

Don't Let Life Pass You By

For a large, illustrated booklet containing this series in expanded form, send \$1.25 to "Life After 65" in care of the Big Spring Herald.

By JACK GURLAY

The first day of retirement is a special day. The hours ahead are yours to do with as you please. No watching the clock; no fighting rush hour crowds. It's time for a leisurely breakfast, dressing casually, strolling through the neighborhood, watching TV, reading, puttering around the home.

But this can't go on forever. Soon, you run out of projects at home, you grow weary of visiting other idle men and women. TV, magazines and movies pall on you. Your welcome at the son or daughter's home begins to wear thin. You lose your appetite, become irritable and disagreeable.

Time drags. You're at a loss as to how to fill it. For some, it is a tragic time. One-third of all suicides in the United States are over age 65. The reasons are well-known.

Active society rejects the retiree. Intellectually and sociologically, he becomes less involved, less interested in problems of the world. He becomes lonely. He has ceased to be of any "use".

Sooner or later, the agonizing question has to be faced: Is life worth living after 65?

According to Dr. Frederick C. Swartz, chairman of the American Medical Association's Committee on Aging, enforced idleness robs retired persons of the will to live, full, well-rounded lives, deprives them of opportunities for a compelling physical and mental activity, and encourages physical atrophy and decay. The retired worker is robbed of initiative and independence. As a result his physical and mental horizons become narrowed so much that he succumbs to habitual and compulsive grumbling about his complaints.

"Unfortunately," Dr. Swartz points out, "compulsory retirement at age 65 has helped to brainwash thousands into the belief that at age 65, one is 'over the hill'."

Most doctors believe there is a direct relationship between enforced idleness and poor health.



The working person finds it difficult to accept the feeling of no longer being needed on the job. Contact is lost with close work associates. Even in the family, there is quite often a loss of dignity and status.

If he hasn't developed any interest beyond those connected with his work, he offers little more to the family than his presence under-foot 24-hours-a-day, he finds himself isolated, and while isolation doesn't cause illness, it does increase the chances of physical or emotional disturbances.

Whatever the precise percentage adversely affected by retirement may be, the problem exists and, psychologically, retirement at 65 does mean "going over the hill" for many. But it doesn't have to. The main factor in growing old is inactivity. That is why the experts insist that anyone approaching retirement age should involve himself in actively preparing for it.

The old notion of retirement as a withdrawal into seclusion, a shrinking from society, is obsolete. Retirement is a perfectly normal evolution in the pattern of living.

According to Mortimer Adler, retirement "should be a transition from toil to leisure time to earning a living to devoting all of it to living well." It should be thought of as a graduation, a moving up from a

Lobby Law Spelled Out

AUSTIN (AP) — Lobbyists must identify those who contribute more than \$500 to them in a year, Atty. Gen. John Hill ruled.

Secretary of State Mark White had asked Hill if lobbyists could comply with a new lobby registration law by listing everyone who makes a contribution, but not identifying which ones gave more than \$500.

In answer to another question, by Speaker Price Daniel Jr., Hill said when lobbyists register they must state which specific sections of the constitution they want to talk to the delegates about and whether the lobbyists are for or against certain proposals.

Daniel had asked if it was sufficient for lobbyists to state they want to communicate with delegates on matters "concerning the constitution."

Borden Warrant Served On Man

The sheriff's office arrested Vidal Garza, 27, 108 Lockhard St., at home Monday on a Borden County warrant for burglary.

Garza is charged with burglary of a Lake J. B. Thomas cabin.

Peace Justice Gus Ochotorena Jr., set a \$5,000 bond and the defendant was transferred to the custody of Borden County.

Cultural Objects Fetch Big Prices Sometimes

NEW YORK (AP) — Harried by currency instabilities, investors the world over have been bidding up the price of cultural objects to what once would have been considered dizzying levels.

Call these purchasers Philistines because their interest might be in financial security rather than the beauty of their purchases and they are likely to reply that they are also wise men.

And it is difficult to disagree with the proposition that an object that combines infinite beauty and enough demand to command a market price of \$4,923 a square inch, rising all the time, isn't a worthy investment.

That was the price paid last year for a small Rembrandt etching, "The Agony in the Garden." It measures 4 1/2 inches by 3 1/4 inches, and was purchased for \$70,000.

But lesser objects, such as stamps, fine clocks and watches, porcelain, rare books and manuscripts, artistic weather-vanes, paperweights, gold and silver, diamonds, coins, tapestries and snuffboxes also are commanding steadily rising prices.

Franz Pick, who long has kept records of such things in "this 33rd year of worldwide inflation," explains the phenomenon in these words:

"The debates in the stock markets and the tragedies of bond holders and owners of

savings bank accounts along with the oil problems and the unbalanced political conditions throughout the year brought into focus once more the objects of arts and culture as vehicles for the protection of money."

Pick, a monetary consultant who unsuccessfully seeks to damp a smoldering fury against the "currency debasers" and the government officials who permit "the ravages of monetary cancer," is among those who considers the Philistines wise.

The market in cultural equities, he observes, is largely free from securities analysts and government meddling. He comments in his latest "World Currency Report" that:

"No calculations of earning capacity or of dividends for such items as a 34-centuries-old sphinx exist, and no security analyst can predict the trend of 18th century Cremona violins

Women's Rights Champ To Retire

WASHINGTON (AP) — Rep. Martha W. Griffiths says she will not seek re-election to Congress, where she has served for 20 years.

The Michigan Democrat, a champion for women's rights, made the surprise announcement shortly after another Michigan Democrat, Richard F. VanderVeen, was sworn in as the newest member of Congress.

Citing age as a factor, Mrs. Griffiths said: "I'm 66 years old, and while I could have served another term, I've been away from home for 20 years. I would like to spend more time with my husband and my dog Ukie."

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Bridge Test

BY CHARLES H. GOREN © 1974, The Chicago Tribune Both vulnerable. South deals.

NORTH

♠ J 10 7 6 5 2
♥ A 6
♦ 8 4
♣ Q 4 3

WEST EAST

♠ K 9 8 3 ♠ Q 4
♥ Q J 9 ♥ K 10 7 5 3 2
♦ Q 10 5 2 ♦ J 7
♣ 8 7 ♣ 9 6 2

SOUTH

♠ A
♥ 8 4
♦ A K 9 8 3
♣ A K J 10 5

The bidding:

South West North East
1 ♠ Pass 1 ♠ Pass
2 ♠ Pass 2 ♠ Pass
4 ♠ Pass 4 ♠ Pass
4 ♠ Pass 5 ♠ Pass
6 ♠ Pass Pass Pass

Opening lead: Queen of ♠

North showed a keen appreciation of his values and his partner's playing ability when he made the key bid in an auction that led to a sound slam.

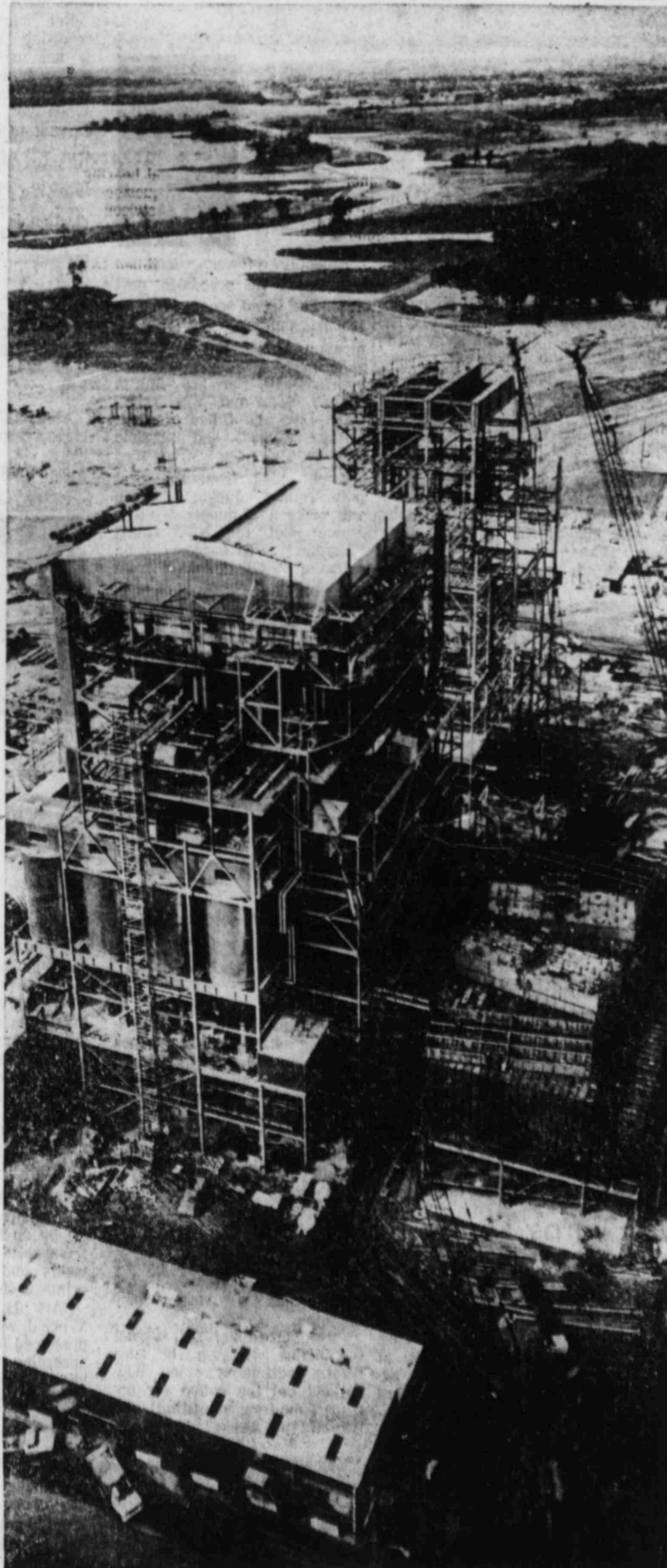
South described his big hand in the prescribed manner—he opened in his higher ranking suit and then jump shifted in his second suit. When South rebid his club suit at the third turn, North realized that his partner had ten or eleven cards in the minor suits. Thus, his ace of hearts became even more of a vital card in view of his club fit. He showed it with a cue-bid at the four-level, knowing that his partner would not read it for a genuine suit since North had bypassed the opportunity to bid hearts at the three-level.

After South cue-bid his ace of spades, North confirmed his club fit and South went on to the small slam.

Altho a trump lead would have given South no chance, West selected the queen of hearts in an attempt to set up tricks for his side. Dummy's ace won, and it seemed that declarer's fate hinged on a 3-3 diamond break, for that would mean that declarer's only loser would be a heart. However, South knew that this was against the odds—six missing cards rate to divide 4-2 more often than in any other manner. In that event, there was a real danger that if South tried to ruff two diamonds in dummy, one of the defenders might be able to score an overruff.

Declarer found an interesting solution to his problem—he transferred one of his ruffs to the heart suit! At trick two, declarer led a diamond to his king, and continued with ace and another diamond, ruffing with dummy's queen. His foresight was rewarded when East discarded a spade on this trick.

Declarer returned to his hand with the ace of spades and led a fourth diamond. Instead of ruffing and allowing East to overruff, declarer let West's queen win the trick as he discarded a heart from dummy. The defenders were helpless. Whatever West returned, declarer would be able to ruff a heart in dummy and get back to his hand to draw trumps and claim his fifth diamond for the contract.



What TESCO is doing to provide the electricity you'll need:

We're building lignite coal-fired power plants to decrease our dependence on natural gas.

But they're costing twice as much.

Texas Electric has traditionally used natural gas as its major fuel to generate electricity, with oil used as a standby fuel.

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Texas Electric, along with two other electric utilities, has acquired supplies of lignite coal in East Texas. Together we have already built a lignite-fired generating plant, and two more are under construction.

While these units will help keep our system strong, they cost about twice as much to build as our gas-fired units.

By 1980, the three companies are planning to diversify to still another fuel, by adding a nuclear power plant near Glen Rose. But again, nuclear plants are much more expensive than gas-fired plants—more than three times as costly, in fact.

The point is, if we are going to be able to supply the electricity you need in the years-ahead we must diversify our fuels. Expenditures of \$700 million for new construction must be made in the next five years alone.

We're working to supply the electricity you need, but it's costing more to make it all the time.

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JUMBLE - that scrambled word game

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

NELIR

MYTHE

GLUCED

TULFAY



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Print the SURPRISE ANSWER here

Yesterday's Jumbles: BASIN LUCID THWART ARTFUL

Crossword Puzzle

- ACROSS 1 Was beholden... 5 Postal abbreviation... 8 Crouch... 13 Native of Bangkok... 14 Enthusiasm... 16 Indian dish... 17 Soviet news agency... 18 Albacore... 19 "She Sweet"... 20 Utility payment... 23 Flushed... 24 Helping hand... 25 Bureau: abbr... 26 Quiet!... 28 - Levin... 29 Loses control; slang; 2 w... 31 Frontiersman born February 26, 1846; 2 w... 36 - Weems... 37 Building wings... 38 Mischievous person... 39 Rugged rock... 40 Crack pilot... 41 Howard Hughes, e.g... 45 Recompenses... 47 Tear... 48 "Kildaire"... 49 Laurel... 50 Large diamond; slang... 52 Plump... 55 Report to a ship's master; 3 w.

Puzzle of Monday, February 25, Solved

13x13 crossword puzzle grid with numbers 1-55.

PEANUTS



NANCY



DICK TRACY



MARY WORTH



REX MORGAN



B.C.



BLONDIE



BEETLE BAILEY



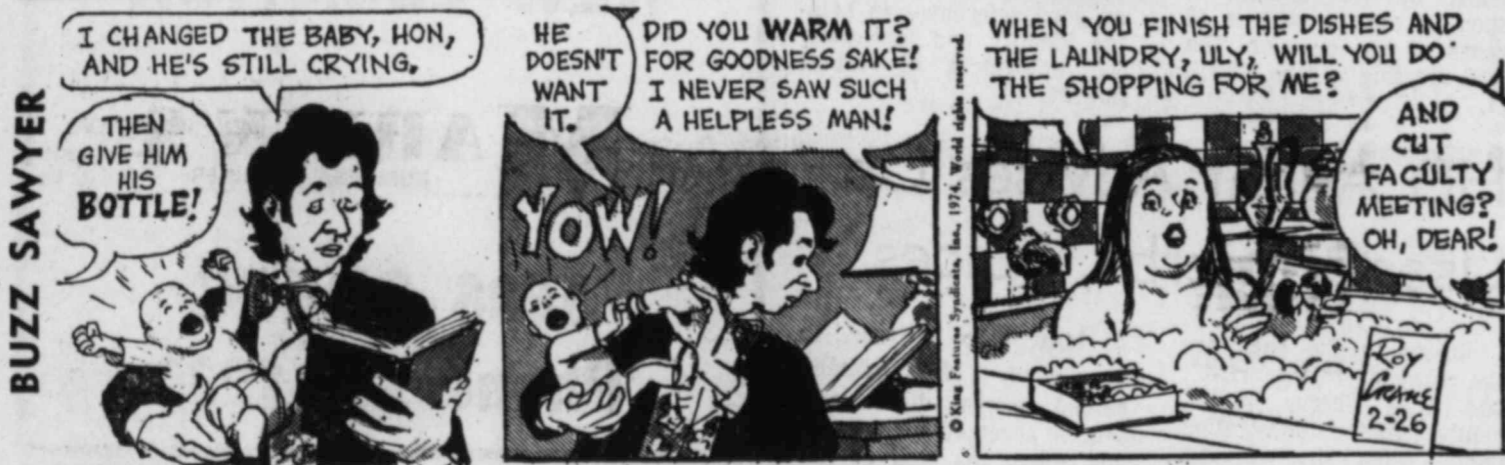
ANDY CAPP



THE WIZARD OF ID



BUZZ SAWYER



GASOLINE ALLEY



L'I'L ABNER



RICK O'SHAY



SNUFFY SMITH



At least Howard last two just sort the Region Await next Th have alr returns IC last January. Actual: scare for meet in will also year ago I seed, Ranger.

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Rot Kin ROTOND, They're hav new mold fo star, and th ones. Kyle Rote block-long 1 tain friends mirrors wit never owne never had negotiate tracts. Fame and rung on his has no des sports her lions. He'd l of some sor ample to ou

Fresh Team The Big Black team mark to 3-2, 15-6, 15-7 tr in the Golia Ann Bla points, Vern and Karen 1 high servers while Will Weber shine Forman and the backcou On Thurs City fresh: the C-City II at 6:30 p.m meets the Varsity.

Nixon Advises Nervous Republicans

WASHINGTON (AP) — President Nixon has advised nervous Republicans to look to the familiar themes of peace and prosperity as an antidote to Watergate in the November elections.

SETBACKS
Despite slumping polls and setbacks in two special elections, the President said at his Monday night news conference he thinks "it will be a good year for those candidates who stand for the administration."

Democratic Party a two-to-one lead in congressional election strength. The count was 58 per cent Democratic, 29 per cent Republican, 13 per cent undecided. That would point to a landslide Democratic victory if the election were held now.

BE PATIENT
As Nixon noted at the news conference, the election year is young, the balloting months

away. He said GOP prospects will improve.

"What my advice to the candidates very simply would be is this: It is that nine months before an election, no one can predict what can happen in this country."

"What will affect the election in this year, 1974, is what always affects elections — peace and prosperity," Nixon said.

Those were central themes of the campaign in which Nixon won landslide re-election two years ago — before the Watergate scandals broke.

The President did not directly assess the political impact of Watergate, advising simply that Republican candidates be patient and focus on the other issues.

VanderVeen made Watergate, the broader question of Nixon's leadership, and a call for the resignation or impeachment of the President major points in his Michigan campaign.

POLL RATINGS
That upset has led to indications that some Republicans may break with the administration in an effort to avoid Watergate fallout at the polls next fall.

Nixon says he wants deserving Republicans to win, and suggested that they look to political history and the Democratic upset of 1948.

"We confidently expected to gain in the House," he recalled. President Harry S. Truman was far down in the public opinion polls; Republican Thomas E. Dewey was heavily favored to win the White House.

Nixon, whose own poll ratings are at a low ebb now, suggested another parallel in the 1948 suggestion of Sen. J. W. Fulbright, D-Ark., that Truman resign the presidency.

"... We proceeded to campaign against Mr. Truman," Nixon said. "He was the issue. We took a bad licking in the Congress in 1948."

In that campaign, Truman took the offensive. In 1974 Republicans so far have been on the defensive, and no theme for a campaign counterattack is yet evident.

'Deep Throat' Star Divorced

SANTA MONICA, Calif. (AP) — Actress Linda Lovelace has obtained a divorce from her former business manager, Charles Traynor, on grounds of irreconcilable differences.

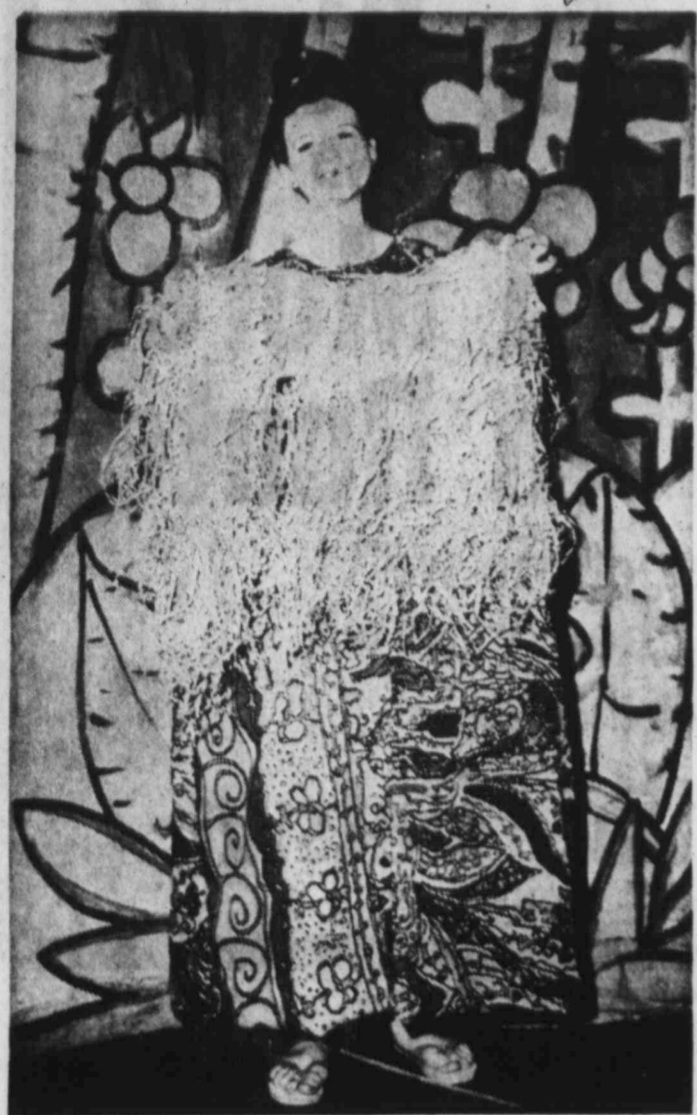
The 25-year-old star of "Deep Throat" was separated from Traynor, 36, of Malibu, last Sept. 23. They were married in 1971.

Superior Court Judge Richard L. Wells granted the divorce decree after a three-minute hearing. There was no provision for alimony or division of communal property. The couple had no children.

On Wednesday, the actress had her name changed legally to Linda Lovelace by a Superior Court commissioner. She had been known legally as Linda Borman Traynor.

Astronomer Dies

TUCSON, Ariz. (AP) — Dr. George A. Van Biesbroeck, 94, an astronomer recognized for his work with twin stars, asteroids and comets, died Saturday.



BLOODY MARY — Playing the role of Bloody Mary in the musical, "South Pacific," is Carrie Wheeler, who, among other things, sings the enchanting "Bali Hai." Produced by the choral department choir, the renowned Broadway musical opens Thursday in BSHS auditorium.

Vows To Destroy Painting Unless Food Distributed

LONDON (AP) — A top official of the London municipal government said today that it would not meet a telephoned demand for \$1.15 million worth of food to ransom the Vermeer painting stolen from a suburban museum.

A telephone caller with a West Indian accent told a newspaper Monday night that the 17th century Dutch masterpiece "The Guitar Player" would be destroyed unless food worth half a million pounds — \$1.15 million — is distributed within 14 days to the poor on the Caribbean island of Grenada.

SHOESTRING
Illyd Harrington, deputy leader of the Greater London Council, said: "If anyone wants to talk, they have to approach us directly at the council. But I am not offering half a million to anyone. We haven't got it. We are operating on a shoestring. We are not being blackmailed into any situation."

The value of the painting, one of less than 30 by Jan Vermeer that are known to exist, has

been estimated as high as \$4.4 million, but it is believed that it was not insured. It was stolen Saturday night from Kenwood House in suburban Hampstead.

Scotland Yard said it was treating the ransom demand as authentic and believed the Patricia Hearst kidnaping inspired the art theft. Detectives pointed out that the theft occurred shortly after television films showed food distribution in California in response to the demands of Miss Hearst's kidnapers, the Symbionese Liberation Army.

FEARS
The frame of the Vermeer was found Monday in bushes half a mile from Kenwood House. One corner had been broken off and the glass smashed, raising fears that the painting itself could have been damaged.

The thieves broke through a barred, shuttered window at Kenwood House with a sledgehammer after padlocking the front doors from the outside to delay any attempt by the guards to chase them. Guards

Ration Gas In New York

By The Associated Press

New York became the sixth state today to impose a mandatory system of gasoline rationing, junking a voluntary plan that had failed to end long lines at the pumps.

Delaware's two-step mandatory plan, started Monday, also went into full effect today.

In West Virginia, coal miners demanding gas rationing as a means of ensuring that they have enough fuel to commute to their jobs continued a walk-out that has idled a number of mines in the southern part of the state.

New York will use the odd-even system devised by Oregon, in which motorists with even-numbered license plates can buy gas on even-numbered days and those with odd-numbered plates on odd-numbered days.

SUBJECT TO FINES
Sales are further restricted to cars with less than a half-tank of gas. Drivers and station operators will be subject to fines of \$25 to \$2,500 for violations.

Delaware got its plan going Monday by requiring drivers of large cars to purchase at least \$5 worth of gasoline and drivers of small cars at least \$3. If car tanks do not hold the minimum purchase, the station dealer pockets the difference.

In the second step today, Delaware motorists went on the odd-even system of gasoline purchases.

Besides New York and Delaware, the other states with mandatory gas allocation plans in effect are Hawaii, Maryland, New Jersey and Virginia. Another eight states have voluntary plans.

Gov. Ronald Reagan said California will establish a gas marketing plan by Friday under which an odd-even system of gas purchases will be established in any county where the county board of supervisors requests it.

PUMP LOCK-UP
In other developments:

—Members of the Connecticut Gasoline Retailers Association called off a threatened pump lock-up in the wake of a two-cents-a-gallon price hike authorized by the Federal Energy Office. The dealers had been seeking a boost of five cents a gallon and the right to give preferential treatment to regular customers.

—In Chicago, the American Hospital Association said the gasoline shortage, particularly in the Eastern states, is impairing hospital work. The association said medical personnel are being delayed or kept from

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