

# The "New Look" and the old Downtown pleases the eye

The downtown section of Carlisle has virtually undergone a face-lifting of late years.

The majority of businesses in the main part of town have remodeled. Unbelievable improvements have been made to the many old buildings inside and out. The combination of the "new look" and the old structures, very much pleases the eye.

In addition, two entire streets around the courthouse square were resurfaced last year. This summer, adding to the pleasing view, it might be noted too, in passing, work on the eye of the hickory roundabout that has private enterprise have main streets. Many towns have been accomplished.

With freezing because thawing adds moisture; homemade to dinners, pot pies and freezing of leftovers for emergencies can be lifesavers. In the time of awareness of an energy shortage, it is important to be innovative.

So before you surrender to inflation, check out the new ideas and strategies available, if you will but look, and many are as close as your kitchen.

## 20 and 40

Thursday, September 13, 1973

Mrs. Dorothy H. Marshall, Carlisle, daughter of Mr. and Mrs. Keller Hughes, was 20 for two suggestions she made to improve the efficiency of the Lexington Signal Dept. where she is employed.

Mrs. Rose Toole of Fleming county, was 40 for her contributions to the Johnson Memorial Hospital Convalescent Home, Saturday by the Nicholas County Fiscal Court.

Leola J. J. Marie Lawrence, R.N., U.S. Army, located in New York City, was 40 for her service in the U.S. Army.

Benjamin D. Toole, Jr. and Mrs. Noble Gillette, Myers, a son Monday in Paris—To L. and Mrs. Kenneth E. Toole, Jr., a daughter, in Columbus, Ga.—To Mr. and Mrs. Stanley Stark, Lexington, a daughter, Friday—To Mr. and Mrs. A.N. Thompson, Lexington, daughter, Nicki Lynn, Sept. 11—To Mr. and Mrs. Donald Lettich, a daughter, Lucy Todd, Saturday in Lexington—To Cpl. and Mrs. George B. Nichols, a son, Roger Clay, Sept. 11, in Cynthiana.

DIED—Mrs. Beas Gray Brown, 57, Friday at her home in Fleming county.

Thursday, Sept. 14, 1973

Shows Tuesday and Wednesday rewarded farmers in cutting of their fields.

The grade and drain of the Miller Station Road has been practically completed and will be finished in a short time. Traffic is being allowed to go over the bridge for the time being.

Ben Myers, native of Nicholas county, is a candidate for city commissioner of Lexington.

J.C. Cartmill of Carlisle was one of the trustees and commission agents of the Louisville Courier-Journal in Kentucky.

## Agree or Not

By S. C. Van Curen

FRANKFORT—The Secretary of State's office processed the millions voter registration through the computers here last week.

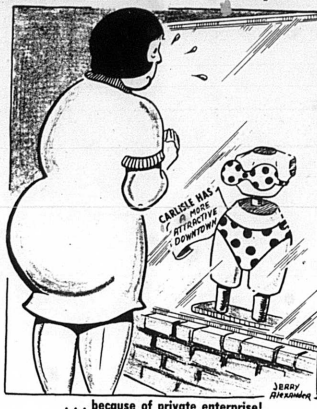
The 1.2 million figure is not going to be as short as some predicted earlier this year when registration was going at a snail's pace throughout the state.

Small groups are being set up to register voters in Nicholas, the county of State Thelma Stovall expects the total to go to 1.2 million by the deadline of Sept. 24 is reached for voter registration.

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... because of private enterprise!

## LETTERS from our readers

Editor, The Carlisle Mercury: Missed the Horsepage and Nursing Home News in this weeks issue of the Mercury. Hope you won't discontinue these two enjoyable features.

Have missed your articles, son-in-law of Henry Wade of near home, Saturday by the Nicholas County Fiscal Court.

Miss Jane Hines and Calvin Harnell, local news and happenings that will not rate a special write up but are choice bits to readers who used to live in Carlisle and Nicholas county, but now reside elsewhere.

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## MERCURY

By Warren R. Fisher

An article in a printing and lithographing magazine caught my eye: "If you think MICROFILM and MICROFILMS are new to this world of ours, reflect on the fact that in Chaldean 3000 B.C. they were writing tablet inscriptions too small to be read by the naked eye, and to decipher them they used black ink made of quartz. Years ago, American Type Founders created a single piece of type about the size of the face of which was reproduced the letters of the prayer of course nobody could read it with the naked eye or print from it, but it was there."

Whether the piece of type that Kay's was keeping all these years was cast by ATP we don't know, but the Lord's Prayer is all of which reminds us of the C.I.P.s. The circuits are there and a 16 power glass one can just begin to see the little wires that connect the inputs and outputs of the integrated circuit.

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## MSU band to perform at Riverfront

The Morehead State University Marching Band is performing Nov. 18 at the Cincinnati Bengals-NFL at Riverfront Stadium.

The band will feature more than 200 musicians and 24 drummers. It is directed by Robert Hawkins, Gene Nordin and Robert Schietroma. It is associated with the band of the Cincinnati Bengals.

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## East Union

By Mrs. Eugene Robinson

There was a party held at the home of Mrs. Earl Hutton, Thursday evening, given by Mrs. Tommy Sexton. Several there and refreshments were served.

Richard Hutton is visiting his son, Charles Hutton and family in London, Ky. for several days.

Mrs. and Mrs. Alice Viallet Mrs. John Robinson and Mrs. George July at the Nicholas County Hospital, Sunday.

Mrs. Janet Hutton spent the night with Army ROTC features Monday in "Punk Song" played by the band of the Army ROTC, nicknamed "The Big Band" from the Nicholas County Hospital.

The appearance at the Bengals game will be the second for the MSU band. They also performed in 1962.

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## SUSAN DUFFS CALORIE COUNTDOWN

There are two calorie categories: French or Vienna bread (these are the most) and whole wheat, rye, (thinner loaves) contain 13 calories per average slice (figure 18 slices per one-pound loaf), and Italian-style bread, which comes in the fuller and softer loaves, has 69% calories per slice from a one-pound loaf of 18 slices. Of course, the best way to cut calories here is to cut the bread into twice as many slices.

If you are used to eating darker bread, don't despair; you're still thinking that you're cutting calories by the breads. These breads have only slightly less calories than white-enriched white bread and, although naturally enriched, they are not particularly heavy in food value. It is simply a matter of preference. A one-pound loaf of cracked wheat bread (18 slices per loaf) has 65 calories per slice; identical in weight and number of slices, American light rye bread has 60 calories per slice; also in the 18 slices per one-pound loaf package, pumpernickel has 62 calories per slice. If you like the unctuous bakery loaves of rye or pumpernickel, the calorie count's about the same for one-pound loaves—so slice it twice as thin to half your calories! The softer variety of whole wheat bread is usually packaged in one-pound loaves cut into 16 slices and amounts to 65 calories per slice. A one-pound loaf of the firm crumb variety of whole wheat generally contains 18 slices and cuts the calories per slice to 60.

If you can keep your per slice calorie count down to around 40 to 60, you can enjoy a slice of bread with each meal and still only 120 to 180 calories to your daily intake. That's not bad at all and the nutritional bread and the tables are turned. You find to save or newcomer testers, remember that toasting bread reduces water content, not calories. Courtesy to a bygone myth: most of your toaster won't be any help at all to your weight-reduction efforts.

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## Senator Dee Huddleston

SENATOR TO THE PEOPLE OF KENTUCKY

During the period of resolution, companies could not threaten the consumer with a bad credit rating. If after the 90-day period the bill is still in dispute, the creditor may not report the matter to a credit agency unless he advises the consumer and unless he notifies the agency of the amount in dispute.

It is, in my opinion, a straightforward and realistic approach to perhaps the most aggravating consumer problem today. It will assure the consumer that his billing complaints. It will not place undue requirements on the creditor. It will assure the consumer that his billing complaints. It will not place undue requirements on the creditor.

The Senate has passed the so-called Fair Credit Billing Act which actually contains amendments to the Fair Credit Billing Act of 1968. This legislation seeks to provide additional protection for the consumer in the utilization of credit.

The bill is also designed to prevent consumers from being harassed by computer errors that are not immediately correct. There is perhaps no more frustrating experience than for a consumer to be incorrectly billed only to discover that his main recourse is continuing and unsatisfactory correspondence with a computer.

The bill provides that companies must respond within 30 days to a consumer billing complaint, and the matter would have to be resolved within 90 days, either through correction of the bill or explanation.

## YOU AND YOUR HEALTH

PREVENTIVE MEDICINE SAVES LIVES

Dear Dr. Foe: I've just reached 40. My wife tells me now is a good time to get in for a complete physical checkup. Do you think it necessary when a fellow feels as fit and a healthy as I do?

COMMENT: I know how you feel. It's difficult to convince apparently healthy people to go through the rigorous of making an appointment, going through the examination—and paying the bill.

But the benighted old saying is still true: An ounce of prevention is worth more than a pound of cure.

Chances are that you, like many, didn't become excited about the need for preventive medicine. You become alarmed about disease after you've had one and not before.

For example, it's human and natural to not a few blocks to watch a fire, and also natural to not walk even 50 yards out of your way to see an automobile accident. It will certainly be true for you.

Recently a youngster began to complain of a tummyache and vomiting. Excitement reigned. There were hurried calls to the doctor and a quick trip to the hospital.

In another home the husband came down with a sudden heart attack. The pandemic calls to the fire department, police department, doctor, hospital—and to neighbors.

In the one case, an acute appendicitis was removed in time. In the other, the husband and father made an uneventful recovery in the hospital.

As dramatic and fearsome as these experiences were, preventive medicine, unheralded and unexciting, is often more effective in conserving health and saving life. It's a fact, especially for men, Mr. T. I believe it makes good sense for you to have a checkup. Preventive living is more effective than curing it.

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## Pin-Up Place

Boonie Gates, Blue on Olive Club; Bonnie Gates, Blue on Olive Club; Bonnie Gates, Blue on Olive Club.

WOLKOFFER: Mark Duncan, White on White; Mark Duncan, White on White; Mark Duncan, White on White.

NEW 4-H PROJECT: The "Junior 4-H" project was developed for all 4-H members in 1973.

FOODS: Ann Stevenson, Red on Resque Bay; Benita Hampton, Red on Resque Bay; Benita Hampton, Red on Resque Bay.

RECREATION: Rachel Booth, Blue on Redefined Accessory; Rachel Booth, Blue on Redefined Accessory; Rachel Booth, Blue on Redefined Accessory.

ALCOHOLIC: Beverly Herrin, Blue on Article of Refinement; Beverly Herrin, Blue on Article of Refinement; Beverly Herrin, Blue on Article of Refinement.

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