

# Consumer Comment

By Robert F. Stephens  
Attorney General

## Health Clubs or figure Salons

All of us have read advertisements that claim you can "lose inches in weeks," or "rid fat quickly without strenuous exercise." These sales pitches are generally made by the increasing number of health clubs or figure salons in America.

Everyone wants to have a beautiful body, and to be "physically fit," but many consumers do not realize it is by simply joining one of these clubs there is no guaranteed improvement in one's appearance and overall physical fitness.

When investing in a membership in one of these clubs, remember that in order to attain a physically fit body, exercise at these clubs must be regular and vigorous. Do not assume that by paying money you will automatically have the willpower to participate. Consider all aspects of membership before signing the club's contract.

First, you should visit the spa at the time of day that you will be most likely to use the facilities to make sure they aren't overcrowded. Talk to other patrons and ask if their workouts are supervised by professional staff members. Consumers should not assume that expert, professional staff will be available to assist you in your exercise program. Inquire about the background or educational experience of the staff with the salesperson. Be cautious of the statements "our staff is trained by professionals at our national headquarters" or "our staff has completed a course conducted by the world renowned Dr. X that qualified them as exercise specialists." The best assurance that the staff member is qualified to supervise you is if he or she has a college degree in a field related to exercise, such as physical education or physical therapy.

After you inspect the facilities, prepare yourself for the sales pitch and the contract you will be asked to sign. Don't sign the contract for membership immediately, even if you are told if you "sign tonight you'll get a special bargain."

Read the contract very carefully.

making sure all blank spaces are filled in and that the cost, the length of membership and the financial arrangements are exactly the same as the salesperson told you.

A reputable company will give you a "cooling off" period in which to change your mind or to reconsider before signing the contract. Be suspicious of high pressure sales tactics and "guaranteed" results for often they are an indication that the club is not a reputable exercise business.

It is a good idea to get a medical checkup and approval from a doctor before getting involved in any exercise program. Be sure the contract allows cancellation if for some medical reason you can no longer use the services of the club.

Ask yourself these questions before joining a health club or figure salon:

Are you willing to invest in months or years of dues?

Are you sure you will utilize the service regularly enough to benefit from the program?

Are the verbal promises the salesperson makes the same as in the written contract?

How much interest do you have to pay?

If you change your mind or are unable to attend the club, is the contract cancellable or transferable to another person?

Once you have committed yourself to one of these clubs by signing the contract there is usually no cancelling or transferring of the membership contract. Some of the clubs or spas will tell you that if you move out of town your membership can be transferred to an affiliated club where you move.

However, ask to see a list of the other affiliated clubs for these seldom are any affiliated clubs in the other towns.

Be absolutely sure you know what the club is offering and that you will utilize the facilities for the full period of your membership before signing the club or spa contract.

If you have any questions concerning health clubs or figure salons, contact the Office of the Attorney General, Consumer Protection Division, Frankfort, Ky. 40601 before you get yourself involved and sign a contract.



Burgess King (top photo) of Sand Hill and Bob Fields [bottom] of Pungo demonstrate two different methods of TSI. Burgess is girdling trees with an axe. Bob is using a "hypo-hatchet" which makes a cut and injects a herbicide with each hit. Both methods do a good job.



## What Is TSI?

By Greg Stephens  
Soil Conservationist  
Rockcastle County

It is estimated that by the year 2000, demand for wood will increase by 1% over present demand. To meet this demand we must act today to grow trees for tomorrow. With winter coming farming activities slow down and there is more time to think about and make improvements in our woodlands.

Approximately 7% of the total land area in Rockcastle county, 13,400 acres, is woodland but very few acres are producing to their best potential. Last year there was more federal cost-share money used in Rockcastle County to improve woodlands than any other county in the State but there needs to be more work done. Rockcastle County is ideally suited to growing high quality hardwood timber species (hickory, walnut, etc.) but after many years of woodland abuse and neglect our forests are filled with trees that are small and often of inferior quality and species. To improve this situation a forest owner must select potential crop trees and release them from competition of less valuable trees, bushes, and vines. This process is known as Timber Stand Improvement. TSI is very similar to growing a garden. Certain plants are set and weeds are controlled so that any other plants to produce maximum yields. In a forest situation potential crop tree are selected and unwanted competition is controlled to allow these trees to make maximum growth.

Timber Stand Improvement, TSI, can be done on 1 acre or 1000 acres, so just because you have a small woodlot, don't feel TSI is not for you. Professional advice is available through the Rockcastle Conservation District, to evaluate your woodland situation and make recommendations on how it could be improved. Contact any of the Conservation District Supervisors or stop by the District Office in the courthouse or call Greg Stephens at 256-2541 for woodland advice and assistance.

REMEMBER: Trees are America's "Renewable" Resource.

## Kegler's Korner

The Strakers have first place by themselves after action last Thursday night in the Rockcastle Mixed Bowling League at Maroon Lanes in Richmond. The Strakers have won 21 and lost 7. In second place are the Alleycats with a 20 and 8 record and the Gutter Dusters are in third at 18 and 10.

High team series for the week went to the Strakers with a 2,151, and the Alleycats took high team game with a 794.

Individual highs were as follows:  
High series, men: Doc Brown, 546;  
Jimmy Winstead, 500 and Lee Rice, 500.  
High game, men: Dale Brown, 224;  
Ray Winstead, 204 and Jimmy Winstead, 190.

High series, women: Perlina Anderkin, 515; Mildred Reynolds, 489; and Gayla Winstead, 478.

High game, women: Virginia Winstead, 203; Perlina Anderkin, 189 and Gayla Winstead, 186.

# SAMPLE OFFICIAL BALLOT

I hereby certify that printed below is a sample of the official ballot to be used in the General Election Tuesday, November 8, 1977 in the West and North Brodhead precincts in Rockcastle County, Kentucky.

IRENE BALES, County Clerk

	Column 1	Column 2	Column 3	Column 4	Column 5
	DEMOCRATIC PARTY	REPUBLICAN PARTY	NON-PARTISAN JUDICIAL BALLOT	QUESTION	CITY BALLOT
	GENERAL ELECTION NOVEMBER 8, 1977	GENERAL ELECTION NOVEMBER 8, 1977	GENERAL ELECTION NOVEMBER 8, 1977	GENERAL ELECTION NOVEMBER 8, 1977	GENERAL ELECTION NOVEMBER 8, 1977
<b>State Representative</b> 28th Representative District Vote for One	James M. RAMEY Burlington, Ky. <input type="checkbox"/>	William Harold D'AMARCO Burlington, Ky. <input type="checkbox"/>			
<b>Judge of the District Court</b> 25th Judicial District, 1st Division Vote for One in this Division			Calvin AKER Burlington, Ky. <input type="checkbox"/>		
<b>Judge of the District Court</b> 25th Judicial District, 1st Division Vote for One in this Division			Walter Filippa MAGUIRE Burlington, Ky. <input type="checkbox"/>		
<b>County Judge Executive</b> Vote for One		Robert TRACKER <input type="checkbox"/>			
<b>County Attorney</b> Vote for One		James W. LAMBERT <input type="checkbox"/>			
<b>County Clerk</b> Vote for One		Irene C. BALES <input type="checkbox"/>			
<b>Sheriff</b> Vote for One	Lloyd E. ALBRIGHT <input type="checkbox"/>	Henry ARNEY <input type="checkbox"/>			
<b>Jailer</b> Vote for One		Billy KIRBY <input type="checkbox"/>			
<b>Property Valuation Administrator</b> Vote for One		Robert CROMER <input type="checkbox"/>			
<b>Coroner</b> Vote for One		Billy W. DOWELL <input type="checkbox"/>			
<b>County Surveyor</b> Vote for One		Joel C. GENTRY <input type="checkbox"/>			
<b>Magistrate</b> District #3 — Vote for One	George G. PARSONS <input type="checkbox"/>	Sherman Danny SARGENT <input type="checkbox"/>			
<b>Constable</b> District #3 — Vote for One	Johnny C. TAYLOR <input type="checkbox"/>	Leonard BISHOP <input type="checkbox"/>			
<b>Constitutional Convention</b> "Are you in favor of calling a convention for the purpose of revising or amending the Constitution of the Commonwealth of Kentucky and such amendments as might here be made to same?"				YES <input type="checkbox"/>	
				NO <input type="checkbox"/>	
<b>Trustee</b> City of Brodhead Vote for Two					Lillian COLLETT <input type="checkbox"/>
					Elizabeth MULLINS <input type="checkbox"/>



Mrs. Floyd Halcomb of Albany loaned us this snapshot of the Class of 1944 at Mt. Vernon High School. Not all of the students were in this picture of the senior class but, in the photo are, bottom row, from left: Flora Pittman, Lois Rowe, Katherine Mullins, Lucille Mason, Emma Franklin and Mildred McFarland. Second row: Doris Bullock, Evelyn Cummins, Ruth Scott, Evelyn Cloud, Emerine Rice and Lucille Burdette. Third row: Mary Virginia Lyons, Lois Bowman, O.B. Smith, Floyd Owens, and Lois Reynolds and top row: Charlie R. Parsons, Shirley Phillips, Jr., Joe Henderson, James Smith and Billy Hatt.

## Inspirations to Appear in Concert

One of America's foremost gospel groups will present a concert in Phelps Stokes Chapel on Berea College Campus in Berea, Kentucky, Thursday, November 3, 1977 at 8:00 p.m.

The Inspirations of Bryson City, North Carolina, were voted in 1972 as America's number one gospel group and again in 1976. Most recently the Inspirations were voted again America's number one group for 1977.

The office has found that it can most effectively deal with written complaints and encourages you to write if you have a consumer complaint. However, if you have an emergency situation or just need some information, call the toll free consumer hotline number which is 1-800-372-2960.

The group has traveled extensively throughout the nation presenting concerts, and they appear weekly on the nationally syndicated, award winning, gospel singing Jubilee.

Many of the songs recorded by the Inspirations with Canan Records of Waco, Texas, such as "Touring That City," "I'm Taking a Flight" and "When I Wake Up to Sleep No More," have been award winners within themselves.

The public is cordially invited to see and hear this group of enthusiastic, sincere, clean-cut, Christian gentlemen. Advance tickets are \$3.50 each, tickets at the door, \$4.00 and children 12 and under admitted free. Tickets may be purchased by mail from P.O. Box 423, Berea, Ky. 40403 or at Sam Ford Realty Co., Mt. Vernon.