

# Opinion

## Forest Retreat Tavern dedication Oct. 3

Dr. and Mrs. Eddie Abury are to be congratulated on the recent restoration of the Forest Retreat Tavern which will be dedicated on Oct. 3 at 3 p.m.

This accomplishment marks the restoration of the last of four historic buildings located on Forest Retreat. The others are Gov. Thomas Metcalf's home, the post barn and...

## Prayer Breakfast Oct. 6

Carlsle is participating in the fourth annual Governor's Leadership Prayer Breakfast next Wednesday, Oct. 6, at 11 a.m.

This community Prayer Breakfast is a wonderful idea. All faiths are joining together all over the State of Kentucky in conjunction with the Bicentennial Festival of Faith launched by Gov. and Mrs. Julian Carroll recently.

## '4-H Room to Grow'

During National 4-H Week, Oct. 3-9, we join in paying tribute to an informal educational program that provides unique opportunities for youth to grow—physically, mentally and spiritually into productive, contributing members.

4-H emphasizes the development of "real life" skills: learning "how to learn" for today and for a lifetime; using one's knowledge to improve the quality of life for self and for others; relating to social, technological, environmental economic changes and growing through the pursuit and achievement of self-imposed goals.

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Carlsle and Nicholas County

Russ Metz!  
Afternoon nap is healthful, invigorating, but not on my time

# Agree or Not



## 20 and 40 years ago

Thursday, October 4, 1956  
Mrs. Dorothy Marshall, Mrs. Ruth Guthrie and Mrs. Lucille Neal really showed up the Chamber of Commerce team in the cow milking contest Saturday at the Youth Fair. W.R. Buntin Jr., Custer Blair and Lew Tyler comprised the Chamber team.

The store belonging to Farris Plaza at Myers was destroyed by fire early Tuesday morning.

Boy Scouts of Troop 50 and their scoutmaster, O.C. Rankin, spent the weekend at Camp McKee and received excellent ratings. Scouts attending are: Bobby Green, Billy Maxwell, Donnie Rawlins, Buford Mathes, John D. Faulconer, Wilson Mathes, Horne D. Faulconer.

## Guest editorial Nicholas countians— Do you remember?

1. In order to have any diagnostic work done such as x-rays, laboratory work, gall bladder and GI series and so on, you must go to a hospital or clinic which has the necessary broken bones, such as hips require surgery you had to make a long and expensive drive to Lexington instead of one short mile to the Nicholas County Hospital from the city of Carlsle.

2. The old Johnson Memorial Hospital which performed splendidly but so small and not equipped to take care of special cases that required oxygen, heart monitoring, Cesarean sections, etc. that meant that long and expensive drive to Lexington instead of to the Nicholas County Hospital.

3. The shortage of doctors, so that you hastened to sign a petition so that one of the two M.D.'s in Carlsle would be exempted from military service. I am not a native of Nicholas county

If you like to sneak off in the middle of the afternoon and steal a little snooze and then feel guilty about it, take a nap. Somebody out there understands you.

The sympathetic snores come from some members of the American Psychological Association meeting in Washington, D. C., a place where it is hard to tell who asleep and who is minding the store.

As soon as Dr. Frederick J. Evans of the Institute of Pennsylvania Hospital said, "If people have the ability to nap, I think it's great; people should try to do it and they shouldn't feel guilty about it," a heavy droning sound could be heard coming from government buildings with periodic snorts from the Department of Postal Services.

Evans has studied the napping habits of 1,000 students. A week after a dull lecturer. He and the other z-spectra aren't sure what the benefits of an afternoon snooze are but conclude there must be some. Quick thinking, gang.

There are two kinds of nappers: the "replacement" napper, who grabs 40 winks to make up for the sleep he lost the night before, and the "appetitive" napper, who naps regularly even though he doesn't feel particularly tired.

Both kinds of nappers say they feel better afterwards. Naturally, they would need an excuse for popping off into slumberland while the rest of us are up busting a gut for our side. No one will go so far as to say it is simply a lazy habit started by the siesta culture in Mexico where they have an

FRANKFORT—No definite date has been set for the special session of the General Assembly late this year although Gov. Julian Carroll has mentioned in a letter to legislators that he might issue the call for Nov. 8.

He had legislative leaders in last week for some discussion sessions while interim committees met in the special session. The report from committees last week was that they are not far enough along with their preparatory work to begin the session Nov. 8. Now, the date is indefinite.

The major issue to be settled is implementation of the district court system as it is to become effective Jan. 1, 1976. Others that will get treatment under present plans are a sewer bond issue for Jefferson county, workmen's compensation insurance, the death penalty and mine safety.

Workmen's compensation has created a lot of interest and has become a hot issue since the Insurance Department granted a 38 per cent increase in rates to companies writing workmen's compensation. Some legislators view this as a hot issue and don't want it to come up in a special session that can drag on into January because of legislative sessions and half of the Senate must re-election next May.

Since a new court system will necessitate some changes in other county offices, such as taking the insurance department and hearing licenses away from circuit clerks since their sole duty will be to serve the courts.

The county clerk wants this duty since the fee is \$1.75 for each license issued. About half of the drivers get their two-year permits every year.

With this added duty the counties could raise some of the money they need to go to the state in lines and forfeitures. The circuit clerks will be paid by the state since the state will collect all court fees and the plan is now to return the money to the counties. It is not clear how this will be done.

The State Sheriff's Association also is trying to get into the reorganization act by getting the legislature to declare the sheriff as the Chief Law Enforcement Officer (CLEO) in the county. Under the Constitution, the sheriff is not permitted to succeed himself or act as a deputy in the office. If his office is changed by statute to CLEO, then the sheriff says they could succeed themselves.

However, city police departments aren't likely to be enumerated with this plan since city police would be under the direction of CLEO.

County judges might be eyeing the job of collecting for driver's licenses since the judicial amendment takes all judicial duties away from them and leaves them a business administrators for county affairs, rather than to be attached to these duties.

If the sheriff's duties are changed, the job of collecting could be given to some other office, and the squabble in courthouses could generate into something that could become a headache for which office gets the job, for the fees are lucrative for the sheriff.

The big concern of many legislators is what the new court system will cost. They didn't understand much about the bill when the amendment was voted on last November, and the county judges

## Letters

To The Carlsle Mercury:  
Now that our Blue Licks celebration is over, on behalf of the Commission, I want to take this opportunity to express our gratitude for your role in helping make it a success.

Members of the Commission worked very hard but the event would not have been a success without the cooperation of our citizens who desire to express their appreciation for our country and its heritage. Knowing that people such as you are willing to assist makes it much easier to do.

We have the responsibility for endeavors such as the Blue Licks Celebration.

The Battle of Blue Licks was almost 200 years ago. One quarter of that time has passed since a memorial was dedicated to those who died there. In later years a fine museum was erected which stores and exhibits some of the Indian artifacts and remains of prehistoric animals of the area. There is also a recreational facility for all ages. And money has been appropriated to enlarge the park to provide modern camping grounds near the Licking River.

We feel that the continued expansion of the historic grounds near the river and restructure of what was once the Blue Licks Springs Hotel (today known as a Social Inn) to the benefit to us and tourists in this area, would be a most desirable project.

Your continued interest and support will be appreciated by all of us, we thank you.

Yours very truly,  
Earl M. Linville  
Secretary  
Blue Licks Commemorative  
Commission  
(Editor's note: Mr. Linville is Mayor of Mt. Olivet in Robertson county.)

Thursday, October 1, 1956  
At the meeting of the Young Men's Democratic Club held at the court house Saturday afternoon John Parker Roas was elected president of the club to succeed Grimes Caywood.

At a meeting of truck raisers in the County Agency's office Tuesday, arrangements were made for a Nicholas County Field Day tour and to be held on Oct. 21.

Eight young men from Nicholas county will be enrolled in CCC camp Oct. 1.

Keth Sparks purchased the 100 acre farm at the Lee Moore Sparks on the Headquarters Ford Station, an public school for \$50.60 per acre.

"Aunt" Minerva Taylor, 85, one of the best known women in Henryville, died at her home Friday. The same woman was born in slavery and has remained in the county all her life.

Miss Vera Gaunce of this county has been elected secretary of the senior class Henryville Female Orphan School at Midway.

MARRIED—Miss Elizabeth W. Hanson and Turner T. Thomas of Carlsle at New Albany, Ind., July 3.

advantage over us. They have big somberers to nap and under are not unenvied by train hell if they hear of dragging them under a Serta-Prefect mattress.

How long is a nap? Which is like saying how far is up. But it apparently makes no difference to the nap addict. Short ones are as satisfying to him as long ones. He'll take any time he can get away with.

But not everyone benefits from a nap. Nonnappers feel worse rather than better after a nap. Not only do we feel groggy but we sleep more poorly that night. The napper has the ability to dream big and large in little pieces, while the nonnapper likes his in one big chunk.

The tendency to nap once in a while through the waking hours is a natural part of the human biorhythm, one Florida professor says. "To take a nap is to stop musing around with Mother Nature," he claims. "When you have warm and large in little pieces, it is easy to reach a conclusion like this. A healthy government check coming every month also helps induce frequent napping."

Think the pace of the lines figures into napping, too. Back when people had nothing to do except wait around a shade tree until Herbert Hoover brought back property from around the corner, it was common practice to take a nap. It was just the right before someone hunting.

Nowadays freestyle napping is a little harder to come by. In the 14-hour day it takes to make a living, at least during the first eight hours when you are working for the government it is of minutes and that will stop all that.

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unnecessary storing that disturbs those of us who work for a living.

Perhaps, the researchers speculate, people can be trained to store up sleep for long periods ahead of sleep periods sleep beforehand. It is to do this each night by getting in 10 to 12 hours of sacktime. By his calculation, he has enough sleep stored up to last me 332 days as long as I keep plenty of liquids on my body.

Dr. Evans thinks that nappers may be prime candidates for hypnosis, meditation, or biofeedback and other flakey psychological suggestions. When you let your mind hang loose, someone is going to latch onto it and take you for a trip with Alice in Wonderland. Which may be an improvement on what it has to face up to in our awake world today.

Do the sleep researchers practice what they preach? Why not, they are at the public trough and don't have the worries of disturbing their jobs by their busy naps. It's easy to become a compulsive napper when there are no bill collectors beating down your door.

They also may be advocates of nap breaks for employees, but they are hypocrites first and advocates second. One of them complains, "It does annoy me when I see a research assistant in my lab napping at 2 p.m. — on my time!"

And, as our hero the scientist risks off into the sunset leaving us to figure out whose ox has been gored, he could probably do it if he didn't have to spend so much time waiting off the residue left by the bull.

Up, up and away.

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