# LAMB COUNTY 


feree 'Cuts Out' ckling Of Crowd


Vaughn is a man
it "calling" was
is been refereein es been refereeing basketball and
ames regularty since then. in said calling games adds a little I, as a hobby because he "likes
i, enjoys refere
and and feels like this is one way he
out." in is "called" a few things while
गng his calling, but he tunes this
"I try to dis. "I try to dismiss the crowd's
-let all that go over my head," "You get used to the heckling
cut it out complety. sut what people say, you get
sit, it, Vaughn said. "Calling a
like playing in one y. ation to what's going on in the rees get excited over games, too.
excited," Vaughn said, "make no
about" it "Most in the game like players, but we paintain our cool and try not to
But our hearts beat faster at thn said he much preferred calling
game than a one-sided, no-contest here players and officials both ontal lapses and get lax.
ghn calls both football and
all, but prefers the round ball He said officials as well as players To adjust when they change from the
to basketball. "You have to think
and be quicker on the whistle in
basketball," he said. "And \& first
officials get nervous like players until oficials get nervous like players until
they have three or four games under their belts."
Refer Referees must pass a physical and test
on rules each year. The physical is
necessary because. hascettall necessary because basketbail is a
strenuous game and officials min strenuous game and officials must move
fast to stay on top of the play. The fast to stay on top of the play. The
annual test on rules keeps officials up on game changes like two free throws for
intentional fouls and the two-shot flagrant technical.
As the season advances, officials and players alike are getting ready for district.
"Officials and players both get tougher "Officials and players both get tougher
and better," Vaughn said. Vaughn likes to call tournaments and
meet various officials and different teams meet various orncials and different leams
and styles of basketball. He also favors
junior high basketball games junior high basketball games.
can teach young boys of that age can teach young boys of that age,
Vaughn said. "When you call a foul or
violation on them violation on them, you can tell by the
look on their face when they don't look on their face when they don't
understand what they've done wrong. Then you can explain it to them right then and there."
Vaughn said junior high basketball
coaches sometimes are fiot coaches sometimes are football coaches
that "get stuck" with the job. Vaughn likes calling junior high games
for experience and exposure to different for experience and exposure to different
coaches, too. "A lot of coaches need to coaches,
see you in action," he said.
Vaughn called games three years before joining the Southwest Basketball
Officials Association (SBOA). Members Officials Association (SBOA). Members
of this state-wide association wear the of this state-wide association wear the
See REFEREE, Page 4

## 60 Jurors Called For Civil Cases

Ten civil cases are set for trial before a
jury Monday, Jan. 5 , and a jury list of 60 called to hay the cases.
Set for trial in the order listed are:
Martha Andres, et at vs. Wilson Martha Andres, et al, vs. Wilson Anderson Clayton, wrongriu death
Estate of Leonard Irvin, deceased: Zelma Reed Phares, et al, Contestants, vs. Emert Rose, et al, proponents, contest of Harlan J. Reese vs. Ray Wood and Pablo Ceballos, wrongful death.
Norma Baldwin, et al, vs. Clinton Norma Baldwin, et al, vs. Clinton
Williams, contract action. Passed. Kenneth W. Everett, et ux, vs.
International Security Life Insurance Co., International Security Life Insurance Co.,
hospitalization insurance claim.
Berman Leasing Company vs. Mrs. Berman Leasing Company vs. Mrs.
Gene T. Foster, colision and property. Raymond D. Kamp, et ux, vs.
International
ompany, hospitalization insurance Frank Council vs. Royce McFadden, et $x$, collision and personal injuries. Severino Rodriquez vs. Southern Farm
Bureau Casualty Insurance Co., workmen's compensation. Bessie A. Parker, vs. First National
Bank of Littlefield, conversion Bank of Littlefield, conversion of bank account; Monroe Terry Wells, Gulf
Insurance Company and Mrs. T. M. Wells. indemnity. The jury panel will conere a The jury panel will convene at $1: 30$ Barney A. Scheller, Splk Jerry W. Kelley, Earth Wayne Davis, Splk.
Mrs. Dale Hill, Sudan
Mrs. Dale Hill, Sudan
Donald Kelley, Earth
see JURORS, Page

## Area Hail Suppression

 To Be Talked At MeetAll persons interested in the
nine-county hail suppression study are
urged to attend a nine-county hail suppression study are
urged to attend a regional meeting
Tuesday County Agricultural Center in Plainview. The ag center is on the south side of Highway 87.
Highway 8 .
The hail suppression study conducted
by Atmospheries, Incorporated in by Atmospheries, Incorporated in California reports to the Texas Water
Development Board (TWDB) that 50 to 70 per cent of the damaging hail storms
that occur on the Souith pans and that occur on the Souith p wins and
Panhandle of Texas can be prevented by -

## FIRST 1970 BABIES IN LARGE FAMILIES

 The TWDB reviewed and passed on thereport but failed to take action on
additional phases of the program due to a lack of funds.
This progra
This program can still be utilized,
ccording to $F$, $F$. Calh according to F. F. Calhoun, Plainview, farmer and member of the TWDB's
Weather Modification Advisory Weat her Modification Advisory
Committee, is local support can be found. As many representatives as possible
from Lamb. Hockley. Hale, Swisher Brisooe, Floyd, Castro, Lubbock an Crosby Crunties are asket to tock and the
Tuesday ' meeting. Calhoun said the
program needs evidence of supporn program neets evidence of support,
especially. in Littlefity during 19r9 rearly double
the number of permits sual each of the
two previous years
i'm real pleased that our 1969

## Building Holds Pace Of Last Two Years

permits have exceeded the last two years, wn," City Manager Jim Shearer said Permits for three new homes: a new Permits for three new homes; a new
offie building for Kirby. Ratiff and Sansom Attorneys:
remodeling project at airst $\$ 100,000$ remodeling project at First Baptist
Church; and numerous add-ons, move-ins and carports, were issued. and carports, were issued.
'We're not osing population in
Littlefield according to statistics Littlefield according to statitstics revealed
through city meters-but we're not through city , meters-but we're not
growing either," Shearer noted. "However. I'm optimistic abo
Littlefield's future for several reasons. "An interesting comparison shows up
in the one cent municipal sales tax check we have just received for the third quarter of 1969 -July, August and September.
The check amounted to $\$ 17,693$ The check amounted to $\$ 17,693$,
compared to $\$ 16,899$ for the same quarter in 1968 . In spite of all the hails, rains and bad weather, this shows that our retail sales were better this year," he said
Building permit figures issued for the 1960's include:

| YEAR | NUMBER | AMOUNT |
| :--- | ---: | ---: |
| 1960 | 113 | $\$ 1,164,094$ |
| 1961 | 83 | 467.690 |
| 1962 | 134 | $1,320,681$ |
| 1963 | 149 | $2.096,590$ |
| 1964 | 177 | $2,046,027$ |
| 1965 | 86 | $1,285,765$ |
| 1966 | 70 | 617,455 |
| 1967 | 38 | 150.515 |
| 1968 | 38 | 143,715 |
| 1969 | 61 | 152,505 |
| TOTAL | 949 | $\$ 9,445,037$ |

Two-Car Accident Damages Heavy

The official holiday death watch for
the Texas Highway Patrol ends tonight (Sunday) at $11: 59$
Major traffic accidents for Lamb County were surprisingly light through hazardous road conditions following the Sunday snow storm.
Ironically, the wreck causing the most thensive damage occurred in a funeral A Denison minister, Elza Barton England, driving a 1962 Chevroiet, hit the 1966 Pontiac in the procession in front of
him, driven by Mr. Callie B. Houston of him, driven by Mrs. Callie B. Houston of
801 N. Sunset in Littlefield.

The accident was Friday aternoon west of the Embry Gin on FM 32 while taken from Amherst to Springlake for
burial Department of Public Safety official Biil Angel investigated the accident and estimated damages of $\$ 400$ to each car. estimated damages of $\$ 400$ to e

18 +4
Center

Buillain
Pharmacy

Brooks Family Hosts Wedding Celebration
 or Daisy, Ark., and formertiy of
Littuefiel. celebrated their
fittieth weding anniverary with an open house hosted by Mr. and Mrs. Brooks farmed
near Litlefeied amost 40 years
before moving to Arkansas before moving to Arkansas
three years ano. They were
married in Glenwood. Ark. married 1919 .
De. 2,1919 .
Present for Ark.
were were the the daughter and
son-in-taw Mr. and Mr. Preston
Cummings. and sons and
daughtersin- aw . Mr and M. daughtergs. -aw. Mr and Mind
don. Brooks of Lubbock, Dr. Don Brooks of Lubbock, Dr.
and Mrs. Derl Brooks, Canyon,
and Kent Brooks of Washington, D. C. .
About 50 guests called
during the afternoon.




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Wedding $V$ Are Exchar In Amher

 reside in Levelland e
Markham-Tyson Vows Pledged

| Jackie Jo Mark | fro |  |
| :---: | :---: | :---: |
| ck G. Tyson were married in |  |  |
| double ring ceremony at 7 | lace. Her bouffant vell of |  |
| P.m. Tuestay Dec. 3 So in the | illusion fell from a gariand |  |
| in Sudan. The wedding | Maid of honor was Mrs. |  |
| ceremony was officiated by the | Donald Champion of Lubbock. |  |
| Rev. Aubrey White, minister of | Bridesmaid was Miss Sherry | school build |
| the church. | Tyson, sister of the | important itemis |
| The bride is the daughte | bridegroom, of Battle Creek, |  |
| Mr. and Mrs. Joe B. Markham | Mich. The attendants wore | the |
| Sudan. She is a 1966 | floor-length dresses of hot pink | the |
| graduate of Suda | n and light pink peau |  |
| and attended South | de soie, featuring empire | MRS. BILLY AN |
| also attended Methodist | n was Gieorre |  |
| Hospital School of Nursing in | of Battle Creek, Mich. |  |
| Lubbock. | Groomsman was Bonner | Fellowship |
| The groo | Markham, brother of the bride, | First Baptist |
| Mrs. Jack Tyson of Battle | of Sudan. | friends and rela |
| Creek. Mich. He is a 1965 | The ushers wer | couple are invited |
| graduate of Lakeview High | Green |  |
| School in Batue Creek, Mich. | Mcinturff of Lubbock. | SOUT |
| Junior College in Levelland and | Mar |  |
| a four year term with | was the orzanist. Miss Sherry |  |
| the United States Air Force | "o "The Lord's Prayer" |  |
| with a tour in Viet Nam. He is | singing The Twelfth of Never". | square miles. |
| presently employed with the | Mrs. Bob Bowe |  |
| Grand Trunk Railroad in Battle | Albuquerque, N. M., regis |  |
| Creek, Mich. |  | TER |
| Given in marrjage by her | A reception fo | ME4 st riplion |
| torian gown of whit | Siss Rene Markham of Sudan |  |
| de soie and Venise daisy | and Mrs. Mike Lind of |  |
| ertion lace. The fitted | ck served the guests. |  |
| dice was accented in vertic | After a wedding trip to |  |
| the lace w | doso, N. M., the couple will |  |
| eckline and | home in Battle Creek. | amme wather if |
| wistine was defined with |  |  |
| atin bow sash and a wide | WHEN IS EASTER? |  |
| of the ice motif | ter comes on the first |  |
| circled the hemline. A | moon after the vernal equinox |  |

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MRS. BILLY JAP ANDERSON
ROCKY FORD
Chis. V. M. PETERMAN 262.4532


Wedding Vows Said In Brownfield Church
 $=$ $+5$ with lace beaded appliques.
An Indian head penn
placed in her shoe by he
father was her "s on




Jacoby-Cate Vows Read
Flower tes.
Flower girls were Gena
Faught of Brownfield, cousin of the bride; and D'Lynn
Huddleston of Denton, niece
of the groom or the groom, $\begin{aligned} & \text { Tony Phillips of Brownfield, } \\ & \text { brother of the bride, served as }\end{aligned}$ er ring bearer.
Registering the guests was d cousin of the bride. Brownfield,

## SPECIAL FOR JAN 5th



## STEAK FINGERS

 hick Toast, Salad, Fries, nion Rings, And Honey 79.STY-CREAM And CURLY TOP DRIVE-INS


Baby Items....... $1 / 2$ Price one table of
Gift And Miscellaneous Items Drastically Reduced

STIICH in TIME
hone 385-3140

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EGGS
BABY FOOD 5 56ent
Cottage Cheese , weamem 476 ICE CREAM aomaname BISCUITS
roxey
3 cans 27 ¢

PAGE 4, THE LEADER NEWS, LITTLEFIELD, TEXAS, SUNDAY, JAN


MANY PEOPLE CARRY an
overburden of life. This is obvious overburden of life. . This is obvious
from all of the available evidence. There is, however, nothing about life, wisely lived, to cause such
overburden. Most of this heavy load is made up of unnecessar

MOST PEOPLE WANT to change, and they can change.
of course, there are some folk who use bus
of escapism. of esclapism, is, however, no good
There There is, however, no good
reason why we should be always in
a rush; never having time to do a rush; never having time to do
anything as it deserves to be done. anybody. Telatere are, no doubt, many
relatively
unimportant demands made of us. Yielding to these is a
great loss of time, energy, ability and life itself. We must reject the activities, so we can handle
effectively the mesty activities, so we can handie
effectively the truly important
thins There things. There is much we can do to
control our lives, and thus simplify them.

IT MAY BE THAT OUR LIVES
have become cluttered with too have become cluttered with too
many activities; good, better, best, and some not even worth the doing. It this has happened, it is urgent
that we drop them. This will not be difficult to do if we honestly try. The truth is that it will be a

1

NDIANS went ashore on th sland of Alcatraz before dawn one that 12 acres as their own, your
first reaction was amusement. ndians to celebrate Thanksgiving on the island in San Francisco Bay,
you smiled you smiled tolerantly-assuming
hat after this they would go away.

THAT'S WHAT THE federal
overnment figured, too. You were government figured, too. You were
both mistaken. Christmas came and went, the Now, in their second month
there, leaders of the sit-in are eginning to convince Washington that this is more than just "another
minority protest." These occupiers are citing terms of the 1868 treaty with the Sioux permitting Indians to have and use any unoccupied THE WORD "UNOCCUPIED" is interpretations but it is a fact that bandonment as a federal prison in Earl Livermore, Blackfoot. ccupation, hopes to establish
Winners Of Contest To Be Named

Entries in the popular
coloring contest poured in to the Leader-News office before The entries are beine
The ent judged and the winners and winning picture will be in th
Thursday edition.
DIAL Departmenia's Public Health Department blames widespread sanitation, birth defects and infectious diseases" on California' bleak, unproductive reservations. INTERIOR SECRETARY Walter government has been


CHINESE PROVERB say: a REVISED PROVERB say: a spoonful of black-eyed peas mak
for happy new year. one.

 TODD DURHAM, son of basketball coach and Mrs. Jerry Durham of Whitharral ate his first black-eyed peas in typical 9 -month old fashion on

## THE PHILOSOPHER <br> Balance Pollution

## 

(Editor's note: The Sandhills Philosopher on his Johnson grass farm attacks the air pollution
problem in his own peculiar way this week.)
Dear editar:
Although
Although 1 fought against it, at the turn of the year I had to make a was riding with and the man 1 traffic jam, cars in four lanes backed up for 15 or 20 blocks in

## the waiting list for the few cars now being produced is so long children as they

 as they grow older replace theirparents in line. parents in ine.
In fact, in $t$ In fact, in the whole of Russia
there are now only a million passenger cars, which means one car for every 3 people, which means if the nation struck them everybody in the entire country could ride
around at the same time, if they could get by the trucks which aren't included in these figures.

Back To Indians oth directions with all motors running and I have concluded the articles I've been reading in the
newspapers lately about air pollution are right. It's terrible. Then last night, after reading another article, I got to thinking and have figured out what we ough
to do about it. According to people are clamoring for more cars,

## DEAR EDITOR

Note From Vietnam

Dear Bill,
Hello,
long with how are things getting along with you in the newspape
business. Tell all that I said hello. am doing fine at this time. I am getting ready to go out into the
field where all the happening is. field where all the happening is.
$I$ am with the $25 t h \operatorname{Inf}$. div. here in CU CHI. I am going to Tri Nan (they call it Rocket City.)
Does Bob Hamilton still work for you...if so tell him I said hello. How was your Christmas this
year? Bob Hope came up here, I got year? Bob him. I want you to hene, I got paper for a year and I will send you the money for it. Tell me how much it is.
Before ।
Before
came over here t hasn't been too bad, So so far put in a prayer for me and write once in a while. And have a Well, I will close my letter now, but never my friendship.
$\qquad$ Editor's Note: Matthew Hodge worked for the paper while
attending Littlefield High School.

PFC. Matthew Hodge HHC 2nd BD, 22nd Inf. LEADER-NEWS
 This literally means everybody and his dogs and in-laws too. It's this Russian demand
more cars that interests me I don't care what it costs United States is smart it'll start shipping cars to Russia by the hundreds and thousands. It doesn' make any difference what the terms cans of cabbage soup and a loaf o black bread as the downpayment just so we get the cars over there and running.
It's not the balance of power it's
the balance of pollution that's going to make one country equat another and if we don't get Russia and the rest of the world up on our level we're in trouble.
To get the program To get the program started, I've
got a 1951 model car out here got a 1951 model car out here on to export to Russia for be glad reasonable figure provided it goes to somebody living in the heart of the metropolitan area of Moscow miles.
murns a quart of oil every 25

Burglary Cleared

## County officials have cleared the theft of the colored television set from the Tim

 in a Lubbock pawn shoperty and a warranthas been issued for and has been issued for an arrest. County thise week. Vandals got only $\$ 4$ when they broke
into the High Plains Fertilizer plant into the High Plains Fertilizer plant
Tuesday, but more than $\$ 525$ in damage
was done to office machines and the building. to office machines and the Entry was gained by breaking out a
window in a door on the west side of the building. One dollar ine west side of the
from the soft drink maching waster taken from the soft drink in machange was taken pried open. Another dollar in pennies was taken from the chewing gum maschine
after it was broken. The office safe was pried open and four The office safe was
the office ransecked $\$ 1$ bills taken, and Kene ofth Camper Call of Olton reported a
Kater Kenneth Campbell of Olton reported a
6.foot white Haynes stock trailer taken
rom his property the day after from his property the day after
Christmas.

## LANEB COONTTY

member ontors.



## REFEREE




 Fort Worth railroad and was an office equipment salesman before returning to Littlefield where he taught three months,
inishing out a term. Since then he has finishing out a term. Since then he has
been farming 10 miles south of been far
He and his wife have three boys, Gary,
3, and 14-month-old twins Randy and
NEW LAWS
remarry without a judge's waiver by the
uudge who granted the divorce," Mrs.
Willey said
judge who granted the divorce," Mrs.
Willey said.
"All minors-those below the age
limit-must present a birth certificate and limit-must present a birth certificate and
have parental consent before a license may
be issued," Mrs. Willey emphasized be issued,", Mrs. Willey emphasized. Atty. Gen. Crawford Martin's office in 1. Prohibits any type of marriage for
ast the new boys younger than type of marriage for
under 14. (That's the way it has always under.) 14. (That's the way it has always 2. Requires parental consent for
eeremonial marriages for boys $16-19$ and girls 14.18 . (In the past the ages for boys
were 16.21 and for pirls, 14-18.) w. Prescribes a form for "declaration
3. and registration of informal marriage" by hich common law marriages may be egistered. (According to Mrs. Willey, no
lood test and no ceremony is required lood test and no ceremony is re
just the filling out of the form.) 4. Doesn't specify age requirements
for filing, the "declaration of informal or friling the "declaration of informal
marrige." (That's the key-the existing marriage. (That's the key-the existing
laws have never governed age restrictions
on common law marriages and the new on common law marriages and the new
laws don't either.) Atty. Gen. Martin says that the door
hasn't been just now opened to teenage common law marriages-that to toenage has
always been always been open and still is.
"The misunderstanding "The misunderstanding has been over is good reason for setting up the filing system," Martin said in the published
opinion. "Many legislators who worked on the new code would have wanted to outlaw
$c o m m o n ~ l a w ~ m a r r i a g e s ~$ altogether-regardless of ageriag but work
on the model statute of on the model statute of the bar
association was not completed in time.
"Before commen "Before common law marriages can be outlawed, there must be laws written
protecting the legitimacy of offspring of
common law common law lenionitimacy of offspring of
Mrs. Willey states opinion states. Mrs. Willey states that only she, as
county clerk, will issue the "declaration aunty clerk, will issue the "declaration,
and registration of informal marriage" forms from that office. "If couplers are of
oge and if one of the party is a age and if one of the party is a Lamb
County resident, the form will be issued to the couple."
"In the event minors come in-males
under 19 18-identification will be required and and the parents will be notified of and
registration," Mrs. Willey emphes Tontrol new law gives parents a greater control over their teenage children by
allowing them to file annulment suits
when underage youngsters marry without when underage youngsters marry without
consent. This applies to both ceremonial
and common law marriages," Mrs. Willey said. "Previously, parriagests, Mrs. Milley no no legal
right to sue to annul their offsprings'
marriages," she emphasized. "Such annulment suits must be filed
within 90 d days after the marriages," the
law states.

## City Police

 Check CasesCity police are investigating two cases
which have been reported the past week. Which have been reported the past week.
Orville Bassett reported theft of a red
sled from his yard sled from his yarroported theft of a redt
night. The sled is equipped with Tuesday
runners wooden Pioneer Natural Gas Co akids. a drive-in window had been broken 8 s.m. Friday


THE SECOND New Ye baby born in Littiefield is girr in her family and te
brothers. Baby girl Galen tenth child of Mr Galen Galen of Littlefield. She Hospital.

BIRTHS LESS IN 1969
If figures don't lie, it could
that "the pill" changed the
things in Lamb County in Chings in Lamb County in 1969.
There were 407 births county in '68,
recorded in '69. recorded in ' 69 .
The biggest baby boon monat
was November when 71 , In '69, the population explooera
in February with 67 birts October when 57 b There were 147 deat
County in 1968 . The year
ended recorded 149 death deaths recorded in a single mootit
was November when 26
Twenty. JURORS Ruben Brock, Jr., Lfd. orman Clayton, Earth ene Hanlin pbell, Olto J. W. Wells, Lfd. M. M. Ford, Lfd. L. D. Henderson, Earth
Donnie Cowart, Sudan Robert L. McCurry, Oito Stanley Aaron, Ldd.
W. H. Braden, Earth W. H. Braden, Earth Dan Quigley, Splk. J. L. Snider, Otton James H. Busby, Splk. Mrs. Melvin Bock, Earth Otis Ray King, Splk.
A. C. Bridwell, LIf. John Norwood, Amherst
Houston Stephens, Earth Gilbert Churchman, Suda Robert Gronewald, Lfd. Troy Lance, Amherst Doo Muller, L'd. Sudan Jimmy Newman, Sudan W. B. Hucks. Splk. ary Sherrill, Amhers Mrs. J. M. Farmer, Lf Joe Fisher, Sudan
C. Bowen, Lfd R. Roberts, Amhen Mrs. Robert Akin, Splton Crispin Talamantez, Olto Goria Levegue, olton Don Caldwell, Anto Eon Cowan, Fieldton Lloyd Lust, Lfd. arde D. Yantis, Amhers Mrs. Betty Kehoe Lidd Mrs. Betty Kehoe, Lfd.
Jimmy Huckabey, Lfd. Mrs. Don Turner, Amhers H. J. Harrell, Lfd. Cene Templeton, Earth Delton Jones, L'd. Charles Parish, Le, Earth
James B. Stites, Lfd. arrested Tuesday for driving
intoxicated. He was fined $\$ 100$ plus on
and released the same day
Stafford J. Cleveland of Littlefield wn
 weapon. B
released M
Robert
iolation Denley, jai, pailed on a $\$ 25$
costs, and was released Dec. 29 .
Denver Moreland of Deaver Moreland of Sc. Rt. R, Monday
Dimmitt
Amherst
Amherst man wiiled for being drunk
And Littlefield wan wan was for dicked up
excessive noise and


PAGE 6, THE LEADER NEWS, LITTLEFIELD, TEXAS, SUNDAY, JANUARY 4, 1970

## WORSHIP in CHURCH



| Ministers of all taith sand the community-minded firms below persuade you to read this Spiritual Values page |  |  |  |
| :---: | :---: | :---: | :---: |
| Grime Auto Sales dame Grimes | Save. C | Lamb Bowling Lanes | Lave \& V Velson Imple |
| $\underset{\substack{\text { First Sational Bank } \\ \text { Don Bell }}}{ }$ | E. C. Rodgers Furniture and Employees | Armes Chevrolet Co Troy Armes | Curley Top Drive Inn |
| Dairy Queen Frank Robinson | Hammons Funeral Home Pryor Hammons | Dairy Mart <br> L. V. Pierce | B \& C Machine Works |
| Brittain Pharmacy M. M. \& J. T. Brittain | G \& C Auto Supply <br> Mr. Odell Chandler | Perkins Roofing \& Siding Tracy Perkins | Pioneer Super Market 205 West 3rd |
| Spade Grain Company Spade, Texas | Chisholm Floral J. E. Chisholm | $\underset{\substack{\text { Holders Resturant } \\ \text { Bill Holder }}}{\text { a }}$ | San yef Pump \& Machine |

Find yourself through FAITH in GOD...man's ONLY HOPE
Both your FAITH and your CHURCH GROW through REGULAR CHURCH ATTENDANCE


## OBITUARIES

 MINNIE ELLEN RANDOLPH Funeral services for Mrs. Minnie EllenRandolph Randolph, 78, of Earth, who died Tuesday morning in thursday afternoon in Lockney's First Baptist Church. Rev. James Allison, pastor, officiated and burial was in Lockney Cemetery with Carter
Funeral Home of Lockney in charge of arrangements.
arrangements.
Mr. Randolph was born in Collin County and had resided in Lockney until she went to Surviving Surviving are one son, Fred Randolph of
Cartsbad, Tex.; one daughter, Mrs. Orbie Arsstrong of Earth; one brother, Jack
Stubblefield of Abilene, Kans, one sister, Mr. Stubbefield of Abilene, Kans, one sister, Mrs.
Ida Jarmon of Littlefield; six grandchildren and 10 great-grandchildren.

CANUTO H. GUTIERREZ
Services for Canuto H. Gutierrez, 80, of
Lubbock, who died Monday in a Lubbock rest Lubbock, who died Monday in a Lubbock rest home, were conducted Wednesday afternoon
St. Joseph's Catholic Church in Lubbock. Burial was in Peaceful Garden Cemetery with Rix F
arrangements. arrangements. He is survived by his wife; two sons, Frank Gutierrez of Compton, Calif; three daughters, Mrs. Pete Estrada of Littlefield, Mrs. Carlos
Quirino and Mrs. Mike Ramo, bots. Quirino and Mrs. Mike Ramos, both of
Lubbock; two sisters. Mrs. Cliofas Zuniga and Lubbock: two sisters, Mrs. Cliofas Zuniga and
Mrs. Guillerma Zuniga, both of Mexico; three brothers, Simon Gutierrez, Pedro Gutierrez and
Secundino Gutierrez, all of Mexico; 19 Secundino Gutierrez, all of Mexico; 19
grandchildren and three great- orandchildren.

## HERBERT ROBERSON

Herbert Roberson, 63, died a RS, ERV Wednesday in South Plains Hospita an extended iwness.
Services were Friday in the Church with Rev. Ray Harrise Firg deroh, Rocky Ford Baptist Church and pormitm Montgomery of Bridgeport, officiatin
Burial Burial was in
Funeral Home.
Roberson came to Cemetery nddeugh from Plainview. He was a retired farme Survivors include his wife, Curti son, harold (Buddy) of Amher Mrs. Mary Jo Griffin of Canyon of Fae Bass of Littlefield; hasyon, and
Roberson of Amherst; three and L. J., both of Amherst, and Ernem Deal; a sister, Mrs.
11 grandehildren.

IVEY WATERS
Services for Ivey Waters, 56
Monday afternoon in Medical Ats Monday atternoon in Medical 56, nh A. N .
. Lamesa after suffering an apparent hear
were Friday in the Morning were Friday in the Morningside Baptiz
in Levelland with Rev. Troy Carmill Robbins, officiating.
Burial was in the City of Levelland cer 8.0 .
by Smith Funeral Home. by Smith Funeral Home.
He was a native of Gray
Survivors include his wife. Miore URN
Saughters, Sandra and Jonet wo daughters, Sandra and Janet, both of tre
five brothers, Lloyd of EI Paso five brothers, Lloyd of EI Paso, J. W. .
both of Whitharral, and Lester and WNO both: of Lubbock; three sisters, $\mathrm{M}_{\mathrm{n}}$
Mother bott: of Lubbock; three sisters, Mn
Myers of Amherst, and Dora Baldridge $/$ /AF
Pauline Maddox, both of Lubbock.

RAI

## FIELDTON

MRS. RAY MULLER
a and mps Eal Phela spent Christmas at Weatherford
visiting with her parents, Mr.
and Mr. W. T. Mitchell, and and Mrs. W. T. Mitchell, and
with his brothers and other
relatives relatives.
MR. AND MRS. Ray Muller
and boys spent Chrits. and boys spent Christmas with
her sister, Mr. and Mrs. Wilbur Hayse and family at Andrews.
REV. DAVID BURUM spent Christmas in Duncan,
Okla. with his parents, , Mr. and
Mrs. Murrey Burum, and with
other other friends and relatives.
MR. AND MRS. Larr
Lindsey and Man Lindsey
Sunday to
in Fort in Fort
Christm
and Mrs
CHr CHRs. Don Joyner parents, Mr Chip.
of Mr. and Mrs. DAY guests and s.and Mrs. Hoss Ellistott
and Mrs. Here her mother, Mr. Will
and and Mrs. Hewitt Williams of
Shallowater, and h his parents,
Mr. and Mrs. J. E. Elliott Mr. and Mrs. J. E. Elliott.
MR. AND MRS.
Armstron Armstrong, spent Christmas in
Denton with their son, Mr. and
Mrs. Jerry Armstrong, Mrs. Jerry Armstrong and
children. Their grandson, Craig.
returned home with them to returned home with them to
visit for a few days.
MR. AND MRS and children of Houston visited

LITTLEFIELD NEWS
Christmas Day guests in the
Ernest Sell home wrere all their
children and grandchildren children and granddhildren.
Those attending were M. and
Mr. Henry, Minter. Mrs. Henry Minter, Crissy
Minter, Gary, Lary and Sandi
Sides., Gall of Bovina: Mr. and
Mrs. Sid Killough and Mr. and
Mrs. Mrs. Sid Killough and Mr. and
Mrs. Roger sell Scott and
Steve, and Bii Minter of Texas
Teech. Tech.

 U. S. Forestry Service, working in timber in
Collins, Colo.



On The Farm Tire Service


RICHEY'S
1401 E. 9th
the leader news, littlefield, texas, sunday, january 4, 1970, Page 7 Wis.

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| FOOD | 99\% |
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## ClASSIFIED ADS

| Wanted | Houses for Sale | Sale or Rent |
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|  | Robert Richards |  |
|  | Real Estate |  |
|  | $\xrightarrow{512 N}$ |  |
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| Theme | 5 beatioms. | Misc. |
| Houses for Sale |  |  |
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| ThREE EEDROOM Brick Sus ion : Fot site by owne |  |  |

## CLASSIFIED ADS

## LEADER-NEWS

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DEADLINES
Lamb colnty leader-news


Enclosed is \$






## Bus. Services <br> AFter hours prescrip tion service Plesesp Phone Us Eot Roden 385.3698 Sames walken 3854504 RODEN. DRUG

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\begin{array}{|l}
\text { DONT DEPEND TOO } \\
\text { MCH ON THA RABIT } \\
\text { FOOT IT MAY HAVE }
\end{array}
$$






## TV SCHEDULE



SPORTS
Wildcats Drop Opener In Muleshoe Tourney


 1969 DODGE POLARA


1969 DODGE CORONET


In Stock Priced To Sell
31 NICE CLEAN USED CARS IN STOCK. ALL MAKES AND MODELS 63 NEW CARS.

## GARLAND MOTOR CO.







$\qquad$


 year almost all of the 18 th
This the Texas Parks and
requested sots dens
consideration,"
he



the records of the will stumy
and select for admission the $\begin{array}{ll}\text { IN THAILAND } & \begin{array}{l}\text { Cocal state park or boating, and } \\ \text { the } \\ \text { intormation wil be be }\end{array} \\ \text { Specifically applicable to their }\end{array}$ Airman Fisher is an aircraft Tactianic Fasighned to the 44th
the Pacifice Air a unit of
Forces, headquarters for air operations
in Southeast Asia, the Far East and Pacific area.
The airman, a 1966 Risited C. Edmonds of Houston graduate of Anton High
School previously served at
Reese AFB. ALABAMA SNAKES
Poisonous snakes found in
Alabama are the coral, water
moccasin or cottonmouth, moccasin or co
rattlesnakes.

Doyle and Wayne Winfield Announce that the 51 Auto Salvage is now known as
AAA Truck and Auto Parts. And will feature a complete line of Truck and Auto Parts.

Springlake Hiway
 Whitharal ral rolled
conference win, conference win, 52
Smyer Friday nipht
Larry Gage led scoring with 24 pote
Rodgers tossed in 12 Rodgers tossed in 12
Thoms contributed
S. Fowlet and scored 19 and 16 for
The Whitharral Pes
took a took a $45-41$ decision
Smyer six. Rita the nets
followed b
Williams with Connie Newsog
Marilyn Thompson 15 for Smyer BLACK MUSLI
The Black
organization wa.
Detroit in 1930 . AFRICA'S LARGEST1
Tsavo National
covering s


With Healthful Spring-like Comlo
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and the out-ot-sigh
Aprilaire
Humidifier
automatically furnishes
the matidy
the humidity your
and family need.
MODELS FOR EVERY
HEATING SSTEM
Cox Tin Shop


PAGE 2B, THE LEADER NEWS, LITTLEFIELD, TEXAS, SUNDAY, JANUARY 4, 197

## AMHERST

## MRS. LESTER LA GRANGE <br> 246-3336



SAVE MONEY

## RODEN REXALL

# SNCCHACHDLARDAYS 

ALL PRICES GOOD MON. - TUES. - WED.

| $\begin{aligned} & \text { Contact } \\ & 89 \end{aligned}$ |  |  |
| :---: | :---: | :---: |
|  | Pampers | Myadec |
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| Slide Trays <br>  | Lubiderm necessom \$ | Flashcubes 994 |
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|  |  |  |
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| Dry Skin |  |  |
| Cleanser $\quad \$ 350$ |  |  |

## 

> Polaroid Film S379

Scope Mouthwash

## Polaroid Camer anes 52391

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REG. $\$ 10.95$
$\$ 498$

## Dry Skin Cream

\& Freshener
DU BARRY
REG. $\$ 3.25$
50

## Hand Lotion

ELIZABETH ARDEN
REG. 35.00 S

## 1s Study Cosmetology

| IWILAM RODGERS |  |
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|  | and Cynthia Dukatnik will if you'll let them. |
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| beauticians. They take |  |


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mambams thit crase ut Cumerer 12 pen or former Littlefield
orgie Goodwin, was
cently awarded the
the Flying Cross and
 ard was presented
achievements while achievements while
thivetion in aerial flights as Asia.
Also awarded the Air
Commendation Medal Wonmendation Medal Whekson is presently
Force Fourteenth Orce as director of
Hiceations and 6. Oeneral Michael J. Dickson graduated


## CYNTHIA DUKATNIK AND RITA AVERY



|  | SHOES <br> ENTIRE STOCK LADIES DRESS <br> SHOES <br> VALUES TO $\$ 10.99$ NOW <br> ENTIRE STOCK LADIES FALL $\qquad$ <br> VALUES TO $\$ 9.99$ NOW <br> GIRLS KNEE-HI <br> SIZES $81 / 2$ TO 3 |
| :---: | :---: |
|  |  |
| SALE for MEN <br> MEN'S BAN LON SIZES S-M-L-XL REG. $\$ 3.99$ NOW..... FOR Knit Shirts MEN'S PERM PRESS SIZES S-M-L-XL REG. TO $\$ 4.99$ NOW FOR Sport Shirts MEN'S COTTON Flannel Pajamas | for BOYS $\text { TO } \$ 2.99 \text { NOW }$ |

Yes! We have them in stock now!

## New BIG LOAD

 MAYTAG washpower'

## CAMEO BEDDING




## TELL CITY MAPLE 30\% OFF! SOFAS <br> VELVETS, SILKS, PRINTS, TWEEDS

 REGULAR $\$ 29.95$ Now $\$ 17 \%$ $\$ 399.95 \quad$ Now $\$ 249$ $\$ 499.95 \quad$ Now $\$ 329$ $\$ 549.95 \quad$ Now $\$ 399$SOFA BEDS
\$389.95 Now $\$ 279$
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LOVE SEATS $\$ 7995$ CHARRS $\$ 5$

Bedroom Furniture ERRLY AMERICAN
SPANSH Reduced FRENCH MOOER

## Virrui Decorator DINETTES

 $\$ 17995$ \$22995SEE OUR CARPET DEPARTMENT

OVER 200 SELECTIONS

We do appreciate each ox our customers and your patronage. It is our determined aim to stock quality furniture and appliances at reasonable prices and to operate our business by the Golden Rule!


FURNITURE \& APPLIANCE

## FREE DOOR PRIZES!

realster every day! NAMES WILL BE DRAWM EACH DAY No PURCHASE NECESSARY-YOU NEED NOT bE PRESENT TO WIN

THE PICK OF COLOR FOR 1970!
RCA...it's the Color you want!


RCA COLOR TV
with A.F.T. and Rollabout Stand Deluxe Color that's easy to buy. Features Auxematic "Locked-rin" Fine Tuning
(A.F.T.), tilt-out control panel, powerful (A.F.T., tilt-out control panel, powerful
${ }_{55}, 000$-volt chassis and its own rollabout

## s459"



## The LINARES

This big-screen Color Consoie features RCA's advanced
Automatic "Locked-in"" Fine Automatic "Locked-in" Fine
Tuning (A.F.T.) to pinpoint the correct signal electronically. easy stand
controls.


THE PICK OF SOUND FOR 1970
CLEAN-UP OF 1969 RCA MODELS SAVE UP TO \$200

 uralife diamond stylus replacement guarantee.



ONE WeEK ONIY JAN. 5th - JAN. 10th

| CHILP PHONE | leamps |
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| noom suris | All Pritures |



GET YOUR 1970 RCA
Calendar FREE


Alectri clean
Range uns you foifet MESSY OVEN CLEANMG!


So deopenabie remen with o
5-YEAR NATIONWIDE
WARRANTY
 More Frigidaire features that help!

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## APPLIANCES


EASY

Jfome Jumishings

SPANISH BEDROOM SUITE

| Triple Dresser \& Vertical Miror. 5.drawer chest, nite <br>  |  |
| :---: | :---: |
| FRENCH PROVINCAL BEDROO |  |
| Fruitwood finish. Triple dresere t landsapepe miroor <br>  |  |
| 3 PC.SPANISH BEDROOM SUITE |  |
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| SOLID MAPLE EARLY AMERICAN |  |
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| APLE BEDROOM SUITE |  |
|  S42300. Ssee siono.00 | $329^{95}$ |

CARPETS
$100 \%$ NYLON CARPET


POLYESTER FIBER CARPET

$100 \%$ NYLON TWEEDS


SHORT ROLLS AND REMNANTS
Stacy Mason has a good selection of carpet just right
for those small rooms. You can choose from all types
295
These are only a few of the outstanding values that Stacy-Mason has to offer.
Stacy-Mason's selection includes all kinds of tweeds, colors and fibers.
You owe it to yourself to have good carpet on the floor
ALL PICTURES 1/2 PRICE

## 418 PHELPS AVE. <br> PHONE 385-4120 <br> LITTLEFIELD Stores in LITTLEFIELD BROWNFIELD

LA-Z-BOY ROCKER RECLINER

129"5

AT STACY-MASON
YOU GET MOREI

Stacy-Mason, Inc. Has the Newest Stock of Furniture, Inventory like this is not put on Sale.

However, Stacy-Mason is starting a new merchandising program and must reduce its inventory until our new program can be put into effect

Now you can SAVE BIC Money on the finest home furnishings in Lamb County.
-----_LIIING ROOM FUNNTIURE EaRIY AMERICAN
SOFA \& SWEVEL ROCKER SUITE

PILLOW ARM SOFA

LEATHER LIKE VINYL SOFA

A BRANT EARLY AMERICAN SOFA

early american love seat

EARLY AMERICAN LOVE SEAT

2 PC. STUDIO SUITE


- LIVING ROOM FURNTTURE $=\ldots$ SPANISH

OUTLINE QUILT SPANISH SOFA
Beatitu) Red and Gold Color D. Daron wrapped
KROEHLER SPANISH SOFA

3 PC. VELVET LIVING ROOM SUITE
 SPANISH LIVING LIVING ROOM SUITE

VINYL SPANISH SOFA
$\begin{aligned} & 3 \text { cushion. Gold supported } \\ & \text { Reg. } \$ 209.95, \text { Save } 540.00\end{aligned}$
$1699^{95}$
Bue great vave soin $199^{95}$ SPANISH HIDE-A-BED \& MATCHING CHAIR
 cesesesec LIVING ROOM FURNITURE *esocese HIDE-A.BED

## SPANISH HIDE-A-BED

| Outhine gutled veliee in Fional patemn Looe <br>  |  |
| :---: | :---: |
| TRADITIONAL HIDE-A-BED 54095 |  |
| Made by Pullman Gold oulline Quilt damask Queen ......54995 |  |
| OAK ARM HIDE-A. BED <br>  <br> Reg. $\$ 649.95$, Save $\$ 150.00$ |  |
| LOVE SEAT HIDE-A-BED |  |
|  |  |
| EARLY AMERICAN HIDE-A-BED <br> Solid Maple trim. Orange tweed fatric. Regular size Interspring Mattress. Reg. $\$ 399.95$, Save $\$ 100.00$... $299^{95}$ |  |
| TRADITIONAL SLEEPER <br> Good nylon \& rayon Brown tweed fabric. F Mattress. Reg. $\$ 219.95$, Save $\$ 40.00 \ldots . .$. Reg $\$ 219.95$, Save $\$ 40.00$ |  |



Dial 385-4481 For Classified Ads


Doe Found, Man In Dump

 Thous dragging mame
There to they an mearby
 untageded doe di d
under the house.
Possessime


SNOW DRIFTS such as this were area wide following the Sunday snow. These two vehicles were in a tarm yard soltheast of Littiefield.
land where feed and cotton stalks had been shredded.

## Slow Vehicle Emblems Gleam

Bright orange and red night on slow vehicles, which fatalities and injuries and
triangles visible more than a triangles visibe more than a a milud construction equipment and percent of property damage
vifth of a mile away wit of 10 smashups
 the rear or a slow moving and animals must also display the . We are sure that use of
vehice begining the first day
of 1970 .
slow-moving vehicle emblem. SMV emblems will reduce th
 that the new law states all approaching drivers will see a TSA vice president.
velicles designed to travel at at osilid
speeds of 25 miles an hour or
triangle. less must have approved or thangle night, only the shiny red machines being used on the job
emblems affixed on the back border will glow brilliantly markithin the limits of a
mard construct three to five feet above the around the invibible sunlight marked construction or
road when on public streets refice area may operate
and highways. The emblems are minus emblems, but once on and highways. In the embiem on a towing
vehicle is visible at all times vehicle is visible at all times,
the law exempts the machine
being towed being towed.
Fresident Joe L. Ranch Vice
Pretana of Farm and Ranch Vice
President Joe L . Smetana of
TSA wants Texans to know the new law is atatacking rearend
collisions by specifying a standard emblem easy to osee at
a safe distance both day and

${ }^{\text {clean. These signs are required in }}$ the public road the
display the SMV emble
Twenty other These signs are required in laws providing for
addition so ony other lighting
or reflective devices specified in traffic regulations,", smetana
said. "Two out of three crashes
involving slow-moving vehicles HECK LAUNDERABILITY When shopping in the yard the launderability of a fabri
before buying.

## Grain Sorghum Producers Seek Advisory Panel

The Texas Grain Sorghum in its effort to establish an
Producers Board has asked the advisory committee in the 29
assistance of the Texas county Producers Board has asked the
assistance of the Texas
Agricultural Extension Service


## AGE 10B, THE LEADER NEWS, LITTLEFIELD, TEXAS, SUNDAY, JANUARY 4, 1970

## How To Avoid

 A Heart Attack ...The worlds maggination has been human hearts - the most damatic wurgeal feas of the cenum mor damaic

 concermded And hhas stuation iserious milion Americans and auvess more than 1 militon deaths sach y year



 guestions you staulid consult your own any patient meft 3 ask his physcian

C What cuses a hear attad
A. A hearn tack. is not primarily due io neil bnoumaty in the hast muscle

 areeries
 the stereal wall pratually narowing the
 water pipe.
chamel been thes biocrowed by y aterial
 This muske (myyoardum) is strong and ande. consanaly contracts nond fexuxes and the ovyen in arane TTe porioin

 The eterm "heart ataca" is the
 cortonaty thrombosis, coronary
A. It tends to be most common A. It tends to be most common in the
middde years. although it can appear middre years, although it can appear
earlier. Heredity may be a contributing
factor. An increase in the lipid (fat) or factor. An increase in the lipid (fat) or
cholesterol content of the blood, cigarette smoking, and stress are
suspected of links with atherosclerosis.
$\qquad$ A. The most common symptom is
severe pain and a sensation of pressure spreading to the the chest, sometimes or throat. The
spone point is under the sternum
focal The pain is usually accompanied by
profuse sweating and sometimes by intense shorthess of breath, nauses and
vomiting. Occasionally the patient may be unconscious. Almost any of these
symptom slone might indicate a
different diso dretent disordes, but whenever they are
presen in ocmination, a doctor stould
be called promplite

## Q Mow is heart attack treated

 A. The primary aim is to promotehealing in the damaged tissue, which becomes a weak section in the muscle
wall. As healing takes piace, the injured gradually toughens until the heart is able to resume normal activity. That's why
rest is the single most important element in the treatment of a heart attack. relieve pactor may in the eare morphine toys of the
attack, and oxygen may be administered. Q What is the ouitlook for the person
with a heart attack?
A. For most people it's good. Heart cases, and those who survive the first few hours or days have an increasingly ravorabie prognosis. The length of the
healing process depends on the size heaing process depends on the size of attack, and presence or absence of
The average patient should expect to Activity is resumed gradually. The diet may be restricted, either to lose weight, or for all these purposes. Most patients can anticipate a return to full time work and normal family life, though they may
be advised to be moderate in all activities.
Q If I have had one heart atrack, doe
that mean I will certainly have othen
later on? later on?
occur, but are not predictable with certainty in the individual patien However, the cardiac patient who
faithfully follows his doctors


HOW HEART WORKS: Illustration shows how the right side of the heart receives blood from the body and pumps it through the pulmonary artery to the lungs, where it picks up fresh oxygen. The
left side of the heart receives this oxygen-full blood from the lungs and pumps it through the aorta back to the body.

## And

## How To Survive If One Occurs

instructions does strengthen his chances
$Q$ Is angina the same thing as a heart
 muscle is not getting an adequate blood spply. Angina (technically called angina
pectoris or coronary insufficiency) is a pain in the chest, due to a temporary
ack of adequate oxygen by a portion of ack of adequate oxygen by a portion of
the heart muscle. Unlike a heart attack, the heart muscle. Unlike a heart attack,
the blood is not cut off completely and the heart muscle is not damaged.
However, a narrowed cog However, a narrowed coronary artery,
though ordinarily adequate, may prove though ordinarily adequate, may prove
incapable of supplying enough blood to
the heart when the patient meart when the patient is physicaliy Thus the pain characteristically comes tanding still or sitting. It can also be brought on by excitement. Some persons with angina may have a heart attack, but many people have mild angina for years
and never have an attack.
angina? Can anything be done to relieve A. Yes, it can be relieved promptly by
nittoglycerine tablets, which dilate the coronary arteries.

Patients are usually advised to take
this before engaging in vigorous physical activity. Some angina sufferers must curtail their physical activity, stopping short of the type of exertion whing
produces pain. More frequently, they are produces pain. More frequently, they are
advised to take a moderate course with respect to exercise, resting when
necessary and avoiding anything necessary and avo
excessively strenuous.

## Q What is heart failure?

A. This describes what happens when the heart's blood-pumping efticiencency is weakness of heart function, and it usually develops because of a d disease
such as high blood pressure or a leaking heart valve.
Blood
Blood pressure in the veins goes up
because the heart cannot pump away all because the heart cannot pump away all
the blood they carry to it. Because the circulatory system is below par, some fluid in the blood may seep out and
accumulate in surrounding tissues, accumulate in surrounding tissues,
causing edema or swelling -a common casing edema or swelling - a common
symptom of heart failure. The fluid
俍 frequently collects in the legs and ankles,
but it may also go to the lungs causing but it may also go to the lungs, causing
uncomfortable and sometimes alarming shortness of breath

Q Can heart failure be relieved?
A. Yes - although the most
mportant aspect of treatment is to find
nd treat the underlying cau are usually given digitalis, which has semingly magic power tre tincrease the of the heart's contractions They may be givents contractions. They may be given a diuretic to
stimulate kidney action and thus reduce edema. Patients are urged to slow down their pace of living, to ease the strain on carry ing its load. A low-salt diet is
helpful. carryin
helpful.
Q. Can diet prevent a heart attack?
A. There is no guarantee that any
specific course of action will prevent heart attack. However many doctors, noting the association of heart attacks With a high blood cholesterol level,
believe a reduction wise precaution.
This
This means to avoid animal fats,
butter, cream, and other high cholester foods such as other high cholesterol kidney, and brains. Fish and poiver. contain less saturated fat than meat. The animal fats are replaced by
polyunsaturated fats-such as liquid
vegetable vegetable oils and low-saturated margarines - which lower blood
cholesterol.
There is also a medicine, clofibrate, which tends to lower the blood
cholesterol. In any case, it's wise cholesterol. In any case, it's wise to
control the weight, since overweight persons are particularly prone to heart
disease.

Q Is smoking bad for the heart?
A. Yes, in the opinion of most
doctors. In one significant study the health of more than 4,000 men - all free of coronary artery disease at the
outset - was followed for 6 years. The outset - was followed for 6 years. The
death rate ior cigarette smokers was more than 3 times that of monsers was was
nd the primary cause and the primary cause was heart disease.
Smoking increases the turbulence of Smoking increases the turbulence of
blood flow and thus speeds arterial damage.
Qttack? Does exercise prevent a heart
A. There is growing evidence to
suggest that the ability of the heart to meet emergencies is strenathe ceel emergencies is strengthened by
calling upon it regularly. When the
muscles are exercised, the muscles are exercised, the rate and force
of heart action is increase of heart action is increased, and, in
effect, the heart is exercised as well Although regular exercise does not
guarantee a heart attack will not occur suarantee a heart attack will not occur, heart disease is particularly preveculent
among men who lead sedentary lives. It
is im is important that exerecise be leg. It
(rather than in great bursts of weekend activity) and that it be vigorous enough
to make demands on the muscles and the circulatory system.
IMPORTANT: If you have further

Penneys
DOLLAR DAY

ADONNA FOUNDATION
SALE! SAVE $\mathbf{1 2 \%}$ to $\mathbf{2 5 \%}$ Limited time only!


Nylon lace bra with nylon/tycras spandex Sizes $32-36 \mathrm{~A}, 32-388, \mathrm{C}$. Reg. $\$ 3$ NOW 2 for ${ }^{5} 5$ ang leg panty girdle in nylon/spandex, with xpand-a-thigh inseet has self reinforced front,

NOW 37

> OUR GREAT SHEET SALE

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