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## Mayfield Messenger, April 15, 1978

The Mayfield Messenger

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# Your Horoscope By Jeane Dixon

**Sunday, April 16, 1978**  
**Your Birthday Today:** Investments look promising. Take steps to preserve status quo. Speculative deals profitable but take time to mature, show profits. Health bears watching. Partnerships can be served. Have no regrets! Life easier going it alone. Improve domestic scene. Give more attention to mate, children.  
**Aries (March 21-April 19):** See relatives, old friends. Romance looks shaky. Let differences of opinion evaporate before next rendezvous! Check bank statements, bookkeeping. Know where you stand financially to relieve mind.  
**Taurus (April 20-May 20):** All efforts for team projects doomed. Avoid business. Friends approach you to invest. Agree to nothing. Mate will applaud good sense. Encourage children to be more independent.  
**Gemini (May 21-June 20):** Some pressures subside. Welcome change. Interruptions disturb concentration.

Avoid lackluster people. Let mate monitor telephone calls. Travel causes delays. Put off writing memos, important business letter until Monday.  
**Cancer (June 21-July 22):** Seek pleasure, entertainment at home or in public parks. Save money for vacation plans. Romance can be expensive. Spend time along sorting out true feelings about romantic partner.  
**Leo (July 23-Aug. 22):** Stick to familiar routine. Ignore invitations to visit relatives or in-laws. Plan evening out alone with mate. Exercise more patience with young children.  
**Virgo (Aug. 23-Sept. 22):** Catering to needs, desires of family brings contentment. Take long nap. Mental rather than physical pursuits favored. Jot down good ideas.  
**Libra (Sept. 23-Oct. 22):** Improve personal relations. Thrive on open communication, especially with teen-agers. Discuss ways to relieve financial affairs. Go out tonight with mate or lover. Spend little money as possible.  
**Scorpio (Oct. 23-Nov. 21):** Sameness spells boredom. Instigate some action. Walk through parks free and entertaining. Be a people watcher. Good material for writers, painters.  
**Sagittarius (Nov. 22-Dec. 21):** Take day off. Plan off-beat place to visit. Taking along in-laws or relatives. Eat out all meals. Picnics fun, inexpensive. Cook-out fun.  
**Capricorn (Dec. 22-Jan. 19):** Seek happy, peaceful surroundings. Pace yourself. Choose friends or companions carefully to match mood. Be more affectionate with important people in your life.  
**Aquarius (Jan. 20-Feb. 18):** Plan something special for loved ones. Different surroundings offer excitement, novelty. Don't feel rushed. Boating fun, but can you swim? Eat intelligently. Don't overexercise if out of shape!  
**Pisces (Feb. 19-March 20):** Fun for nature walk or bird-watching! Avoid stay-at-home with mate or lover. Arguments less likely in beautiful surroundings. Employ inexpensive means of transportation, a ferry ride or bus.

## Award-Winning Newspaper Examines Itself For Conflict Of Interests

LEWISTON, Idaho (AP) — The Lewiston Morning Tribune, an award-winning newspaper accustomed to headlining the flaws of others, has made itself its latest expose.  
 Sunday readers were greeted to a public "barring of conscience" — a full-page story examining political, personal and financial involvements of the Tribune's reporters, editors and publisher. The story focused on whether their activities posed conflicts of interest violating journalistic ethics.  
 "We all feel better for displaying openness and doing it on our own volition," said A.L. "Butch" Alford, 39, publisher of the 25,000-circulation northern Idaho paper since 1968.  
 "We thought it would be fun to see how it would work on ourselves," said day managing editor Ladd Hamilton, 56. "We did it just as if somebody else was on the examining table, and some people were a little startled that anyone would go to this length to expose their own weaknesses."  
 Several national news observers — including the managing editor of Editor & Publisher magazine and the editor of The Columbia Journalism

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**Monday, April 17, 1978**  
**Your Birthday Today:** Work harder and harder to achieve success. Positive attitude triumphs over negative thoughts. Travel fruitful, overseas particularly. Be more patient, tolerant. Domestic scene happy, relaxed. Watch health closely. Compromise, diplomacy helps. Ludicrous, silly people delight funny bone. Enjoy yourself!  
**Aries (March 21-April 19):** Avoid hassles over religion, legal matters. Keep opinions to self. Lose yourself in work. Mend emotional trauma with troubled youngster.  
**Taurus (April 20-May 20):** Family affairs demanding. Take one thing at a time. Mate, business partner helpful, boost your spirits. Influential people understanding.  
**Gemini (May 21-June 20):** Pressing family matters demand immediate attention. Change plans willingly.

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**9:00 a.m. - 1:00 p.m. and 2:00 p.m. - 5:00 p.m.**  
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## Italian Yachtsman Rescued After 73 Days In Raft

CAPE TOWN, South Africa (AP) — Italian yachtsman Ambrogio Fogar, weakened after 73 days adrift in a life raft, arrived here Wednesday on the ship that rescued him. He said he felt drained but otherwise healthy.  
 "My legs are weak. I will talk to you now for a minute or tomorrow at a press conference. I'm tired. Since I was rescued I have had some problems with my heart," he told a group of reporters.  
 Fogar, 37, a self-styled adventurer, and journalist Mauro Mancini, 50, took to a raft Jan. 19 when Fogar's 35-foot boat, "Spirit of Surprise," sank near the Falkland Islands in the Atlantic Ocean after leaving Argentina.  
 Both survived 73 days on the raft, but Mancini died a short time after the two were picked up by a Greek freighter.  
 Fogar did not talk about his ordeal on the raft.  
 "I'm talking with my heart," Fogar said. "I want to put the whole thing in perspective... I was on a raft with the great Mauro."  
 Fogar's wife, Maria, and her brother, Rhudi, met him when he arrived.  
 Fogar was pronounced in "relatively good" condition after being examined by a physician. He was taken to a rest home for examination. Fogar and Mancini were picked up April 2 about 700 miles east of Argentina.  
 His boat, Fogar said, sank after being struck by whales.  
 The yacht was headed from Argentina's Mar del Plata coast southward for Ushuaia, near the tip of South America.

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## McBrayer Says:

# He 'Doesn't Walk In Shadow Of Governor Carroll'

LEXINGTON, Ky. (AP) — State Commerce Commissioner Terry McBrayer said Wednesday night that "I don't walk in Julian Carroll's shadow ... I've got my own concerns (about government)."

The remark was made by McBrayer, considered the preference of the Democratic governor for 1979, in answer to a question by a Republican

girl from the audience during the University of Kentucky Student Political Forum featuring five gubernatorial candidates.

"McBrayer said that if he runs he would of course welcome the support of everyone — 'I hope to be the hand-picked candidate of the people of Kentucky.'"

The question to McBrayer was one of the few pointed and personal ones

during the 1½-hour session, which also featured Attorney General Robert Stephens, who said he is not running for any state office in 1979.

McBrayer also said he would give the 1978 legislature a "B" in performance, adding that the General Assembly does not meet often enough nor have sufficient staff or expertise to do a really good job.

But Rep. Ray Overstreet of Liberty, an announced Republican candidate for governor, said he would give the legislature a "B minus" and the only reason he would not give it an "F" is because many members did attend the past session despite severe winter weather.

"I'm one of the rubber stamps," Overstreet said in satirizing his view of the assembly as a mere pawn of Gov. Carroll.

And Overstreet blamed the governor for much of the practice of piggybacking — attaching unsuccessful bills to other legislation to slip it through passage. The Republican said this often was done because legislators saw no other way to challenge the administration at the

committee level.

At one point McBrayer was asked since he accepts Carroll's support, does he also accept responsibility for increases in numerous fees passed by the legislature under administration guidance?

"No, I wasn't in the legislature," McBrayer said. "I don't accept that responsibility."

Stephens, although not a candidate, remarked in one of his answers that were he a legislator, he would have voted against a bill which reapportioned the district of House Speaker William Kenton, D-Lexington to add about 10,000 new white voters to a racially-split area.

Stephens said that the normal procedure in redistricting is to follow the U.S. Census, which is taken every 10 years.

Others on the program were state Auditor George Atkins, former Louisville mayor Harvey Sloane and Jefferson County Judge Mitch McConnell.

Atkins, a frequent critic of the state administration, said the electorate is asking for someone to level with them, asking for accountability.

"The people of Kentucky will not be dictated to any longer," he said.

Then, turning to McBrayer, he joked that he was very impressed with the commerce commissioner's accomplishments and that McBrayer "might consider running for auditor."

Sloane said that he is increasingly concerned about long-term financial commitments made by the state.

"I think it would be irresponsible for the next governor to increase taxes," Sloane said.

"... and I feel the legislature ought to have firmer control of 'our debt.'"

McConnell, a Republican surrounded by Louisville by Democratic officials, said that he has been "reasonably successful" in dealing with the Democratic fiscal court except for personnel matters.

"Unless there is controversy, it doesn't make the press," he said, adding that he thinks the people of Jefferson County are "sick and tired of friction."

McConnell also said he is not a gubernatorial candidate for next year.

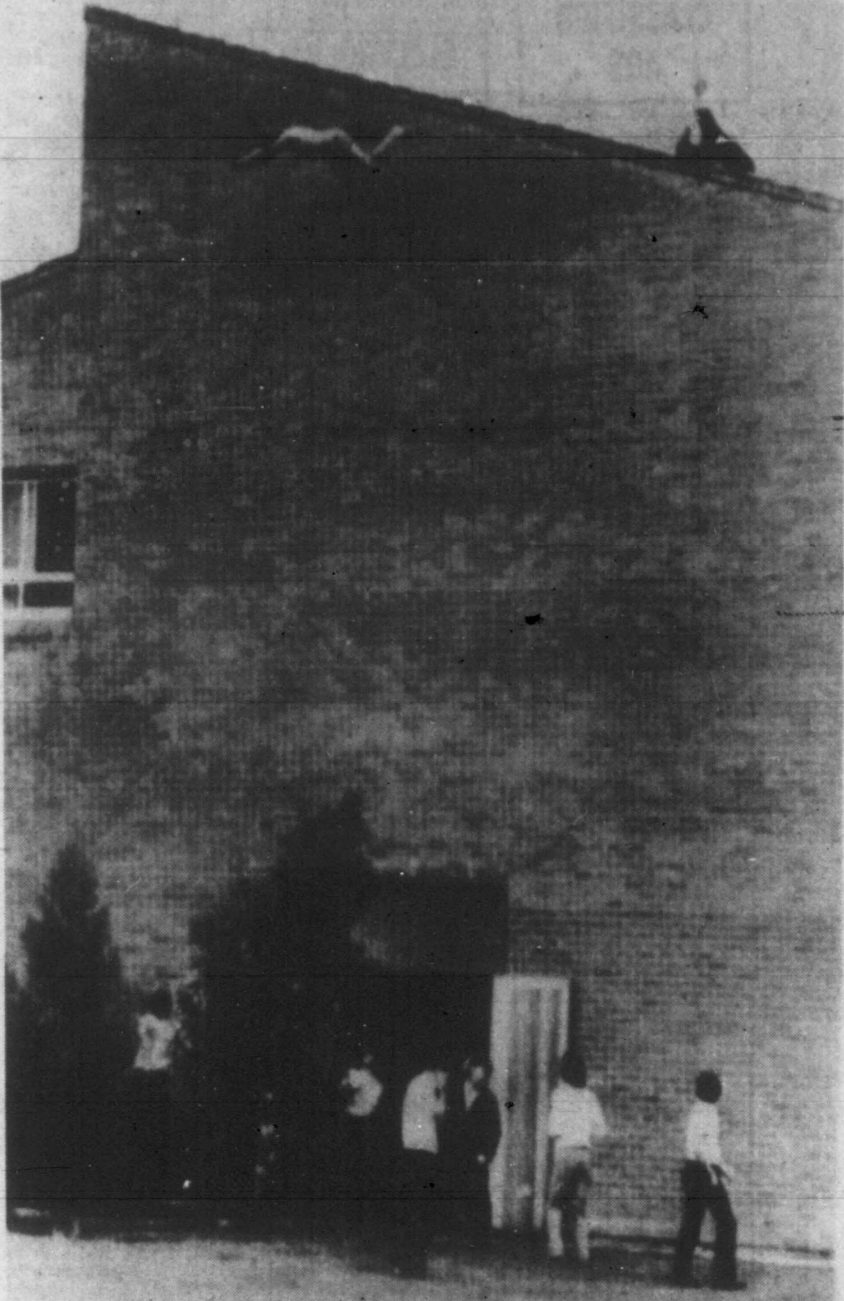
The new judge-executive said the key to Republican victories around the state is a "non-partisan personal approach because of the increasing independence of state voters."

McBrayer remarked at one point that he is concerned about discrimination against women.

He said they "have been blatantly left off boards and commissions in this state and off high level appointments" both in the current and other administrations.

The political forum resumes Thursday night with five more speakers — U.S. Rep. Tim Lee Carter, R-Tompkinsville and four state senators: Republicans Walter Baker of Glasgow and Larry Hopkins of Lexington and Democrats John Berry Jr. of Turners Station and Tom Easterly of Frankfort.

Although the UK student government listed all 13 speakers as "possible Kentucky gubernatorial candidates" only Carter and Hopkins have expressed open interest in the race, while Easterly is a congressional candidate in the 6th District.



SYDNEY, Australia — PLUNGES FROM ROOF — A 14-year-old school boy in Sydney, Australia dives from the roof of a school narrowly missing firmen with a tarpaulin, partially hidden behind the trees, who had tried to save him. The boy, who was not identified, had been on the roof for hours refusing pleas from police and teachers to come down. He was taken to hospital in critical condition. (AP LASERPHOTO)

## 70-Year-Old Man In Lebanon Has Nothing But War Memories

RASHAYA EL-FUKHAR, Lebanon (AP) — Rashid Hussein is a spry, 70-year-old native of the southern Lebanon mountains who remembers wars like some people remember baseball games. Armies have been rampaging through this region since his childhood.

But as he helped the latest invaders — Israeli soldiers — pack their equipment to leave this bombed village, he surveyed the rubble and said: "We'll rebuild as soon as the people come back."

The Israelis turned control of Rashaya el-Fukhar over to U.N. troops on Tuesday, and said they were happy to be leaving the expanse of ruin and dusty, shell-cratered lanes.

## 10 Positions Open On Board Of Kentucky Health Systems - West

Ten positions on the Board of Directors of Kentucky Health Systems Agency - West (KHS-A-W) are open. KHS-A-W is soliciting nominations of persons to fill these positions from citizens of western Kentucky.

Members must represent the full range of social, economic, racial and linguistic groups in the region.

"We want the people of western Kentucky to be involved in deciding what kind of health care they should receive," said Robert O. Miller, president of the Board.

The deadline for nominations is April 24. Nominations should include the name and address of the nominee and state whether the person is a consumer or a provider. Nominations should be mailed to Kentucky Health Systems Agency - West, Suite 401, 1941 Bishop Lane, Louisville, Kentucky 40218.

KHS-A-W is the regional health planning agency for the 49 counties in western Kentucky. The agency is governed by a 30-member Board of Directors composed of consumers and providers of health care. Any resident of western Kentucky age 18 or older is eligible for membership on the Board.

Board members will be elected for each subarea by the subarea Health Advisory Councils. New members will be seated at the KHS-A-W annual meeting in June. Board members are elected for a three year term.

Board members represent the six west Kentucky subareas: Purchase, Pennyrite, Green River, Barren River, Lincoln Trail and Falls Region. Board

members will be elected for each subarea by the subarea Health Advisory Councils. New members will be seated at the KHS-A-W annual meeting in June. Board members are elected for a three year term.

## Looking Back

TEN YEARS AGO  
APRIL 15, 1968

The 1968 Mayfield Cardinal baseball team opens its season on the road this week. Members of the team include Harmon Youngblood, Bobby Perkins, Ned Kendall, Doug Brown, Gene Fowler, David Fowler, Jim Shelton, Tommy Perkins, Mike Linebaugh, Johnny Walker, Rick Lamkin, and Gary Breedlove.

TWENTY YEARS AGO

Mayfieldians Mrs. Gerald Barlow, Mrs. Robert Harrison, Mrs. J.H. Looney, Mrs. Walter Russell, Mrs. Coy Easley and Mrs. Robert Lain Mullins were in Paducah yesterday to attend a meeting of Western Baptist Hospital Auxiliary.

FIFTY YEARS AGO

Ninety women, members of Business and Professional Women's Clubs of Mayfield, Murray, and Paducah, attended a banquet at Hotel Hall last night, the anniversary banquet of the sixth birthday of the local organization. The address of the evening was given by Miss Florence Wyman.

Did Hussein think the U.N. troops could protect the village from Palestinian guerrillas? "The U.N. is very good," he said.

But what of the 100 guerrillas who occupied his village until Israel's invasion? He picked up his boots pensively and replied: "Who knows?"

At noon, the Norwegians arrived at Rashaya el-Fukhar, their gleaming vehicles, bright blue helmets and shiny uniforms flashing the only color into the gray ruins.

"Is this them?" asked Hussein, impressed by their smart military bearing. "Where is their leader?" He hurried to join the cluster of U.N. officials, but nobody attempted to introduce him.

The blond, young Nordic troopers gazed at the wreckage of collapsed houses which would be their homes in the months to come.

Had the village been heavily shelled while he was there? "Hoo-hoo," Hussein shrilled. "Planes, tanks, everything. Like a big, big storm."

Did he think his village would ever return to normal? "Oh yes," he said. "Everyone will come back now. The war is finished."

## New Diet Booklet Might Make The Bikini Fit A Little Better

WASHINGTON (AP) — Swimsuit weather is nearing and millions of Americans are facing the need to shed a little excess weight picked up over the winter.

The Agriculture Department has prepared a booklet that may help. It tells how food and exercise affect your weight and offers some tips and suggested menus for taking off that surplus.

As with any good diet or exercise plan, the booklet urges a visit to your doctor before embarking on a program. He can help you decide what combination of diet and exercise will suit your special needs.

If you want to drop weight just by cutting down on food, you'll have to reduce your eating by about 1,000 calories per day to lose two pounds a week, the booklet says.

But if you add exercise to burn up, say 500 calories a day, you could cut down on food by only 500 calories and still lose those two pounds.

Sedentary activities like reading or watching television burn up 80 to 100 calories an hour, but moderate action, such as making beds or brisk walking, boosts this to 170 to 240 calories consumed.

And really strenuous activities such as bicycling, swimming or tennis burn 350 calories or more an hour.

A few tips from the booklet include:

—Avoid high calorie nibbling. Just five potato chips can add 50 calories to your consumption.

—Avoid hidden calories. Adding fat or sugar during cooking sometimes can double the amount of calories in a food itself.

"Food and Your Weight" sells for \$1 and can be obtained by writing to the Consumer Information Center, Dept. 028F, Pueblo, Colo., 81009.

## Poster Maker Contest Sponsored By State Agency

Young poster makers in the Jackson Purchase Area are invited to enter the Foster Parent Regional area poster contest sponsored by the Department for Human Resources. The competition is open to all 7th and 8th grades who live in the counties of Graves, Fulton, Hickman, Ballard, McCracken, Carlisle, Marshall and Calloway.

The theme of the posters will be "For Close Encounter — Try Foster Parenting" which is the slogan for the Jackson Purchase foster parents. This slogan will be featured on bumper stickers and on flyers in local supermarkets.

Foster care is a service which provides a substitute living situation for a planned period of time for children who must be separated from their own families. Children can use any media (paint, crayon, ink, cut outs, yarn, etc.) on poster board which is to be no larger than 22" x 28" and no smaller than 11" x 14".



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<p>NOXZEMA SKIN CREAM</p> <p style="font-size: 1.5em; font-weight: bold;">1.63</p> <p>10-OZ.</p> 	<p>OUR REG. \$2.66</p> <p>16 OZ. Johnson's BABY SHAMPOO</p> <p style="font-size: 1.5em; font-weight: bold;">\$2.33</p> 	<p>10 OZ. Vaseline INTENSIVE CARE LOTION</p> <p style="font-size: 1.5em; font-weight: bold;">\$1.44</p> 

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