

Graded Feeder Calf Sale

Monday, April 18 at 8 p.m.

Calves to be received from 7 a.m.

to 4 p.m.

For further information call 987-2785.

Paris Stockyards

Paris, Ky.



IT'S NEVER TOO EARLY TO START HOME REPAIRS

VANITIES
Select from a wide assortment of styles and sizes. French Provincial or Modern as low as **\$54.95**

CEMENT MIX
Mixed to the proper ratio. Just add water and it's ready to use.

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Good paneling is cheaper in the long run and holds up better. We carry a full line of paneling, stripping, glue, etc.

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VOTE FOR

ROGER B. SLEDD STATE SENATOR 30th DISTRICT

DEMOCRATIC PRIMARY MAY 24, 1977



- 15 years experience as Bourbon County farmer engaged in raising cattle, hogs, corn and tobacco.
- 11 years experience as practicing attorney.
- Favors making State Government BETTER — not BIGGER!
- Favors four-laning US 27-68 between Lexington and Paris as proposed.

"A New Voice for the People"

Paid for by Sledd for Senator Finance Committee James Faulstich, Paris, Ky., Treasurer

Farm and Home

A.W.O.S. Program

"You have a much greater choice in the type of life you create for yourself and those around you," says Sam Quack, Ph.D., Specialist in Family Life of the University Cooperative Extension Service. A.W.O.S. (Always Work on Self) was the topic discussed for hospital and nursing home employees and administrators. The youth, youth leaders, young couples and homemakers at a special seminar held recently in Nicholas County.

Dr. Quack's discussion in the choice of "staying centered" or "fracking out" introduced the concepts of assuming self-responsibility and self-acceptance. The reason given for "fracking-out" is that one cannot accept one's life. He stated there was a difference in what is and what I want. That when one clings to demanding that things go his way when one blames the other person—you suffer. You create unhappiness for oneself.

Guidelines discussed for staying centered were:

1. Learn not to blame. That also means learning to give up guilt. This doesn't have to be a big deal. In fact, as you realize more and more that blame just doesn't work, you'll begin to notice that it simply falls away.

2. As a good general rule, and especially whenever you think for an answer, A.W.O.S. Always Work On Self.

3. Remember that you control you. You create your own emotional states by what you tell yourself about what happens to you.

4. Learn to accept what is in your here and now world, including yourself. (This will actually help you change that which can be changed).

5. Remember, no clinging—no suffering. Don't cling to demanding that things always have to be the way you want them.

6. Stay as close to your center as you can. If you start to get tense, take a few moments to relax. If you find yourself dead tired in the middle of the day, perhaps a later nap might help. As you quiet down and listen to and trust yourself more and more, you'll be able to completely prevent the bigger "fracks."

7. Take one moment at a time. Be here now! Don't spend too much time thinking about the dead past or imagined future.

8. Learn specific ways of relaxing that work for you.

9. Learning to "frack" less and be "centered" more is in large part a matter of awareness developed through practice.

Clean Coffee-maker to Prevent Off-Flavor
Your automatic drip coffee-maker may turn out great-tasting coffee, but it won't for long if you don't clean it regularly and properly. Even if you wash it with hot soapy water following use, off-flavors have a way of developing after a time.

Once a month should be often enough for this special treatment, unless you have extremely hard water. Use a solution of one cup of regular white household vinegar to 3-7 cups of hot tap water. Fill your coffee-maker to the full level. Or you can use 1-2 tablespoons of cream of tartar per pint of hot water.

Let the solution stand for about 15 minutes. Then "brew" it through one complete cycle, just as if you were

making a fresh pot of coffee. Save the vinegar solution for future cleaning—it should be good three or four times around.

Thoroughly rinse all parts of the coffee-maker, gently turning it upside-down to remove the last traces of cold water.



Heavy equipment is put to work at the end of March on the site of the new Nicholas County Hospital. Nicholas county voters passed the hospital bond issue, permitting the new building to be constructed, last November by 82% of the voters.—Photo submitted

Need a HOME IMPROVEMENT LOAN ?
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First National Bank
CARLSLE & MOONSHILO Member FDIC

We now have

Chocolate Ice Cream

Clark's Taste Freeze



Little House Restaurant

Open 5 a.m. to 8 p.m.

Serving Breakfast, Dinner, Supper

We Deliver Meals

29th Annual

OLEIKA TEMPLE'S SHRINE CIRCUS

Coming to

Lexington Civic Center

Rupp Arena

Saturday, April 16

Matinee—3:00 p.m.

Evening—8:15 p.m.

Sunday, April 17

Special Matinee—3:30 p.m.

Hubler International Circus

Will Present

15 Great International Acts

Many not seen in U.S.A. before

Get your tickets from any local Shiner

Mission Control in Houston?

No, but just as essential to reliable, economical electric service as Houston is to the space program. This is one of several Kentucky Utilities' power plant control rooms. Every facet of plant operations is monitored and controlled here to make sure all generating units are working efficiently. Each control room is connected to a system-wide, computer-operated dispatching center which determines the most economical operating schedule of all generating units. This is how we provide electricity at the moment you need it, giving full concern to the generating cost. Ultra-sensitive equipment is enormously expensive. And, it's absolutely necessary to continue providing the energy demands of this generation, which challenged the outreaches of space, and the next generation, which will conquer it.

Electricity... Use It Wisely!

KENTUCKY UTILITIES COMPANY

The great flood of 1920 is remembered pictorially

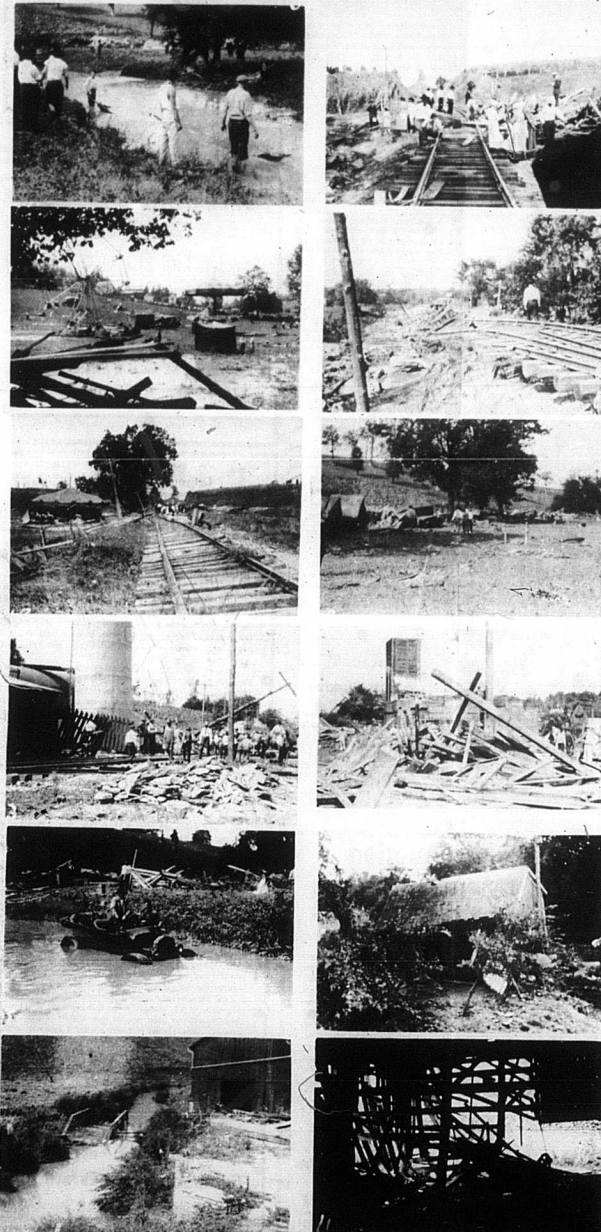
The following narration was copied from the Sept. 2, 1920 edition of The Carlsle Mercury and tells in part of the flood of Aug. 27, 1920. All the pictures were in an album found by Webb Buntin and brought to this office. As far as we

can determine none of these scenes were published in 1920, mainly we suspect because of the cost and difficulty of securing a halftone plate. Additionally we may not be correct in our identification of some of the scenes,

so if you know better, please advise. "Starting as a general rain about 4 o'clock Friday night and developing an hour later into a veritable cloudburst, the most terrific down-pour in nearly 40 years, caused property loss which will

run into many thousands of dollars, perhaps more than \$20,000. "Practically every foot of lumber in Dewey Bros. & Fisher lumber yard was swept away, much of it jammed in the

*Please turn to page 12



LERMANS

COMPLETE FAMILY DEPT. STORE

After Easter CLEARANCE

Selected Group Sale Priced! Ladies, Jr. Missy DRESSES & PANT SUITS \$6. others to \$14.	Popular Colors LADIES P.V.C. PANT COATS Sizes 8-18 Reg. \$25. \$17.
Ladies Wrangler Pre-Washed JEANS Junior Sizes Reg. \$16. \$11.	Famous Maker SEPARATES Ladies Pants Tops & More 50% OFF Original Retail
Mens 3 piece Polyester VEST SUITS Compare \$69.95 Sizes 36-46 \$45.	Selected Group Men's 2 piece SUITS Polyester Fabrics Sale Price \$25.
Mens Polyester SPORT COATS Wanted Colors Were \$25. \$19.99	Selected Group Ladies & Teens LOAFERS & OXFORDS Sale Price \$6.44
Famous Label Men's Dress PANTS Ass't. Patterns Were \$16. \$7.	Briggs Stratton 20 in. POWER MOWER Compare \$89.95 \$69.99
A pile Braided RUG SET (1) 9x12 (1) 3x5 (2) 2x4 approx. Compare \$99.99 \$79.99	60 in. Double Knit POLYESTER L.S. Colors and Lengths Reg. \$2.97 \$1.22 yd.
MEN'S SHIRTS Leisure and Sport Styles Were \$12.99 \$6.	Wrangler & Other Famous Labels Men's L/S WESTERN SHIRTS Reg. \$14.99 \$7.99
Entire Stock Sale Priced! Girls to Size 12 PANT SUITS JUMP SUITS 25% OFF Original	Most Wanted FABRICS Porgee, Jersey, Whip Cream, Blends if full Bolts \$1.95 69¢ yd.
Selected Group Ladies ALL-WEATHER COATS 25% OFF orig. retail	Ladies 8-18 POLYESTER PANTS Favorite Colors Reg. \$6.95 \$4.
Ladies Knee Hrs 3/1 Panty Hose 3/1 Men's Dress Sox 2/1-1.29 Thread C&C 5/1 Elastic 5 yd. \$1. Card Buttons 5/1 Lace Edging 20 yds. \$1.	Ass't. Fabrics 2 yds./1. Ladies 4-Size Panty Hose 3/2 Drapery Ends 25' yd. 7 pc. Dinette Set \$100. LERMANS