

Proper sunscreen lotion important

Summer is the season for sunbathing. In the search for the "perfect tan," many consumers will experiment with several types of suntan lotions. The type of lotion you use will have a direct effect on how well you tan.

Attorney General Steven L. Barber issues this advice to consumers: "Consumers should be aware of the variety of lotions and sunscreens on the market. Damaged skin due to sunburn is a high price to pay for the benefits of the proper lotion for your skin."

The sun continuously emits a wide range of radiation upon the earth. Some of that radiation produces the effect we call a suntan. A suntan is the body's natural reaction to exposure to the sun. A suntan is a severe reaction to overexposure. Scientific studies have proven that prolonged exposure to the sun, over a period of years, will lead to premature aging of the skin. Scientists now believe that certain types of skin cancer are caused by overexposure to the sun. So, by protecting yourself from overexposure to the sun, you can protect yourself from potential damage to your health.

Limit exposure. There are several ways to protect yourself from overexposure to the sun. Of course, that solution is sufficient, not desirable to most of us. While almost no one wants to avoid exposure to the sun, it is most important to limit exposure to the hours of 11 a.m. and 3 p.m. It is then that the sun's ultraviolet rays are most intense.

The best protection against sunburn is a suntan. Suntans are chemical products designed to prevent sunburn. Proper use of a suntan should lead to a desirable tan without the danger of overexposure. Suntans come in so many different shapes and forms, but they all have a "sun protection factor" (SPF). The SPF rating is merely a multiple of the time required by the sun to produce an effect on your skin. That effect is evident by a slight reddening of the skin. A suntan simply extends the time necessary to create this effect. A sun protection of 7, for example, increases the time limit by a factor of 7. If your limit is 15 minutes, you can increase your stay in the sun to 1 hour.

Mt. Sterling man elected

Joseph C. King, a Mt. Sterling certified public accountant, has been elected president of the Bluegrass Chapter of the Kentucky Society of Certified Public Accountants.

Mr. King is with the CPA Firm Foster and Company in Mt. Sterling. He will assume his office at the society's annual meeting on June 9 at Disney World, near Orlando, FL. He is a Mt. Sterling native and an Eastern Kentucky University graduate. He has been a CPA since 1977.

Other 1983-84 officers include P. Kelly with Scottsboro; J. H. Lexington, as president-elect; Phillip S. Gregory with Coopers and Lybrand, CPA firm, Lexington, as secretary; and Ralph J. Stevens III, partner of the Lexington CPA firm, Miller, Meyer, Sullivan and Stevens, as treasurer. Mr. Kelly, in addition, is serving as president-elect, but also serves as the chapter director on the Kentucky Society of CPA's Board of Directors.

ATTENTION MOTHERS!!!

Exciting New Offer
We are going to publish pictures of all children in the area.

Carlisle Mercury
IT'S FREE! Let us show off your child.

• Magic Photographers, Inc. has made arrangements with us to conduct this special photo session. Please call today to include your child.

• YES! Beautiful color portraits will be available for purchasing at reasonable prices.

• Magic Photographers, Inc. will return to the same location to present the finest quality in portrait photography. Finished full color portrait packages will be available for your consideration. One of these will surely fit your needs.

E.T.
THE EXTRA-TERRISTRIAL
Second Feature
The Dark Crystals PG

• CALL RIGHT NOW
to reserve your seats.

Location: Old Hall's Barber Shop
Date: Thursday, June 9, Time 7:30 & 9:30
Phone: 289-7475
Home Phone: 289-7475

• photos appearing in the local paper will be both and value.



The graduating NCHS seniors pictured here are those who won scholarships of one kind or another for entering college this fall. From left they are Tim Sanders, Bobby Howard, Jennifer Hughes, Mary Beth Knapp, Beth Blair, Suzanne Goddell, Melissa Mitchell, Kim Vice, Toni Sexton and Andy Judry. — Photo submitted.

Track program begins today (Thursday)

A summer track program has begun in Nicholas County, according to Coach Ron Pumphrey.

Age groups involved in competition are six and ten, 11 and 12, and 13 and 14 year old groups. Boys and girls will compete separately.

All children are welcome, however, and exercise and instruction will be given to all who attend. Children under five should be accompanied by an adult.

There will be statewide competition for boys and girls between ages 9 and 14, and the group will also play in the Hershey Hall of Fame track competition.

Events held will be 50, 100, 200, 400 year old boys and girls; the 100, 200, 400, 800 and 400 relay for 11 and 12 year olds; and the 50, 200, 400, 800 and 400 relay for 13-14 age group.

All groups will do the softball throw and standing long jump.

Practices will be held from 9-11 a.m. at the high school track. Practices will be held on June 2, 6, 7, 11, with a local meet on the 10th. Practice also on June 14, 15, 17, 21, 23 and 24. A regional meet will be held at Morehead on June 20 and all children will be home from Morehead by 6 p.m.

Practices will also be held on July 7.

Smallly completes basic training

Pvt. Bobby G. Smalley, son of Elizabeth "Tookie" Smith of Carlisle, has completed basic training at Fort Benning, Ga.

During the training, students received instruction in drill and ceremony, marching, rifle marksmanship, military courtesy, military justice, first aid, and Army history and traditions.

Judy Drive In

Starting Fri., June 3 - June 9

Cheech & Chong in "Still Smokin"

Rated R

Second Feature "Airplane II"

Rated R

Earlywine bond is \$50,000

The bond set in District Court on Clarence Harley Earlywine Jr. is \$50,000 property and \$20,000 cash, not the higher amount of \$100,000 as reported in the Mercury by State Trooper John Hall last week.

Most of the money was discussed apparently, but the court record shows the \$80,000 figure as the Circuit Clerk's office.

Earlywine, accused in connection with the shotgun wounding of his brother Edward "Poppy" Earlywine, May 20, remained in jail Monday.

Due to public demand HELD OVER 2nd Week "BEST FILM OF THE YEAR"

ONE OF THE YEAR'S 10 BEST NEWSMAKERS • 10 TIMES NY POST • DAILY NEWS

E.T. THE EXTRA-TERRISTRIAL

Second Feature
The Dark Crystals PG
Coming next week
'Flashdance'

Free when you finance your new car with an installment loan from us, a set of two plush, personalized floor mats like the factory sample Malinda is showing you. *

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* Offer good on new cars or trucks only through June 30, 1983



These three girls have been selected by the NCHS faculty to attend Kentucky Girls State at Morehead State University June 6-11. Sponsored by the American Legion Auxiliary, the girls will get training in all phases of state government. From left Nancy Woolsey, Pam Sparks and Tracy Woolsey, who was selected as an alternate. — Photo submitted.

Demos draw up delegate rules

Paul E. Patton, Chairman of the Democratic Party of Kentucky, presided at the State Central Executive Committee's Delegate Selection Plan for the 1984 Democratic National Convention as drawn by the Patton Plan Drafting Committee.

For the first time, Kentucky will institute a 2,000 delegate plan from the presidential candidates who wish to compete for Kentucky's delegates. This money is earmarked to assist for and moderate income delegates who qualify under the Economic Assistance Selection of the plan.

The first step in the process will be county or legislative district in the case of Jefferson and Fayette counties. Conventions to be held on all registered Democrats can go to express their preference for a presidential candidate. This will take the place of the traditional primary which was presided by the 1982 General Assembly.

The county and legislative district conventions are set for March 31, 1984. An exception to the county being the first step in the process can be made by executive committee if they feel starting at the precinct level will increase participation. In those counties that do elect to begin at the precinct level, the precinct conventions are set for March 17, 1984.

The county (or legislative district) conventions will elect delegates to the congressional district convention to those attending the convention. Persons can also be elected as uncommitted delegates.

The congressional district convention, which are set for April 1, 1984, will be where 30 delegates and 12 alternates to the National Convention will be elected. These delegates and alternates will reflect the will of the people of the county or legislative district such as they would if a primary had been held.

The remaining delegates will be selected as follows: 10 unpledged party and district delegates as well as 12 state-at-large delegates will be elected by the 1984 State Central Executive Committee on June 11. Five pledged party and district delegates will be selected by the 36 delegates elected at the congressional convention, also on June 11.

Chairman Patton is working toward putting together an affirmative action committee which will begin to function almost immediately. This committee will have the responsibility to see that all interested Democrats are educated through the process of becoming a delegate, so that financial assistance is given where needed and to insure that the delegates fairly reflect the demographic make-up of Kentucky as it relates to all minorities. This committee will also help insure that the Kentucky delegation meets the nationally mandated rule that all delegates be divided equally between women and men.

The State Central Executive Committee unanimously adopted the plan and now has it ready for a 30-day public comment period. Any interested persons should contact the office.

Revival Bible Missionary Church

South Broadway, Carlisle
June 5 - 12
7 P.M. Nightly

Rev. Glen Patterson
Evangelist & Camp Meeting Preacher
Special Singing Nightly!
Everyone Welcome!
Pastor: Karen Lewis

ESPECIALLY FOR FATHER

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1500 pound yearling produced

A yearling Angus bull achieved a 30-day adjusted weight of 1,500 pounds on the University of Kentucky College of Agriculture Farm. "It is not a record it has to be one of the best of the breed," said Dr. Hal Bradley, an animal sciences professor in the UK College of Agriculture. "We've never had anything close close."

The bull, I.R.E. 104 2M, was born on Mar. 6, 1982. His adjusted 30-day weaning weight was 645 pounds which was 18 percent heavier than the average of 60 calves weaned in the UK research farm herd. The bull gained an average of 5.6 pounds per day on a 184-day post weaning feed test to achieve the 1,500 adjusted 30-day weight, according to records from the Angus Herd Improvement Record (AIHR) of the American Angus Association.

Even though a bull of such a weight at a year of age is unusual, it didn't happen only by chance. The UK ad college's breeding program has been aimed at developing high yielding cattle for many years, Bradley said.

The dam of the bull was bred to a home-raised bull from a breeding program that included Finney of Wye, from the long-term performance tested sire of Wye Finney in Maryland and H. H. Keweenaw III, which was brought into Kentucky by the 1960s by the Stone Gate Farm of Pennsylvania.

"I.R.E. 104 2M was mated extensively in the Canon and UK herds. "By today's standards he would be considered a short bull," said Bradley, "but he was a real bull."

The mother of 2M, UK Blackcap 76, has been recognized by a "Puffinbarger Angus Association as a 'Puffinbarger Cow,'" which is a recognition of cows that have met rigid requirements for early and regular calving. She weighed 1,200 and was mated extensively in the UK research farm herd, Bradley said. Semen will also be available for testing in other herds that can provide complete performance data.

Locust Grove Baptist Church Vacation Bible School

June 6 through June 10, 7 to 9 p.m.
Commencement Sunday Night at 8:30 P.M.
For Ages 2 through 12

Carlisle Church of Christ

Question: Does God ever say we are to study the Bible before we can be approved or regarded by Him?
Answer: Yes, the Bible says in (2 Timothy 2:15), "Study to show thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth."

SUNDAY: Bible Study 7 A.M. — Worship 11 A.M. — Worship P.M.
WEDNESDAY: Bible Study 7 P.M.

Cheer or Tide \$2.09	Golden Corn 3/\$1	Sugar \$1.39	Self-Rising Flour \$3.99
Kraft 4/\$1	IGA A GREAT THINKER TODAY	Charmin 89¢	Salad Dressing 69¢
Smoked Sausage or Pickle & Pimento, Olive, Dutch \$2.49	White Bread 79¢	Pinto Beans 99¢	Margarine 2/\$1
Whole Fryers 4.99	Cinnamon Rolls \$1.19	Large Eggs 65¢	Biscuits \$1.09
Round Steaks \$1.89	Chinese Pastry 79¢	Congratulations Graduates! 1983 \$2.39	Pot Pies 2/69¢
Smoked Ham 89¢	Lunch Meats \$1.49	California Nectarines 79¢	Ice Cream Sandwiches \$1.89
Wieners 89¢	Pastry Bacon \$1.49	Crisp Celery 79¢	Mushrooms \$1.49
Pork Sausage \$1.29	Best Fats \$1.70	Rome Apples 99¢	Apples 15¢
Roast Bologna 79¢	Pork Ribs \$4.70	Golden Yams 4/\$1	Grapefruit 4/99¢
Smoked Ham 79¢	Pastry Bacon \$1.19	JUNE IS DAIRY MONTH	
Smoked Ham \$3.39	Pastry Bacon \$3.19	Hopkinsburg JERRY'S IGA FOODLINER Carlisle	