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SUPPORT CANCER FUND DRIVE — Mayor Jim Solomon, seated, and Dr. Lonnie Vickers are urging citizens to contribute to the annual campaign for funds to fight cancer, as Solomon proclaimed April as Cancer Awareness Month in Tahoka. Dr. Vickers, chairman of the Lynn County chapter of American Cancer Society, said several special events are planned during the month to stimulate the campaign. (LYNN COUNTY NEWS PHOTO)

Cancer Funds Well Spent, Says Dr. Vickers

"The breakdown of how American Cancer Society funds are spent in Texas represents one of the best returns on the dollar that I know of," said Dr. Lonnie Vickers, Chairman of the Lynn County unit of the American Cancer Society.

In preparing for the April Crusade, Dr. Vickers said he feels it is important for the community to realize ACS expenditures. "It is one part of the ACS we're most proud of and I think our friends and neighbors will be more willing to give to cancer control if they know how well their money is being spent," he said.

The following represents the breakdown of how each dollar raised in 1985-86 by the ACS will be invested during this fiscal year (Sept. 1, 1986 - Aug. 31, 1987) in Texas:

Cancer Research	\$.29
Professional Education	.10
Public Education	.31
Service/Rehabilitation	.25
Program Development	.05
Administrative	.05
Crusade	.13

This 113 percent expenditure reflects increased research allocations to Texas by our National Society.

"The ACS is currently spon-

soring research investigations in 11 major Texas hospitals, medical schools and universities, totaling more than \$6.9 million," said Dr. Vickers. "Because Texas has so many research institutions, the National Society allocates additional funds here."

"Programs that help people are our priority. We keep a tight control over our administrative costs and keep them within acceptable limits as this breakdown indicates," Dr. Vickers commented.

ACS programs such as patient service and rehabilitation (Reach to Recovery, volunteer transportation, etc.), public education (films, pamphlets, exhibits, the Great American Smokeout) and professional education for the medical community are mainly administered through the Society's volunteer system. "Volunteers help maintain these impressive figures," said Dr. Vickers.

In conjunction with the Texas Breast Cancer Screening Project, 32 local women made use of the opportunity for screening mammography at the Lynn County Hospital in March 1987. This was a part of the regional and statewide project to increase

awareness of breast cancer and its treatability in the early stages.

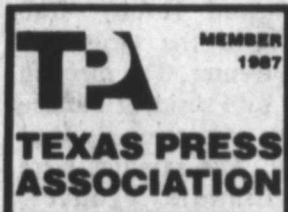
April is Cancer Awareness Month and local projects include:

A memorial tree planting by the Tahoka 4-H Club in memory of all cancer victims from Lynn County scheduled for 10 a.m. April 18, at the Lynn County Courthouse Square.

Cancer Awareness Week (4-18 to 4-25) with benefit golf tournament at the T-Bar Country Club on April 25 and benefit barbecue that evening beginning at 6:30 p.m. (\$4 per plate for those not in tournament).

Golf Tournament director Gary McCord said this week that more entries are needed in the tournament. Entries are \$100 per team, or \$25 per person. Teams should enter as a unit and should include three men and one woman. McCord also said more donations to the tournament from businesses are needed. McCord may be reached at 998-4547.

Distribution campaign of literature and information house-to-house by 4-H Club on April 25.



The Lynn County News

25¢
PLUS TAX

VOLUME 84, NUMBER 16

TAHOKA, LYNN COUNTY, TEXAS, THURSDAY, APRIL 16, 1987

8 PAGES IN ONE SECTION PLUS INSERT

WOODWORK

BY DALTON



I HAVE DECIDED that from now on when someone asks me what I am doing or what I am up to, I can—with a clear conscience—reply that I have been working like a dog.

The reason I feel I can say this honestly is because I have been observing our dogs for some time now and I have yet to see them doing much of anything that takes any effort, except for some digging.

The digging that they do is considerable, since we have a small cave up against one side of the house and even going under the concrete foundation a little bit, and there may come a time when the entire east side of the house will sink down a couple of feet. But it will take awhile, because they have needed five years to excavate a cavity now about two feet deep by two wide and 15 feet long, going around the corner.

Their digging, therefore, is slow and can hardly be considered work at that pace over five years. The only project I know that has gone longer than that is the carport job of a certain tire shop manager in Tahoka who keeps telling his wife he is going to finish it

someday.

Anyway, other than digging once in awhile, those two dogs just sit on their tails and howl and want food brought to them. (They definitely are management material, says one of our office workers, who obviously doesn't realize how hard jobs are to come by).

I don't know where the phrase "working like a dog" came from, but if it is supposed to mean hard work, the comparison is hardly valid. All they do is bark, eat and do uncouth things on the grass.

CHURCHES will have larger-than-usual crowds this weekend, but many of those in the congregations will be strangers, most because they are visiting from out of town, but quite a few because they haven't been to church since Christmas or maybe last Easter.

Many of the females in the crowd at church will be showing off attractive new clothing, because it is traditional to get a new dress or wardrobe for Easter. I'm sure my wife will look very nice in the new dress I bought her in 1977.



"LET'S HUNT EASTER EGGS!" — Brandi and Brooke Tekell are ready for Easter Sunday in their new spring dresses, and are already hot on the trail of the Easter Bunny, who left these eggs hidden in the bushes. Brandi, left, is 3 years old, and her sister, Brooke, is 6. They are daughters of Mark and Charisse Tekell of Tahoka. Easter Sunday, April 19 this year, is a significant day for Christians everywhere, who celebrate the resurrection of Jesus Christ on that day. (LYNN COUNTY NEWS PHOTO)

Ray Woodall Named Tahoka Police Chief

Ray Woodall of Odessa, an 8-year veteran of the Lubbock Police Dept. and former welfare fraud investigator, has been hired as chief of police for Tahoka. He began his duties Wednesday.

Woodall, 47, is a graduate of Wilson High School and also attended Texas Tech, Wayland Baptist University and Odessa College. He also is a 1966 graduate of the Lubbock Police Academy.

In 1962, two years after graduating from WHS, Woodall joined the U.S. Air Force, serving as a cryptographic operator and shift supervisor until leaving the service in May 1965. He began work as a patrolman for the Lubbock PD in 1966 and served until 1974. In his last three years with the department he served as a juvenile detective. In 1974 he became an investigator for the Dept. of Human Resources working mainly in the

area of fraudulent activity related to food stamp programs.

Later he was an insurance investigator and for the last several years has worked for a private company in Odessa.

Woodall and his wife, Doris, have three children, age 19 to 21.

Woodall is a charter member of the Lubbock chapter of the fraternal Order of Eagles.

New Home Kindergarten Pre-Registration Slated

New Home Schools will have pre-registration for kindergarten students for the 1987-88 school year Wednesday, April 22, at 2:30 p.m. in the cafeteria.

Parents should bring the child's birth certificate and immunization record. A short program will be held following the registration in honor of the new pupils.

Sales Tax Rebate Down 6 Percent

State Comptroller Bob Bullock sent checks totaling \$47.9 million in local sales tax to 1,038 cities that levy the one-percent city tax. Bullock said that 1987 payments to date were down 6 percent as compared to payments to date made in April of last year.

April checks represent taxes collected on sales made in February and reported to the Comptroller by March 20.

O'Donnell received \$504.13 net payment this period compared to \$500 last year and has received \$3,324.54 in 1987 compared to \$4,737.04 in 1986.

Tahoka received \$2,905.32 this period compared to \$3,311.89 this period last year and has received \$17,556.69 in 1987 compared to \$19,850.96 in 1986.

Wilson received \$500 this period compared to \$621.87 last year and \$1,881.04 in 1987 compared to \$1,800.66 in 1986.

Tornado Siren Test Set Friday For Sure (Maybe)

The tornado siren which will be sounded if a twister actually is threatening Tahoka will be tested at noon Friday, city officials said Wednesday. The test had been scheduled twice before but canceled for various reasons.

The actual signal, a continuous wavering tone for three minutes, will be sounded at that time, provided the weather is clear, so that residents won't think it is a real alert.

"We urge citizens to listen to the test Friday at noon, and anytime after that time, they should take cover when they hear it," said city manager Barry Pittman.

Hamburglars Strike At Night

Burglars took 25 pounds of hamburger patties from Jim's Burger drive-in at Wilson last Wednesday night, and also an unknown quantity of potato chips. The hamburger meat was valued at \$37.50.

Crime Line, 998-5145, is offering a \$300 reward for information in the case.

No other new incidents were on record at the sheriff's office or Tahoka Police Dept. during the last week.

Three persons were jailed during the week for public intoxication and one each for driving while intoxicated, failure to appear, DWI plus driving while license suspended, DWI second offense, and felony DWI bond forfeiture.

Tree Planting Ceremony Planned

The Tahoka 4-H Club, in a joint effort with the Tahoka unit of the American Cancer Society, will have a tree planting ceremony at 10 a.m. Saturday, April 18, on the memorial circle by the courthouse square in downtown Tahoka.

The 4-H Club purchased the tree and will plant it in honor of those who have lost their lives from cancer. The public is invited to the ceremony.

At a later date, the club hopes to erect a plaque near the tree, designating the significance of the project.

CRIME LINE 998-5145

Crime Line Offers

\$300 Reward ...

For information leading to the clearing of a burglary at Jim's Burger in Wilson on the night of April 8, when someone gained entry through a drive-up window and took 25 pounds of hamburger patties.



TWILLA TALKMITT

Twilla Talkmitt - William Garrett To Be Married May 2 In Wilson

Mr. and Mrs. Monroe Talkmitt of Rt. 1, Wilson announce the engagement of their daughter, Twilla Gwen, to William Mack Garrett, son of Mr. and Mrs. Carl Garrett of Castroville. The couple will be married Saturday, May 2, at 5 p.m. in St. Paul Lutheran Church, Wilson.

The bride-elect is a 1973 graduate of Wilson High School. The prospective groom is a graduate of Texas Tech.

McGruder, Jolly Attend Conference

Timmy Jolly and Myra (Shun) McGruder, both seniors at Tahoka High School, last week joined approximately 200 other outstanding young men and women in attending the Spring 1987 National Young Leaders Conference in Washington, D.C. They were selected as Congressional Scholars based on citizenship, leadership and academic achievement.

The theme of the Conference was "Tomorrow's Leaders Meeting the Leaders of Today"

with a special focus on the bicentennial of the U.S. Constitution. Throughout the week, they met with numerous government leaders who represent the lifeblood of the American constitutional process. Each day of the conference focused on one of the three branches of government, the media, or world affairs.

The Legislative Day began with welcoming remarks on the Floor of the House of Representatives. The scholars attended briefings on the issues facing the 100th Congress. Jolly and Miss McGruder visited the congressional office of Representative

United Methodist Holy Week Services Slated

The first United Methodist Church will be observing Holy Week with a Thursday night service at 7 p.m. in the sanctuary with Pastor Mark Gibbens-Rickman preaching. Maundy Thursday celebrates the night in which Christ washed the feet of his disciples and had his last supper with them. Communion will be celebrated at this service.

Pastor Twila Gibbens-Rickman will lead "Meditation on the Cross" at the Good Friday service in fellowship hall. The service, scriptures, and hymns will focus meditation on the cross.

There will be an Easter sunrise service and the youth of the church will be leading the informal worship beginning at 6:30 a.m.

Regular morning worship will begin at 11 a.m. with Rev. Twila Gibbens-Rickman preaching. Topic of the sermon is "Running Belief".

Patrick Hamilton Performs In Revival Of "Anything Goes"

Patrick Hamilton, son of Dr. and Mrs. Lloyd Hamilton of Lynn County, is performing in a revival of Cole Porter's 1934 musical, "Anything Goes" in Atlantic City, New York. Hamilton performs with singer/actress Leslie Uggams in the show.

The Sunday New York Times, March 1, said, "In spite of Miss Uggams' glitter, this 'Anything Goes' isn't just a star turn. In an excellent supporting cast, Patrick Hamilton gives a delightfully nonchalant account of a woebegone Moonface Martin, the role first played by Victor Moore."

"Anything Goes" is showing at the Claridge Hotel-Casino in Atlantic City through May 2.

Lynn County Merchants Appreciate Your Business

Charles Stenholm and participated in a Mock Congress simulation on a proposed immigration bill.

The World Affairs/Media Day included a breakfast meeting at the National Press Club and the students then met with the ambassadors from Ecuador, Yemen, New Zealand, Czechoslovakia, Indonesia and India at their respective embassies.



TERRY LAWRENCE - LAURA ALDOUS

Couple Announce Engagement

Mr. and Mrs. Ralph Aldous of Tahoka announce the engagement and approaching marriage of their daughter, Laura, to Terry Lawrence, son of Mr. and Mrs. Lendon Lawrence of Tahoka.

The couple will exchange vows on May 19. The prospective groom is employed by Fina Ince-Tant-Stop. They will live in Tahoka.

Museum Board Has Meeting

During the past six weeks, the guest register at the Lynn County Pioneer Museum recorded visitors from Missouri, Washington, California, New Mexico, Florida, Illinois, Mexico and Birmingham, England, in addition to various points in Texas.

The museum board of directors met on April 13 at noon in the board room. Committee reports indicated that Bill Craig and Winston Wharton completed the job of insulating the building; purchase of filing cabinets were authorized; Auda Norman and Mabel Gurley were to secure a mannequin to display the WW-I uniform in the Military display; a committee consisting of Mabel Gurley, chairperson, Weesie Carroll and Mary Louder was elected to beautify certain areas of the yard with flower beds and shrubbery.

Madeline Hegi reported that she had discussed local school field trips to the museum with school officials and that consideration will be given when the program planning is done in the school system.

Pope, Copelin Listed In OYWA Edition

The Board of Advisors for the Outstanding Young Women of America awards program has announced that Staci Short Copelin of Austin and Tamera Dulin Pope of Lubbock have been selected for inclusion in the 1986 edition of Outstanding Young Women of America.

Now in its 22nd year, the OYWA program is designed to honor and encourage exceptional young women between the ages of 21 and 36 who have distinguished themselves in many fields of endeavor, such as service to community, professional leadership, academic achievement, business advancement, cultural accomplishments, and civic and political participation.

FFA, 4-H Compete In Judging Contest

Tahoka FFA team placed fourth out of 84 teams in the South Plains College livestock judging contest held Friday, April 10. Team members are Jody Woodard, Bruce Lehman and Kristen Belew. Woodard was fifth high point individual.

Saturday at the Texas Tech judging contest involving 102 teams, the same team placed 13th and Woodard was 10th high point individual.

Also judging at Tech were the Tahoka FFA wool team, Jason Spence, Luke Dunlap and Tim Young; and the dairy team, Marty Hammonds, Rochelle Reid and Gary Daniell.

Lynn County 4-H judging teams at Tech Saturday included livestock and horse. Livestock team members placed third in swine judging and fourth in the entire contest. Team members were Jason Belew, Brandi Barton, Betsy Huffaker and Jodi Williams. Belew was first in swine judging and tied for fifth overall; Brandi Barton was fourth overall.

The junior horse judging team placed seventh in the contest. Members were Carrie Taylor, Clay Taylor, Lynna Rash and Mandi Stewart.

Teams from the 20 county South Plains District participated in the contests.

Grassland Hobby Club Has Meeting

The Grassland Hobby Club met April 7 in the Grassland Community Center. The meeting was opened by President Saundra Laws. Prayer was given by Bernice Gribble. The minutes were read by Johnnie Frances, business was then discussed. It was voted to bring flower seed to the next meeting and exchange with each other.

The program was given by Laura Watson and Lena Short. They showed many hand made items and old items. The oldest item, brought by Mrs. Watson, was a wedding dress worn by Rosebud Watson, made by her sister, Ruth Melton. The dress is 63 years old.

Refreshments were served by the hostesses Lena Short and Laura Watson with 12 members present and one visitor. The door prize was won by Violet Stone.

Deadline For Transfer Students Near

Parents who wish to transfer students to Tahoka Schools for the 1987-88 school year are reminded that this must be done on or before May 1, 1987.

The transfer forms are available in the Superintendent's office in the Tahoka High School building. Mrs. Freda Jeffcoat will provide the forms and assist as necessary in completing transfer applications.

City-County Library Book Sale In Progress

The City-County Library Book Sale is now in progress with paper back books 25 cents each and hard cover books 50 cents.

Now Is The Time To Start Your Tan For Summer.. So Let Balloons & Flowers Help You Get Started!
 Ask about our Tanning Memberships:
 Single Visit — \$6.00
 10 Visits — \$45.00 3 Months Unlimited — \$85.00
 Opening Soon — *Klassic Kuts*

 1644 Main 998-5518 Tahoka

SWING into SPRING

O'Neal Jump Suits
 Toddler-6X
 Chambray Stripe
 Eyelet Trim

New! "Red Dirt" Jeans
 Reg. \$36.95
 Suspender Jeans
 Get Acquainted Price! **\$27⁹⁵**

New Arrival! Boys Jams & Hawaiian Shirts
 Toddler thru Size 18

998-4854 TAHOKA
 1930 Lockwood

Your HEALTH TIP

BUCKWHEAT FOR PROTEIN
 Buckwheat is the best source of high biological protein in the plant kingdom. It has 90% of the protein value of milk solids; 80% of whole egg solids. Buckwheat has twice the iron of brown rice — highest of other grains in vitamin B6, rich in potassium and phosphorus, twice as much vitamin B complex as wheat. Enjoy buckwheat pancakes — a side dish — or sprinkled over noodles, salads, soups, casseroles for protein and good nutrition.

DAYTON PARKER
Dayton Parker Health Mart Pharmacy
 Phone 998-5531 PRESCRIPTIONS Tahoka, Tx.

The Lynn County News
 Tahoka, Texas 79373

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Mike McDonald Awarded

Michael (Mike) McDonald, senior at Tahoka, has been awarded Academic Scholarship at State University. He is the son of Jody and Mrs. McDonald.

McDonald, ranks third in his class, is a member of the National Honor Society, American Legion, and a member of Distinguished Students. He is a member of U.I.L. science, play; in football, district defense years and all plains, and the tight end in 1986 in track; in band.

The extensive program is made funds provided and Nona K. Foundation. Scholarships are given to approve undergraduate students who State. The scholarship renewed annually to maintain excellence and personal responsibility.

FBC Lubbock Musical

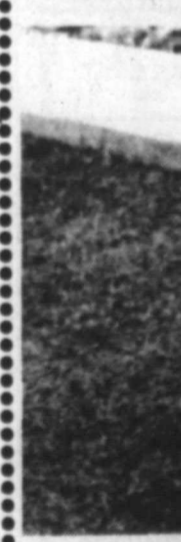
The Sanctuaries Drama Cast Church, Lubbock new musical, "Glory In The Clouds" arranged by Minister of Music musical/drama in the sanctuary April 17, and April 19. Both begin at 7 p.m. The public is celebrating this year. Child care.

Entertainment Acts Scheduled For Slaton

Slaton Band sent a variety show at 7 p.m. May High School auditions for the show are scheduled night at 7 p.m.

Adele Moon any kind of entertainment, from any this is not a talent are no prizes, so

Have



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Yes, can all people be expected to be... If you mean to find... "A prescription consider..."

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Mike McDonald Awarded Scholarship

Michael (Mike) McDonald, a senior at Tahoka High School, has been awarded a \$1,000 Carr Academic Scholarship at Angelo State University for 1987-88. He is the son of Johnny and Sammie McDonald of Tahoka.

McDonald, who currently ranks third in his graduating class, is a member of the National Honor Society, Who's Who in America, and the National Society of Distinguished High School Students. He was also active in U.I.L. science, math, and one-act play; in football, receiving all-district defensive end for two years and all-district, all-south plains, and third team all-state tight end in 1985; in basketball; in track; in band and journalism.

The extensive scholarship program is made possible through funds provided by the Robert G. and Nona K. Carr Scholarship Foundation. Carr Academic Scholarships are awarded annually to approximately 1,000 undergraduate and graduate students who enroll at Angelo State. The scholarships may be renewed annually until graduation for qualified students who maintain exemplary academic and personal records.

FBC Lubbock Sets Musical/Drama

The Sanctuary Choir and Drama Cast of First Baptist Church, Lubbock, will present a new musical/drama, "I Will Glory In The Cross" written and arranged by John B. Lee, Minister of Music. This Easter musical/drama will be presented in the sanctuary on Good Friday, April 17, and Easter Sunday, April 19. Both presentations will begin at 7 p.m.

The public is invited to join in celebrating this wonderful time of year. Child care will be provided.

Entertainment Acts Sought For Slaton Event

Slaton Band Boosters will present a variety show, Pizzazz 87, at 7 p.m. May 9 at the Slaton High School auditorium, and auditions for the entertainment show are scheduled next Tuesday night at 7 p.m. at the same location.

Adele Mooney stressed that any kind of entertainment is invited, from anywhere, and that this is not a talent contest. There are no prizes, she said, "But we

will appreciate any kind of entertainment, singing, musical groups, pantomimes, or whatever."

Proceeds from the event will go for a music scholarship, said Band Director David Mooney, who requested that acts be limited to 3 to 7 minutes.

More information may be obtained from Mooney at the school, 828-5837, or at his home, 828-4670.

Tahoka School Menu

- April 20-24, 1987
BREAKFAST
Monday- Pancakes, Syrup, Butter, Orange Juice, Milk
Tuesday- Donuts, Diced Pineapple, Milk
Wednesday- Fruit Loops, Orange Halves, Milk
Thursday- Honey Buns, Sliced Pears, Milk
Friday- Pork Sausage, Biscuits, Butter, Jelly, Grape Juice, Milk
LUNCH
Monday- Beef Pizza & Cheese, Buttered Corn, Tossed Salad, Sliced Pears, Milk
Tuesday- Grilled Cheese Sandwich, Vegetable Soup, Crackers, Lettuce Salad, Peanut Butter Cake, Milk
Wednesday- Fried Chicken, Green Beans, Mashed Potatoes, Hot Rolls, Sliced Peaches, Milk
Thursday- Hamburgers, French Fries, Lettuce, Onions, Pickles, Apricot Cobbler, Milk
Friday- Barbecue Franks, Pinto Beans, Cole Slaw, Hot Rolls, Applesauce, Milk

Performances Of "Bus Stop" Set

Reservations are now being accepted for the April 30, May 1, 2, 3 performances of William Inge's famous "Bus Stop" in the historic Garza Theater on East Main in Post.

Tickets for the four performances may be purchased by mail, Garza Theater Box Office, 226 East Main St., Post, TX 79356 or reservations may be called in from 10 a.m. to 4 p.m. at 806-495-4005. Adult tickets are \$6 and children 12 and under are \$3.

Performances start at 7:30 p.m. Thursday, Friday and Saturday with Sunday matinee at 2 p.m.

Auditions will be held Wednesday, April 22, from 5 to 7 p.m. at the theater for the June 11-14 performances of Moss Hart's comedy "Light Up the Sky".



MR. AND MRS. DAN REID

Raindl - Reid Wedding Announced

Mr. and Mrs. Johnnie Raindl announce the marriage of their daughter, Mary Gayle, to Dan Reid, son of Mr. and Mrs. Charles Reid of Levelland. The couple were married Thursday, April 9, in First Baptist Church, Tahoka.

A reception was held following the ceremony in the home of Mrs. Rhonda Reid.

MICROWAVE BASICS

Microwave to Eat Right

Hold onto your tape measure. . . help is here, a microwave recipe for you, the calorie watcher and the family.

What's the secret. . . frozen prepared entrees make the meal when combined with mixed vegetables and topped with herbed dumplings. Add a simple salad with fresh fruit for dessert and no one will go away from the table hungry.

Registered Dietitians from the Banquet Foods Test Kitchens have developed this 20 minute microwave recipe for Beef with Herbed Dumplings and included nutrition information, too.

Beef with Herbed Dumplings

4 packages (4 oz. ea.) BANQUET Cookin' Bag Gravvy with Sliced Beef	1 cup buttermilk baking mix
2 cups frozen mixed vegetables	1/3 cup milk
1 tablespoon Worcestershire sauce	1/4 teaspoon crushed oregano leaves
	1/8 teaspoon ground celery seed
	Dash paprika

In microwave-safe 2-quart baking dish, place sliced beef and vegetables. Heat, covered, on HIGH 8 to 10 minutes or until thawed, stirring once. Stir in Worcestershire sauce. In medium bowl, combine buttermilk baking mix, milk, oregano and celery seed. Separate dough into 4 dumplings. Place around edges of beef mixture. Sprinkle dumplings with paprika. Heat, uncovered, on HIGH 6 to 8 minutes or until hot, rotating once. Makes 4 servings.

Nutrition Information (per serving)

292 Calories	8 g Fat
37 g Carbohydrate	N/A mg Cholesterol
18 g Protein	856 mg Sodium

Health FOR THE WHOLE FAMILY

The Cold Facts

Many of us believe the threat our mothers used to make about how we would catch cold if we went outside without proper clothing. In actuality, colds are spread in a much different manner, according to Gerard Breitzer, D.O., professor of medicine, Michigan State University, College of Osteopathic Medicine, East Lansing.

"The greatest population of cold viruses is on the mucous membrane of the sufferer's nose," says Dr. Breitzer, an osteopathic physician. "Persons with colds contaminate their fingers, then handle surfaces and objects. Cold viruses can live as long as 3 hours on hard surfaces like wood or metal. Healthy people pick up virus laden material, then become infected."

Why do cold sufferers cough and sneeze? In the windpipe is a special lining of cells covered with microscopic hairs called cilia. Glands between these cells secrete a sticky substance called mucus. The cilia beat upward, conveying mucus to the back of the mouth. When enough mucus is collected, the surrounding cells become irritated and a reflex cough or sneeze results. Coughing lessens the chance of lung infection by preventing air sacs from filling with mucus and stagnating.

Although there are no cures for the common cold, there are ways to control it. According to Dr. Breitzer, making sure that cold victims wash their hands before handling common objects can break a link in the chain of events leading to cold infections.

If you are unfortunate enough to come down with a cold anyway, there are some ways to reduce the symptoms. "Over-the-counter remedies work for some people, and aspirin and hot beverages seem to make others feel better," says Dr. Breitzer.

When it comes to hot beverages, cold sufferers traditionally have preferred chicken soup. "The removal of virus-containing nasal secretions is an important part of working against upper respiratory infections," says Dr. Breitzer, "and hot chicken soup is effective in this process. It is important to drink lots of fluids during a cold bout, and soup is inexpensive and rarely causes allergic reactions or side effects."

"But," Dr. Breitzer warns, "many canned chicken soups contain large amounts of salt and should, therefore, be avoided by people on low sodium diets."

Medical Students Observe Practice Of Family Physician

Fourth-year medical students from Texas Tech University Medical School, Jeffery Demain and Timothy Brown, spent an entire month in Dr. Lonnie Vickers' practice learning and observing what it is like to be a family doctor.

Dr. Vickers has been selected to take part in the program which gives medical students the opportunity to see what the specialty of family practice is really like by actually working in a family practice setting under the guidance and supervision of a member of the Texas Chapter of The American Academy of Family Physicians.

Lynn County Merchants Appreciate Your Business

Happy Birthday Eric Rodriguez
 Love -- Mary Helen, Chris & Ruben

Tuesday Bridge

The winners at T-Bar Duplicate Bridge April 6 were: first, Mabel Gurley and Vivian Broyles; second, Maxine Edwards and Kathleen Barton; third, Carol Maule and James McAllister; fourth, Audra Norman and Gerry Williams.



Happy Birthday DAD!
 Love -- Sharon, Ricky, Amy, Annie, Victor, Debbie and Victor III

Look Who's New

Kent and Jeanie Stone announce the birth of their son, Stephen Tyrel, born Sunday, April 12, 1987, at 10:50 p.m. He weighed 7 pounds 12 ounces and was 21 3/4 inches long. He has two brothers, Kent and Brent.

Grandparents are T.A. and Margaret Stone and Lonnie and Ravis Isbell, all of Tahoka. Great-grandmother is Rosie Martin of Muleshoe.

Morales-Gutierrez Wedding Announced

JoAnn Morales and Pedro Gutierrez Jr. exchanged wedding vows Sunday, April 12, at 2 p.m. in the home of the groom's parents.

The bride is the daughter of Fidel and Mary Morales of O'Donnell. Parents of the groom are Mr. and Mrs. Pedro Gutierrez Sr. of Tahoka.

Service News

Airman 1st Class Sammie K. Rios, son of Sam H. and Mary I. Rios of O'Donnell, has graduated from the U.S. Air Force aircraft armament course at Lowry Air Force Base, Colo.

During the course, students were taught to inspect and maintain fire control systems on heavy bomber aircraft.

He is a 1985 graduate of O'Donnell High School.

Marine Cpl. Tony Campos, son of Lucy M. Martinez of Wilson, has been promoted to his pres-

Vocational Nurses Test Dates Set At SPC

A pre-entrance exam for the vocational nursing program at South Plains College will be given April 27.

The exam is scheduled for 9 a.m. in SPC's Student Assistance Center, located on the third floor of the library. Fee is \$5.

Additional pre-entrance exams will be administered May 18, June 24, July 8 and July 29.

For more information contact SPC's counseling or nursing department, 806/894-9611.

HARD FACTS ABOUT EASTER EGGS

One of nature's most nutritionally dense foods may be hiding in your Easter basket, disguised as an egg. "Eggs are a good source of iron, vitamin A, and riboflavin which are part of the recommended dietary allowance," says nutritionist Marilyn Haggard. Eggs are considered nutritionally dense because of the large amount of nutrients they provide per calorie. They are also light on the budget. "Cholesterol levels should be considered," cautions Haggard. "Eggs are high in cholesterol, which has been linked to heart disease. If your doctor has put you on a low cholesterol diet, just eat the whites as all the fat and cholesterol are contained in the yolk." Plan ahead before cooking Easter eggs. They will last, unpeeled in the refrigerator, up to a week, says Haggard. Don't keep them in your basket too long; they'll only last 2 or 3 days at room temperature.

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"SPRING HAS SPRUNG" BE CAREFUL!

Yes, those April showers that bring spring flowers can also bring a great deal of misery to those many people who may suffer from certain allergies. It can be especially difficult for those who do not know what it is that causes their problems.

If you ever experience such problems, don't suffer meaninglessly. There are many tests that can be done to find out to what you may be allergic.

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Medical Students Observe Practice Of Family Physician

Fourth-year medical students from Texas Tech University Medical School, Jeffery Demain and Timothy Brown, spent an entire month in Dr. Lonnie Vickers' practice learning and observing what it is like to be a family doctor.

Dr. Vickers has been selected to take part in the program which gives medical students the opportunity to see what the specialty of family practice is really like by actually working in a family practice setting under the guidance and supervision of a member of the Texas Chapter of The American Academy of Family Physicians.

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OUT OF THE WOODS

By Juanell (Wood) Jones

"MOUSE-CAPADE NEWS" — By now you're probably tired of hearing about my "mouse-capades" but here's just one more ... I'm really getting better (emotionally) at handling the intrusion of these little monsters into our lives, because in a two week period we captured and disposed of nine of the disgusting gray things. Eight of them we caught in the garage (thank goodness), and only one found its way into the house.

Anyway, last night as I was putting the clothes into the clothes dryer in the garage, I heard the telltale rustle of a mouse over in the corner. I didn't jump, or scream, or dash about wildly with my hands in the air. No, no, I just calmly walked back into the house and informed my husband we had another mouse in the garage, and to please set a trap.

He was watching a boxing match on television at the time, and didn't answer me, so I said, still quite calm, "Did you hear me?" He nodded, which I assumed meant "yes."

The next morning I asked him if we caught the little varmint, and he said "no" just a little too quickly, which prompted my next question, "Did you set a trap?"

"Well, uh, no. I forgot," he said, watching me carefully for a reaction. Still calm, I replied, "Well, set one tonight," and that was the end of the conversation. I think he was amazed. Well, he needs to be surprised once in a while. Otherwise he may think he knows me too well.

Actually, I was kind of surprised myself ... and a little proud that maybe, finally, I have conquered some of my

fear of these tiny little harmless critters. Well done, self.

THE BATTLE OF THE BULGE continues this month, but with better results than usual. On April Fool's Day I made a bet with my husband that I could lose 10 pounds by the end of April. No joke. I was beginning to think, last week, that maybe I was the Fool, because my goal of 5 pounds by April 15 looked harder than I had thought it would be to attain.

But, by the 15th, I could pat myself on the back, because I had reached my 5-pound goal. Now the bet is, if I win, I get to go on a shopping spree when I go visit my sister in Dallas the first weekend in May. If I lose, my husband gets to buy a new set of golf clubs.

The other night he offered me some popcorn, and I refused, saying, "Don't you want me to lose 10 pounds?" He replied, "Well, I guess so, but I sure could use some new golf clubs." Tough decision, I guess.

This week my sister sent an encouraging card to me, telling me to "lose that weight" and for my husband to "make that money" (for my shopping trip). She's sweet, isn't she? I think I can do it. I hope I can ... pretty sure, anyway ... probably.

Wilson School Menu

April 20-24, 1987

BREAKFAST

Monday- Popart, Diced Pears, Milk

Tuesday- Cinnamon Toast, Applesauce, Milk

Wednesday- Waffle, Butter, Syrup, Apple Juice, Milk

Thursday- Biscuit, Bacon, Sliced Peaches, Milk

Friday- Oatmeal, Toast, Pineapple Juice, Milk

LUNCH

Monday- Polish Sausage, Red Beans, Fried Okra, Cornbread, Sliced Pineapple, Milk

Tuesday- Baked Chicken, English Peas, Whole Carrots, Hot Rolls, Peach Half, Milk

Wednesday- Cream Turkey on Toast, Cream Potatoes, Green Beans, Peanut Butter and Crackers, Mixed Fruit, Milk

Thursday- Burrito with Cheese Slice, Buttered Corn, Salad, Pear Half, Milk

Friday- Barbecue on Bun, Hash Browns, Slaw, Coconut Cake, Milk

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CREATIVE COOKING



Fresh orange and spicy nutmeg complement the banana flavor of this bread.

BANANA ORANGE NUTMEG BREAD

- 2 extra-ripe, medium Dole Bananas, peeled
- 1 cup chopped walnuts
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 3/4 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 1/4 cup butter, softened
- 3/4 cup sugar
- 1 egg
- 1/4 cup orange juice
- 1 tablespoon grated orange peel
- 1 cup raisins

Puree bananas in blender (1 cup). Pulverize walnuts in blender; combine with flour, baking powder, soda, nutmeg and salt. Cream butter with sugar until light and fluffy. Beat in egg, orange juice and peel until blended. Beat in flour mixture in thirds alternately with pureed bananas. Stir in raisins. Pour into greased 9x5-inch loaf pan. Bake in 325°F oven 1 hour 20 minutes until toothpick inserted comes out clean. Cool in pan 10 minutes. Turn onto wire rack to cool completely. Makes 1 loaf.

For more terrific banana recipes, write to Dole Bananas, Dept. B7, P.O. Box 7758, San Francisco, CA 94120. Courtesy Dole

NEWS OF JOBS

The Maritime Industry Workforce

Federal government support of our maritime industry does more than protect American jobs—it may be essential to national security. Here's why.

Based on a recent Navy study there aren't enough U.S. seamen for defensive shipping purposes in the event of a national emergency. According to Talmage Simpkins, Director of the AFL-CIO Maritime Committee, these three steps would provide a turnaround in the American-Flag Fleet and insure jobs are available for Americans in our maritime industry:

- Legislation is before Congress that would require the Administration to enter into bilateral agreement with its trading partners when the trade with that country equaled or exceeded one percent of the U.S. trade and where U.S. ships carried less than one-third of that trade.
- Congress should continue to authorize subsidies so the operating costs of U.S. flag-vessels will be equal to those of its foreign competitors. U.S. ships are often more expensive to operate than foreign ships because of American safety standards and labor laws.
- Foreign cruise ships, so called "Love Boats," operating wholly out of American ports should be required to carry a certain percentage of



The situation now is that not enough Americans work in our maritime industry — a situation, which could be a problem in a national emergency.



To give America a better break Congress is considering legislation allowing that industry to compete fairly with foreign competitors.

American workers and adhere to American labor laws.

Citizens who believe action is needed on this issue may want to write their legislators with their opinions. Anyone can write Congress on this or any issue at the Senate, Washington, D.C. 20510 and the House of Representatives, Washington, D.C. 20515. No street address is necessary.

Good Health Habit
Most breast cancers are first discovered by women themselves. The American Cancer Society recommends the monthly practice of breast self-examination (BSE) by women 20 years and older as a routine habit.

Breast Cancer Toll
Every 15 minutes, three women develop breast cancer and one woman dies of the disease. Breast cancer continues to be a major cancer killer of American women, reports the American Cancer Society.

Breast Exams
The American Cancer Society advises women 20 to 40 to have a physical examination of the breast every three years. Women over 40 should have their breasts examined by a physician every year.

Between 35 and 40
The American Cancer Society advises women to have a baseline mammogram (X ray of the breast) between the ages of 35 and 40 to be used as a source of comparison with future mammograms.

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New Home News

By Florence Davies — Call 924-7479

SS-5 application forms will be available for a social security number that all children must have by Jan. 1, 1988. All parents are invited to come and start proceedings to get child's social security number. Bring birth certificate and immunization record.

A representative of the social security office will be available to help fill out these forms and answer questions from 8:30 to 10 a.m. Wednesday, April 22.

A shower for Matthew John, son of Mr. and Mrs. Dahlen Hancock, will be held in the New Home Baptist Church fellowship hall Thursday, April 16, from 5 to 5:30 p.m. All friends are invited.

Evelyn and Howard Madison of Carlsbad, N.M. were here Wednesday until Saturday with her mother, Ida Mae Edwards, and other relatives.

Mr. and Mrs. Glen Morehouse of Plains visited with C.B. and Flora Dell Nowlin Saturday. The ladies were classmates in the Challis School near Brownfield 62 years ago.

Mrs. Loyd Huddleston is improving after another series of chemo.

Ann Walton of Snyder visited here with us Saturday. Billie Jo and Charles Freeman were here with us Thursday and Sunday. Jo Spikes and Eulalie Davies and Jim Spikes were here Sunday.

Stony, Christina and three month-old Caleb Gill moved last week from Levelland to Brownsville. Stony is in mission work in the Baptist church in Brownsville.

Calvin Tucker entered the CCU in Methodist Hospital Friday. He expects to be released early this week.

Winston Davies entered Methodist Hospital Sunday, he is in room 663 east.

Don and Mary Ann Cowan of San Benito arrived in Tahoka Sunday night to visit her father, V.F. Jones, and other relatives and with us here at the hospital. Carolyn and Emily Botkin, who had been visiting her brothers, Brad and his family in League City and Ben and Tammy in Somerville, and sister and brother-in-law, Deanna and Dave Burton in Corpus, returned to their home in Tahoka with her parents.

Who Gets Breast Cancer?
The American Cancer Society reports that one out of every 11 women will develop breast cancer at some time during their lives.

Reducing Risks
According to a recent American Cancer Society study, all women should be considered at appreciable risk for breast cancer. The Society urges women to learn and practice breast self-examination and have periodic mammograms when appropriate.

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Cotton Today

NCC Asks Boll Weevil, Pink Bollworm Funding--National Cotton Council representatives have asked House and Senate Appropriations subcommittees to restore funding for the pink bollworm and boll weevil programs. Robroy Fisher, Greenville, Miss., producer, testified at the House hearing and Robert A. Carson Jr., Marks, Miss., producer, at the Senate hearing. Both warned that proposed budget cuts would wipe out the federal-state quarantine program for the pink bollworm and the Texas High Plains boll weevil containment program.

They called for appropriations to cover the government's cost share for containing and expanding boll weevil eradication efforts in Arizona, and for operating the expanded southeastern eradication program in Georgia and parts of Alabama and Florida next year. Costs for beginning the expanded program this year were included in the 1987 supplemental appropriations. The Council witnesses said the eradication program has allowed North and South Carolina growers to reduce their spray applications by about 70 per cent, and predicted similar benefits to producers in the expanded areas.

NCC Calls For "Reasonable" Conservation Rules--The National Cotton Council this week told a House Agriculture subcommittee that final rules for the 1985 farm law's sodbuster and high erodible land provisions should be delayed until reasonable requirements can be worked out in consultation with local landowners and farm operators in various conservation districts. Robert A. Carson Jr., Marck, Miss., cotton producer, said the Council supports efforts to preserve the nation's land resources but must oppose conservation measures so restrictive as to force high productive

cotton farms into alternative crops.

He said last year's interim rules could force major shifts out of cotton into high residue grain crops or grasses. "Our industry would strongly oppose such requirements," he stated.

Whittington Praises Cotton Program: National Cotton Council President Aven Whittington says the cotton program has operated "even better than we dared hope." He praised the courage and skill of both industry and government leaders for their roles in passing the 1985 farm law, saying it has "changed things for the better and brought the industry progress."

He said the industry is working to keep the farm law intact and oppose any further payment limitations. In addition, the Council is seeking legislation for a non-refundable research and promotion assessment to apply to the cotton content of textile and apparel imports as well as U.S. grown and imported raw upland cotton. Implementation of this proposal -- subject to a producer referendum -- would greatly bolster Cotton Incorporated's market development activities, he said.

Pecan, Grape Management Short Course Slated

Establishment, training and cultural needs of new pecan orchards and grape vineyards will be the topic of concern at a short-course to be held April 21 beginning at 8:30 a.m. in the meeting room of Lyntegar Electric Cooperative in Tahoka.

Dr. George McEachern, State Extension Horticulturist, will be present to cover the topics of discussion.

Following the presentation, the group will tour the newly planted pecan orchard of Jimmy Bragg at West Point and then proceed to the Nuevo Casa Vineyard of Dr. Richard Wright. These points of interest will allow first hand visual inspection and evaluation of these two systems. Also, a freeze damage assessment will be made at both stops to determine the damage, if any, of the very cold temperatures of late March.

If you have interest in these two new enterprises being developed on the South Plains, you are encouraged to attend.



CAPITOL JOURNAL

STEVEN A. CARRIKER
House of Representatives

Governor Clements is threatening to keep the legislature in session until it gives him the sole authority to spend whatever he wishes however he chooses. Calling it "budget execution" power, the Governor insists that, unlike all previous Governors (including himself from 1979-1983), he is uniquely qualified to re-write the state's budget without the help of the people's elected representatives. The attitude in the legislature seems to be that the Governor may have to wait a long time on this one.

U.S. Senator Joe Biden (D-Delaware) campaigned in Austin last week as he prepared to announce his candidacy for the 1988 Democratic Presidential nomination. Biden met with legislators and later addressed a public gathering at the Lyndon B. Johnson Presidential Library. Biden noted that the nation is at a "watershed" point in its history much like the end of World War II. The Senator claimed that Americans must "make fundamental changes in society and government" to move successfully into the next century. Biden follows several other Democratic contenders who have campaigned at the State Capitol since January. Others have included Bruce Babbitt of Arizona, Gary Hart of Colorado, and Charles Robb of Virginia.

After weeks of deliberation over the financially strapped state budget, the House Appropriations Committee has started over at square one. The panel failed in its first attempt to develop a budget which could (1) adequately fund necessary state services and (2) meet Governor Clements' unrealistic spending gap of \$2.9 billion. Even after cutting into the bone of the state budget, an increasing number of legislators feel strongly that necessary services will cost more than Clements is willing to spend. School districts across the state are bracing for huge property tax increases they say will be necessary if Clements has his way.

Nary a whimper was heard

from the Republicans in the legislature when the House agreed without objection, to give itself a 5-day Easter vacation. But when an Austin legislator asked for permission to vote on a resolution allowing state employees to go home early on the afternoon of Good Friday, House Republicans block-voted to keep the resolution off of the floor. When I pointed out to the House that telling the "indians" they had to work while the "chiefs" played (during the worst budget crisis the state's ever faced) the Republicans relented. They grudgingly voted to allow some state employees to go home to be with their families a few extra hours on one of the holiest of Christian days.

By the time the constitutional deadline for filing bills passed last week, 4,367 bills and resolutions had been introduced in the Legislature. This astounding volume of legislation still left some conspicuous issues without sponsors: None of the 150 Representatives or 31 Senators introduced legislation requested by Governor Clements to pull money out of the Teacher Retirement Fund. Also, no one chose to sponsor his idea of selling unwanted state lands to the Permanent School Fund, nor to take some of the capital from the Permanent School Fund. One brave Dallas area legislator is carrying the Clements proposal to reduce funding for teacher pay.

With more than 4,300 pieces of legislation introduced, it becomes nearly impossible to keep up with every single bill. The input of constituents is extremely helpful in alerting a legislative office to a bill or proposal which many have an impact on local interest. Please feel free to contact my office at any time with your questions or concerns. Linda Bond, Geri Elsberry and Greg Wortham are my Capitol office staffers and are very capable of helping you whenever I might be away from the office in committee meetings or in the House Chamber. The Capitol office address is P.O. Box 2910, Austin, 78769. The phone number is (512) 463-0480.

The House Committee on Public Education held hearings on some one dozen bills regarding the teacher career ladder last week. Included was H.B. 263, the bill I introduced which would do away with the career ladder and distribute the career ladder money to all teachers on an equal percentage basis. I have endorsed a similar bill by Representative Stan Schlueter which would make the career ladder optional with each individual school district. The volume of legislation dealing with the career ladder indicates that it has its problems. Education committee members, while reluctant to make changes in the career ladder, privately admit that they don't particularly like it.

A new wind is blowing in Austin: Business interests are now talking about broadening the sales tax to include professional services. Business is also fearful that unless they push for a personal income tax now, the legislature might adopt a corporate income tax instead (which might hit big corporations with a higher rate).

WHEAT LEAF RUST THREATENS CROP--Leaf rust again appears poised to deal a severe blow to the Texas wheat crop, and the Texas Agricultural Extension Service is staying abreast of the situation to help producers with their decision-making. The fungus disease severely reduced wheat yields last spring, and many fields are already infected this year. The Extension Service has monitoring devices over the state to check the disease's progress. Fungicides are available to control leaf rust, but their use is costly. Control is recommended only when a farmer has a high yield potential--at least 40 bushels per acre. To be effective, a fungicide must be applied when the flag leaf is emerging, says a plant pathologist with the Extension Service.

A Visit With Your County Agent

By Stanley Young

About this time of the year home lawns need a boost to get them in shape for the upcoming spring season.

Stanley M. Young, county agent with the Texas Agricultural Extension Service, The Texas A&M University System, suggests three operations that can get a lawn off to a good start--scalping, fertilizing and applying a weed killer.

Scalping a lawn in early spring serves to revitalize it and promote early spring green-up.

Begin the operation by lowering the blade of your lawnmower 1/2 to 1 inch below the normal setting. Then mow the lawn in two directions that are at right angles to each other. Remove the clippings after each mowing. They are excellent to add to a compost or to use as a mulch for garden and landscape plants.

Young also recommends keeping the lawnmower blade lowered until mid-summer.

After scalping the lawn, apply a complete fertilizer (one containing nitrogen, phosphorus and potassium) to promote leaf and root growth, advises Young. Use 1.5 pounds of nitrogen per 1,000 square feet of lawn area. This is equal to 18 pounds of an 8-8-8 fertilizer or 12 pounds of a 12-4-8 fertilizer. Repeat the application in the early summer and fall.

For a dark green lawn apply nitrogen every 50 days at the rate of one pound to 1,000 square feet. Monthly applications of iron chelate or iron sulfate during the spring and summer promote a healthy color in St. Augustine lawns.

To keep crabgrass or other unsightly weeds from becoming a problem, apply a pre-emergence herbicide (weed killer) in early spring, after the grass has recovered from winter, says Young. Applying a pre-emergence herbicide too early could further weaken turfgrasses injured by winter conditions. Combinations of herbicides with fertilizers are available and convenient to use but, as with all herbicides, should only be used according to instructions on the label.

Proper maintenance is essential for a healthy lawn, and these practices will give new life to a dormant, weedy lawn.

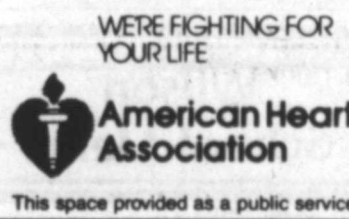


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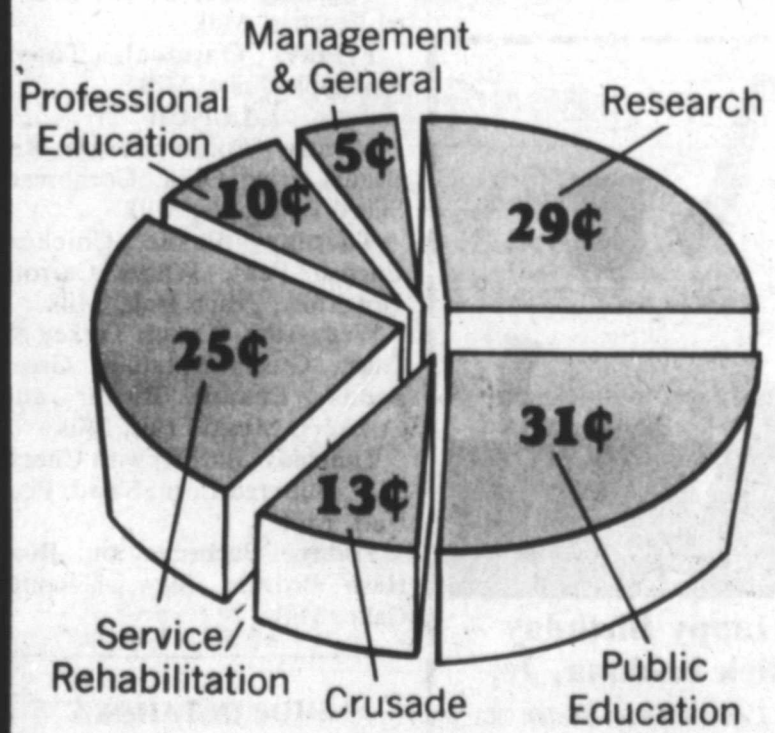
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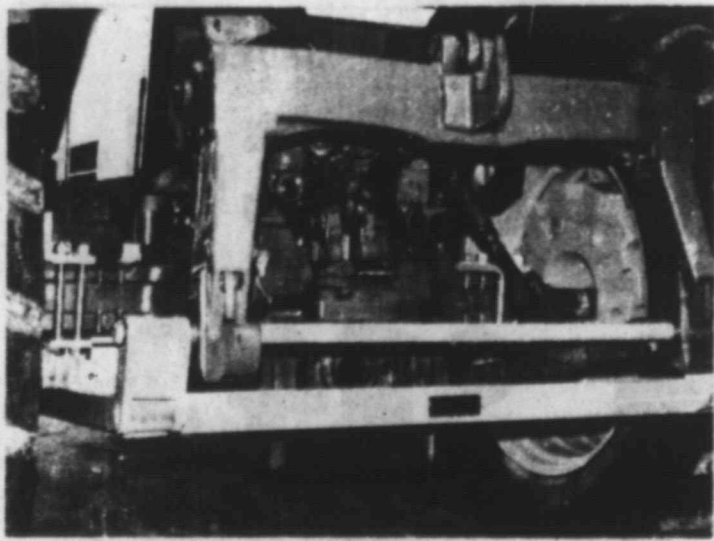
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No. 1

Help Your Heart R·E·C·I·P·E·S

American Heart Association

Israeli Vegetable Salad

Springtime is the right time to serve this simple salad. Excellent for those April holiday meals.

- | | |
|-----------------------|-----------------------------|
| 2 fresh tomatoes | 1 - 2 tbsp. olive oil |
| 2 large cucumbers | freshly ground black pepper |
| 2 fresh green peppers | |
| 1/2 small onion | |

Dice all vegetables into 1/2-inch cubes, or smaller. Put them into a salad bowl. Add the oil and pepper. Let stand at room temperature at least one-half hour before serving.

Yield: 4 Servings

Nutrition Tip: If you're having a hard time eliminating salt from your diet, try to gradually cut down on salt intake. It may help to only salt a few foods rather than pouring salt on your entire plate. Try herb seasonings, such as American Heart Association Herb Seasonings, available at many grocery stores. You may learn to enjoy their various tastes more than salt!

Help Your Heart Recipes are from the Fourth Edition of the American Heart Association Cookbook. Copyright 1973, 1975, 1979, 1984 by the American Heart Association, Inc. Published by David McKay Company, Inc.



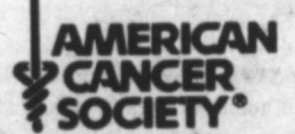
OFFICERS HONORED AT 65TH ANNIVERSARY OF PHEBE K. WARNER — Approximately 100 women attending the 65th anniversary celebration of Phebe K. Warner Club on Tuesday afternoon were entertained with federation history, world events and ladies fashions from 1922 to 1987. Several state and district officers were present. Pictured above, left to right, are Bettye Green, GFWC Legislation Chairman and past state president; Hazel Akin of Denver City, TFWC Treasurer; Dorothy Boutwell of Temple, TFWC First Vice President; Billie Jean McMahon of Cleveland, TFWC President Elect; Carol Silvus, TFWC President; and Edna White, Phebe K. Warner President. Dora Alderson of Lubbock, President Elect of Caprock District, was also present. (LYNN COUNTY NEWS PHOTO)

much of their food and feed crops are grown in selenium-rich soil. "There's a little truth in all claims of this nature. Try to find the facts and interpret them correctly," she adds. More isn't always better.

SMALL MICROWAVE OVENS ARE DIFFERENT—The compact microwave ovens that have become a fixture in many singles' apartments, college dorms and office lunch rooms can't perform like the larger ovens. The difference, says home economist Dr. Susan Quiring, is in the cooking wattage. "Most microwave recipes and package directions on prepared foods are developed for ovens with wattage outputs of 600 to 700 watts. The smaller ovens typically have lower wattage outputs from 400 to 500 watts," she explains. She says that one of the factors that determines cooking speed is output wattage. If it's less than 600 watts, cooking times may be 20-30 percent longer than times recommended in the directions. "It's still best to check the food at the time stated," Quiring says, "then more time can be added if necessary."

RAW FISH IS A FOOD SAFETY HAZARD—It's hard to go wrong with high-protein, low-calorie fish—unless you eat it raw. "The growing popularity of undercooked fish or raw fish dishes such as sushi, sashimi, ceviche and others has resulted in an increase in cases of disease attributable to fish parasites," says food safety expert Marilyn Haggard. "Properly canned or frozen fish pose no danger of infection," she says. Cooking fresh fish until all parts of the fish have reached a temperature of 145 degrees Fahrenheit will also kill parasites, she adds.

SELENIUM SUPPLEMENTS NOT NEEDED—Selenium, a trace mineral, is becoming a popular item in health food stores; but taking too much could be fatal. "Claims that selenium deficiency causes cancer, hot flashes, and other menopausal distresses are overstated and out of proportion. There's no evidence that large doses of selenium will alleviate these problems," warns Dr. Alice Hunt, nutritionist. "Selenium is an essential nutrient that's only needed in small quantities," says Hunt. "Its safe range is much narrower than other minerals and as little as ten times the dietary amount could be toxic." The USDA suggests a recommended dietary allowance in a safe and adequate range of 50-200 micrograms. According to the USDA, Americans get enough selenium in their diets because



Helpful Hints For The Home

Button Up Your Home For Year 'Round Comfort And Savings



life of a home. Once you have decided on a blown-in insulation, the next questions are who should do the work and what is the best material for the job? The key to the former question is to find a professional insulation contractor with good credentials and references who will provide written estimates of the work to be done. Look in the Yellow Pages of the telephone directory under "Insulation Contractors" or "Insulation Materials" and ask friends and neighbors for leads.

As for the type of blown-in insulation to use, look for a superior quality material like CertainTeed's pure white Insul-Safe III Fiber Glass Insulation. It is highly thermally efficient, noncombustible, noncorrosive, and contains no chemicals to promote odor.

Installing blown-in insulation into the attic is a relatively easy procedure. First, the contractor will run the insulation hose into the attic through any available opening. Next, he will blow the material so it falls approximately four to 10 feet in front of the nozzle completely covering the attic floor.

If you have a semi-finished attic, the insulation contractor will remove some of the floor boards exposing a joist section. He will then blow insulation into the cavity. After the material has been installed, he will put the floor boards back into place and move to the next joist section until the job is done.

Insulating sidewalls requires a few more steps. Typically, a contractor will begin the job by carefully removing some of your home's outside siding. Next he will drill small openings the size of a half-dollar. Once all holes have been drilled, the contractor will begin blowing insulation into the wall cavities. Once the cavities are filled, the holes are plugged with circular pieces of wood, and the siding is replaced.

For a free booklet offering more information on blown-in insulation, write to the CertainTeed Home Institute, P.O. Box 860, Valley Forge, PA 19482 for "What You Should Know About Blown-In Insulation."

Best Time for BSE
The American Cancer Society urges women 20 and older to perform breast self-examination once a month, about seven to ten days after the start of the menstrual period. Post-menopausal women should choose a set day, such as the first of the month, to practice self-examination.

Good Health Habit
Most breast cancers are first discovered by women themselves. The American Cancer Society recommends the monthly practice of breast self-examination (BSE) by women 20 years and older as a routine habit.

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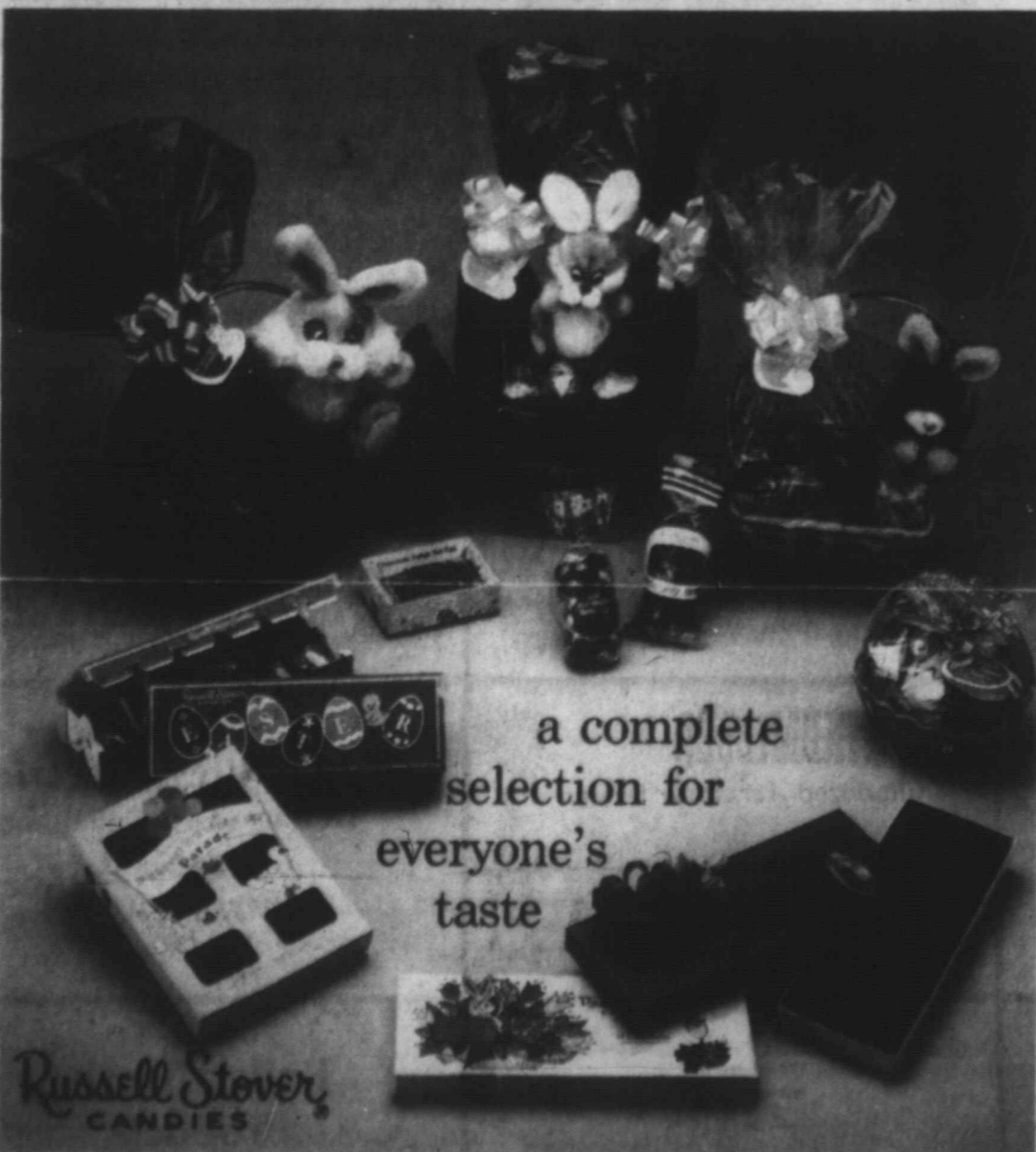


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