Opinion

You have a voice, assert it

The Nicholas County Fiscal Court has scheduled a public hearing tonight to discuss what use to make of the old Carlisle Armory on East Main St. which was deeded last week to the county. The meeting is set for 7:30 p.m., Feb. 2, at the Courthouse.

Anyone who has any ideas on this subject should make every effort to attend. There are many activities the building can be used for. Some that we have heard suggested are community basketball and conversion to a jail. Our present jail is in very poor condition. And, there are never enough places for people to play basketball or for teams to practice basketball.

The building is in need of repairs. These repairs will have to be financed somehow by the county.

There are many decisions to be made by the Fiscal Court concerning this property. The court and the judge/executive are asking Nicholas Countians what they want to do with their new property.

Won't you attend this important meeting and help decide what is best to do with the old Armory? It can be an asset to the county, or it can become another blight in the community like the old Carlisle School is.

Oh, that National budget

Kentucky taxpayers will be required to pay approximately $6.4 billion in Federal taxes as their share of the cost of the Federal spending budget of $500.2 billion proposed by President Carter for the 1979 Federal fiscal year beginning Oct. 1, 1978, according to an estimate today by the Kentucky Chamber of Commerce.

This estimate was based on the State Chamber's calculations that Kentucky taxpayers bear 1.27 per cent of all Federal taxes.

The Chamber pointed out that any change which congress may make in this budget will reduce or increase the amount that Kentucky taxpayers will have to bear depending on whether Congress cuts or spends more.

Based on the $6.4 billion and a population of 3,628,000, the average burden amounts to $1,853 per person in Kentucky.

'This is a monster called Haffa-Trillion, but he's well-bred and will look after you'

L. Pelley
The Christian Science Monitor

THURSDAY, JANUARY 14, 1926

WINTER

(Stevenson)

In rigorous hours, when down the iron lane
The redbreast looks in vain
For hips and haws,
Lo, shining flowers upon my window-pane
The silver pencil of the winter draws.

When all the snowy hill
And the bare woods are still;
When snipes are silent in the frozen bogs,
And all the garden garth is whelmed in mire,
Lo, by the hearth, the laughter of the logs—
More fair than roses, lo, the flowers of fire!

SNOW.

"A primrose by a river's brim
A yellow primrose was to him,
And it was nothing more."

So, alas! to the most of us was the fall of the "silent rain," the feathery crystals of which drifted noiselessly down to spread a fleecy quilt of elderdown over the chilled body of the sleeping earth. To those of us who are no longer young in heart it meant pavements to clean and more coal to buy, wet feet, doctor's bills and furnace-stoking—this snow—inevitable precursor of slushy pavements and muddy streets. Alas for the inexorable march of the years!

For there was a day, when a snowfall would have brought a thrill wonderful, a thrill incomparable, as one watched with eager eyes the feathery flakes drifting past the windows of a droning school room. "Hurrah! cries the school boy—it snows!" And thrice lustily the shout, when it snows on a Friday.

• • •

"Backward, flow backward, O tide of the years!
I am so weary of toil and of tears,—
Toil without recompense, tears all in vain!
Take them and give me my childhood again!"

Take us back to that little lad with his first sled and his first good coasting weather. Give us again the obliging pair of lovers, in their swan-neck sleigh, who stopped to allow a bungling 'prentice hand to "tie on"—and then promptly forgot him and the rest of the universe by slipping back into their rose-colored cloud of Romance. And whither they went, he, afraid to let the rope slip through the yarn-mittened fingers which held it, went also, even though it might be to the ends of the world (and was for this youngster) though in reality but two miles and to the banks of a creek, where wonderful skaters carbed the "figure eight!" and "cut the pigeon wing," and where the lovers glided gracefully, with clasped hands, safe in their rose-tinted cloud. And there sturdy young men pushed giggling maidens over the glistening surface in chairs or whirled them, laughing and squealing with well-simulated terror, on flying sleds. And presently a nice "big boy" took the young explorer for a breathTaking ride—'way, 'way 'round the bend," clean to the watergap. And this he jumped, back and forth, racing to it at top speed, to the delight of his awed audience of one. Presently he skated back, more slowly. It was not nearly so exciting, the return trip, for fingers were beginning to ache beneath the new yarn mittens. The lovers had gone, unmindful of their erstwhile trailer. Groups with their skates slung over shoulder were disappearing up the steep bank. The obliging "big boy" dropped the rope and skated on—and suddenly a little lad faced the fact that he was alone and far, far from home, in a world grown suddenly cold and still and fearsome.

Something was acting queerly in his throat, as he labored up the bank to the roadway. A star popped out and winked at him encouragingly, but it was somehow necessary to apply a none-too-clean fist to an eye before he could return the wink. One had to swallow mighty fast, when troubled with this strange malady in the throat, and the swallows were merging into gulps, when there came the jingle of sleigh-bells!

Never shall the young explorer forget the whimsical smile on the ruddy face of the man who drove, as he proffered his services in this fearful dilemma, nor the safe feel of his great fur coat, as he tucked him into the front seat of an old "family sleigh," already comfortably filled. "Kinda lost, aren't you son?" he asked. "Yessir," said the young explorer. "Like to go home?" Again the strange throat malady, but another "yessir slipped past. The man chuckles and then the mother spoke from the back seat, as mothers have spoken always since creation's dawn. "Bless your little heart;" she said, "of course we'll take you home!"

And with her words the throat stopped misbehaving and one could wink back bravely at the evening star. And there was straw in the bottom of the sleigh and great fur robes to cover one; the "span" over the dash, which curved gracefully forward, were "real trottin' stock," and—well, one must have known the flowing glide of that motion and one must have been six years old and lost in a cold and fearsome world to realize the joys of that short ride. And at the end there awaited an anxious mother, whose scoldings were tempered by relief at the return of the young prodigal. And there was supper just ready and warmth and cheer. And to look back upon, an adventure, the very first adventure, brought safely to a real story-book end. Safe abed that night he listened drowsily to the ringing creak of passing wagon wheels. Tomorrow one might coast again and thrill to all the joys of Snow, and "hook on" again perhaps, but not behind lovers in a swan-neck sleigh and a rose-tinted cloud.

• • •

Frozen rain! Muddy slush in the making! Coal bills and doctor's bills and furnace-stoking! Alas for disillusionment! Alas for the march of the years!

Time was, we know, when for you, as for "the young explorer," snow meant none of these. That time, when the wheels of wagons, homeward bound after a day at the ice harvest, creaked ringly in the deepening twilight; when the tinkle of sleigh bells called to your youth with the potency of the elfin chimes of fairyland; when your sled was new and the "runners" velvet smooth, snow was none of these.

For the page of Life itself lay before you, unsullied, white—beautiful as "a rosebud filled with snow."

—Warren R. Fisher, Sr.

Letters

To The Carlisle Mercury:

I would like to take this opportunity to express my thanks to everyone who participated in the CPR classes, cardiopulmonary Resuscitation — both participants and instructors. Also I am grateful for The Mercury's coverage of our course.

A special thanks is needed for Patti Getz and Peggy Seithers for all the hours and miles they've put in in the process of becoming instructors. Without Taylor Mather's help in getting the manikins and his enthusiasm, it could have taken longer than we wanted it to take to get the course completed.

I hope that anyone in the community that is interested in becoming a CPR instructor will let one of us know.

Becky McDavitt, RN

To The Carlisle Mercury:

I would like to say a good word for our highway men. They have worked day and night to keep our highways so we can travel them.

This summer if we happen to see some of them taking a little rest on a tree, let's be careful what we say about them and just remember what they have gone through this winter. They certainly have done their best.

The Vice Family
Route 4

P.S.: Let's not forget our neighbors and mail carriers, who have helped so much.

20 and 40 years ago

Thursday, February 6, 1958

Tuesday afternoon at a meeting of approximately 45 farmers and sportsmen, plans were made to declare war on the Gray Fox and any suspect rabid Red Fox. This step will hopefully rid the county of a number of rabid foxes.

DIED — William C. Vickers, 40, Wednesday. — James H. Stone, 89, Friday. — Robert Hildreth Sherwood, 79, Monday. — Carolyn Jean Price, 6, daughter of Mr. and Mrs. William T. Price of Cowan, Saturday.

MARRIED — Miss Wanda Lovett, to Vernon Bow, Saturday night.

Thursday, February 18, 1938

Dr. J. W. Scudder, local health officer, Monday placed a quarantine on the local CCC camp here as a result of the enrolees being stricken with smallpox.

Charles Armstrong suffered a painful cut over the eye Tuesday night when he fell to the floor during the Carlisle-Maysville basketball game.

John F. Sugg sold Tuesday his farm of 120 acres near Ellisville to Charley Reid and Walter George at a price of $95 per acre.

Claims amounting to $164 for sheep killed by dogs have been filed in the sheriff's office during the past week.

Thomas H. Alexander qualified in county court last week as administrator of the estate of Mrs. Fannie Alexander, with the will annexed.

District meeting of Methodists to be held here on Feb. 15.

MARRIED — Miss Anna Katherine Eaton and J. B. Peterson Jr., Thursday. — Miss Lorine Wilson and Harold Pisal, Dec. 27. — Miss Delilah Ruth Robinson and John Young Chrisman and Miss Pauline Wilson and Aitkin Downing last Thursday.

DIED — Henry Richard Gray, 69, at his home on Whetstone Pike Saturday evening. — W. P. Shanklin, Tuesday.

Mercury Vapors

by Warren R. Fisher

Snowgolf

I've heard it rumored there's a group of "youngsters" gonna head south for a week of golf, 'course I won't be with 'em, but it should be fun, Cupid. Now if they're the died-in-wool type, here's what they could do at Carnico:

"In Prince George, British Columbia, 484 miles north of Vancouver, a favorite winter sport is, believe it or not, golf.

"Snowgolf, as the winter version of the game is called, was invented here back in 1970 by some members of the Prince George Golf Club, who tried golfing in the snow just for the fun of it. They realized the potential of the game, formed a board of directors, and by 1973, had established a World Championship of Snowgolf.

"The sixth annual championship will be held this year February 17-19, during Prince George's annual Mardi Gras.

"There were some practical problems with the game initially, but the ingenious inventors have appeared to have solved them by means of plastic 6-inch tees, and billiard-ball-sized golf balls colored bright purple."

This was reported in a recent issue of the Christian Science Monitor.

—MV—

We wrote last week

Of water, water everywhere: Now water in two basements is too much!

—MV—

I haven't checked this, but

According to Martin Feeback on Jan. 25, 1929, a funnel shaped thing came through the section of Carlisle where Southern States is now and destroyed the tobacco warehouse on that location, and also the tobacco storage warehouse where Allie Clinkenbeard's trailer court is now.

—MV—

Running out of coal

If we can put a man on the moon, why can't our technology put a robot or computer controlled mining machine underground? If that came to pass, it might displace some workers for a time, but then they might want to work instead of strike.

—MV—

Tired of snow

How about this picture — a full blown morning glory in all its glory. I've forgotten how many years ago it was that the late Albert Booth called me to come make this picture.

—MV—

Sour grapes

Somehow I don't feel sorry for those U. S. Senators who were not consulted in the writing of President Carter's energy bill — sounds like senatorial sour grapes.

—MV—

Courtesy lacking

It seems that when some drivers of motor vehicles see the road surface after a prolonged spell of white and not so white snow, they really tramp down on the throttle. And should someone have trouble, like nearly losing his windshield wiper blade, will they slow down? Nope, guess again.

Having just left Millersburg on my way to the Paris by-pass and Cynthiana not yet to the rest spot, with snow banked on the roadside the way Bourbon County cleans 'em, I did manage to find a spot where I thought I could get part of the station wagon off the highway and still be able to get back onto the road, that was the entrance to Mrs. Davenport (Parry's) barn just beyond the rest stop.

Now the thing that really burned me up was that while attempting a repair, I noticed out of the corner of my eye a state trooper coming from the direction of Paris. I thought, oh boy, if he'll just switch on those blue lights, that'll slow the traffic both ways and maybe I can latch the bottom of the wiper blade. Not so, just as soon as he got alongside, his sarcastic remark was, "Guess this will teach you to find a better placed to park, to work on your car!"

I don't know, maybe he was disgruntled with his job, and if it made him feel more like a man, I could only oblige. But I assure you it is very hard to follow that admonition: "Return no man evil for evil!" My blood pressure rose so much after the remark and the fact that he didn't have the courtesy to await a reply. I still don't know who the "gentleman" was and maybe it is just as well ... and to think a portion of my tax dollars are used to subsidize his salary so he can sit in nice dry state furnished vehicle and offer a discourse on the safety of finding a better place to pull off, on a snow banked road. I may be a vassal in this man's eyes, but I think the least he could have done was ask, "Can I be of any help?"

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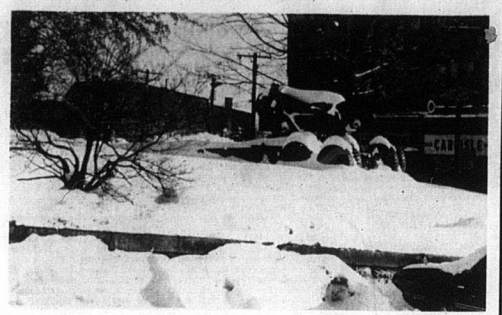

Deserted

Cold, silent and deserted is a good description of the cannon in the courthouse yard. Both the cannon and the bench have been temporarily deserted for greener or, for some, whiter pastures. The children, whose voices usually resound with the fighting of wars or just climbing on the cannon, are now building snowmen, igloos, etc. Those who usually occupy the bench and discuss days gone by are presumed to be warming their feet by the fireplace at home wondering how much longer until spring. — Mercury photo

Farm and Home

County Extension Agents
Mike Phillips
Mrs. Sharon A. Wilson
Mrs. Margie Wilson

by Margie H. Wilson
Food and Your Weight

Food is the source of energy for the body. It is needed to live, for bodily functions as breathing, heartbeating, digestions and elimination, sleeping and maintaining muscle tone, work, play, growth and repair tissue.

The amount of food one needs per day depends on one's state of health, age, sex, occupation, leisure activities, and one's frame or size.

Most weight tables prepared by life insurance companies recommend you maintain the weight of the mid-twenties throughout your life span. These tables are based on height and body frame.

One can help control weight by controlling the amount of food or the amount of activity or both. To maintain the same weight one must balance calories provided by food and those used by the body. To lose weight one must eat fewer calories than the body uses. For each pound to be lost one must eat 3500 calories less than what the body uses.

It is a good idea not to eat less than 1200 calories a day unless you are under a doctor's care because it is hard to get the minerals, vitamins and amino acids we need from foods when diets have fewer calories.

One can get a general idea of the number of daily calories needed by multiplying your body weight by 16 if female, and 18 if male. This tells you generally the number of calories you need to maintain present weight. Therefore, to lose weight one would eat less calories. For every 3500 calories less eaten — you lose one pound of weight. For every fifteen pounds one loses you will wear 1 size smaller in clothing and will probably lose an inch in body measurements.

One way to choose foods that supply nutrients is to follow a reliable food plan. The USDA's Daily Food guide is one such plan. These are available free at the County Extension Office located in the basement of the courthouse. The Home Economics Agent will answer any questions in regard to this plan that you have and will discuss in detail with you how to follow it.

Suggestions for reducers are:

If you intend to start a reducing program, it is wise to check with your doctor first. He can tell you about your present state of health, the total weight you should lose and the amount of weight lost per week and recommend the number of calories for you to eat each day. He can also tell you if exercise or other physical activity is desirable.

It is important to eat regularly — that is not skip meals. One fourth of your calories should be eaten at breakfast. One fourth to one third for lunch and the remainder for the evening meal. Skipping meals leads to snacking.

One's food should provide minerals, vitamins and protein. Those foods high in fats and carbohydrates and provide little beside energy are called "empty" calories. These are to be avoided (gravies, sauces, pastries, sweets, certain salad dressings, potato chips, fatty meats, soft drinks, cream, alcoholic beverages, fried foods, etc.).

It is important to establish patterns of eating that can be followed when desirable weight is attained. This is one reason why when one has followed a certain fad diet and loses weight when the individual discontinues this particular diet and eats regular food, a weight gain begins. Also these diets can create health problems for an individual if maintained very long.

Season foods with spices, herbs, vinegars or tart fruit juices to give variety and add interests.

Learn to eat cereal or fruit and drink tea and coffee with little or no sugar or cream added.

Budget calories to take care of special occasions such as holiday meals and parties. That is save calories from other meals to allow extra for these.

Snacks can be a part of your diet if you plan for them. Fruit, milk or a simple dessert can be saved from mealtime to be eaten as a snack.

Take advantage of daily opportunities to increase activities. Walk instead of riding.

Keep busy so you won't be tempted to eat foods that are not included in your planned meals.

Take it slowly. A loss of a pound or two per week is a plenty.

Legislative Report

Submitted by Rep. Adrian Arnold

Though winter storms struck most regions of Kentucky this week, action began to heat up in the General Assembly as several major pieces of legislation began moving.

Two controversial bills cleared the first hurdle in the legislative process as they were approved by committees and made their way toward the chambers where they will be further discussed.

After a lengthy debate, the House Committee on Labor and Industry approved House Bill 7 which, if enacted, will allow public employees to unionize and bargain collectively with their employers to determine wages, hours, and other working conditions.

Another bill approved by committee this week was House Hill 70, aimed at legalizing the sale of laetrile, the substance purported to be an effective medication in fighting cancer.

The bill, reported out of the House Committee on Health and Welfare, would make Laetrile available by prescription only and would protect doctors prescribing the drug from malpractice or negligence claims. The bill would also legalize the manufacture of Laetrile in Kentucky but would forbid people from selling Kentucky-made Laetrile in other states.

Bills approved by committees are considered by the Senate or House after passing through the Rules Committee of the proper chamber.

In other action at the State Capitol this week, the Senate passed a bill authorizing wine licenses for restaurants.

If this bill is enacted, restaurants with the appropriate license will be able to serve wine with meals and will not have to buy a regular retail liquor license at a much higher cost.

The bill passed the Senate 19-10 and now has been sent to the House of Representatives.

The House this week passed a bill which, if enacted, will allow injured workers to receive chiropractic services and have those services covered by Workmen's Compensation.

Also passed by the House this week was House Bill 145, which would amend the law to allow a state legislator to serve on the faculty of a state university or community college without resigning from the General Assembly.

The Joint Committee on Appropriations and Revenue (A & R) this week started hearings into the state's budget for the next two years.

The A & R Committee is holding hearings into the various agencies of state government. The committee is reviewing the programs of the agencies and discussing the amount of money which will be allocated to those agencies during the next two years.

This week's hearings dealt with state funding for various educational programs. The budget hearings will continue next week.

Korean vets to convert insurance

The Veterans Administration has issued a reminder to nearly 356,000 Korean Conflict veterans to convert their GI insurance policies before their 50th birthday — or lose them.

The average age of these veterans is now 45.5 years.

The insurance in question is the Veterans Special Life Insurance "W" Term policy.

Mary G. Sinders, Louisville regional office director, said of the half million VSLI policies issued to Korean Conflict veterans, 332,012 are on the five-year limited convertible term plan.

This policy carries a very low premium rate but cannot be renewed after the veteran's 50th birthday. It can, however, be converted to one of eight permanent plans if the owner acts before the end of the last renewal period.

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