The Mc Lean News

Serving McLean and the Area Since 1903

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MCLEAN, GRAY COUNTY, TEXAS THURSDAY, JANUARY 30, 1975 NUMBER 5

Price 15¢

ommissioners To eet Saturday

The Gray County Commisners court will meet Satday, Feb. 1 at 9 a.m. its regular meeting place the county courtroom at mpa for the purpose of nsidering:

They will conside time posits and transfers of fund may be recommended by auditor and rent for dri-'s license office of DPS th Sidwell and Simmons ilding for six months. ey will discuss fire and contracts with Pampa, fors and McLean. They Il also discuss senior citins program with Mrs. neva Tidwell, hospitaliza n insurance and the councourthouse boiler. The commisioners will nsider additional appointnts to the Historical Sur-Comm. and authoriz-First National Bank to h in hospital and airport nds, and exchange others security.

H Leaders To eet In Pampa

There will be a 4-H Adult der Association meeting nday night, Feb. 3 at .m. in the Courthouse nex meeting room. Mrs. h Brainard, chairman, s all parents to attend. ng ideas for a county np, improving 4-H attene at meetings, and sugevents. The program will to 4:30 p.m. at the city

McLean Hospital Nurse Charged In **Drug Shortages**

Mrs. Loretta Simpson of Shamrock was charged with theft, taking of and possession of a controlled No. 2 substance, in Judge E. L. Anderson's court Tuesday.

The Gray County Sheriff's office was called in by the McLean Hospital Administrator Lee Miles when a shortage of Demeral and morphine was suspected.

Deputy Sheriff Jimmy Shelton handled the investigation in McLean where it was reported that 287 vials of Demeral and Morphine were partially taken out with a needle syringe and replaced with distilled water.

Mrs. Simpson had been working as a registered nurse at the McLean Hospital since November 1, 1974. She was let go when charges were filed.

Bond of \$2,000 has been posted in Pampa. Sherift Rufe Jordan stated

that, that the nurses and staff at the McLean Hospital were to be commended for their cooperation and help during the investigation.

V.A. Representative Revival To Begin At Assembly of God To Be In McLean

Mr. Warner Phillips, veterans service officer, will tions for new 4-H projects. be in McLean on Tuesday, , we will discuss upcom. February 4 from 9:30 a.m.

Mr. Phillips, who is a

former resident of McLean,

veterans or widows of veter-

ans with filling out forms or

will be able to assist any

help with any problem

concerning V.A.

Nancy Hundley, 92 **Funeral Services** Held Wednesday

Funeral services for Mrs. Nancy Victoria Hundley, 92, who died at 12:20 p.m. Monday at McLean Hospital, were held at 2:30 p.m. Wednesday in the First Baptist Church in McLean.

Rev. Herman W. Bell. pastor, and Rev. Harmon Meixner, pastor of the First United Methodist Church, officiated. Burial was in Hillcrest Cemetery by Lamb Funeral Home.

Mrs. Hundley moved to McLean from Oklahoma. She was a member of the First United Presbyterian

Church. She is survived by one daughter, Mrs. A.W. Brown of Amarillo; four sons, R.T. Dickinson and J.P. Dickinson, both of McLean, William A. Dickinson of Cape Charles, VA., and Jess N. Dickinson of Trinidad, Colo. one stepdaughter, Mrs. Jessie Mae Sheffield of Bluefield, W. Va.; one stepson, Holbart Hundley of Sayre, Okla.; 14 grandchildren, 24 great-grandchildren and one great-great-grandchild.

sion of Heart association with his team of helpers, Mr. W.D. Owen, Jr., Respirtory therapist, Mr. Dennis Dannenberg, Chief of physi-otherapy, Mrs. J.J. Johnson,

A revival will be held at the Assembly of God Church beginning Friday, January 31 and will go thru the next Friday, Feb. 7.



Demonstration Given At McLean Hospital Friday In Observance of C. P. R. Week

In support of C.P.R. Week declared by the Gray County Division American Heart association and approved by Mayor Sam Haynes of Mc-Lean. Dr. C.F. Sparger pre-sident of Gray County Divi-R.N., and Vernell Meador, R.N. gave a demonstration. Dr. C.F. Sparger, presidem

of Gray County division of Heart association gave a lecture and films on Cardiopulmonary resusitation. The lecture included causes of Cardiac stress and especially the time element involved in getting a patient breathing again so no brain damage is obtained (4-6 min.) and it was stressed that everyone from 6th grade on up should have this information and get the experience and practice with these man. nequin (which can be borrowed from North West

from left to right is Dr. H.F. Pabian, Chief of staff of Mc. Lean Hospital, Mrs. Aline Winegeart, R.N., Director of Nurses, Mrs. Marie Mc-Cracken, L.V.N. All present participated in getting practice on the mannequin of resusitation and introducing the endotrachea tubes of the child and the adult. The meeting was thoroughly enjoyed by all.

State Store License No Longer Required

Comptroller Bob Bullock

McLean Residents Appointed To Historical Comm.

The officia appointment of members to the Gray County Historical Survey Committee has been announced by County Judge Don Cain. The county survey committee, which implements the state marking and preservation program in this area, will cooperate directly with the state office of the Texas Historical Commission in Austin.

Mrs. Fred Thompson of Pampa will be chairman of the group. Members from McLean are Ted Simmons, Mr. and Mrs. E. M. Bailey. Mr. and Mrs Milton Carpenter, Mr. John C. Haynes, Mr. Sammy Haynes, Mr. Evan Sitter, and Mrs. Alice Short Smith.

"Goals for the Seventies" a comprehensive historical preservation plan drawn up by the Texas Historical Com mission, will provide the focus for county committee activities. It encompasses a wide range of objectives and programs.

County Judge Cain pointed out that the overall purpose of the committee's work is the development of local history as a scholarly resource and a tourist attraction. "County survey committees work with local historians. county commissioners court, and tourist-related organizations to insure the preserva tion of history for future generations of Texans. With the advent of this nation's Bicentennial celebration, it is particularly timely and significant that Gray county be a part of this celebration," he said.

how to give 4-H demations.

llowing the meeting, will be a get-acquaintparty for the two new asnt county extension ats, Ranette Miller and ton Barton.

octor Herefords Goes To Denver Show the public to attend.

hall.

HE NATIONAL Western Stock Show's Hereford competiwas the strongest, and played to the largest crowds that gathered at Denver for Hereford activities in several

octor Herefords, McLean, led out the winner of the Reof Merit spring bull calf class. He was Dr. Ml British-9. Pictured with the class winner, left to right, are: Ons Jackson, Wyoming Hereford Queen; F. Jake Hess, II, . Jake Hess.

Services will begin each evening at 7:30 p.m. with Rev. Don Hughes bringing the gospel messages.

There will also be morning teaching services taught on "The Overcoming Christian", Monday thru Friday at 10 a.m. Z.A. Myers, pastor invite

15 Criminal Cases Are Scheduled

Arraignments in criminal cases in County Court have been set by Judge Don Cain, approximately fifteen cases each to be scheduled for February 17th, February 18th, February 24th, and March 3rd, and March 4th.

Call of the docket as to both criminal and civil cases has been scheduled for 10:00 a.m. March 3,

to set cases for trial by Jury beginning April 7. All motions in cases set for jury trial will be heard by the Court beginning at 10:00 a.m. April 4.

HOSPITAL REPORT

ADMITTED

Martha Aldridge Viola Meador Clyde Willis DISMISSED Elmer Daniels

Texas Hospital in Amarillo). The C.P.R. techniques

were given and demonstrated in the classroom at McLean General Hospital pictured

City Election Set For April 5

The City of McLean has called an election to be held on Saturday, April 5 for the purpose of electing a mayor and two city councilmen.

Filing deadline for these offices will end at 5 p.m. on April 6. You may file for any of these offices by seeing Mrs. Stella Lee, city secretary at the city hall.

Absentee voting will begin on Monday, March 17 and end at 5 p.m., Tuesday, April 1.

Mrs. Bobby Hutson of Law ton, Okla., were visitors for a few in the Enloe Crisp home.

minded Texas business oprators Saturday that the state store license requirement has been abolished.

Bullock said his office has been beseiged with calls and letters this month by businesses which were unaware that the license requirement was repealed as of Dec. 31, 1974.

Obviously, the past admin. istration didn't get the message out. I consider it good news that we've been able to do away with the store license.

The store license, which started at \$5 for a single store, was a minor revenue source. Its repeal by phases was ordered by the Legislature in 1971.

Bullock said that some 240,000 stores in Texas had previously been covered by the license act.

He said his office is return. ing license money still being sent in by businesses unaware of the repeal.

It's gratifying to see businesses voluntarily trying to do right and pay their taxes, but in this case we are saying "thanks, but no thanks."

Governor Briscoe expressed concern that President Ford's energy proposals, including excise taxes on domestic oil and gas production, may take \$3.4 billion out of the Texas economy in the form of higher utility and gasoline bills.

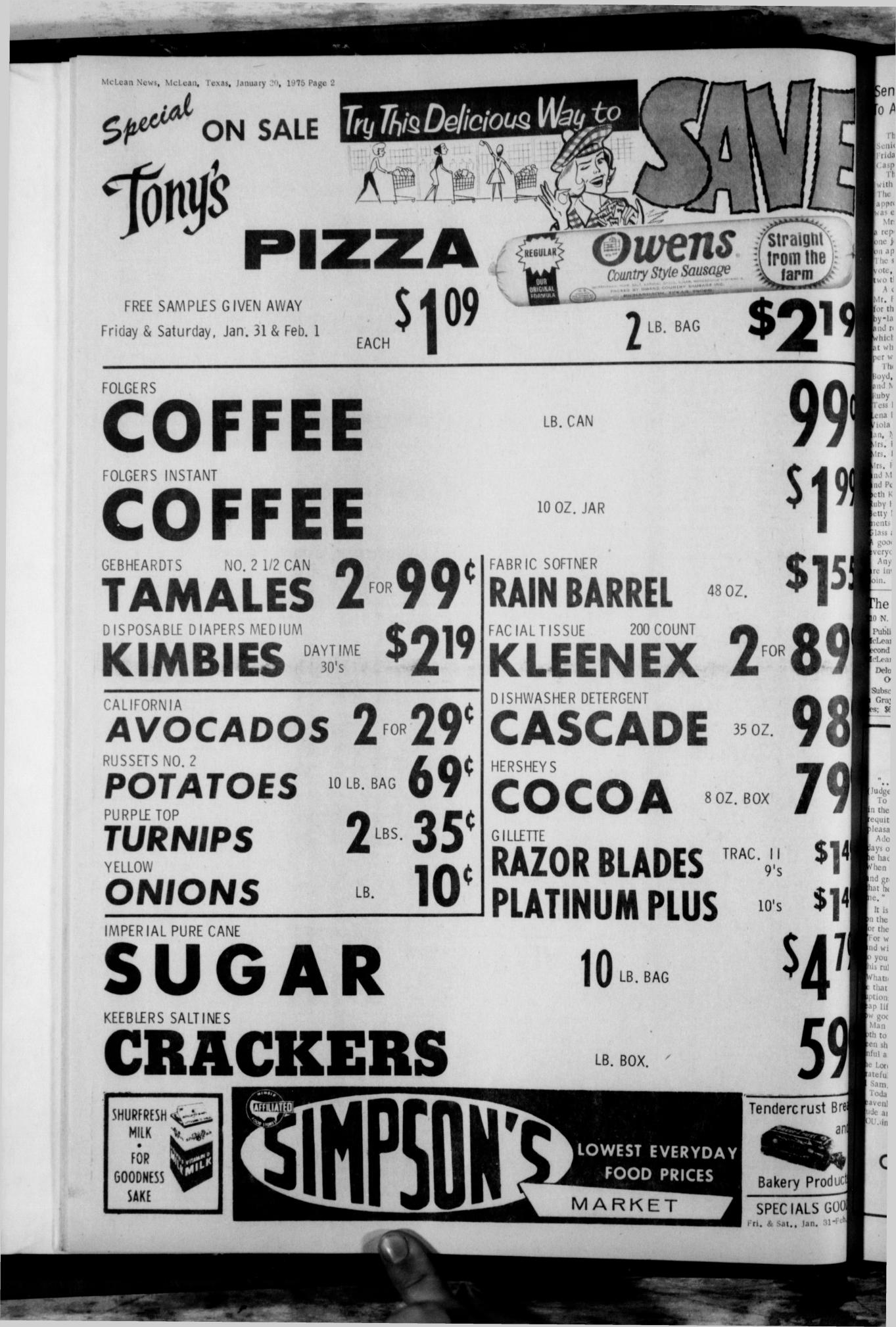
Local Resident Are New Members To Angus Assoc.

Melvin and Kathy Simpson of McLean have been elected to membership in the American Angus Association at St. Joseph, Missouri, an . nounces Lloyd D. Miller executive secretary.

There were : 273 member ships issued to breeders of registered Aberdeen-Angus in the United States during the past month.



"Ah, here's my man with his report on our new foolproof safety system."



Senior Citizen Club o Apply For Charter

The Young at Heart enior Citizens Club met riday, January 24 at the asper Smith Building.

The meeting was opened with a business meeting. The minutes were read and approved. Vela Corcoran was elected as treasurer. Mrs. Linda Haynes gave a report on PRCP and everyone joined in a discussion on applying for a charter. The secretary called for a vote, which carried by two thirds of the group. A donation was given by Mr. Frank Reeves to pay for the cost of charter. The by-laws will be written up and read at the next meeting which will be February 4. at which time a salad supper will be held at 6 p.m.

Those present were Ruby Boyd, Ada Simmons, Mr. and Mrs. Frank Reeves, Ruby Tibbetts, Bertha Smith. Tess Day, Audie Stewart, ena Bailey, Vela Corcoran, liola Glass, Mary McClelan, Myrt McCoy, Mr. and Mrs. Enloe Crisp, Mr. and Mrs. Lloyd Best, Mr. and Irs. Pete Fulbright, Mr. nd Mrs. Ted Glass, Bud nd Pearl Wigington, Elizaeth Kunkel, Linda Haynes, uby Hill, Eula Morrow, etty McCurley. Refreshients were served by Viola lass and Imogene Glass. good time was had by eryone.

Anyone over the age of 55 e invited to come and

he McLean News married at the Methodist 10 N. Main 779-2447

Published every Thursday at cLean, Gray County, Texas. held at the home of Mrs. cond Class Postage paid at J.M. Noel last Thursday, Lean, Texas 79057.

Deloris and E. M. Bailey Owner and Publisher

Subscription rates: \$5.50 year Gray and neighboring coun-

REQUITAL

DOWN MEMORY LANE

10 YEARS AGO

al in Pampa.

20 YEARS AGO

30 YEARS AGO

Vernon Turner.

40 YEARS AGO

night 33 to 21.

home.

Oklahoma Church of Christ.

Mr. and Mrs. Richard

Brown are the parents of a

boy born Monday, Feb. 1

Eddy Windom led the

Tigers to a 71-59 victory

Canadian Wildcats in a Dis-

trict 2-A battle away from

Mr. and Mrs. Charles

Hall Jr., are the parents of

a boy born January 28. He

weighed 7 1/2 pounds and

has been named Jim Mac.

Our junior high basket-

ball team is: forwards, Joh-

nny Haynes, John Griffith,

Roman guard is Leroy Lang-

Miss Juanita Hardy, dau-

ghter of Mr. and Mrs. W.B.

Mercer, and Marvin Jones,

son of Mr. and Mrs. R.B.

Jones, were married Jan-

uary 27 at Hollis, Okla.

Working with smooth,

Wellington team Monday

machine like precision, the

Tigerettes downed the strong

ham and standing guard is

and Doyle Jones. The

Tuesday night over the

at Highland General Hospit-

rudely shattered Monday A.C. Huff, who marks with a wind direct from the his 101st year of life next North Pole accompanied Monday, plans to preach by drifting snow. Sunday at the Del City,

A number of young folks and their friends enjoyed a oyster roast on Skillet Creek south of town last Sunday evening.

Mrs. B. F. Williams tabaga, sw quash and sweet steadily improving McLean Honored On Birthday

The children of Mrs. B. F. Williams honored her Saturday, Jan. 25th with a surprise birthday supper at the Smith Recreation Building.

Her children and families attending were: Mr. and Mrs Mrs. George Williams, Mrs. Sue Howell, Mrs. Faye Flynn, from Amarillo; Mr. and Mrs. Toby Williams from Pampa; Mr. and Mrs. Boyd Smith from Lefors; Pete Williams from DeLeon: Mr. and Mrs. Frank Simpson, Gay and Curtis from McLean.

Unable to attend were sons, Jim living in Canyon and Johnny of Mt. Vernon, Washington.

Other family and friends present for the occasion were: Mr. and Mrs. Jimmie Hammon, Jim and Cindy, Mr. and Mrs. Jerry Williams Johnny and Susie from Lefors; Mr. and Mrs. James Smith, Vicki and Ronnie from Perryton, Oscar Tibbet and Mrs. Bill Moore from

SCHOOL MENU

MONDAY 3 Pizza Buttered Corn Tossed Salad Rice Krispy Bars TUESDAY 4 Fried Chicken Cream Gravy Green Beans Macaroni and Cheese Hot Rolls Syrup WEDNESDAY 5 **BBQ** Wieners Mashed Potatoes English Pease Cinnamon Rolls

Market Report

Egg prices dipped slightly and beef offers some interesting specials, " Mrs. Gwen dolyne Clyatt reported this week.

Beef Specials go along with cool weather menu suggestions of pot roasts, stews and homemade vege table soup, the consumer marketing information specialist said.

Fresh vegetable buys include carrots, onions, rupotatoes.

Also, cabbage is plentiful with attractive prices, and lettuce quality has improved -- with prices moderate to low.

Banana and grape prices are unchanged, but pineapple is a bit higher.

Outstanding fruit values focus on citrus, includeing grapefruit, oranges, and tangelos.

At pork sections of the meat counter, best values are fresh picnics, Boston butt and loin-end roasts, and liver.

Grade A bacon prices are generally steady, and there are some specials on lesser grades.

Consumer Watchwords: On specials, consider more than price -- check the why.

For example, specials on perishables, such as bananas, may be a good bargain, if you plan to serve them right away.

Baptist Youth Plan Banquet

Plans are forming for the 1975 Youth Banquet spon- . sored by the First Baptist Churches of both McLean and Shamrock this year. The banquet, an event looked forward to by many local young people, is designed for Valentine's Day, February 14. Tickets may be purchased through Diana and Delynn Miller, Janet Smith, Betty Holmes, Maridale Glass, and Carolyn Bailey. Those planning to attend the banquet are urged to purchase their tickets in advance so that the proper

McLean News, McLean, Texas, January 30, 1975 Page 3



SEASON FOR CITRUS SALADS--Segments of Ruby Red grapefruit and oranges make a refreshing winter salad. Agriculture Commissioner John C. White recommends buying Texas citrus now while it is at its peak.

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HOT-SAUCED CITRUS SALAD

4 medium oranges

2 medium Ruby Red Grapefruit

Arrange sections on lettuce leaves. Top with sour cream dressing.

Sour Cream Dressing

3/4 tsp. salt 2 Tbsp. frozen orange juice concentrate 1/2 tsp. sugar 1/4 tsp. hot sauce

1 Tbsp. lemon juice 1/2 cup mayonnaise or salad dressing 1/2 cup sour cream

Blend ingredients and serve on citrus salad. Yield: 6-8 servings.

For additional recipes write Commissioner John C. White, Texas Department of Agriculture, P.O. Box 12847, Austin, Tex. 78711.

Trim Holiday Pounds Wisely

For many people, the holi day season is directly follow. ed by the January Blues -when they're trrying to lose those excess pounds gained during the holidays.

Cutting down on calories, ot valuable nutrients, is he important thing to reember when reducing Sally Springer, foods and nutrition specialist with the Texas Agricultural Extension Service, The Texas A&M University System, said this week, The four sources of calories in a daily diet are fats, carbohydrates, protein and alcohol. But in addition to supplying calories, fat carbohydrates and protein also perform specific body functions. For that reason, they shouldn't be completely eliminated from the diet.

on these foods that adds excess calories -- butter, margarine, jellies, jams. Some other points to re-

member when dieting are: -- Trim the visible fat

from your meat, or select lightweight beef, poultry or lean fish since these meats are lower in fat. -- Don't cut out milk,

but drink fortified low-fat or fortified skim milk for fewer calories with the same valuable nutrients whole milk has. --Just eat a little less, resist second helpings and don't expect overnight results.

50 YEARS AGO Roy Stokes and Katherine Henderson were quietly parsonage Wednesday afternoon. An enjoyable affair was

the occasion being a surprise pot luck dinner in honor of Mrs. A. Stanfield's birthday.

s; \$6.50 per year elsewhere. weather of last week was

The prevailing pretty

McLean.

t Brei

oduct

G00.

To requite is to repay, or give in return, and it may n the actions of men be either good or bad. When God equites, it is always just; but not necessarily always leasant to the recipient.

Adonibezek was a power-thirsty king who lived in the ays of Joshua and a few years afterward. He stated that he had had the thumbs and great toes of 70 kings cut off. When the Israelites captured him, they cut off his thumbs nd great toes. It was with a sense of retributive justice hat he was to say, "As I have done, so God hath requited

It is the same principle as that stated in the "sermon on the mount" as Jesus said, "Blessed are the merciful, or they shall obtain mercy" (Matt. 5:7), or as He said, For with what judgment ye judge, ye shall be judged; nd with what measure ye mete, it shall be measured o you again" (Matt. 6:2). Paul makes it clear that his rule works both ways with this familiar passage,

Whatsoever a man soweth, that shall he also reap. For that soweth to his flesh shall of the flesh reap corption; but he that soweth to the Spirit shall of the Spirit ap life everlasting" (Gal. 6:7-8). So bad, reap bad; w good, reap good.

Man gets in reverse often and requites evil for good oth to man and God. After the goodness of God had een shown to Israel in manifold ways, the people were nful and rebellious and Moses said, "Do ye thus requite e Lord?" (Deut. 32:6). David said regarding the unateful Nabal, "He hath requited me evil for Good" Sam. 25:21).

Today, as in Israel's day, many requite a merciful eavenly Father to whom everyone owes All, with ingrat-ude and disobedience, rebellion and dishonor. Are OU. in that number?

CHURCH OF CHRIST J. A. Farber, Evangelist 4th and Clarendon

MCLEAN, TEXAS

Applesauce THURSDAY 6 Beef Stew w/ potatoes, onions carrots and tomatoes Cheese toast Cole Slaw Banana Pudding FRIDAY 7 Beef Tacos Ranch Style Beans Shredded Lettuce Chocolate Cake w/

Chocolate Icing

preparations may be made. The Old Timer

"They say every dog thinks his master is the Almightyhence the popularity of dogs."

REVIVA FRIDAY, JAN. 31 to FEB. 7th 7:30 P.M. WITH

Evangelist Don Hughes

Morning Teaching Services on "The Overcoming Christian." Monday thru Friday. 10:00 a.m.

Assembly of God Church

4th & Main St. Z. A. Myers, Pastor

She suggested trying to avoid high-calorie foods such as concentrated sweets or fats that supply few other nutrients.

Remember that enriched whole-grain breads, cereals vegetables and fruits generally supply generous a mounts of vitamins and minerals along with the carbohydrates. But it's what goes

SMITHERMAN TAX SERVICE MONDAY thru THURSDAY

9:30 a.m. - 5 p.m.

Phone 779-2595

Helping Children Become Dependent

Many parents resolve to g begin the new year by strengthening relationships with their children. But this takes more effort than just saying the words, according to one family lifeceducation specialist.

She's Ilene Carrington, with the Texas Agricultural Extension Service, The Tex Texas A&M University System.

Good relationships don't just happen--they must be nurtured.

One of a parent's main responsibilities should be to help a child become independent so he'll be ready to leave home. Becoming a mature individual who can accept responsibility for his actions begins early.

Parents encourage independence by providing opportunities for their children to learn how to behave in a variety of situations.

Sometimes a child needs positive instructions to help him know what is appropriate behavior. Sincere praise for accomplishments promot



McLean News, McLean, Texas, January 30, 1975 Page 4



AUSTIN, Tex.-Gov. Dolph Briscoe served up a smorgasbord of legislative recommendations which could keep lawmakers jumping for the next four months, even if they had no proposals of their own.

Briscoe offered a 10-part package, assigning top priority to complete restructuring of the public school finance system and again serving warning he will not approve a tax bill.

He said he hopes the 64th Legislature will be known as the "Public Education Session."

The governor made no mention of two much-discussed issues: Constitutional revision and creation of a public utilities commission. He called for the "weight-

ed pupil approach" to distributing state aid. That would base state and local spending on actual cost of instructional programs geared to individual district needs and measured against the best 42 districts. The local district's ability to pay would be based on taxable value of its property.

Briscoe placed heavy emphasis on legislation to assure individuals' right to privacy.

He drew some of his best applause with proposals to expand powers of the Coordinating Board, Texas College and University System, to give it a veto over new higher education construction programs and creation of new departments. Many college boards of regents can be expected to fight the bill.

The Governor's many recommendations included repeal of the state sales tax on utility bills and steps to remove problem drivers from the road.

COMMITTEES NAMED -

The decks were cleared for action in the House of Representatives with Speaker Bill Clayton's appointment of

Midland, Natural Resources; Craig Washington of Houston, Criminal Jurisprudence; Luther Jones of El Paso, Elections; Bill Sullivant of Gainesville, Environmental Affairs; Joe Hubenak of Rosenberg, Agriculture and Livestock;

CUDAHY ALL MEAT

GRIFFINS RED PLUM

Chris Semos of Dallas, Business and Industry; Jerry Donaldson of Gatesville, Financial Institutions; Pete Laney of Hale Center, House Administration; Lane Denton of Waco, Social Services: Lynn Nabers of Brownwood, Health and Welfare;

Ben Bynum of Amarillo, Insurance; E. L. Short of Tahoka, Intergovernmental Affairs; Tim Von Dohlen of Goliad, Judicial Affairs; Bennie Bock of New Braunfels, Liquor Regulation; Felix Mc-Donald of Edinburg, Calendars and Tom Schieffer of Fort Worth, Local and Consent Calendars.

WELFARE SPENDING UP -Welfare spending during the last fiscal year came to

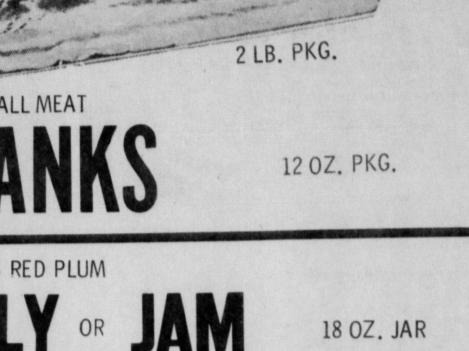
\$613.7 million in Texas, the State Welfare Department reported.

Of the total, \$405.8 million was in federal funds. Medical expenditures increased sharply, but average family payments declined slightly. More than a million Texans received food stamps at the end of fiscal 1974.

AG OPINIONS-Atty. Gen. John Hill held the legislature is limited in the amount of its appropriations to state employees and teacher retirement programs by a constitutional ceiling of six per cent of salaries paid

DR. JACK L. ROSE OPTOMETRIST

Shamrock 121 Main Phone 256-3203 Tues.: 9-5 Fri. 2-5 \sim







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ACON

OR WHOLE KERNEL

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standing committees which process legislation.

Clayton named Rep. Bill Presnal of Bryan, 42, chairman of the budget-writing Appropriations Committee. Presnal is a conservative cattleman, and called for a tight - fisted approacn to spending.

Rep. Tom Massey of San Angelo, another conservative, will be chairman of the Public Education Committee, which will process school finance reform measure. Rep. Fred Head of Athens was designated chairman of the Higher Education Committee.

Rep. Tom Uher of Bay City will head the workhorse State Affairs Committee. Rep. Ben Grant of Marshall will chair the Judiciary Committee.

Rep. Fay Hutchison will be chairman of the Constitutional Revision Panel; Eddie Bernice Johnson of Dallas, Labor; Tom Craddick of

400 North Main

FRESH





McLean News, McLean, Texas, January 30, 1975 Page 5

participants.

In other recent opinions, Hill concluded:

· A school board may meet in closed session to discuss salaries of individual employees, but not to discuss salaries of a class.

· A commissioners court must pay reasonable attorneys' fees for lawyers named to represent indigent lefendants.

· The Department of Public Safety must supply on request a magnetic tape containing data on Texas drivers over age 64.

· Class A and B misdemeanor complaints may be lodged before a justice of the peace.

· The Jefferson County Commissioners Court has no authority to prepare, approve or amend Jefferson County drainage district budgets.

• The Texas State Board Landscape Architects may not authorize its licensees to perform plumbing acts without a plumbing license.

MANY CRIMES UNRE-PORTED-Only a half to a third of all crimes are re- more effort than just saying ported to law enforcement the words, according to one agencies, according to the family life education spec-Law Enforcement Assistance Administration.

J. Robert Grimes, LEAA regional administrator, said increased reporting probably accounts for a large part of the 16 per cent jump in national crime.

Current figures indicate no Texas city has failed to report a rise in the "Part I" crimes of murder, manslaughter, rape, aggravated assault, burglary, larency and auto theft. Figures indicate the rates are in keeping with the national trend, LEAA said.

PUSHING REVISION - Attorney General Hill carried a plea for support of constitutional revision this year to the State Democratic Executive Committee.

Hill also has asked the top officials to support his plan for article-by-article revision, with an effort to get proposals through the legislature in regular session and on a November 1975 ballot.

APPOINTMENTS - Ford D. Albritton Jr. of Bryan was named to the Texas College

BIRTHDAYS

JANUARY 31 Mrs. N. A. Greer Eugene Hender on Mrs. L. T. Goldston NONE

FEBRUARY 2

Archie Dwyer FEBRUARY 3 Warren Henley

FEBRUARY 4 Carlton Patterson Vickie Sue Conatser

FEBRUARY 5 Mrs. Leroy Williams

Irene Ledbetter Mrs. Robert West

Ercy Hambright FEBRUARY 6

Mrs. H. W. Finley Mrs. Hester Adams Sharon Bailey

Helping Children Become Dependent

Many parents resolve to begin the new year by stren gthening relationships with their children. But this takes ialist.

She's Ilene Carrington, with the Texas Agricultural Extension Service, The Texas University System.

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Parents encourage indepen dence by providing opportunities for their children to learn how to behave in a variety of situations.

Sometimes a child needs positive instructions to help him know what is appropriate behavior. Sincere praise for accomplishments promotes a feeling of self-confidence and a willingness to try some thing new.

Parents help children learr, to make their own decisions by discussing a situation and all possible alternatives. They promote an atmosphere

and University System Coordinating Board, succeeding Loren Bryce Meaders of Dallas who resigned.

Others appointed by Governor Briscoe included William Ralph Elliott of Sherman, 59th district judge; John D. Bevers of Lubbock, 72nd district judge; Ted Z. Robertson of Dallas, 95th district judge; Pat McClung of Dallas, juvenile court No. 2 judge of Dallas County; Belisario D. J. Flores as assistant adjutant general for air, and Brigadier Gen. Willie L. Scott as assistant adjutant general for Army. JOB BILL SIGNED --- Extended jobless benefits will be available for 25,000 Texans a month early, due to passage last week of the first bill of the 64th Legislature.

The bill allows Texas to receive \$5 million in federal funds during the next month in recession-fighting aid. Unemployment benefits can be extended 13 weeks beyond the normal 26-week period by

SMITH'S

TAX SERVICE WILL DO TAX RETURNS

ON WEEKENDS

Just South of Pucketts

Saturdays: 9 a.m.

to 7 p.m. MCLEAN, TEXAS

13 N. Commerce

which encourages an exchange of ideas and feelings by showing tolerance and respect for the young person' viewpoint--even when it differs from their own.

They teach cooperation through activities at home which help the child learn to get along with others.

the act.

SHORT SNORTS

A "bakery" lease can be broken when the business starts permitting topless dancers to perform for supper club guests, the Court of Civil Appeals held.

The Senate Finance Committee is conducting hearings on a \$12.5 billion proposed 1976-77 appropriations bill.

Texas turkey growers may raise six per cent fewer turkeys in 1975 than they produced last year, Secretary of Agriculture John White said.

About 36,000 Texans were arrested for driving while intoxicated in 1974, according to Department of Public Safety reports.

Agonizing Pain From Ingrown Toenail? **Get Outgro For Fast Relief**

Outgro gives you last temporary relief from ingrown toenail pain. Outgro tough ens irritated skin, eases inflammation, reduces swelling without effecting the shape, growth, or position of the nail. Stop ingrown nail pain fast with Outgro.

McLean News, McLean, Texas, January 30, 1975 Page 6

TIGER RAG

Class Editor.....Gina Layne Sport Editor.....Dean Trew Organization Editor.....Betty Holmes

Seniors Assigned Career Reports

By Jeree Boyd

The seniors of McLean High School have been assigned a career report by their English teacher, Linda Hayne The students have fourteen weeks to work on their note cards, four weeks to work on their rough draft, and three weeks to do the final copy. They must have ten typed pages, ten sources of information, and must make a personnel interview. The students are exploring careers anywhere from gunsmithing to dentistry. The report will be due at the end of the school year.

Sophomore Girls Have Dress Code

By Deloris Morgan

This past week at MHS there has been a new dress code in the sophomore class. The girls in the sophomore class, 17 out of 19 wore dresses and did they ever get attention. And I mean, WOW .

The sophomore girls were the highlight of MHS. Do you get the picture. Let's all congratulate the sophomore class in their awareness and effort to help make MHS a better place.

Roving Reporter...

By Cherrie Billingsley

Last week M.H.S. student were dismissed from many classes to attend the Mclean Jr. High tournament. The students who were not dismissed racked their brains for excuses to get out of class and attend the tournament. I talked to some teachers and students to get a general idea of some of the most original excuses used! "I need to work in the concession stand, " "My little sister is playing and I promised I'd watch her, ' "I need to keep books, " "Coach wants f. e to roll out the tape," "I promised coach I'd watch the dressing rooms, " "I'm writing a report on basketball and I need to write down some new information, " "Please I'd sit real quiet and study the game!" There were some real interesting excuses used and I must confess I used one or two myself.

Over Silverton The McLean Tigers traveled to Silverton to take

McLean Runs

on the Silverton Owls last Friday night with the tipoff at 8 p.m.

From the first it was apparent that the Tigers had come to play ball. Mc-Lean took a commanding lead going into the locker room at half time.

The Owls just weren't able to match the high scoring of the Tigers with Billy Terry taking scoring honors with 15 points, followed by Morse Haynes with 14 points. The Tigers are now 1-1 in the second half of district play.

McLean will play the Shamrock Irish, there, next Friday night, Jan. 31. M 15 14 10 14 53 6' 11 9 7 33

Memphis Beats McLean Tigers

The Memphis Cyclones came to McLean Tuesday night in the 3rd district battle of the second round, With the tip-off at 8 p.m.

The McLean Tigers jump . ed off to a good start which saw them ahead by 4 points at the end of the first quarter but they were behind by 5 points at the half. The Cyclones then built on their lead, the second half, and the closest the Tigers could get was 9 points. Morse

Haynes led the scoring for the Tigers, with 25 points, followed by Bond and Heasley each with 10 points. The Tigers dropped to 1-2 in the 2nd half of district play.

The Tigers will take on

McLean Stomps Wheeler Mustangs

Last Tuesday night the McLean Tigerettes played host to the Wheeler Mustangs. The Tigerettes beat the Mustangs 83-58. High pointer for the Tigerettes was Sheri Haynes with 50 points, followed by Delinda Howard with 19 points. High point scorer for Wheel. er was Janas Verdon with 31 points. 46 62 83 27 Mc 27 36 58 5

Tigerettes Pluck Owls

McLean traveled to Silverton last Friday night and the Tigerettes defeated the Silverton Owls 61-46. The Tigerettes held only a 3 point lead at half-time, but the Tigerettes came back to defeat them 15 points. High scorer was Sheri Haynes with 24, followed by Delinda Howard with 17 and Rose Helen Dwyer with 14 points. High point scorer was Becky Francis with 27 points for Silverton. Mc

12 26 42 61 23 36 46 14

B-team Loses To Memphis

The McLean Tiger B-team was run over by the Memphis Cyclones last Tuesday night by a score of 90 to 30.

The top scorers for the Tigers were Roger Jones and Sammy Don Haynes each scoring 10 points a piece. The Cyclones were just to tall and quick for the Tigers

The B-team will play again next Tuesday against Clarendon in McLean.

Alamo Catholic Edges B-team

The Tiger B-team was beaten last Monday night

Keith Martin led the Ti-

by Alamo Catholic. The

final score of the game

were Randy Kennedy and

Sammy Don Haynes with

ly. The Tigers, played a

good game, but couldn't

stay up with the Mustangs.

The Tigers play again

next Tuesday against Clar-

endon in McLean.

was 62 to 48.



AT WORK Rep. Phil Cates of Pampa, Clayton Garrison, executive director of the Parks & Wildlife Department, and State Senator Ray Farabee of Wichita Falls examine the plans for the new Lake Theo State Park

State Park Created In Panhandle

The creation of a new state park in Briscoe County of the Texas Panhandle was announced jointly today by Congressman Jack Hightower of Vernon, State Senator Ray Farabee of Wichita Falls, and Representative Phil Cates of Pampa.

Located approximately 95 miles from both Lubbock and Amarillo, the site will be known as Lake Theo State Park.

Instrumental in acquiring designation of the site as a state park was former state Sen. Hightower, who is now serving a first term in Congress.

The state legislative delegation from the area expressed pleasure with the creation of the park.

Sen. Farabee stated he felt the park would be "a tremendous asset" to the area. Rep. Cates noted the park would provide 'an economic boost" to the surrounding area while preserving some of the "rugged beauty of the caprock."

The park, more properly known as the Geisler Ranch, is accessible via FM 1065 and a county road north of Quitaque. The park contains in excess of 13,500 acres including two scenic gers in scoring with 15 points caprock canyons, several Other scorers for the Tigers thousand acres of roughland below the escarpment, the 130 12 and 10 points, respective acre Lake Theo impoundment. and several smaller lakes and tanks. The scenic features of the Lake Theo site are somewhat similar to Palo Duro Canyon, but enhanced by the existence of a

small fishing lake and the potential for creating other water features.

18 Rural Accidents Occur In December

The Texas Highway Patrol investigated 18 accidents on rural highways in Gray County during the month of December, 1974, accord-ing to Sergeant D.E. Womack, Highway Patrol supervisor of this area.

These crashes resulted in no persons killed and 11 persons injured.

The rural traffic accident summary for this county during the year of 1974 show: a total of 168 accidents resulting in seven persons killed and 92 persons injured

The rural traffic accident summary for the 60 counties of the Lubbock Department of Public Safety Region for December, 1974, shows a total of 598 accidents resulting in 11 persons killed and 340 persons injured as compared to December, 1973, with 340 persons injured as compared to Dec-

ember, 1973, with 499

the month of December, 1974, occurred in the following the ing counties: three in Pot two in Haskell; and one e in Clay, Garza, Lamb, Moore, Randall, and Whe



supposed to be cured chrysanthemum roots.



The No Spill Cough Medicin

containing 50% MO

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FHA Plan Trip To Lubbock Meet

By Beth Hambright

The FHA members of the MHS are planning a trip to the area meeting which will be held in Lubbock, Feb. 28 and March 1.

The members will leave Friday morning and will attend a talent show that night and several meetings Saturday before coming home.

There are several of our members who are trying out for the area choir.

the Shamrock Irish, there, Friday night at 8 p.m.

Tigers Lose To Wheeler

Last Tuesday night a week ago the McLcan Tigers took on Wheeler Mustangs here in McLean at 8 p.m.

The Tigers played good ball but just couldn't mount an attack against the Wheeler defense. The Tigers ran

right with the Mustangs in the first half but the second half saw the Mustangs pull ahead and win by a commanding 25 points. High

point man for the Tigers was Morse Haynes with 14 points, followed by Jim Bond with nine points.

The Tigers will play the Shamrock Irish in Shamrock, Friday, Ja. 31 at 8 p.m. M 7 10 14 11 42

W 11 20 18 18 67



Also Helps Promote Healing Medicated Zemo quickly relieves tested, you will eat sensibly no itching, irritated skin. Then starving no special exercises. Safe

Zemo helps nature heal and clear and effective when taken as directed. red, scaly skin rashes externally money will be refunded - no quescaused. For fast relief, get Zemo tions asked. Get rid of excess fat Ointment or Liquid and live longer with Odrinex.



A Chinese god was said to be able to produce plants with golden poems written on their leaves.



accidents resulting in 17 persons killed and 277 persons injured. This was 99 more accidents, six less killed, and 63 more injured in 1974 at the same period of time.

The 11 traffic deaths for



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FOR GALS SALE Reg. HILLBILLY JEANS 13.95 8.37-7.1 12.95 SWEATERS GIRLS & BOYS

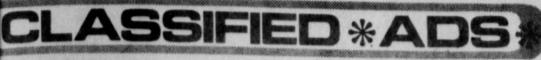
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SALE-320 acres land h of Alanreed, Texas, in grass balance in vation, irrigation, r available. 29% down nce, financed by owner. Meador, Real Estate

4-2c

SALE or rent, 4 bedroom e., 514 Grove, St. Call 3191.

3-tfc

SALE- 640 acres grass North east of McLean, fences and water. Boyd dor, Real Estate Broker. 3-tfc

SALE-4X8 Closed in wheel trailer, camper hort bed pickup, 1964 y pickup. 779-8803. 5-1c

SALE- Nice two bedhouse, extra large e, fully carpeted. On ent. Boyd Meador, Estate Broker. 5-2c

SALE four bedroom e, 2 baths. One block 01. \$5,000.874FOR SALE 160 acre farm. \$145 and 1/4 of royalty. Haskell Smith, 874=2504, Clarendon, 5-2c

ay Classified \$1 per Inch FOR SALE- 1971 Ford pickup. 6 cylinder, 4 speed, longads cash, unless customer wide bed. 35,000 miles. n established account with Call 779-2380 after six p.m.

5-2p

FOR RENT FOR RENT small furnished house, 313 Clarendon,

779-2819. 5-tfc

PUBLIC SERVICES

SEPTIC tank pumping and cleaning, pit pumping. Cleaning lines, all types. Shamrock, Texas. H. Sanford, 256-3117. 51-tfc

RID your home of termites, roaches, carpet beetles.Free Mrs. G. W. Humphries, 779-2743. 4-tfc

FURNITURE of all kinds repaired and upholstered. D. L. Jones, Rt. 1, McLean, 779-2992. 14-tfc

MAKE beaten down carpet nap at doorways bright and fluffy again with Blue Lustre Rent electric shampooer \$1. McLean Hardware. 4-1c

WANTED

WANTED to lease grass land. James Hefley, 779. 3134, Box 42, McLean, Texas. 3-tfc

WANTED- distributor for Amarillo newspaper. Call Charlie Morgan 779-2853. 5-1p

WANTED: 6 Maple dining chairs in good condition. Phone 779-2396, Kinneth 5-2c Hambright.

WILL do sewing in my home. Men and boys

CARD OF THANKS

CARD OF THANKS

We want to thank the doctors, nurses, friends, and children for the flowers. cards, gifts, visits and care while I was in the hospital. Mr. and Mrs. T.E. Crisp

HEALD NEWS

Mr. and Mrs. Jess Altman of Amarillo spent Saturday in the home of her parents, Mr. and Mrs. A.E. Carpenter. Mr. and Mrs. Alton Carpenter and Russell of Borger spent Saturday and Saturday night in the Carpenter home.

from Tuesday until Friday in Amarillo in the home of her daughter, Mr. and Mrs. inspection. Work guaranteed. Wesley Masters. Wes Jr. and Michael Quark returned home with her to spend the week-end.

Mr. and Mrs. Jimmie Don Morris of Amarillo spent Friday through Sunday visiting Mrs. Arlie Grigsby. Mrs. A.E. Carpenter and

Mrs. W. J. Foster were Wheeler visitors Tuesday. Mr. and Mrs. H.C. Nel-

son of Dimmitt and Mr. and Mrs. D. L. Holder of Amarillo visited Sunday afternoon with Mrs. K.S. Rippy and the A.W. Lankfords. Visitors in the Bob Bid-

wells Sunday were Mrs. Bea Sparks of Pampa, Mr. and Mrs. Melvin McCabe and Mr. and Mrs. Joe Bidwell.



Public Hunters

Hunters participating in public hunts on Texas Parks and Wildlife Department game management areas had varied success, according to department officials.

They had the hardest time killing deer on the Pat Mayse Wildlife Management Area in East Texas. Of the 408 hunters taking part in the hunt this year, only seven got deer, a hunter success ratio of only around .02 percent.

Hunters on the Chaparral Wildlife Management Area near Artesia, on the other hand, managed to harvest 88 deer, thereby giving the 166 hunters taking part in the hunt a 53 percent success ratio. One of the 63 bucks killed on the Chaparral area weighed 155 pounds field dressed.

Parks and Wildlife Department biologists say this is large for a Texas white-tailed deer. However, this year year's buck weighed 24 pounds less than the largest buck ever taken from the Chaparral area.

Hunters on the Panhandle's Gene Howe Wildlife Manage ment Area didn't do as well as the Chaparral hunters. They managed only a 32 percent success, killing eight bucks for the 25 hunters.

The 52 hunters who show ed up to hunt on the Sierra Diablo Wildlife Management to get the refunds back to Area in West Texas killed 13 bucks and 12 doe mule deer for a 48 percent success ratio. One of the bucks weighed 147 pounds fielddressed while the others a averaged 100 pounds.

McLean News, McLean, Texas, January 30, 1975 Page 7

Taxpayers Should Rep. Phil Cates Have Varied Success Use Pre-addressed Envelope - Label Of Committee.

> Taxpayers expecting refunds on their income tax can speed up those refunds by filing now and using the pre-addressed label and envelope that came with their tax packages, the Internal Revenue Service said today.

Ronald Archer Director's Representative of the Internal Revenue Service for the Amarillo area, said taxpayers filing their returns now can expect their refund with in four to five weeks. Those who wait until March or April to file, he said, could face a delay of up tp 12 weeks.

Archer explained that the Austin Service Center can process returns faster if they arrive with the labels affixed and in envelopes provided by the IRS. The envelopes are magnetically coded for automatic sorting and the Pre-printed labels are design ed to save time in the actu actual processing of the return.

Even if you have moved or some information is print= ed incorrectly on the label, the IRS prefers for the tax payer to simply correct the label rather than discarding

We're obviously very busy at this time of year, Archer said, "but we try taxpayers as soon as possible. With many people a little short of cash right now, we hope taxpayers will help themselves by using these time-saving features."

Is Vice Chairman

State Representative P il Cates of Pampa today w s named Vice Chairman o. the Business and Industry Com. mittee in the Texas House o of Representatives by House Speaker Bill Clayton.

The choice committee post was given to the third term House veteran along with an assignment to the seven member House Administration Committee.

Rep. Cates also captured a seat on the Environmental Affairs Committee by virtue of his seniority.

"I am especially looking forward to serving on the Business and Industry Committee and actively seeking new areas of industrial growth for Texas, especially the Panhandle area, ' Rep. Cates stated at the Capitoi.

"I am concerned that Texas showed a 17% drop from 1973 to 1974 in the number of new Texas factotires. This is, of course, mainly due to stresses on

our national economy. The number of expansions also declined by 7% over the same period.

"I am also concerned that nearly three-quarters of the state's total industrial growth stayed within the metroplex areas. Research studies show that in 1974 more than 72% of the total industrial growth went to the Standard Metropolitan Statistical Areas. Big cities are balloning while small towns and rural areas that vitally need new growth, continue to shrink," Rep. Cates report-

ed. "I hope to shift a sizable amount of the expansion and growth interest to small towns and rural areas, Cates stated. "This would give Texas a more equitable industrial balance and help stabilize our economy.

"Business and Industry Committee also works with the Texas Tourist Development Agency in increasing tourism in the state. I

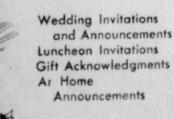


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western shirts and ladies Clarendon. 5-2c apparel. 779-3105. "What a piece of luck, eh?" Order Your Trousseau of Wedding Stationery oronet

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You'll be so proud of your lovely stationery, done in beautifully correct taste . . . and you'll be pleased at the sensible price made possible by famous Coronet Thermograving.



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The McLean News

SAM SLEEPS LIKE A BABY."

\$100. REWARD

For information leading to arrest and conviction of party or parties responsible for acts of vandalism to the country club.

This is a standing reward.

Board of Directors

McLean Country Club

have had a longtime interest in the continued growth of tourism which is beneficial

to Texans and out-of-staters alike, " Cates explained. In commenting on his

appointment to the House Administration Committee Rep. Cates said that he would work to assure the smooth continuance of the day-to-day matters of House operations and expenditures.

Cates expects the environmental affairs committee will handle legislation concerning the preservation of wildlife and fish within Texas; hunting and fishing laws and the parks and Wildlife Commission.

CALL 779-2447 TO REPORT WHO WAS VISITING YOU.

Helps Shrink Swelling Of Hemorrhoidal Tissues

caused by inflammation

Doctors have found a medication that in many cases gives prompt, temporary relief from pain and by ing itch in hemorrhoidal these. Then it actually helps shink swelling of these tissues caused by inflammation.

The answer is Preparation H® No prescription is needed for Preparation H. Ointment suppositories.

McLean News, MeLean, Texas, January 30, 1975 Page 8



Sweet And Sour ... Meat Import Bill ... Citrus Production Declines ... Milk Production Drops ... A Tearful Story.

Had the rest of the nation followed Texas in production of honey during 1974 there might have been some help for consumers in a substitute for sugar. Texas honey production in 1974 was up four per cent over 1973, but unfortunately honey produced throughout the nation was down 22 per cent in 1974 compared to 1973.

In Texas there were 210,000 colonies--the same as in 1973-and production totaled 10,290,000 pounds which was almost a half million pounds more than a year before. And while Texas honey bees averaged 49 pounds of honey per colony in 1974, nationwide honey bees averaged only 44 pounds per colony.

Producers had a sweeter price. They averaged 45.7 cents a pound compared to 43 cents per pound. All in all, Texas honey and beeswax value for 1974 was worth almost \$5 million.

A NUMBER of bills relating to agriculture will be introduced in Texas legislature. Among them is a bill which would prohibit purchases of imported meat by state institutions.

The bill would affect institutions such as colleges, prisons, and hospitals. Bids would be accepted only on fresh or frozen meat grown and processed in the United States. Similar regulations have been instituted in Missouri and Colorado.

Purpose of the bill is to aid the failing livestock industry in Texas. Beef imports continue to be a subject of immense interest to livestock groups who have tried to get imports sharply curtailed.

Only voluntary restraints from the importing countries have been made. Australia and New Zealand are the two major beef importing countries. Imports decreased slightly in fiscal year 1974 while beef production has increased harply.

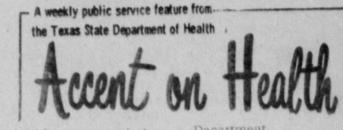
Livestock producers continue to be caught in a situation of higher production costs and huge declines in prices they receive for their cattle. Feeder cattle prices, for example, are two-thirds below parity.

IF YOU like Texas-produced citrus (and who doesn't?) you won't like the latest production estimate from the Texas Crop and Livestock Reporting Service on that commodity.

Citrus production in Texas now is estimated to be 27 per cent below last season. The small crop is the result of bloom damage received from a hard freeze during the winter of 1973.

Grapefruit production is expected to total 7.8 million boxes; this is 27 per cent under a year ago. Early and mid-season oranges are forecast at 3.6 million boxes, down 14 per cent. Valencia oranges are set at 1.9 million boxes, a 21 per cent reduction from the last season.

MILK production in Texas continues to take its lumps,



Accidents may grab the headlines, but half the deaths in Texas during 1975, in excess of 50,000 will be caused by cardiovascular disease, estimates the State Health Department.

This particular statistic isn't new. The Health Department's Bureau of Vital Statistics has reported similar death percentages year after year.

In 1973, for example, 101, 487 Texans died from all causes. Deaths from diseases of the circulatory system accounted for 50, -988 of these fatalities -- a fraction over half. In 1972 the death toll from cardiovascular diseases was 49, -410, again a grim fiftyfifty proposition.

What's in store for 1975? According to the American Heart Association it is estimated that Texas has 1.2 million of the more than 28.4 million persons in the United States afflicted with some major form of heart and blood vessel diseases.

Hypertension alone afflicts more than 23 million persons. About half the victims of this so-called "silent disease" don't know they have it because it has no special symptoms. But, it is easily and quickly detected with a blood pressure checkup. Once detected, it usually is controllable. If left undetected and untreated, however, high blood pressure can lead to stroke, heart attack and kidney failure -- diseases that will kill more than 900,000 Americans in 1975.

Statistics don't tell the entire story. They don't tell how many of the 51, 500 Texans--those predicted to die this year with cardiovascular disease -- could possibly be saved through awareness and proper treatment.

Medical science has unraveled many of the mysteries concerning heart ailments. In addition, dramatic advances have been made in repairing congenital and acquired cardiovascular abnormalities. Surgical techniques make possible the repair and replacement of damaged portions of the heart and blood vessels. It also has a preventive usefullness. Individual -- working with physicians and others--can do much to reduce the chances of heart attack and stroke, says the Stat e Healtl



Extensive clinical studies of family medical history, physical conditions and life styles have identified several factors as contributing to an increased risk of heart attack and stroke. These factors include heredity. sex, age, race, cigarette smoking, high blood pressure elevated blood cholesterol, electrocardiogram abnormal ities, stress and lack of exercise.

An epidemiological study by the United States Public Health Service, based on long-term observation of health in the inhabitants of Framingham, Mass., has documented the significance of the major risk factors in heart attacks and strokes. It also shows that the danger increases with the number and severity of risk factors -the more risk factors present or the greater the degree of abnormality of any factor, the greater the risk.

Some risk factors can be changed and others can not. A person must learn to live with those that cannot be changed and alter those over which control is possible.

Those which cannot be changed include heredity, sex, race and age.

But how about some of those other factors -- diet, exercise, smoking, stress, other medical problems? With proper consulation and medical assistance, most of these individual factors can be changed.

High blood pressure, one risk factor, may be controlled by a wide variety of drugs. But it is necessary first to seek medical help to determine if you are one of the 23 million persons with hypertension.

Cholesterol could be another risk factor. It is a fatty substance found normal ly in living tissue and is escential to health. But if

a person has too much cholesterol in the blood, it can build up on the walls of the



THE NATIONAL WESTERN STOCK SHOW'S Hereford competition was the strongest, and also played to the la crowd that has gathered in Denver for Hereford activities for several years.

Doctor Herefords, McLean, led out a popular spring we ing female that captured cahmpionship honors in the Re of Merit showing of horned Herefords. She was Dr Ladys Britt 4063.

Shown with the winner, left to right are: Bob Carmack Collinsville, Okla., associate judge; Dr. Roger Hunsley, West Lafayette, Ind., judge; H. H. Dickenson, Execution Vice-president of the American Hereford Assn.; Georges lickau, Haven, Kansas, President of the American Heren Assn.; Jake Hess, owner; Teddy Morgan, herdsman for p Herefords, and Mrs. Morgan.

Department.

Eating proper foods, giving up smoking and other excesses, getting fresh air and exercise and looking out for otherphysical problems can make your life more satisfying and help to prevent risk factors can and continued in later continuing on the effects of correcting risk factors, it cation of risk factors will reduce chances of heart

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lowering all possible factors.

you live longer. Develop= ing proper patterns of living be started in early childhood years. A lthough research is has been shown that modifiattack and strike. The greatest improvements re-

disability by getting good health habits, says your State Health Department, Di-Gel QUICKU 'Gasid

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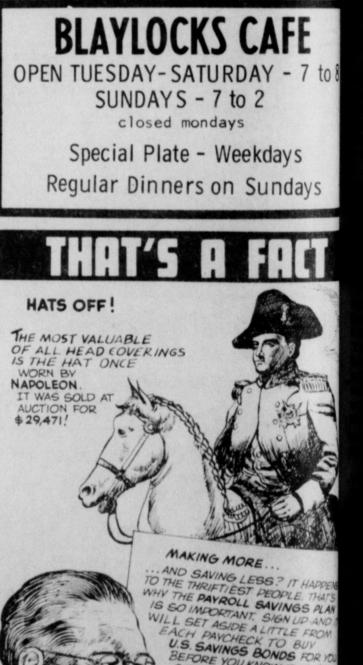
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Indigestio ... it's those times you suffer acid indigestion

and painful gas, too.

DI-GEL® gives more a plete relief because it does plain antacids can't. It red excess acid; also con Simethicone that gets rid of too. Heartburn, painful gas fast. Get DI-GEL



too. Production in December is three per cent below a year ago. Nationwide, milk production is four per cent below what it was in 1972.

THE SPRING onion crop in Texas is now estimated at 17,500 acres, which is 3,500 less than in 1974. Seeding is virtually complete. Because of heavy rains at planting time, peak shipments of onions are expected to be later that normal this year.

Harvest of a few Lower Valley fields is expected to begin about mid-February

Max Sherman On Resources Comm.

State Senator Max Sherman of Amarillo was appointed Chairman of the Senate Natural Resources Committee by Lt. Governor Bill Hobby during opening day activities again the only thing he would of the 64th Legislative Session which convened January 14.

The Natural Resources committee is generally concerned with legislation relating to oil, gas, parks and WILDLIFE, WATER, CONSER wildlife, water, conservation, environment and livestock.

Senator Sherman, a Democrat representing Distric 1 31 was also named Vice-Chairman of the Committee on the Texas Constitution. He will also serve on the Senate Committees on Finance and Jurisprudence, and the Subcommittees on Agricultu. al and Criminal Matters.

BIRTH DEFECTS ARE FOREVER. UNLESS YOU HELP.

arteries, narrow their passageway and set the stage. for heart attack and stroke. It has been found that this buildup may start at an early age. But through pro per diet and prescribed drugs, cholesterol can be maintained at a normal level.

Changing your life style to meet the threats of your health can be a major undertaking -- but a life-

saving one, says the Health

) MARCH OF DIMES

U.S. SAVINGS BONDS FOR YOU BEFORE YOU KNOW IT, YOU'VE GOT A NEST EGG THAT'S REALLY WORTH SOMETHING

STEADY STREAM

ERLE STANLEY GARDNER, CREATO OF "PERRY MASON", DICTATED UP T 10,000 WORDS PER DAY, WORKING HIS STAFF ON AS MANY AS 7 NOVEL ONE TIME. BY THE TIME OF HIS DEA 170,000,000

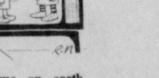
The Old Timer

"If Adam came on earth recognize would be the old jokes."

Arthritis Sufferers:

WAKE UP WITHOUT **ALL THAT STIFFNESS!**

New formula for arthritis minor pain is so strong you can take it less often and still wake up in the morning without all the pain's stiffness. Yet so gentle you can take this tablet on an empty stomach. It's called Arthritis Pain Formula. Get hours of relief. Ask for Arthritis Pain Formula, by the makers of Anacin^{*} analgesic tablets.



JAMIE WAS BORN BLIND.