



— Elect —
Clarence Moss
Magistrate 2nd District
Democratic Primary, May 26, 1981
"Your Vote & Support Appreciated."

Vote For
Earl Lee Planck
Magistrate - Third District
May Primary Election 1981
"Your Vote & Support Appreciated"

Re-Elect
Lovell (Bob) Livingood
Magistrate - Third District
May Primary Election 1981
"Your Vote & Support Appreciated"

— Vote For —
Billy (Mac) Gaunce
Nicholas County Sheriff
and
Jackie Clark, Deputy
Democratic Primary May 26, 1981
"Your Vote & Support Deeply Appreciated"

Re-Elect
Taylor T. Mathers
Nicholas County Coroner
with
Roy Gaunce and
Allen J. Hamon, M.D. Deputies
May 26 Primary

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600 hours of service
Miss Fleet Allison, left, Mrs. James D. Anderson, and Mrs. Alno Cloyd each have spent 600 hours of volunteer service at the hospital and nursing home. They were recognized for their services at the annual Nicholas County Health Care Auxiliary dinner Tuesday night. — Mercury photo.



Served 200 hours each
Mrs. Charles Judge and Mrs. Powell Neal have each served 200 hours in hospital and nursing home service. They were among the volunteer workers who attended the Nicholas County Health Care Auxiliary dinner at Bluegrass Industries March 24. Not pictured is Mrs. Charles McCann. — Mercury photo.

Some liquid fertilizer claims termed 'illegal'
Responding to complaints received by the Division of Regulatory Services in Kentucky, an official said certain clear liquid fertilizer companies are making erroneous, misleading and illegal claims about the value of their products.
Dr. D.L. Terry, coordinator of the fertilizer regulatory program at the University of Kentucky College of Agriculture, reported seven examples of claims being made illegally. He warned, "Don't be misled by any of these claims."
— One gallon of liquid fertilizer is equivalent to 100 pounds of dry fertilizer.
— Liquid fertilizer is more available to plants than dry fertilizer.
— Liquid fertilizer is 100 percent available; dry fertilizer is only 10 percent available.
— Plants take up liquid N (nitrogen), P (phosphorus) and K (potassium) in one molecule while in dry fertilizer the N, P and K are taken up individually.
— The plant nutrients in dry fertilizer have to be "converted" to plant food after application to the soil while liquid plant food is available immediately.
— The phosphorus in liquid fertilizers is not "fixed" in the soil like phosphorus in dry fertilizers.
— Liquid fertilizers have no "filler" in them while dry fertilizers have as much as 70 percent "filler."
— All these claims are erroneous, misleading and illegal, Terry said. "If you encounter a fertilizer dealer or salesperson that tries to sell you liquid fertilizer under one or more of the misleading claims, contact your county Extension agent for agriculture or phone Regulatory Services," he advised. The phone number is 656-258-3668 or 258-2793.
"There is nothing wrong with liquid fertilizers, except the misleading claims made in selling them," Terry said.
He reported that research at the University of Kentucky and many other universities has shown there is no significant difference in plant response between liquid and dry fertilizers when valid comparisons are made on the basis of plant nutrient content.

WHO WAS THAT LADY?
This woman was a brilliant scholar in the fields of economics and sociology and taught those subjects at Wellesley College in the early 1900s. In 1919, she was dismissed from her position because of the radical pacifist views she held. Redefined in 1946, she won the Nobel Peace prize for her great work in pacifism. Who was that lady? — Emily Greene Balch

Vote For
LYNN BOWLES
NICHOLAS CO. JAILOR
DEMOCRATIC PRIMARY
May 26, 1981
Your Vote and Influence Appreciated

Soil insects in home gardens

Gardeners planning to leave their garden plots on soil ground need to watch out for insects that live in the soil.
Les Townsend, Extension entomologist in the University of Kentucky College of Agriculture, said that wireworms and white grubs occur naturally in grass seed, where they feed on roots and organic matter.
"Flowing the soil disrupts their habitat and food source, forcing the insects to feed on garden crops," said Townsend.
Townsend said that problems with white grubs are associated with large amounts of compost or manure that have been applied to gardens. "The high amount of organic matter in the soil is attractive to insects that lay their eggs in the soil," said the entomologist. The developing larvae, wireworms or grubs, can become garden pests.
Soil insects do the most damage to root crops such as potatoes, carrots, turnips, beets or radishes. "Their feeding damage will be directly on the edible part of the plant," said Townsend.
Chances of damage can be reduced by not planting root crops to plowed and ground, if this cannot be avoided, Townsend recommends using diatomaceous earth to protect vegetable root crops. As is always the case, follow the application instructions carefully, using the recommended rate.
Crop rotation is an effective way to control insect populations. "Avoid growing root crops continuously in the same area. If you can, this helps to prevent establishment of a stable soil insect population," said Townsend.



Volunteered 100 hours
These persons who have donated 100 hours of their time in service of the Nicholas County Hospital and Johnson Brothers Nurseries Home were honored during the Nicholas County Health Care Auxiliary dinner March 24. Left, Mrs. Mark Prevail.

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Sales report
Farmers Stock Yards, Inc., Flemingburg, Ky., reported the following sales for the week ending March 27, 1981:
Hogs Receipts, 312 — Packers 41; Heavies 29; Sows 24,725; Boars 20,327; Sows and Pigs 67,562; Choals 438.
Cattle Receipts, 409 — Steers 50,230; Heifers 47,641; Baby Heifers 12,713; Slaughter Cows 34,925; Slaughter Bulls 47,573; Cows by head 220,480; Cows and Calf by head 200,000; Stock Bulls 200-100; Stockers 140-200.
Calves Receipts, 110 — Top Weals 64,1; Mediums 4,840; Baby 30,100.
Total Receipts — 856.

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Volunteered 100 hours
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Kentucky Afield
Kentucky's trout waters will receive their first monthly stocking of the year beginning April 6. And by April 16, 30 streams, nine tailwaters and eight lakes will have received a total of approximately 50,000 rainbow trout.
These trout are produced at the Wolf Creek Hatchery just below the dam at Lake Cumberland. This hatchery is a federal facility operated by the U.S. Fish and Wildlife Service.
The trout are provided free to Kentucky and the only expense the Department of Fish and Wildlife Resources incurs is the cost of transporting the fish.
These transportation charges are paid directly by the ultimate beneficiaries of the program, the trout fishermen through their purchase of a \$3 trout stamp in addition to a fishing license. The money from these stamps pays all the costs of the trout stocking program.
Trout are stocked on a "put and take" basis — that is, the fish are stocked at an adult size (around nine inches long) with the intention that they will be caught right away. Because Kentucky waters have few suitable spawning sites for trout, self-sustaining populations won't develop here.
Trout are cold-water fish and can live in rather sparse environments. They can thrive where warm-water fish, such as bass or crappie, would find it extremely difficult to make a living.
Thus by stocking fertile and cold mountain streams or spring-fed creeks with trout, biologists create a habitat for fishery where none could exist before. The same is true below dams where cold water discharged from deep in the lake destroys the warm-water fishery that existed before the lake was impounded. Trout stocked in these tailwaters provide sport fishing where little would otherwise exist.
In deep, clear lakes, trout can inhabit the lower layer of cool water, creating a "two-story" fishery — bass, crappie and bluegill on the main floor and trout in the basement, so to speak. Once again, stocking trout provides additional fishing opportunities and fills empty habitat with a desirable sport fish.
Most Kentucky trout anglers prefer baits such as worms, chironomid flies, blue jello or even miniature marshmallows to the dry fly of the purist. Ultra-light spinning tackle is also used effectively, with small spinners by far the favorite lure. Fly rods are scarce on Kentucky's trout waters, but there's no reason they wouldn't be as effective here as elsewhere.
A productive lake fishing method, particularly during warm weather, is night fishing. Anglers more fortunate in Southeastern Kentucky anchor off steep banks and fish for trout much the same way nocturnal fishermen of other lakes fish for white bass or crappie. The daily and possession limit on

Blue Cross-Shield has new president
Donald W. Giffen, president of Blue Cross and Blue Shield of Kentucky, Inc., announced that the Plan Board has elected Avil L. McKinney president of the corporation.
McKinney will become president upon the retirement of Giffen now scheduled for Oct. 1, 1981. President-elect Avil L. McKinney first joined Blue Cross and Blue Shield of Kentucky in 1963 as an enrollment representative. Since that time he has held the positions of district director of marketing in Pineville, director of Professional and Public Relations, vice president External Operations, senior vice president, and was made executive vice president in 1976. He was reelected and re-elected in Pineville.

Society warns diabetes is threat to eyesight
With the number of diabetics in the United States rising steadily, an eye disease linked to their condition is emerging as the nation's leading cause of blindness. The Kentucky Society to Prevent Blindness reports that the eye disorder, diabetic retinopathy, is already the number one cause of new cases of vision loss among adults between ages 20 and 74.
"The longer a person has diabetes, the greater risk of retinopathy," said Elaine Zollinger, Executive Director of the Society. "Most of those who have diabetes for 15 years or more are affected by it to some degree." It is estimated that there are 200,000 Kentuckians who are diabetic.
Since early diagnosis improves the chance of saving vision in many cases, the Society urges all diabetics to have regular eye examinations by an ophthalmologist (medical eye specialist).
To inform those at risk about retinopathy and the need for regular eye care, the Society has just issued a pamphlet describing diabetic retinopathy and its treatment.
In retinopathy, a small blood vessel nourishing the retina, the eye's back layer which is vital to vision, weakens and breaks down, the pamphlet explains. The disease is unpredictable; episodes of blood vessel damage can be followed by self-healing and loss of symptoms. Even though a majority of long-term diabetics have some blood vessel damage, only about five percent develop severe vision impairment or blindness.
A national study to investigate treatment of diabetic retinopathy is underway at major medical centers, sponsored by the National Eye Institute. The disease currently is treated most often with photocoagulation, the use of an intense beam of light, usually a laser, to seal the affected blood vessels. For information, write for a free copy of the Society's new folder on diabetic retinopathy. Send a stamped, self-addressed, business-size envelope to Kentucky Society to Prevent Blindness, Box 123, Louisville, Ky. 40201.

Reviva
Carlisle Assembly of God
Walnut Street, Carlisle, Ky.
April 5 thru 10, 7:30 p.m. nightly
Rev. Donald Gabblin
from Lake Providence, Louisiana
will be preaching
Pastor James Robinson invites one and all to attend this revival.

Patients may purchase glasses where they wish
Good eyeglasses are important to everyone. Yet more than 50 percent of the general population would not enjoy optimal vision without some type of corrective lens, and 94 percent of persons 40 years of age and older require some type of optical correction. These people make up quite a market for those in the business of vision care. Until recently, most eyeglass dealers did not have much help in making intelligent purchasing decisions for better eye care. The Federal Trade Commission now has a new regulation designed to help some help to consumers of vision care.
"Before this rule, people who examined their eyes often required you to buy your glasses from them. Since they held on to the results of your eye examination, you could not do much if you were unhappy with the price, quality and selection of eyeglasses you were offered," says Attorney General Steven L. Biebar.
The trade regulation rule requires eye doctors to give patients the eyeglasses prescriptions immediately after an eye exam. They cannot charge extra for doing this. If you are not given your prescriptions, ask for it; it is your legal right to obtain it. With prescription in hand, you can shop around for eyeglasses just as you would for any other product. It gives the consumer the opportunity to look for the best quality at the best price.
The Better Business Bureau in Lexington and Louisville may provide information as to a particular dealer. Your friends are probably your best source of information. Ask them about their experiences in buying eyeglasses. The kind of service eyeglass providers give consumers who have a problem is an important piece of buying information. Before you buy, ask about delivery time, refund policy, and how many for replacement lens if the first ones are not right.
Consumers can now expect to receive quality eye care at a reasonable cost. However, if you feel that you are getting less than this, contact the office of the Attorney General, Division of Consumer Protection, 1000 St. Clair Street, Frankfort, Ky. 40601.

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