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NOTEBOOK—

(Continued From Page One)

discussing the elements of change, not only in the Catholic Church, but in the world as well. He is a highly literate argumentalist, a kind and understanding minister and a fiercely loyal friend.

At the risk of of quoting Voltaire a little out of context I must admit quite frankly that I do not always agree with what he says, but at this time I must strongly defend his right to say it.

TWIN CITIES—

(Continued from Page One)

plain just who are Jehovah's Witnesses. They are an internationally known religious group with representatives in 197 countries and islands of the seas and it is through the medium of the Bible that they are bringing hope to interested people across the face of the earth. In these days of ever-threatening nuclear war, in which the destruction of the world seems imminent, the wonderful prospects of a world at peace, under the righteous rule of Christ Jesus and his Kingdom, is opened up through Bible knowledge.

"Why is that Jehovah's Witnesses use so many different methods to preach the good news of God's Kingdom? It is because like Jesus, they believe that the Kingdom message deserves the most effective preaching methods.

"It is not strange then that they use public places and are often seen in public places offering Bible literature and preaching the good news of the kingdom.

"Neither is it strange that the Christian Witnesses use the public meeting. Jesus often used this method. In fact his most famous sermon, the sermon on the mount, was given in the open air on a mountainside. Indeed, wherever Christ found people, that is where he preached.

"It is not strange then that Jehovah's Witnesses call at your door. The apostle Paul, speaking to the older men from the congregation of Ephesus, told them: 'I did not hold back from telling you any of the things that were profitable nor from teaching you publicly and from house to house.' (Acts 20:20) Truly house-to-house preaching is a Christian and apostolic method and this is why Jehovah's Witnesses use it."

Mr. Clark also extended to all the residents of the area an invitation to attend any and all of the sessions of the program, January 17-19.

A LETTER—

(Continued from Page One)

generations to come, the Free World will recall what you have done and will continue to do to maintain freedom for all.

"No one, not in your position, can really understand your thoughts at his time. However, I want to extend the Seasons Greetings to you and may God bless you and your family in the years ahead and give you a speedy return home."

Sgt. Young, who has lived in Akron, Ohio, but says Fulton is "home," reports that he is planning to work part time at extra duties or "some extra money." (Ed's Note: There are many wonderful things to see in London and that extra cash will serve to good advantage for this airman who has been in the Air Force for eight years and just might make it a career.)

JACK LaVINE—

(Continued From Page One)

prior to his employment this week by the directors of the local Holiday Inn.

"Operation of the Holiday Inn is going to be an exciting and a challenging task," Mr. LaVine told the news on Tuesday. "The location of the Inn on the Purchase Parkway appears to be the ideal location for overnight accommodations for the travelling public going north and south and east and west. Accommodating these travellers and the local people as well is going to be the equivalent of adding a good-sized industry to the Fulton area," he said.

For the present Mr. and Mrs. LaVine are residing at an apartment at Holiday Inn. The couple plans to establish a home in the vicinity of the motel.

Mrs. Simpson is the daughter of Mr. and Mrs. Ardell Simpson, prominent and pioneer residents of the Cayce Community.

JK—

(Continued from Page One)

course should be completed on or before January 20.

Persons interested in enrolling in the course should contact Monroe Tucker, Director of School Relations, Morehead State University, Morehead, Kentucky 40351.

FOUR YEARS HELPI

An aggregate of 48 months of educational assistance is now available to veterans eligible under two more Veterans Administration programs.



Mr. Johnson

Clinton Native Joins Heritage Insurance Co.

Joe R. Johnson, Jr., Deputy Commissioner of Banking since 1964, has resigned, effective January 1, to become treasurer of Investors Heritage Life Insurance Company.

Johnson was elected to his new post last Thursday (Dec. 19) by the board of directors of Investors Heritage. He will succeed Ralph Schuette, tax consultant of Paducah, who died December 2, 1967.

Harry Lee Waterfield, president, announced that Johnson also will be treasurer of Kentucky Investors, Inc., and of Investors Heritage Life Insurance Company of Ohio, succeeding Schuette in both capacities. Waterfield said that Johnson will be closely associated with him in management at the home office in Frankfort.

Johnson, 50, and a native of Clinton, had been executive vice president of The Clinton Bank nine years before his appointment as Deputy Commissioner of Banking. He also is an attorney and since 1947 has maintained an office at Clinton for practice in title, tax and estate law. He graduated from both the College of Commerce and the School of Law at the University of Kentucky.

He is a former regional president of the Kentucky Bankers Association and was a delegate to the Constitution Revision Assembly of 1964. He served four years in World War II, three with the Signal Corps, one with the legal division of the Chief of Ordnance. He now is a Lieutenant Colonel in the Judge Advocate Reserve.

Johnson's wife, the former Jane Gibbs of Union City, Tennessee, teaches Spanish and journalism at Frankfort High School. They have three children, Joe, Elizabeth and Bob.

Two UK Students Win Scholarships

Arvin Howard Jupin, a 1968 graduate of the University of Kentucky and presently holder of a graduate fellowship in the UK Department of English, and George Randolph Rice, Campbellsville, who earned an MA degree at UK in 1967, were selected winners of its 1969 scholarship by the Kentucky Branch of the English-Speaking Union.

Jupin, of Brandenburg, will study and travel in England next summer. Rice has completed all class work and currently is writing his dissertation for the Ph.D. He will go to Scotland.

News From Our Boys In The

SERVICE

VIETNAM—Dec. 2—Marine Corporal Larry S. Alexander, son of Mrs. Laverne Alexander of 703 E. State Line, Fulton, Ky., was awarded his third Purple Heart Medal during ceremonies in Vietnam.

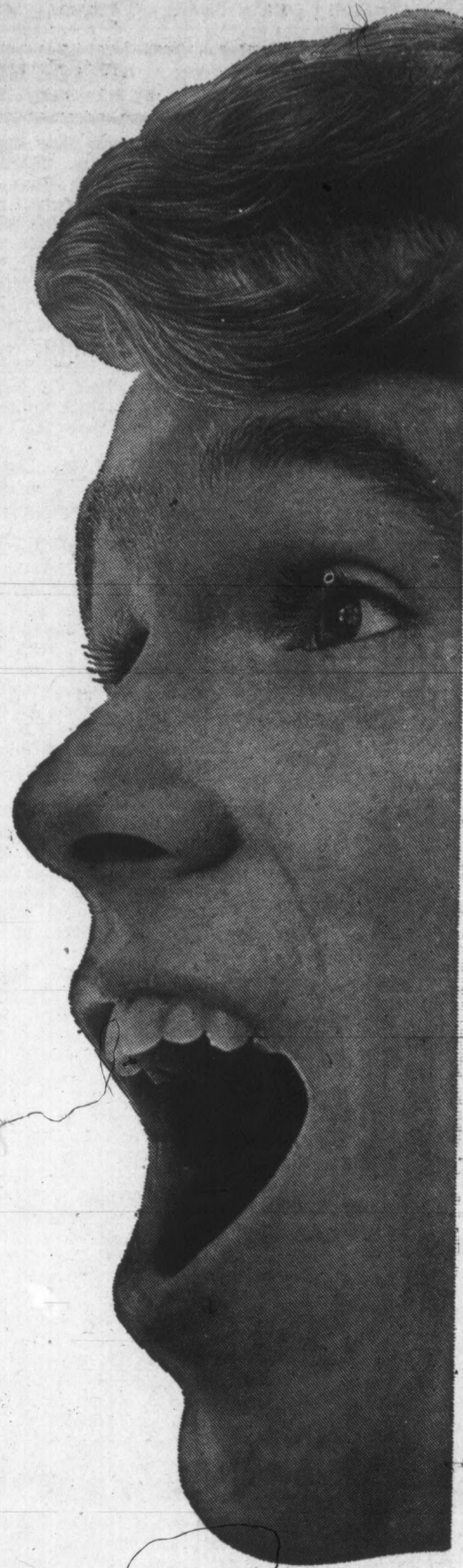
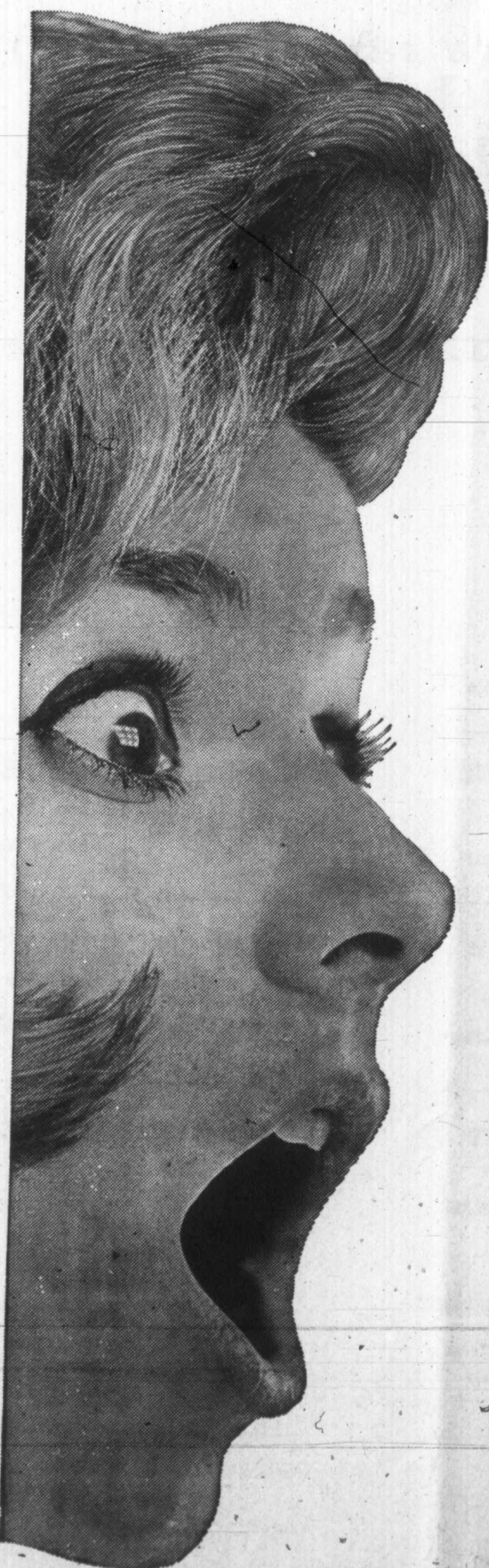
He received the award for wounds sustained in combat while serving with the First Marine Division in Vietnam.

Corporal Alexander is a graduate of South Fulton High School in South Fulton, Tenn.

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EVERY DAY IS DOLLAR DAY AT DOLLAR GENERAL STORES—EVERY DAY



THE COUNTRY DOCTOR

By James K. Welch, M.D.

Physicians, pharmacologists and other scientists regard the present sub-culture drug scene with a mixture of astonishment and dismay. Otherwise intelligent people seem to have the same fine regard for their bodies as they would for a trash barrel in a slaughter house. They will eat, drink, smoke, snuff, or inject an amazing variety of foreign materials into themselves in order to get "high". This high state has been praised and built up by academic and arty adlepaters and ignoramuses into all sorts of phony meanings including religious and philosophical ones. We should remember that a high is, in the final analysis, simply the equivalent of a drunk with all the same less-than lovely associations. A long time ago acid-tongued Voltaire defined the physician of

his day as one who: "...pours drugs of which he knows little into a body of which he knows less." This is not a valid statement about doctors today but it is about the druggies. This high state is a matter of sad and cynical amusement among the truly knowledgeable and sophisticated observers. They know, for instance, that ether and nitrous oxide, two good anesthetics still in use in hospitals all over the world were greatly used for phvschedelic purposes by our Victorian great grandfathers. Sir Humphrey Davy, in his experiments with nitrous oxide or "laughing gas", got very high on the drug. As he was passing out he had a vision and wrote a sentence on a piece of paper. He knew at the time it explained all the secrets of God and the universe. When

he came to he looked at the sentence. It said: "Gad, the stench is awful." Another ancient experimenter while high wrote the entire secret of man's destiny in one word. Later he found the word was "pickles". So much for the ecstatic fathomings of cosmic secrets so cherished by the acid heads, potheads and noodle heads. It's all been done before, long ago and it turned out to be just pickles. Perhaps these new leaders and teachers of youth should have less in-depth group be-ons and more elementary history. Their mouthings and brayings in defense of dangerous drugs are all old-hat and old-fashioned and were discredited long before World War I. The wet-eared juvenile who gets drunk on drugs and thinks he is being avant-garde and cool should also be sold the Brooklyn Bridge.

We don't know very much yet about pot and LSD but we know enough to say that LSD is a disaster and pot is dangerous. LSD changes chromosomes and endangers unborn people. It can produce insanity. It probably has other dangers we don't dream of yet. Even on a good trip its visions turn out to be, in the end, just pickles. Pot is defended as harmless by many ignoramuses, both the college bred kind and the uneducated ones. Science does not back this up. The unfortunate pot head is the soul brother of the unfortunate drunk. They shout about our Western, Judeo-Christian Puritanism. Then why have Eastern and Moslem countries provided the death penalty for growing the stuff? Why did the word "assassin" come from the word "hashish" which is another name for "pot" or marijuana? Why, if it is harmless, did a great state medical society just last month reaffirm the need for strict laws against pot? Juveniles shout that pot is no worse than alcohol. That's the logical equivalent of saying rattlesnakes are no worse than polio.

The now famous Mezz Mezzrow introduced pot into the minority groups in the Harlem world from where it spread out. This is what he said later, "I laid off five years ago and if anyone asks my advice today, I tell him to steer clear of it because it carries a rap. That's my final word to all you cats: today I know of one very bad thing the tea can do -- it can put you in jail." You who mistrust these things might note that this man was not white, Anglo-Saxon, Protestant or square. He did not belong to the Establishment.



Q. I've had Medicare benefits ever since the program began two years ago. I'm blessed with good health and, so far, haven't had to use it to any great extent. But I've been reading where more people over age 65 seem to be in the hospital and I'm wondering what will happen, what with the rising medical costs. The Medicare premium we pay for physicians' services has already been raised. Do you think the benefits may change in any way because more people are using the program?

A. It is difficult to say at the present time just what changes will be made in the program. Amendment have been added to the basic law of 1966 in the form of additional benefits and the cost of the voluntary Part B (supplementary medical benefits) program has been increased from \$3 to \$4 per month. The Social Security Administration has also noted that this premium may be increased "from time to time" if program costs rise. The program so far has met with favorable response in that 18.6 out of 19.6 million persons over age 65 are presently enrolled in Part B. Although no one can predict what benefit changes, if any, will take place, your local SSA office is the best source of information for future developments in the program.

Q. Medicine has always interested me and I've set my sights on being a doctor. I'm a junior in high school and plan to go on to college, but am not sure whether I can make it through medical school. Are there other jobs that need people in the medical field?

A. Yes, there are. As much as we need doctors to serve the increasing number of people

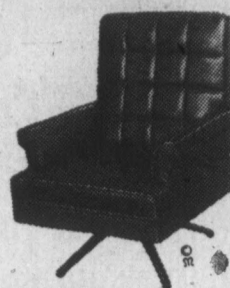


requiring medical care, there are always openings in the health care field for nurses, laboratory technicians, medical technologists, hospital administrators and other related jobs necessary to the doctor's work. These people have an important role in assisting the doctor on the "health care team." A career in medicine, whether as a doctor or as part of the allied medical personnel, can be most rewarding and will help assure proper medical care to everyone.

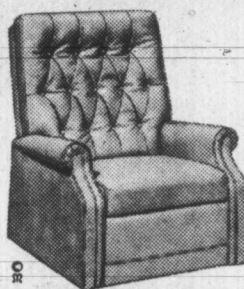


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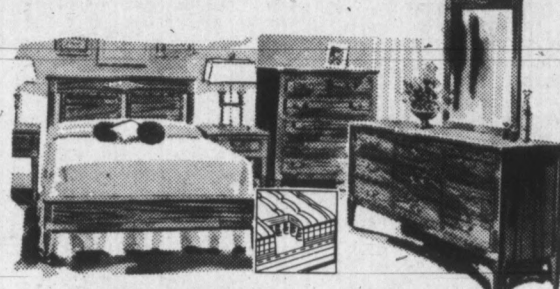
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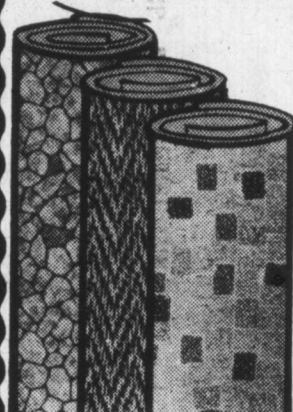
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Down On The Farm



By JIM PRYOR
Agricultural Agent
Illinois Central Railroad

Now that winter is here there is much to be said as well as done concerning safety around the farm and home. To date, we have not had much snow with the difficulties that come along. Last season we had already seen some snow and ice and a few accidents. In the south last year by the end of December, over 100 had lost their lives due to severe cold and snow. Over exertion causes many hearts to fail. The rule of thumb is safety along this line is this, "If you are over 40, slow down."

chances are the snow will last longer than you will. Snow is very heavy, so take it easy. A short rest is the answer.

Most everyone knows that salt will remove ice and snow. Frequently after several snows, however, damage has been found in shrubs, roses, and lawns.

Commercial fertilizer, will effectively remove hazardous ice and snow from steps and walks without damage to plants. Urea fertilizer is considered best for this type work, even though the cost is a little more than salt or calcium chloride. Urea is non-corrosive to most metals and is not likely to damage plants provided a heavy application of fertilizer was not made late in the fall.

When a heavy snow warning is issued by the weather man, and as the snow actually begins to fall, sprinkle fertilizer on steps and driveway. This will keep the first fall melted, then as the material washes away, more can be added.

If ice has to be cut in the farm pond, cut it at the edge never out in the center where it may be thin.

Never ice skate on a pond unless the thickness is checked and is over 6 inches deep. It takes several days of sub-freezing weather with little or

no warm weather to accomplish this.

For the auto, snow tires are a must if you have to go. On back roads tire chains are the answer. I have found for most general driving the studs added to the snow tires give traction needed for moving slowly. Tires should be deflated to about 20 pounds with added weight in the trunk and slow down. About the safest place to be during an ice storm is at home.

Make plans to prevent accidents today.



Do people resent change? Pioneer car makers found it difficult to separate the idea of the horseless carriage from the horse and carriage. Early automobiles had carriage wheels, dashboard, whip sockets, side lamps and sometimes reins instead of a steering wheel. To preserve the entire shape of horse and buggy one A. Smith actually used a horse's head on his horseless carriage. The complete evolution of the horseless buggy can be seen at the Harold Warp Pioneer Village at Minden in south central Nebraska.

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WINE EASES ELDERLY PATIENTS' HOSPITALIZATION

Medicare patients are happier in the hospital when they receive one small glassful of wine with dinner, a new study shows.

The study, conducted at Wrightwood Extended Care Facility in Chicago, was described at a unique International Symposium on Wine and Health held at the University of Chicago recently.

Conducting the study were Dr. Vincent Sarley, medical director of Wrightwood, and Dr. Robert C. Stepto, of the University of Illinois College of Medicine.

All patients admitted to the Medicare facility during a period of 90 days were eligible to have free wine with their dinner, providing they wanted to, providing their medical conditions allowed it, and providing their personal physicians agreed.

Forty-seven of the patients who had wine with dinner and 82 of those who didn't were polled as they were discharged. Among the findings were that patients who drank wine, compared to those who didn't, were happier; with visiting hours and regulations, with their nurses, with their food and its serving; with their bed and room, and they fell asleep more easily at night, and took more naps during the day.

Doctors, nurses, and dietitians agreed that those patients who had wine with dinner were better and happier patients who needed less sedation and sleeping medication than did patients who did not take wine with their dinner.

As a result of the study, wine is now served regularly to qualifying patients at Wrightwood, Dr. Sarley said.

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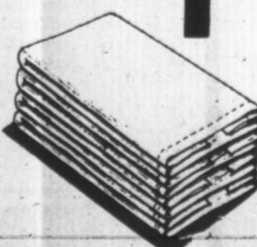
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PLAYMATES—Pint-sized Joe Garrigan pats the head of his new-found friend, Orbit 5, a 1,700-pound Angus bull, during a recent sale held at Parnell Garrigan's Ken-Ten Angus Farm on the State Line Road. Young Joe is the son of Mr. and Mrs. Paul Garrigan. (Photo by County Agent Joe Martin)

Flu Epidemic Is Spreading Over Nation

ATLANTA, Ga. — The nation's Hong Kong flu epidemic is in its third week and is expected to run about four more weeks, the National Communicable Disease Center said Friday.

In assessing the mortality rate, the NCDC said similar epidemics in the past usually last from six to eight weeks and there is no evidence that this one will be different.

The NCDC said earlier that the epidemic, which now includes one or more local outbreaks in all states except Hawaii, Louisiana and Mississippi, was expected to extend until about mid-January.

To assess the seriousness of the epidemic, the nation's health authorities provide these figures from 122 cities of more than 100,000 population to show the number of expected pneumonia-influenza deaths and the number which have been reported:

For the week ending Dec. 7—476 expected, 672 reported, an excess of 196.

For the week ending Dec. 14—490 expected, 703 reported, an excess of 213.

For the weekend ending Dec. 21—504 expected, 1,051 reported an excess of 547.

Hong Kong Flu Invades Kentucky

FRANKFORT, Ky. — Hong Kong flu, this winter's "in" malady, has been officially spotted in Kentucky, the state epidemiologist said Friday, and according to him, "the worst is yet to come."

Dr. C. Hernandez said the state Health Department's virology laboratory here has identified the Hong Kong flu virus in samples from two people in Louisville and one in Lexington.

"If this follows the pattern of last winter," Hernandez said of the Hong Kong variety, "the peak will hit about the middle of January."

Last year's pattern was established when Asian flu invaded the state. After the peak in January, the virus finally subsided in February.

PROSE BOWL: A state university is one place where a student should not be denied admission on account of race, creed, or color.

A state university is one place where a student should not be granted admission on account of race, creed, or color.

—Harry C. Bauer.

READERS WRITE: Don Frankel says a bachelor is a guy who, when a girl's voice has an engaging ring to it, plays stone deaf. . . . Leo Giorgetti of San Francisco announces the formation of Joggers Anonymous: "When you feel the urge to jog, you call a member and he trots over and 'hides your sneakers'." . . . Al Musser declares some politicians shake your hands before being elected and your confidence afterwards. . . . and Brent Stark, way out in Cheney, Wash., vows "Things aren't what they used to be: the old time itch is now a costly allergy."

Uncle Dan, writing in the Mellen, Wis., Weekly Record, tells about the baseball manager who got so mad at his shortstop for making errors that he went out to show him how to play the position. The manager bobbled the first ball hit to him and got madder than ever. "You got this position so messed up that nobody can play it," he yelled.

Will Leonard had an engaging story recently in the Chicago Tribune:

A suburban housewife met her husband at the front door with the dire news that the parakeet seemed to have suffered a stroke. He just sat on his perch, not a wing or a feather moving. The mystery soon was solved. The parakeet had nipped one of the little ones on the finger, and the little one had sprayed him with spray starch.

We asked how the parakeet got out of this mess. "Eventually," said Dad, "it all flaked off. He's fine, thank you."

Purely personal: Sloppy mechanics upset me. . . a garage charged me \$16.50 to fix a turn signal on my car and \$3.50 to slow down a motor that idled too fast, and the turn signal is exactly as it was before, and the motor idles just as fast! . . . View that remains in my memory: That from the top of Mt. St. Helens in Southwest Washington, stretching westward to the Pacific and including the other great snowcapped peaks of the rugged Cascades. . . I gripe about: Dirty, dog eared menus in restaurants; if the owner isn't proud enough of his place to have clean menus, I figure he's not careful about his kitchen either!

GENE GEMS: I ran into a shady character; he was selling umbrellas. . . I'm a poor loser; ever hear of a rich one? —Gene Gasiorowski

PROSE BOWL: The American Trifle Assn. claims the only place one can feel half safe these days is under arms. —Harry C. Bauer.

THE FUNNY PAPERS

Of the 70 separate ethnic groups, the Eastern Slavs are by far the most numerous. They comprise three-thirds of the population.

—Pittsburgh Press
The afternoon menu include clam chowder and hot dogs, followed by a supper of children, baked potatoes and corn-on-the-cob.

—Albany Times Union

IRELAND VIGNETTE

KILLARNEY: This is such a delightful little city, set amidst the lakes in a rolling countryside, with wonderful views of water and hillsides and with ancient structures to intrigue the visitor. Nearby is Ross Castle, on the lake shore, a reminder of the ancient days when local kings needed protection against unfriendly neighbors. And not far away is Ag-hadde, on whose hillside are other interesting ruins.

Killarney is a beautiful, restful place to visit, with the Great Southern Hotel being one of Ireland's most charming. From here it is an easy trip to the Ring of Kerry, offering some of the world's finest scenery. When you visit the Emerald Isle, do set aside at least a day for Killarney and another for the Ring of Kerry. You'll be pleased that you did, I know.

—Lenore Lee

A wonderful resolution for 1969: INTERVAL. The Allstate Motor Club says keeping a proper distance between cars leads to a drastic reduction in serious auto crashes.

Something else that will be smart for '69: Lock your car whenever you leave it! Auto thefts are increasing. . . do all you can to protect your own.



MAJOR POINTS & MINOR, TOO

By GORDON M. QUARNSTROM

It's about time. To get to work on those important things that need to be done in 1969.

Each individual can be a big help. . . in encouraging legislators to adopt laws to stamp out drunk-driving. . . in preventing pollution of our air and water. . . in seeing that police departments are properly manned, properly trained and properly paid.

Make your views be heard. . . write your legislators, your civic officials. . . you'll be surprised how much power there is in your ball point pen!

Crashes caused by drunks continue to take a senseless toll. . . the problem of the drinking driver is so serious, reports the Allstate Motor Club, that is should be of acute concern to lawmakers and police the nation over.

PURELY PERSONAL: Recent good movies: "The Paper Lion," "Yellow Submarine," "Shoes of the Fisherman" and "The Two of Us." . . the last is a sleeper, telling a poignant story of a little boy and an old man. . . I like Lenny Kent's story about his wife not really loving him. "If she had any concern for my feelings, she wouldn't have married me." . . Movie to forget: Frank Sinatra in "Lady in Cement"; it sinks.

ANNOUNCING

As Of December 30

BRUCE A. WILSON

BOOKKEEPING TAX SERVICE

Will be at their new office building at

300 Broadway

South Fulton, Tenn.

PHONE 479-1507

Fulton County Farmer Wins State 4-H Honor

FULTON, Ky.—Elmer L. Hixson, a Fulton County farmer, is included among four persons named for state 4-H Alumni recognition honors.

The four, chosen from among nominees of county agents, were awarded plaques for their continued leadership of youths and outstanding community service.

They are, in addition to Hixson, Mrs. Gale Salyer King, Salyersville, Mrs. Marie B. Cridder, Russell Springs and Bruce Cotton, Lexington.

Hixson, a leader in 4-H work for 21 years, runs the state's largest registered Guernsey herd on his Willow Wilde farm near Fulton.

He and his family were chosen Kentucky's Master Farm Family in 1965.

A church superintendent,



ELMER HIXON

teacher and a member of the Kentucky Extension Council, he has provided 60 purebred heifers for 4-H project work and helped train 72 dairy judging teams. He also is chairman of the county 4-H council.

Everett Flies To Washington

U.S. Rep. Robert A. Everett, "feeling fine and anxious to get back to work," boarded a plane in Nashville today to return to Washington.

Mr. Everett, who has a kidney ailment, received treatment with an artificial kidney at Nashville's Veterans Hospital Thursday before departing for his Washington office.

"I'm happy to get back on the job," he told newsmen, and added that he wanted to return to Washington "in plenty of time before Congress convenes."

Mr. Everett will continue outpatient treatment at Veterans Hospital at Washington but said he plans on resuming a normal office schedule Monday.

Meanwhile, Mrs. Charlie Everett, the congressman's mother, left Union City by auto today to drive to Washington where she will join her son.

Mr. Everett's records in the Union City office have been packed for shipment to Washington.

NEW YEAR "Appreciation" SPECIALS

FREE 1-Lb. Reelfoot BACON With fill-up (Min-10 Gallons) Thurs. - Fri. - Sat., Jan 2-3-4

Register for Country Ham to be given away Saturday Nite, Jan. 4. No purchase is necessary.

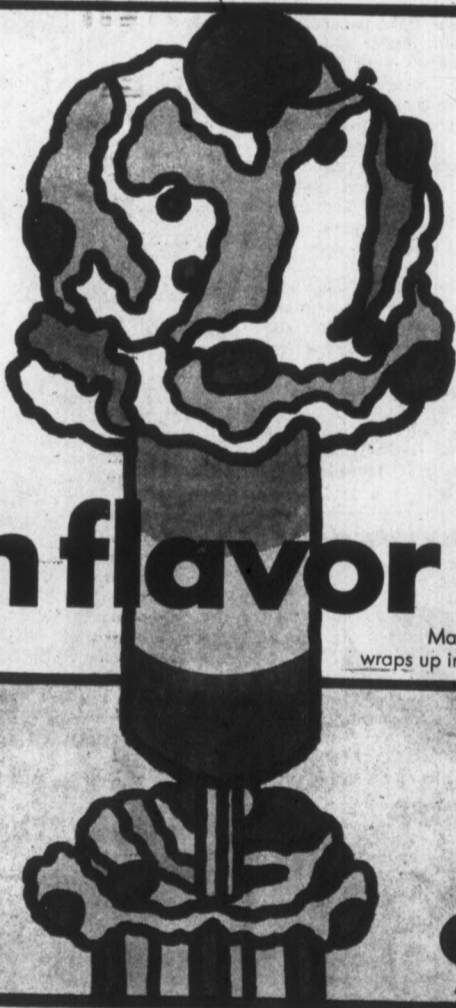
CARL PUCKETT, SR., who for 40 years has served the motoring public in downtown Fulton, is now associated with his son, Ralph at the DX Station located across from the Derby restaurant. Ralph, Carl, and Attila Hemphill wants to show their appreciation for past favors and invite you to come see them this weekend!

PUCKETT'S DX STATION

Located in Highlands across from the Derby Restaurant

Ralph Puckett — Attila Hemphill — Carl Puckett, Sr.

French flavor twist!



Mademoiselle Montmorency Cherry, oh so sweet, wraps up in fluffy marshmallow for a tasty tête-à-tête with that flavorful nut, Monsieur Almond. It's pleasure with a Parisian accent in every bite of Cherry C'est Bon! Another far-out flavor from the only dairy in this area authorized to carry the Quality Check symbol.

Ice cream is just ice cream unless it's from

Turner's.

Then you know it's Quality Check.

Turner's
Cherry C'est Bon!



Turner's ice cream

Is Distributed in this area by . . .

Pure Milk Company
FULTON, KY. DIAL 479-9811

SINGULAR SOUTHERNERS

(The following article appeared in the January issue of Southern Living. It was written by Sara Jane Poe, daughter of Dr. and Mrs. J. A. Poe. Sara Jane is a student at the University of Kentucky.)

Weather-Wise Prophet

Richmond newspapers regularly print a list of "Rubin Days" and Virginians clip them for reference, for Richmond's Louis D. Rubin, Sr., often is more accurate than the Weather Bureau.

In 1931 Rubin, an electrical contractor, suffered a mastoid infection and was totally paralyzed for months. From his window he watched clouds, studied their formations, and learned what they indicated. Recovered, he made color photographs and compiled a 10-page booklet that business firms purchased and gave away as goodwill advertising.

Today Rubin's charts are used by universities, airlines, the U. S. Navy Photocenter, and nine foreign countries for instruction in cloud patterns and wind changes.

From sky-watching, Rubin turned to long-range weather forecasting. Since volcanic eruptions blast tops of ash into the stratosphere, he reasoned that winds would send the blanket of ash over Virginia some months later, creating a "lower than average" temperature.

In May 1954, for instance, Rubin warned, "Beware of August 12 or 13. Mauna Loa blew her top." On August 13, Richmond's torrid temperature dropped to 52.8 degrees. One November 6, Rubin's "unusual weather" prediction coincided with a freakish 7.3-inch snowstorm.

Rubin's material is in eight educational science books and in the *Encyclopedia Britannica*. His book, *Forecasting the Weather*, will be published in January—the latest achievement of one who parlayed a near-fatal illness into an international reputation.

Louis Rubin



Partner for Progress

She is wife, mother, newspaper editor, international diplomat, and fund raiser. Mrs. Johanna Westpheling, mother of a son, 21, and a daughter, 18, was selected in 1965 by the University of Kentucky as one of the 10 most outstanding women in Kentucky. Jo blends the editorship of a Fulton, Kentucky, weekly newspaper with numerous civic and political activities.

Through her indefatigable energy and press support, the International Banana Festival of Fulton, Kentucky—South Fulton, Tennessee, has grown into a festival of goodwill with our South American neighbors. (These twin cities are the nation's banana redistribution center.) In 1966 her enthusiasm elevated a visit to Ecuador by a group of Banana Festival supporters into a mission of outstanding personal diplomacy. At present she is a member of the Partners of the Alliance, a group of private citizens, all volunteers, sponsored by American governments to, in her words, "project our efforts to touch the hearts and minds of the grass roots people of South America."

In April 1968 she visited South America again as a delegate to the Third Inter-American Conference of the Partners of the Alliance in Lima, Peru, and is personally arranging for sheets, books, and a stove to be sent to needy hospitals and schools.

Through a 17-hour radio marathon Jo conducted, the city of Fulton raised \$100,000 to build a new plant for Fulton's sole industry, Henry I. Seigal Co. This new factory provides jobs for an additional 400 Fultonians.

Johanna Westpheling



Smokey's Dad

Albert Staehle, the North Miami artist who created Smokey the Bear, scarcely recognizes his brush-child these days.

"Now I see him on television, but he doesn't look quite the same. I wouldn't say he's 'gone Hollywood,' but he seems more stern than when I used to paint him."

Staehle lives with his wife, five children, and an assortment of pets who double as models. Son of an artist and grandson of a court painter in Bavaria, he has won many awards for his work, including three Kerwin Fulton medals for the best posters of the year. Each poster featured one of Staehle's good-humored animals and was converted into a billboard for a giant oil company.

The artist, whose animals have been featured on scores of magazine covers and calendars, created Smokey in 1944. In those World War II days, forest fires threatened the nation's vital supply of native timber. A representative of the Department of Agriculture asked the artist to draw an animal which would represent fire prevention. Staehle made sketches of a bear, put a ranger's hat on him, and dressed him in dungarees. Smokey was born and became an instant hit.

Before long, the Fire Prevention Department of the USDA decided to send Smokey to Hollywood to be animated. Today there are Smokey toys, books, games, costumes, masks. Staehle gets no royalties from any of these.

"I don't expect anything. All the money goes to the government for fire prevention. That's the way Smokey would want it."

Albert Staehle



Doctor in the Kitchen®



by Laurence M. Hursh, M.D.
Consultant, National Dairy Council

ATHLETES SHOULD DRINK MORE WATER

In order to get the best performance from athletes, coaches should insist that they drink more water than their thirst demands, and as frequently as possible.

The above idea, I am sure, will shock some athletic coaches and others since most of us have been brought up on the concept that too much water in the belly will waterlog a man and he will not be able to perform.

The reverse is true. An athlete's performance is severely limited if he loses too much body weight through sweat and his performance begins noticeably to decline when he has lost only 2 percent of body weight. This, for a 200 pound football player, is only 4 pounds, and for a player who is putting out any effort at all, he will lose 4 pounds and more by the end of the first half. For him to go out and perform well in the second half is hopeless since he doesn't have enough blood volume left to stick in your eye.

The Scientific Evidence

Fortunately, there is abundant scientific evidence, much of it from U.S. Army research on soldier performance, to indicate that this need not be the case. Give the athlete a quart jug of water and let him drink all he can hold, and let him do this as frequently as he can.

Note this quote from an Army technical manual: "Healthy men suffer decidedly if there is a loss of only two liters (a liter is 1.057 quarts) of body water. Their reaction time is slowed. In hot environments, with strenuous muscular activity, they may or may not be aware of thirst and hence may not drink enough to replenish the loss."

Or this, from another Army medical research report: "Voluntary dehydration, measured under field conditions in walking men, ground crews, tank crews, and flying personnel often amounted to 2 to 4 percent of body weight. Such dehydrations

are sufficient to limit the physical performance of the men. Since under the most favorable circumstances men tend to voluntarily dehydrate, they should be encouraged to drink more water than they want, especially during periods of prolonged activity.

Dehydration Causes Stress

Dehydration places a stress on the circulatory system, partly because of the decrease in blood volume. This stress is reflected in rises in pulse rates and of body temperature. External symptoms include generalized discomfort, fatigue, apathy, low morale and unwillingness and inability to undertake strenuous activity. These symptoms become evident after the dehydration has reached 2 percent of body weight.

Enough said? I certainly hope so. And forget about salt tablets. They have had their day and fortunately have disappeared from view in most places.

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RAMBLER**

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DAIRY COWS & MILKING EQUIPMENT

MRS. TOMMY
V. PERRY

SALE

FRIDAY, JAN. 3, 10:00 A. M., 1969

Rain or Shine—Sale Held Under Shelter in case of bad weather
FULTON, KENTUCKY

Sale will be held on the farm located on Hwy. 166 (The Middle Road), 5 miles west of Fulton. Watch for the sale arrows.

17 Head of Choice Holsteins

12 of these in production now — 4 due to calve soon

1 First Calf Heifer Due In July

— HEALTH CERTIFICATE ON EACH COW —

The majority of these cows are 2nd and 3rd Calf Cows. Most of them have calved within past 60 days. This is a small herd of cows but the ones here are good clean producing cows. At the present they are averaging about 40 lbs. per cow per day.

Milking Equipment

Muller stainless steel bulk milk tank—300 gal., perfection pipeline set up with 2 units, vacuum pump, motor and milk release, (model 800 pipeline milkhose panel)
Electric Cook Stove — Large Hog Feeder — Other items too numerous to mention

For further information contact Robert Perry, Route 1, Fulton, Kentucky — OR

Alexander Auction & Realty Sales

404 LINDELL ST.
MARTIN, TENN.

PHONE: OFFICE 587-4722
HOME 587-4568

Dairy Heifers - Feed - Farming Equipment
PLAN NOW TO ATTEND THE

SALE

SATURDAY, JAN. 4th, 10:00 A.M., 1969

RAIN OR SHINE - LUNCH WILL BE SERVED

COTTAGE GROVE, TENNESSEE

FROM PARIS GO NORTH 10 MILES ON HWY. 69 TO WALKER CEMETARY, TURN RIGHT, FOLLOW SIGNS 2 MILES TO FARM. 1 MILE SOUTH OF JONES MILL.

HAVE SOLD MY FARM - MUST GIVE POSSESSION JANUARY 15th.

42 Head of Registered & High Grade Holstein Heifers
Sell In Dispersion

22 BRED HOLSTEIN HEIFERS - 20 OPEN HEIFERS - Registered Holstein Bull

AVG. WT. 950 LBS. NOW. BULL PUT IN WITH THEM 1st OF OCT., 1968.

15 OF THESE HEIFERS ARE REGISTERED. THE DAM OF ONE OF THESE HEIFERS HAD RECORDS UP TO 18,380 LBS. MILK AND 581 LBS. FAT. THIS RECORD WAS MADE IN 291 DAYS. MR. CRAWFORD SOLD HIS MILKING HERD SEPTEMBER 15, 1967. THE SALE AVERAGE ON 59 HEAD WAS \$400 WITH TOP COW BRINGING \$625.00. A LOT OF YOU DAIRYMEN HAVE HEARD OF THIS FINE HERD. THIS IS THE LAST CROP OF HEIFERS OUT OF THIS HERD. - SPECIAL NOTE - FOR 4 YEARS IN A ROW THIS HERD OF APPROX. 50 COWS AVERAGED OVER 400 LBS. FAT AND OVER 12000 LBS. OF MILK.

IF YOU WANT TO BUY QUALITY YOU WILL ATTEND THIS SALE. YOU CAN FIND THAT SHOW PROSPECT FOR NEXT YEAR THAT YOU NEED. THEY ARE UP TO THE SIZE NOW THAT IT'S ALL DOWN HILL. ALL YOU CAN DO IS MAKE MONEY. THESE HEIFERS ARE IN GOOD FLESH NOW. YOU DAIRYMEN THAT WANT SIZE AND QUALITY SHOULD COME AND LOOK THEM OVER. THE WEATHER MAY BE ROUGH - BUT THIS SHOULD BE YOUR DAY. INDIVIDUAL HEALTH CERTIFICATES ON EACH ANIMAL.

-FARMING EQUIPMENT-

- 3 TRACTORS -
1 - ALLIS-CHALMERS D-17 (1947 MODEL-1179 ACTUAL HRS.) (OVER SIZE TIRES-FRONT & REAR)
3-16" BOTTOM BREAKING PLOW
10" WHEEL TYPE DISC (LESS THAN 1 YR. OLD)
4 ROW CULTIVATOR, 9" BLADE
- 1 - ALLIS-CHALMERS D-15 (2900 ACTUAL HRS.)
2-16" BOTTOM BREAKING PLOW
A.C. FRONT END LOADER (ATTACHMENTS TO FIT D-15 OR D-17)
- 1 - SUPER A FARMALL (GOOD SHAPE)
FRONT END BLADE - BREAKING PLOW - CULTIVATORS
- GEHL MIX-ALL (THIS CRUSHER IS THE SAME AS NEW)
GEHL SILAGE WAGON (MD. 700) SELF UNLOADING
GEHL FLAIL-CHOPPER 72 CUTTER
NEW HOLLAND HAY BALER - JOHN DEERE WHEAT DRILL
NEW IDEA CORN PICKER (1 ROW) - A.C. SUBSOILER
JOHN DEERE ROTARY HOE-JOHN DEERE MOWER, 7' BLADE
JOHN DEERE DISC (WHEEL TYPE)
JOHN DEERE SECTION NARROW (LIKE NEW)
JOHN DEERE MANURE SPREADER
ELECTRIC 4 WHEEL TRAILER (5TH WHEEL)
4 WHEEL TRAILER - GRANDY FERTILIZER DISTRIBUTOR
TOBACCO SETTER (EXCELLENT SHAPE)
SEED SOWER (PTO DRIVE) NEW IDEA HAY CONDITIONER
INTERNATIONAL 2 ROW CORN PLANTER
MOW-HAWK BUSH HOG - 6'

-SHOP EQUIPMENT-

- LINCOLN ELECTRIC WELDER, 2 SHOP VISES, STAND & EMERY GRINDER, 110 LB. SHOP ANVIL, 1 HOME MADE ANVIL
- SUNBEAM CATTLE CLIPPERS, COMPLETE SET OF EQUIPMENT FOR SHOWING CATTLE, CATTLE BLANKETS (NEW AND USED) TIE AND SHOW HALTERS, DE-HORNERS (BOTH ELECTRIC & MANUAL) OTHER ITEMS TOO NUMEROUS TO MENTION.

FOR FURTHER INFORMATION CONTACT MR. J. D. CRAWFORD, RT. 2, COTTAGE GROVE, TENN. PH. 901 - 782-3781 OR 642-2410 OR CONTACT

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USED FURNITURE BARGAINS

- 2-Piece living room suite \$25.00
- 3-Piece bedroom suite \$25.00
- 4-Piece sectional sofa \$35.00
- Studio couch \$10.00
- Apartment-size electric range \$25.00
- Chrome dinette, formica top, 4 chairs \$20.00
- Chrome dinette, formica top, 4 chairs \$30.00
- 3-Piece bedroom suite \$25.00
- 5-Piece modern dinette, formica top \$35.00
- Odd Divans from \$5.00
- Bed springs, \$5 each
- Linoleum rugs, regular, 7'x9' yard, vinyl, \$1.10 yard, cushion floor, \$2.10 yard.

Come in and browse around; we have lots of bargains not advertised!

WADE'S USED

Furniture Store
Fulton Phone 472-3421

CLEAN USED FURNITURE, ETC.

- Gas heaters, 70,000 BTU \$84.50
- Gas cooking stoves \$49.50
- Electric range \$42.50
- Electric refrigerator \$44.50
- Chiffonade \$18.50
- Odd Chest \$14.50
- 6-Piece walnut finish dining room suite \$49.50
- Dining table, 6 chairs, Walnut \$59.50
- General Electric automatic washer, good shape \$39.50
- Westinghouse dishwasher, good shape \$39.50
- Unfinished deacon bench \$18.50
- New Swivel rockers \$21.50
- Wallrite paper, per roll \$3.59

Exchange Furn. Co.

COMMERCIAL AV. 4772-1533

Fighting Fatness Makes Good Sense

There's no doubt about it. Many of us are too fat.

Almost everyone who is too fat would like to slim down to average size for his height and build. Many women would like to be on the skinny side.

The American Medical Association's home health book, *Today's Health Guide*, points out that most physicians consider obesity an important factor in personal health for three reasons:

- It is common.
- It is associated with increased sickness and death rates, notably in respect to heart, circulatory, kidney, and metabolic disorders as well as surgical and obstetrical complications.
- It can be successfully treated to help control associated medical conditions.

Medical experience strongly suggests greater risks for overweight persons in respect to most of the major disorders besetting our population. The evidence for generally adverse effects from obesity seems too massive and too consistent to be ignored.

So we need to lose weight. It should be simple: just cut down on the calories. Unfortunately, it often isn't simple. Taking fewer calories than are needed seems to be within the theoretical capability of most of us. Yet results suggest that this is difficult and often not achieved. Long-term observations indicate poor success for most dieters.

One factor involved in overweight is psychological. Emotional factors are operative in all of us. Psychological factors may help cause overweight, or help to maintain it. Seldom is psychiatric consultation required. The general

practitioner, the internist, the pediatrician usually can provide suitable guidance and support as part of the weight-reduction program, the AMA book says. The



physician's aim is to prod and reinforce our will to lose weight, to help us be so determined to trim off excess pounds that we will stick to the reducing regime.

The physician may prescribe drugs at first, as a crutch to help us get started. These can reduce appetite, promote a feeling of well-being, add bulk in the stomach, eliminate excess fluids. They can, at best, afford only temporary help. They postpone the day when facts must be faced, when we finally make up our minds that we must change our eating habits to keep our weight under control.

FRI.-SAT.

SUN - NITE

B-I-G DOUBLE HIT

"Three
Guns For
Texas"

DEADLIER
THAN THE
MALE

Starlite DRIVE-IN THEATRE
UNION CITY-FULTON, KY

FULTON - NOW SHOWING THRU -

JANUARY 11th (A-MY)

Matinee Saturday and Sunday - 2 p.m.
Nightly At 7:30 P. M.

In new screen splendor...The most magnificent picture ever!



STUDIO CITY SOUND REPRODUCED - An MGM Re-release

Saturday Morning - Kiddie Show!
See! "TARZAN & THE VALLEY OF GOLD" - In Color!

PLUS - New Weekly Serial

STARTING This Week. See Chapter 1 of

"RADAR MEN MOON"

Doors open 10:30 - Show Starts At 10:45

- DON'T MISS IT! -

For You..Every-day Low Food Prices

FRESH PORK	PORK
PICNICS	STEAK
29¢	59¢
LB.	LB.

FRESH
Neck Bones lb. 19¢

FRESH
Pig Feet lb. 19¢

PORK MELTS lb. 19¢

PORK MAWS lb. 19¢

U.S. CHOICE
Club Steak lb. 99¢

TENDER
Pork Cutlets lb. 69¢

OUR OWN TRADE MARK — PORK
Sausage lb. 39¢

FRESH
Pork Liver lb. 39¢

REELFOOT
Franks 12-oz pkg 49¢

RIB STEAK	U.S. CHOICE	89¢	BACON	Krey Mello	49¢
LB.				12-oz. Pkg.	

FROZEN ASSORTED
Steaks 10 for \$1.00

DEL MONTE 14-oz.
Catsup 4 for \$1.00

12-oz. JAR STANDARD
Fresh Oysters ea. 99¢

JAZZ BRAND
Dog Food 10-lb. 89¢

TENDERATED
Hams shank lb. 49¢

BOOTH 16-oz. FROZEN
Fish Sticks box 69¢

TENDERATED
Hams butt half lb. 59¢

MORTON FROZEN
Pies mince meat ea 39¢

MAXWELL HOUSE.
INSTANT

COFFEE

6-oz. JAR

69¢

KRAFT

MIRACLE

WHIP

SALAD DRESSING

With Other Purchases
Limit 1 Please

We Don't Require
Coupons or \$5.00
Purchases with our
Specials

39¢

DOUBLE QUALITY
STAMPS
ON
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HERE'S VALUE

YOU CAN'T BEAT

DOUBLE QUALITY
STAMPS
ON
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MORTON ASSORT. FLAVORS
Cream Pies ea. 29¢

LIBBY'S 6-oz. FROZEN
Orange Juice 2 for 49¢

JERGENS DEODORANT
Bath Soap bar 15¢

WHOLE — 16-oz. CANS TRELLIS
Green Beans 2 for 29¢

SWANSDOWN 19-oz.
Cake Mixes box 29¢

FANCY ASSORTED 28-oz.
Bon Bons box 99¢

ASSORTED 6 BAR PAK
Candy Bars 6 bars 19¢

MERIT 8-oz. — BOX
Snack Crackers 29¢

GRADE A MEDIUM

EGGS

DOZEN

59¢

Little Andy — STICK

OLEO

6 lbs

\$1.00

LIBBY'S 2 1/2 SIZE CANS
Pumpkin Pie Mix 39¢

BUSH'S 300 SIZE FRESH 2 FOR
Blackeye Peas 39¢

27-oz. BRUCE FOR WOOD FLOORS
Clean and Wax ea. 89¢

26 By 35 INCH PLASTIC 10 FOR
Trash Can Liners 79¢

PAL 2 1/2 Lb. JAR
Peanut Butter ea. 99¢

KELLEY'S 15-oz.
Beef Stew can 43¢

SHOWBOAT 300 SIZE DRY 2 FOR
Blackeye Peas 25¢

1/2 GAL. JAR TROPICAL EACH
Breakfast Drink 49¢

CELLO-BAG

CARROTS

9¢

HOME-GROWN

TURNIPS

LB.

9¢

FLORIDA
Grapefruit 5lb. bag 69¢

U.S. NO. 1 SWEET
Yellow Corn 6 ears 49¢

16-oz. BAG FRESH
Cranberries bag 39¢

12-oz. FRESH IN SHELL
Peanuts bag 39¢

FLORIDA
ORANGES 5lb. bag 39¢

EW JAMES AND SON

SOUTH FULTON, TENNESSEE

SUPER MARKET

FLORIDA LARGE 80-SIZE
ORANGES Doz. 49¢