

Saltwell
by Mrs. Fred Hollar



Mr. and Mrs. Shelly Gaunce, Mrs. Linda Berry and baby son of Versailles, Mr. and Mrs. Walter Hill of Cynthiana spent Sunday with Mrs. Thomas Gaunce, honoring her birthday.

At the Jan. 21 memorial band meeting of the Kentucky Federation of Women's Clubs, Charlene Carroll, wife of Gov. Julian Carroll, accepted on behalf of the state, a certificate of appreciation from the state of Kentucky for her own tangarium globe. The doll will now be placed with similar miniature of Kentucky's other first ladies in the Capitol Rotunda.

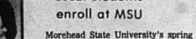
Baptist Church
hospits Hymn Sing
Sunday, Feb. 29
The first Baptist church will host the quarterly hymn sing of the Bracken Association on Sunday, Feb. 29 at 7 p.m. Groups and individuals from all of the churches will be presented. The Bracken Association is composed of Baptist churches in eight counties. The local congregation invites the community to come and enjoy the afternoon with them.

ORDER MARCH!
Orders being taken for History of Nicholas County
See order form on page 11 of today's
The Carlisle Mercury

...By Long Distance.
Rates go down after 5 PM weekdays, when you dial the 1+ way. So you can call more often and talk longer.

Local Women's Clubs urge citizen support for KET
Festival Seventy-Six, Kentucky Educational Television's fund raising campaign begins Saturday, March 13 with a memorable evening with "Eugene O'Neill's Drama, 'A Moon for the Misbegotten', starring Jason Roberts and Colleen Dewhurst, will be presented Thursday, March 18, at 8 p.m. Friday evening will be devoted to "Disfranchised Kentuckians" with Adolph Rupp as host.

Bater Sports
By Tommiv Smith



Fish Now Healthy and Pleafish in Ohio River
Those of us not fishing who are usually a little out of the state's best fishing spots. The Department of Fish and Wildlife is labeling the Ohio as one of the best fishing areas in Kentucky.
According to an article about the river in the February issue of Field and Stream magazine, Kentucky anglers now have a major break through has occurred in water conservation. Quoting from recent lake and odor reports that river fish are in beautiful condition and quite plentiful. Few streams in the country have had a more colorful history than the Ohio. Serving as a route for early fur traders, it later carried settlers in flatboats beyond the Allegheny on their way to the Northwest Territories. Early fishermen included Daniel Boone, John Audkum and Mike King.
Before the Corps of Engineer's lock and dam projects, which began in the Thirties, the river was a series of pools and riffles. In fact, there were many places wagon could ford at low levels. With today's high dams, the Ohio is actually a series of lakes, some of which are over 100 miles long. While early navigation was difficult, the river now carries more cargo than the Panama Canal. Over 140,000 tons of coal, steel, lumber, petroleum and manufactured goods are transported over her waters each day.
Fueled by the junction of the Allegheny and Monongahela Rivers at Pittsburgh, the Ohio flows 981 miles before entering the Mississippi River at Cairo, Ill. Most of Kentucky's winding northern border is formed by 300 of these river miles. This section of water totals 150,000 acres and is twice as large as Barkley and Kentucky lakes.

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• IN THE ELBOW? • IN THE KNEE?
New Thermacolic Comforters from Futuro soothe aching joints and help relieve morning stiffness.



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Maysville, KY. 41056, Phone 544-4409
In Carlisle
Deposit Bank Building
Tuesdays

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Fleming-Mason Rural Electric Cooperative

Farm and Home

Dieckman-Burt: Dr. Burt Coody, College of Home Economics, prepared this news article adapted from one written by James E. Van Horn.
Then in somewhat a state of panic the girl informed her mother that she did not remember to write down the English assignment. Poor girl! And she was having some trouble in English anyway. "Could I call Janet?" She always knew that the English assignment was. With that sentence the English crisis occurred. The girl's mother grabs and told the girl to make it brief. When mother allowed the phone call, she told her to use the telephone. "A 15-year-old girl knew that it was to come home immediately after school. She knew the rule and several times when the rule was "silence" broken, she was told that if she broke it again she would not be allowed to use the telephone that night.
One Wednesday night the girl failed to come home after school. When she finally did arrive home, her mother very calmly informed her of the rule and the consequences and the fact that the girl had broken the rule. The night she would not be permitted to use the telephone. No anger, no tears, and all went well until after supper.
Homework time arrived. Silence from the girl's bedroom for one hour.
Pats in Food and Diet

17 Acre Nicholas County Farm PUBLIC AUCTION
Sat., Mar. 6 at 1:30 P.M.
Located eight miles from Carlisle on the Sugar Creek Road. For rent close to Barteville, Lake Rose Hill and Crayton Road to Sugar Creek Road and turn right. This farm has a good 7 room house with bath, two 4-burn tobacco barns, 242 lbs. tobacco, plenty of water and grass. Farm is 75% clean. The mineral rights go with this farm and at the present time they are drilling for oil nearby.
If you are looking for investment property or a farm with a nice home, look at this one.
Look for auction signs and markers.
OWNERS: Mr. and Mrs. Kenneth Mitchell
Earl Hamm Auctioneer
REAL ESTATE BROKER
Carlisle, Ky., Office Phone 289-5720; Home 289-5520

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"The Seed People" 247-2421

214 Acre Nicholas Co. Farm Absolute Auction
Sat., March 13, 1:30 P.M.
Located eight miles from Carlisle, Ky., two miles from Barteville on the Rose Hill and Crayton Road. For the estate of the late Robert Hamilton.
This farm has a good eight room house with full basement, with water in the house. Has a well and cistern at the house, four ponds and creek, two barns, garage and other necessary outbuildings. All within one-half of the farm in clear and in good grass. 1975 tobacco base \$280. Mineral rights go with the farm with.
1983 one-on Ford truck with coal and cattle racks, 1951 Ford tractor with mower, two wheel tractor, lawn mower, hand truck and sprayer, an old case mill, some small tools.
For more information call or see selling agent.
Administrators: Bryon Hamilton & Helen Carol Small
Womack and Buddon Attorneys
Earl Hamm Auctioneer
REAL ESTATE BROKER
Carlisle, Ky., Office Phone 289-5720; Home 289-5520
Robert George-Cashier
Cliff Vice-Clark

Agree or Not

County extension agent
Kelli J. Neffinger
Sharon Alexander
Mrs. Marjorie Wilson
By S.C. Van Curen

PRANKY—The legislature is playing around with the election primary dates, but the bills don't seem to be getting anywhere.
Two different versions have been introduced in the House and one in the Senate.
A bill introduced by House Minority Leader Harold DeMarco has progressed the most far to date. It is now on the orders of the day in the House, but it has been hanging. A committee amendment and a floor amendment have been filed and must be acted upon before the bill itself can be considered. DeMarco's bill, HB 151, would change the primary date from the last Tuesday in May to the last Tuesday in August. They seem to be playing games on this bill.
The other House bill, HB 155, would change the primary date to the last Saturday in August. This bill is still in committee, and apparently won't move.
In the Senate, a bill would change the date to the last Saturday in August. The bill is still in committee, and apparently won't move.
The Diet is with one of the major factors associated with arteriosclerosis and the increased risk of coronary heart disease. Other factors are: Heredity, obesity, high blood pressure, high blood cholesterol and high serum triglyceride and cigarette smoking, lack of exercise, stress, and metabolic disease such as diabetes.
There are many different scientific opinions of the role played by various foods and nutrients, especially fats in increasing or decreasing the risk of arteriosclerosis.
Scientists are in agreement about the importance of health of every age.
A balanced diet suitable for age and activity:
1. Maintaining desirable weight.
2. The utilization of fat in man is affected by:
1. The food we eat and our state of nutrition;
2. The function of our glands;
3. How active we are;
4. Our ability to stand stress;
5. Our aging process;
6. Our heredity;
7. The diseases that may interfere with the absorption of fat;
8. The body processes that control the handling of fat and cholesterol;
9. How these processes are influenced by diet;
10. The amounts of polyunsaturated fats, cholesterol and total fats and diet for optimum health.
Red Cross-COMSAT
test disaster satellite
The American Red Cross is acting as an associate sponsor in a Communications Satellite Corporation (COMSAT) experiment to determine the feasibility of using high power satellites to provide the means for emergency communications in disasters when normal communications have been disrupted. Harry Torreyne, Red Cross National Director of Disaster Services said the tests will utilize the Canadian-US Communications Satellite (CTS), which was launched from Cape Canaveral on Jan. 11.
COMSAT has fabricated a lightweight earth terminal which can be transported to a disaster site by small van, helicopter or even a small boat. Upon arrival, it can be set up by two persons and be operational in less than an hour.
The terminal will be relayed from the terminal at the disaster site to a larger terminal located at COMSAT Laboratories, Clarksville, Md. via the satellite, and then to Red Cross headquarters in Washington, D.C. through the telephone system.
The larger terminal at COMSAT Labs can also be moved to other locations, if required.
The communications link will consist of three FM voice quality channels equivalent to ordinary telephone channels. These will consist of a regular telephone channel, a high-speed teletype channel and a facsimile telephone channel. This permits simultaneous use of the telephone lines and the teletype channels. Rough sketches or drawings on the facsimile equipment will be relayed to the terminal at the disaster site in advance on teletype. The Red Cross is contributing its long standing experience in disaster relief work to make the experiment as realistic and meaningful as possible.

Real Estate for Sale Jewel Vice, Realtor
1 bedroom frame home. Living room, large kitchen, bath. In town. Only one year old.
22 acres, no improvements. Three miles from town. \$775 per acre. On water line, good building lot.
1 bedroom brick home. 2 baths. Full basement. Will be completed soon.
1 bedroom, 2 story. Built-in kitchen, bath, family room, living room. Walk-to-wall carpet. \$13,000. Mill #2.
1 bedroom brick, Kennedy Heights. 1 1/2 baths, living room, kitchen. Lake new.
4 room home and bath. Edge of town. Less than \$10,000.
For these and others see or call us.
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101 S. Broadway Phone 289-2525

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MF 235 Tractor	\$8000	\$5800	\$2200
MF 255 Tractor	\$9000	\$6950	\$2050
MF 265 Tractor	\$11,200	\$7850	\$3350
MF 275 Tractor	\$11,200	\$8800	\$2400

Brewer Tractor Sales
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