

4-H PARTY HELD AT TY AND LINDA POWELL'S HOME HONORS VISITOR.

## Bitten Sondergaard Explains Visit

Editor's note: The following is written by Plains' young Denmark visitor, Bitten Sondergaard.

Hi , my name is Bitten Sondergaard, and I am 19 years old. I am from Copenhagen, Denmark. I live with my parents and my 25 -year-old sister. I just graduated from Gymnasium, which is like the two last years of High School and the last of College.

In Gymnasium we can choose between a Math line and a language line. I was on the language line, which means that I learned English, French, German, Latin, and of course Danish.

Denmark is situated in Europe, right next to Sweden, connected to


BITTEN SONDERGAARD
prince and they have two sons, FredGermany. It consists of 406 islands, but not all of them are inhabited. The area of Denmark is 16,629 square miles and there are $5,137,860$ people. about one million of them live in Copenhagen, which is the capitol.

Denmark is ruled by a queen and a government. Our queen is Margrethe, the second. She is married to a French erik and Joachim. Our queen has to accept the new government after an election, and if the government makes a new law, it has to be accepted by her. She also has to attend different ceremonies, openings, etc. We pay her through our taxes.

Even though our government is conservative, our political system is considered socialistic because of our free health system, free schools and universities. Enough about Denmark, some of you might be wondering what I am doing in Plains, Texas.

I am in IFYE (International Fouraitch Youth Exchange). This is a 4-H program for young people between 1925 . The length of the program is five months, and I get to stay in two states, Texas and Iowa, with three to four different families in each state.

I arrived in Washington, D.C. on the first of July, and spent a week with the IFYE'es from the other countries (about 15 people) at the National 4-H center. After that we spent a week in Massachusetts at the National IFYEconference.

July 12thig arrived in Quanah at my first host family, I have never been so nervous in my life, but I had no need to be nervous, because it was a great family. On July 23rd, I took the bus from Wichita Falls to Denver City, where I was picked up by Linda and Jo Lena Powell. I am going to stay with the Powells until August 4th. On August 31st I will be leaving Texas, and going to Iowa. Because I will be staying in two different states, and with different families, I will learn a lot about America, and how people live here. It will also be very educating because I will learn about how American 4 -H is working.

In addition to meeting people, I will probably get to know things about myself that I did not know. I would like to thank the Powell family for letting me stay with them, and also advise all young people to go out and discover a foreign country.
s/Bitten Sondergaard

## Basketball Camp Has Good Turnout

Second annual Plains CowboyCowgirl basketball camp was held last week and was pronounced a big success. Drawing 54 campers, seven from out of town, the camp almost doubled its enrollment from last year.

Each morning and afternoon, campers worked on fundamentals and did competition drills. Scrimmaging and special situations were worked on in the afternoons also.

Camp directors Edwin Brink, Randy Clay and Bill May, announced competition drill winners at the camp's conclusion Friday.

Winners were Kaleb Clay and Katie Jo Yates in the 8-9-10 year old division where they claimed the Free Throw, Lay-up, Jump Shot, Set Shot, and Pepsi Hot Shot awards. Travis Bennett claimed the same awards in the boys 11-12 year old division, as did Robin Squyres in the girls' 11-12 division.

In the 13-14 year old division, Amber Bryan won the Free Throw, Jump Shot, and Lay-up award for the girls and Heather McDonnell won the Set Shot, Pepsi Hot Shot, and tied for the Free Throw awards. Ken McAdams was the big winner in the boys' $13-14$ division winning the Layup, Set Shot, and Pepsi Hot Shot awards. Brad McMinn won the Jump Shot competition, and Lance Cole won the Free Throw battle.

The coaches would like to thank the parents, who sacrificed a week of their summer vacation in order to send their kids to camp. They hope to see you again next year at the Third Annual Plains Cowboy-Cowgirl Basketball Camp.

## Absentee Voting Ends August 6

Absentee voting by personal appearance will continue through Tuesday, Aug. 6 for the joint election of Plains Independent School District, Denver City Independent School District and the county-wide constitutional amendments.

Plains residents may register their votes in the County Clerk's office from 8:00 a.m. to 5 p.m. Monday through Friday.

## Plains Independent School District <br> 'Home of the Cowboys \& Cowgirls'

## $1 /$ Pointers For Parents Help For Fighting Head Lice

Surprisingly, the most common communicable childhood disease is pediculosis, also known as head lice Every year, head lice attack an estimated 12 million children, leaving them isolated, anxious and often stig matized, despite its epidemic incidence among all social classes and ethnic groups-and the fact that getting head lice has nothing to do with being "dirty." In fact, head lice actually prefer hair that's clean!

Head lice are now a national health problem - one that's rising sharply as baby boomer parents enroll their children in daycare, school and summer camp in ever greater numbers. Girls are more prone to head lice than boys because they're more likely to share combs and brushes-lice are spread through head-to-head contact. Fortunately, there's now an easy and safe solution to the head lice problem, developed by a pharmacist who has battled her own children's head lice problems.

Called Lice-Enz ${ }^{\circledR}$, it's the first nomess, no-fuss way to treat children for head lice. New from Copley Pharmaceutical, Lice-Enz ${ }^{\otimes}$ features a unique metered delivery system-an easy-to-use pump-that ensures a safe, pre-measured dose of pediculicide (head lice treatment) Unlike the usual runny liquids or gel,
"Lice-Enz ${ }^{\text {® }}$ is user friendly," says Jane Hirsh, the pharmacist who invented the product. "You just apply the mousse and let your child run around for ten minutes. Then rinse it out over the sink. You don't have to make your child sit in a tub and bathe in pesticides. People are used to putting
mousse in their hair, and little kids love it.

Lice-Enz ${ }^{\circledR}$ also lets parents breathe easier about exposure to chemical toxins. With the handy pump system, parents don't need to worry about whether they're applying enough, or worse, too little. Plus, Lice-Enz ${ }^{\text {® }}$ kills lice with naturally occurring pyrethrins, a chrysanthemum derivative that is far less toxic than the usual pesticides and leaves no residue on the hair shaft.

A special "no nit" comb is included with mousse to help manually remove eggs from the hair shaft following treatment. You'll find Lice-Enz ${ }^{\circledR}$ at local pharmacies

Plains Masonic Lodge meets first Tuesday monthly at 8 p.m. All M.M. welcome. Alton McGinty, W.M. T.J. Miller, Sec.

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## Two J-S Flying Service Aerial Applicators


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'DANCING FOR COLOR" skit wins PHS Annual Staffers eight pages of spot color for the annual.

## Annual Staff Participates In Taylor Yearbook Workshop

Plains High School seniors, Leslie Solorzano, Chris Villareal and Daphne Lowe attended a Taylor Yearbook Workshop July 22-24 on the LCU campus in Lubbock. Accompanying them was yearbook sponsor Donna Bowers.

Miss Solorzano participated in computer programming of new ideas.

Villareal attended design and lay-outs training while Miss Lowe enrolled in the photography course, learning to make pictures, develop and print them.

The trio signed up to do a skit to win eight pages of spot color for their school. Their "Dancing for Color" was the winner.

Twenty-five schools participated.



## MRS. MICAH GARY STOWE

## Miss Lamb, Mr. Stowe Recited Double Ring Vows

Miss Heather Elizabeth Lamb and Micah Gary Stowe recited double ring wedding vows in a family ceremony Saturday afternoon in Calvary Baptist Church in Vernon.

Officiating was the Rev. Ron Fox, pastor.

Parents of the bride are Dr. and Mrs. Donald W. Lamb of Vernon. Mr. and Mrs. Gary Stowe are parents of the bridegroom.

Pre-nuptial selections were played by Mrs. Dee Wayne Waggoner, pianist. Chimes announced the beginning of the ceremony. Traditional processional and recessional were presented by Mrs. Tom Spencer, organist. Mrs. David Bell sang "Wind Beneath My Wings" and "The Wedding Song".

Vows were spoken before a large illuminated brass wedding arch with a halo of votive candles entwined with English ivy and boxwood greenery. Flanking the arch were brass spiral candelabras, similarly adorned. Family pews were marked with ivory satin bows and springeri fern. A unity candle, entwined with English ivy and boxwood greenery, completed the setting.

Presented in marriage by her father, the bride wore a formal gown of ivory satin fashioned with Chantilly lace dropped waist bodice featuring a scooped neckline and puffed long sleeves. The gently shaped flared skirt dipped into a high-low hemline, accented with a satin hip bow. Her fingertip ivory illusion veil was enhanced with sequines, seed pearls, iridescent flowers and lilies of the valley.

She carried a cascade of white silk phalaenopses orchids and white stephanotis with soft fern and dainty
picot satin streamers. For "something old", the bride wore her mother's Black Hills' gold ring. "Something new" was her dress and she "borrowed" a pearl necklace and earrings from Judith White. She wore the traditional blue garter and carried a sixpence in her shoe.

Carrie Gunning of Wichita Falls and Melanie Graf of Lubbock were the bride's attendants. They wore tea length gowns styled with strapless bodices with dropped waistlines and flared skirts with high-low hemlines. They carried cascades of white phalaenopses orchids, stephanotis and springeri fern with picot ribbons.

Groomsmen were Michael Davis and Justin Stowe, brother of the groom. Guests were seated by Keith and Kent Lamb, brothers of the bride.

Guests were registered by Juhree Stowe, sister of the groom, at a table graced with an ivory cloth overlaid with ivory lace. Highlighting the table was an antique silver candlestick entwined with ivy and gypsophila.

A reception was held in fellowship hall which was graced with ficus trees, teal balloon trees with ivory streamers and ivory wicker baskets filled with greenery.

Laid with an ivory lace cloth over ivory, the bride's table was adorned with an heirloom four branched silver candelabra with ivory candles entwined with English ivy and gypsophila. Pineapple sherbet punch was served from an antique crystal bowl. Mints and nuts were served from antique silver appointments belonging to the bride's mother.

The three tiered bride's cake was frosted in ivory with ivory confectionery roses, stephanotis and
iridescent decorations. Topping the cake were a bride and groom figurine amidst confectionery flowers.

Fresh fruits were served from a table laid with a teal cloth with pleated skirt. English ivy and gypsophila enhanced an antique tray holding the assorted fruits.

Following a wedding trip to Nuevovierta, Mexico, the couple is at home in Lockney

The bride is a graduate of Vernon High School and Vernon Regional Junior College. She will receive her bachelor of science degree in biology with secondary teaching certificate from Texas Tech University this month. She will teach biology at Lockney High School

Stowe graduated from Plains High School in 1988. He will receive a degree in agricultural finance from Texas Tech University in December 1992

Mr. and Mrs. Gary Stowe hosted a rehearsal dinner in Hillcrest Country Club.

Pre-nuptial courtesies included a miscellaneous shower in Calvary Baptist Church fellowship hall in April, an "around the clock" shower in the home of Carole Sweatt June 8, a miscellaneous shower in Plains July 14, a lingerie shower in the home of Kelly Estes July 21 and bridesmaids' and bridegroom's luncheons prior to the wedding in Vernon.
 Sacramento, Calif. announce the arrival of a daughter born July 29 in Mercy Hospital in Sacramento. The little miss weighed seven pounds nine ounces. She has been named Shelby Elizabeth. Grandparents are Mary Dale and Bud Forbus of Plains; Charles Williams of Tokio and Joe and Sharron Markey of San Antonio.


SHOWER HONOREES - back row, left to right, are Julie Dobry of Hobbs, sister-in-law of the bride-to-be; Mary Dobry, mother of the honoree; the honoree, Mary Denise Dobry, all of Hobbs, N.M. and Charlotte Palmer, sister-in-law of the prospective groom; front row, Anne Palmer, the bridegroom's niece; Martha Palmer and Pansy Palmer, mother and grandmother of the groom.

## Mary Dobry Complimented With Pre-Nuptial Courtesy

Mary Denise Dobry, bride-elect of sister-in-law of the prospective groom Brent Palmer, was complimented July 21 with a pre-nuptial shower in the home of Mrs. Arlon Alexander.

Honored guests were Mrs. Mary Dobry, mother of the bride-elect, and Mrs. Jack Palmer, mother of the prospective groom. Other special guests were Mrs. Pansy Palmer, grandmother of the bridegroom-to-be Julie Dobry of Hobbs, N.M., sister-inlaw of the honoree; Charlotte Palmer, and Anne Palmer, niece of the prospective groom.

Laid with an off-white cloth, the party table was graced with an arrangement of mauve silk roses flanked by mauve candles. Appointments were crystal. Refreshments of fresh fruits, cookies and punch were served.

Hostesses presented the honoree with a corsage of mauve silk flowers and a set of cookware.

## Elmore-Brantley Reunion Held July 21 In Plains

Family members attended the an nual Elmore-Brantley Family Reunion Sunday, July 21 in the clubroom in Plains. Food, fellowship and gospel singing were enjoyed

Attending were Buddy and Janelle Brantley and Avon and Hattie B Brantley of Plains and Rick and Gleena Elmore, Shay and Kari, Ozel Prather, Evelyn Brantley Farrar, Alton and Romalee Elmore and Randy and Susie Brantley, Justin and Kyle, Betty and Dee Dee Charlebois, all of Brownfield.

Also George and Myrna Yun, Corpus Christi; G.W. and JoAnn Brantley, Duncanville; Johnny and Delores Brantley, Jill and Kayla, Midlothian; Lynn and Rhonda Cox, Sarah and Laura, Wolfforth; Richey and Rory Brantley, Midland; Emma Dell Floyd and Tippy Browning, Lamesa; Everett and Eunice Brantley, Seminole and Jim and Oneita Poehl, Shay and Todd of Lubbock.

Friends attending were Robert and Ita Young and Bill Overton of Plains and Sara Gandy of Brownfield.


COWBOYS - front row, left to right, Alberto Tarango, Casey Forbus, Marty Pierce, Vince Delgado, Alex Tarango; middle row, Abraham Garcia, Wayne Willett, Chris Willett, Steven Bunch, Arthur Hernandez, Heath Bowlin; back row, Coaches Randy Forbus and Jerry Willett.


RANGERS - front row, left to right, are Jason Jacobs, David Flores, Eric Estrada, Matt Morgan, Paul Flores and Mike Bell; back row, Alex Bitolas, Manuel Estrada, Eddie Garcia, Adrian Garcia, Stephen Bitolas, Jason Robertson, Frankie Garza and Byron Morgan. Not pictured is Jason Jacobs. RED SOX TEAM PICTURE WAS NOT AVAILABLE.

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Fat-Free Pineapple Upside Down Cake

Pineapple Topping:
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7 canned
canned pineapple rings,
7 maraschino cherries (optional)

Cake Batter
1 cup flou $1 / 4$ cup Argo corn starch $1 / 2$ teaspoon $1 / 2$ teaspoon sal 1 cup sugar $2 / 3$ cup skim milk
2 egg whites $1 / 3$ cup Karo light corn 1 syrup

Spray 9 -inch round cake pan with cooking spray. Prepare topping. In small bowl stir together brown sugar, 2 tablespoons corn syrup and lemon juice. Pour into prepared pan. Place in $3500^{\circ} \mathrm{F}$ oven 3 minutes or until sugar is melted. Arrange pineapple rings.
If desired, place cherries in centers. Set aside. Prepare cake. In If desired, place cherries in centers. Set aside. Prepare cake. In large bowl combine flour, corn starch, baking powder and salt. In medium bowl, using fork or wire whisk, stir sugar and milk. Add egg whites, corn syrup and vanilla; stir until thoroughly blended. Gradually add to flour mixture, stirring until smooth. Pour into inserted in center comes out clean. Immediately loosen edge of cake with spatula and invert onto serving plate; wait 30 seconds; remove pan. Makes 12 servings.
Each serving provides: 200 Calories, 2 g protein, 47 g carbohy drate, 0 g polyunsaturated fat, 0 g saturated fat, 0 mg cholesterol 160 mg sodium.

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# SAMPLE BALLOT BOLETA DE MUESTRA <br> ABSENTEE BALLOT <br> BALOTA DE VOTANTES AUSENTES <br>  <br> Special Election (Elección Especial) <br> <br> Borden-Dawson-Gaines-Lubbock-Lynn-Terry-Yoakum <br> <br> Borden-Dawson-Gaines-Lubbock-Lynn-Terry-Yoakum County Education District County Education District (Distrito Educativo del Condado de (Distrito Educativo del Condado de Borden-Dawson-Gaines-Lubbock-Lynn-Terry-Yoakum) Borden-Dawson-Gaines-Lubbock-Lynn-Terry-Yoakum) <br> <br> August 10, 1991 (10 agosto de 1991) 

 <br> <br> August 10, 1991 (10 agosto de 1991)}

## COUNTY EDUCATION DISTRICT PROPOSITIONS (PROPOSICIONES DEL DISTRITO EDUCATIVO DEL CONDADO)

INSTRUCTION NOTE: (NOTA DE INSTRUCCION:)
Place an " X " in the square beside the statement indicating the way you wish to vote.
(Marque con una "X" elcuadro al lado de la frase que indica la manera en que quiere usted votar.)FOR (A FAVOR DE)AGAINST (EN CONTRA DE)
$\square$ FOR (A FAVOR DE)
AGAINST (EN CONTRA DE)
$\square$ FOR (A FAVOR DE)
AGAINST (EN CONTRA DE)

## NO. 1

The taxation of all tangible personal property, other than manufactured homes, in Borden - Dawson - Gaines - Lubbock - Lynn - Terry - Yoakum County Education District that is not held or used for the production of income. (Recaudación de impuestos a todos los bienes personales tangibles, con excepción de viviendas fabricadas, en Distrito Educativo del Condado de Borden-Dawson-Gaines-Lubbock-Lynn-Terry-Yoakum, cuando dichos bienes no se posean ni se utilicen para producir ingresos.)

NO. 2
The exemption of 20 percent of the market value of the residence homestead from ad valorem taxation in Borden - Dawson - Gaines Lubbock - Lynn - Terry - Yoakum County Education District. (La exención del 20 por ciento del precio en plaza del hogar residencial, de impuestos al valor, en Distrito Educativo del Condado de Borden-Dawson-Gaines-Lubbock-Lynn-Terry-Yoakum.)

NO. 3
The exemption of $\$ 10,000$ of the market value of the residence homestead of an individual who is disabled and of $\$ 10,000$ of the market value of the residence homestead of an individual who is 65 or older from ad valorem taxation in Borden - Dawson - Gaines - Lubbock - Lynn - Terry - Yoakum County Education District. (La exención de $\$ 10,000$ del precio en plaza del hogar residencial de personas incapacitadas, y de $\$ 10,000$ del precio en plaza del hogar residencial de personas de 65 o más años de edad, de impuestos al valor, en Distrito Educativo del Condado de Borden-Dawson-Gaines-Lubbock-Lynn-Terry-Yoakum).

## 4-H'ers Present Program For Club

Julie Hancock and Kristi Bethany of Denver City presented an informative method demonstration, "Recycling, Easier Than You Think", for State Line Extension Homemakers Saturday morning.

The 4-H duo placed fourth in the State 4-H Roundup in June.

Stacey Jones showed her two piece sports garment she made and modeled in the District 24 -H Fashion Show. She placed second in competition and received a blue ribbon for having more cotton in her garment.

Amy Jones highlighted their team effort that placed fifth in entomology at the State 4-H Roundup.

Members voted to ask people to write their legislators concerning the house bill that would do away with 4H and extension work in Texas. Senator Teel Bivins of Amarillo is promoting the bill. Club members urge people to write to Sen. John Montford and Rep. Jim Rudd concerning the bill.

Plans were made for a steak cookout Aug. 6 in Stanford Park.

LEGAL
NOTICE

Plains Independent School District will accept bids on the purchase of a three bedroom home until August 12, 1991, at 10:00 a.m. Plains ISD reserves the right to refuse any and all bids. For more information please contact the Superintendent of Schools at Plains Independent School District. 18/2tc

## NOTICE

Plains Independent School District will hold a Budget Hearing at the school administration building on August 12, 1991, at 8:00 p.m.

18/2tc


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FACTS FROM THE NATIONAL INSTITUTES

Early Treatment Prolongs Life for People with HIV People infected with the Human Immunodeficiency Virus (HIV) who receive early treatment can greatly improve the quality and length of their lives, experts agree. They can delay the onset of AIDS and may do well long after those who ignored their health have serious illnesses or early death. When people first acquire HIV, they often feel healthy and are unaware that they have been infected until they have a blood test.

When patients are first diagnosed with HIV, doctors begin monitoring their ability to ward off infections. If HIV patients who have not developed symptoms begin taking anti-retroviral drugs such as azidothymidine (AZT) when their white blood cell count drops, they can delay the onset of AIDS complications. HIV-infected people also need counseling and information so they can take precautions against spreading the virus.
For a list of Medicine for the Public booklets, fact sheets and videotapes, write: Clinical Center Communications, National Institutes of Health, Building 10, Room IC255, Bethesda, MD 20892.


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