



Suits continue to be made here as Olympic teams wear them in Montreal

The swimwear you have been seeing largest contract manufacturer, pro- this week on television being worn by ducing men's and boy's underwear and the United States Olympic athletes was produced locally by Blue Grass In- BGI also manufactured the swim- suits that are being worn by the people in five plaits, is Kentucky's Canadian and Mexican teams this week. This is the second Olympics in a row that BGI has been responsible for the swimwear of the Olympic team. These suits are made of a new stretch lycra material, and will be available to the general public following the games.



Suits for the general public

These Blue Grass Industries, Carlisle, employees are shown here working on the Olympic swimsuits like the ones being worn by the United States Olympic swimming team in Montreal, Canada this week. The Olympic suits were made at BGI. Mrs. Josephine Flinn is shown working on the men's swim trunks, while Ann Hawkins and Rose Myers are busy with the ladies' suits.—Smith photo

Unique way of attending Fair

Families in western Kentucky will have a unique money-saving way to visit the 1978 Kentucky State Fair—by plane—via Kentucky Airlines of Owensboro. The company will make four round trips daily between Owensboro and Standfield Field (only a mile from the fairgrounds) and one round-trip each day from Bowling Green. Promotional fares are \$40 round trip for husband and wife or adult and child; \$46 for a family of three; and \$54 for a family of four. An adult traveling alone will be charged the full fare of \$52. Reservations must be made and tickets purchased at least one day in advance. Travel must be round-trip on the same day with a morning departure. Departures after 4 p.m. will return on the morning flight the next day.

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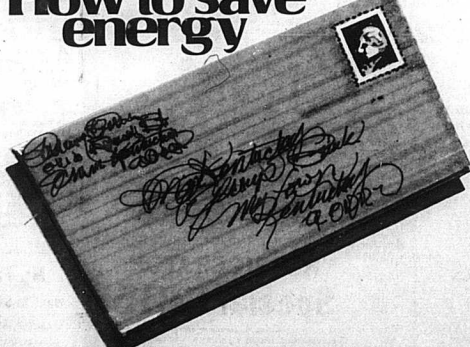
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Actions Speak Louder Than Words

The main point is that nonverbal communication (behavior, gestures, facial expressions, etc.) send more powerful messages than verbal communication. Problems arise in family relationships when what you say contradicts what you do. When a spouse says, "I love you," but the actions say, "I don't care about your feelings or wishes," the latter message is strongly received even if not consciously so. Example: A wife has asked her husband repeatedly to clean the wash-bowl after he shaves. He, however, forgets to do so almost every time.

Analysis: In effect, his behavior carries the message: "Your feelings and wishes are not important to me," which is a much stronger message than the words, "I want to make you happy." He is probably unaware of the effect of his nonverbal communication, but even if his behavior is unintentional the effect is still the same.

This seems like a minor incident, but hundreds of such minor incidents in daily relationships reinforce the message, "I don't care."
Conclusion: Family members who become aware of the powerful message of nonverbal communication can point out, discuss, and resolve the contradictory messages according to the further rules of positive communication. Suggested Action: Express your positive feelings in both actions and words. Express your negative feelings only in words.

Reasons for Loss of Liquid During Processing Vegetables

1. Picking food too tight in jar.
2. Filling jars too full.
3. Non-starchy-to within 1/2 inch of top.
2. Starchy-to within 1 inch of top.
3. Liquid for all vegetables-1/2 inch of top.
3. Too high pressure.
4. Fluctuation in pressure.
5. Sudden lowering of pressure.
6. Leakage of steam at petcock or around lid of pressure cooker.

Note: If jar is too full, product will boil over and start a siphoning. Leaving 1/2 inch head space at top gives room for product to boil and not boil over.

- Fruits
1. Filling jars too full.
 2. Cold Pack (fruit packed raw in jar)
 1. Fruit-to within 1/2 inch to top.
 2. Syrup-to within 1/2 inch to top.
 - Hot Pack (fruit precooked in syrup)
 1. Fruit-1/2 inch of top.
 2. Syrup-1/2 inch of top.
- Note: Cold pack fruit must have 1/4 inch of space for syrup-fruit juice cooks out of fruit, and fills jar with liquid (fruit juice and syrup). Otherwise too much liquid will boil over and siphoning will cause loss of liquid from jar.

Reasons Why Fruit Turns Dark

1. Fruit not processed long enough.
2. Temperature not high enough.
- a. Water not at rolling boil at beginning of processing.
- b. Water not kept at rolling boil throughout processing time.
3. Time was inaccurately counted.
- a. Started counting before rolling boil.
- b. Failed to check time table.
- c. Failed to make adjustment for altitude.
4. Boiling water level not one inch

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Registration Aug. 23 at MSU

MOREHEAD—The schedule of classes for Morehead State University's fall semester has been published and is available by mail. Registration for the fall term starts Monday, Aug. 23, at 8 a.m., at the Laughlin Health Building. Classes begin Thursday, Aug. 26. Schedules are available on campus in the office of the school deans. Mail requests for schedules should be directed to Office of School Relations, MSU, Morehead, Ky. 40351.

This "Batie" group will perform a rock concert during Kentucky's Biocentennial Celebration at Blue Lick Battlefield State Park Aug. 13-25. The group is scheduled to appear on Aug. 20 at 9 p.m. The sound they generate shows not only classical influence but, also, the honky-tonk sounds of Nashville.



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