

Opinion

In guest editorials . . .

WHERE THE GLORY?
By Harry D. Galbraith
All down through the ages have been killed in accidents on this way. A scolding, sickening roar, flying, scattering metal, striking, mauling, killing, destroying. Again at its utmost, chaos indescribable. Drivers milled in the line of dying men, curses from the lips of the wounded. Weeping mothers, grief-stricken sweethearts, suffering children. Labor destroyed, achievements lowered to nil, money squandered, hunger, deprivation. Hate, fear, espionage, sabotage; money making schemes set into action, millions of lives forced onto the balance, a few thousand dollars, nothing but hell, anything to be lost.

THE GOOD OLD DAYS
Betty Kincaid
Wilton, Ky. 41964
The year 1913 in brackets a patriotic excitement to America, long overdue and very refreshing. We're all remembering our "good old days."

There seems to be a compulsion for keeping the past around we see new things called from the past, restoration of old homes and few homes are new family homesteads. Antique shops, city streets and collectibles are sold from ads, auctions, homes, etc. I am caught up in this unique hobby and my purchases fascinate me. Their history is a conversation piece, not to mention being aesthetically. All of this involves my children and they ask about my childhood just as I asked my parents about theirs. I usually relate my visits to Grantsville, my farmstead to this, especially the holidays.

The setting was typical, country house, washhouse, smokehouse, outcrops and animals with their buildings. Sundays were the favorite days. The dining table held food cooked by the stove with a water bucket, and an occasional piece of ice. Monday was the day to wash the washhouse and clean clothes emerged from the copper boiler and hung on the line. Blowing bluing. On Tuesday every piece of clothing was ironed. The iron was kept hot on the kitchen stove.

PRESIDENT VETOS TOBACCO BILL
by Marco Terrell
President Gerald Ford vetoed the tobacco bill recently. The bill would have increased the tax on junior senators meant the President to pass the bill. The bill would have raised the tax on tobacco in the support price of tobacco. It was by all means a good idea. On Thursday every piece of clothing was ironed. The iron was kept hot on the kitchen stove.

LEXINGTON HIGHLAND
by Sharon Crawford
Controversy over the Lexington Highlands should be settled and new highway construction begun. The road is at it has been the site of several accidents. When people object to reconstructing the highway because of the scenic beauty of the land, they aren't looking at the lives that have been taken due to accidents. The lives of people are more important than the scenic beauty.

Letters
Dear Editor: The following letter was written by State Senator Tom Ward on Sept. 22, 1973. We are printing it in its entirety. Honorable Sam C. Reynolds, Secretary Department of Transportation
Frankfort, Ky. 40601

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20 and 40 years ago . . .

Thursday, October 20, 1885
The Mercury received a wire from Earl C. Clements Wednesday morning stating that the public health service has given preliminary approval to construction of sewer treatment plant, Nicholas County Hospital, cost \$28,000. Federal share about \$13,000.

Thursday, October 20, 1913
The Little House Restaurant operated by J.W. Woodall has reverted to its previous owners. Les Costley has assumed management.
Mr. and Mrs. John M. Barr observed their golden wedding anniversary Oct. 18 at their home in Millersburg.
BORN—To Mr. and Mrs. James Howard, a daughter, Oct. 16.—To Mr. and Mrs. Ollie Mitchell, a daughter, Oct. 18.

MARRIED—Miss Jacqueline Jordan, 18, of Hart David Patrick Oct. 12 in Paris.—Miss Patricia Ann Cross to Claude E. Barlow of Nancy, Kentucky in Lexington.
DIED—Mrs. Mary Ollie Snapp, 76, died at her home in Lexington, Ky. on Oct. 18.

Thursday, October 21, 1915
The son of a former Carlisle man was painfully hurt while visiting a great mill at Stanton with his grandfather. James Ferguson, 9, suffered five fractures of the bone and one thumb torn off, when his arms were caught in a whirling fly-wheel. James Ferguson, 9, son of George W. Ferguson, a grocer living in Cincinnati, but who once lived here and handle much of the case load that now occupies by Daniel Hoop.

Friday, October 21, 1915
Miss Laura Wason and nephew, Master Francis Stokes Wason were in Lexington recently.
W.I. Doney is serving as junior U.S. Court at Covington.
Dr. N.H. McNew and O.S. Kash attended a meeting of the Mississippi Valley Medical Association at Lexington, Tuesday.

Friday, October 21, 1915
Among those who are attending the Masonic Grand Lodge at Louisville this week are Messrs. S.K. Veach, U.M. Swinfold, Will Frederick, Butler McClanahan, D.W. Myers, C.H. Fisher, Paul Darnall, Perry McClanahan, Will Norton, Dr. G.H. Spencer, Taylor Maters, R.L. Curtis, I.B. Ross from Dougherty Lodge; George Taylor, Homer Smith, S.H. Fisher from Orient Lodge; Headquarters, Charles Kerion, Liza Licks Lodge; Gilly Myers, Dr. E.L. H.H. Burton, Dave Bland, B.F. Reynolds Lodge, Moorefield. Present at the meeting were Walter R. King, Carmichael, last week, and Callegari, MARRIED—Ed Harwood and daughter Kennedy, here Oct. 13.—William H. Hedges and Ada Lee Conyers, Monday.—Joe Pymann and Miss Annie Williams here Wednesday.

DIED—James Moore, 36, at his home in Dorseyville, last Thursday.—Thomas M. Cole, 52, at his home on Mayville and Hilltop Pike last Wednesday.

HOW TO MAGIC
Read the list of words. Look at the puzzle. You'll find these words in all directions—horizontally, vertically, diagonally, backward, forward, up and down, and in the same letter. Find the big words first. When letters of the words are circled, you'll find the words in another word. They'll spell out your MAGIC WORD.

STUDIO STAGE CINEMA

STARTS FRIDAY
IN THE HOT 100 TODAY
THE HANS WILKINSON EAST
ROLLERBALL
Fri.-Sun. Mon.-Tue. 7-10 Sat. 7-10, 9-15
MT. STERLING, KY.

Studio Cinema

STARTS FRIDAY, OCT. 17 for 2 weeks
Mon.-Thurs. 7-10
Fri.-7, 9-10 & 10 P.M.
Sat.-Sun. 11-3, 7:30 & 10 P.M.
Adults 2¢ - Children 1¢

JAWS

The terrifying motion picture No. 1 best selling
Where were you in '62?
American Graffiti
At 8 P.M. Fri.-Sat.-Sun.

YOU AND YOUR HEALTH

Dear Dr. Eise: For years I have been an alcoholic. I have overcome that. I am now a teetotaler. I have become a compulsive eater. Food is my only thought. Each day I try to control these binge-type eating sprees.

GE 2-SPEED, 5-CYCLE, 10.5 GALLON GASOLINE ENGINE

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Doing business with our neighbors is much like doing business with ourselves

Doing business with our neighbors is much like doing business with ourselves. It's all about understanding each other and finding common ground.

BLACK WALNUTS

Black Walnuts are a natural product of the South. They are rich in oil and are used in many traditional remedies.

Garrett's Furniture Co.

"WE SERVICE WHAT WE SELL"
Garrett's Furniture Co. is a leading retailer of quality furniture and home furnishings. We offer a wide selection of styles and prices to meet every budget.

SUSAN DUFF'S CALORIE COUNTDOWN

Cholesterol and calories. Fact No. 1: Heart Disease is undeniably the number one health problem in the United States today. Fact No. 2: There is no doubt among medical researchers that two of the primary factors associated with coronary heart disease are high blood cholesterol levels and overweight. If you have a weight problem, regardless of your age, your risks of getting atherosclerosis (the disease underlying most heart attacks and strokes) are increased greatly. And the danger of course, worsened by high blood cholesterol levels. Knowing these facts, the intelligent diet must necessarily take an interest in the amount of cholesterol, as well as the number of calories, he or she is consuming. When we think of foods high in

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cholesterol, we generally think of fatty foods which are also high in calories, so cholesterol-counting would seem to go hand in hand with calorie-counting. This is true to some extent, but there are exceptions. A hard-boiled egg has but 80 calories, hardly a threat to the calorie-counting waist watcher. Yet, that same egg contains 250 milligrams of cholesterol, and the Inter-Society Commission on Heart Disease recommends that we limit our daily cholesterol intake to 300 milligrams. On the other hand, cereals and grains which are generally too high in calories for weight-reduction diets have a more cholesterol problem. Thus, keeping both calories and cholesterol low is more of a problem than many think.

Familiar sight
Meanwhile, the excess cholesterol, which is not needed for these bodily functions is absorbed into the blood stream and raises the blood cholesterol count. The normal range is 150 to 250 milligrams of cholesterol in a 200 cc. liter of blood serum and most studies suggest that a count of 200 or greater is important in preventing the risk of heart attack.

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Dick Combs presses hard for state audit procedure
Dick Combs, pursuing his bid for reelection as auditor, has announced he intends to press hard for the adoption of a "Programmed Auditing Procedure" whereby regular—annual-audits would be conducted in both County and State governments.

UK football history to be published
The first complete history of University of Kentucky football to be published Nov. 1, authored by Russell Hill, UK sports information director. The Wildcats Kentucky Football tells the full story of the team's triumph and defeats from 1879 through 1974. Included are interviews with coaches and players, interesting anecdotes from throughout the years, and an appendix of detailed game and player statistics. The book has 312 pages and is illustrated with 110 photographs.

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