

Opinion

Congratulations Sen. Ed Ford

We would like to take this opportunity to congratulate Dr. Ed Ford, our state representative for outstanding "Outstanding Freshman Senator" by the Capital Press. Dr. Ford has a record of 100 percent of reporters from newspapers, wire services, radio and television who covered legislative sessions.

Dr. Ford worked tirelessly during the 1978 Legislative Assembly, representing his constituents in the 30th Senatorial District, which includes the Nicholas County Board of Education for four years and as an Board member for three years, gave him the background and interest to introduce and support bills in the state.

His business and agricultural experience has continued to be an important part of his life.

Dr. Ford is a man of integrity and to respect the Equal Rights Amendment as he is the wish of the majority of the people he represents. We are sure his being elected to the Senate is a very vocal minority — especially the women's libbers. But the majority of the people who are applauding quietly.

We hope a weekly column in the Courier-Journal explaining what is going on in the Senate the past week. All in all, Dr. Ford has done as much as anyone can do to represent the majority views of those of us in the 30th District. We wish success this honor bestowed on him by those best in a position to know — the ever watchful press.

Something needs to be done

We note that the Nicholas County Grand Jury in its February report has recommended the jail for the upkeep of the Nicholas County Jail was in its age in the 30th Well, we do, too, because the jail has been in dilapidated condition for some time now.

We also noted some months back that a Harrison County Grand Jury recommended a study should be made investigating the possibility of a new jail for Cynthiana and Harrison County, or a regional jail for the judicial

district. The judicial district includes Nicholas, Robertson, Pendleton and Harrison counties.

We would also like to see a similar study done. On the surface, a district jail is a more practical solution than the lack of funds to build a new jail in Carlisle. Possibly the two counties are in a similar financial situation. For expenses could be cut considerably with the combining of local efforts into one centrally located jail house and jailer.

We do not know if anything further has been done in Harrison County regarding this matter, but this point can easily be checked.

Some of the tests to be given annually, beginning in the next school year. The aim of the tests is to determine students' abilities in reading, writing, spelling, language arts, mathematics and the development of learning skills. The tests will be administered by the State Department of Education, whose representatives questioned whether such tests could be prepared adequately in time for the next year. Despite such qualms of the educators, the bill directs that the tests begin in the 1979-80 school year.

On making friends with pain

By Sam Quick

Pain is usually thought of as an enemy. Few people like the pain of poverty and starvation, the pain of migraine headaches, the pain of the common cold, the pain of the pain of loneliness. Pain hurts. It's something we fear; it's something we tend to wish away or ignore or avoid.

But there's another way of looking at pain — a much more positive, helpful and realistic way. Like the gentle hand of a wise and loving mother, pain warns us when we're headed for trouble. Indeed, the purpose of most pain is not to cause trouble but only to prevent it.

There's a special friend of mine, pain is a very special friend.

And what a teacher! We were enrolled in her class at birth. And she signs all over the walls we clear. "No responsibility and pain-free life." Being quite lazy, she eagerly looks forward to the day when there will be less demand for her teaching skills. At the same time, she's a very dedicated educator — and educate she will! Her classroom is life and she teaches health — mental, and spiritual, health. Her discipline is exact, and her guidance is first usually quite gentle and becomes increasingly harsh if we fail to heed her message.

If we want to make friends with pain, let's become friends with somebody, then it's obviously a good idea to listen to what that person has to say. So it is with pain. The way to become friends with pain is to listen as it talks to us. And the more we learn to carefully listen to our pain, and the more we trust and follow its message, the less pain we will experience both now and in the future.

Although often overlooked, one effective way to combat our soaring medical costs is to listen more carefully to subtle yet precise pain signals. If we do, we prevent many self-caused medical problems. For example, with a little practice, we can easily recognize a headache just as it's beginning to sense that early feeling we've seen to always have when we're starting to come down with a cold. These subtle pain signals are actually red flags pointing to health. All we have to do is follow the signal. Our pain signals are a warning signal and an excellent moment-to-moment internal guidance system.

if used properly, this internal guidance system enables us to attend ourselves and make needed changes before becoming ill. In learning to do so, we take a huge step toward assuming more responsibility for our own health.

Some types of pain, such as severe chronic pain or the suffering of terminal illness, are extremely hard for the majority of us to understand. However, great pain is clearly not an affliction or misfortune. Rather, pain is a very dear friend that in both large and small ways demands that we live healthier, happier and more effective lives.

OUTDOOR LORE

UNIVERSITY OF KENTUCKY • COLLEGE OF AGRICULTURE

The fruit, Japanese apple, was never very plentiful — rarely ever more than four or five to the bush — but was exceedingly pungent and imparted an unforgettable, exotic tang and flavor to jellies and preserves which she made from her more abundant fruits from the orchard.

She also gathered these apples and along with "phantom" apples, placed them in her parlor — on a room which served double duty as a guest room and a place where her daughters received their friends.

Some teachers have opposed copying letters on to try to assess the competency of teachers through the evaluation of scores of the people. Addressing the National Conference on the subject, he said that the tests are placed on his scattered late page 3.

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1- HI HO
HI HO
IT'S OFF
TO WORK
WE GO...

With its scarlet flowers and shiny green leaves, the Japonica is a beautiful shrub of springtime. Despite the stunner connotations sometimes

County officials resort to coal oil stoves as heating system fails

Thursday, April 3, 1968
Nineteen State Policemen, Sheriff John Anderson and Deputy Sheriff Bill Collins arrested 191 persons in a raid Friday night on the premises of the Stoney Creek Road, near Blue Licks. Those arrested were banded into two groups and taken to the Nicholas County Jail at 2:30 a.m. Saturday. They were assessed time in Nicholas County Jail. One man was arrested as a Marion Sims was appointed Tuesday

Kentucky Reflections

Elston
by George Street Dwyer
As the Legislature drew to a close, Governor Carroll commemorated by personal letter to members of the House on Education, School House Bill 573, the Educational Improvement Act. At the time, the House had passed the bill, which was later passed by the Senate.

Governor called the bill which mandates diagnostic testing at grades 3, 5, 7 and 10. "One of the most important pieces of legislation passed during this session, but this point can easily be checked."

Some of the tests to be given annually, beginning in the next school year. The aim of the tests is to determine students' abilities in reading, writing, spelling, language arts, mathematics and the development of learning skills. The tests will be administered by the State Department of Education, whose representatives questioned whether such tests could be prepared adequately in time for the next year. Despite such qualms of the educators, the bill directs that the tests begin in the 1979-80 school year.

murder met at the office of County Agent H. J. Matton last Friday night and selected places in which to vote on the tobacco reduction referendum to be held next Saturday.

Dr. J. W. Scudder, County Health Officer last Monday that people in the county are now taking the Pasteur treatment for the prevention of rabies. C. B. Pumphrey of Carlisle is according to Mr. Damper an auto parts supply will begin operation April 13.

Mr. Tom and Mrs. James W. Brady of Bourbon County, a son, William Edwin, March 26. — To Mr. Mrs. Frank Jones and son, Stewart Thomas, March 27. — To Mr. and Mrs. James M. Peratt of Carrollton, Va., a son, March 28 at Fort Moore, Va. — To Mr. and Mrs. William Lucas, Erlanger, a son, William Malley, March 29.

MARKED — Miss Marjory Allen Miller to Fred Lee Burnaw, Saturday at the Carlisle Methodist Church. — Miss Vera Baxter of Mt. Sterling and Billy Haller Scott of Lexington, March 29 in Versailles. — Miss Bonnie Kirtland and Ralph Kash, March 13 in Grand Rapids, Mich.

DIED — James Arthur Wedgwick, 77, Friday. — Everett F. Morris, 47, Monday in Cynthiana.

Thursday, April 3, 1938
Fruit throughout Central Kentucky probably suffered severe damage as a result of freezing weather Saturday night, according to horticulturists. The Nicholas County control committee met at the office of County Agent H. J. Matton last Friday night and selected places in which to vote on the tobacco reduction referendum to be held next Saturday.

Mercury vapors

by Warren R. Fisher

It's refreshing

Last week we were recipients of a nice thank you note from Given Harper for some old letter press equipment. In a way, to us it was just junk, but it was also something with which Given had been able to advance his knowledge of the printing process, and that to us an illusive subject.

Typography, the arrangement of type or printed matter, without which printed pieces usually are destined for the wastebasket for lack of eye appeal.

Several weeks ago when the snow was on the ground we helped him load two California cases of type from a family, namely Gosdy that we've chosen the 14 and 18 point sizes simply because there was plenty of type, sufficient for him to order printed pieces. Additionally, we gave him a Nolan proof press which was purchased in 1956 and which we had stuck in a corner near the back chimney where it could be rained on, not on purpose, I assure you, just negligence on our part. And somewhere we've a stick, but it will take some looking for.

But getting back to Gosdy, it is us a beautiful face from the typographic standpoint, and one we have in a film fast strip for use on our Compage.

Quick the brown fox jumps over the lazy dog ! ! ? !

Before getting sidetracked on Gosdy, Given had told us of finding an old hand press, a Kebley, on a junk pile somewhere, and that he'd have to have the ink plate welded to the machine before using.

I suppose that what all of this boils down to, is that we've gotten down our own. And to think, here's a young man with the help of one of his professors at Transylvania that wants to carry on with printing and typography, now that restores our faith.

— MV —

A good sign of spring

Having just set a line and a few punnet marks for the item above we remembered our finest several sizes with the following:

Since There is Six Times as Much Water as Dry Land on Earth, Any Fool Can Plainly See The Good Lord Meant For Man to Fish Six Times as Much as He Works.

May be we'll take up fishing again. — MV —

Sun Day is May 3
According to a Christian Science Monitor feature article Sun Day will be observed on May 3 to mark the use of solar energy and hopefully to gain more voluntary support for solar energy development.

Planners at Sun Day headquarters in Washington, D.C., say 10 states will participate, with activities ranging from page technology exhibitions in Boston to a solar home tour in Martinsburg, W. Va., to a sunrise concert at the United States.

According to a study made for the AFL-CIO and the Sheet Metal Workers International Association, the solar energy industry will reach the \$10 billion mark by 1985. This could mean a lot of jobs, and it explains labor's prominent support of Sun Day.

"Production of solar collectors has doubled every ten months since 1973," notes Denis Hayes, chairman of Sun Day. "We are trying to speed the process that is already taking place. The transition can be made directly from fossil fuels to solar. We don't need to use nuclear power in between."

About 30,000 American homes already use solar hot water heaters, he says. But the number is small compared with 200,000 homes in Israel and 2 million in Japan. President Carter's initial energy plan called for 2.5 million solar water heaters by 1985. That figure has since been trimmed to 1.3 million.

Mr. Hayes likens the potential effect of solar energy to the effect that petroleum had on transportation in the 19th century.

"Before the automobile, people traveled by train. All the travel decisions and decisions were made by the railroad companies. Once petroleum came along, people could decide when and where they wanted to travel themselves."

"Solar energy will have the same effect on utilities and rest of the energy industry. Individual households will be able to supply most of their energy needs. But the commitment to solar is necessary now," he said.

Carlisle Jaycee Little League Tournament April 5-8

Beers	April 5, 6-6
Raiders	April 5, 6-6
Bye	April 6, 9 p.m.
Colts	April 7, 7:30 p.m.
Bye	April 8, 6 p.m.
Demons	April 8, 6:30 p.m.
Hornets	April 7, 7:30 p.m.
Bye	April 8, 6 p.m.
Hornets	April 7, 7:30 p.m.
Championship	April 8, 6:30 p.m.
Rookies	April 4, 7:30
Rebels	April 7, 6 p.m.
Bye	April 8, 6 p.m.
Patriots	April 7, 9 p.m.
Bye	April 6, 7:30 p.m.
Jets	April 8, 6 p.m.
Hawks	April 6, 7:30 p.m.

Girls Carlisle Jaycee Little League Tournament April 5-8

Bye	
Phillies	
Phillies	
Championship	April 8 5 p.m.
Devils	
April 5 9p.m.	
Stars	

Minor League Baseball tryouts set Saturday

Tryouts for Minor League Baseball are set for Saturday, April 7, at 2 p.m. The tryouts will be held at the ballfield at Nicholas County High School. Children wishing to try out must be six years old or older, and not ten years or older.

In case of rain, tryouts will be held at the Carlisle Army.

All players from last year that wish to return, are asked to contact your coach wishing to try out must be six years old or older, and not ten years or older.

Jacket's opening baseball game postponed Monday

The Nicholas County Bluejackets postponed their opening baseball game Monday night. The game was to have been played with Bath County. The next scheduled game is with Franklin County at Frankfort on Friday at 4:30 p.m. Billy Kean Anderson is head coach of the baseball team.

The following is this year's Jacket schedule:

1	Bowen Co. DH	Away 12:00
3	Fleming Co.	Home 4:30
4	Maysville	Home 4:30
9	DM	Home 4:30
7	Bourbon Co.	Away 4:30
11	Moscow	Home 4:30
12	Harrison Co.	Home 4:30
13	Harrison Co.	Home 4:30
17	Paris	Home 4:30
18	Harrison Co. DH	Away 1:00
15	Harrison Co.	Home 4:30
19	Fleming Co.	Away 4:30
21	Pendleton Co. DH	Away 4:30
26	Paris	Away 4:30
25	Bourbon Co.	Away 4:30
30	Rowan Co.	Home 4:30
32	Bourbon Co.	Away 4:30
Maj	Berea	Away 4:30
1	Frankfort	Home 4:30
4	Masson Co.	Away 4:30
5	Frankfort	Away 4:30

Kentucky reflections

Continued from page two

Mr. Callahan's projected new testing program should be useful if developed to Kentucky's early diagnosis of learning deficiencies and problems rather than to establish competitive standards. Many hope that the panel recommendations is what we are doing with our new legislation.

On Achievement Testing Fund. Basic skills held in New York, Mr. Callahan reported "In the panel's view, standards that are low enough to be politically acceptable to parents will be almost meaningless as measures of genuine achievement."

A major recommendation of the report was that more classroom time be spent on reading.

Fishing regulations reviewed

By John Wilson

With some of the year's best fishing just around the corner, now is a good time to review Kentucky's fishing regulations.

There is only one major change this year, but it is a significant one. The size limit on black bass has been raised from 10 inches to 12 inches (30.5 centimeters). Although this change has been in effect since Jan. 1, 1978, few anglers have been on the water this year and might not be aware of this change.

The 12-inch limit applies to all black bass — largemouth bass, smallmouth bass and Kentucky (or spotted) bass. Fish may be measured from the longest jaw to the longest tail fin. Bass under 12 inches must be returned to the water immediately and in the best possible condition.

Even fish which are deeply hooked or otherwise injured must be returned to the water. Although this practice might seem wasteful, it is necessary because of the few unscrupulous anglers who would use it as a loophole to use their advantage.

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Licensees are available at all county clerk's offices and at many sporting goods stores, hardware stores, docks or bait shops. Ask for a copy of the Kentucky 1978 Fishing Digest where you buy your license and where the Division of Public Relations, Department of Conservation, 1500 East 16th Street, Frankfort, KY 40601 for a copy of this pocket sized guide to fishing regulations.

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