

Phoenix Banquet scheduled

The West Texas State University Alumni Association has announced plans for its 22nd annual Phoenix Club Banquet. It will be held Saturday, April 27, at 6 p.m. in the East Dining Hall on the WTSU campus.

Executive Director Mark Hobgood stated that the Phoenix Club Dinner is used by the Alumni Association to present the University Excellence Award and the Distinguished Alumnus Award. The association will also present ten alumni scholarships to outstanding high school graduates.

The Alumni Association is urging all of WTSU's family and friends to contribute nominations for this year's awards. "West Texas State University has a good reputation for producing outstanding graduates in all fields of study," said Hobgood.

The two selection committees have set April 1 as the deadline for nominations. Criteria for the Distinguished Alumnus Award include prominence in the individual's field and recognition of his/her education at WTSU.

Information regarding nominations or the academic scholarships can be obtained from the WTSU Alumni Association, P.O. Box 2833, WT Station, Canyon, TX 79016. Or call (806)656-3421.

Banquet tickets must be purchased by April 23. Tickets are \$10.00, and reservations may be made through the Alumni Association office.



Observance Proclaimed

Mayor Wes Fisher signed a proclamation Thursday afternoon declaring this week (Feb. 24-March 3) as Hereford Family Week. Witnessing the signing is Dollie Parker, chairman of the Family of the

Year program sponsored annually by the Church of Jesus Christ of Latter-Day Saints. The Family of the Year award will be presented during a special program at 3 p.m. March 3 at the Community Center.

Texas Most Wanted Fugitive

The incident occurred on May 12, 1983. At about 5:40 p.m., someone called the Lubbock Police Department and said that the windshield of his car had been broken at My Car Wash on 50th Street and asked for an officer to take a report.

When the caller was informed that it was a civil matter and not criminal in nature, he became irate and said he would kill the employees at the car wash.

As patrol cars were being dispatched to the car wash, a second call came in reporting a shooting.

When police officers arrived, they found Jack Earl Creel, 59, the owner of the car wash, and his son Jackie, 31, lying wounded on the floor of the business. Both men later recovered from their wounds.

Witnesses told investigators they saw a black man around 30 years of

age, 5-9 to 5-10, with a medium build, fire a series of shots through the windows of the car wash office. They said the man then got into a two-tone silver 1977 or 1978 Chevrolet 4-door vehicle and left the scene.

By checking with the car wash, investigators found a work ticket on a vehicle eventually traced back to Darwin Adrian Fowler, a 34-year-old Austin resident who was a bank examiner for the State of Texas.

Detectives discovered that Fowler was in Lubbock at the time of the incident, examining the files of Brier-croft Savings and Loan.

Anyone with information on Fowler's whereabouts is asked to call Texas Crime Stoppers at 1-800-252-8477 or their local Crime Stoppers program. In all cases, callers do not have to reveal their identities.



The biggest dam in the United States is the New Cornelia Tailings, Ten Mile Wash, Ariz.

Family of the Year program set March 3

Hereford's 1985 Family of the Year award will be presented at 3 p.m. March 3 at the Community Center. The public is invited to attend.

The annual event, sponsored by the Church of Jesus Christ of Latter-Day Saints, is chosen on the basis of family solidarity, environment of the home, involvement in community activities, relations with neighbors, religious activities and love of country.

Previous honorees include the Neal Lueb, Allan Brockman and Troy Don Moore families.

Nominated this year include the families of Phil Stuckey, Jerry

Johnson, Larry Malaman, Edward Schillings, Robert Mercer, John Thames, Carl Thorell, Vernon Hope, Mike Morrison, Sammy Sanchez, Butch Connally, Johnny Amaro, John David Bryant, Jim Perrin, Julius Bodner, Eddie Artho, Bill Devers and Buster Sublett.

Chick Burney is chairman of the selection committee and Dollie Parker the chairman of the Family of the Year program.

Scotland

Scotland occupies the northern 37 percent of the island of Great Britain, plus the outlying Hebrides, Orkney and Shetland Island chains.

Thank You

We, the family of Jack Streun, would like to take this opportunity to say "Thank You" to our many friends who have shown their love and concern during this time of sorrow.

The flowers, food, visits and prayers have been most comforting and sustaining.

May God bless each of you richly for sharing your love with us.

In Christian Love,
Louise Streun

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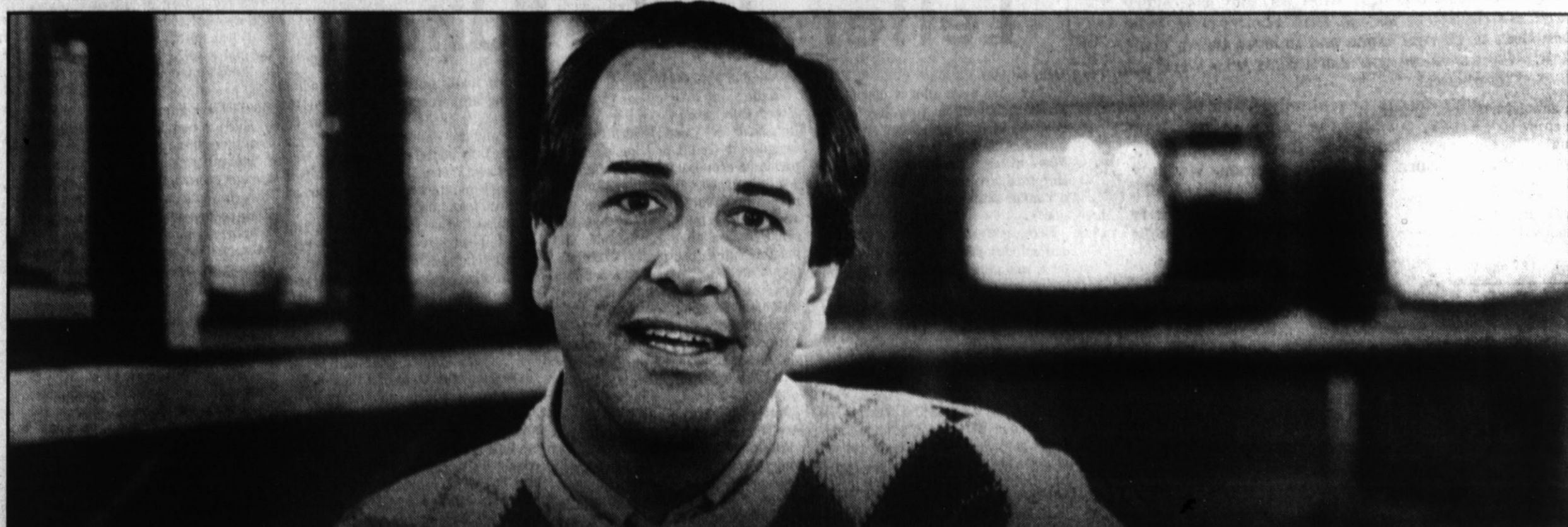
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Where's The Car?

Hereford High School football players drag tires at the practice field near Whiteface Stadium. The players were re-

Nicklaus closes in

Kite overcomes stroke to tie

By BOB GREEN AP Golf Writer

MIAMI (AP) — Despite a self-imposed penalty shot, Tom Kite managed to coax a hard-won 70 from difficult winds and moved into a tie for the lead Friday in the second round of the \$400,000 Doral-Eastern Open golf tournament.

Jack Nicklaus, who had an opening 76, turned his tournament around with a 68 — the best round of the day — and moved into contention at 144, even par and only three off the pace.

"I hit the ball very well," Nicklaus said. "I've improved with every tournament this year. I just need to play several good rounds in one tournament, have a good tournament and get a little more confidence."

Kite reached the tournament halfway point with a 141 total, three shots under par on Doral's Blue Monster course which was raked by 25 mph winds that gusted up to 35 mph.

He shared the 36-hole lead with former Doral winner Mark McCumber and Gary Hallberg. Mc-

Cumber had a second-round 71 and Hallberg shot 70.

While not in contention, U.S. Open champ Fuzzy Zoeller achieved his goal of making the cut. Zoeller, making his first start since major back surgery last year, said before the tournament that he hoped only to qualify for the final two rounds of play. He did that with a 73 and a 147 total.

A single shot off the lead at 142 were Gibby Gilbert, Morris Hatafsky and Peter Oosterhuis. Gilbert and Oosterhuis matched par-72 and Hatafsky closed up with a 69.

Bill Kratzert, with a 73 that included a double-bogey on the 18th hole, was at 143. So was rookie Greg Twigg, the first-round leader. Twigg, who bogeyed four holes in a row at one stretch, finished with a 75.

PGA champion Lee Trevino, a single stroke off the pace after the first 18 holes, went to a 75 and finished 36 holes at 144.

And British Open champ Seve Ballesteros of Spain opened his 1985 season in frustrating fashion. Ballesteros, who represents Doral on the American tour, had a 76 and a 154 total. He failed to qualify for the final two rounds.

Kite would have had the lead alone but for the penalty on his 13th hole. He missed the green on the par-3, removed a leaf from behind his ball, addressed it, then saw the ball move a fraction of an inch. He called the penalty.

"Then I chipped it in for a par," he said later.

That save kept him close, and he regained a share of the lead with a 15-foot birdie putt on his 16th.



Player Relations Committee

Arbitration changes proposed

By JOHN NELSON AP Sports Writer

NEW YORK (AP) — Owners are being "whipsawed by the combination" of salary arbitration and free agency, says management's top labor negotiator, and they intend to make an issue of the subject in collective bargaining.

Lee MacPhail, former American League president who has taken over the same role with the owners' Player Relations Committee, says that by the end of the month, the PRC will make formal proposals to change arbitration.

Mark Belanger, a former player and now a special assistant at the Major League Players Association, says the union believes arbitration is "working properly." The players consider the system a necessary alternative to free agency, Belanger said.

Of the 98 players who filed for salary arbitration this year, only 13 went to hearings. The rest settled early. Six players won their arbitration hearings; seven lost.

But, of the six that won, two \$1 million salaries were awarded, and an arbitrator's judgement in favor of Tim Raines of the Montreal Expos broke new ground in the area of such awards.

Raines, the last of the players to have his case heard, on Thursday was granted his request of a \$1.2 million salary in 1985. It was the largest such award granted in the 10

years salary arbitration has been in effect. It eclipsed the \$1 million awards granted to Fernando Valenzuela of Los Angeles in 1983 and Wade Boggs of Boston this year.

"I don't think anyone ever contemplated salary arbitration awards of \$1 million and over," MacPhail said of the system's evolution since 1975.

The first arbitration hearings were held in early 1976, some nine months before the first free-agent re-entry draft.

"When it originally went in, it was when there was a reserve system in place," MacPhail said. "Subsequent to that, we had free agency on top of salary arbitration ... our feeling is that it's just not working the way it was intended. It's working unfairly for the clubs."

Belanger, however, pointed to the low percentage of players actually going through the hearing process as an indication the system is working.

"I think maybe both sides can say that they lost some awards they should have won, but overall I think the process is working," he said. "There were a lot of settlements, and I guess that's part of the reason the system does work."

"In a way, it's a substitute for free agency for players," Belanger added. "At least if you can't agree on a

salary, you can get an impartial arbitrator to decide one way or the other."

In order to file for arbitration, a player must have two full years of major league experience. The player picks a figure; the club picks a figure. And the arbitrator, after listening to arguments, picks one of the two. The decisions are binding, and the contracts are for one year.

VERSATILE RON
NEW YORK (AP) — Rightlander Ron Darling of the New York Nets is not your average ballplayer.

Darling was born in Hawaii, graduated from St. John's High School in Worcester, Mass., was a defensive back on the Yale football team in addition to pitching for the baseball squad, and is something of an expert on Southeast Asian and French history.

He also speaks French and Chinese and lists Thoreau among his favorite authors. After he finishes his baseball career, he plans to practice law.



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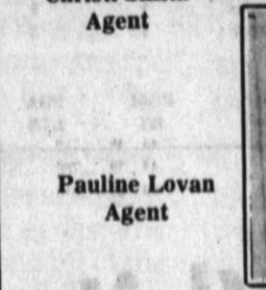
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Announcing...

Public Hearings on the Draft Environmental Assessments Sponsored by the U.S. Department of Energy

What:

Public hearings to receive comments on draft environmental assessments prepared for potentially acceptable nuclear waste repository sites

Where:

The hearings in Texas are scheduled for:

- Tuesday, February 26, 1985 4-9 p.m. Tulia High School Auditorium 501 N.E. 4th Tulia, TX
- Thursday, February 28, 1985 4-9 p.m. Hereford High School 701 Union St. Hereford, TX
- Friday, March 1, 1985 2-9 p.m. Austin Hilton Inn 1 H-35 at Highland Mall 6000 Middle-Fiskville Rd. Austin, TX

Contacts:

Written requests to speak at the hearings and requests for further information should be mailed to:

Jefferson O. Neff, Program Manager
 Salt Repository Project Office
 Chicago Operations Office
 U.S. Department of Energy
 505 King Avenue
 Columbus, Ohio 43201-2693

Telephone requests to speak at the hearings should be made by calling (614) 424-4135 collect.

Conduct of Hearings:

At the hearing, those who have registered in advance will be heard first or at times reserved for them. Anyone present at the hearing who would like to speak but did not preregister may request an opportunity to speak.

To ensure that as many people as possible are given the opportunity to present oral comments, the length of each presentation will be limited to no more than 10 minutes and may be further limited for a particular hearing depending upon the number of people requesting to be heard.

Written Comments:

DOE will consider both oral and written comments received on the draft EAs. The public comment period is scheduled to end on March 20, 1985. Written comments can be mailed to:

Comments—EA
 U.S. Department of Energy
 ATTN: Comments—EA
 1000 Independence Avenue, SW
 Washington, DC 20585

The specific EA being addressed in each comment should be clearly identified. As noted above, written comments on a draft EA may also be submitted at the public hearing.

HALLER

from a confidential source outside the university.

A voice identified by the station as Haller told Wheeler on the tape that "I had a check processed for you. So I want you to take this check to the bank, you give it to the bank, and you tell them this is for January, February and March."

"Give it to them right now and you won't have to worry about it until April," the tape continued.

Haller told the AP that it is normal practice during the Christmas break, when the dorm is closed on campus, to give all the players on the team a check for meals.

"I gave him a check for \$172, which would cover quite a few meals. But then I found out that he was not there during the entire period. But I elected to give him the check anyway," said Haller.

"It was wrong. I admit it was wrong. But I felt sorry for the kid and I feel sorry for him now," the coach said.

He said Wheeler had some car payments for \$50 a month and "I suggested that he use it for something like his car payments. It is a nitpicky situation, but it is still a violation of the rules. I knew better. I have to listen to the music."

The man identified as Haller on the tape also told Wheeler he knew the player had been using steroids, a substance used to improve athletes' performance, for about seven months.

The player was told that the deaths of two Clemson University athletes were attributed to steroids, which are illegal without a doctor's prescription.

(Traces of the anti-inflammatory drug were found in October in just one Clemson athlete who died of congenital heart disease.)

"I wished I didn't even know you were taking them," the voice identified as Haller said on the tape. "I'm out of that. Not because I don't want to help you; because I'm scared to death of it."

Haller, in an interview with the Waco Tribune-Herald, denied any involvement by Baylor strength coach Bob Fix in the alleged dispensing of steroids to Wheeler.

"The steroid thing really bothers me, because I know nothing about those things. I have discussed the pros and cons with the players," Haller told the AP.

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Texas opens spring training

Rangers exchange optimism for realism

An AP Sports Analysis
By DENNE H. FREEMAN, AP Sports Writer

ARLINGTON, Texas (AP) — The Texas Rangers, jokingly referred to by some as "Next Century's Champions," open spring training in Florida with cautious realism replacing their usual irrational optimism.

The Rangers have a new minority owner (Gaylord Broadcasting), a new general manager (Tom Grifone), a new starting catcher (Don Slaught), and some new pitchers to help the team that finished dead last in the American League West in 1984.

Manager Doug Rader had predicted a pennant last year, but the Rangers finished 25 games (82-82) below .500. Same old said cellar song.

They were 14 1/2 games behind champion Kansas City in the worst division in professional baseball.

The franchise came to Arlington in 1972 and the Rangers still haven't won a pennant with the end of the century getting close.

The Rangers reached one of their all-time lows in 1984.

They were the 10th worst fielding team in the American League with the shortstops contributing 44 league-leading boos.

Their catching was a laugh with 32 passed balls and 16 errors, dead last in major-league baseball.

If you tried to steal a base against Ned Yost, Marv Foley and Donnie Scott, you had an 81 percent chance of making it.

Incredibly, only 19 percent of all base thieves were gunned down.

The Rangers have traded for slayer of Kansas City, who had respectable hitting and fielding marks with the Royals. Slaught only threw out about 25 percent of the runners, but that would be a big improvement for Texas catching which automatically turned walks into doubles.

The pitching plans include sending Dave Stewart to the bullpen where the Rangers hope he will sparkle like he did with the Los Angeles Dodgers two years ago.

The Rangers are also gambling on Burt Hooton and Dave Rozema, two journeyman newcomers, as potential starters.

To pep up the hitting attack, the Rangers acquired designated hitter Cliff Johnson, who had the second best slugging percentage in the American League last year and hit .304.

The Rangers should be able to score some runs with the likes of Buddy Bell, Larry Parrish, Pete O'Brien, Gary Ward, and Johnson in the lineup. Bell's .315 average was the third best in the AL and Ward came on strong in the second half of the season after a stumbling start.

But the Rangers have more question marks than periods and exclamations.

Second base, shortstop, center field, catching and pitching are

USFL will tell us a lot about this club. But I'm confident we're a much better club than at any point last season."

He said of the difficulty of containing the Express' quarterback, "A guy like Steve Young really looks more dangerous running the ball than passing. But let's not underestimate his passing ability. When he sees a running lane, he makes the running game go a good as any running back."

Although Houston's offense still figures to be wide-open, the Gamblers have a new offensive coordinator, John Jenkins, has succeeded Mouse Davis, now the head coach of the Denver Gold.

While the game shapes up as an interesting, high-scoring affair, it may be less than a popular success. The Express, currently being kept financially afloat by the USFL, has sold only 6,000 season tickets and the opening crowd figures to be relatively small in the 92,000-seat Coliseum.

The Express, which averaged 19,000 per home game in 1984, rapidly went through two owners — its second and third of the now 3-year-old franchise — since last season.

Bill Oldenburg gave up the club after he ran into personal financial trouble following the end of the 1984 campaign, then Jay Roulier, who had been part owner of the Gamblers, was brought in as the new owner. But Roulier recently returned to his ownership of the Gamblers and the league assumed financial control of the Express.



Coming Down

High school students involved in the off-season program at HHS make the descent from the top of Whiteface Stadium. Workouts for the athletes not participating in other spring sports include running stairs.

NBA roundup

Indiana win was in the stars

By WILLIAM R. BARNARD, AP Sports Writer

It must have been the way the stars or the moons of Jupiter were aligned.

How else can you explain Indiana beating the Los Angeles Lakers and Golden State, New York and San Antonio winning on the road all in the same night?

"I don't know how to explain this team, I really don't. They are a very confusing team," Indiana Coach George Irvine said after Friday night's 122-113 victory, only the fourth for the Pacers in 24 games with the Lakers since Indiana joined the National Basketball Association in 1976.

Herb Williams scored 31 points and rookie Vern Fleming added a season-high 27 as Indiana snapped the Lakers' nine-game winning streak.

The Pacers, carrying the second-worst record in the NBA at 18-38, held a closed-door, losers-only team meeting after losing to Cleveland on Wednesday. It paid off.

"Obviously they got their act together," Los Angeles Coach Pat Riley said.

Warriors 131, Nets 127
Mickey Johnson scored 10 of his 22 points in the final 3:26 as Golden State won for only the 13th time in 56 games, rallying from a 15-point deficit to beat New Jersey.

Johnson gave the Warriors the lead for good at 121-119 and later scored his team's final five points after the Nets twice pulled within a point.

Knicks 113, Hawks 105
New York broke a five-game losing streak behind 35 points from NBA

scoring leader Bernard King and 22 by Pat Cummings against Atlanta.

The Hawks got 51 points from Dominique Wilkins.

Spurs 118, Suns 111
George Gervin scored 32 points to become the ninth pro player to pass 25,000 points as San Antonio surprised Phoenix.

Celtics 115, Bulls 105
Boston stayed a half-game ahead of Philadelphia in the Atlantic Division as Larry Bird scored 34 points against Chicago at Hartford.

After the Celtics led 86-70 after three quarters, rookie Michael Jordan scored 15 of his 26 points in the fourth period, helping the Bulls cut the deficit to four with 1:25.

76ers 110, Pistons 99
Rookie Charles Barkley had a season-high 29 points and added 18 rebounds to pace Philadelphia over Detroit.

Sonics 133, Nuggets 123
Tom Chambers had 20 of his 29 points in the decisive second quarter to help Seattle snap Denver's five-game winning streak.

Rockets 117, Blazers 103
Houston cut Denver's Midwest Division lead to 1 1/2 games as rookie Akeem Olujuwon scored 35 points against Portland despite 26 points by rookie Sam Bowie.

Mavericks 110, Bullets 101
Mark Aguirre scored 45 points, four shy of his career high, and Dallas scored the game's final nine points to outlast Washington.

Jeff Malone led the Bullets with 20 points.

Jazz 102, Cavaliers 98
Thurl Bailey, averaging 23 points per game in five games since scoring

ace Adrian Dantley was injured, had 27 in Utah's victory over Cleveland.

The Cavaliers never caught up after Bailey broke an 85-85 tie with a free throw after Cleveland was assessed a technical foul for an illegal defense.

By The Associated Press
EASTERN CONFERENCE

Table with columns: Team, W, L, Pct., GB. Rows include Boston, Philadelphia, Washington, New Jersey, New York, Milwaukee, Detroit, Chicago, Atlanta, Cleveland, Indiana.

WESTERN CONFERENCE

Table with columns: Team, W, L, Pct., GB. Rows include Denver, Houston, Dallas, San Antonio, Utah, Kansas City, L.A. Lakers, Phoenix, Portland, Seattle, L.A. Clippers, Golden State.

Late Games Not Included

Table with columns: Team, W, L, Pct., GB. Rows include Philadelphia 110, Detroit 99, Boston 115, Chicago 105, Indiana 122, L.A. Lakers 113, Golden State 131, New Jersey 127, New York 113, Atlanta 105, Utah at Cleveland, (1), Washington at Dallas, (1), Portland at Houston, (1), San Antonio at Phoenix, (1), Denver at Seattle, (1).

True Value Hardware Stores advertisement. Features a pair of pliers and a 15-foot spring wire. Text includes 'TOOL VALUE OF THE MONTH', '5.99', '4.48', '15-Ft. Spring Wire', and 'Carl McCaslin LUMBER CO. BUILDING HEREFORD SINCE 1939'.

Hi-Plains Savings advertisement. Features the headline 'Your Money Can Add Up in A Hurry In A Hi-Plains Savings Account!', a table of interest rates, an image of a calculator, and contact information for the branch office in Hereford, Texas.

SHOOK TIRE & SERVICE advertisement. Features the headline 'HOW CAN YOU BUY THE RIGHT TIRE IF YOU DON'T HAVE A CHOICE? LOOK TO SHOOK', a list of tire models and prices, and contact information for Jim Gonzales at 600 W. 1st.

Trade balance at lowest level in six years

WASHINGTON (AP) — Hopes for some recovery in U.S. farm commodity exports have faded again, leaving the nation's agricultural trade balance at its lowest level in six years, says the Agriculture Department.

New projections issued Wednesday put the export value for this fiscal year at \$35.5 billion, down 7 percent from \$38 billion in 1983-84.

The new forecast was also down \$1 billion from the \$36.5 billion projected last Dec. 3. Farm exports rose

to record levels for 12 consecutive years, peaking at \$43.8 billion in 1980-81 before starting to slide.

After reaching a low of \$34.8 billion in 1982-83, exports did rise to the \$38 billion level last year before slipping again this year.

"Contributing to the reduced forecast are sluggish world demand for soybeans, lagging wheat sales and a continued shift away from U.S. corn in major Far Eastern markets," the report said.

"These developments have stem-

med from the continued slow recovery from the 1982-83 world recession, record foreign production of most commodities, and the continued strength of the U.S. dollar against foreign currencies."

Imports of agricultural products, meanwhile, are expected to be worth a record of \$19.5 billion this fiscal year, up from \$18.9 billion in 1983-84. In December, imports were forecast at \$19 billion.

Thus, the U.S. agricultural trade balance — the difference between ex-

ports and imports — is expected to decline to \$16 billion, the lowest since it was \$15.8 billion in 1978-79, said Steve Millmoe of the department's Economic Research Service.

However, six years ago exports were booming and the annual export balance was on its way up. It rose to a record \$26.6 billion balance in 1980-81.

The report said the actual quantity of U.S. commodity exports is expected to be 145.5 million metric tons this fiscal year, up slightly from 143.6

million tons in 1983-84 but still far below the peak years when shipments were more than 160 million tons annually.

Agriculture Secretary John R. Block told Congress earlier Wednesday that world economic conditions "have begun to improve" but that the strong U.S. dollar has hurt, along with increased world competition and economic problems in many importing countries.

Block, who testified before the House Foreign Affairs Committee, said in his statement that the existing farm programs also "have contributed to the problem by providing price floors through our price

support program which cause us to become uncompetitive" in foreign markets.

"In addition, our continued reliance on acreage reduction programs has sent a strong signal to our competitors that we are going to unilaterally reduce our production capacity," Block said.

The Reagan administration wants new farm legislation that will be more "market oriented" so that prices can move more freely — and make farmers less reliant on supports and government payments. An administration bill is in the works but no firm time has been announced for its introduction in Congress.

Computer workshops scheduled

COLLEGE STATION — Microcomputers are becoming more commonplace in farming, ranching and agribusiness operations, escalating the need for in-depth training.

To enhance the profitability of microcomputers as management tools, the Texas Agricultural Extension Service in cooperation with the Texas Agricultural Experiment Station is offering a number of seminars and short courses in the coming months for farmers, ranchers, agribusinessmen and others interested in such training.

Three-day short courses are being offered at the Stiles Farm Computer Training Center, Thruall. The Stiles Farm is about 6 miles east of Taylor on U.S. 79. Dates and topics of these short courses are as follows: April 16-18, "Performance Records and Decision Aids for Beef Cattle;" April

24-26, "Spreadsheets and Their Application in Agriculture;" and May 2-9, "Farm and Ranch Accounting."

Two-day seminars on "Microcomputers in Farm and Ranch Management" are slated as follows: March 19-20, Texas A&M University Research and Extension Center, Dallas; April 22-23, Marriott Hotel, Austin; and May 22-23, Civic Center, Lubbock.

"The short courses and seminars will provide detailed information on various phases of microcomputer applications in farm and ranch management as well as updates on computer software and hardware," notes Dr. Jim McGrann, economist with the Extension Service and Experiment Station.

According to McGrann, the short courses are designed to provide participants with in-depth subject mat-

ter training and hands-on microcomputer use of software available in the private sector and that developed by Texas A&M University.

On the other hand, the seminars are aimed at providing participants an opportunity to learn how microcomputers are being used in farm and ranch management and their potential capabilities. Some hands-on opportunities with computers also will be featured. In addition, there will be commercial exhibits by private software and hardware vendors.

Information regarding registration and cost of each training session is available from any county Extension office or from Rosemary Pivonka, Department of Agricultural Economics, Texas A&M University, College Station, Tx. 77843-2124, or by calling 409-845-8792.

Cotton, Inc. selects directors

DALLAS — Cotton Incorporated's Board of Directors have agreed that holding steady to a successful market-building course is essential for U.S. cotton producers if they are to navigate the stormy waters facing agriculture.

Re-elected to new one-year terms at the board's annual meeting were growers J.S. Stephens of Litchfield Park, Arizona; chairman; Jack Hamilton of Lake Providence, Louisiana, vice chairman; Lawrence Petersen of Danevang, Texas, secretary; and Hugh Summerville, Jr., of Aliceville, Alabama, treasurer.

Rounding out the slate of board leadership are five other growers who will serve on the executive committee during the coming year. These producers, and the operating budget committees they will head, are G. Ray Sawyer of Hillsboro, Texas, agricultural research; James H. Sanford, Prattville, Alabama, textile research; Vernon W. Scott of Tillar, Arkansas, marketing; Harold C. Weeth of Coalinga, Calif., international marketing; and Fred L. Starrh of Shafter, California, finance.

Robert J. Boslet, the veteran Cotton Incorporated executive who was named a year ago to direct Cotton Incorporated's staff of professionals, was unanimously re-elected as president and chief executive officer.

Program deadline soon

COLLEGE STATION — Faced with plentiful supplies of wheat and feed grains, farmers need to give careful consideration to participating in the 1985 farm program.

Farmers have until March 1 to decide whether or not they want to participate in the government farm program, which mainly offers some income and price protection for those agreeing to cut base crop acreage by 10 percent in the case of feed grains and 30 percent for wheat.


"Due to increasing surpluses of wheat, corn and grain sorghum, farmers can expect average prices for their 1985 crops to be at or near the national loan rate," says Dr. Ed

Smith, grain marketing economist with the Texas Agricultural Extension Service, The Texas A&M University System.

"Confronted by less than glowing market prices, producers participating in the farm program may receive near maximum deficiency payments (the difference between target prices and loan rates)," Smith notes.

The Extension Service has budgets and worksheets available to aid producers in making farm program decisions, adds Smith. Interested producers should contact their county Extension office for more information.

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Sinuses cause only trouble

Sinuses seem to have no useful purpose. They probably did at one time, but now these air spaces in the bones behind the nose seem only to make many people miserable.

Problems arise when the mucous membranes of the sinuses become inflamed, a condition called sinusitis, says the Texas Medical Association.

The trouble usually begins when a common cold—a viral infection—is joined by a bacterial infection. These organisms move easily from the nose into the sinuses because the mucous membranes of the nose extend into and line the sinuses.

Most often affected are the pairs of sinuses in the forehead slightly above and between the eyes and in the cheeks.

Symptoms of sinusitis occur several days after a cold has begun—about the time it should be clearing up. The blockage in the nose may worsen and a greenish discharge may increase.

The discharge may stop if the passages between the nose and the sinuses become blocked. If that happens, the nose is more stopped up than ever. Breathing through the mouth becomes necessary, speech becomes nasal, and a generally ill feeling sets in.

Depending on which sinuses are affected, a person may have a headache over one or both eyes, and one or both cheeks may hurt. The lower portion of the forehead just above the eyes may feel tender.

Sinusitis is common, but some people never get it. Others get it whenever they have a bad cold. Some people get sinusitis by jumping into water feet first. Damage to nasal bones or a foreign body caught in a nostril can lead to infection and an attack.

Self-treatment involves staying in a room with a fairly constant temperature and a vaporizer to add moisture. Blow your nose gently. To relieve pain, inhale steam from a sink of hot water.

A physician may prescribe an antibiotic, decongestant tablets, nose drops, or a nasal spray. Though further treatment is usually not necessary, a minor operation with local anesthesia can create a new passageway between the nose and sinuses to relieve the blockage.

Members listen to telephone report

North Hereford Extension Homemakers Club met Thursday in the home of Bell Reid with Naomi Brisendine, president, presiding.

Brisendine presented the program "Facts About Buying or Leasing Telephones." During her presentation, she stated that in two years all individuals will own their own telephones.

Members were urged to attend the Appreciation Luncheon Monday to be held at the Bull Barn.

Members present were Edith Higgins, Martha Lueb, Brenda Campbell, Evelyn Crofford, Peg Hoff, Reid and Brisendine.

The next meeting will be March 7 at 2:30 p.m. in the home of Martha Lueb, 807 S. 25 Mile Ave.



Division I Rating

Students from Stanton Junior High participated in the UIL solo and ensemble contest recently, and capturing a Division I rating were, left to right—Misty Brewer,

Heather Hamilton, Yvonne Padilla; back—Deann Thompson, Mary Varner, Paul McMillan and Jennifer Borman.



Stanton's Spelling Champs

Heather Hamilton, right, has won the spelling bee competition at Stanton Junior High School and Vincent Garcia was the runnerup. Both will compete in the County

Spelling Bee March 8. Third place in the contest went to Jason Bradshaw, and Monica Grotegut was fourth. All are 8th graders.

Treatment for head injuries given

TEMPLE — There are many misconceptions about home treatment for a head injury in children according to Dr. Kenneth U. Hackney, Chairman of the Scott and White Department of Emergency Medicine in Temple.

"Parents often think they cannot allow the child to go to sleep after suffering a head injury," he explains. "It's okay to let the child sleep, because he will probably be exhausted from the trauma of the injury or accident. But the child should be awakened or aroused gently every hour or two for the first 10 hours following the head injury until he is obviously conscious. Then it's fine to let him go back to sleep."

For the first 24 hours after a head injury, a child should eat a light diet, have limited activity, and should not be given pain medications unless

prescribed by a physician, says Dr. Hackney. "Aspirin or Tylenol is probably acceptable. Try to avoid products containing alcohol."

"Apply ice packs for 15 to 20 minutes to facial or head injuries, and repeat after 15 to 20 minutes," Dr. Hackney suggests. "Apply direct pressure to facial or scalp cuts."

If signs of a serious head injury are present or develop later, the child should be seen by a physician at once, according to Dr. Hackney.

Some signs of a serious head injury may include uncontrollable projectile vomiting, persistent headache, dizziness or blurred vision, an enlarged pupil in one eye, loss of hearing, facial weakness or drooping of the eyelid.

Further signs may include clumsiness or weakness, paralysis or numbness in the arms or legs, slur-

red or confused speech, irregular breathing patterns, a bulging soft spot on the top of an infant's head, loss of consciousness or convulsions.

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HOT DEAL #3

FREE FINANCE—Eligible equipment includes new and used hay and forage products, grain windrowers, tub grinders, grinder-mixers and manure spreaders. Use dates vary according to products and geographic area.

HOT DEAL #2

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HOT DEAL #4

DIVIDENDS FOR CASH—If you like doing business the old-fashioned way—with cash—we've got a hot deal for you. Until March 31, 1985, you can earn a cash dividend when you buy new, eligible hay or forage equipment or a grain windrower. This dividend is in addition to the Winter Buyer's Dividend for these products. Until February 28, 1985, you can earn a dividend on new grinder-mixers, manure spreaders and tub grinders. But hurry, because the sooner you buy, the bigger the dividend.

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Texas Frontier fashions described in book

LUBBOCK — The rugged lifestyle of a Texas frontier woman hampered femininity, but women still concerned themselves with clothes, fashion and "making a decent appearance."

The dress and lifestyle of the Texas pioneer woman has been studied in-depth by Betty J. Mills, curator of costumes and textiles for The Museum of Texas Tech University. Mills is publishing her findings in a book, "Calico Chronicle," to be published this spring.

Mills began her research after receiving many inquiries about clothing of Texas pioneer days. She found that little was recorded about what the women wore, and for a good

reason. Necessity forced the women to convert garments into another useful item or the clothes were worn out. Consequently, the record is sparse.

"Frontier women had just one good dress and one or two for everyday," Mills said. "They usually carried their good things in a trunk. A woman would take out her one good silk dress only for special occasions. The good dress had to last many years."

Clothing typical of the frontier woman is found in the museum's clothing collection, and the collection of everyday clothing has grown considerably since Mills began her research.

A simple indigo blue, one-piece dress made of linsey-woolsey represents the typical pioneer dress, Mills said. An apron and shawl were items almost always worn by the early settler.

Linsey-woolsey was named for the linen and wool combination in the homespun fabric. Indigo grew wild on the Texas frontier and was often used to dye homespun fabrics, Mills said.

For economy, clothes were simply made, Mills said. The bodice had little shaping and the skirt was plain and sleeves long and full.

Skirts often had a false hem to save fabric. Facing was sewed around the inside to give the appearance of a hem. The skirt was "fulled onto the waist," as the pioneer called gathering. Extra pieces of fabric were often sewed into the waist to make allowances for maternity wear.

After the 1890s, calico was a common fabric that was plentiful at 5 cents per yard. Calico could be purchased from a "drummer" or a traveling salesman, or it could be bought at the mercantile. One person from a settlement would often travel to a merchandising center to buy supplies for many families, Mills said. He would often have to bring back several bolts of calico.

The sewing machine was invented in the 1840s, but was uncommon in many Texas homes until the latter part of the 19th century, Mills noted. By the 1890s women could mail order

a few patterns.

Although the frontier woman was secluded and had few resources, fashion was still important. By 1840, the woman had access to a few ladies' magazines or catalogs. "Godey's Ladies Book and Magazine" and "Peterson's

Magazine" were the most popular.

The fashion magazines offered the women small drawings of patterns that still had to be enlarged to life size.

Because cleaning clothing required major effort for pioneers, a woman took special care of her good

dress. She would wear dress shields to protect it and take the dress off to spot clean it as soon as she returned home, Mills said.

"Even in remote outposts, women cared how they looked," Mills said. "It was a mark of their upbringing to make a decent appearance."

Cowbelles gather for meeting

The members and guests of the Hereford Cowbelles met at the Caison House on Tuesday for their monthly luncheon and meeting.

The meeting was called to order by Dee Anne Trotter, president, and Charmayne Klett gave the invocation. Juanita Bowles, secretary, read the minutes of the previous meeting and the treasurer's report was submitted by Donna Jones.

Mama Jane Dameron introduced her guests, Mrs. June Nolan of Oklahoma City, Okla., Mrs. Dameron's daughter, and Jean Lyman.

Chris Connally, winner of the Beef First Year Showmanship Award at the Hereford Junior Livestock Show, was introduced by Lorraine Anthony.

Amy Gilliland, guest speaker, gave a book review on Irma Bombeck's book, "Motherhood, Second Oldest Profession."

Following Mrs. Gilliland's book review a short business meeting was held.

The next meeting of the Hereford Cowbelles is set for March 12 at the Hereford Country Club.

Art Guild to gather

Jean Lyles of Texas Gallery will give a demonstration on painting landscapes when the Hereford Art Guild meets Tuesday in the art room at the Community Center.

Lyles is a well-known artist in Texas and the Southwest. She has given workshops and held art shows in the surrounding area.

Everyone is encouraged to attend this meeting.

Rocking chair program topic

La Afflatus Estudio Club met Tuesday in the home of Lucile Hughes and Aileen Montgomery.

After a brief business meeting conducted by Hughes, Teresa Hale gave the program on Texas Trends. She told of the history of the Texas Rocking chair which was started and built near Woodville by Hugh and Jennie Vaughn.

The main source of advertisement has always been the display of the rocking chairs in county fairs, the Houston Live Stock Show and others. According to Hall, Benjamin Franklin is said to have invented the first rocking chair.

Others attending were Lydia Hopson, Alyne Johnson and Della Stagner.

The club will meet March 5 in the home of Pet Ott with Alberta Higgins as co-hostess. Mary Williamson will present the program on Trends in Nutrition.

Smith to speak twice today at Nazarene Church

Today is the last day to hear Charles Hastings Smith, D.D., speak at the First Church of the Nazarene. He will speak during the 10:40 a.m. worship service and at 6 p.m. He has been speaking at the church since Wednesday.

Smith, a poet and evangelist, has been a commissioned evangelist in the Church of the Nazarene since 1940. He is a member of the Southwest Chaparral Poets Association for outstanding poets. He has appeared before numerous civic clubs, Chambers of Commerce, business dinners and banquets, high school and college assemblies to recite his original poems.

Everyone is invited to attend his services. For more information, contact the Nazarene Church at 364-8303.

Wyche discusses Presidents' month

Wyche Extension Club met Thursday afternoon in the lounge of the Community Center.

Argen Draper, hostess, opened the meeting with a discussion of February as President's month. She closed with a recitation of the American Creed.

Clara Trowbridge conducted the business meeting. Council recommendations from the committees of finance; yearbook, recreation and education were approved. Carol Odom, who was appointed project chairman, announced that the club grandmother, Mrs. Richards, had fallen and is in Deaf Smith General Hospital. Odom asked members to send cards and make visits.

Virgie Duncan introduced Odom who gave the program on whether to rent or buy telephones. She recommended that people make the choice to fit their own telephone use.

Others attending were Wynemia Wheeler, Novella Hewitt, Esther Thuet, Audrey Rusher, Pet Ott and one visitor, Pearl Hobbs.


The next meeting will be March 7 in the Community Center with Carol Odom as hostess. Dennis Newton will give the program.

Earl Anthony of Dublin, Calif., has been bowling's leading money winner for the last three years.



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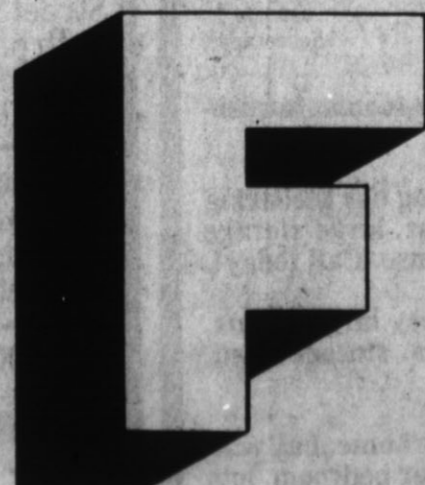
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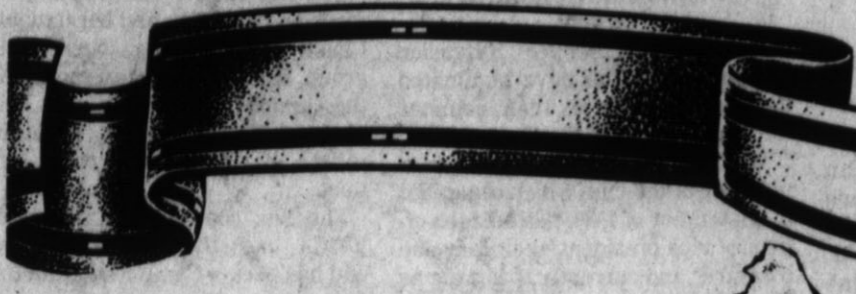
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Extension Homemakers Council
Annual Appreciation Luncheon

Monday
12 noon
Bull Barn



Club Woman of the Year to be announced during luncheon

(See biographies inside this section)



SUSAN HICKS
Ford



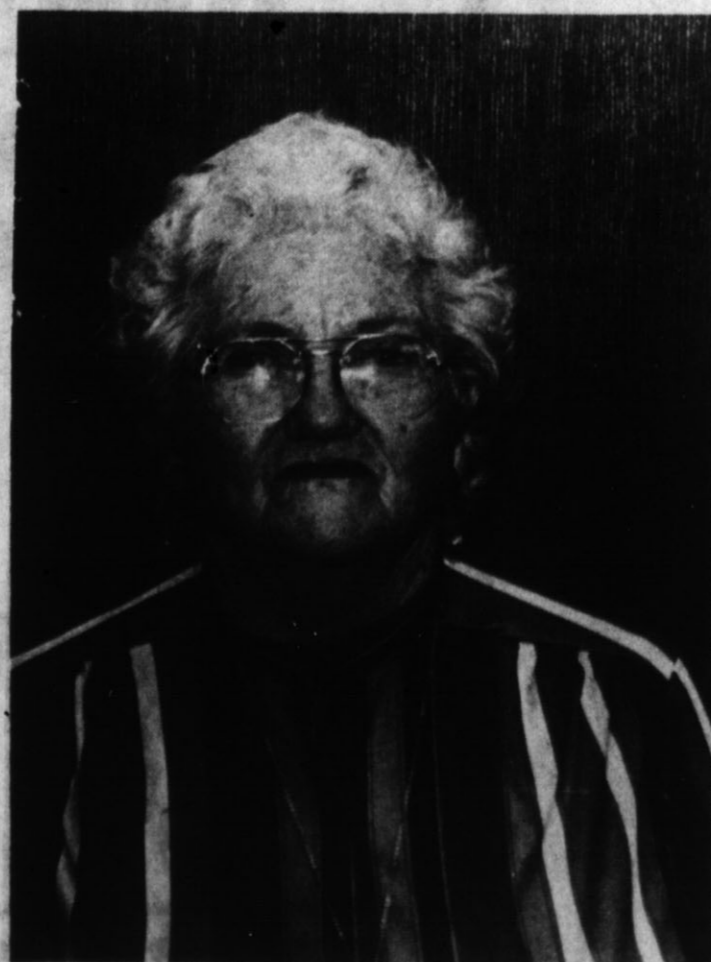
CARMEN RICKMAN
Draper



NELL POPE
Cultural



MARTHA RICKMAN
Westway



EVELYN CROFFORD
North Hereford



CAROL ODOM
Wyche



Nominees for 1984 Club Woman of the Year

CAROL ODOM Wyche

Members of Wyche Extension Homemakers Club have nominated Carol Odom for Extension Homemaker Woman of the Year.

During her eight years of extension work, Mrs. Odom has served as council delegate for four years, vice-president for two years and president for two years. She is a member of the Councils Recreation committee, and was on several special committees for the Council.

She was a chairman of the finance committee for the county extension homemakers and chairman of the special shower for agents. She performed two leaders trainings on cake decorating and chaired the tasting bee and fall extension homemaker luncheon for two years.

Mrs. Odom worked on the council float for two years, served on the 4-H Fair board for three years, and is presently serving her second term as treasurer for the county extension homemakers council.

She has given of her time and talents by demonstrating cake decorating for the food and nutrition programs for the 4-H girls for the last two years. She has judged the bake show and the fashion show for the 4-H girls. Mrs. Odom has been on the 4-H board for three years, helped with the Sewing Fair, the Heart Fund and the lung association. She has given cake demonstrations to the Family Living Center, TOPS, extension Clubs and a cake decorating club. She assists in bingo games and King's Manor and Westgate.

As part of a club project, Mrs. Odom has adopted a 93-year old resident at Kings Manor. She spends at least three hours a week with her and does her fingernails each week. Mrs. Odom is also a member of Sugar Works Cake Decorating Club in which she is vice-president and program chairman. She is a member of the American Legion Auxiliary, having served on the executive board and as scholarship chairman.

As a member of Wesley United Methodist Church, she has been director of Christian education for the last five years. She also supports Operation Good Shepherd with clothes and material.

Her hobbies include cycling, tennis and traveling to see the children. She also enjoys crocheting, cake decorating and redoing old furniture. She and her husband, Robert, have three children, Russ, Roger and Jan.

MARTHA RICKMAN Westway

Westway Extension Homemakers Club nominee for Extension Homemaker Women of the Year, Martha Rickman has served as vice-president of the Draper Club and president of Westway for two years.

Rickman has presented programs to her own club as well as other clubs and organizations in the community. She was head of registration for this year's officers' training and has attended all the officers' training meetings the past four years. She has contributed to the Council's booth at the Westway Bazaar. She also attended the district meeting held locally.

In addition to club work, Mrs. Rickman is a project leader and vice-president of 4-H parent leaders association. She has worked in the 4-H concession stand at the Hereford Livestock Show for two years, and the 4-H booth at the Town and Country Jubilee.

She attended the hearings in Amarillo concerning the State Board of Education's 10 day rule on extracurricular activities with other 4-H parents. Mrs. Rickman was a delegate to the district 4-H leader meeting in Dumas, and made all of the blankets for the County 4-H lambs going to the State Fair. She also worked on the display for the best lamb exhibit at the fair.

Mrs. Rickman has been a Camp Fire Leader for four years, and has served as chairman of the Hiking Committee at Day Camp for two years. She has also been a member of the leaders association for four years and has worked on the Awards Banquet committees for three years.

Attending First Baptist Church for 12 years, Mrs. Rickman has taught Sunday School for nine years and served as department director during those years. Additionally, she was department director and teacher of Preschool Mission Friends for three years. A member of Women's Missionary Union, she has led the Beth Goad Women's Circle.

In other community activities, Mrs. Rickman has been a volunteer with the American Heart Association and the March of Dimes Mothers March. She is a volunteer with the Lifeline program at Deaf Smith General Hospital.

Her hobbies include sewing, needlecrafts, cooking and cake decorating. She also enjoys making cloth dolls.

She and her husband, Johnny, have four children, Shawn, John David, Susan and Amanda.

SUSAN HICKS Ford

Susan Hicks is Ford Extension Homemakers Club nominee for Extension Homemaker Women of the Year.

An active member of the Ford Club for nearly three years, she has been involved in extension work through 4-H for six years. She has served as vice-president of Parent Leaders Association for one year and president of the group for two years. For four years, Mrs. Hicks was chairman of the Stock Show concession stand, the parent leaders major fund-raiser for 4-H.

In addition to being a sponsor to the State Roundup and a delegate to the Adults Leader District Council, she and her family served as the host family for a Japanese 4-Her in the summer of 1983.

Mrs. Hicks started the Ladies Lead Line in Hereford, an event during the Stock Show. She helps decorate store windows for 4-H week and helps plan and build the 4-H float for the Town and Country Jubilee Parade.

In Ford, she has served as publicity chairman for the annual Pheasant Hunters' Dinner. She also helped decorate the Council's window in Sugarland Mall during National Homemakers Week. She has served on numerous clean-up-committees for the Appreciation Luncheons and Tasting Bees.

When not working with extension clubs, Mrs. Hicks devotes time as a member of the American Needlepointers Guild and attends bridge club meetings.

She attends Vega United Methodist Church where she taught Elementary Sunday School for eight years, Young Adults for two years and Vacation Bible School for 10 years. She is currently serving on the Pastor-Parish Relations Committee, and helps with the United Methodist Women Fall Bazaar.

Mrs. Hicks has helped organize community socials for the Ford Community and has worked at the ice cream booth at the Town and Country Jubilee.

Her hobbies include needlepoint, stain glass, antiques and collecting Hummels. Through the years, she has had approximately 90 hours of professional training in needlepoint and 35 hours of instruction in stain glass.

She and her husband, Mark, have two children, Jeff and Jennifer.

EVELYN CROFFORD North Hereford

Evelyn Crofford is the nominee of North Hereford Extension Homemakers Club for Extension Homemaker Club woman of the Year. Having joined the club in 1971, she has served as secretary and club treasurer.

Through the years that she has attended club meetings, Mrs. Crofford has enjoyed the friendship and social activities of the members. Her hobbies include needlework, textile painting and candy making.

She is a charter member of the Sweet 'n' Fancy Cake Decorating Club and was a member of Simms T.H.D.A. for five years.

She and her husband Jay, who is retired, have two sons and are members of the Central Church of Christ. They attend Senior Citizens and A.A.R.P. activities and travel to two family reunions a year.

CARMEN RICKMAN Draper

Members of Draper Extension Homemakers Club have nominated Carmen Rickman as their nominee for Club Woman of the Year.

Mrs. Rickman, who is a charter member of the club which organized in September of 1980, has held the offices of vice-president, secretary and treasurer and currently is serving as Council delegate.

She was elected voting delegate to the district meeting which was held in Hereford and was voted alternate for the last meeting in April of 1984. She has also attended all other district meetings.

Since being a member of home extension, the homemaker has helped prepare and serve food for the luncheons Council and has also helped decorate and set up the Appreciation Luncheon held to honor county commissioners and judges.

Mrs. Rickman has sponsored and planned Halloween and Easter parties for the children of club members and for two years she has been a participant of the Council float project during the Diamond Jubilee parades.

She has taught 4-H groups about foods and nutrition and her daughter Chasity has recently joined a 4-H group. Mrs. Rickman is a sponsor for the Junior Riders Club and helps plan their activities including rodeos, parties and all other functions.

She has coached her daughter's YMCA basketball for three years and has been a Camp Fire leader for four years. She also assists with Camp Fire Day Camp and has served as game chairman for two summers.

Mrs. Rickman is a member of Hereford Riders Club where she serves on the board of directors and as social director. This year she was elected secretary of the United Sheriff Posse and Riding Clubs.

She and her husband Dwight are members of Avenue Baptist Church where they attend Sunday School and are involved in various church activities.

Her hobbies include gardening and redecorating and she collects brass and copper and has a large selection of house plants.

(See WOMEN, Page 3B)



Some used to think a hazel twig held in water would squeal like a pig.

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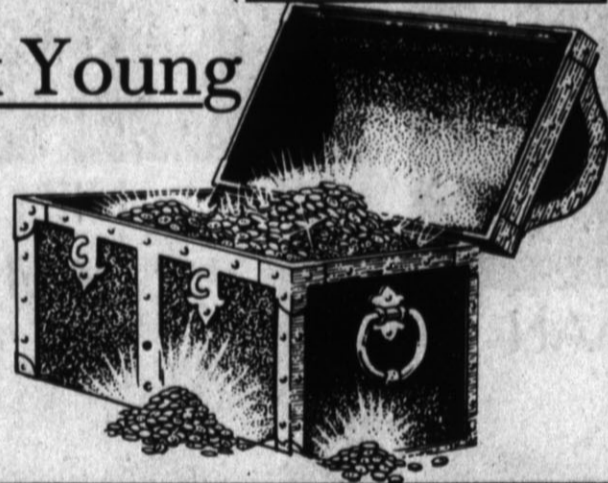
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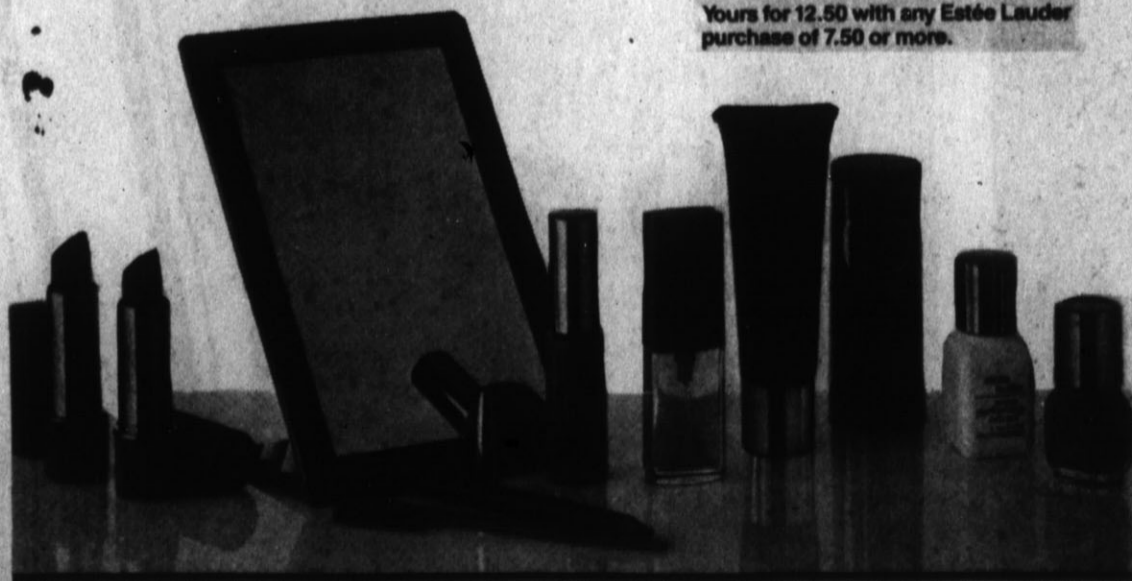
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Library Family of the Year announced today

During the Friends of the Library Annual Business meeting today from 2 to 4 p.m., Sharon Duke, library service coordinator, will present the Library Family of the Year.

The award this year will be given to the Hendershot family, Larry and Marlene, and their two sons, Matthew and Christopher. All members of the family must participate in the library for the family to be considered. Mr. Hendershot extensively uses the inter-library loan program, and the two children regularly attend the story hour.

The family's name will be added to a plaque in the library.

Also during the meeting, D.R. Meredith, author of the book "The Sheriff and the Panhandle Murders," will be the featured speaker. She will have copies of her book available for the public.

The library encourages everyone to come and support this annual project provided to the public by the Friends of the Deaf Smith County Library.



Family Of The Year

The Hendershot family was awarded today the title of Deaf Smith County Library Family of the Year. Back from left are

Larry and Marlene. Pictured in front are Matthew and Christopher. Their name will be added to the plaque in the library.

Louise's Latest

By LOUISE WALKER
County Extension Agent

Plan to enroll in the Adult Sitter Clinic on Thursday, February 28 and March 7 in the Heritage Room, Library. The clinic is a training program for the adult who cares for the frail or ill elderly.

Objectives of the training are:

1. To provide skills and knowledge that will qualify mature and older persons to be effective sitters.

2. To provide a job opportunity for older persons living on fixed incomes.

3. To provide a source of help to the individual in need of a qualified sitter.

If you attend both days of the clinic you will receive 1.2 continuing education units from Amarillo College. The clinic is free. A lunch will be served by the Deaf Smith County Extension Homemakers Council for \$3.00.

Information includes Role and Responsibility of the Adult Sitter; Human Relationships; Effects of Stress; Understanding Death and Loss; Diet and Meal Planning;

Emergency Situations; Use of Special Equipment; and Using Medication Wisely.

Speakers include Doug Manning, Doris Morgan, John Thames, Suzan Schriber, Betty Henson, Louise Walker, Bea Noland, Charlotte Clark, Mike Moon, and Gayle Carter. There are also four out of town speakers including Judy Warren, Extension Aging Specialist, Don Chrysler, National Home Health Care, Amarillo will show the latest equipment in dealing with the sick. Leticia Goodrich, Sara Care Services, Amarillo will talk on "Working Smart - Protecting Yourself."

The program is excellent. I know all of you will get lots of good information. If you would like to enroll, please call me at 364-3573 and pre-register.

A thousand years ago Indians made the first decoys to trick wild birds down to within arrow shot. They were made of bulrushes woven and twisted into duck shapes, and later got their name from the Dutch.

Workshop registration set Monday at hospital

Registration will begin at 5:30 p.m. Monday for a workshop entitled "Cardiovascular Update" to be held that evening at Deaf Smith General Hospital. The event will be sponsored by West Texas State University in cooperation with the local hospital.

Flo James, a critical care instructor at Northwest Texas Hospital School of Nursing in Amarillo, will present the workshop from 6-9 p.m. in the DSGH classroom.

The program is expected to focus on new strategies and procedures for diagnosing and treating cardiovascular disease.

The session is open to registered

nurses, licensed vocational nurses students and assistants, allied health personnel and all levels of emergen-

cy medical services workers. The cost is \$20 for health care workers and \$10 for students.

WOMEN

NELL POPE
Cultural

Because of her dedication and involvement in Cultural Extension Homemakers Club since September 1982, Nell Pope, who is currently serving as club president, has been selected by members as nominee for Club Women of the Year.

During the past two years, she has had 100 percent attendance and has been very active in all facets of club activities. She has served as vice-president and as chairman of the program and yearbook committees. She has also served on the recreation and education committees.

Mrs. Pope has assisted club members in making booties, bibs and tablecloths for Westgate Nursing Home residents and has attended two holiday cooking programs as well as several leader training meetings.

In 1983, she attended the District I T.E.H.A. meeting in Borger and last year she went to Pampa to the District I T.E.H.A. meeting as a voting delegate. She was a nominee for delegate to the State T.E.H.A. meeting in San Angelo and was elected as first alternate.

The nominee has assisted with two annual tasting bees given by all area extension club members as money-making projects for Council and has helped with a bake sale.

She has attended and helped with the Annual Appreciation Luncheon given by Council each year honoring

county commissioners, county judges and others.

As president of the Cultural Club, one of Mrs. Pope's duties is to attend monthly council meetings and give reports of club projects and activities. She will have a vote on all council business.

She has been appointed to serve on the program building committee and currently serves on the family living committee.

Mrs. Pope tries to promote 4-H whenever possible and has bought sale products and attended 4-H Stock Shows for many years. She and her husband were honored guests at the 4-H Banquet held last year.

She has been a member of the Church of Christ for 46 years and has taught Sunday School classes and vacation Bible school. She is also a member of P.T.A.

The couple have four children and six grandchildren.

Besides her outside activities, Mrs. Pope stays busy helping her husband on their hog farm.

Her hobbies include crocheting, sewing and knitting. She loves to cook and tries new recipes and bakes and decorates cakes for special occasions. She also enjoys working puzzles, playing 42 and other games and likes to read.

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Educational program to be presented

"Women Against Rape" seminar, sponsored by Amarillo College Adult Students' and Women's programs and St. Andrews Episcopal Church, will be held from 6:30 to 9:30 p.m. March 11 and 12.

The free community awareness seminar is offered to anyone over 12 years of age and will include a free dinner and child care services. Dinner will be served from 5 to 6 p.m. Seating will be limited to the first 250 reservations which can be made by calling 376-6075.

Amarillo Pliced Cpl. Dianne Bosch will be offering this preventative and educational program at the St. Andrews Episcopal Church 1601 S. Georgia St.



The first British monarch to visit the United States was George VI in 1939.



801 N. Main 364-8461

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ELSA PORTER



REBECCA RUDD



JANNA JOHNSON

Junior Music festival slated Saturday

The Junior Music Festival, Section I, First District, Texas Federation of Music Clubs, and Division I, National Federation of Music Clubs, is scheduled for Saturday, March 2, at the First Baptist Church, 500 North Main, beginning at 8:45 a.m.

Local coordinators of the festival are the Hereford Music Study Club and the Dawn Music Club. Mrs. Joe Reinauer, Jr., an Mrs. Donald Meyer are co-chairmen.

Piano, voice, and violin students

are scheduled to perform in solo and ensemble numbers on a non-competitive basis. Each entrant will receive a certificate commemorating his or her participation.

Studios to be represented include the Joe Ella Cansler Studio; Elizabeth Criaer Violin Studio; Dawn Musettes, Ruby Wimberly; Evelyn Hacker Studio; Junior Harmony Club, Kathlee Palmer; Margaret Lyons Junior Music Club;

Melodic Lines, Thelma McMinn; and Susan Shaw Studio.

A Dutch treat luncheon is planned at the Hereford Country Club immediately following the festival to honor judges, teachers, parents and students. Those wishing to attend this luncheon are asked to make reservations with Mrs. Joe Reinauer, Jr. (364-6416), Mrs. A.J. Schroeter (364-1684), or Mrs. Donald Meyer (578-4486) by Wednesday.

Judges for the 1985 festival include Janna Mills Johnson of Amarillo, beginning piano; Jim Rauscher of Amarillo, advanced piano; Elsa Porter of Canyon, voice; and Rebecca Rudd of Hereford, violin.

Johnson earned her degree in Keyboard Performance from West Texas State University. She has performed extensively throughout the United States. She and her husband, guitarist Hansford Johnson, debuted as a harpsichord-guitar duo in Carnegie Hall in 1984.

In addition, Johnson has maintained a private piano studio for the past twelve years, she is experienced as a choir director and is the organist at St. Luke Presbyterian Church, and she holds memberships in the Amarillo and Texas Music Teachers Associations as well as other professional organizations.

Rauscher is currently on the music faculty of Amarillo College. He received his Bachelor of music education degree from the University of Wisconsin majoring in piano and trumpet. A Master of music in piano performance and literature followed from the University of Illinois.

He is presently pianist for the Amarillo Symphony. Since 1982 Rauscher has been the accompanist for soprano Mary Jane Johnson in recitals throughout the United States.

Porter earned Bachelor and Master of Music degrees in vocal performance at the University of Oklahoma where she studied with Dame Eva Turner of London, England. She has been a soloist with the University of Oklahoma Symphony Orchestra and the Amarillo Symphony.

Porter was active in directing the Opera Workshop from 1958-1974. She has been Professor of Voice at West Texas State University since 1956.

Rudd, a 1983 graduate of Texas Tech University with a Bachelor of Music Education degree, has taught private violin lessons for six years. She is a member of the San Angelo Symphony, Lubbock Symphony, Roswell Symphony, and Amarillo Symphony.

While in high school she was in all-state orchestra, was a soloist at the WTSU concerto festival, received the National School Orchestra Award, and earned 1st division ratings on solos at area and state solo contests. She is presently teaching music at Northwest Elementary School.

Red Cross Update

By BETTY HENSON
Executive Director
The Annual Chili Supper will be held Saturday, March 2 at the Community Center. Chili and beans will be served from 5:00 to 8:00. Tickets are \$3.00 for adults and \$1.50 for children.

The Uniformed Volunteers will be selling handcrafted items at a country store table. Volunteer of the Year will be named at 8:00. Nominations

are still being taken at the Red Cross office. Tickets for the supper are available from volunteers and at the office.

A First Aid class will be held Saturday, March 9, at the Red Cross office. The class will begin at 10:00 a.m. and finish about 7:00 in the evening.

The Deaf Smith County Chapter of the American Red Cross is a United Way Agency.

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Ann Landers Examinations



DEAR ANN LANDERS: I'm writing about sexual abuse by phys-

icians. On my first prenatal care visit I received a thorough exam. On my second visit another complete exam was conducted because "someone lost the records." On my third visit a pelvic exam was required to "see if I was dilated." On the fourth visit another pelvic exam was required when I informed my doctor of a possible problem. On the fifth visit I was informed that the doctor wants to see me more often. On my sixth visit I told him I was fine and another pelvic exam wasn't necessary, but he insisted.

I consulted an attorney and was told that if I sued, my legal fees would be enormous, assuming I could find a doctor who would testify against a colleague.

I consulted a number of psychiatrists and was informed that this abuse could be damaging, especially during pregnancy.

Now I'm turning to you. Please print my letter so I can send a copy to my doctor's office for him and the nurses to see.—STOP SEXUAL ABUSE OF PATIENTS NOW IN LASALLE, ILL.

DEAR LASALLE: Six pelvic examinations during a pregnancy is not excessive, especially when the patient informs the doctor of a "possible problem."

Apparently you are under the impression that the physician was getting his jollies while examining you. I assure you this is highly unlikely. Most obstetricians perform dozens of such procedures every day and they get about as turned on as otolaryngologists do when they look in an ear.

DEAR ANN LANDERS: This is my first letter to you, but the gripe from "Mary" who complained about names really got to me. She was upset because some people give their children names like Cheryl and

Dawn. Would she be happy if everyone was called "Jack" or "Jill"?

My name is unusual. It's a family name and I like it. I am sick and tired of people saying, "Your name is awfully hard to pronounce. Do you mind if I call you Sue?" I tell the rude bozos, "Yes, I DO mind. If I mean so little to you that you aren't willing to make an effort to remember my name, we have no friendship."

Am I unreasonable, as one woman said recently when she wanted to call me by my initials? I leave it to you.—MEXICO, MO.

DEAR MEX.: Since you did not tell me your name I can only surmise that it is difficult to remember. This is no excuse, however. If it is important to you that you be called by your given name, and you request it, your friends should oblige.

DEAR ANN LANDERS: Our 24-year-old son returned from India, fascinated by the Hindus he saw there walking on hot coals. He wants to try it. (My husband and I are afraid he will burn himself.) Please tell us what you know about this practice. "Johnny" says it's a great religious experience.—LA JOLLA PARENTS

DEAR LA JOLLA: With proper psychological conditioning people can walk on hot coals and not be burned. This feat, however, requires enormous concentration and complete faith. If a person is not properly instructed and psyched up he could be badly burned. I do not recommend it.

How young is too young for a child to learn about sex? That's just one thing you'll find in Ann Landers' new booklet, "How, What, and When to Tell Your Child About Sex." For your copy send 50 cents along with a long, stamped, self-addressed envelope to Ann Landers, P.O. Box 11995, Chicago, Illinois 60611.

Thank You

To all of you who helped to make my birthday celebration a happy day with your presence; for the gifts, the many cards and the beautiful flowers.

To those friends who assisted as hostesses,

To my family for the love and thoughtfulness in hosting the event.

Thank You,
Leta Kaul

CARYNS

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World Day of Prayer scheduled Friday

Pro Life topic of program

Members of Church Women United of Hereford invite all women of each denomination to come to the First Church of the Nazarene Friday at 9:30 a.m. for the World Day of Prayer celebration.

The women will be recognizing the Christian women of India and their struggles and victories. The program will be filled with inspirational music by Susie Merrick and two Christian speakers, Janie Banner, member of Pro Family-Pro Life, and Tonya Kleuskens, representing POWER (people opposed to wasted energy repositories).

The testimonies of the two women will bring the theme, Prayer In Action, into focus.

This day of prayer combines prayer for world mission projects as well as home missions. For world missions in India, a collection will be taken which will be sent to aid the Christians in India. Four projects have been selected in Hereford to help attain the goals of both missions.

First, CWU members will supply postcards and distribute the address of senators and con-

gressmen. Second, members will distribute literature on the upcoming abortion bill. A seven-day devotional for Christians in India will be conducted as prayer support. Finally, a mini-prayer seminar will be held March 5 at St. Thomas Episcopal Church presented by Sharon Duke.

World Day of Prayer began in 1887 through the Women's Board of Home Missions of the Presbyterian Church. Soon after, other denominations joined this day of prayer and the offerings started to aid minority groups in the United States.

In 1890, two Baptist women visited the Orient and saw the need for foreign missions. From this visit came the support through offerings to foreign missions. The first interdenominational mission study book also came from the women's trip to the Orient.

Then, in 1919, the two separate national days of prayer for home and world missions were combined into one day of prayer for all missions.

The women of CWU encourage all church women to attend the World Day of Prayer celebration.



World Day Of Prayer

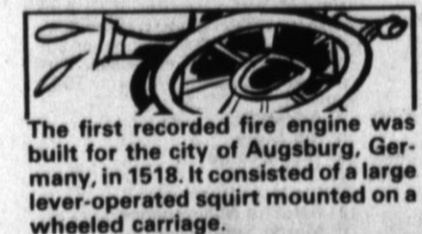
Jena Rawley-Whitaker, left, developer of programs for World Day of Prayer, Susie Merrick, center, and Janie Banner took time out from their preparations for World Day of Prayer scheduled for Friday at 9:30 a.m. at the First Church of the

Nazarene. Merrick will sing during the program and Banner will present her personal testimony. All church women are encouraged to attend. Babysitting will be available at no charge.

Camp Fire presents plaque to Bay View

Mrs. Ansel McDowell served as hostess when members of Bay View Study Club met recently in the Halbert Room of the Hereford Country Club.

The meeting was called to order by Mrs. Bruce Burney, vice-president. During the business session, further discussion was held concerning the taping of interviews from the "Bay View Looks to the Future" committee. Also, a report was given from the goals committee.



The first recorded fire engine was built for the city of Augsburg, Germany, in 1518. It consisted of a large lever-operated squirt mounted on a wheeled carriage.

A highlight of the meeting was the presentation of a plaque given to the study club by the Camp Fire girls for their support throughout the year. It will hang in the Bay View Room of Deaf Smith County Library.

"The History of the Community" was the program given by Mrs. Austin Rose. She gave a detailed description from the newspaper for every major occasion in Hereford and said the heart and spirit of this community remained much today as from the 1880's to the present day.

Coffee and refreshments were served to Mmes. Ralph Futrell, D.N. Garner, W.J. Gililand, Jimmie Gillentine, Kenneth Halbert, Charles Hays, Hollis Klett, Juston McBride, Jack Wilcox, W.S. Kerr, Howard Gault and H.L. Benefield.



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	Tina Van De Carr Bride Elect Of Terry Morris	

Sugarland Mall
364-5812
The Funny Farm

St. Anthony's Hospice to open early spring

St. Anthony's Hospice and Life Enrichment Center, Amarillo, will open its doors in early Spring as the first independently housed, hospital-owned hospice in the Southwest.

The center was built by the people of the Texas Panhandle, for terminally-ill patients and their families.

Owned and operated by St. Anthony's Hospital under the sponsorship of the Sisters of the Charity of the Incarnate Word of San Antonio, Texas, the 20-bed facility is specifically designed to care for the dying. Through special nurturing, patients can finish life's journey in comfort and with dignity while focusing on the quality of life. This is accomplished by relieving or removing such roadblocks as pain, fear and loneliness.

St. Anthony's Hospice and Life Enrichment Center is a one and one-half story brick building totaling 26,000 square feet. Completely functional for both ambulatory and non-ambulatory patients, the Center is designed to lend an atmosphere of home rather than a center for medical care. State of the Art equipment and advanced medical care provide each patient with the maximum of support and comfort. Features of the facility include large patient rooms opening onto a patio garden, several family areas, a laun-

dry room, shampoo and bathing rooms, dining areas and an inter-faith Chapel.

"We have waited a long time to open this facility," said William D. Myers, President of St. Anthony's Hospital. "Through the experience and compassion of our staff and the unique features of the Center, we will be able to provide for the special needs of our patients and their families."

Patients with a life expectancy of six months or less can be referred to the Hospice and Life Enrichment Program by their physician. Hospice provides inpatient and home care programs and offers the following services: nursing care, counseling, pastoral care, social work, nutritional care, physical therapy, enterostomal therapy, respiratory therapy, home health aide services and volunteer support.

Funding for the construction of St. Anthony's Hospice and Life Enrichment Center was provided entirely by donations from private citizens in the Panhandle, area businesses, corporations, foundations, and hospital employees.

Dedication ceremonies for the Hospice and Life Enrichment Center will take place on Saturday, March 2, at 12:00 noon on N.W. 7th and Tyler Street, Amarillo.



Health Lawrence E. Lamb, M.D. Weight loss

DEAR DR. LAMB — My friend likes her women's health club because the machines do all the work. The electric-powered stationary bicycle pulls the feet and legs around on its pedals. One machine's revolving rollers massage the fatty areas of the body, supposedly to break up the fat so it can be carried away by the bloodstream. Three-piece tables manipulate and jiggle the body while the person lies down quietly. Do such machines have value for a physically unimpaired person who wishes to have a slender figure and firm muscles?

DEAR READER — If you have to pay so much to join such clubs that you have less money for food, they can help. Otherwise, I consider them almost useless. If you don't exert any effort yourself, you will not do any physical work and will not use any calories. You will not develop a strong muscle unless you use it. That does not mean having a machine do the work while the muscle rests.

There is no reliable evidence indicating that rollers that massage fatty areas eliminate a single calorie of fat from the body. Fat is not broken up mechanically, anyway, the fat is mobilized because of energy demands of the body.

Steam baths or devices that cause sweating only eliminate body water. That can dehydrate you and will decrease your body weight temporarily, but it won't remove any calories of body fat.

It sounds as if your friend should read The Health Letter 15-12, Exercise Wise, which I am sending you. Others who want this issue can send 75 cents with a long, stamped, self-addressed envelope for it to me in care of this newspaper, P.O. Box 1551, Radio City Station, New York NY 10019.

DEAR DR. LAMB — My husband has just had a diagnosis of temporal arteritis confirmed by a biopsy. What can you tell me about this rare disease? Will taking a low dose of prednisone for an indefinite period lower his immunity to respiratory and other diseases? Can diet or exercise play a part in his recovery?

DEAR READER — An early diagnosis of temporal arteritis is very important because early treatment can save a person's eyesight. The disease is an inflammation of arteries. Since the temporal artery is frequently involved, it has been called temporal arteritis, but because the inflammation can involve many other arteries, it is now called giant-cell arteritis. This term is based on what is seen under the microscope. Because the artery that supplies the eye itself may become involved, this disease can cause sudden blindness. The way to avoid this is to control the inflammatory process in the artery, if possible. Large doses of prednisone or related steroids commonly are used for this purpose. When the diagnosis is made from a biopsy, as in your husband's case, it is common to continue the prednisone at high levels for four weeks before beginning to decrease the dose. There may be some risk of bone loss (osteoporosis), but that has to be weighed against the risk of losing one's eyesight.

When the temporal artery is involved, the disease usually causes a headache over the artery. The area may be tender and swollen. Pain and cramping of the jaw muscles when chewing may be a symptom of arteritis. Double vision may occur when an artery to external eye muscles is involved. The condition usually responds well to prednisone.

DEAR DR. LAMB — My father, who is 74, has frequent dizzy spells and has been diagnosed as having an inner-ear infection. He has been taking Antivert and recently was given a prescription for the small disks (Transderm Scop) that are placed behind the ear. Neither has been very helpful. How long does this condition usually last and what causes it?

DEAR READER — Dizzy spells attributed to an inner-ear infection suggest that the diagnosis is viral labyrinthitis, or inflammation of the vestibular nerve that connects the balance canals in the ear to the brain (vestibular neuronitis). As the term implies, this means that a virus is the cause. It may follow an acute illness, such as a respiratory infection. In that condition, the dizziness commonly lasts a few weeks, but some people may continue to have disturbance in balance for several months afterward.

Since there is no medicine to treat most viral infections, the treatment is symptomatic, such as taking medicines to control dizziness.

Balance is partially controlled by three small semicircular canals filled with fluid. As the fluid shifts, this sends signals to the brain to tell one the position of one's head. If they are inflamed, they may send erroneous messages and one feels dizzy.

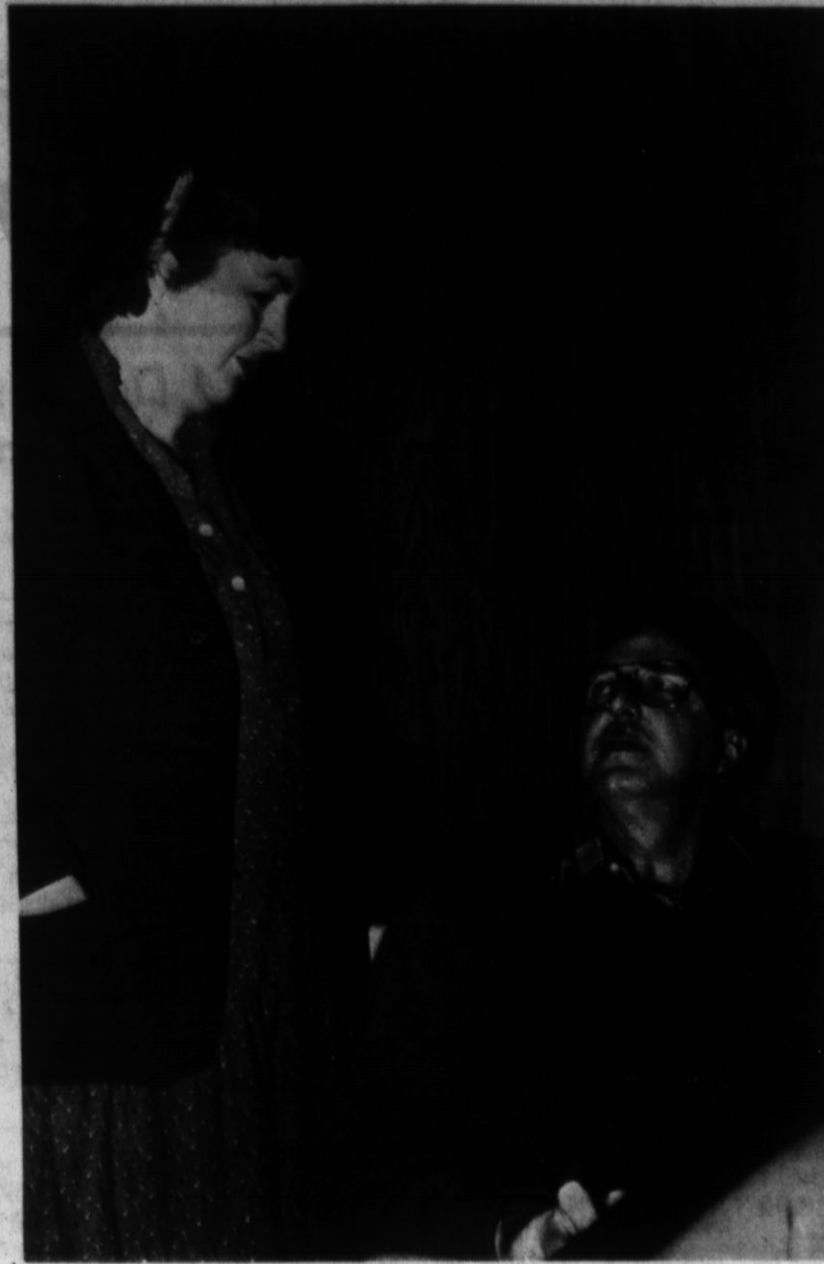
The main hearing organ of the inner ear, the snail-shaped cochlea, is connected to these balance canals and may also be involved. When that happens, the hearing is affected as well. Herpes zoster (shingles) may be the culprit. In those cases, corticosteroid hormones may be prescribed. These don't help other viral infections of the balance canals or nerve.

I have discussed the various causes and treatment for motion sickness and dizziness in The Health Letter, Special Report 33, Understanding Dizziness from Vertigo and Imbalance, which I am sending you. Others who want this issue can send 75 cents with a long, stamped, self-addressed envelope for it to me in care of this newspaper, P.O. Box 1551, Radio City Station, New York NY 10019.

Your father may have some other cause for dizziness, including disorders in circulation or increased fluid retention in the balance canals, which I have also discussed. It is a very complex problem and sometimes very difficult to treat.

Cabbage flower

The stinking corpse lily is the world's largest blooming flower. It grows in the deeply shaded forests of Borneo and other parts of southern Asia. Also known as the rafflesia arnoldi, it resembles the red cabbage. Its flowers weigh up to 15 pounds.



Plans Discussed

Doug Manning, noted speaker and author of several books, is shown making plans with Louise Walker, County Extension Agent, for the upcoming Adult Sitter Clinic, scheduled Thursday and March 7 at the Deaf Smith County Library. The clinic, which is free of charge, is designed to teach the physical care of the ill and disabled. Manning will speak on "Understanding Grief and Loss" on March 7.

Beginning Experience sets weekend retreat in March

The Beginning Experience, a weekend program to help widowed, separated or divorced persons make a new beginning, has scheduled a retreat at the Bishop Defalco Retreat Center in Amarillo for March 22-24.

The organization schedules three retreats a year, each costing \$55. The payment includes meals, lodging and materials. Other weekends already set are July 12-14, Sept. 27-29, and Jan. 10-12, 1986.

The program, designed by and for Catholics, is open to all faiths. The retreats are designed to meet the emotional and spiritual needs of

those in the grief process. Every counselor on the team has experienced or is experiencing the changes which losing a partner brings.

The program consists of presentations by the team followed by personal, private reflection and dialogue in small groups. All retreats are held at the Bishop Defalco Retreat Center.

For more information, contact Leona Miller, Rt. 5, Hereford, Texas 79045, or call, 364-4793.



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Variety of programs to be given at clinics

All interested persons are invited to attend an Adult Sitter Clinic free of charge from 8:30 a.m. until 4 p.m. Thursday in the Heritage Room of Deaf Smith County Library.

This is the first of a two-day clinic which is sponsored by the Deaf Smith County Extension Family Living Committee. Different program topics and speakers will be featured at the clinic Thursday and the one planned for March 7.

The event is designed to teach physical care of ill and disabled people, provide information of the practical psychology of working with ill or disabled people and their families, skills for coping with job stress and discussion on the role and responsibility of an adult sitter in various job environments.

Enrollment is limited and for those wishing to attend they should call Louise Walker, county extension agent, at 364-3573 for further information. Price of the lunch, which will be provided by members of the Extension Homemakers Council, is \$3 per person.

CLINIC SCHEDULE

Thursday
8:30 a.m. - Registration
9 a.m. - "Role and Responsibility of an Adult Sitter" (Gayle Carter)
9:15 and 10:30 a.m. - "Psychology in Working with Older Adults" - Judy Warren
11:30 a.m. - "Communication Skills" - Mike Moon
12 noon - Lunch
1 p.m. - "The Aging Process" - Barbara Serres
2 p.m. - "Using Medication Wisely" - John Thames
2:45 p.m. - "Diet and Meal Planning" - Charlotte Clark
3:30 p.m. - "Ideas for Activity" - Bea Noland

Programs topics to be discussed at the March 7 clinic include "Coping With Stress" (Louise Walker), "Dealing With Emergency Situations" (Betty Henson); "Emergency Response System" (Doris Morgan); "Body Mechanics" (Don Chrysler); "Understanding Grief and Loss" (Doug Manning); "Elderly Abuse" (Suzan Schriver), and "Working Smart-Protecting Yourself" (Leticia A. Goodrich).

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Calendar of Events

SUNDAY
Friends of the Library annual meeting, Deaf Smith County Library Heritage Room, 2-4 p.m.

MONDAY
Odd fellows Lodge, IOOF Hall, 7:30 p.m.
TOPS Chapter No. 1011, Community Center, 5:30 p.m.
Rotary Club, Community Center, 12 noon.

Planned Parenthood Clinic open Monday through Friday, 711 25 Mile Ave., 8:30 a.m. to 4:30 p.m.

Women's exercise class, First Presbyterian Church, 8:30-9:30 a.m.
Young Mothers Study Club, 7:30 p.m.

Veleda Study Club, Ruthie's at Friona, 8 p.m.
Easter Lions Club, Easter Clubhouse, 8 p.m.

Deaf Smith County Extension Homemakers Council, Library Heritage Room, 1:30 p.m.

Deaf Smith County Lapidary Club, Energas Flame Room, 7:30 p.m.
Band-Orchestra Booster Club, Hereford High band hall, 7 p.m.

Friends of Deaf Smith County Library board meeting, Library Heritage Room, noon.

TUESDAY
Deaf Smith Historical Museum: Regular museum hours Tuesday through Saturday 10 a.m. to 5 p.m. and Sunday 2-5 p.m. Museum closed Monday.

TOPS Chapter No. 576, Community Center, 9 a.m.
Al-Anon, Community Center, 5 p.m. and 642 E. Second St., 8 p.m.

Ladies exercise class, church of the Nazarene, 6:30 p.m.
Avenue Baptist church single-again share group, 7:30 p.m.

Hereford Rebekah Lodge No. 228, IOOF Hall, 7:30 p.m.

Free immunizations against childhood diseases, Deaf Smith County Public Health Clinic, 902 E. Fourth, and Texas Department of Health Office, 914 E. Park, 8 a.m. to 12 noon and 1-3:45 p.m.

Kiwanis Club of Hereford-Golden K, Senior Citizens Center, 12 noon.
Hereford Art Guild, 2 p.m.
Pilot Club International, Caison House, 6:30 a.m.

WEDNESDAY
Noon Lions Club, Community Center, noon.

Women's exercise class, First Presbyterian Church, 8:30-9:30 a.m.
Losers are Winners Weight Loss Club, Community Center, 6 p.m.
Blood drive at Community Center, 4-6:30 p.m.

THURSDAY
Free immunizations against childhood diseases, Deaf Smith County Public Health Clinic, 902 E. Fourth, and Texas Department of Health Office, 914 E. Park, 8 a.m. to 12 noon and 1-3:45 p.m.

Ladies exercise class, Church of the Nazarene, 6:30 p.m.
Hereford Toastmasters Club 6:30 a.m.

Kiwanis Club, Community Center, noon.

TOPS Club, No. 941, Community Center, 9 a.m.
Amateur Radio Operators, north biology building of high school, 7:30 p.m.

Story hour at the library, 10 a.m.
San Jose prayer group, new fellowship hall, 735 Brevard, 8 p.m.

Al-Anon, Odd Fellow Hall, 8 p.m.
Men's Study Group, St. Thomas Episcopal Church, 7:30 p.m.
La Madre Mia Study Club, 8 p.m.
Calliopean Study Club, 7:30 p.m.

Sweet 'n' Fancy Cake Decorating Club, Community Center, 9:30 a.m.
Sugar Works Cake Decorating Club, American Legion Hall, 7 p.m.

Messenger Extension Homemakers Club, 2 p.m.
Better Living, Better Breathing Club, Heritage Room of library, 7 p.m.

Extension Homemakers Council meeting and Appreciation Luncheon, Library Heritage Room, 1:30 p.m.

FRIDAY
Kiwanis Whiteface Breakfast Club, Savage's Hickory Pit, 6:30 a.m.

Community Duplicate Bridge Club, Community Center, 7:30 p.m.
Women's exercise class, First Presbyterian Church, 8:30-9:30 a.m.

Garden Beautiful Club, home of Mrs. Bill Emmons, 9:30 a.m.

Hereford Senior Citizens governing board 2 p.m. and business meeting 3 p.m. at Senior Citizens Center.

Patriarchs Militant and Ladies Auxiliary, IOOF Hall, 8 p.m.
American Heart Association game night, Community Center, 7 p.m.

World Day of Prayer, Church of the Nazarene, 9:30 a.m.
Good Timers Square Dance Club, Community Center, 8 p.m.

Art lecture set Tuesday

LUBBOCK — Eleanor Kreneck, artist and art historian, will discuss painting and illumination in medieval Romanesque art at an 11 a.m. lecture Tuesday in The Museum of Texas Tech University.

The lecture will focus on the revival of wall painting and the illumination of ancient manuscripts, Kreneck said. The discussion will center on the churches of France, Spain, England, Italy and Germany in the 11th and 12th centuries.

"The fact that we're talking about wall painting is significant because it was revived during that period," Kreneck said.

The Romanesque period brought a stable government for Europe, Kreneck said. Countries settled from the migration period and began building large churches again. The wall painting is found mostly in churches of Spain, she said.

The lecture is part of the spring series of Tuesday after seminars sponsored by the Women's Council of the West Texas Museum Association. Admission is \$3 per lecture.

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Preschool nutrition program explained

AUSTIN — A program designed to meet the special nutritional needs of preschool children has been developed by the American Heart Association in Texas. The program entitled, "Helping Children to a Healthy Heart," assists day care centers in planning breakfast, lunch and snack menus for the 370,000 children in their care each day.

The Heart Association developed this program based on the belief that cardiovascular disease may begin early in life, although symptoms usually do not appear until middle life or later. Therefore, if children develop healthy eating habits at an early age, their risk for heart and

blood vessel disease may be reduced. Some 4,800 day care facilities face the daily predicament of providing appealing foods which help meet nutritional requirements and can be prepared easily at low cost. Because of these varied concerns, creating a heart-healthy dietary plan was not an easy assignment.

An American Heart Association volunteer task force consisting of nutritionists, physicians, parents and child care specialists was assembled. They designed a diet plan that meets the Recommended Dietary Allowance for calories, protein, iron, calcium and vitamins A,B,C,D. In addition, the plan is lower in saturated fats, cholesterol, sodium and sugar, but does not interfere with the children's enjoyment of food. The task force concen-

trated on substitution and modification of certain foods, rather than elimination.

The nutrition program was piloted in Houston area day care centers. Children's reactions to the foods was given particular attention. While healthful foods are often considered bland and less appealing, the foods from the AHA menus met with surprising acceptance by the children.

The American Heart Association is now conducting workshops throughout Texas to familiarize day care center employees with the program. The workshop allows them to prepare and sample foods from the menu. Participants receive credit toward their annual Texas Department of Human Resources licensing requirements. Workshops are of-

fered at no charge as a community service.

The "Helping Children to a Healthy Heart" program benefits children in several ways. They will be adopting healthier eating habits now, rather than later in life—thus lessening the risk of heart disease. An improved diet helps lower the average blood cholesterol level in children. Finally, the "Helping Children to a Healthy Heart" program can show children and parent that healthy foods need not be tasteless, but rather easy to make and fun to eat.

For more information about "Helping Children to a Healthy Heart" and how to introduce it to your child's day care center, contact your local American Heart Association office.

West given college award

COLLEGE STATION — Blena S. West from Hereford, senior agricultural economics major, has earned "Distinguished Student" status at Texas A&M University.

Recipients of the "Distinguished Student" honor must earn at least a 3.25 grade point ratio, out of a possible 4.0, during the most recent grading period. The student must also be registered for 15 semester hours.

Sidney Poitier won the best-actor Oscar in 1963 for his work in "Lilies of the Field," while "Tom Jones" was that year's best picture.



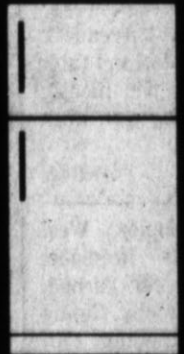
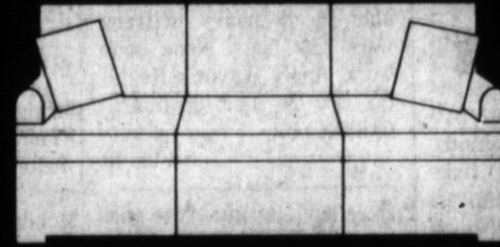
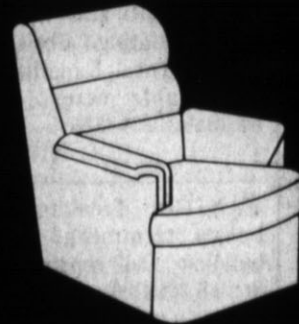
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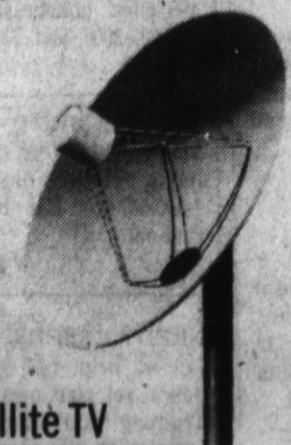
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