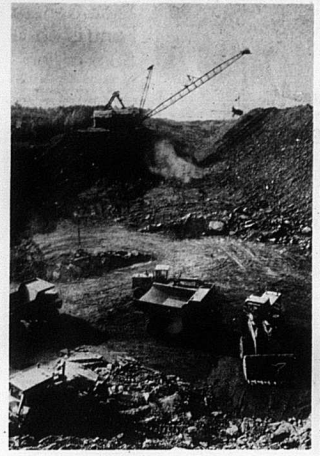

Kentucky Coal Is Big Business

Activity in this Pulaski County coal mine is an indication of the important position Kentucky holds as one of the nation's energy providers. Last year coal mines in Kentucky produced 19.5 percent of the coal mined in the United States. — Photo submitted.

Elementary school menus

Breakfast

Monday, Nov. 3 — Juice, honey bun, milk.
Tuesday, Nov. 4 — No school.
Wednesday, Nov. 5 — Banana, cereal, milk.
Thursday, Nov. 6 — Juice, waffle, syrup, milk.
Friday, Nov. 7 — Juice, sausage, biscuit, milk.
Monday, Nov. 10 — Juice, cereal, milk.
Tuesday, Nov. 11 — Orange half, toast with jelly, milk.
Wednesday, Nov. 12 — Juice, sausage with biscuits, milk.
Thursday, Nov. 13 — Juice, muffin, milk.
Friday, Nov. 14 — Juice, honey bun, milk.

Lunch

Monday, Nov. 3 — Pizza, corn, toss salad, pudding, milk.
Tuesday, Nov. 4 — No school.
Wednesday, Nov. 5 — Breaded beef patties, mashed potatoes, hot rolls, ice cream, milk.
Thursday, Nov. 6 — Ham and cheese on brown bread, potato rounds, tomato slice, horseradish sauce, fruit, milk.
Friday, Nov. 7 — Hot dogs on bun, potato salad, green beans, Danish roll, milk.
Monday, Nov. 10 — Chicken steaks, tomato slice, lettuce wedge, cookie, fruit, milk.
Tuesday, Nov. 11 — Chicken noodle soup, pimento cheese sandwich, apple, milk.
Wednesday, Nov. 12 — Hamburger on bun, potato rounds, green beans, banana, milk.
Thursday, Nov. 13 — Pizza, corn on cob, toss salad, ice cream, milk.
Friday, Nov. 14 — Fish, pinto beans, slaw, hush puppies, fruit, milk.

Choice of white or chocolate milk for lunch meals.

Chili Supper
Election Day, Nov. 4
Catholic Church
Main St.
5:00 p.m. to ?
"ALL YOU CAN EAT"
Adults.....$2
Children.....$1

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The 'Black Hole' is an inescapable force in outer space

The force would be so strong that if man entered or got too close, he would be torn apart atom by atom and explode.

Dr. Russell M. Brengleman, professor of physics at Morehead State University, says that any object, light, particles, planets or man, coming too near the boundary would have no escape.

The inescapable force is a black hole in outer space which has intrigued astronomers and physicists for more than half a century.

"Various theories surrounding the existence of black holes stem from the fact that black holes are hard to detect because they can't be seen," Dr. Brengelman said. "The strongest evidence we have been able to gather for the existence of black holes has come through observing the burning out or the death of large stars in the universe."

Large stars die in violent explosions or collapse. As the star begins to die, it shrinks in diameter, the central pressure increases and the force of gravity at the core increases.

The force of gravity increases so much that everything is pulled toward the center, seemingly pulling the star into a black hole. The force is so strong that even light can not escape.

"This accounts for the fact that the black hole can't be seen," Dr. Brengelman added. "If man could enter the black hole, he would probably experience a great distortion of time and space. Space would blow as time and upon entering, time would appear to stand still."

The one black hole theorized to exist comes from an x-ray source in the constellation Cygnus X-1-7 and is observed only by its motion. It is five times the mass of our sun and orbits a Blue Giant Star which is estimated to be 20 times the mass of the sun.

Some people have said that the grease from church bells can be used to cure ringworm.

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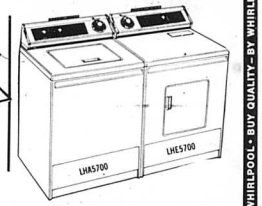
- Provision for ICEMAGIC® Automatic Ice Maker...add now or later. Ice-Tunnel helps freeze cubes fast ...keeps them out of the way yet offers you fingertip access
- Power Saving Heater Control Switch



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- Energy-saving Water Temp Selector with 4 Wash/Rinse combinations
- 5 Drying Cycles
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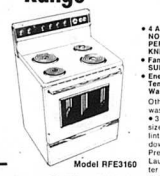
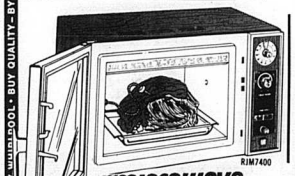
Other features include 2 wash and 2 rinse speeds • 3 level water-saving load-size selector • Easy-clean lint filter • Automatic cool-down care for Permanent Press garments • Bac-Pak Laundry Information Center and more.

Other features include Large 5.9 cu. ft. drying drum • No-iron care for Permanent Press fabrics • TUMBLE PRESS® Control to help smooth out slight storage and wear wrinkles from Permanent Press clothes • Extra large lint screen and more

Electric Range





Microwave Oven

- Two 6", two 8" HIGH-SPEED surface units get you cooking fast and plug in and out for easy cleaning at the kitchen sink
- "Infinite" heat controls let you "fine tune" cooking temperatures
- MEALTIMER® clock with automatic oven control allows you to set oven for automatic start and stop — even while you're away. 60-minute timer provides a handy reminder

ON SALE $340

ON SALE Washer $335

ON SALE Dryer $245

ON SALE $375

Grand Opening Give-away!

Come in and register for these Door Prizes to be given away Nov. 15, 1980 at 2 p.m.

★ Monteverdi Stereo consolette (Model No. C011)
★ RCA 12" Diagonal Black & White TV (Model No. AER 122W)

The RIM7400 is loaded with features designated to make her life easier. The automatic dual-speed MEALTIMER® clock lets her set up to 35 minutes of continuous cooking or defrosting time. The variable power control lets her adjust the average cooking energy level of the type of food being cooked. And the MEAL SENSOR® temperature probe will automatically turn the oven off for her when selected temperature is sensed.

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REFUNDING $$$ AND SENSE

by VICTORIA R. FLEMING

National brand manufacturers are well aware that refund forms can sometimes be hard to come by so they help us out by supplying specially marked packages. They have hang-tags on the necks of bottles or jars, printed forms or coupons on the labels, adhesive stick-ons, or product inserts. Smart shoppers scan the shelves and displays for these "special" packages and buy the ones that offer the most savings. Also, special display promotions can be found near the checkouts or at the heads of supermarket aisles. They not only catch the eye but keep your hand from dipping deeper into your wallet or purse!

Q. Does it ever pay to save qualifiers from store brands or generic products?

A. Often a refund deal will require proofs of purchase (POPs) from a specific product and, for example, a package from "any" hot dogs or a label from "YOUR FAVORITE BRAND" of mustard. This is the time to use those general qualifiers! Don't waste your national brand proofs unless they're specifically required.

PICK OF THE WEEK

UNCLE BEN'S REFUND OFFER. Up to $5 in coupons. Send form found on boxes of Uncle Ben's rice products and POP's from any combination of 2 12 packages for coupons ranging from 50 cents to $5. 6/30/81. Send all 12 before 12/31/80 to receive $1 Early Bird Cash Bonus!

Listed below are other deals found on "specially marked packages — look for them!"

FREE WOOLITE OFFER. Send special hangtag found on 32-oz. Woolite bottles and cash register tape with purchase price circled to receive 8-oz. size free. 12/31/80.

AGREE SHAMPOO COUPONS. 2-50 cents coupons. Send special on-package neckband with 1 oval label from 12-oz. Agree Shampoo and cash register tape with purchase price circled. 12/31/81.

SHOUT COUPONS $1. Send special hangtag from Shout and cash register tape with purchase price circled. 31/81.

TOP CHOICE CASH REFUND. 75 cents. Send form from specially marked package and 3 starred price markers from 1 each of Original, Country Style and Western Style Top Choice. No expiration date.

LIGHTDAYS REFUND OFFER. 4-50 cents coupons. Send form from specially marked packages and 2 unit price codes from Kotex Lightdays Pantiliners 30s or 48s. 3/31/81.

The following are "no form necessary" deals — just remember to include your name and address.

MRS. FILBERT'S 1 LB. FREE OFFER, P.O. Box 308, Royersford, PA 19468. Send name, address and words "Soft Golden Margarine" from 5 1-lb. packages of any Mrs. Filbert's Soft Golden Margarine. 12/31/80.

KNOX FRUIT SALAD/DESSERT OFFER, Box 9202, Clinton, IA 52732. 50 cents. Send name, address, one label from any fruit cocktail, one Knox Gelatin side panel, and cash register tape for both. 12/31/80.

Select toys and inspect your home for child safety

FRANKFORT — The early years of a child can be a time of learning, experimenting and exploring. However, this time of fascination and curiosity can be the most dangerous in a child's life.

The Department for Human Resources' consumer product safety branch believes, that with a little precaution, the dangers can be eliminated.

"Thousands of Kentucky's children are injured each year while just being themselves," branch manager Edsel Moore said. "Most of these accidents happen not because of adult carelessness but because we as customers don't know what features can make certain products safe or dangerous."

It is very important adults carefully select the toys their children play with, Moore said. "When a small child has older siblings, the temptation for the child to play with toys not designed for his or her age group is especially overwhelming," he said.

Moore stressed that an adult selecting a toy for a small child should notice what age group the toy is intended for. "If a toy is for use by a child from three to five years of age," he said, "it means that for some reason the toy would not be suitable for younger children." When selecting a toy, he added, keep the abilities of the child in mind.

Adults also should know the hazards presented by furniture and nursery equipment around the home and should plan safe play areas, said Moore.

"Front rooms and kitchens often become play areas for youngsters because their parents spend a lot of time there," he said. "Unfortunately, within those areas are many hazards — poisonous cleaners under the sink, bric-a-brac that can be pulled off counters and shelves, sharp edges on furniture and stairs."

If it is impossible for a parent to designate a totally hazard-free area, said Moore, the area available has to be made as safe as possible for the youngster. Toxic materials must be removed or locked up, breakable or heavy items that could be pulled off counters and shelves must be placed out of reach or moved to another room and stairs must be blocked off with safety gates.

"From experience with my three children, I realize it is impossible to watch a child 100 percent of the time," said Moore. "So the best advice I know is to put yourself in a child's position so you can anticipate his or her needs and limitations. When this is done, many potential hazards can be realized."

Anyone desiring additional consumer product safety information or wanting to report a hazardous product should contact the Department for Human Resources, Consumer Product Safety Branch, 275 East Main Street, Frankfort, Ky., 40621, (502) 564-4537.

Would you believe?

The lieutenant governor's mansion, built in 1978, is the oldest executive mansion in the United States still in use. Thirty-nine governors lived in this historic house until the new governor's mansion was built in 1914. During this period it was visited by seven U.S. presidents.

Kentucky State Police records show 61.6 percent of all accidents in 1979 occurred on straight and level roads.

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ColorTrak Infrared Remote Control
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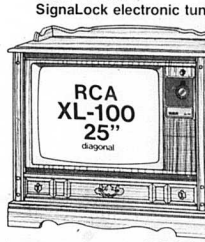
RCA The Harrison Model 765R

RCA 25" diagonal XL-100 color TV with SignaLock electronic tuning



RCA The Bennington Model CJ Hotel

SAVE $100 or we will give you FREE a Black & White RCA 12" diagonal TV.

SAVE $100 or we will give you FREE a Black & White RCA 12" diagonal TV.

It's RCA's finest, engineered for great performance and long life. You get all the automatic features with a picture that is vivid and life-like. And also the chairside convenience of Remote Control.

Here's a great RCA value. You get excellent color performance coupled with the reliability of signaLock electronic tuning. VHF/UHF on 1 convenient knob. Beautiful, vivid, bright picture, adjusts itself automatically.

'EASY FLEX' SOLES

- Lightweight cushion crepe soles for flexibility
- Steel shank for support
- Water repellent leather for long wear and comfort

SIZES:* B-H 6-13
RED WING LITES
TOUGH DOESN'T HAVE TO BE HEAVY
*Not all sizes in all widths
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