-sized potato; it weighs three to four pounds.) And, you needn't smother a baked potato with butter or margarine to make it tasty—use fresh sprouting and try adding jazz by sprinkling non-calorie seasonings like chive, dill or mustard seed. One medium-sized sweet potato:

Continued on page 14

MEDICINE CHEST

If there are effective drugs for treating high blood pressure, why do so many people die from it every year? —M.K.

Of the approximately 25 million people with this disease, at least 10 per cent don't know that they have it. Of those who know, only 10 to 15 per cent are being treated, and only half of those receive adequate treatment.

There are no laws which require it. The Food and Drug Administration authorities think that the ingredients should be listed. Some cosmetic manufacturers use ingredients like coming, as they're starting to list them now. It's going to cost more to list ingredients—and guess who'll pay for it?

Are there many drugs which will change the color of urine or solid waste, check with your physician or pharmacist to determine whether the drug could be the cause.

Has your doctor restricted the amount of salt you can eat? Then you should know which non-prescription vitamins are low in salt or sugar. Free information is available in the 3 1/2 x 5 1/2 inch, long, self-addressed, stamped envelope, plus 50 cents in U.S. money, in care of Medicine Chest for a copy.

WOMAN'S WORKWORLD

You may be able to paint your spare-time profits picture greater as an art broker or artist's agent. Success essentials include resourcefulness, promotional ability, sales and bargaining skills, and a sixth sense for spotting artists whose work will sell you can start for \$200, or even less.

A rough sketch of this business: (1) You line up a stable of artists who agree to let you handle sales of their oils, watercolors, drawings, sculpture, pottery — or any art form you like. You charge a commission — 25 to 30 per cent, often 33 1/3 per cent of the selling price. (2) If zoning ordinances permit, you display their work in an overhanging art "gallery" in your home. (3) You arrange for displays in other settings, such as shopping centers, hotels, beauty salons and libraries. (4) You solicit customers in other ways too, such as working with home builders to show and sell in model homes, and managers of furniture stores, these are sold on a consignment basis (money does not change hands until the art sells).

Where do you get artist clients? That's easy. You run a newspaper ad something like this: "Artist's agent or art broker, if you prefer, considering adding one outstanding painter, one outstanding sculptor." The hand part is choosing the most salable artists and letting the others down gently. Also, check art supply store owners and art teachers for leads.

Caution point: Protect yourself by asking a lawyer to prepare a fair contract that you and clients sign, defining your rights to represent the artist. Another point: New York fine art gallery sellers usually prefer dealing with artists directly, rather than through an agent. This problem may exist in other cities too.

ASK FOR "TOP ON SELLING" (Mc 1973, McGraw-Hill Syndicate, Inc.)

WOMAN'S WORKWORLD

By JULIE THOMAS PITMAN

The administration has proposed numerous budget cuts. Congress cannot responsibly oppose these cuts unless it is willing to make alternative budget cuts so that the overall budget remains within spending limitations.

The Senate has already passed legislation which will prohibit the President from imposing or refusing to spend funds fully appropriated by the legislative branch without specific congressional approval.

By these and other actions, Congress is moving to reassert itself and regain some of the responsibility it has relinquished in the past. I think Kentuckians and the American people support these developments, because they want a system of separation of powers—not a system in which all power is concentrated in one branch of government.

ALWAYS AVAILABLE Our Skill and Knowledge



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HOPKINS Drug Store Call 289-5122

REESE SMOOT FOR Sheriff of Nicholas County

RESE SMOOT, JR. DEPUTY SHERIFF

PULL LEVER 13A

Your Vote, Influence and Support Appreciated Democratic Primary Paid for by Reese Smoot May 29, 1973

TOM WARD Candidate for State Senate

MY PLEDGE TO THE PEOPLE OF NICHOLAS COUNTY

I pledge to you that I will work vigorously for: IMPROVED TELEPHONE SERVICE. An end to long distance tolls between some areas of Nicholas to Carlisle.

REPORT TO PEOPLE—At least once every three months I'll submit a report to the news media telling you what I'm doing, asking for your opinion.

NICHOLAS COUNTIANS Go Young For State Representative

Allie Young

Nicholas Countians: You have received me warmly during my visits with you. Your pledge of support spurs me on. If you elect me your Representative, I pledge to work in the interest of All to the best of my ability.

Thank you, Allie Young

Arnold Thornsburg Disable Veteran For Jailor

I lost both legs in World War II. When elected I will work toward upgrading the jail and cleanliness of the Court House. There will be a man on duty at all times.

Your vote appreciated. If I do not get to see everyone, it will be because of my disability.

Paid for by Arnold Thornsburg

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Thank you, Allie Young

"Have I got a Dodge Boy for you?"

His name is Bob Buntin at Buntin's Garage, and for my money, he's what they had in mind when they started calling Dodge Dealers "The Good Guys in the White Hats!" Bob just about bends over backward to make sure you get the best deal possible, along with the assurance of expert service later on. Now, that's what being a Good Guy is all about! Go on by and see him, as well as all of his Good Guys...

Buntin's Garage Elm & Market Sts. Carlisle, Ky.