CALORIE COUNTDOWN

BY SUSAN DUFF MASTRO

SWEET DIETING

There's always controversy among dieters about how to sweeten foods. Some calorie counters prefer a little sugar rather than an envelope of artificial sweetener and then others like to use honey for sweetening. Alas, it does have more calories than equal amounts of sugar: one tablespoon of sugar has 48 calories, whereas one tablespoon of honey has 62. Nonetheless, there are good reasons why some dieters have a personal preference for honey. It has a fresh natural taste. It is not chemically refined and it creates no acidity in the stomach. The trick, then, is to learn to use honey to its best calorie advantage. The following recipes can help you do so.

NATURAL PEACH-BERRY PARFAIT

In a large bowl, beat 2 egg whites with ½ teaspoon salt until whites are firm and hold their shape. In a separate bowl, mash together 1 cup skinned and diced peaches and 1 cup hulled strawberry pieces. Add 1 tablespoon unflavored gelatin and ½ cup honey and mix into fruit. Slowly add this fruit gelatin mixture to egg whites as you continue beating. Scrape bowl often while beating and when fluff is firm, spoon it into 6 chilled sherbet glasses or bowls. Refrigerate and serve within 4 hours. Serves 6; 82 calories per serving.

SHANTUNG PAN CHICKEN

Put 2 tablespoons salad oil in a large skillet and add 1 cup sliced celery and 1 thinly sliced medium onion. Cook until just barely tender but still crisp. Blend in 2 tablespoons cornstarch and stir in 1 can bean sprouts (16 ounces), drained; 1 chicken bouillon cube; 2 tablespoons honey; 2 tablespoons soy sauce and 1 cup water. Cover over medium heat, stirring occasionally, until mixture just comes to a boil and thickens. Add 2 cups diced chicken (cooked) and simmer 5 minutes. Serve it hot, steaming and pungent. It's delicious, a whole meal in itself. This recipes serves four and has only 135 calories per serving.

FREE BOOKLET OFFER: Want to try Chicken and Noodles Nectarine, Fresh Plum Chutney, Peaches 'n Beans or 100 other delightful summertime recipes using fruit? Send me a long, stamped self-addressed envelope and be sure to put the words FRUITS OF SUMMER on your outside envelope. You will get you a FREE 47-page beautifully illustrated recipe booklet with sections on Quick Salad Ideas, Main Dishes, Dessert Ideas, Condiments and MORE. Offer expires July 20.

Fashion 'N Fabrics

By FANNIE GLEESON

EASY STEPS TO SUCCESSFUL BUTTONHOLES

Button closures are part of the dressed-up personality of the halter dress illustrated.

Save time with machine-worked buttonholes that are so appropriate for washable fabric. Placement of buttonholes is shown on the pattern and can be quickly transferred to the wrong side of the overlap section with dressmaker tracing paper. Machine-baste over the lines to make marking visible on the right side.

After the dress is constructed, make machine buttonholes on the right side. But, first practice with basted together scraps of fashion fabric, interfacing and facing. What happens when you can't find a button you like in the size indicated on the pattern envelope? Select buttons slightly smaller or larger and adjust the size of the buttonhole. The length must be one-eighth inch more than the diameter of the button. The diameter is the measurement across the button. If a button is flome-shaped, add more than one-eighth inch.

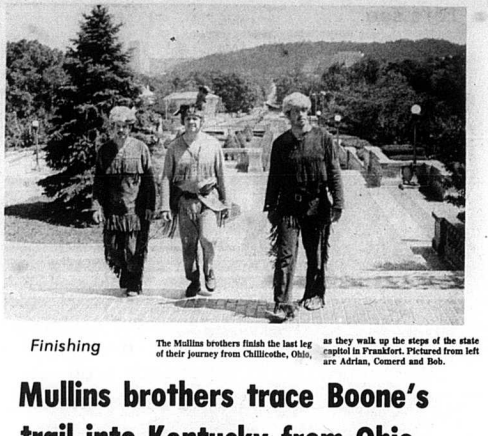
The perfect appearance of a buttoned dress also depends on the correct space from the center marking to the edge of the overlap. This area is the "extension." The right amount of extension is needed as the resting place for the button, workability and appearance. A rule of thumb: the width of the extension should be one-half the diameter of the button plus one-half inch.

To get button in exactly the right location, pin dress closed, as if it were to be buttoned. Place pin at outer end of buttonhole into fabric beneath. Place center of the button at this point.

When sewing on a button, take a small stitch on the right side of the fabric, where the button is to be placed. Bring the needle through the button - place a bobby pin across the top of the button to allow for extra "play" on the thread – then bring the needle through the button and back into the fabric. Sew back and forth three or four times, depending on the weight of the button. Remove pin and wind thread firmly around the threads under the button to form a shank. Draw the needle to the wrong side and fasten with several stitches.

ILLUSTRATION: Simplicity No. 7546 — Young Junior Halter Dress in two lengths or Top. Sizes 5/6 through 15/16.

(tc) 1976 McNaught Syndicate, Inc.)



Finishing

The Mullins brothers finish the last leg of their journey from Chillicothe, Ohio, as they walk up the steps of the state capitol in Frankfort. Pictured from left are Adrian, Comerd and Bob.

Mullins brothers trace Boone's trail into Kentucky from Ohio

FRANKFORT—Three years ago, the Mullins brothers, thinking ahead to the nation's Bicentennial, decided to trace Daniel Boone's trail into Kentucky from Ohio.

The three native Kentuckians, Comerd of Englewood, Fla., Adrian of Columbus, Ohio, and Bob of Mt. Sterling, Ohio, came upon the idea of walking in Boone's footsteps because "we've always been really interested in his escape from the Indians when he fled to Boonesborough," according to Bob.

The seven-day walk, planned with the help of the Kentucky and Ohio Bicentennial Commission, began in Chillicothe, Ohio, at the Sugarloaf Mountain Amphitheatre, site of the outdoor drama, "Tecumseh." The buckskin-clad trio hiked south to the Ohio River at a point about 15 miles west of Portsmouth, where Ed Meyers, past president of the Ohio Historical Society, met them and took them across the river in his canoe.

From there, the three walked on to Fort Boonesborough where the manager, "Bucky" Walters, showed them around the park and awarded them Chief Scout honors.

"It was the lovely outdoors that led us to this adventure," Comerd said. "we exercised regularly in preparation for the walk and we made the clothing that we wore," he added.

While in the Commonwealth, the Mullins visited the state capitol in Frankfort where they were presented Kentucky Colonel certificates.

The Mullins brothers then returned to Chillicothe where they will be guests of honor at the Fourth of July celebration.

WANTED

All types of construction work. Building, remodeling, concrete and masonry work and dry wall.

JAMES TERRELL BUILDING CONTRACTOR

Phone 289-2518 after 5:30

289-7236 Day

or

724-5201 Day

Star-Spangled

Bicentennial Summer Sale

Dresses
Long Dresses
Pant Suits
Sportswear
Bags
Jewelry
Group of loungewear and summer sleepwear

Reduced

⅓ to ½

Abrahams Ladies Shop

"Carlisle's Feminine Fashion Center"

Gorrell graduates from Princeton

Mr. and Mrs. J.A. Standiford, Mrs. Geraldine Gorrell and son James Melborne recently attended the graduation of Mrs. Gorrell's elder son John Warren Gorrell from Princeton University, Princeton, N.J. He was one of more than a thousand graduates and was a ranking student. Warren is presently in Lexington spending a portion of the summer with his parents. He has been accepted at the University of Virginia for post graduate work.

Princeton Campus comprises 2500 acres. The group spent one afternoon on a motor tour of the vast campus. President Woodrow Wilson was president of Princeton from 1902 until 1910. James Madison was Princeton's first graduate student in 1771. The First State Legislature met in Nassau Hall. In the Battle of Princeton, President George Washington surprised and defeated Gen. Mr. Britain.

In 1783 the First Continental Congress met in Nassau Hall, the mutinous American soldiers drove its members from Philadelphia and while in Princeton, received the news of the Treaty of Peace with Britain. The graduation exercises were held on Nassau Lawn, under a canopy of huge trees. Both British and Colonial troops used Nassau Hall as barracks and hospital during the Independence conflict.

Memorial Hall contains the names of 644 Princeton men who served their country faithfully gave their lives to protect it, from the Revolution to the involvement in Southeast Asia. The enumerable buildings represent a variety of architecture and there are 20 libraries on the campus.

Mr. Farmer

Want to Save Money

on Hail insurance in Nicholas County my rates are $5.85 for Hail & Wind

$6.60 for Hail & Fire

pay when you sell your tobacco

Joe Crouch

Nights 289-2567

day 289-5908

Antique, Personal Property, Machinery

Public Auction

Sat. July 10, 10:30 A.M.

At the Armory in Carlisle

For the estate of the late Margaret and Jimmie Simons.

Walnut bedroom suite, walnut wishbone dresser, medicine bottles, Blue Lick bottles, liquor bottles, porcelain utensils, crystal glassware, oil religious statues, old milk bottles, collection of linen handkerchiefs, old Admiral radio-phonograph, old Singer treadle machine, picture frames, oak dresser, dressing bench, kerosene lamps, old clock, wicker baskets, insulator collection, walnut bed and dresser, antique mirrors, organ stool, piano stool, sausage mill, Duncan buffet, collection of candlesticks [wooden, brass, crystal, glass and other unusual styles], tin boxes, oak rocker, oak washstand, walnut desk, iron Henry Clay book ends, vases, oak leaf picture frames, lead bread mold, Royal China set, coffee grinder, door irons, old trunks, old records, numerous silver plated items, cast iron items, preserve stands, old books, china plates and bowls, collection of salt and pepper shakers. Rogers silverware, trays, candles, odd chest, odd beds, old what-nots, bedspreads, quilts, numerous lamps, telephone bench, coffee tables, card tables, sheets, linens, pillows, featherbeds, mattress, school supplies, children's toys, new and old cooking utensils, Christmas decorations, electric blankets, electric clock, rockers, foot stools, McCoy pottery, blanket chest, rugs, quilt pieces, porcelain water cooler, sewing machine cabinet, 10-10 John Deere tractor, Ford 3-point corn planter, John Deere No. 9 mower.

Lunch will be served.

Executor - Jimmie Simons Jr.

Conley and Conley attorneys

Earl Hamm Auctioneer and REAL ESTATE BROKER

Carlisle, Ky. Office Phone 289-5720; Home 289-5320

Robert George, Cashier — Cliff Vice, Clerk

MAGICWORD

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 number of letters left over. They'll spell out your MAGICWORD.

PEDAL POWER — Sol.: 9 letters

CLUES

A–Aid; B–Balance, Brakes; C–Caution, Chain, Children, Country, Cross; E–Exercise; F–Fast, Fitness, Flats, Fresh; G–Gears, Grip, Groups; K–Kit; L–Lane, Lights; P–Park, Patch, Paths, Pedals; R–Racer, Racing, Reflectors, Repairs, Rotate; S–Saddle, Sense, Speeds, Spokes, Steer; T–Tandems, Three, Tires, Tour, Trips, Two; W–Wheels

ANSWER NEXT WEEK

Last Week's Answer: CELEBRATIONS 217

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E S S R I A P E R S S O R C W
X P R C H A I N F L A T S H R
E E S A G R O U P S E P E F E
R E H T C F A S T N A E B I F
C D T C H I B I A R L C R T L
I S W E T G N L K S S P A N E
S N O T R A I G Y P E P K E C
E O R A U I P L O D A C E S T
E I E T O D E K A T T P S S O
L T C O T C E L H H R R I L R
D U A R N S S S E N S E I R S
D A R A E K S R A E G E E P G
A C L R I I T H R E E N R T S
S A I T G N E R D L I H C F S
B T A N D E M S Y R T N U O C

NEXT WEEK'S ★★ HOROSCOPE

By Clav R. Pollan

FOR WEEK BEGINNING MONDAY, JULY 12, 1976

If your birthday occurs this week . . .

you are sensitive, intuitive, understanding of the feelings of others and practice the Golden Rule conscientiously. This makes you popular and appreciated.

♈ Aries — Mar. 21 - Apr. 19 — **Pluto ♇**

You will feel a romantic atmosphere, but can be baffled, not really know what you want. An understanding friend helps you to break the ice. The object of your affection is in a generous mood and shows it with a gift or treat. Opposite sex tends to make a fuss over you.

♉ Taurus — Apr. 20 - May 20 — **Venus ♀**

A new path opens before you, and you must take it for your own well-being. Perhaps you take yourself too seriously. Feel that your role is a large one and act with confidence. Expenses are heavier than you anticipated. Allow for unexpected expense.

♊ Gemini — May 21 - June 20 — **Mercury ☿**

Tense aspects prevail which could indicate arguments with partners or mate. Financial matters may be a source of concern. Get-rich schemes are not going to come to anything. Friends may give you a shock due to their negative attitudes and anxieties.

♋ Cancer — June 21 - July 22 — **Moon ☾**

Your career and social ambitions are highlighted by current moon signs. This is a time to begin new projects at work and to take on new responsibilities. Most things undertaken now have a good chance for success and completion. Salesmork and communication favored.

♌ Leo — July 23 - Aug. 22 — **Sun ☉**

Some money worries are indicated. Regular budget may be shaken by unplanned expenditures. You may find a partner or close relation too extravagant, causing them to depend upon you for financial help. Partnerships cemented now will be lasting. Short trips favored.

♍ Virgo — Aug. 23 - Sept. 22 — **Mercury ☿**

Your social life is spotlighted this week and there will be new people and places to occupy your attention. Contact an old reliable friend concerning finances. Never discuss personal problems with associates at place of work. Scrap questionable plans.

♎ Libra — Sept. 23 - Oct. 22 — **Venus ♀**

Bright aspects indicate your moves now will be properly timed. A good time to write important personal letters; to make surveys, to submit manuscripts, to present resumes, to make appointments with top executives. Refine techniques and be definitive in your statements.

♏ Scorpio — Oct. 23 - Nov. 21 — **Mars ♂**

This week's accent is on prestige, confidence and promotion of personal ambitions. Be gracious at all times and do something nice for family members or close associates. Follow up contacts and do some string pulling. Defer to partners. Be cooperative and receptive.

♐ Sagittarius — Nov. 22 - Dec. 21 — **Jupiter ♃**

Your personality is enhanced by prevailing aspects. You make favorable impression on those in authority. You experience a new feeling of confidence and it reflects in your behavior. You should receive some interesting good news concerning friends.

♑ Capricorn — Dec. 22 - Jan. 19 — **Saturn ♄**

This is a period to do things with family or close associates and to participate more deeply in the lives of those you love. Choose companions who are settled and conservative. Mistakes are easily made now. Be sure to get instructions right. No week to take risks.

♒ Aquarius — Jan. 20 - Feb. 18 — **Uranus ♅**

A week in which to discipline yourself. Avoid self-pity and keep at work without complaint or grumbling. Minor aches and pains will soon go away. You have a tendency to talk out of turn sometimes, so check your speech. Pay more attention to health and diet.

♓ Pisces — Feb. 19 - Mar. 20 — **Neptune ♆**

Many nice things are in store for you in the week ahead. Plans start to crystalize and you get green lights. You'll face some challenges, but you'll succeed in coping with them. What seemed at one time impractical could now prove workable. Truth will make you strong.

McNaught Syndicate

★ CROSSWORD PUZZLE ★

ACROSS

1. Eskimo vehicle
5. Mineral spring
8. Behind time
12. Public vehicle
13. Strike
14. Docile
15. Smooth
16. Manipulates
18. Battle
19. – and cry
20. FBI man
21. Outer garment
23. Recline
24. Undergarment
26. Melancholic
27. Time division
30. Stockings
31. Grow
32. Yield
33. Female sheep
34. Church seat
35. Restaurants
36. Bed
37. Certain
38. Engine
41. Sherbet
42. Seize
45. Proposal
47. Brink
48. Peel
49. Male descendant
50. Pastoral pipe
51. Graceful trees
52. Social insect
53. Sums up

DOWN

1. Simmer
2. Fluid rock
3. Practice
4. Voice
5. Yell
6. Smoker's article
7. Dined
8. Platform
9. Tardy
10. Sign
11. The Occident
17. Invasion
19. Head covering
22. Potential metal
23. Careless
24. Feminine pronoun
25. In which way?
26. Maxim
27. Protected
28. Soft drink
29. Aye
31. Moist
32. A conveyance
34. Harbor
35. Hint
36. Fruit centers
37. Smell
38. Be downcast
39. Elliptical
40. Semester
41. Press
43. On in years
44. Berths
46. America (Abbr.)
47. Historical period

7/5/76

CLASSIFIED ADS

THE PLACE TO LOOK

Mercury Classified Ad Rates

8 Cents Per Word ..... Minimum $2.00

[25 Words or Less]

Display Classified ..... $1.50 per Inch

[Minimum Display Classified 1½ Inches]

NOTICE: We are not responsible for errors in Want Ads, we will rerun without charge corrected ad if notified the following week. Any error on number of insertions should be reported the week following publication of advertisement. Failure to report by 10 a.m. Tuesday will result in the customer being charged for that or following weeks insertions unless notified by advertiser. The Carlisle Mercury.

FOR SALE

FOR SALE: Five white ducks; 21 Aravcanas hens, colored layers. 289-5518. 7-8-1t*

FOR SALE: Whirlpool harvest gold washer and dryer; General Electric harvest gold stove and refrigerator; tv antenna UHF and VHF; Dinette set, harvest gold, six chairs; harvest gold metal cabinet; 1962 Chevrolet pickup. Call 289-5484. 7-8-1t*

CB equipment, antennas installed in your vehicle at Garrett's Furniture Co., phone 289-2308. 5-27-tfn.

FOR SALE: Deal with an experienced salesman and applicator: Twenty-five years experience in aluminum siding, awnings, patio and carport covers. Call Ward Shannon, 484-2089 for free estimates. 7-1-4tdfn.

FOR SALE: 1974 Honda, 750-Four, excellent condition, 4300 miles, 2 helmets included, $1,700.00. See Larry Hunter or call 289-7323 after 6:30 p.m. 7-1-3t*

FOR SALE: Formby's Refinishing Products for furniture repair and care as advertised on TV. Reid & Vice, phone 289-5279. 7-1-4tchg.

FOR SALE: New Holland hay bailer No. 268, New Holland hay rake No. 56. Used very little. Call Carlisle, Ky. 289-2878. 7-1-2t*

FOR SALE: Aluminum siding, storm windows and doors, carports, awnings. For free estimate phone James Rawlings, 289-2388 or John Hamilton, 289-2382. 4-22-tfn.

FOR SALE: Nice selection depression and other good glass. After 6 p.m. and weekends at 311 Kennedy Heights. Mrs. Gene Kelley, phone 289-2565. 6-17-4t*

USED APPLIANCES: Two 40" double-oven electric ranges; three 30" electric ranges; 3 refrigerators; 1 dryer; 1 vinyl floor sample; 1 vinyl recliner. Garrett's Furniture Co., phone 289-2308. 5-27-tfn.

FOR SALE OR RENT: Wheelchairs, walkers, adjustable commodes, crutches and canes. Carlisle Drug Co. 4-8-tfn.

FOR SALE: Early American Living Room furniture, new beautiful colors. Nylon and Herculon Covers, Coil Spring Base, Special $399, your choice. Also Herculon and Vinyl Living Room, Coil Spring Base, $299. See at Garrett's Furniture Co., phone 289-2308. 5-27-tfn.

WANTED

WANTED: Man with equipment and crew wants to bale hay by the ton or on shares. 289-5715. 7-8-1tchg. The first rule of advertising is to get their attention. The second rule is sustained, repeated advertising.

HELP WANTED: Clerk typist III. Starting salary $3.09 per hour. Minimum qualifications: High school graduate including or supplemented by a course in typing and two years experience in clerical work which has been in the performance of moderately difficult clerical and typing duties.

Clerk Typist II. Starting salary $2.68 per hour. Minimum qualifications: same as for Clerk Typist III except one year experience instead of two.

Community Health Worker II. Starting salary $2.68 per hour. Minimum qualifications: High school equivalent and one year experience in an appropriate health services field. Experience in an appropriate health services field may be substituted for education on a year for year basis up to a maximum of two years. Applications for above positions may be picked up at the Nicholas County Health Center. 7-8-3tchg.

WANTED: One school bus driver for the Moorefield-Whetstone Road Area, one custodian for the Nicholas County Elementary School to work from 4 p.m. to 12 p.m. Anyone interested please contact Don Elder, Nicholas County School Superintendent at 289-2264. 7-1-2tchg.

WANTED:

Electrolux

This area is now available for service, supply and sales of Electrolux. Opportunity to earn $350 per week. No investment. For full information write Electrolux, Danville, Ky. 40222 or phone 1-606-236-4311. Equal opportunity employer. 7-1-5tchg.

NOTICE

NOTICE: Yard Sale, Friday, July 9 and Saturday, July 10 from 9 a.m. to 4 p.m. in Dorseyville on Morgan St. 7-8-1t*

NOTICE: Yard Sale, July 9 and 10, 9 a.m. to 4 p.m. Lower Jackstown Road. Jimmy Whirles. 7-8-1tchg.

NOTICE: For your home slaughtering, cutting, wrapping and freezing beef and other livestock, contact Coatney's, 289-2412. 6-24-tfn.

NOTICE

The City of Carlisle, Kentucky by and through the City Council and Independent Planning Commission have adopted a Comprehensive Plan; a Zoning Ordinance and Map; and Subdivision Regulations which Subdivision Regulations apply to the City of Carlisle and an area which extends up to three (3) miles beyond the boundaries of the City of Carlisle.

Gayle Vanlandingham has been appointed as enforcement officer of the Zoning Regulations. Before any property or structure can be altered or changed in any way an application for a permit has to be filed with the enforcement officer, accompanied by the required fee, for his approval. Failure to abide by the Zoning Regulations carry stiff penalties.

Before any land can be subdivided, a plat setting forth in detail size of lots, information on streets, information on utilities, and information on easements among other things has to be approved by the Planning Commission. Failure to abide by the provisions of the Subdivision Regulations carry stiff penalties.

City of Carlisle Independent Planning Commission

7-1-2tchg.

19" COLOR TELEVISION

Brand new portable display model. Regularly $299.95, close-out $287, cash or terms. Furniture Center, lower level, Lexington. Open daily till 9:00 p.m.

NOTICE: Charlie's Electronics. I repair refrigeration units, t.v.'s, dryers, car air conditioners (gas and repair), and lawnmowers. Charles Gates, phone 289-2675. 5-13-tfn.

BARN LUMBER: Framing and boxing 15c and up. Oak flooring 20c. Donald Binder, London, Ky. Phone day 606-864-6854. Night 606-864-6401. 6-17-4tchg.

NOTICE

Nicholas County Fiscal Court wishes to purchase the following described equipment: One (1) used 1968 951 Caterpillar (or equivalent) front end track loader, 85-95 horse power motor, power shift transmission, Rollbar cab, one and one-half yard (1½) bucket with teeth and all standard equipment.

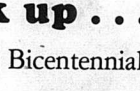
Bids will be received in the office of the Nicholas County Clerk until 1:00 P.M. on July 9, 1976. 7-1-2tchg.

CARD OF THANKS: We want to express our deep gratitude to everyone, black and white, for all the expressions of kindness shown to us during the illness and at the death of our husband and father. Also thanks to the hospital staff, Dr. Kingsolver and everyone at Mathis-Shearer. Special thanks to Rev. H. Dallas Sugg and The Carlisle Mercury for their beautiful tribute. Your thoughtfulness will not be forgotten. The family of Joe Stevenson. 7-8-1tchg.

We cordially invite all residents of the City to attend and take an active part in the decisions made at these meetings. Meetings are held the second Monday of each month. Our next meeting will be at 7 p.m. Monday, July 12 in the City Building.

Thank you. The Council. 7-8-1tchg.

HOP TO IT . . . and read today's Want Ads. You'll find bargains galore!



CRISWELL PREDICTS

UNCENSORED: I predict that Jackie Kennedy Onassis will cause a minor revolution in the jet set by walking out on her next planned marriage . . . I regret to predict that when we land on Mars we will find the ruins of a former civilization. Who were the inhabitants who lived there? Where did they go? Are they still in the universe? Perhaps Mother Earth, one day, will be discovered thousands of years from now in ruins. It has often been thought by science that each star is a former world. I predict this will be your future subject of conversation.

FROM OVERSEAS: I predict that Rachel Mussolini will make an official visit to America in connection with her book on her late dictator husband. The book shows the Dictator as a loving, devoted man at home, but in public he is anything but that. She will be soliciting funds for Italian-American causes in both in memory of her husband . . . I predict that Munich, Germany, will become a tourist haven as many people will be very curious about the new medical center there and the miracles that will be performed there . . . I predict that the computer will be used to solve crime with no chance of human error and that the findings of the solution of the computer will be acceptable in court. Law and order through the computer will become the hue and cry during the coming elections.

SOMETHING GOOD: I predict that we will have a very late winter and very early spring which will result in a bumper crop of fruit, vegetables and grain. I also predict a 10 percent reduction in the price of food . . . I predict that many juveniles with starlight in their eyes who have turned to crime to stay alive will be gathered up by the authorities and returned home. This new lawlessness will be under control and juveniles will be warned not to come to Hollywood unless they already have a job . . . I predict that the latest in chemical warfare will be an epoxic gas which will cause structures like bridges, buildings, submarines and ships to collapse . . . . I predict that a very famous religious leader will take his own life through an overdose of drugs because of his feelings of dejection and despair. His very liberal ideas have been rejected by his own Church and and he will be cast adrift with his semi-atheistic ideas.

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NOTICE

Notice is hereby given that the undersigned has made and filed their Final Settlement with the Judge of the Nicholas County Court and the same will be confirmed as a matter of law unless formal exceptions are filed thereto. Garland Earlywine, Administrator estate of Martha Earlywine. Raymond Waggoner, Administrator estate of Onna Waggoner. Deposit Bank of Carlisle, Ky., Executor estate of Max W. Berry. Barbara D. Wells, Administratrix estate of Aitkin Downing.

Kay Wills, Executrix estate of Lucille W. Irvin.

Orville Atkinson and Nelson Fryman, Co-Executors estate of Herman Skapp.

Hiram Teadvine, Executor estate of Sallah Lee Teadvine.

Deposit Bank of Carlisle, Kentucky, Executor estate of Margaret P. Abnee.

J. Berry Burnaw, County Clerk

NOTICE

In order to better serve our community and be better informed of its needs we are encouraging you the people, who elected us to call with your comments. Your Councilmen are listed below with the number they head.

Bob Faul, Police Advisory, 289-5145; Clarence Cord, Sewer, 289-2414; Alex Crawford*, Water, 289-2330; Charles Fay, Fire, Building, Lighting, 289-5281; Julian Green, Office, Finance, 289-2481; Calvin Wills, Supplies, Trash Pick-Up, 289-5528. *Mayor Pro Tem.

FIDUCIARIES FOR MONTH OF JUNE

Claye H. Clark, deceased
Albert Henry, Executor
Carlisle, Kentucky 40311
Date of Appointment June 24, 1976
Joe Reid, deceased
Catherine F. Reid, Executrix
Route 1, Moorefield, Kentucky 40350
Date of Appointment June 12, 1976
J.W. Alexander, deceased
Fannie Alexander, Executrix
Route 4, Carlisle, Kentucky 40311
Date of Appointment June 9, 1976
Jesse J. Barnett, deceased
Nellie M. Barnett, Administratrix
Route 3, Carlisle, Kentucky 40311
Date of Appointment June 1, 1976

All claims must be filed three months from date of appointment.

J. Berry Burnaw, County Clerk

POSTED

All persons are hereby notified not to trespass, fish, hunt, trap or shoot upon the land of the undersigned. Any person caught trespassing in violation of this notice will be reported to the Sheriff and prosecuted to the fullest extent of the law. It is necessary that we take this step to protect our property and wildlife.

Frances Maffett Farms on Dogwalk Pike and at Hooktown. 5-27-77*

Keith Hardwick Farms. 9-4-76*

Dear Debbie Letters to DEBORAH WHITE

DEAR DEBBIE:

I'm engaged to a great guy, but would you believe a lot of my friends are trying to talk me out of getting married? They argue that marriage is going to be a thing of the past in a few years, and that by then I'll be trapped with kids and my own personal growth as a person will be stunted. I find it hard to believe that an institution (marriage) that has lasted since the beginning of modern civilization is going to fade out in a couple of years. Do you believe it?

LORRAINE

DEAR LORRAINE:

No. Tell your friends to write to the Census Bureau in Washington. They'll receive information from the bureau that indicates that marriage is on the upturn and has been for the last three years. Not only is that a national fact, it is an international one as well.

• • •

DEAR DEBBIE:

I'm a newly divorced woman, and much as I hate to admit it, I'm depressed most of the time. To tell you the truth, when I was married and fighting over petty differences, I looked forward to a time when I wouldn't have to answer to anyone but myself. I romanticized getting back into another career, going to museums and theaters. Now I go to work, grudgingly, and never go anywhere because I'm too tired. I know it's my own fault, but I just can't get started.

ALICE

DEAR ALICE:

My giving you a pep talk won't help much if you're really not willing to help yourself. Because, as you say, you are your biggest problem. There really is a whole world out there for you to get involved in. You are going to have to get started. It doesn't matter how. Read an inspiring book by someone you admire, or just psyche yourself up, but get going and quit feeling sorry for yourself.

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ANSWER 7/5/76

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