

Opinion

The One-dollar 'Two-dollar' bill

Perhaps you noticed the new item appearing that on April 15, 1976, the Federal Reserve Bank will release the new, long-awaited, \$2 bill. What will be the inflation we have suffered, maybe the issue of the \$2 bill is a bad idea. For one thing, it takes so many dollars to buy things these days, we may be able to cut down on the amount of paper stuffed into our wallets. We might even see a big upsurge in the old-time "Dollar Day" sales sponsored by retail stores in the form of "Two-Dollar Days."

The big problem is, will the \$2 bill enable us to buy what I ought to buy? For example, only 20 years ago when the \$2 bill was in common usage, we could buy 23 first-class postage stamps for a one dollar bill, and still have a genuine copper penny left over. As of April 15, when we take our crisp new \$2 bill to the post office, we will be given only 15 first-class stamps and a nickel change. And if we were to be given five pennies in change, that wouldn't be

genuine copper but some kind of Ersatz metal. Maybe the Feds should go all the way and make it a \$4 bill. With not too much additional effort, by our present inflationary, inflation-promoting Congress, the \$4 bill would be worth \$1.00.

With things being as they are, it is impossible to see that the picture to be on the eight-bit bill is that of Thomas Jefferson, and we are not so sure, if he were around, that he would be happy to have the greenback issued on his birthday. As third President of the United States, Jefferson strongly advocated States rights, a strictly limited national government structure, the curtailing of Federal expenses, and the repeal (not just the reduction) of Federal excise taxes.

On the other hand, may be his picture on the new currency will serve to remind us of the great principles for which he stood, and help us to return to a semblance of restricted, financially sound, Constitutional government.

Clean living adds years to life

Physical fitness buds have long maintained that their regimen not only made them feel better—actually was adding years to their lifespan. A California study has now given a strong scientific boost to those claims.

"Men can add 11 years to their lives and women seven years by following seven simple rules of clean living," found the study, as reported in the January newsletter of the President's Council on Physical Fitness and Sports.

The study was conducted by the California Health Department's Human Population Library.

The seven rules:

1. Get the right amount of sleep—never a week for women, eight for men.
2. Eat three meals a day at regular times and avoid snacks.
4. Exercise regularly, preferably by participating in sports.
5. Control your weight.
6. Drink moderately—no more than

one or two drinks daily.
 7. Don't smoke cigarettes.

"A man of 45 who observes six or all of the rules can expect to live, on average, to age 78," says Dr. Nedra Bellio, one of the authors of the study.

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The Dean of the School of Public Health at UCLA says that about the 10 percent of the daily habits of people have a great deal more to do with what makes them sick and when they die than do all the influences of medicine. A man at age 55 who follows all seven good health habits has the same physical health status as a person 25 to 30 years younger who follows less than two."

Dr. Ponce Leon and others sought but failed to find the seven virtues of Youth. Following these Fountain of health, individual citizens have the opportunity to succeed where Ponce De Leon failed.

Letters

To the Carlisle Mercury:

There has been quite a bit of discussion, criticism and etc. during the past two weeks on why I asked for the state police to not work within our city. I would like to say a few words in my own way as to why this.

We, the council of six members, one mayor, one appointed city attorney and our elected city judges try to operate the city business in a businesslike way. I do not let personal feelings rule in any way in my city decisions.

I had talked with our Judge and our city attorney in regard to this problem situation. We look to our attorney for advice in all matters and we decided the action I took should be taken.

This is what we based our decision on: People who were picked up within the city limits by the state trooper were not cited into our court, therefore our loss of revenue during the past several weeks had dropped considerably. We do not know why city cases were not cited into our court.

I am paying my own expenses to all meetings for the city's benefit. I even paid for the office desk fee.

I spend much more than my salary each year and I have always done so as head of the city. I feel you people want me to operate in a businesslike way.

I feel our city is in rather good financial shape and from what is going on in our neighboring towns I think we should be proud of this.

There have been accusations many things in my 23 years in office but have never taken anything from the city or anyone doing business with the city although we have had the opportunity to do so.

I would like to mention a few things I

from our readers

have done for the city since I have been Mayor. I located \$9,000 worth of government bonds that had practically been lost and had been taken of the city books several years ago. This money was mine as to why this.

I invested money on bond issues and earned enough interest to pay for two police cruisers for the city. This money received on selling bonds and short term investments before we had to pay contractors bills.

Mr. Robert Chambliss and myself worked with the Blue Grass Area Development and were able with their help to build our Federal Funds from \$10,000 a year to better than \$27,000.00. This is why you have better streets to ride on. I have kept our gas from being curtailed to our industry that those of you might continue to work from there.

There are just a few of the larger items.

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20 and 40 years ago

Thursday, February 7, 1956
 Mayor Bill Power will officiate today at the grand opening of the new **Conlay Bros. 1124 Footlocker** on East Main Street. The store is owned by brothers, Robert and Lester Conlay, who have been in the grocery business in Carlisle since 1946. Mrs. Earl Marshall, head of the ladies' auxiliary, has been in charge of the business some 23 years. Other employees are Bobby Mann, Claude McKelvie, Rommie King, Sue Stoney, Mrs. Marion Davis and Billy Terrell.

At a called meeting Jan. 25 of the Nicholas County Agricultural Advisory Committee, Frank Henry was elected chairman for 1966.

Those participating Feb. 8 in the Carlisle PTA ski depicting the history of the national, state and local organizations are Mrs. F.F. Reynolds, Mrs. William Frey, Mrs. John Hamilton, Mrs. J.L. Talbert, Mrs. Paul Smoot, Mrs. Chester Hill, Mrs. Ella Clinebeard, Mrs. George Gaffin, Mrs. Charles Cox and Mrs. M. M. Moore. Mr. and Mrs. Everett Couch observed their silver wedding anniversary Saturday at their home near Little Rock.

BORN—To Mr. and Mrs. Harvey Wilson of Moorefield, a son, William Parks—To Mr. and Mrs. John Harris McCann, Paris, a son, Jan. 23.

DECEASED—Rose Johnson Shields, 73, Wednesday at her home—William T. Burley, Saturday, Russell Bryan Rule, 59, Thursday at his home in Bourbon county.

Thursday, January 20, 1956
 W. Colville Talbot was seriously

Farm and Home
 County extension agents Earl Thompson, rural mail carrier, escaped injury shortly after noon Tuesday when his automobile skidded on the ice covered road and turned over an embankment near the Ingles Mill property just outside Carlisle.

4-H Delays
 4-Hers are excited about the things happening with them in their work this year.

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MAGICWORD
 HOW TO PLAY: Read the list of words. Look at the puzzle. Use the words in the list horizontally, vertically, diagonally, backward. Draw a circle around each letter of a word found. Then strike it off. Continue until you have used all the words. Find the 30 words from the list. Write the letters left over. They spell out your MAGICWORD.

STATESMAN PMATST
 NY MEDACAY PRGBAT
 NTREN RACATYPRXRRI
 K E O J O G A I R E W N W
 K D O E E N L I A S A I Y G
 G P P N R T E E C C E T W A O
 N S T T E Y U R H E V N Z L V
 I S O R D G A A A M O E E I E
 N E U E A I N J R F T S T B R
 T R N H Y E K R D T S S I R N
 H G C O L O N I E S A N K A O
 G N E K T S I T N E I C S R L
 I R O M U H S O C I E T Y L
 L C R E A P E L A I R O H T U A
 A L M A N A C K N O T S O B

Russ Metz!
 So that's what all those fancy terms mean...

Burley growers await 1976 quotas, due Feb. 1

Pool commitments of burley tobacco are continuing at the highest rate in recent years, though slightly slower than before Christmas.

At the conclusion of the first week of post-holiday sales of the 1975 crop, total receipts were 29,738,637 pounds, or 71.21 per cent. It was reported by Alvin R. Beckley, executive secretary-treasurer of the Burley Tobacco Growers Cooperative Association.

The labelling is through Friday, Jan. 8 and includes the five-state area served by the Association—Kentucky, Ohio, Indiana, West Virginia and Missouri. The eight-state burley belt adding Tennessee, North Carolina and Virginia, the pool commitments total 67,312,140 pounds, or 83.8 per cent.

Growers, and the burley industry generally, are awaiting word on the five-state belt asked for cuts mainly in Feb. 1. Recommendations from all segments of the industry were heard Jan. 9 at the USDA-sponsored

quota hearing at Seay Auditorium, U.K. College of Agriculture, Lexington, Ky., attended by growers, government officials and tobacco leaders.

The hearing, presided by the USDA's assistant secretary for tobacco, included an assemblage of burley interests preliminary to the USDA quota fixing and announcement of 1976 production limits.

The Burley Association, which administers the price-support program in the five states it serves, recommended a reduction "greater than 5 per cent," without stating a definite limit. Other groups and individuals, however, are making specific cuts, ranging from 5 to 15 per cent.

David L. Williams, president of the Burley Association, said letters received from growers over the five-state belt asked for cuts mainly in the 5, 10, 12 and 15% range. One grower asked that no reduction be made, and another asked for 20%.

The contrast between the situation now and this time last year was pointed out by Mr. Williams in addressing the quota meeting. He said:

"A year ago the talk was that there was an acute shortage in the supply of American grown burley, influenced by the fact that the United States had set the 1975 crop quota at 667.1 million pounds, based upon its projected disappearance of 630 million pounds. The previous year's disappearance had been 619 million pounds. This past year's disappearance is now set at 593 million pounds."

"Sixty days later the tradespeople's consensus was that there was not an acute shortage of American grown burley. Indeed, the supply was 2,740 years—almost normal by statutory definition."

"What this crop will finally net we cannot approximate at this time, due to the presence of indeterminate factors. If the price of burley tobacco is disregarding quality, is an accurate reflection of supply and consequent demand, then comparison of current market price averages with those of a year ago denotes a larger supply than estimated, or at least a larger supply than is desirable."

Figured at 95% of the 1975 quota the 1976 crop would be 721.1 million pounds and, he added: "This would result in an excessively long supply, a very substantial part of which exports are

The number of burley veterans who served during World War I—originally over 4.7 million—has fallen below the one million mark, the Veterans Administration reported.

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