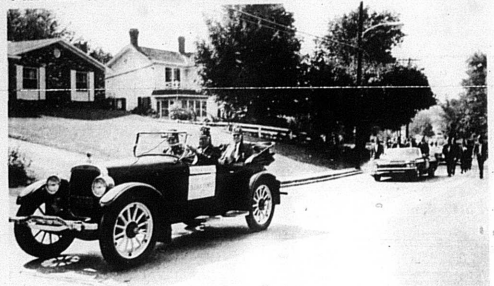

Buggy ride

Bob Barnett, Potentate of the Oleika Shrine in Lexington takes an old-fashioned buggy ride during the Shriner's Parade Saturday afternoon down Main Street. Barnett is a Nicholas county native.—Mercury photo

UK students volunteer to help

By Avery Jenkins

One of the lesser known offices at the University of Kentucky is the most important to those it serves.

It is the office of volunteer programs, a part of the Human Relations Center, whose principal function is to coordinate student volunteers with off-campus agencies seeking help.

"Some of today's college students are concerned with social problems and they're willing to give their time, energy and care on a person-to-person basis," says Sharon Horstmeyer, program director. "They want contact with what's really going on and they're quick to understand where and why help is needed. Not only do they bring additional manpower into community agencies that are 'underfunded and overwhelmed,' but many times they bring a refreshing perspective leading to new approaches."

What do volunteers receive in return?

"Satisfaction, certainly, contact with real situations that are different from those they have known, and sometimes, as one student put it, 'a genuine feeling for my real calling.'"

The director said, "There are dozens of agencies or areas where student volunteers are helping, but the number of available students does not equal the number of requests.

"Many students and professors don't know about our office," said Mrs. Horstmeyer, "but we have had about 100 students who have volunteered to help out each semester.

She said that agencies want students who are pleasant and who have skills and experience of the sort acquired in the pursuit of their own interests and hobbies.

The volunteer program tries to match volunteer tasks to the interests, backgrounds and skills of the individual volunteers. It sponsors conferences on volunteer services, canvasses community and campus resources, and advises student groups of opportunities in new programs.

For example, volunteers tutor urban children, help with child feeding in day care centers, work with neighborhood problems, teach arts and crafts, visit retirement and nursing homes, and assist blind and handicapped students.

Some new areas where volunteer workers are needed are in graphic arts assistance for low-funded agencies, befriending persons on probation and parole, and research assistance in alcoholism, drug addiction and housing, Mrs. Horstmeyer stated.

She said the greatest need was for minority group students because agencies feel that children need models, especially male models, to identify with.

Staying alive and well!

The controversy about vitamin C's role in preventing the common cold is still unsettled. But everyone agrees that people need the vitamin to survive.

Nearly all animals make their own ascorbic acid, a complicated chemical compound that prevents such diseases as scurvy. But along with monkeys, guinea pigs, and a few birds have lost the power to make the chemical. So he and they must get adequate amounts from the food they eat. Vitamin C occurs in citrus fruit such as oranges, lemons, and grapefruit. It is in fresh green vegetables and new potatoes. However, it is easily destroyed, by overcooking vegetables and by delays in serving them. Stale vegetables or those that have been cooked for more than ten minutes have less vitamin C. Old potatoes lose their supply. Even mashing potatoes destroys some of the chemical. But properly prepared frozen green vegetables lose little of their ascorbic acid.

Dr. Linus Pauling has created an uproar by suggesting that stepped-up doses of the vitamin can prevent the common cold. Although several studies have indicated that the days of illness from the common cold may be reduced by increased doses, the medical profession disagrees about the significance of the findings. Doctors do agree, however, that many people do not get the minimum dose—let alone the optimum—of vitamin C. Many elderly and poor people, for instance, have little money and energy to prepare nutritious foods rich in the vitamin.

Eating properly and staying well are ways to help strengthen resistance to all kinds of disease, including lung disease. To find out more about preventing lung disease, contact your Kentucky Lung Association.

THE HOME GAME

by MARY FUREY CRYMES

MARBLE MANEUVER — 'Tis sad, but true — coffee will stain your handsome marble table tops and counters. If you can get at the spot quickly, pour a little hydrogen peroxide on and add a few drops of household ammonia. Let it stand, but only a few minutes. Rinse with warm water.

HO HEM — The new polyester knits sometimes cause problems for the home sewer when putting in a hem. The secret is to press the hem at the bottom edge only, and the top stitches won't show through. Use a barely warm iron.

BETTER BATTER — Two reasons cause foods coated with batter to be less than perfect. Either the food's too moist to be coated, or the fat for deep frying is not hot enough. Pat chicken and fish almost dry before dipping and check fat temperature on a thermometer.

MARVELOUS MARMALADE — Gather apples and cut unpared into thin slices. Put into a kettle with a pound of sugar per pound of apples, and add a cut lemon, skin and all, for every three pounds, and a fist-size lump of preserved ginger. Last, stir in a good size pinch of cayenne pepper. Simmer until clear, strain and pour into jars. This is apple marmalade, a favorite in Victorian times.

SMOTHERED SPUDS — Want to hurry baking potato time? Put scrubbed spuds on oven rack and cover with an upturned cast iron skillet. Cuts the baking in half.

EASTERN EGGS — For something new to do with eggs tomorrow morning, scramble six with a half cup of sour cream and two teaspoons of curry powder. Garnish with bacon strips and top with chopped peanuts and/or green onion tops. Deliciously different.

PRETEND PARTY — Raid your closets and those of friends for castoff finery. Assemble in boxes and invite your little girls' friends to a dress-up party. Once the girls are decked out, they're ready for "tea" — fruit punch, sandwiches and lots of cookies. Award prizes for the best "costumes" and take pictures.

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Table Rite Bacon 2-lb. pkg. 2.59

Table Rite Wieners 1-lb. pkg. 99¢
Bob's Whole Country Hams lb. 1.69
Hillberg Broasted Pork & Beef Patties 2-lb. pkg. 1.99
Hillberg Broasted Chuckwagon 2-lb. pkg. 1.99

ARMOUR Jumbo Bologna By the Piece lb. 99¢

ARMOUR Braunschweiger lb. 99¢

ARMOUR Pork Sausage Mild lb. 99¢

Maxwell House Instant Coffee 10-oz. jar 99¢ With Coupon

Del Monte Golden Corn Whole Kernel or Cream Style 17-oz. can 4 for 89¢

Kleenex Facial Tissue Asst. Colors Box of 200 29¢

Prestone II Anti-Freeze Gallon 1.49
Prestone II Anti-Freeze Qt. 53¢
Prime Anti Freeze gal. 1.49
Super Sweep Prestone Sno-Brush each 1.79
Prestone Pre-Mix Windshield Wash Qt. 21¢

Jif Peanut Butter Creamy or Crunchy 18-oz. Jar 69¢

Del Monte Early Garden Peas 17-oz. can 25¢

Stove Top Stuffing Mix Chicken 6-oz. or Cornbread 7-oz. 41¢

Dinner Time Biscuits 10¢ 37¢
IGA Peanut Butter Coffee Cake each 65¢
IGA Crunch Roll 10¢ 45¢
IGA Glazed Stix Donuts 10¢ 49¢

IGA Buttermilk Biscuits 15-ct. 12-oz. pkg. 3 for 39¢

Kraft Cheez Whiz 16-oz. Jar 89¢
Pillsbury Cinnamon Rolls 8-oz. pkg. 3.31

Table Rite Buttermilk 1-lb. Roll 55¢
Rolled Roast w/Gravy or Chunky Frozen Baked Potato 12-oz. pkg. 45¢

Green Giant Frozen Vegetables Whole Kernel Niblets Corn, Medium Sweet Peas, or Lealy Spinach 10-oz. pkg. 3 for $1

Old Virginia Pure Grape Jelly 3-lb. Jar 99¢

Ocean Spray Cranberry Cocktail 32-oz. can 55¢

Del Monte Mandarin Oranges 11-oz. can 31¢

Sauce for Ground Beef 14½-oz. can 39¢

Smucker's Hamburger Slices Kosher or Regular Dill 16-oz. Jar 33¢

New Kimbies Disposable Diapers
New Born 30-ct. 1.49
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Save 50¢ when you buy a 10-oz. jar of MAXWELL HOUSE Instant Coffee 99¢ With Coupon

RC Cola 8-16 oz. Bottles 79¢ plus bottle deposit

Nursing represented

Nicholas county is well represented on this float in the Shriner's Parade held Saturday afternoon. Mrs. Robert Sparks represents the nursing profession that is vital to the Shriner's Hospital for crippled children in Lexington. Darrin Green, son of Mrs. Lester Green and the late Mr. Green, has had corrective foot surgery at the Hospital. The parade and morning ceremonial were held honoring G.C. Grover, one of the oldest Shriners of the Oleika Temple in Lexington. —Mercury photo

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Proclamation

PROCLAMATION
BY THE
GOVERNOR
OF THE
COMMONWEALTH OF KENTUCKY

To All To Whom These Presents Shall Come:

WHEREAS, Experience has shown that the benefits of adequate highways exceed their cost, through reduced accident rates and driving expenses, time savings, and encouragement of industrial, commercial and residential development; and,

WHEREAS, Kentucky is engaged in an extensive program to upgrade its highway system to meet the needs of our people and a growing economy; and,

WHEREAS, The constant need for improved highways to meet ever-increasing traffic demands requires the understanding and support of all our citizens; and,

WHEREAS, The period of September 23-29, 1973, is being recognized as "National Highway Week";

NOW, THEREFORE, I, WENDELL H. FORD, Governor of the Commonwealth of Kentucky, do hereby proclaim September 23-29, 1973, as

HIGHWAY WEEK

in Kentucky, and urge all citizens of this Commonwealth to consider during this time the vital role of highways in their daily lives and to demonstrate their awareness of this role by practicing traffic safety - fastening seat belts, observing legal speed limits and driving courteously, soberly and defensively - at all times.

DONE AT THE CAPITOL, in the City of Frankfort, this the 14th day of September, in the year of our Lord One Thousand Nine Hundred Seventy-three and in the year of the Commonwealth the One Hundred Eighty-second.

/s/ Wendell H. Ford
WENDELL H. FORD
GOVERNOR

/s/ Thelma L. Stovall
Thelma L. Stovall
Secretary of State

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MEDICINE CHEST

by H. BOSWELL YORK, R. PH.

What can I do to prevent or get rid of chigger bites? — K.H.

You can prevent chigger bites by wearing high boots and closely knitted clothing with tight fitting edges. Also, insect repellents applied to the skin, or flowers of sulfur on the clothing may help. If you are bitten, take a hot bath as soon as possible. This will rid the body of most of them.

Why does a person's appetite increase while smoking marihuana? What can be done to control it? — Vicki L.

You're right, a person's appetite does increase, especially for sweets. I don't know why. There are no changes in blood sugar or other biochemical states which could cause it. As for controlling this side-effect, why not give up pot? It's still illegal.

Is salt a good antidote for treating a poison victim? — J.M.

No. In the first place salt was used to induce vomiting; it was not used to neutralize any poison. Most poison treatment experts believe that salt can cause more harm than good. If vomiting should be necessary, there are better means. Get all the pertinent facts for treating a poisoned victim by sending a long, self-addressed, stamped envelope plus 25 cents with your request today.

Can you tell me what Librax and Papaverine, N.F. are used for? — E.M.L.

Librax is used to treat disorders of the stomach and intestines when these disorders are partially due to anxiety or tension. Papaverine is used to dilate blood vessels. In particular, it is used to dilate blood vessels which supply the brain, heart or extremities.

Is it true that vitamins are being used to treat mental illness? — Mrs. Wm. M.

Yes. A psychiatrist in Manhasset, N.Y., has treated over 5,000 schizophrenia patients with massive doses of vitamins C and E, niacin, and phridoxine — and he claims that he achieved significant improvement in more than 4,000 of them. Larges doses of vitamins is call megavitamin therapy. Vitamins were not the sole treatment, but he claims it was the "key" element.

GET YOUR $ WORTH

BY SALLY AND JIM ADAMS

THE JOYS OF VARIETY MEATS: I.

"In an earlier column we offered tips on how to stretch your meat dollar. Today, with beef and other red meats at super-high prices, we'd like to convince you that you're missing a good bet if you neglect the variety meats, also called organ meats — liver, heart, kidneys, tongue, tripe, brains, sweetbreads.

A good many Americans have never tried the variety meats, except perhaps liver, and that's a pity, because they are the delight of gourmets and offer a refreshing change of menu. Even more important, they're generally inexpensive and give you more nutrition per dollar than beef, lamb or pork. In European countries, where no part of the animal is wasted, a fine cuisine has evolved around the variety meats, and any good French cookbook will give you dozens of delicious recipes. Why not be adventurous and give the variety meats a chance?

As for nutrition, kidneys and sweetbreads are richer in protein than lean beef; heart has about the same amount of protein and liver almost as much; Liver and kidneys are particularly rich in vitamin A and are good sources of vitamin B and the B vitamins; further, they're richer in minerals than beef. Brains, tongue and tripe give somewhat less protein per serving but they are loaded with minerals.

You'll find that variety meats are usually less expensive than the red meats because there is less demand. There are, however, some exceptions, and prices vary widely between different parts of the country. Sweetbreads, for instance, are considered a great delicacy on the East Coast and the demand keeps the price up.

Liver has a special quality you won't find in the red meats and lends itself to imaginative cooking. Remember that the much prized pate de foie gras is simply pureed liver seasoned with truffles.

Of the various kinds, veal liver is the most expensive, followed by calf, lamb, beef and pork liver. Veal, calf and lamb are very tender and mild in flavor. Beef liver is less tender and pork liver is a bit strong for some tastes.

Next week: a look at the other organ meats — tasty and inexpensive.

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MAGICWORD by JULIE QUART

HOW TO PLAY: Read the list of words. Look at the puzzle. You'll find these words in all directions — horizontally, vertically, diagonally, backwards. Draw a circle around each letter of a word found in the puzzle then strike it off list. Circling it will show a letter has been used but will leave it visible should it also form part of another word. Find the big words first. When letters of all listed words are circled, you'll have the given numbers of letters left over. They'll spell out your MAGICWORD.

RAKE THOSE LEAVES Sol.: 8 letters

CLUES
A—Autumn; B—Bags, Bothersome, Burning; C—Chore, Cold, Collect, Cottages; D—Dead, Dried; E—Elms; F—Fall, Falling, Farms, Finished, Fires; G—Gardens, Gather, Grass; H—Home; L—Lawns, Loads; M—Many, Maple, Matches, Messy; O—Oak; P—Patio, Piles, Poplar; R—Rage, Red; S—Stem; T—Tedious, Tent, Terrace, Tiresome, Town, Tree, Twigs; U—Unavoidable; W—Work; Y—Yards, Yellow

Answer Next Week
LAST WEEK'S ANSWER: BEAUTIFUL 72

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E	T	E	R	R	A	C	E	S	U	O	I	D	E	T
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Administrators named at GC

Dr. Ray Alexander has been named acting executive vice president and dean of Georgetown College, according to an announcement released recently by President Robert L. Mills. Dr. Lindsey Apple was named to the post of acting associate dean.

"Dr. Apple, as acting associate dean, will be responsible for student affairs with the dean of men, dean of women and director of financial aid reporting to him. Academic appeals will be made through Dr. Apple. The director of admissions will report to Dr. Alexander," President Mills explained.

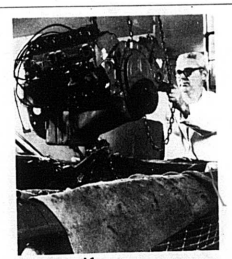
Dr. Alexander will fill the position left vacant by the resignation of Dr. Thomas E. Corts. Dr. Corts assumes a position with the Institutional Coordinating Consortium of the Educational Television Authority.

Dr. Alexander had been chairman of the College education department, and Dr. Apple is a faculty member in the history department.

Toll receipts up this year

Kentucky's toll receipts for August, 1973 totaled $2,247,497. This represents an increase compared to $1,870,423 collected over the same period last year.

Toll facility collections as compared to their 1972 aggregates were: Shawneetown Bridge, $39,971, up from $36,851; Kentucky Turnpike, $820,924, up from $777,870; Mountain Parkway, $217,273, up from $189,618; Western Kentucky Parkway, $391,994, up from $342,080; Blue Grass Parkway, $263,732, up from $225,139; Jackson Purchase Parkway, $56,069, up from $46,293; Pennyrile Parkway, $198,539, up from $193,770; Sebree Bridge, $4,619, down from $4,729; Audubon Parkway, $61,796, up from $33,435; Daniel Boone Parkway, $27,473, up from $20,608; the Green River Parkway, opened to traffic in December of 1972, collected $153,693 for the month of August; and the Cumberland Parkway, which is partially opened to traffic, collected $27,414 last month.



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