

News and



Thoughts

By Martha Sue Justice

ector of the Waco VA

Regional Office, said to-

day. The increase, however, allow-

applies to the 1978 allow-

The 1977 payments had

already been made before

the increase went into

effect last month, Coker

explained. Clothing allow-

ance checks are normally

mailed by September 1

The payments go to

ance.

each year.

"Always do right; this will gratify some people-----and astonish the rest." -----Mark Twain.

PLEASE TAKE SPECIAL NOTE THAT THE SPECIALS LISTED FOR CARSON'S SUPER MARKET ARE NOT IN EFFECT UNTIL FRIDAY OF THIS WEEK.

The following poem was written by Bonnie (Pack) English. The title - A LITTLE TIME .---- Today I'm taking a long walk. So the Lord and I can have a talk. I've been going about my busy days, Doing hundred things in a hundred ways. There's always so many things to do. So little time, seems I never get through. But today is Thanksgiving, And I'm taking this walk to slow down my pace and have this talk. "So thank you Lord, for this beautiful day. For the earth, the sun, And for just passing our way.'

Lillian pack made a so called quick trip to Anson one night last week. As you all know it is only 18 miles to Anson,----however due to a short cut Lillian decided to take, it took her one solid hour to get there. -----Needless to say,---I don't think it would be advisable for anyone to go on a night trip with Lillian. I'm going to make a wild guess that she is blind as a bat when driving at night!

Latest News from the Gulf Coast - Large redfish and speckled trout have come in! Most of the larger fish are being brought in by wade fishermen. Another item of interest is --- Flounder can be purchased directly off of fishing boats for 50 cents a pound and cocktail shrimp- 60 cents a pound.

Austin- Did you know that free loan motion pictures are available from the State Department of Highways and Public Transportation? If you need a club meeting or classroom "punctuator", you can borrow 16 mm sound and color films whose subjects run the gamut from a vivid display of Texas scenery and good ol' Texas fun to a partially animated history of transportation and its link to the development of civilization. Titles are "Texas, America's Fun-tier," "Law West of the Pecos," "Missions of Texas", "Law West of the Pecos," "Missions of Texas", "Festival Time in Texas", "Beautify Texas", and "Transportation, America's Lifelines". "A Litter Message", a colorful slap at litterers, is scheduled for release in late 1977. To obtain a descriptive listing of the films, or to make arrangements for borrowing, write: D-16 Film Librarian, Department of Highways and Public Transportation, P. O. Box 5064, Austin, Texas 78763; or call 512-475-7263. Allow at least three weeks for delivery.

DEPRESSION?- The Crash of 1929 is usually explained by stating that the market was over-priced. Those who have studied the history of the Crash know that this is not so. THE WALL STREET JOURNAL of Friday October 28, 1977, released an article reviewing the history of the 1929 crash. This article is recommended reading for all who are interested in understanding the influence of political decisions on the economy. The article is summarized as follows: "The most common explanation of the Crash is that the market was over priced...but the market at its 1929 peak was exactly where it should have been and the Crash resulted from a stupendous error in a few political minds."

> MERKEL I live in Merkel, The town of pride, Where God leads us, He is our guide, We all have fun, There's lots to do, So come to Merkel, For the good of me and you. By Darrel Spradling Age 13 Rt. 3, Box 16 Merkel, Texas

THOUGHT FOR THE DAY - I hope my love can brighten the life of someone today.

"I give you a new commandment: Love one another. As I have loved you, so you must love one another. If you have love for one another, then everyone will know that you are my disciples." -John 13:34-35.

Veterans Administration Boosts Clothing Allowance

Recent legislation grant- quire the use of special after initial application. prosthetic or orthopedic ing a 6.6 per cent increase devices, including artifiin Veterans Administration compensation to discial limbs, braces and abled veterans also inwheelchairs which VA decluded a boost in the VA termines cause damage to ance each year. They are their clothing. clothing allowance for the nearly 58,000 disabled vet-

Veterans on VA compenerans whose prosthetic or sation rolls receive the pay to receive the alloworthopedic devices cause allowance automatically ance, however. undue wear and tear on clothing, Jack Coker, Dir-

Santa Claus Is **Coming To Town**

Santa Claus will be with the winners being making his annual visit to announced after the pa-Merkel December 3rd for rade in the square. the Merkel Christmas Pa-

rade. The parade will start mas's will appear in this year's parade, so look forward to another fine at 2 p.m. with awards to be given for the best float and bicycle. The floats will Christmas Parade with be judged by three out of veterans whose service- town'ers on theme, origin- lots of beautiful floats and connected disabilities re- ality and workmanship gayly decorated bicycles.

don't rise, I'll be there" is he kept his contract for his an expression TONY engagement. Tall and good looking. DOUGLAS has used for Tony was born near Mar-

quite a few years. And tins Mill, in Central East Tony has always managed Texas and grew up as a to make his appearances. There have been times farmboy. However, he has

ROTC Scholarships To Be Awarded At TCU

High School seniors in- years, the scholarship also physical examination. Apterested in Army ROTC scholarships should begin preparing applications now, announced Lt. Col. Robert E. Taylor, professor of military science at Texas Christian Univer-

four-year scholarships will be awarded to students who will enter college in the Fall of 1978." Lt. Col. Taylor stated.

"In addition to paying all tuition costs for four

not required to waive any

portion of their retirement

Melvin Bullock Reports

for Duty in Hawaii

To be eligible, a student should see their counselor

Army ROTC scholarship

Commerce.

enance management tech-Technical Sergeant nician at Carswell AFB. Michael R. Parks, whose Tex father is Arvel Parks of Harrisburg, Ill., has grad-uated from the Strategic

officer after graduation.

graduate of Eldorado (Ill.) Township High School, attended Texas Christian Air Command Noncommissioned Officer A c a-University, Fort Worth, demy at Barksdale AFB, and East Texas State

University, The Sergeant, who received advanced military His mother, Mrs. Jean Stewart, resides in Tye, leadership and management training, is a maint-Texas.

Taylor County Farmers Union

Elects New Officers

The Taylor County cretary- Mrs. Alice Kins, Farmers Union members Treasurer- J. D. Sanmet Thursday, November dusky. Other officers and 17th at the Taylor Electric committees will be elected Coop. The following new or appointed at the next officers were elected for meeting. The next meeting 1978: President- Freddy will be announced at a Toombs, Vice President- later date. Eddie Glen Sandusky, Se-

Warder States Mar An Bar and See Hall & Bar Hander an

'If the Good Lord's when he appeared on come quite a long way famous Louisiana Haywillin' and the creeks stage with a high fever but from the farmboy chores ride, Tony performs at he once loved. Traveling concerts and clubs. He thousands of miles, he never appears without his spends numerous days band known as "The each year performing to Shrimpers", a very versa-Country Music fans. tile four-piece group.

Wherever Tony appears,

Once a member of the the fans love him and they can sense his humility and sincerity. He has a real genuine love for real Country Music. This perhaps goes back to the inspirition he received as a boy when he would listen to Hank Williams and admired every note he

heard. Tony loves to sing covers books and lab plicants should plan to Country because he feels fees," he added. The enter college next fall and "it is the way people live, love, and die". Although finish college by June 30, he can sing an up-tempo Deadline for returning song with much feeling, he completed applications to the Army is December 15. does real justice to the many fine ballads he has Applicants must take ei-

recorded. Not to be ignorther the SAT or ACT no ed are the hymns and later than November to be gospel songs Tony sings with great sincerity. Students interested in an

To Tony's accomplishment are seven albums and 40 singles. Some of his most popular recordings are HIS 'N HERS'', "SHRIMPIN" ", THANK YOU FOR TOUCHING MY LIFE", "IF I CAN MAKE IT THROUGH THE MORNIN' ", "LAY-IN' IN THE SUNSHINE", and his current release "MERIDIAN"

Even "if the creeks do rise", Tony Douglas will Sergeant Parks, a 1962 make his scheduled appearance and put on a performance Country Mu-sic fans will long remember as one of the very best. Tony's latest release is "THANK YOU, LORD, FOR MAKIN' HER MINE'

The Tony Douglas and the Shrimpers show will be Monday, November 28th at 8:00 p.m. at the Tye Elementary School. Tickets are Students Advance- \$1.00 or at the gate \$2.00; Adult advance- \$2.00 s2.00; Adult advance- s2.00 or at the gate- s3.00. Tickets are available at the Tye Elementary School, Merkel Elemen-tary school, Merkel Mid-dle school, and Merkel High School. All proceeds received will go toward the improvement of the Tye School parking lot and

grounds.

Four Miss Merry Christ-

Military retirees not receiving VA compensation must apply for the allow-

La

must be a U.S. citizen, at or call Army ROTC at least 17 years old by TCU 817-926-2461, ext. 307. October 1, 1978, and pass a

scholarshipstudentreceives an additional mon- 1982. thly allowance of \$100 for up to 10 months of each school year. sity. "About 700 full-tuition Students who apply for and receive an Army **ROTC** scholarship must agree to serve four years considered. of active duty as an Army

AHE MEKKEL MAIL 2 Thursday November 24, 1977



Christmas Seal Campaign Underway

While most of us are being repeated. sticking our 1977 Christ- Texas' seal f mas seals on cards and bright green Santa Claus packages, a child somewhere in Texas is busy designing a Christmas seal for 1979.

The 1979 Christmas seal will be made from Children's holiday paintings, one from each state, Simi- sociation of Texas (ALAT) lar seals proved so popu- is primarily supported by lar in 1975 that they are funds received from

Kidney dialysis

without machine

AUSTIN, Texas (Spl.) - A University of Texas chemical engineer's knowledge of blood chemistry and the passage of fluids through membranes will enable some kidney patients to undergo dialysis (removal of blood impurities) without being attached to a machine.

Dr. Robert Popovich refined a procedure whereby a tube with a cut-off value is implanted in the abdominal cavity. In a process repeated five times daily, a dialysate fluid is infused through the tube, the valve shut, and the fluid allowed to absorb impurities





Christmas seals. The as- cation programs, scholar- association belongs to the Texas' seal for 1977, a standing beside a Christmas tree loased with toys since 1904.

was designed by Douglas You probably know someone who suffers from Wayne Gill, a third grade emphysema. Take a long, deep breath and fill your The American Lung Aslungs with air. Now, try to take another breath before you exhale. This is what it's like for the emphysema patient, advises Wes Pittman of San Angelo, chairman of the Big Country area of ALAT.

Today, 15 million people suffer from emphysema, chronic bronchitis and asthma. Each year a quarter of a million new cases of chronic lung disease are reported. The association needs your increased support to continue work on anti-smoking programs, better breathing classes for children with asthma, medical edu-

sociation has been com- ships for training respiramitted to the prevention tory therapists and puland control of lung disease monary physicians, and research to discover new treatments for emphysema, the common cold, and hay fever. Mr. Pittman emphasiz-

people and is a success only because people are concerned a bout the health of their community. their family, and their breath of life'

The Big Country area Christmas seal office is at ed that no contribution is 1962 W. Beauregard in San unimportant, regardless of Angelo. Taylor County reits size. He said, "We are presentatives for the lung grateful to those who send association are James M. in donations to support our Binion and Ross L. Cleprograms. Chairman Pitt- ments of Abilene, and Don man stressed that "A lung W. Hensley of Merkel.

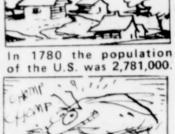
F & L BOOT & SHOE REPAIR SHOP

has expert repairmen. They can resole the old! clodhoppers or perform delicate orthopedic alterations. You name it and we can do it. Go by the CIRCLE A WESTERN HOUSE on North 2nd Street in MERKEL and take advantage of their new BOOT & SHOE REPAIR SERVICE.

THREE DAY SERVICE

TRENT JR. HIGH BASKETBALL

Feb. 7• Feb. 10•	Divide Blackwell	H T	7:00 7:00	N	inth Str	eet Groce	ry
Feb. 3	OPEN				Caller Store Controls Store	the theory of the second second second second second	
Jan. 31•	Eula	T	7:00		JACKS	10°	
Jan. 27 •	Bronte	Н	7:00		CRACK	ER	
Jan. 24 •	Blackwell	Н	7:00	FOR CHRIST	CARL CONTRACTOR STATE AND STATE		
Jan. 20•	Divide	Т	7:00	LAY A WAY	NOW	ROLLS 3 FO	R*1.
Jan. 17	OPEN				A IES	L G. BROWN N SERVE 39)e
Jan. 13 •	Eula	Н	7:00	TIME	Y	FRANKS 12	oz 6
Jan. 10•	Bronte	T	7:00			GOOCH	
Jan. 3	Wienert	Н	6:30	LIGHTH	ERS 49°		
Dec. 29,30,31	HAWLEY TOURNAMENT			BIC	10-	BOLOGNA 11	LB 9
Dec. 20	Abilene High	H (girls)	6:30			GOOCH	
Dec. 13	Hawley	н	7:00	PREM	CAN 98°	PUTATUES 101	LB (
Dec. 12	Highland	Н	6:30	SWIFTS DDEM	12 OZ 98°	POTATOES 10 1	R 7
Dec. 8,9,10	HERMELEIGH TOURNAM	MENT					
Dec. 6	Highland	Т	6:30	BANAN	AS 19 ^c LB	POTATO CHIPS	2
Dec. 1,2,3	TRENT TOURNAMENT					NEW CHEESE & ONION TRIAL SIZE	-
Nov. 29	Hobbs	Т	7:00	Survi,		and dealers have been a sound at each	
iov. 22	Hobbs	Н	7:00	^{1/2} GAL SIZE SHAMP		TROPHY FROZEN 10 OZ STRAWBERRIE	s 3
ion. 31	Hawley	т	7:00		a tau ar an an an	TROBULY PROZEN 10.02	
Nov. 18	Jayton	Т	6:30	BREAD	3 FOR ^{\$1.00}		DEPOS
Nov. 15	Abilene High	T (girls)	6:30	112 LB LOAD	· 39°	OR 32.07	25
Nov. 8	Ira	T (girls)	6:30	200110		DR PEPPER	
iov. 7	Jayton	H (girls)	6:30	EGGNO	G yr 69°	REGULAR OR SUGAR FR	EE
Nov. 1	OPPONENT	SITE H (girls)	6:30			SEVEN UP	1.4
DATE			TIME	POP RO	DCK 15°	12 OZ CANS 6 PACK	•1.2
	TRENT HIGH BASKE	TBALL SCHEDULE		CRACKLING	NEW CANDY 3 FLAVO		*1.2
nd salt. Fold in whippe intil set, at least 4 hours	ed topping: spoon into crust. Chill . Makes 8 servings.	55045.		JUST ARRIV	PM- 7:00 PM ED	6 PACK	
radually, beating well.	mooth and fluffy. Add sugar Blend in milk, lemon juice, vanilla	more information write Inc., Rt. 2, Box 349, I		8:00	AM - 1:00 PM	See and the	e Con
1 container (4-1/2 oz.) 1 baked 9-inch graham) frozen whipped topping, thawed a cracker crumb crust, cooled	available throughout the 1 per county. Investme	ent \$1000. For	0	GIVING DAY HOU	RS Stand	
1 teaspoon vanilla /8 teaspoon salt		franchised Sport Shad	ck dealerships	S	PECIALS		BAC
1/2 cup sugar 1/2 cup milk 1 teaspoon lemon juice		Sport Shacks Inc., a sporting goods stores a		8			
1 package (8 oz.) crean	ZY DAY PIE m cheese	MINNESOTA STATE FRANCHIS	SE REG. NO. 129	TUA	NKSGIVI		
sh taste!	STATISTICS.	SPORT SHAC	KS INC.	Feb. 13	Here	Buffalc Gap	-5:30
able container. After of fresh f	mixture right from its own re- chilling pie for about 4 hours, ruits to be served with it. Great			Feb. 6	Here	Wingate	5:30
ked 9-inch graham cra blended with other in	acker crust. After cream cheese gredients, thawed whipped top-	DDT was developed in 1939 by Sw	viss chemist Paul Muller.	Jan. 30	Here	Butterfield	5:30
th Birds Eye Cool Wi	a smooth, delicate texturę. Start hip non-dairy whipped topping in the refrigerator, and a cooled	in tom	- ge - ge	Jan. 23	Here	Blackwell	5:30
frigerator "bake" desse	re delicious idea than to let a ert for you? It's easy with Lazy smooth delicate texture. Start	F(~ 3) SPRITZ !=		Jan. 19,20,21	BLACKWELL JR. HI. TOU		
		2280	2, Houston, Texas 77027.	Jan. 16	Here	Divide	5:30
	Don W. Hensley	Rice	et on "Rice Salads" to Council of America, Box 02, Houston, Texas 77027.	Jan. 9	There	Buffalo Gap	5:30
		h barb	becue, buffet, picnic or ch bazaar, write for a free	Jan. 5	There	Wingate	5:30
a star	-	diffe	rent kind of hearty and ious salad at your next		There	Butterfield	5:30
and the second sec			you want to serve a	Dec. 5	There	Blackwell	5:30
Contraction of	in Marine Star	e e	A A A	Nov. 28	There	Divide	5:30
		· ·	FREE OFFER	Nov. 17,18,19	DIVIDE JR. HI. TOURNA		
Statistics of the			wich-style dialysis.	Nov. 8	There	Ira	6:30
The second se	and the second	hall	game while undergoing			, , , , , , , , , , , , , , , , , , , ,	
All the second	Cardente	proce	ulatory during the ess, one attended a foot-	Nov. 7	Here	Jayton	6:30

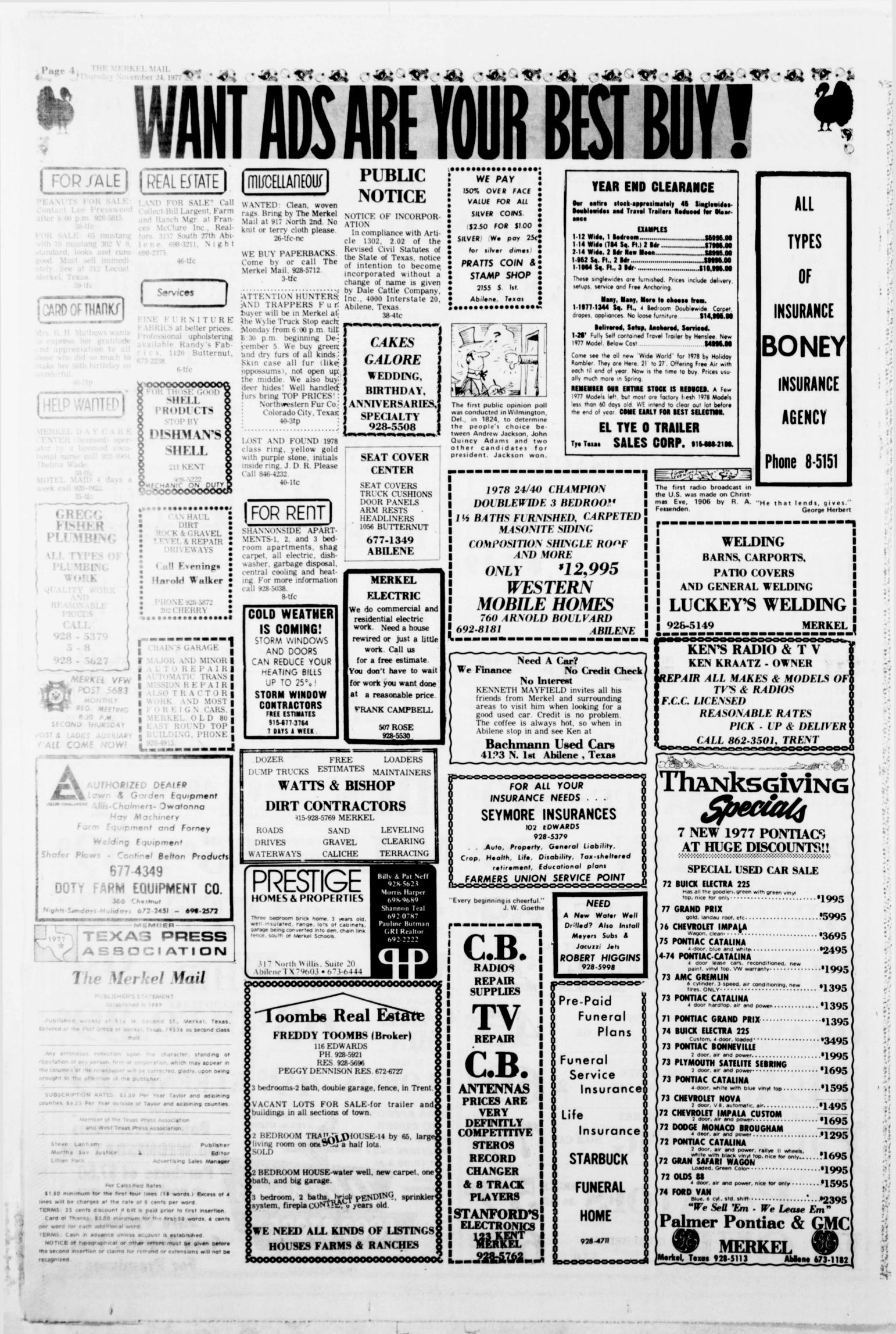


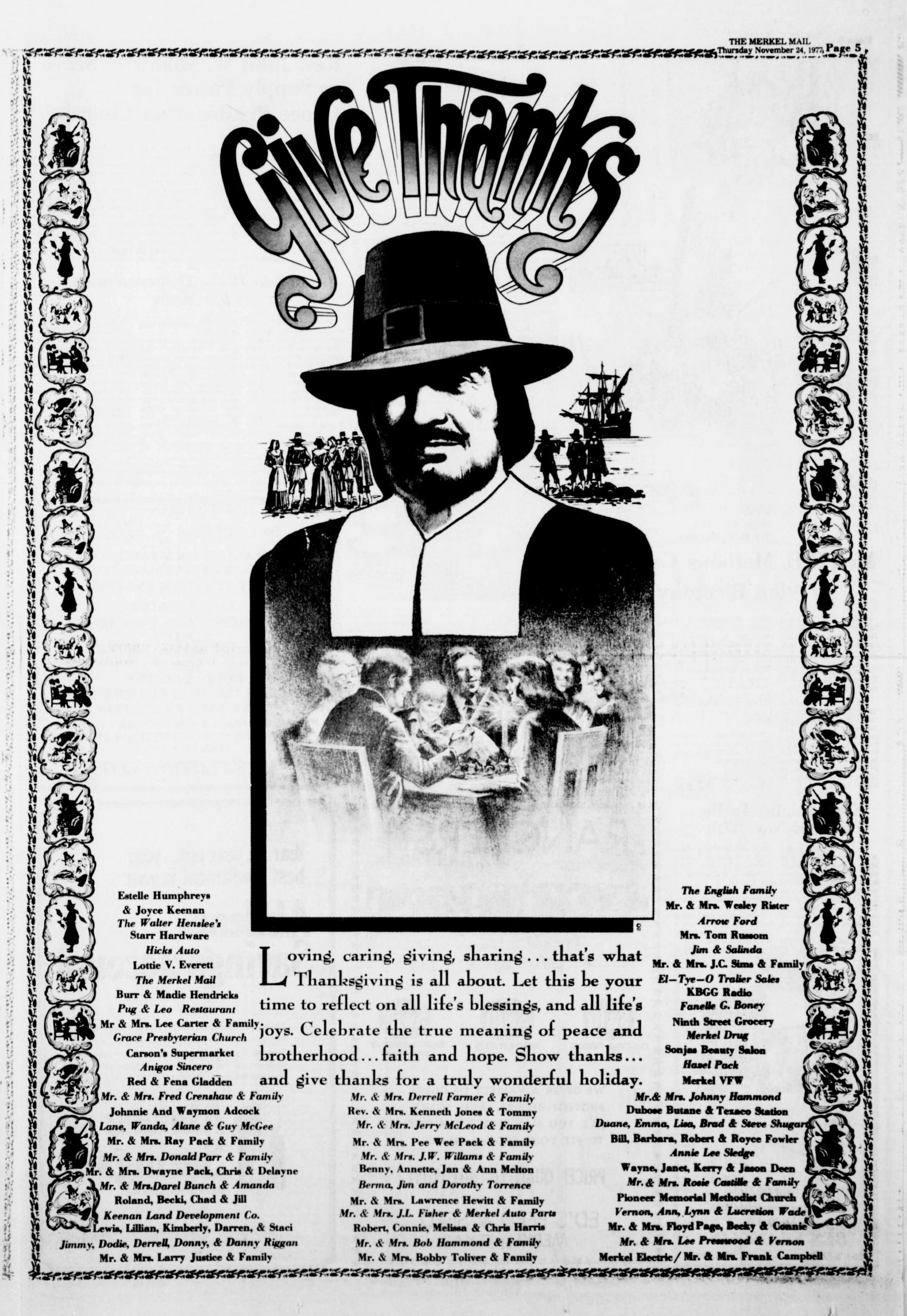
Beetles get their English name from the Anglo-Saxon word bitan, meaning to bite, because they're such great chompers



boy from Dallas.







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Mrs. R. H. Mathews

Mrs. R.H. Mathews Cele "ates 98th Birthday

Mrs. R. H. Mathews formerly Sarah Catherine active. She has been hon-Veach, celebrated her 98th ored several times. She birthday, November 16th,

Mrs. Mathews is very was named Queen For A Day in honor of Mother's Day, May 4, 1974, by Abilene downtown merchants, honoring the oldest most active mother in the West Texas. She was also

of Santa Rosa, California, Col. and Mrs. Frank H. Mathews of Richardson, Texas, Carl Mathews (de-bananas, butter, marmalade and coconut. ceased), Mrs. Thelma Convenient bananas make this treat a satisfying addi-Reeves, Giessen, Ger-many, Mrs. Pearl Addy of offer a good nutritional bonus as well-high in potassium,

Varsity Girls **Basketball Team Statistics**

The names of the girls 4th 17 pts. totaling 73 pts. on the Varsity Basketball ACHS score by quarters-Team are as follows: Seniors- Kandi Ascencio, pts. totaling 46 points. Freda Crenshaw, Pam Morgan; Juniors- Cindy Boone, Gina Farmer, Sherry Frazier, Kathryn free throws. Irvin, Gay Pfiester, Cindy Smith; Sophomores- Norma Frazier. The treasurer is Sherry Ascencio, sophomore, Book keeper- Charlene Fariello, junior, and the Stat keeper is Amy McCoy, junior.

Game Statistics for the Merkel-ACHS game are as follows

Scorers: Cindy Boone 23 pts., Norma Frazier 19 kel 1st 10, 2nd 18, 3rd 19, pts., Kandi Ascencio 10 4th 21 pts. totaling 68 pts., Cindy Smith 9 pts., points, Clyde- 1st 19, 2nd Gay Pfiester 7 pts., Gwen Tarpley 5 pts.

Leading guard rebounder: Pam Morgan 7. Leading guard on steals: Freda Crenshaw 9.

Score by quarters: Merkel 1st 14. 2nd 21. 3rd 21, points for Clyde.

Banana Sticky Buns-Any Time Treats ty was tentatively set for second program was given national origin or econo-

1st 9, 2nd 17, 3rd 12, 4th 8 invitation to be Supply Pastor for the Grace Merkel had 30 field goals Presbyterian Church in and 13 free throws, ACHS Merkel. had 13 field goals and 10

Game statistics for the Merkel-Clyde game are as follows

Scorers- Cindy Boone 20 pts., Norma Frazier 19 pts., Kandi Ascencio 8 pts., Gwen Tarpley 21 pts., Leading guard rebounder-Freda Crenshaw 7 pts., leading guard on steals-Freda Crenshaw 8 pts. Scores by quarter- Mer-

12, 3rd 8, 4th 17 pts., totaling 56 points. Merkel had 23 field goals

and 22 free throws. Clyde had 20 field goals and 16 free throws. Pam Patton scored 20

Goodman Home Demonstration

as a new member.

completed.

Goodman Home Demon- 22 at Mrs. Jennings Winter's home.

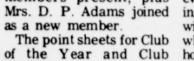
Club Meets

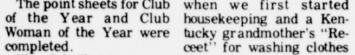
We had a double program: "Wash Day" with cessity out depicted the everyone present comparing the way we wash today with the way we washed when we first started

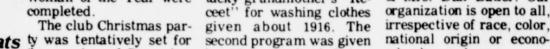
"Quilts as an art form and the History of Quilting" Quilting started as a newas of life and the dreams of the women who made

them. The next meeting will be November 25 at the home tucky grandmother's "Re- of Mrs. Dan Butler. Our ceet" for washing clothes organization is open to all,

stration Club met November 11 in the home of Mrs. Allen Agnew. There were 5 members present, plus Mrs. D. P. Adams joined







the evening of December by Mrs. Garland Price, mic circumstance

Some men of India once believed they could get nice wives if they left pieces of cloth in the jungle for the snakes





Rev. Mikow was born in Bellville, Kansas in 1943 ated from the University and reared in Blue Rapids, of Texas in Austin with a Kansas. He is married to B. A. in sociology and ments include participa-Jolyn, and they have three economics, graduated children Joel 7, Jacobs 4, from Austin Presbyterian and Josslyn 3 months. Rev. Mikow graduated Austin, Texas with a Mas- Lions Club.

Rev. John W. Mikow to Serve

Grace Presbyterian Church

as Supply Pastor for

Reverend John W. Mi- from Blue Rapids High ter of Divinity Degree. kow has accepted the School, attended 2 years at Rev. Mikow says that he Kansas State Teachers has always enjoyed doing College in Emporia, Kan- home repairs and do-itsas, attended night school yourself type projects. His at Texas Western College other hobbies include gartion in playhouse producfrom Austin Presbyterian tions and serving on the Theological Seminary in board of directors of the

Mrs. Mathews was born November 16th, 1879 in Salisbury, North Carolina.

The Veachs moved to named Most Outstanding Texas by train in 1880. She Female Senior Citizen of married the late Robert 1974. Mathews August 17, 1899 in Kaufan County and they moved to Dallas in 1904. From Dallas they moved to Buffalo Gap and then to all the activities. the Butman community before their final move to

Merkel in 1958.

Mrs. Mathews was very excited about the celebration, but a little tired from

Mrs. Mathews has six children; Mrs. Era Blair many friends.

H. Mathews (deceased). iron. She has 13 grandchildren, 19 great grandchildren, and 12 great great grandchildren.

In attendance were Mrs. Era Blair, Col. and Mrs. Frank H. Mathews, Mrs. Pearl Addy, Mrs. Ray (Lillian) Mathews, and

Tucson, Arizona, and Ray a good source of vitamins A and C, with 100% available **BANANA STICKY BUNS**

1/3 cup flaked coconut 10 teaspoons butter or margarine 2 bananas 10 teaspoons orange 1 package (9.5 ounces) refrig-

erated buttermilk biscuits marmalade Place 1 teaspoon butter in each of 10 muffin pan cups. Place muffin pan in 400°F. oven until butter melts. Add 1 teaspoon marmalade and about 11/2 teaspoons coconut to each muffin cup. Peel bananas and cut into slices. Place about 3 banana slices in each muffin cup and press a bis-

cuit into each cup. Bake in 400°F. oven for 20 minutes or. 後 131 KENT until biscuits are golden brown and a cake tester inserted in center comes out clean. Cool for 10 minutes, turn out of pan and serve warm. YIELD: 10 sticky buns.

Elsie Roland To Be Honored Nov. 27th

There will be a reception mens of Caladonia, New in the home of the Troy Rolands in Hawley honoring Elsie Roland celebrating his 80th birthday. It Mr. Roland. will be from 2 to 4 p.m. Sunday, November 27. This will not be a gift party, just a time of Christian fellowship and singing.

Directions to the Roland home will be given when you turn into Hawley at

this time

York will also be hosting

this reception. Mrs. Mary

Clemens is a daughter of

All his friends are invited to visit with him during





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bilene Savings account

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OCCUPATIONAL HAZARD OF THE EXECUTIVE

If you walk into the executive suite of any company in America with a scale, you will probably find that the high-powered executives are an average of 20 to 25 pounds overweight. If this is a sign of success, then we had better start looking at our values and taking a new approach to our life styles.

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Research and observation of business executives in terms of their physical fitness indicates a national emergency. We have the hardest working softestbodied people in the world in management positions with our companies.

Do you know that: · There are an estimated 60 million Americans overweight

• The American man has a middle-aged body by the age of 25. · The incidence of death

from heart disease has increased in men by 200 percent during the past 30 vears.

 Twenty-three million Americans (one in seven when including men, women and children of all ages) have hypertension or nigh blood pressure. In spite of admonitions

c from the U.S. Surgeon General's Office about the danger of smoking, more cigarettes are being smoked than ever before, especially by tension-ridden executives.

· Almost 50% of adults engage in absolutely no physical activity whatsoever and only one out of ten people even claim they get regular exercise.

Even the above statistics, as pathetic as they appear, do not give the real picture of the problem. Eight out of ten executives are not operating at their peak efficiency, nor are they able to cope with their business and personal responsibilities, because they do not feel

up-to-par. people listen.

The chiropractic profession, which recognizes the and maintaining good





desk-bound person.

(1) Abdomen and Back Exercises. Lock your feet under a couch, and then do sit-ups. Do sit-ups with the feet straight and then sit-ups with the feet bent. Work yourself up until you can do ten of each.

(2) Arms and Back. Facing down, put your feet up on a chair with your arms on the floor. Bring your cheek down to the floor in a modified push-up. Try to keep your back straight. Start with just a few; then work yourself up to ten push-ups.

(3) Legs, Feet, Thighs and General Stamina. Some of the best moderate exercises for general conditioning are walking, swimming, and rope skipping. But remember, if you walk, it has to be brisk one for a long distance. Work long walks into your regular daily routine.

The best type of exercises are those that require no equipment, for they enable you to pursue them anywhere at any time and to do so without the risk of injury.

best to make it part of your daily routine. Establish a set time when you do them, for example in the morning, at noon or at bedtime, and follow your schedule religiously.

Their bodies are trying to ized check-ups of all vital

spine and nervous system. By getting physically fit

Merkel School News Striumphs

By Milly Bright-Media Coordinator

This weeks basketball schedule is as follows: High School: Nov. 29 Rotan Here Girls A&B Boys A&B 4:00

Middle School: Nov. 28 Stamford There Girls 8 Boys 7&8 5:30.

School will be dismissed November 23rd at 1:30 for the Thanksgiving Holidays. Classes will resume' November 28th.

Reports Cards will be sent home with students November 23rd.

known odor maker.

12 ht

ORU

reaction.

fighting sewage odor.

Merkel PTO Membership Contest is November 22nd at the PTO meeting. The rooms with the highest per cent of members will be announced during the meeting.

The Merkel High School Student Council is selling fruit cakes and anyone who would like to order fruit cakes for Christmas may get in touch with a high school student council member.

Over one hundred students in Merkel Middle School are participating in the Multiple Sclerosis Read-A-Thon. The students have asked friends, relatives, neighbors, or any interested person to sponsor them. During the month of November, each student will read as many books as possible, then go back to their sponsor to collect the pledged amount. All money will be turned in to the District Multiple Sclerosis office in Abilene. Last year Merkel Middle School students collected, \$711.79 for the Read-A-Thon, and they read 1,084 books. This year, they hope to exceed this. An added incentive, this year, has been added by Taylor Electric Cooperative, Taylor Telephone Cooperative, and Farmers and Merchants National Bank. These businesses will present \$25.00 savings bonds to be used as first place prizes locally.

The Middle School student council is selling metal social security cards for \$2 each. See one of these members or their sponsor, Ken Elliott, if you are interested.

The deadline for ordering a annual for Merkel Middle School, Merkel Elementary or Tye Elementary is November 28th. They are \$5 each. This is the only time the annuals will be on sale. Deadline is November 28th.

Tuesday, November 22nd, a representative from the Duncan Yo-Yo Company will come and demonstrate their yo-yo's for the students.

Mrs. McGowan's fifth grade class is completing a Minature Colonial Village as a project for social studies. Pictures will be in next weeks paper.



LAY-A-WAY A GIFT A DAY TIL CHRISTMAS of Science AT CRAWFORD'S NEWS OF SCIENCE THAT **REGISTER FOR FREE PRIZES** AFFECTS OUR LIVES FIGHTING ODORS BOYS COWBOY You don't have to have a sensitive nose to know how 1249 BOOTS VALUE'25" unpleasant a rotten egg odor can be. Unhappily, this smell is common in many American **INSULATED** cities where wastewater moving through sewer systems 25% BOOTS contains large amounts of hydrogen sulfide, a well-**MENS STEEL TOE** :29" BOOTS **MENS DRESS** 137 SHIR TS NEW ROLE FOR AN OLD GOWNS-ROBES & PAJAMA 6 PERFORMER – A chemical LINGERIE BY "TEXSHEEN" for bleaching hair and treating minor cuts now has another use. Happily, though, scientists LADIES at Du Pont have found that a low-cost chemical called 24,9 PANT SUITS "Tysul" WW hydrogen peroxide effectively controls these odor problems. It works by oxidizing the hydrogen MISSIE sulfide which cause the odors. VALUE 1/4 OFF Safe, odorless by-products of JEANS TO '18" oxygen, water and elemental sulfur are the results of the Interestingly, hydrogen IT'S TWICE AS NICE TO SHOP AT peroxide once was just something you used for bleaching hair and for treating minor CRAWFOR cuts. Now it has a new role-MASTER CHARGE LAY-A-WAY "Of all crafts, to be an honest man is the master craft." 135 EDWARDS PHONE 928-5612 John Ray



You can ginger up your recipe collection with this chicken dish that could become the apple of your eye. SWEET CHICKEN BAKE 1 broiler fryer chicken (about three pounds) cut up 2 tablespoons butter Salt, pepper, ginger to taste Juice and grated rind of

Whatever the exercise, it is

The executive should also make preventive health care a part of his or her regular routine by scheduling periodic health examinations. These would include specialtell them something, but functions, including chiro-

unfortunately too few practic examinations of the

-\$35,371 to WCTCOG for the 1978 planning grant; and recommendations for the --\$28,157 to WCTCOG for the regional law enforcement academy for law

Briscoe

Governments.

They Are:

the area.

of 1977

Approves

Two Grants

Governor Dolph Briscoe

has approved two criminal

justice grants to the West

Central Texas Council of

officer training throughout

The local grants were

among 121 approved by

Governor Briscoe state-

wide from Law Enforce-

ment Assistance Adminis-

tration (LEAA) funds un-

der the Crime Control Act

FAIR FOWL

2 tablespoons brown sugar

1 teaspoon Worcestershire

1/2 teaspoon dry mustard

1 large sweet apple, cored

and sliced into rings

Arrange chicken pieces on

baking dish, dot with butter,

sprinkle with seasonings.

Bake in a moderate oven

(350° F.) 50 minutes, until

chicken is tender and cooked.

In a skillet over low heat,

combine lemon juice and

rind, sugar, Worcestershire

sauce and dry mustard. Stir

until sugar melts. Add apple

rings, simmer until apples are

heated through. Add Bour-

bon. Arrange chicken and

1 lemon

sauce

1/4 cup Bourbon

Spirited

COOKING

THE MERKEL MAIL Page 8 Thursday November 24, 1977

Stenholm Concerned Over Lack Of Hospital Beds

Charles Stenholm, can- areas, since the thrust of didate for Congress from HEW is to reduce the cost the 17th Congressional of medical services by District, announced today making equipment availhis concern for having enough hospital beds in cities." he added, "makthe rural areas of Texas if proposed rules and guide- elderly and those with lines coming from the emergency needs to get to Department of Health, a doctor or hospital. Long-Education, and Welfare er trips to a hospital will (HEW) are implemented. The new guidelines, Stenholm said, would have the effect of decreasing areas will have been turnhealth care facilities even ed down by HEW since, more in rural areas by setting arbitrary bed to population ratios. "What HEW is proposing is to set high concentration of peoa maximum of four beds per 1,000 population," Stenholm said, "which would reduce the beds available in Texas by approximately 11,000. Texas currently has an average ratio of 4.73 beds per 1,000 population." Citing this situation as

just further evidence of the evils of arbitrary federal guidelines, Stenholm said that "we have a local system for determining hospital bed needs. In Texas there are 12 Health Systems Agencies and a State Health Coordinating Council given the responsibility of determining the hospital bed needs of each region. Their decisions are supposed to be based on need with no consideration of specific ratios. The proposed guidelines would completely bypass this system of local decision making, imposing instead these arbitrary ratios."

Stenholm said that he has written HEW asking the agency to reconsider its proposal

The HEW guidelines, Stenholm said, will concentrate hospitals in urban

"Small communities wanting to attract business will suffer because the decline in medical able to doctors to locate in services will make them less attractive to indusing it more difficult for the tries that take such factors selecting new plant sites." He pointed out these implications of their guidelines to HEW offir e s u l t because applications for new hospitals or cials in his letter, Stenadditional beds in rural holm said.

Stenholm said that in order to avoid this neglect according to the proposed of the elderly and our guidelines, rural areas rural population, "we will not have a sufficiently have to keep the decision making process as close to ple to justify more hospital the people as possible."

American women on "the

you're among the 10 million

IOT some smokers. 4. (a) If

ments might be a good idea

or taking vitamin C supple-

eating foods rich in vitamins

vitamin C in your blood, so

can lower the amount of

mentation. 3. (a) Smoking

heavily may need fortified

Some people who drink

tion of essential vitamins.

can interfere with absorp-

their personal nutritional needs. 2. (b) Heavy drinking

cans lack knowledge about

reason is that many Ameri-

need from their diets. One

of all the nutrients they

siaval aleupade 198 100 ob

percent of U.S. households

foods or vitamin supple

Ask Your Doctor

Know about yourself and the vitamins you need? Why not take this quick quiz and find out? Then, if you think you may not be getting enough vitamins, show this article to your family doctor. . . .

beds

1. How many American households would you estimate do not get adequate levels of all the nutrients they need from their diets (a) 5-10 percent (b) 10-15 percent (c) 20-50 percent? 2. Heavy consumption of alcohol can affect the absorption of vitamins (a) by helping it (b) by hindering it (c) not at all? 3. Smoking can affect

our blood plasma levels of vitamin C (a) by lowering it (b) by raising it (c) in no 4. Women taking oral contraceptives may need (a)

more vitamins (b) less vitamins (c) the same amount of vitamins as women who aren't?

> have shown that 20 to 50 vitamins. VN2MERS: I (c) Surveys pill" you may need more

School Menu

This weeks school schedule is as follows:

Monday November 28 Spaghetti with ground beef and cheese, green salad with choice of dressing, garlic bread, and fruited jello (strawberry)

Tuesday November 29 into consideration before Fried fish with tarter sauce, potato salad, seasoned spinach, hot rolls, and chocolate cake.



Ancient writers advised anyone stung by a scorpion to sit on a donkey backwards.

'Legacy from Gulf' explores treasures

AUSTIN, Texas (Spl.) One can almost get a whiff of the high seas by reading a University of Texas report of artifacts recovered from a 16th Century Spanish shipwreck off the Texas coast. "Texas Legacy from the Gulf" uses text, photographs and drawings to describe the artifacts, which are now preserved and kept at UT's Balcones Research Center. The artifacts include cannon, crossbows, tools, silver coins, ship fittings and the three oldest dated sea-astrolabes in the world.

The report, published by UT's Texas Memorial Museum and the Texas Antiquities Committee, is available at \$8 per copy (plus tax) from the UT museum.



The most intelligent person in the world is considered by many to be Kim Ung-Yong of South Korea with an I.Q.







