



Hawaiian trip upcoming

Edell Nuffinger, a retired Nicholas County extension agent, and his wife Rowena, are heading a 14-day tour to Hawaii beginning Feb. 16, which includes Kauai (shown here) and two other major Hawaiian Islands, Oahu and

Burley

reductions is limited to five percent of the previous year's quota, or of projected domestic and export consumption.

The annual quota meeting, usually held in January, has been moved to Dec. 15 to gather industry-wide opinion on fixing the 1983 national marketing quota.

The meeting is at the annual place, the U.S. Good Barn on the campus of the University of Kentucky College of Agriculture, from 10 a.m. to noon. The law sets Feb. 1 as the deadline for announcing the national quota for 1983.

They within 30 days after the announcement, growers will vote up or down on the referendum on whether the program is to be in effect on the 1983, '84 and '85 crops.

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Let's Talk.

Talking is the best way to find out what's happening. To understand South Central Bell's new telephone services, you may have heard about changes coming to the way you'll be getting your phone service. We want to talk with you about these changes. And answer some of the questions you may have been asking about South Central Bell.

Q: We heard stories about "divestiture" and the telephone company splitting up. Is it all very complicated. What's happening?

A: Simply put, AT&T has agreed to separate itself from the local operations of its 22 Bell operating telephone companies. So in the future, South Central Bell will no longer be affiliated with AT&T.

Q: You can expect the same dependable service you have now. And you'll have the same dedicated phone staffing that you've always had. And you'll have never before in terms of equipment, services and suppliers.

Q: What will happen to my local rates? Is it true they're going to skyrocket?

A: Your rates are not going to skyrocket. They may change, but they will not increase as a result of the separation from AT&T. In fact, you'll have more options for services and suppliers. And you'll have more control over your own phone service. And you'll have more control over your own phone service.

Q: Will South Central Bell be allowed to raise rates to cover the cost of local calls?

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**PLAY SANTA TO A NEEDY KID...
...AND GET A GIFT BACK.**

Unfortunately, many disadvantaged youngsters may find nothing under the tree on Christmas morning. But you can help spare them that awful hurt. When you donate a gift to **Toys For Tots**, we'll give you one in return. It's just our way of thanking you for making Santa a reality for kids who need it most.

\$AVE ON INSTALLATION

Just Bring to Our Office a **NEW Toy Valued at \$7.50** or more and in Return, we will Install Any of our Cable Services for You **FREE!** The Toys will be Donated to the Chamber of Commerce to be distributed to Needy Children in Your Area.

MERRY CHRISTMAS!
From: **CARLISLE CABLE TV**
Offer Expires December 29th - In Cabled Areas Only.

**Open A
1983 Christmas Club**

Weekly Amount	Total For 50 Weeks
\$ 2.00	\$ 100.00
5.00	250.00
10.00	500.00
20.00	1,000.00

A bonus interest of 5 1/4% per annum for each payment will be added to your total Christmas Club savings when you have completed 50 weekly deposits.

First National Bank
Carlisle • Moorefield
Main St., Carlisle, KY 40311 606-289-2251

Random thoughts

Continued from page 2

use, the "spare" over the dash, which curved gracefully forward, were "real" better. "Spare" — well, one must have known the flowing slide of that radiator and one must have been six years old and lost in a cold and featureless world to realize the joy of that short ride. And at the end there awaited an anxious mother, whose wavings were tempered by relief at the return of the young prodigal. And there was support just ready and warmth and cheer. And to look back upon, an adventure, the very first adventure, brought safety to a real storybook end. Safe about that night he labored down to the engine creek of passing wagon wheels. Tomorrow one might come again and thrill to all the joys of snow, and "back out" again perhaps, but not behind lovers in a weaver's loom and a rusted-out

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Enjoy herb teas... But know which ones are safe to drink

Illnesses, flowers, rose hips, blackberry leaves and hawthorn berries may sound like elements of a healthy diet. But they are ingredients in herb teas, which are gaining popularity among caffeine-conscious people.

"People looking for alternatives to caffeine-containing coffee, soft drinks and regular tea more and more are turning to herb teas," says Dr. Pablos Maruyama, Extension food and nutrition specialist in the University of Kentucky College of Agriculture.

The labels of herb teas reveal exotic ingredients as well as combinations of ordinary foods and spices such as lemons and cinnamon.

"Many herb teas can be enjoyed for their refreshing taste without fear of harmful side effects. However, you should be aware that some herb teas are not safe," said Maruyama.

Another harmful herb tea is coffee, says Maruyama. Poisonous alkaloids are present in both the leaves and roots

of coffee, and damage to the liver results after drinking this tea for several years. Cinnamon contains a central nervous system depressant and digitalis poisoning, says Maruyama.

Some herb teas, such as chamomile, may cause an allergic reaction in some people.

"That is why you still see teas as far back as the fresh root or bark in grocery stores or health food stores. And some people gather their own herbs for brewing should be especially careful. One couple died after drinking tea

REMEMBER

The Sale of Alcoholic Beverages will NOT Increase Funding to Schools.

Vote "NO" December 4

Paid by the Citizens for a Better Community — Belle Meade, Tennessee

IGA Sugar

99¢

IGA Flour

\$2.99

IGA Laundry Detergent

\$1.19

IGA Cottonelle

39¢

IGA Peanut Butter

339¢

IGA Eggs

29¢

IGA Biscuits

59¢

IGA Butter

FREE

IGA Sugar 99¢

IGA Flour \$2.99

Laundry Detergent \$1.19

Cottonelle 39¢

Peanut Butter 339¢

Eggs 29¢

Biscuits 59¢

Butter FREE

IGA Whip Topping 79¢

Pet-Ritz Pie Shell \$1.59

Minute Maid Orange Juice \$1.09

Sn-Crop 5 Alive \$1.39

IGA Cream Cheese 79¢

Budget Booster 2 FREE STAMPS

2 FREE STAMPS

3 FREE STAMPS

4 FREE STAMPS

5 FREE STAMPS

6 FREE STAMPS

IGA Whip Topping 79¢

Pet-Ritz Pie Shell \$1.59

Minute Maid Orange Juice \$1.09

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IGA Cream Cheese 79¢

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5 FREE STAMPS

6 FREE STAMPS

Remember When You Hear the Church Bells Ring on Dec. 4, VOTE "NO" Vote "NO" on Dec. 4.

Paid by the Citizens for a Better Community — Belle Meade, Tennessee

high holiday sale

BECAUSE WE'RE THINKING OF YOU!

WITH A

IGA Sugar 99¢

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Laundry Detergent \$1.19

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JERRY'S IGA FOODLINER

Carlisle

WRITE THE EDITOR: Express Your Opinion

Carlisle Church of Christ
Frank W. Clewley, Minister
Phone 289-7474

Life is like a cafeteria: one goes through, choosing as he goes, but what he chooses must be paid for at the end of the line. Choose wisely, carefully. There are no refunds, no exchanges! "Choose you this day whom you will serve." (Joshua 24:15).

Come Visit With Us!
SUNDAY, Bible Study 10 A.M. — Worship 11 A.M. — Worship 4 P.M.
WEDNESDAY, Bible Study 7 P.M.

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