MAGICWORD

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

IT'S BACK TO SCHOOL CLUES: Sol.: 11 letters

A—Adviser; B—Beginners, Books; C—Challenge, College, Counseling, Courses; D—Dean; F—Farewell, Friends; G—Grade, Graduate, Guess; K—Knowledge; L—Learning; M—Master, Math; N—New; P—Plane; R—Refresh; S—Sad, Semester, Serious, Study, Subject, Summer, Supplies; T—Teachers, Thought, Train, Travel; U—University; W—Wonder, Worry

ANSWER NEXT WEEK

Last Week's Answer: TIMEPIECES 227

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★★NEXT WEEK'S★★ HOROSCOPE

By Clev R. Pollan

FOR WEEK BEGINNING MONDAY, SEPT. 20, 1976

If your birthday occurs this week . . .

you have a keen insight into people, are good at recognizing motives of people who proposition you. You need affection and generally get plenty of it.

♈ Aries Mar. 21 - Apr. 19 Pluto ♇

Your intuition and psychic abilities are accented by prevailing moon signs, and you should follow your hunches and feelings. Your work, basic knowledge and proper timing are emphasized. An aura of glamor and mystery is present. Don't reveal secrets. Be discreet.

♉ Taurus Apr. 20 - May 20 Venus ♀

Take nothing for granted now. Be sure of yourself and fight a tendency to see only what you want to see. Progress comes through conscientious application to duty. Someone may help to lighten your money load. Turn a deaf ear, if others are too demanding.

♊ Gemini May 21 - June 20 Mercury ☿

A week to avoid worry about petty matters. You'll be in a safe mood, worrying about security and things that'll never happen. This is not intelligent. Your money outlook improves. Cultivate bankers and executives who can help you. Be thrifty and conservative.

♋ Cancer June 21 - July 22 Moon ☾

This is the week to put your imagination to use and look for new ways to do things. Many hidden processes are at work and you may receive help from a stranger or favorite associates. Sign no legal papers and make no commitments. The early bird catches the worm.

♌ Leo July 23 - Aug. 22 Sun ☉

A week for action. Do not postpone what must be done. Buckle down to essentials and bring pending matters to completion. Be cautious how you speak to members of the opposite sex, especially those under Aquarius and Pisces signs. The heated path is the safest one.

♍ Virgo Aug. 23 - Sept. 22 Mercury ☿

The spotlight falls upon you now. Your activities and behavior are under scrutiny, so put your best foot forward. Be charming and try hard to please. Prepare yourself to meet new names and faces. Visit new places of public amusement. Attend lectures and club meetings.

♎ Libra Sept. 23 - Oct. 22 Venus ♀

This week's moon signs emphasize your career, social position and emotional facet of your life. Changes are likely and there could be new responsibilities and duties for you. It's an excellent time to begin new business ventures and to push ahead with your plans.

♏ Scorpio Oct. 23 - Nov. 21 Mars ♂

This period marks a time of adjustment between your career and home life. Unexpected changes may occur and may have influence on your outlook at work and major shifts may happen. Things may be restless and tense, but they'll calm down to normalcy.

♐ Sagittarius Nov. 22 - Dec. 21 Jupiter ♃

Your goal is outlined this week and you'll know what to do about it. Put the finishing touches on projects and avoid premature starts. The key is to diversify, to relax pressure and keep humdrum routine to a minimum. Think of new ways to strengthen your money status.

♑ Capricorn Dec. 22 - Jan. 19 Saturn ♄

The week's accent is on action in areas relative to love, children, change and travel. Asperts favor artistic endeavors, especially writing, painting, music. The opposite sex is more attentive than usual, and romance could start to flower again. Take a short journey.

♒ Aquarius Jan. 20 - Feb. 18 Uranus ♅

Money affairs and relatives could be featured now. Budgetary discussions are in order and future prospects are matters of concern. The key is to keep your own counsel. Social gatherings should be unusually pleasant now. Entertain in your home in your own delightful way.

♓ Pisces Feb. 19 - Mar. 20 Neptune ♆

The cycle is high now. You'll be unusually active, and will be gratified as to how things jell and come out right. Your talents and desires are emphasized, and people are impressed with your colorful personality. You should cash in on your important connections.

★★★★★★ McNaught Syndicate ★★★★★★

CALORIE COUNTDOWN

BY SUSAN DUFF MASTRO

DANGERS OF FAT

Talk to any doctor and he will tell you. It's very dangerous to your health and well-being to be obese and even just slightly overweight. And the problems which are exacerbated by excessive poundage on the human body get worse as we get older. As Dr. Stephen Smith, a respected New York doctor, said at age 99: "We should be in our prime at 50 and not begin to age until past 80. Men who die at the usual age do so by their own knives and forks."

Just a glance at insurance statistics will tell you that obesity and overweight can take years off your life. Mortality rates from heart disease, hardening of the arteries and high blood pressure are at least two and a half times as great in the fat as in those whose weight is normal. Gallbladder disease, liver involvement, diabetes, coronary thrombosis and arthritis are all made more serious if the afflicted person is also too fat.

According to Dr. Peter J. Steincrohn, being overweight is definitely a condition which increases the opportunities for disease and early death. He says that fat infiltrates the entire body. The heart can't become one-third heavier than normal in the process and the fat droplets become deposited between the muscle fibers and weaken the wall of the heart. This exhausts our most vital organ and combined with the strain of pumping against a fat body, it can kill.

Dr. Steincrohn, a noted writer on the subject, also points out that excess fat can get into the blood stream. Higher than normal levels of blood cholesterol and triglycerides are now believed to be connected with the production of coronary artery disease. And high blood pressure is another complication of obesity and adds another burden to the overworked heart. Several doctors believe that diabetes might be caused by obesity, and some have even gone so far as to say that overweight is the single most important cause of this disease.

Most of us diet out of a healthy sense of vanity. We all know that we look better when we are slimmer. But, sometimes it's easy to rationalize that being your very thinnest isn't all that important—it's only a matter of how you look until you decide to start counting calories again. Obviously, that's not true. Fat is dangerous. If you can't help yourself into dieting seriously, try scaring yourself into it. It's that important to your health.

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★CROSSWORD PUZZLE★

ACROSS

1. Pole
5. Undermine
8. Deer
12. Rinse
13. Historical period
14. Word
15. Froze
16. Jet
18. Through
19. Affirms
20. Digits
22. Bodkin
26. Origin
28. Pronoun
29. Assist
30. Purse
31. Seaman
32. Reared
33. Cycle
34. Parent (Colloq.)
35. Having a thin tone
36. Oiler
38. Egg
39. Pressed
41. Pixie
44. Snapper
47. Grandparental
48. Correct
49. Letter
50. Rule
51. Small boat
52. Unusual
53. Pretense

DOWN

1. Lapse
2. Ruche
3. Having caught up with
4. Marry
5. Chairs
6. Melody
7. Confederate
8. Bogus
9. Wing-like
10. Triumphed
11. Maiden name
17. Baron
19. Designate
21. Seaweed
23. Adventurous
24. Falsified
25. Whirlpool
26. Short jumping
27. Roman cloak
28. Cut of meat
31. Canadian city
32. Drone
34. Limit (Eng.)
35. Color
37. Ante
38. Nourished
40. Compulsion
42. Alley
43. Insect
45. Nourished
46. Flurry
47. Mountain

9/13/76

Answers to puzzle on classified page.

GET YOUR $WORTH

By SALLY and JIM ADAMS

CARPET FRAUDS

The carpet industry is big business - about 2.3 billion dollars a year. For you the consumer, carpeting is a "big ticket" item, one of your most expensive household purchases that can cost you hundreds or even thousands of dollars. So if you get cheated, you can lose a bundle.

Your chances of running into fraud in the carpet business are pretty good Sen. Charles Percy, in asking the Federal Trade Commission to investigate, noted that carpet frauds are among the frequent complaints by consumers to the Better Business Bureaus. Said the Senator: "No other home furnishing item appears to involve as much misunderstanding on the part of consumers, or is handled with such abuse in their expense."

What are some common carpet frauds?

Misrepresenting carpeting to be of high quality and free of defects when it is actually inferior. Selling a customer more carpeting than he actually needs and then delivering only the amount necessary.

Many customers never realize they've paid for two or three yards they never get. And there's the old "bait and switch" — you respond to an ad that offers a fantastic bargain, only to be told that the advertised item is sold out, and you are then cleverly steered to a more expensive carpet.

How can you protect yourself? Deal only with reputable stores. By not falling for ads that offer what seems to be a real give-away; good carpet is not cheap.

Figure how much carpeting you need: multiply the room's length and the width, then divide by nine to get the number of square yards. Then multiply this figure by the price per square yard.

(c) 1976 McNaught Synd.)

THE HANDY FAMILY

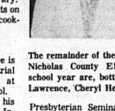
Remainder of new teachers introduced at both schools

Miss Kathy Green is a native of Nicholas County, the daughter of Councilman and Mrs. Julian Green of Carlisle.

Miss Green graduated from Nicholas County High School in 1972 and received her B.S. degree from Eastern Kentucky University this year.

She is teaching Home Economics, Science and Introduction to Social Studies at the High School. She did her student teaching at Lafayette Senior High and Crawford Junior High in Lexington. She is a member of Phi Upsilon Omicron Home Ec Honorary.

Miss Green lives with her parents on Sycamore Hill. She likes crafts, cooking, sewing, plants and people.



Wallace Rice is the new Industrial Arts teacher at the high School.

He received his B.S. degree in Industrial Education from Morehead State University.

He is married to the former Charlotte Rice and they have three boys. They are presently living in Morehead but plan to move to Carlisle soon.

Mrs. Brenda Lawrence is not really a new teacher as she taught Special Education at Nicholas County Elementary for three years.

After staying home last year with her 20-month-old daughter, Mary Ann, she returned to teaching this year at the Elementary School where she teaches Remedial Reading.

Originally from Flemingsburg, she has lived in Carlisle for four years with her husband, Rusty Lawrence, who is a pharmacist at Carlisle Drug Company. They own a home on the Moorefield Road.

She holds a B.A. degree in Elementary Education with a minor in Special Education.

Miss Cheryl Herrin, a 22-year-old Nicholas county native, lives at home. She teaches third grade at Nicholas County Elementary.

She is a 1972 graduate of Nicholas County High School. She received her AA degree in 1974 from Midway College and her BA degree from Morehead State University last year.

Miss Linda Herrington lives at Hookstown in Nicholas county with her husband Billy D. Herrington and their child.

She is teaching sixth grade science, health, math and spelling. Prior to coming to Nicholas County Elementary, she taught five years in Bourbon and Robertson counties.

She holds an AB degree from Morehead State University. She graduated from Deming High School in Robertson county.

Rev. Harry W. Spickler teaches sixth grade English, reading and spelling at Nicholas County Elementary. He is pastor of the First Presbyterian Church in Millersburg where he lives.

A native of Harrisburg, Pa., he attended Susquehenna Township schools there. He received his B.A. degree from Pikeville College; a Master of Divinity degree from Louisville Presbyterian Seminary, and a B.S. degree from Campbellsville College.

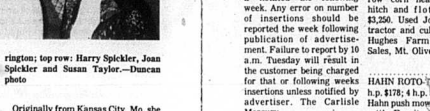
He has held pastorates at Princeton, Ind. and Columbia, Ky.

Rev. Spickler is married to Joan Thompson Spickler who also teaches at the elementary school. They have two children, Margaret 8, and Fredrick, 6. **Joan Spickler** was born in Eastern Kentucky near Pikeville where she attended grade school and high school. She received her B.S. degree in Elementary Education from Pikeville College.

She teaches first grade at Nicholas County Elementary and lives in Millersburg with her husband, Rev. Harry W. Spickler and their two children.

Prior to coming to teach here, she taught seven years in schools in Pike, Jefferson and Cumberland counties.

Mrs. Susan Taylor, lives in Lexington, and teaches the sixth, seventh and eighth grades at Nicholas County Elementary.



The remainder of the new teachers at Nicholas County Elementary this school year are, bottom row; Brenda Lawrence, Cheryl Herrin, Linda Herrington; top row: Harry Spickler, Joan Spickler and Susan Taylor.—Duncan photo

Originally from Kansas City, Mo. she lived in Johnson county for the past five years. She has three children.

Mrs. Taylor is involved in the making and selling of pottery.

John L. Miller spent two years in Morocco as a member of the Peace Corp. The Carlisle Mercury inadvertently reported last week that he had been a member of the Job Corp.

Insulate now with Insulspray foam insulation.

We make electrical repairs

Service your TV or Radios
Contract Wiring—Call
for a FREE Estimate

DUNCAN'S
ELECTRICAL SHOP

Fire Insurance on Tobacco
Harold Letton
289-5346 or 289-2474

Reduce costly heat loss in your home.

Ir..ne average home, more heat escapes through the walls than from anywhere else. Now there's a way to effectively reduce costly heat loss. It's new Insulspray — a foam insulation that's applied directly into the outside walls of your home. Quickly and without mess. Your home becomes more comfortable to live in and much more economical to live with. It even becomes quieter. Save on rising fuel costs year 'round with Insulspray foam insulation.

For a FREE estimate call
Central Ky. Thermal-Foam
Dan Brown, Owner
Sharpsburg, Ky. Phone 247-4191
An authorized applicator

BORDEN

September is Multiple Sclerosis Edu. Month

FRANKFORT—The month of September has been proclaimed as Multiple Sclerosis Education Month in Kentucky by Gov. Julian Carroll.

In signing a proclamation marking the month, the governor urged citizens to participate in the observance by encouraging school children between the ages of six and 16 to participate in the MS Read-a-Thon program. The program is designed to focus the attention of children on reading as an enjoyable and rewarding activity.

The MS Read-a-thon program has been conducted nationwide by the National Multiple Sclerosis Society. The governor said the program has made the general public aware that multiple sclerosis, a crippler of young adults, is a major health problem.

126th annual medical meet Sept. 27-30

Over 2,400 Kentucky physicians, guests and allied health professionals are expected to attend the 126th Annual Meeting of the Kentucky Medical Association. This meeting will take place at the Bluegrass Convention Center in Lawrenceburg, Sept. 27-30.

KMA president, David A. Hull, M.D., Lexington, in discussing the upcoming meeting, said, "An outstanding scientific session has been planned to provide the physician with an informative and comprehensive continuing education program."

Real Estate For Sale
Jewel Vice Realtor

Three bedroom, kitchen, bath, full basement with family room. Wall-to-wall carpet. Electric heat. Look this almost new home over today.

REALTOR

Jewel Vice
Realtor & Auctioneer
Phone 289-2525 Anytime
Charles Judge, Salesman Phone 289-5634

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: 1969 Nova Super Sport, 350 engine, 4-speed transmission, new wide oval tires. Excellent running condition. $850. Call 289-2829 or 289-7159. 9-16-21*

FOR SALE: 1970 Chevrolet pickup CST 10½ ton, 350 V8, new paint, air conditioning, power steering, power brakes, automatic transmission. See or call Danny Jones, 289-9484. 9-16-3tchg.

FOR SALE: Good used coal and gas stoves. Home Hardware. 9-16-2tchg.

FOR SALE: By owner. Three bedroom home, 443 N. Broadway. Living room has woodburning fireplace, two baths, full basement, nice fenced backyard, extra large one car garage, only one block from court house. Economical home to heat. Immediate possession. G.C. Myers, 289-2246 or 289-2715. 9-16-1tchg.

FOR SALE: 5½ ft. console Magnavox Stereo. 8-inch reel tape, AM-FM turntable. $350. Phone 289-2829. 9-16-2t*

FOR SALE: We have a complete line of new Warm Morning gas and coal heaters. Will deliver and hook up for you. Home Hardware. 9-16-2tchg.

FOR SALE: Farm for sale. Divided into three tracts: Tract I: House, 2 bedrooms, kitchen, dining room, living room combination, city water, aluminum siding, garage, smokehouse and tobacco barn. Total price $24,000. Located on 62 acres from big lake and golf course. Good road frontage plus 11 acres. Tract II: 10 acres—lots of road frontage, price $9,000. Tract III: 10 acres, good grazing land with good pond. Price $9,000. Tobacco base 1291 lbs. to be prorated with each tract. Contact Bob West or Bill Wilson, Landmark Realty Co., Lexington, Ky. Phone 266-8246; phone 272-2044; phone 278-8257. 9-16-2tchg.

FOR SALE: New 1976 long bed Fleetside Chevrolet pickup truck. Automatic, power steering, heavy duty tow bumper, radial tires. Top Brand Camper. 3,000 miles, balance of 12,000 mile guarantee. $4,300. Phone 289-2688 or 289-5378. 9-16-2t*

FOR SALE: Pre-hung aluminum storm doors. Complete with hardware. From $39.95. Reid & Vice. 289-5279. 9-16-4tchg.

FOR SALE: Tobacco sticks and wheat. Call Jack Becker, Moorefield, Ky., 289-2087. 9-16-3tchg.

FOR SALE: 1974 8 H.P. 3-Wheeler. Big balloon tires for mud—show—hills—road —$375.00. Phone 266-5176, E.C. Flora, Lexington, Ky. Delivered—Cash only. Delivered in Carlisle, Ky. 9-9-3t¶

FOR SALE: Tobacco sticks. Call Jack Becker, Moorefield, Ky. 289-2087. 9-2-3t*

FOR SALE: Priced to sell. New John Deere #25 3 pt. hitch forage harvester $2,250. New John Deere 34 forage harvester with single row corn head, equalizer hitch and flotation tires $3,250. Used John Deere L tractor and cultivator $500. Hughes Farm Equipment Sales, Mt. Olivet, 724-5391. 9-9-5tchg.

HAHN ROTO-TILLERS, 3½ h.p. $178; 4 h.p. $218. One 10" Hahn push mower $128. Garrett's Furniture Co., phone 289-2308. 9-2-tfn.

FOR SALE: Formby's Refinishing Products for furniture repair and care as advertised on TV. Reid & Vice, phone 289-5279. 9-2-tfn.

FOR SALE: 1976 Nova SS, 2-dr., V8, auto., with AM/8 track player. 8,600 miles. Price—asking $3750. Call 289-5789 after 6 p.m. 9-2-4t*

FOR SALE: Early American Living Room suite, new beautiful colors. Nylon and Herculon covers. Coil Spring Base, Special at $399. Also Herculon and Vinyl Living Room. Coil Spring Base, $299. Garrett's Furniture Co., phone 289-2308. 9-2-tfn.

USED APPLIANCES: One refrigerator; two 30" electric ranges; four 40" electric ranges, two with double-oven; one Tappan Stove; one Speed-Queen portable dryer, Harvest; two automatic washers; one automatic dryer; two electric room suites; one recliner. Garrett's Furniture Co., phone 289-2308. 7-15-tfn.

FOR SALE OR RENT: Wheelchairs, walkers, adjustable commodes, crutches, and canes. Carlisle Drug Co. 8-5-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-tfn.

WANTED

HELP WANTED: Waitress, full time. Apply in person. Marshall's Restaurant. 9-16-1t*

WANTED: Baby sitting in my home anytime. Phone 289-2254. 9-9-3t¶

WANTED: Sober man to work on farm. House furnished. Good pay. Phone 289-2975. 9-9-2t*

WANTED: Immediate openings available for RNs and LPNs at evening nurses. Full or part time. On 3 to 11 and 11 to 7 shifts. At Bourbon Heights, Paris, Ky. We offer excellent pay, pleasant working conditions, very flexible scheduling and tuition assistance. For a challenging, rewarding and responsible position, phone Mr. Hitchings at 987-5750 to arrange a confidential interview. We are an equal opportunity employer. 9-9-2tchg.

NOTICE

NOTICE: Revival at Headquarters Church, Sept. 20-Oct. 3. Services each evening 7:30. Rev. Otis Fryman, evangelist. Rev. Howard Livingood, pastor. Special singing each evening. 9-16-3t¶

NOTICE: Yard Sale. Several families. Catherine Street. Saturday 9 a.m. to 5 p.m. and Sunday 1 p.m. to 5 p.m. All kinds of clothing and miscellaneous. 9-16-1tchg.

NOTICE: Yard sale from 10 a.m. to 6 p.m. Saturday, Sept. 18 at Sexton's Trailer Park. 9-16-1tchg.

NOTICE: Yard sale on Morgan Street,—Saturday and Sunday, Sept. 18 and 19. Elizabeth White. 9-16-1t*

NOTICE: Approximately 2,000 tobacco sticks stolen from my barn Labor Day noon. Two men in green pickup truck seen leaving barn, going down Crayten Road towards Harrison county. Reward for information. Frazier Earlywine, 289-2027. 9-16-1tchg.

NOTICE: "Poor Valley Electric" Refrigeration, Air Conditioning and Heating—Installation and repair. Call Chester Bretz, Carlisle, 289-5709 or 289-7292. 9-9-tfn.

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. 8-5-tfn.

NOTICE: Electric service. Wiring of new houses, barns, silos and garages, etc. 24 hour service. Added service, change overs and appliance plugs. Vaughn's Electric Service, 289-2348. 9-2-tfn.

NOTICE: MONUMENTS—Over 200 on display to choose from. Check our prices and be surprised! Located exactly two and two-tenths miles from the courthouse on U.S. 60 Highway East. Phone: 784-5852. Cox Monument Co. Morehead, Kentucky. 8-19-4tchg.

CARD OF THANKS: The family of Mrs. Laura Green wishes to express its deepest gratitude for the many expressions of sympathy during her illness and death. Especially the Bourbon Heights and the Bourbon County Hospital, Dr. Weaver, Mathers-Shearer, Rev. McGuffey, friends and neighbors and Mrs. Virginia Scruggs for music. Mrs. Pearl Summers. 9-16-1t*

CARD OF THANKS: Nicholas County Hospital, nurses and staff. Many thanks for all the cards, prayers, flowers and visits from ministers. Roberta Laughlin. 9-16-1tchg.

CARD OF THANKS: We wish to thank Rev. Dallas Sugg for his prayers and kindness to us after the death of our loved one, David Cox. The family. 9-16-1t*

IN MEMORY OF MORRIS W. WHITELEY

WHEREAS, God in His infinite wisdom has called home His earthly child, Morris W. Whiteley and provided rest and peace from the daily labors which he had diligently and religiously performed during his mortal life, and

WHEREAS, Morris W. Whiteley had ably and continuously conducted himself in a manner that reflected the Christian virtues which he had been taught and which he exemplified in his daily life as a husband, a father, a patriotic veteran, a businessman, a good citizen, and as an Elder in the Presbyterian Church of Carlisle, Kentucky,

NOW THEREFORE, WE, THE SESSION OF THE CARLISLE PRESBYTERIAN CHURCH pass this memorial to Morris W. Whiteley, as an expression of our deep love and respect for him and his life, and we express to his widow, Jayne G. Whiteley, and his daughter, Judy W. Slack, the condolences of our Church and its members in this time of sorrow. We thank God for his life while in our midst and commend his exemplary conduct and brotherhood as an example to all people.

A copy of this Memorial shall be placed in the Sessional Records of his church, a copy shall be sent to his wife and daughter, and a copy shall be published in The Carlisle Mercury.

This action taken September 8, 1976.

A.V. Allison, Clerk of Session
CARLISLE
PRESBYTERIAN CHURCH

The first rule of advertising is to get their attention. The second rule is sustained, repeated advertising.

School policy on free meals told

Nicholas County Schools today announced its policy for free meals, free milk, and reduced-price meals for children unable to pay the full price of meals and milk served in schools under the National School Lunch and/or Special Milk Program.

Local school officials have adopted the following family size and income criteria for determining eligibility:

FAMILY-SIZE AND INCOME SCALE FOR FREE MEALS, FREE MILK AND REDUCED PRICE MEALS REVISED JANUARY 1, 1976

Family Size	COLUMN 1 Free Meals and Free Milk if Income Does Not Exceed	COLUMN 2 Reduced Price Meals if Income is From	
1	$ 3,230	$ 3,231	$ 5,040
2	4,240	4,241	6,620
3	5,250	5,251	8,200
4	6,260	6,261	9,770
5	7,190	7,191	11,210
6	8,110	8,111	12,650
7	8,950	8,951	13,970
8	9,790	9,791	15,280
9	10,550	10,551	16,460
10	11,310	11,311	17,640
11	12,061	12,061	18,820
12	12,810	12,811	20,000
Each Additional Family Member	750		1,080

Children from families whose income is at or below the levels shown are eligible for free meals, free milk or reduced-price meals. In addition, families not meeting these criteria but with hardship conditions due to unusually high medical expenses, shelter costs in excess of 30 percent of income, or special education expenses due to the mental or physical condition of a child, and transfers of casualty losses are urged to apply.

Application forms are being sent to all homes with a letter to parents. Additional forms are available at the principal's office in each school. The information provided on the application is confidential and will be used only for the purpose of determining eligibility. Applications may be submitted at any time during the year.

In certain cases foster children are also eligible for these benefits. If a family has foster children living with them and wish to apply for such meals and milk for them, they should contact the school.

If a family member becomes unemployed or if family's size and income changes, the family should contact the school to file a new application. Such changes may make the children of the family eligible for reduced price meals, or for additional benefits such as free meals and milk if the family income falls at or below the levels shown above.

In the operation of child feeding programs, no child will be discriminated against because of his race, sex, color, or national origin.

Under the provision of the policy the school principal will review applications and determine eligibility. If a parent is dissatisfied with the ruling of the official he may make a request either orally or in writing to Donald G. Elder whose address is Carlisle, Ky. 40311 for a hearing to appeal the decision.

The hearing procedures are outlined in the policy.

A complete copy of the policy is on file in each school and in the office of the District Superintendent where it may be reviewed by any interested party.

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.

O.K. Curry land and Dog Walk Pikes 9-16-1t*

Frances Maffett Farms on Dogwalk Pike and at Hookstown. 5-27-tfn*

The Boone Clark farm. 3-31-tfn*

Answer to puzzle

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

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SPORTS from the pressbox

By RED LAKELAND

HOTLINE ON SPORTS

You can almost hear Charley Finley chortling in the background. After the years of screaming that agents hurt athletes because they don't have the players' best interests in mind, Finley now has some evidence to back up that claim. Several Minnesota Vikings now have admitted they lost money with agent John Wooten. A running back, Brent McClanahan, estimates he lost $25,000 through Wooten. And now Chuck Foreman, Charley Goodrum and Jim Lash said they lost money. The Vikings took a possibly unprecedented step by hiring a businessman, Bob Lurie of Minneapolis, to handle their players' finances. It's free of charge to the players. And people on the theory that he could know something they don't. Now Wooten has been hired to work in the front office of the Dallas Cowboys.

SPORTS IN BRIEF

Robert Gainer who is a 23-year old yacht designer, will undertake a solo nonstop voyage around the world in a 31-foot fiberglass sloop, the "Boodles Ginny." He expects to be the first American and youngest person ever to circumnavigate the globe alone and without stopping. Two Englishmen have accomplished this feat previously. Gainer, who has crossed the Atlantic alone in a 22-foot sailboat in 1974, will leave on the Atlantic Ocean in July of this year. (c) 1976 McNaught Synd.)

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CAMPING ALL YEAR ROUND
BY BOB NESOFF

CONSERVATION GROUPS GROWING

There are outdoor organizations and conservation groups galore around the country, but I have just recently come across one that stands out, perhaps above the rest.

The New York-New Jersey Trails Conference is a group dedicated to both individual members and a federation of hiking clubs. There are some 2,500 members as individuals and a grand total of about 70,000 members in the affiliated clubs. That's some potent voice.

Members of the Conference are dedicated to the protection, expansion and maintenance of the woodland trail system in both East Coast states and give a great deal of themselves in this pursuit.

They regularly patrol and maintain facilities on about 700 miles of trails and report to extend this to more than 1,000 in the near future.

In the spring, during the severe drought in the Northeast, Conference members performed invaluable duty helping state officials patrol the parched woodlands and prevent forest fires.

Their work doesn't stop at that. Conference members are out throughout the season marking trails, building bridges, working on erosion prevention projects, fire prevention patrols, and conservation projects.

In this effort thousands of Conference members inundate trails in the bistate area and scour the trails for litter and garbage left behind by careless campers. The mountains of garbage are then hauled out of the area.

One of the most interesting efforts is the 326-page New York Walk Book, which also contains 23 maps of hiking areas in New York-New Jersey. Why it is called the "New York" Walk Book is not clear, but reflects what appears to be the New York City prejudice prevalent in the area.

The book is an excellent publication and is, cosponsored by the American Geographical Society. It details location, physical properties, and other pertinent facts of the hundreds of hiking trails.

The Conference is nonprofit, and run by volunteers. And it sets a good example for other similar groups elsewhere.

Anyone interested in forming a similar group in your area can drop me a note in care of this publication. I will make sure it gets to the right hands so that information can be provided.

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