

Farm and Home

Nicholas County Extension Agents

Mike Phillips, Mr. Sharon A. Wilson, Mrs. Margie Wilson

The Health Insurance Institute lists the following suggestions as a means to ease everyday tensions before they become transference.

- **Lead a little.** Enjoy personal and family relationships.
- **Get sufficient sleep and rest.** Lack of sleep builds tension.
- **Walk regularly.** Try exercising, walking, tennis, gardening, mowing lawns, etc.
- **Talk out your troubles.** Confide in a friend who respects confidences.
- **Get away from it all.** Go to a movie, visit a friend, break out of the rut of regular routine.
- **Don't take drugs without a doctor's okay.** Check regularly with your doctor when taking sedatives and tranquilizers.

• **Learn to balance work with play.** Schedule recreation or fun time or something you enjoy no matter how busy. On the other hand, work can occasionally be a cure for emotional situations which are hard to bear, death, divorce, etc.

• **Always remember that persistent anger, frustration or worry which you have bottled up inside yourself can threaten your health.**

Award presented

Declaring that "I am very proud of this group," Ed Robinson, manager of Kentucky Utilities Company's Blue Grass Division, last Wednesday presented a special "Safety Achievement Award" plaque to the personnel of the company's Paris district, an area which includes the Paris, Carlisle and Cynthiana operations of the utilities firm.

The plaque, an award of the Edison Electric Institute, cited the district "for outstanding performance in accident prevention, having worked 507,624 man-hours with no days away from work from Oct. 1, 1976 to May 1, 1978."

Ed Robinson, manager of the Paris district from 1976 to 1978, and Casperbe, branch chief manager when Robinson was transferred to other duties in Lexington in 1974.

The Paris KU district has an average of 39 employees, and the safety record, covering an eight-year period, is considered to be a very outstanding one. Charles Stanley, Lexington, who directs safety training of KU workers, said that all but the newest employees of KU have successfully completed the Cross first aid course, training in cardio-pulmonary resuscitation (CPR) and the National Safety Council's Preventing, avoiding, picking, drying and making of jellies and marmalades information is available at YOUR County Extension Office, free. Stop in telephone 289-2112.



Safety Achievement Award presented

Personnel of Kentucky Utilities Company's Paris district, which includes Carlisle and Cynthiana, were presented a Safety Achievement Award last week in recognition of their having worked more than a half-million man hours since Oct. 1, 1976, without a day away from work due to an accident. Attending the presentation ceremony at Ed Robinson and Paris Manager Ed Casperbe (back row) Reuben Root, Ronnie Dennis, Jim Barnes, Noel Hughes, Nevet Clark, Jim Palka, John Evans, Ralph Tobin, Stanley Carwell and Betty Phillips. Those absent from the picture: Rose Alexander, Bonnie Varner, Marie Hopkins, Danny Williams, and Gore Spradlin.

Presented (back row) Reuben Root, Ronnie Dennis, Jim Barnes, Noel Hughes, Nevet Clark, Jim Palka, John Evans, Ralph Tobin, Stanley Carwell and Betty Phillips. Those absent from the picture: Rose Alexander, Bonnie Varner, Marie Hopkins, Danny Williams, and Gore Spradlin.

Hospital notes

July 21 to July 27
ADMISSIONS: Ora Jones, Wilson Hester, Kathy Sexton, Alle Tapp, Alice Hughes, Clayton Curtis, Violet Jolly, Ruth Kingsolver, Gloria Denton, Pauline Radtiff, Owinga Wade, Margaret Brumgren, Edna Ruedell, Barbara Bowen, Carlisle; Kathy McGlothin, Golda Myers, Sharpburg; Ella Willoughby, Moorefield; Anna Hastings, M. Olivet; Mary McGlothin, Paris; Lucille Jones, Mayville.

DISCHARGES: Evva Crawford, Joshua Hunt, Bettie Bassell, Naomi Gance, Rose Curry, Helen Keller, Kathy Sexton, Gloria Denton, Ora D. Jones, Charles Minton, Wilson Hester, Carlisle; Deborah C. McCarty, Kathy McGlothin, Sharpburg; Margaret Plack, Elwood Myers, Raymond Carpenter, M. Olivet; Edna Vise, Marylick; Mary McGlothin, Paris; Ella Willoughby, Moorefield; Lucille Jones, Mayville.

Mr. Everman, a native of Bath County, has headed up Farm Bureau's information department since 1961. He is a graduate of the University of Kentucky College of Agriculture and the University of Louisville School of Law. A former president of the Farm Press and Radio Association of Kentucky, Mr. Everman currently holds membership in the Kentucky Bar Association and the Kentucky Broadcasters Association. He was recently elected to a one-year term as president of the Kentucky Agriculture Council. He and his wife Nell have two sons.

Major Sword is KSP commander

FRANKFORT — A 22-year veteran state police officer was named here today as the new commander of field operation for the Kentucky State Police.

KSP Commissioner Kenneth E. Brundage said that Major Douglas L. Sword, 47, will be elevated to that post immediately following the retirement of the present commander, Lt. Col. Leslie C. Pyles, on Aug. 1.

Automobiles

- 71 Thunderbird Special Edition — Loaded
- 71 Olds Cutlass Supreme Station Wagon — Full power
- 71 Olds 98 Regency, 4 dr., full power
- 71 L. T. D. II, H. T., full power, 31,800 miles
- 71 Olds Cutlass Supreme, 4 dr., full power
- 71 Chev. Caprice, 4 dr., full power
- 71 L. T. D. II, II Drivetrain, 2 dr., H. T., full power, 21,800 miles
- 71 L. T. D. II, 4 dr., full power
- 71 Buick Electra Limited, 4 dr., full power, both have 250 eng.
- 71 Chev. Camaro Coupe, full power
- 71 Chev. Camaro, full power, 29,000
- 71 Chev. Nova, 2 dr., 4 cyl., A. T., P. S., 21,000 miles
- 71 Ford Ranger, 1/2 ton pickup, full power
- 71 Buick Electra Limited, full power
- 71 Pontiac Catalina, 4 dr., full power
- 71 L. T. D., 4 dr., full power
- 71 Chev. Corvair 34 ft. flat, auto, tilt-gate, 350 engine, P. S., A. T.
- 71 Olds Cutlass, full power, swing-out bucket seats

Millard Chandler

Phone 724-5700
MT. OLIVET, KY.

LOUISVILLE — Paul D. Everman, information and legal affairs director for the Kentucky Farm Bureau Federation, has been selected to fill the farm organization's top staff post.



Carlisle 1930?

everyday busset of city life, to them this scene was rather ordinary. Today, however, this parade of antiques at the Blackberry Festival receives admiring glances from the crowd.

Rack Sale

Rack of Suits and Sport Coats

- \$130 for \$54.95
- \$195 for \$74.45
- \$77.50 for \$28.75

Buy Two get 3rd Shirts at 25% Off, FREE!

Buy Two Ties get 3rd at 25% Off, FREE!

Rack of Casual Slacks \$11 to \$15 for \$5.95 \$16 to \$22 for \$7.95

Swim Trunks 1/2 Price! Knit Shirts 1/2 Price!

Carter's Men's Clothier

Hours: Mon. - Thur. 9:00 - 5:30
Fri. 9:00 - 7:00

COME ON-COME ON- TRUCKLOADS OF VALUES

Ladies! Ladies! Sale of WINTER COATS

Our Big Annual Layaway SALE STARTS AUG. 8th

BE WINTER-WISE

SMALL DEPOSIT HOLDS Choose From Large Selection

LERMANS

COMPLETE FAMILY DEPT. STORE

Pay Yourself First!

Check these savings rates of interest from First National Bank in Carlisle.

REGULAR PASSBOOK SAVINGS "Money Market" CERTIFICATES (6 months, \$10,000 minimum)	Rate	Effective	Minimum Investment
5.0%	5.13%	none	
5.5%	5.65%	\$100	
6.0%	6.15%	\$100	
6.5%	6.72%	\$100	
7.0%	7.25%	\$1,000	
7.5%	7.75%	\$1,000	
8.0%	8.33%	\$1,000	

OTHER TIME DEPOSITS:

- 30-89 days 5.0%
- 90 days to One year 5.5%
- 1 to 2 1/2 years 6.0%
- 2 1/2 to 4 years 6.5%
- 4 to 6 years 7.25%
- 6 to 8 years 7.5%
- 8 years or more 7.75%

Individual Retirement Accounts and KEOGH Accounts 8.0%

All time deposits are subject to substantial penalty for early withdrawal of money. All deposits are insured by the Federal Deposit Insurance Corporation.

First National Bank
Carlisle, Downtown: Main Street • Moorefield: Highway 36
Member F.D.I.C.

TOBACCO HAIL INSURANCE

M. C. Blair Insurance Agency

Phone 289-2492

Ready or not here it comes

FRANKFORT — When Thomas Jefferson first started talking about converting to the metric system in 1796, Americans were not quick to respond. After all, if the English system was good enough for the Mother Country and our forefathers, it ought to be good enough for us, or so the arguments went.

As the years have passed, the same argument prevailed and now as America begins her third century, only four countries in the world have not made the metric system their predominant system of measurement, according to Lydia Slodge, math consultant for the Kentucky Department of Education. The United States is joined by Brunei, the Yemen Arab Republic, and the Yemen People's Democratic Republic in resisting metric conversion. But the time is coming when even the U.S. will convert to metric, she said. In December 1975 then-President Gerald Ford signed a bill initiating a

THE CARING CORNER

"Cast your burden on the Lord, and he will sustain you." (Psalm 55:22)

When I was about ten, my father would take me rabbit hunting. I was not old enough to carry a gun so my father had me be the "dog." I would walk behind Dad and carry the rabbits. One day as we hunted, the weeds were dry and full of burrs and stickers, and they would fly up and hit my legs, arms and face. I was almost in tears when Dad said, "Don't walk through the brush; walk over it. See how I point my toe outward and swing my leg forward each step to press the stickers down? Walk behind me in the path that I make." I followed Dad in the path he made, watching his feet and the "dog" that can take away our joy. So if we will rise above the everyday cares that can take away our joy, so if we can wade through our life in the burrs and stickers or we can follow Jesus and let him lead us. When you and I yield to God's way, are encountering a problem that you can not seem to find a solution to or are encountering a tough situation this week, ask Christ to make a path for you to follow. He will!

Join us this Sunday in Caring, Sunday School 9:45 a.m. Church Services 10:45 a.m.

FIRST CHRISTIAN CHURCH

FOODTOWN SUPER MARKET

Open 8-8 Mon-Sat

C & G Fresh (3 lbs. or more)

Ground Beef \$1.09

Sliced Bacon lb. \$1.59

Wiener's & Franks lb. \$1.39 (Beef & Jumbo)

Bologna Reg. or Beef 12 oz. pkg. \$1.19

Hickory Grove (10-12 lb. avg.) Whole Boneless Hams lb. \$1.79 (Haves lb. 1.89-Quarters lb. 1.99)

Big Red Smokies lb. \$1.69 Bratwurst lb. \$1.69

Hillshire Smoked or Polish Sausage b. \$1.59

Cold Power 49 oz. box 99¢

10 oz. Kraft Sliced Half Moon Colby Cheese 99¢

Ketchup 79¢

Apple, Peach, Cherry Banquet Fruit Pies 8 oz. 4/\$1.00

Gray Train Dog Food 50 lb. bag \$8.49

Ritz Crackers 12 oz. box 69¢

M&M's Plain & Peanut, Milky Way Snickers, 3 Musketeers 2.29

Pantry Pack Kraft Reg. & Smoked Barbecue Sauce 89¢

Calgonite 35 oz. \$1.09

Head Lettuce 39¢

Calif. Cantaloupe 49¢

Yellow Sweet Corn 5 Ears for 59¢

Peaches (2 inches & Up) 3 lbs. \$1.00

Paramount Sweet Pickles 20 oz. 89¢

Waldorf 4 Pk. White, Assorted Toilet Tissue (Limit 1 please) 59¢

Waldorf's

U.S. Choice Sirloin Steak lb. \$2.29

U.S. Choice T-Bone Steak lb. \$2.39

U.S. Choice Porterhouse Steak lb. \$2.49

U.S. Choice Whole Beef Sirloin Tips (Boneless, 8-10 lb. avg.) lb. \$1.59 (Haves lb. \$1.79)

U.S. Choice Whole Beef Ribeye (10-12 lb. avg.) lb. \$2.89 (Haves lb. \$2.99)

Cagle's Grade A Chicken Leg Quarters lb. 79¢ (Breast Quarters W/Wing lb. 89¢)

Borden 16 oz. Cottage Cheese Small & Large Curd 69¢

Maxwell House 10 oz. Instant Coffee \$3.99

Footdown 1/2 Gal. Ice Cream (4 Flavors) 99¢

Kraft 7 1/2 oz. Macaroni Dinner 4/\$1

13 oz. Jenos's Pizzas (4 Varieties) 89¢

32 oz. Palmolive Dish Liquid 99¢

6 pk., 12 oz. Cans Coke, Sprite, Tab \$1.49

49 oz. box Tide Detergent \$1.19

16 oz. loaves Footdown Bread 4/99¢

Town House Crackers Bonus Pack 16 oz. 79¢

Bounty Towels 2 roll pk. 79¢

Kraft Marshmallow Creme 13 oz. 69¢

We Welcome Federal Food Stamps