

Lifestyles

Dr. Hall scheduled to speak at free PMS seminar Aug. 7

A free seminar on PMS (Pre-Menstrual Syndrome) will be conducted by Dr. Lou Ann Hall on Aug. 7 at West Texas State University.

Dr. Hall is coordinator of behavioral sciences in the department of Obstetrics/Gynecology at Texas Tech University Health Science Center. Her talk will center on current understandings about this condition.

WTSU's department of Health, Physical Education, and Recreation will sponsor the PMS Seminar. It will begin at 7:30 p.m. Thursday night, Aug. 7, in room 211 of the Henson Activities Center on the WTSU Campus.

In connection with this seminar, researchers Suzanne Blair and Bob Kraemer need women ages 20-35

with or without PMS for a five-month research study to be conducted on the West Texas State University campus.

Women with regular menstrual cycles who are not on oral contraceptives and who have not been on a regular exercise program the past eight months are eligible. Participants will be informed of a preliminary meeting to be held in mid-August. There is no charge for participating, and participants will receive free information concerning the condition.

Interested individuals should contact WTSU's department of Health, Physical Education, and Recreation at 656-2642 Mondays through Thursdays before 6 p.m.

ACS reports on fiscal year

The American Cancer Society (ACS) announced recently that it invested more than \$78,210,459 to support more than 785 research projects and post-doctoral fellowships during fiscal year 1985-86. This includes a \$6,937,410 investment at Texas hospitals and research institutions.

These research commitments are in addition to the American Cancer Society's extensive programs of epidemiological research, its support of an ongoing program to evaluate interferon, and a program of large institutional grants for investigation of cancer cause and prevention, including a \$1 million grant to the University of Texas System Cancer Center Research Science Park in Smithville. According to ACS Vice President for Research John Laszlo, M.D., they are the highest in the Society's history.

Included are 444 new grants totaling \$52,319,057 and 341 renewal grants amounting to \$25,891,402.

In addition to nationally-funded research, the Texas Division of the ACS sponsored six clinical fellowships for a total of \$21,600. This brings the total amount of ACS-funded research in Texas to \$7,959,010 for fiscal year 1985-86. During the previous year, Texans con-

tributed \$14,848,473 to help support this research and the Society's education and service programs.

Cancer prevention, by studying environmental agents and lifestyle factors which may contribute to cancer risks, is a major target of research funded by the American Cancer Society. In this case, a national total of \$9,160,941 was earmarked for studies in biochemistry and chemical carcinogenesis.

Cell and developmental biology projects were awarded \$7,043,625 nationwide. Researchers in the rapidly growing field of nucleic acids and protein synthesis received \$9,511,758 in support.

National awards for clinical investigations in immunology, immunotherapy, chemotherapy, hematology, prevention, diagnosis and therapy added up to \$23,257,928.

Reflecting the Society's interest in psychological and behavioral research in cancer were grants amounting to \$702,190.

Microbiology and virology studies across the country will receive \$11,003,983.

The research program of the American Cancer Society is second in size only to that of the federal government's National Cancer Institute. Applications for ACS grants are screened by teams of national experts in a peer review process. The Society's board of directors makes the awards on recommendation of its research and clinical investigation committee, which itself is counseled by specialist advisory groups.

SUMMER SALAD

NEW YORK (AP) — A food that might be added to this summer's usual barbecue fare of ribs, burgers, baked beans and potato salad is the Caesar salad.

The salad was developed by Caesar Cardini, who tossed his first one July 4, 1924. The salad, which includes Romaine lettuce, Parmesan cheese, Worcestershire sauce, lemon juice, croutons and coddled eggs, has many variations, the most popular being the addition of anchovies.



801 N. Main 364-8461

WOMEN AND GAMBLING

Have participated in:	% OF WOMEN POLLED
♥ State lottery	63%
♦ Bingo	55%
♦ Casino gambling	49%
♦ Racetrack gambling	45%
♥ None of the above	13%

Believe that legalized gambling:	% OF WOMEN POLLED
♦ Should not be abolished	85%
♦ Provides enough state revenue to make it worthwhile	68%
♦ Does not foster compulsive gambling	58%
♥ Say that states should help compulsive gamblers	60%



Source: Glamour magazine - NEA/Whitney Vosburgh

Nearly nine out of 10 women support legalized gambling — although a far smaller number have ever purchased a lottery ticket or placed a bet.

POLLY'S POINTERS Try bleaching sink stains

By Polly Fisher

DEAR POLLY — There is a buildup of dirt on the sides of my white sink. Is there something that will eliminate this problem? — M.M.

DEAR M.M. — If you can't remove this buildup by scouring with a non-scratch cleanser or baking soda, I presume it is a stain. Fill the sink with water to cover the stain and add one-half cup chlorine bleach. Let the bleach water sit in the sink for 10 to 15 minutes, then drain and rinse. The sink should be sparkling white again. — POLLY

DEAR POLLY — I was a waitress for 26 years and had to wear white cotton or nylon uniforms. To whiten them, I added automatic dishwashing detergent to my wash water along with the regular detergent. This did a beautiful job. — MRS. V.H.

DEAR POLLY — Small bars of messy soap can be softened in water, then shaped and molded into balls. These balls will harden and are much neater to use than the leftover bars. — SUSAN

DEAR POLLY — I save all used envelopes and use them to write my gro-

cery lists on. Then, I put the coupons for that shopping trip in the envelope. My husband did some of the shopping recently and he liked this idea, too. — MRS. F.H.

Rodriguez honored at meeting

Rosa Rodriguez was named queen of the month with a six pounds loss when members of TOPS Chapter No. 576 met Tuesday morning.

Rodriguez was also named Miss Inspiration. Ada Smith was runner-up with a five and one-quarter pounds loss recorded.

Best loser of the week was Mary Hamby with three and a-half pounds lost. There was a total of 19½ pounds lost for the week.

Anyone interested in attending a meeting may do so at 9 a.m. each Tuesday at the Community Center.

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Historical pageant attended by several local residents

The family of the late Felix Urbanczyk recently attended a historical pageant, "Our Polish Heritage." It was presented by the White Deer community as its Texas sesquicentennial project.

Attending from Hereford were Ed and Irene Dzuik, Arhart and Edna Reinart, Tony and Loretta Urbanczyk, Rosalie Stengel, Al Dzuik, Vickie Schmucker, Connie and Connie Urbanczyk, Mike, Evelyn, Melanie and Mikey Morrison, Jerry Dzuik, Brian Urbanczyk and Patti Johnson.

The scenes began in 1851 when the Polish people were deliberating leaving Prussia and their relatives and comfortable homes to an unknown country. The Poles had suffered political oppression for centuries and ironically were facing poverty and the Crimean War.

After a nine-week voyage on the WESER, the 100 families arrived in Galveston on Dec. 3, 1854, finally making camp at a place they called Panna Maria, 30 mile southeast of San Antonio. It was Christmas Eve and they had the midnight mass underneath a big Oak tree which still stands.

There was not enough land for all the settlers so some of them moved to other parts of the states. The Urbanczyks moved to Rhineland, Texas and in 1911 joined others who had come a year earlier to settle the virgin land in White Deer establishing Sacred Heart Parish. Later other Poles came from Wisconsin, Nebraska and Washington.

Grozik, Maruszka, Walczyk Lubelski and Trojak were among the Polish dances and there were many Polish songs. They all joined in the singing of the Polish greeting, "STO LAT, STO LAT, NIECHAJ ZYJE NAN," meaning "Good Health, Good Cheer, May You Live 100 Years."

Credit cards

According to The World Almanac Book of Inventions, American Ralph Scheider established in 1950 the first organization permitting credit-card payment. The organization was called Diner's Club. Its members could dine on credit in 27 of New York's restaurants. In 1958, the Bank of America issued the first bank credit card, the BankAmericard.

To Whom It May Concern:

We have no record of gifts purchased at WINN'S for the Sheri Barker-Todd Taylor Wedding Shower. Gifts may have been misplaced, so if you purchased a shower gift, please call 364-4207, 276-5212, or 276-5387.

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Sports

Whitson returns to spark Padre victory

By KEN RAPPOPORT AP Sports Writer

Ed Whitson heard something he hasn't heard for quite a while — a standing ovation. And Graig Nettles saw something he hasn't seen for quite a while — his batted ball going over the fence.

The two rare occurrences added up to a 9-3 victory for the San Diego Padres over the Cincinnati Reds Wednesday night.

"I've been a long time waiting for something like that," said Whitson after gaining his first victory since rejoining the Padres July 9 in a trade with the New York Yankees.

Nettles, meanwhile, broke out of a 2-for-18 slump with a pair of homers, his first since June 19.

In other National League action, it was Montreal 3, Pittsburgh 2; St. Louis 6, Philadelphia 3; Houston 4, Atlanta 2; Chicago 4, New York 3, and Los Angeles 4, San Francisco 2. Padres 9, Reds 3.

After hitting a three-run homer in the third, Nettles capped the Padres' scoring with a two-run shot in the eighth. The homers gave him 14 for the season and 382 for his career, tying him with Frank Howard for 24th on the all-time list.

Whitson, 1-2, allowed six hits,

struck out three and walked five in 7 2-3 innings.

Whitson won 14 games with the 1984 National League Champion Padres, but was signed by the Yankees the following year as a free agent. He was a frequent target of booing Yankee fans during his two years in New York.

Expos 3, Pirates 2

Andre Dawson scored from third on a wild pitch for the Expos' second run in the seventh inning, carrying Montreal over Pittsburgh.

Jay Tibbs, 5-6, who hadn't won a game since June 10, claimed the victory.

Cardinals 6, Phillies 3

Curt Ford and Terry Pendleton each singled home a run in the fifth and reliever Todd Worrell earned his 21st save with a sparkling relief performance as St. Louis defeated Philadelphia.

Worrell worked out of a tough situation in the seventh, getting Mike Schmidt and Von Hayes with the bases loaded, to preserve Bob Forsch's 10th win in 16 decisions. Forsch pitched six innings, giving up nine hits.

Astros 4, Braves 2

Rookie left-hander Jim Deshaies held Atlanta to four hits in 8 2-3 inn-

ings and Glenn Davis hit a solo homer, leading Houston over the Braves.

Davis' 23rd homer tied him with Cincinnati's Dave Parker for the National League lead.

Cubs 4, Mets 3

Ron Cey drove in three runs with a bases-loaded double in the first and Dennis Eckersley and two relievers combined on a seven-hitter as Chicago defeated New York in a rain-delayed game.

Sid Fernandez, 12-4, suffered his second straight defeat after seven wins in a row, despite striking out a season-high 11.

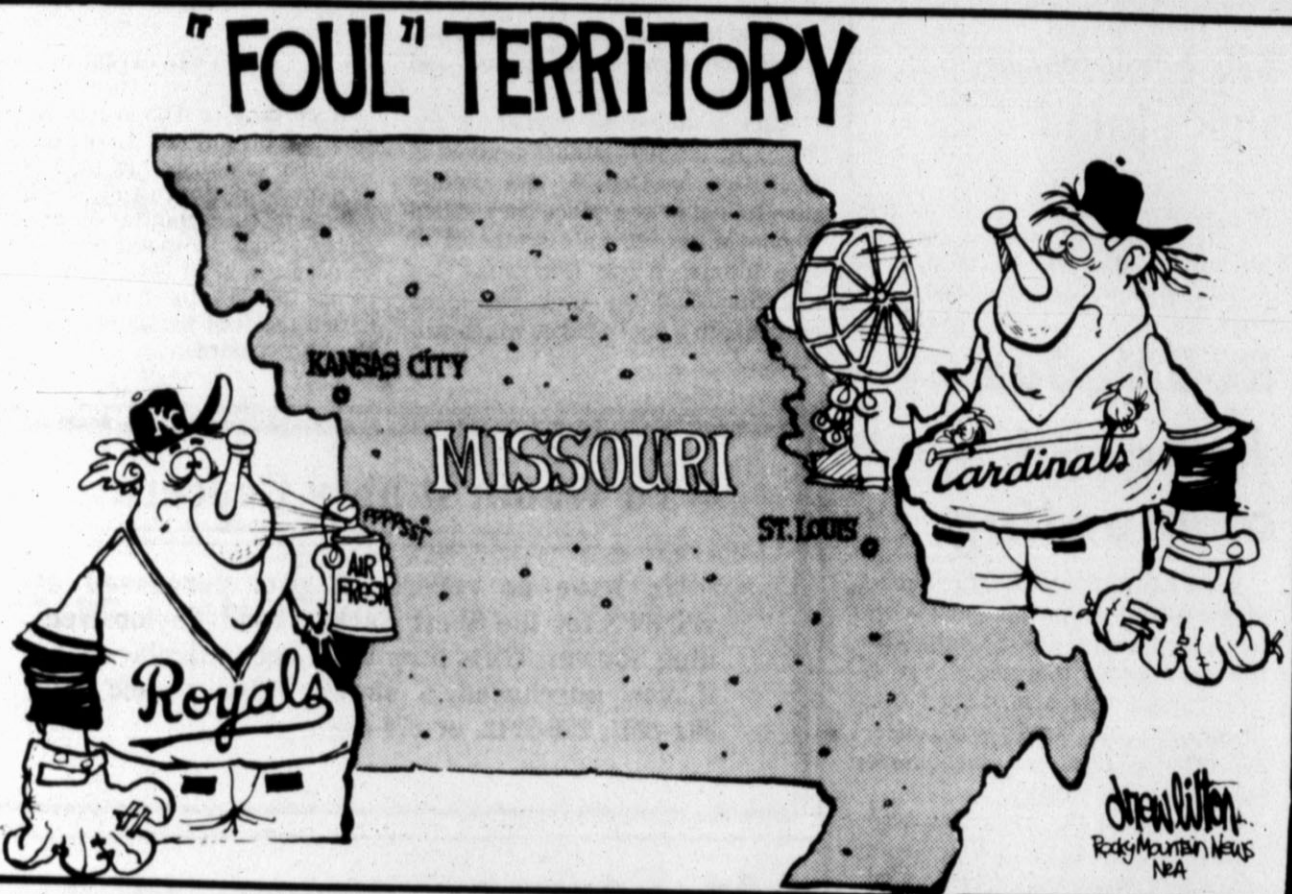
Dodgers 4, Giants 2

Bob Welch and Tom Niedenfuer combined on a six-hitter and Mike Scioscia's squeeze bunt capped a three-run first inning as Los Angeles defeated San Francisco, completing a three-game sweep of the slumping Giants.

Welch, 5-9, retired 18 of the first 19 batters and allowed four hits over seven innings while striking out eight. Niedenfuer pitched the final two innings for his sixth save.

The defeat was the fourth in a row for the Giants, who fell 4½ games behind the West Division-leading Astros.

win, lose & DREW



Cowboys-Bears ready to tackle the London crowds Sunday

LONDON (AP) — The Super Bowl champion Chicago Bears and the Dallas Cowboys have begun workouts for Sunday's American Bowl '86 football game at Wembley Stadium, with their head coaches claiming that the trip to London was "disruptive."

The clubs flew into the British capital on Monday for the game that has been sold out since May. Some 80,000 fans from England, Scotland and Wales are expected.

Bears Coach Mike Ditka and his opposite number with the Cowboys, Tom Landry, aren't too happy about having to travel to England in the middle of their preseason training camps.

"It really is disruptive," Landry said Tuesday. "It breaks down the momentum. What you try to do in training camp is build up to a high

level to start the season, and this is kind of a vacation for us."

"You almost have to make it a vacation to come all the way to England. We have to make time for the players and their wives. There's a lot of distractions. That's not like training camp."

"It doesn't help our preseason build up much," Ditka said, "but it's kind of nice to be part of the American Bowl here in London."

It was dull and cool Tuesday and a light rain fell before both teams got down to some training at the Crystal Palace National Sports Center south of the city.

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Anglers enjoy Mich. variations

By The Associated Press

With more than 36,000 miles of rivers and streams and a Great Lakes coastline longer than America's entire Atlantic seaboard, Michigan has nearly four times as much water area as any of the contiguous 48 states.

With so much water, the Wolverine State boasts of some of the best fishing to be found anywhere — from trolling in big water charter boats, to wading in fast-running trout streams, to angling through a hole in the ice.

A fish planting program by the state Department of Natural Resources (DNR) adds to the waters each year nearly 40 million lake trout, coho, chinook, steelhead, rainbow trout, brown trout, brook trout, muskellunge, bass, northern pike, walleye and panfish.

According to the DNR, fishing is an activity with many elements of art as well as sport, including creativity and imagination. Conditions — such as weather, water temperature and the whims of the fish — are constantly changing, it says, "and will guarantee you are always presented with new challenges and excitement."

Baseball's first-ever all-star game was played in 1933 in Comiskey Park in Chicago.

Skaggs-4

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Ann Landers

Don't fail to call

DEAR ANN LANDERS: I would like to address this letter to all employers or personnel executives out there in your wide readership.

Dear Sir/Madon: Several days ago I had what I felt was a promising job interview. I dressed carefully, had my resume and letter of recommendation in hand and was on time for my appointment. I thought the interview went well. You smiled and said, "I will call you by next Friday."

A week has passed since that Friday. Did I say the wrong thing? Did I wear the wrong clothes? Please put yourself in my shoes. I didn't apply for the job for the fun of it. I need work. I would prefer a flat turnaround to jumping to get to the phone, hoping it's you, every time it rings.

A brief call is all I ask. Is this not a small price to pay to sustain an individual's self-esteem? Sign me—**ONE OF THE MANY WHO IS ALONE BY THE TELEPHONE**

DEAR ALONE: I've dealt with this subject before but perhaps I didn't come on strong enough. For Lord's sake, you people in personnel, if you say you're going to phone with a decision why don't you do it? Can't you understand how important your call is to a person who is waiting for

the phone to ring? When you fail to keep your word you add anxiety and misery to an already over-stressed situation. Please have a little compassion.

DEAR ANN LANDERS: The other day I took my 2-year-old son to a children's store. There was another mother in the store with a child about the same age as mine. I left my Jimmie in the play area with the other child since I had a bit of shopping to do. They got along nicely.

When I went to get Jimmie I noticed he had something in his mouth. I asked him what he was eating. The other mother proclaimed proudly, "I gave him some of my son's breakfast--chocolate-covered peanuts." I was so shocked by the nerve of this woman, not to mention her lack of common sense, that all I could mutter was, "Thanks for telling me."

As we were pulling out of the parking lot Jimmie began to choke. I pressed back his tongue with my finger and he vomited all over the car, himself and on me. Fortunately, the lodged peanut came up (unchewed) and the boy was all right.

I can't help but wonder about the consequences had he been diabetic,

or allergic to certain foods. I am asking you to print this letter to warn well-meaning strangers who think they are being nice when they give food to children they know nothing about.--**THANKING GOD FOR SMALL FAVORS IN VA.**

DEAR THANKING: Another suggestion: Mothers should instruct their children never to accept

anything to eat from strangers. This training should begin as soon as the child is old enough to comprehend the meaning of words. It could save a life.

DEAR ANN LANDERS: Americans enjoy one of the highest standards of living in the world. Are they "savers" or "spenders" compared with other countries?--

CURIOS IN PANAMA

DEAR PAN: Here are the figures based on the first three months of 1985.

1. Japanese save out of their income...21.4 percent
2. Canadians...14.4 percent
3. West Germans...13.8 percent
4. Brits...11.5 percent
5. Americans...5.5 percent

Ann Landers' booklet, "Sex and the Teenager," explains every aspect of sexual behavior--where to draw the line, how to say no, the various methods of contraception, the dangers of VD, the symptoms and where to get help. For a copy, send \$2 and a long, self-addressed, stamped envelope (39 cents postage) to Ann Landers, P.O. Box 11995, Chicago, Ill. 60611.

Owen family reunion held

The families of Gleaves and Donnie Owen met July 24-26 at Fayette, Mo. for a reunion. Sixty-one people were registered.

Those attending from Hereford included Mr. and Mrs. Warren Owen, Mr. and Mrs. Bobby Owen, Donnie Owen and Jewell Hargrave.

Among the various activities at the reunion were swimming, a talent

show, spades tournament and visiting.

Out-of-town guests represented Waco, Fort Worth, Cedar Creek Lake, Portland, Ore., Astoria, Ore., Springfield, Vt., Gainsville, Fla., Oklahoma City, Ok., Norborne, Mo., Carrollton, Mo., Shawne, Ks., Trenton, Mo., Harcourt, Iowa and Saint Peter, Minn.

DR. GOTT Quick-tan lotion might cause rash

By Peter H. Gott, M.D.

DEAR DR. GOTT — What ingredient enables quick-tanning lotions to tan the skin without the sun? Are these products safer than exposure to the sun?

DEAR READER — Quick-tanning lotions contain a pigmenting agent, usually dihydroxyacetone, that actually colors the skin by reacting with amino acids in skin cells. Because the primary risks of sun exposure include burning, premature aging of the skin and the development of skin cancers, quick-tanning lotions are safer. Nevertheless, some people can develop extensive skin rashes from the components of these products, so no skin-tanning method is completely safe.

DEAR DR. GOTT — I was stung by a bee awhile ago, but I still can't get the stinger out. What can I do to remove it, or will it eventually dissolve?

DEAR READER — If you have tried unsuccessfully with tweezers to remove the stinger, I suggest you have a doctor try to remove it. The stinger eventually will dissolve, but it can cause long-term itching and burning until it does.

DEAR DR. GOTT — I developed a hernia on my right side about 10 years ago. I have had three repairs, but it still comes back. Now it's not just on one side, but is starting to protrude on the back part of the hip. What can be done?

DEAR READER — The type of hernia you describe is very unusual and must involve the entire muscle group of your lower and lateral abdomen. In order for repair to be effective, you might need mesh reconstruction of the weakened area. Ask your surgeon to refer you to a surgical specialist who is familiar with the unusual condition you seem to have.

DEAR DR. GOTT — I was born in 1893, so I have been here a long time. I've been a farmer all my life. My dad and I operated the corn sheller — gosh, it was cold. I got chilblains. Now

my legs feel like a piece of wood from the knees down. There's no circulation. What would you do for it?

DEAR READER — Chilblains are redness and swelling of the skin caused by excessive cold. Because this affliction does not last for years, I suspect that your present symptoms may be due to the effects of poor circulation that come with age. A doctor may be able to suggest treatment or might ask you to undergo special testing of your leg arteries to see if they are blocked.

DEAR DR. GOTT — My wife is 50 and is going through menopause. She very seldom has a period anymore. We use the rhythm method of birth control, and we wonder if charting her temperature is still a valid method (given her hormonal changes) to determine if she is ovulating. We used to use fertility tapes, but we can't find them anymore.

DEAR READER — Temperature charting usually will show a slight alteration when a woman ovulates, even if she ovulates infrequently. Most experts agree that once a woman has missed 12 consecutive periods, she can be considered to have passed through the fertility phase of menopause.

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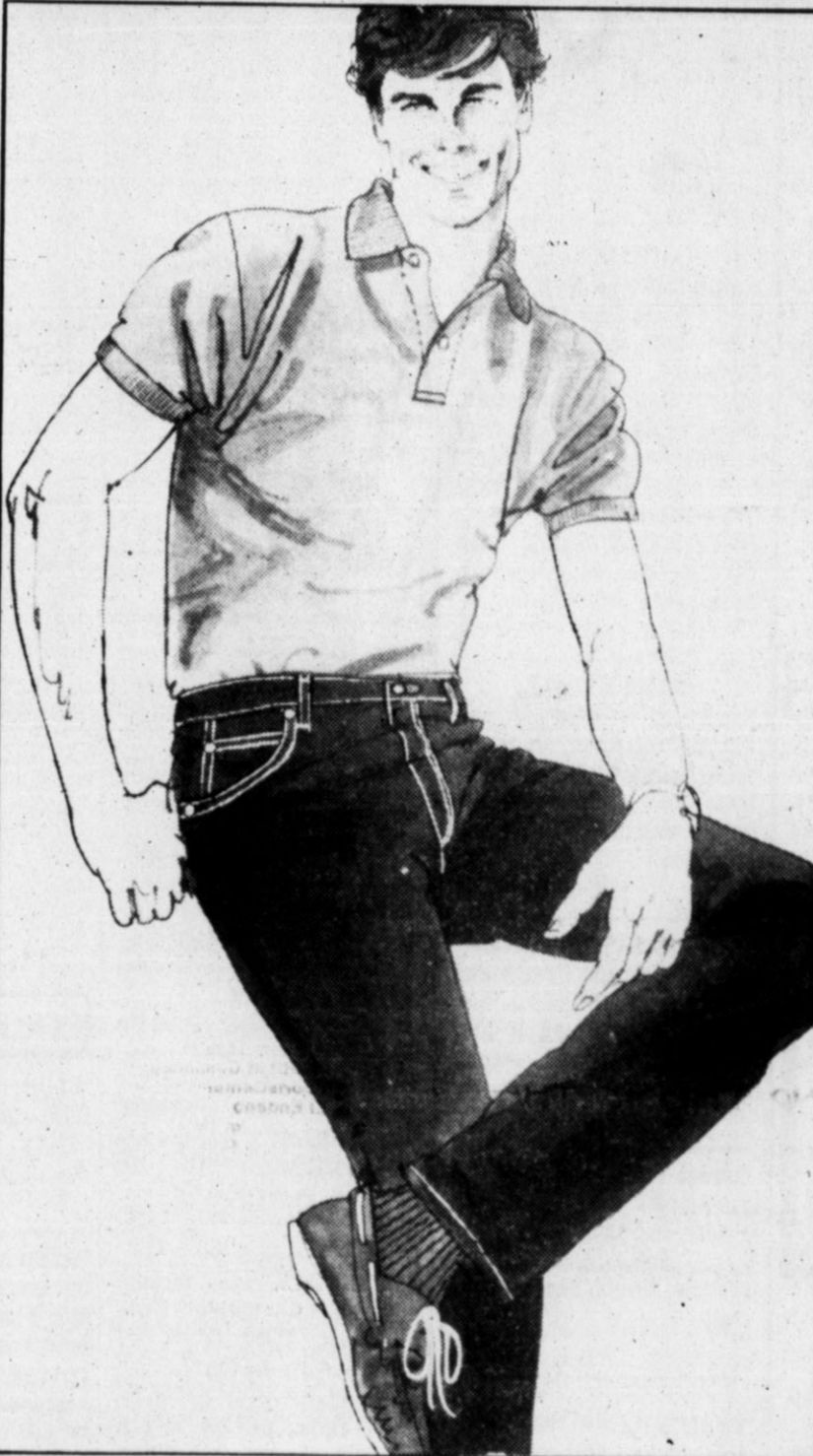
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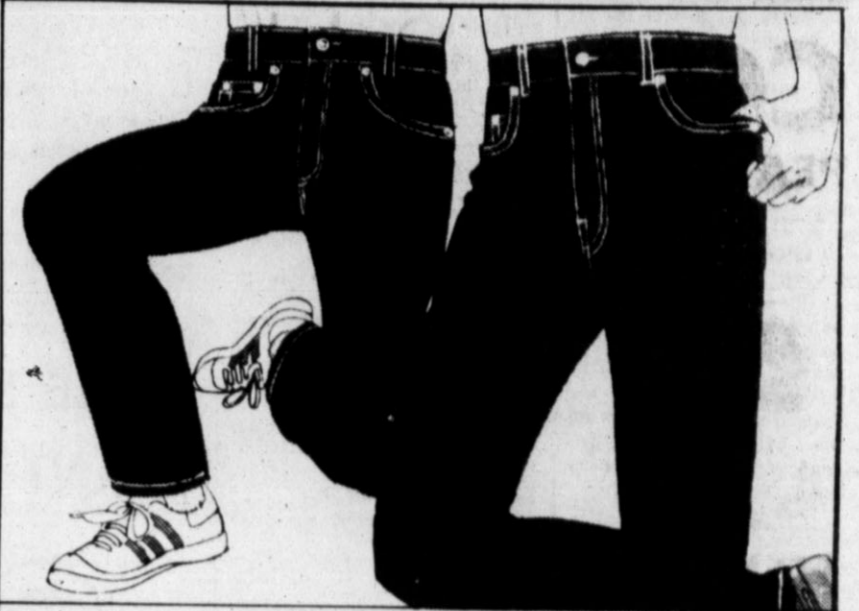


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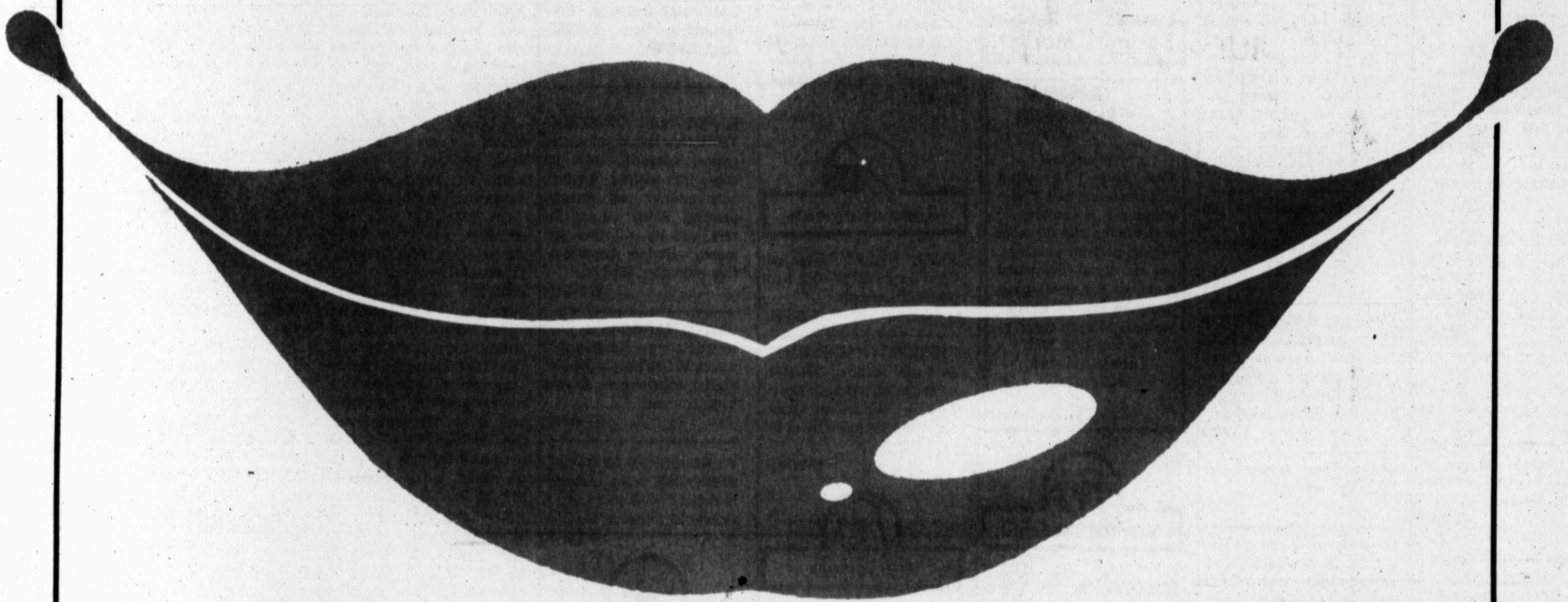
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