

Guided Tour Center Becomes Second Home For Lubbock Woman

The dominoes crackled to the table in the side room and the sound filled the near-empty central hall. Six or seven people—still wearing name tags from a meeting earlier Wednesday—sat in a circle among the rows of tables and chairs.

"You really should come back when there are more people—to get the spirit of the place," Mrs. Teresa Miller said with a wisp of apology. "Everyone went home after the meeting."

The place was the city-operated senior citizens center at 2600 Ave. P, and the young reporter had come to see what went on there. He knew that the city staff was working on an overview of the recreational needs of the elderly, and that more than 200

older Lubbockites had met with the city staff at the Hodges Community Center earlier in the afternoon.



by
Cliff Avery

Returning to the Avenue P center, the young reporter had found some of the people who had attended the meeting, but it was Mrs. Miller—a slight woman dressed in a colorful blouse—who

took particular interest in showing him around.

She said that participants at the center had seen a film on crime prevention and that on a normal day, when there was no meeting to sap the strength of attendance, the tables in the room would be bulging with bridge players and domino enthusiasts.

"We won five out of six of our games the other day," her husband John Miller, boasted gruffly, as the talk turned away from the luncheon menu to the center.

Mrs. Miller led the young reporter through the small building. First, to the crafts room where bottles stretched to artistic shapes baked in the center's kiln.

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WEST TEXAS TIMES

WEST
LUBBOCK
EDITION

FIFTEEN CENTS

Friday, March 11, 1977

Eight Pages

Parent Sessions Eye Southwest Schools

You can tell the Lubbock School Board what kind of new schools you want your kids to attend at three meetings next week. But the Justice Department still has a month to put in its two cents on whether the schools should be built.

The school district filed its motion this week with U.S. Dist. Court Judge Halbert Woodward to alter the boundaries of the city's schools. The boundary changes will be necessary when new southwest Lubbock schools approved in an \$11.9 million bond election Feb. 22 are built.

Woodward retained jurisdiction over alteration of school boundaries under the 1970 school desegregation order. The Justice Department has until April 8 to reply to the district's motion. If the government attorneys contest the altered boundaries, Woodward will hold a hearing a week later.

The local chapter of the NAACP, which opposed the bond election fearing the schools south of Loop 289 would hasten development of the predominantly white area and draw whites from integrated schools within the loop, has yet to decide whether to intervene in the case. A Department of Justice Department attorney met with NAACP leaders the same day he met with school officials for a discussion of the district's building program.

When the bond election passed, local school officials said that parents would be consulted to

determine what kind of schools they want for their children.

After selecting architects last week, the meetings are expected to center on "open" vs. the "traditional" concepts of education.

The open concept, already practiced in some form at two of the district's elementary schools, is characterized by open spaces and moveable walls that allow educators to shift for varying needs. Proponents urge that the open concept makes better use of teaching specialties.

But advocates of the traditional concept—where students are

Continued On Page four

Obstructive Sleep Apnea Research Tries to Remove Roadblock to Rest

Everyone has days when each hour drags by, when the struggle to keep both eyes open is overwhelming, and when the thirst for just a few moments sleep is unquenchable.

Everyone has those days occasionally, but imagine spending every day of your life sleepy.

Obstructive Sleep Apnea is a physical condition when it's most common symptom being hypersomnia—the feeling that you're just not getting any sleep.

But in fact, people who suffer with the condition do get as much sleep as anyone else, it's just their sleep is undesirable, explained Dr. John Orem, assistant



The kind of sleep you get is as important as the amount.



by
Janice Jarvis

professor of Physiology at Texas Tech University School of Medicine.

The sleeping pattern of a person who suffers with Obstructive Sleep Apnea goes something

like this. The person goes to sleep, followed by a period of heavy snoring, he then stops breathing. In an attempt to unblock the obstruction that stops him from breathing, his chest heaves dramatically. He gasps for breath, becomes more alert in sleep, and begins breathing normally. A little while later the pattern begins again.

During the entire night, the person is unaware that he stops breathing, although the pattern may occur as often as 100 times a night.

But there are more problems involved in than just sleepiness, said Dr. Orem. "The condition is

life threatening and can lead to cardiovascular problems," noted Dr. Orem. Such problems may occur because of the chronic lack of oxygen that happens everytime the person stops breathing.

The problem is further complicated if the person takes sleeping pills in an attempt to get the sleep he thinks he's missing.

"A heavy dose of sleeping pills can be a disaster," explained Orem. When the person stops breathing during the night, the heavy dose of pills makes it impossible "to catch his breath."

In the case of Obstructive Sleeping Apnea very little is

Continued On Page Six

The Mower, The Merrier Don't Let Lawn Care Scythe You Out

Instead of spending long hours toiling in the sun, today you can practically watch while the lawnmower does all the work—that is if you pick the right lawnmower.

It's important to look for a well-built lawnmower, advised Sid Chance, owner of Chance's Lawn and Leisure.

While a well-built lawnmower costs more, the investment can save you costly repair bills and the annoyance of a machine that doesn't work.

Another advantage of a top line lawnmower is the accessibility of parts. You can be sure that when something does go wrong with

your equipment, a dealer will be around to fix your lawnmower, Chance explained.

"We have a lot of people who buy a cheap lawnmower and then can't find a grass bag to fit it, so they end up buying a new lawnmower," Chance said.

"The best known brands are Lawn Boy, Toro, Snapper and Jacobsen, and you're most likely to find parts if you stick with those mowers," noted Chance.

But there's more to buying a lawnmower than just buying a top of the line machine.

Before you ever purchase a mower, you should consider whether you want a self-pro-

pelled, electric, or push type mower. Self propelled mowers practically mow themselves with just a little guidance, but they also cost more, said Jim McGee, assistant manager of Hester Hardware. Push lawnmowers are usually less expensive, as well made as self-propelled models, and are less likely to need repairs—but they do require more effort to operate, said McGee. They usually work best on small lawns.

Electric lawnmowers can be convenient, if you have a very small area to mow, but you must mow on a weekly basis to

Continued On Page Four



Staff Sketch by Ted Houghton

OPINION

Stand Corrected

We stand corrected. Last week, a Times editorial reported that the Boy Scouts of America changed the name of the organization to "Scouting USA" and couldn't imagine how a "Scouting" would help little old women across the street.

This week we got a release from the "South Plains Council Scouting/USA Boys Scouts of America" (as their memo stated) in which Council President Bob Dunbar was quoted as saying that the Boy Scouts had not changed its corporate name, but has adopted Scouting U.S.A. as a symbol—what they call in the public relations world a "logo."

There's a fine line there, of course. That's kind of like saying "3M" is not the "name" of "Minnesota Mining and Manufacturing" or that you can take the arches out of McDonald's but you can't take the McDonald's out of the arches. But—what the heck—by whatever name, the training and leadership the Scouting program provides is still as effective and necessary. —C.A.

Jaws

In Austin, Senate Bill 615 has been nicknamed "a loanshark's dream." Let's hope it is a dream that won't come true.

The bill, sponsored by Sen. Don Adams of Jasper, raises some of the rates and charges on loans you receive from finance companies (most of them owned by out-of-state chains). The real kicker is that the Adams bill adds a "modulator" which is a fancy way of saying that if the cost of lending money goes up, the consumer has to pay for it without the finance companies going to the legislature to justify statutory increases.

The problem with the modulator—a problem which will hopefully seal up this bad piece of legislation in Senate—is that it is too complex for the average consumer. Credit practices are tough enough to understand without tacking on more legalese, and the average patron of a finance company is looking for a small loan, armed with a little sophistication in the ways of big business.

With the modulator introduced into figuring his monthly payments, any meaningful comparison shopping is wiped out of the consumer's considerations. Since the cost of doing business is mixed into the complex formula to determine the modulator, the companies may be tempted to pull a few tricks out of their accounting bag to make expenses run a little bit more and the modulator a little bit higher. The upshot is that you won't know exactly what we ought to be paying for a loan.

Moreover, the increase in rates with the modulator would reward bad business practices—loaning to bad credit risks. Sure there are defaults, but as Sen. Bill Patman of Ganado, the leader of the anti-615 forces points out, the loan companies pick up a tidy bit of change in late charges.

The finance companies say that they need the increases and that, in turn, they keep consumers from turning to out-of-pocket loansharks. That may be true, but S.B. 615 doesn't look like the solution. It looks like somebody's jaws were too big for his wallet. —C.A.

Letter to the Editor

The Alpha Phi Alumnae Chapter wishes to thank you for your interest in and help with our fifth annual Cardiac Aid Lollipop Drive by publishing a story about the drive in your newspaper.

Our drive was a complete success, and the alumnae chapter of Alpha Phi recently presented Methodist Hospital with a \$1,300 check for the purchase of a defibrillator for use in the cardiac catheterization lab.

Again, thank you for your cooperation which helped us reach our goal. We look forward to working with you again next year.

Margaret Fullerton
Philanthropy Chairman
Lubbock Alpha Phi Alumnae

WEST TEXAS TIMES

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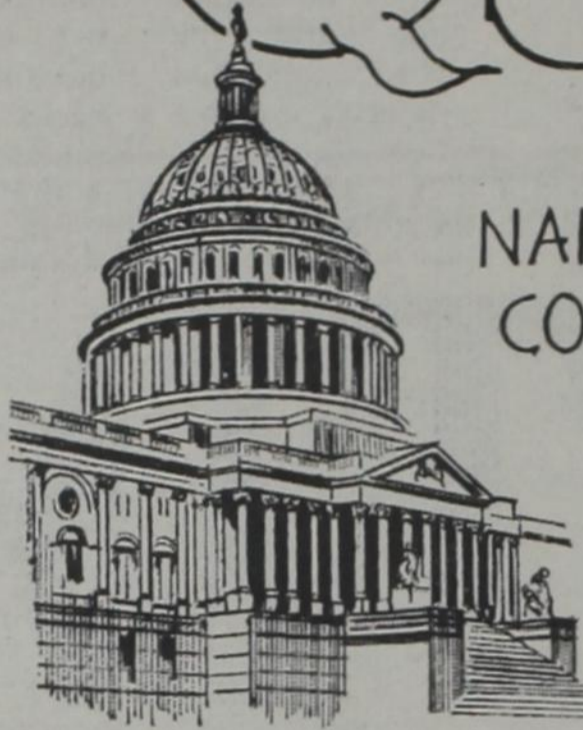
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JACK ANDERSON'S WEEKLY SPECIAL



A Fair Exchange

by Jack Anderson with Joe Spear

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WASHINGTON—Two years ago, we named Uganda's Idi Amin as the world's worst leader. His unsolicited advice to other world leaders had made him a laughing stock. He called upon the United Nations to move its headquarters to Uganda, under his protection. He declared a national crisis over the smuggling of garden hoses out of his country.

We also described the strange friendship between Amin and Libya's Muammar el-Quaddafi. Amin is fat and Qaddafi is skinny. They make a Laurel-and-Hardy pair when they get together in Tripoli to reaffirm their "brotherly relations."

It was Qaddafi who talked Amin into breaking relations with Israel in exchange for a promise of weapons. Several months ago, Amin got into an argument with Britain's Sir Chandos Blair. According to an intelligence report, Amin began shouting excitedly to his ministers, "Alert the Army! Alert the Air Force! Call Libya and tell Libya to begin sending airplanes!"

Of course, Amin isn't always a comic. Intelligence reports estimate he has murdered 90,000 people during his purges. For a while, the fate of Americaas in Uganda was uncertain.

But President Jimmy Carter had one trump card he did not know about. One of Amin's most prized possessions, his personal airplane, was located for a while in the president's home state of Georgia. The plane, with a Gulf Stream II complete with an emblem of a roadrunner bird on the tail, was undergoing repairs in Savannah, Ga.

President Carter could have held Amin's favorite plane until all Americans were out of Uganda. It would've been the sort of ploy Amin would've understood.

Phony Funny: Not long ago, a derisive cartoon appeared in newspapers around the country. The cartoon showed a man engulfed in an airbag, struggling to get out of his car. The caption had him saying: "Honest, all I did was slam the hood."

This was published as an independent, editorial cartoon. But the truth is that the cartoon was produced and paid for by Chrysler.

The automobile company is opposed to airbags. It was the secret instigator of the cartoon. The company paid Derus Media Services about \$1,000 to distribute the cartoon to 660 dailies and 5,500 weeklies.

The Chrysler executive who arranged the cartoon, Frank Wylie, said he saw nothing wrong with it. Yet he admitted there was no way readers would know that Chrysler had paid for it.

This was just one small item in the automobile industry's massive campaign against airbags. Former Transportation Secretary William Coleman said airbags would save over 12,000 lives every year. Airbags would also prevent 100,000 injuries.

Yet Coleman himself finally gave in to the industry pressure. He left it up to the automobile companies to decide whether they want to cooperate with the government in marketing airbag-equipped cars.

Seething Swansong: For a few weeks, Jack Eckerd was one of the few Republicans who had been asked by the White House to stay on the job. He had been running the government's housekeeping agency, the General Services Administration. His record impressed the White House.

Eckerd agreed to stay if he could choose his own No. 2 man. But House Speaker Tip O'Neill had a political crony in mind for the job. So Eckerd resigned.

This meant he didn't have to be polite to congressmen any longer. One of his last official acts, therefore, was writing a nasty letter to the congressman he liked the least.

This congressman, John Dingell, D-Mich., had questioned Eckerd about his travels. So Eckerd fired back a private letter, telling Dingell it was none of his business. Eckerd called Dingell "rude, abusive and dictatorial."

"It should be an embarrassment," wrote Eckerd, "to have your disgraceful conduct as part of the public record. You were running a 'dog and pony' show for whatever political mileage you thought you could gain from it."

Then this parting shot: "Though most of my encounters with members of Congress have been constructive, one pleasant aspect of leaving GSA is being able to write this letter."

Jordan's Burden: Hamilton Jordan, the new White House major-domo, is emerging as the second most powerful man in the country.

He has been so busy settling into the White House, however, that he forgot to check out of his hotel room. He was staying at Washington's fashionable L'Enfant Hotel. He let the hotel bill run up, at a rate of \$59 a day, for three weeks after he moved into a house.

Jordan told us that his wife had been urging him to get rid of the room. The day after our call, he finally checked out. But he left behind a total bill over \$9,000. It was paid by the Democratic National Committee.

Incidentally, the bill contained several orders from room service for peanuts.



Timesphotos by Ted Houghton



There are the moments before the lights go up and the crowd's roar retreats. The moments for the last preparations for illusion. The moments for the last brush with the mundane, the soft drink and the cigarette.

Then . . .

An explosion into the moments of the unreal. Of joy. Of sorrow. Of the taunts of faces flashing foolscap.

Moments captured at the Lubbock Civic Ballet's production of "John Human."

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Business Psychologist Wants Employees to Pull Together

by Wanda Walser

Business has its family problems, too. What is seen flickering invitingly across the television screen or beckoning from a well-designed newspaper ad is often the image a business firm wants to project. What goes on behind the scenes in the offices, if it could be viewed, might present a different picture.

The key, according to Claude Dollins, is for management to find out how employees and the public really see their particular business—how they really feel about it. Dollins, a psychologist, is founder and director of Hu-Max Consultants, a local firm whose business it is to find out what's right and wrong with other companies and help them plan business strategy accordingly.

Although this is a relatively new idea for Lubbock and the South Plains area, it is one that has been in existence for quite some time in the larger metropolitan areas of the nation. In fact, the largest U.S. firms have, for some years, had annual "check-up" to ascertain employee attitudes toward management and performance of individuals in mid and top-level management positions. These firms believe that how employees

feel about supervisors, working conditions and the image of the firm in general, has great bearing and comes across directly to the consumer in customer relations and over-all performance of the firm itself. The story is told most effectively, they maintain, in profits and/or profit loss.

Dollins says that some corporate problems are more or less universal or common to all types of business, particularly in management. For instance: stress. Executive stress or pressure accounts for a good many heart attacks and other illness among mid- and top-level management. When Hu-Max goes into a firm for analysis procedures, this particular problem is considered. If stress is found to be a contributing factor to disturbances within the firm, personnel are taught how to recognize and deal with it on a constructive, not destructive basis.

Dollins pointed out signs of stress: increased smoking, drinking and eating patterns; migraine headaches; consistent physical pain, particularly of a muscular nature; short "temper"—over-reaction to normal situations.

Employees and management alike can learn to recognize and



Claude Dollins

work from strengths rather than weaknesses in people, Dollins says. It's a simple fact of better communications on a one-to-one basis between customer-employee, supervisor-employee, supervisor-vice-president, for instance. Through individual strengthening, the firm as a whole is strengthened.

Dollins also points out that, once management knows its own strengths and weaknesses, it can better make corporate decisions concerning hiring and firing policies, advertising and PR

procedures and other decisions.

Business owners can recognize indications that their firms might need the attentions of a company like Hu-Max. Dollins said there are signs to look for. "One thing would be consistent conflict among employees—at a petty level or at a deadlock level. A slowing down in productivity which generally means a loss in profit is another indication." Still other signs, Dollins said, are high absenteeism and relatively consistent turnover in particular jobs.

While management will recog-

nize the problems, it is often difficult for employers to get a true picture of how things stand within their firms simply because they are so close to employees and employees are close to them. Dollins said a firm such as his "provides accurate and un-biased information about what's going on in a firm that one can't get on his own from employees because he knows them so well and because they know him so well." An outside, professional, trained group can provide information on an anonymous basis so that confidence is protected and encouraged.

Once management sights problems within the firm, before professional help is considered, much can be done to help problems by simply "talking things over" among employees and management. Once all sides of a picture are considered and it's decided that professional help would alleviate problems, trained people can help pull businesses out of the gray and back into the sunlight of corporate profit—both in the emotional and monetary aspects.

In good business relationships, as in all others, the bumps are easier to ride over when everyone is taking them equally.

Lawnmowers . . .

Continued From Page One
make the effort worthwhile, said McGee. There's also one major inconvenience—people run over the cords, Chance noted.

When selecting a lawnmower, you'll also have a choice of side or rear grass catcher. Rear grass catchers are the most popular because you can get close to a house on either side of the mower.

Side grass catchers were more common in the past, but their popularity is dying out, noted McGee.

The size of the catcher is another consideration, if making several trips to the trash can is something you'd just as soon

avoid. Some of the "super" models have 3-bushel catchers but most mowers hold quite a bit less, according to Chance.

After you've decided the kind of lawnmower you want there are quite a few added features to choose from. Some of those extras really are essential, others you would probably just as soon do without.

A good engine is a necessity, explained Chance. The mower should have at least 3½ horsepower, while a riding lawnmower can have as much as eight horsepower. Unless you have a very large yard, those extra horsepower and the convenience of riding while you mow, just aren't worth the

expense, said McGee.

The air filter is another important feature. Most filters are either two stage or four stage. With a four stage filter you put the gasoline in one place and the oil in another, explained McGee. Unlike two stage filters that require you mix the oil and gas, the four stage filter is neater and requires less maintenance, advised McGee.

However, Penney's offers a two stage air filter that is heavy duty and gives double protection against dirt, a convenience important in West Texas, explained a Penney's employee.

Another handy feature found in Penney's lawnmower is an oil minder. This unique device tells you when the mower needs to be oiled.

Some features that are usually standard on all top line models, you won't find on less expensive models, noted Chance. One feature you should look for is a mower with steel ball bearings, and adjustable wheels, said a Penney's employee.

Quiet mufflers are a sign of a good engine and auto chokes make starting easier. These features are usually found on most models, said Chance.

If you're determined to get the job done fast, the width of the blades should be an important consideration. Most blades are between 20 and 22 inches wide—and, of course, the wider the blade the faster the job is finished.

But no matter what kind of lawnmower you decide on, if you're not going to take care of it, it's not going to last.

It's essential to check the oil filter regularly, said Chance. If you don't keep it clean you'll end up paying for expensive repairs, he added.

People often have a tendency to neglect changing the oil, said McGee. Oil should be changed every five hours of use, and a minor tune-up is needed every 20 hours of use.

Of course if you're very hard on a mower, or if you use it commercially, you're going to change the oil more often, McGee added. It's also important to keep blades sharp.

With proper care a mower can last a lifetime, but if it's neglected it won't even last a season, Chance explained. Buy a cheap lawnmower and before you know it the handle is falling off and the engine is ruined, said Chance.

The weather in West Texas is also a hazard for even the best lawnmower, and that makes maintenance essential.

When you start lawnmower shopping expect to pay between \$250 and \$300 for a good self propelled name brand mower.

Push mowers can cost as little as \$40 without any frills or as much as \$250 with a lot of extras. Black and Decker makes an electric mower for \$139.95.

Then when you've found the mower that serves all of your needs, look for a one or more year warranty.

Parent Meeting . . .

Continued From Page One

assigned one classroom and teacher for the entire school day—argue that the child needs the security of one teacher.

The meetings, all at 7:30 p.m. are set:

•Monday at Parsons Elementary for parents living south of Loop 289 and east of Indiana Avenue.

•Tuesday at Murfee Elementary School for parents living between Indiana and Quaker and south of the loop.

•Wednesday at Williams Elementary for parents of students living south of the loop and west of Quaker Avenue.

Perinatal Plans

An areawide meeting to complete the organization of a perinatal association will be held Saturday at the Hilton Inn.

Registration for morning workshops will start at 9 a.m. and will continue until the general session begins at 9:30 a.m. A general session and business meeting will be included in the afternoon activities.

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Organic Food Fad Still Healthy Locally

by Janice Jarvis

If you think health foods went out of style with communes, flower children and long hair, you're in for a surprise.

Health foods are more in demand now than they ever have been, noted several local health food store owners. People from all occupations are searching the grocery store shelves for foods without preservatives.

The popularity of organic food has been growing for the last ten years, and it continues to grow, explained one store owner. Another said that her customer count has tripled in the last four years.

The growing interest in health foods could be attributed to people's interest in themselves. People are getting serious about their health, and they want what's best to keep healthy, one woman explained. Recent publicity concerning dyes and preservatives added to foods have alarmed many people, one owner adds.

It's more trouble to always be careful about what you eat, and it costs more but people who care about their health think it's all worth it, noted one woman.

One woman who has been buying organic food for years explained, "Preservatives that are put in foods today are not food, they're chemicals, so why eat them."

When you buy foods containing preservatives a lot of the nutri-

tion is cooked out of them and chemicals are put in. But with organically grown food, the nutrition has not been removed and the food, some say, tastes a lot better.

Many health food enthusiasts claim that you can actually taste the chemicals added to fruits, vegetables and even meats. In fact, once you start eating organically grown food you can always tell the difference in other foods.

Buying organic food is really just getting back to basics. Most of the food sold in health food stores are the same thing your grandmother cooked.

Some common items found in health food stores include raw honey, unbleached flour and whole wheat grains—all items that were probably found in your grandmother's cupboard.

You'll also find high protein powders, vitamins and drinks for people who are trying to gain weight. Herbal teas have become increasingly popular, because of their medicinal value.

While most stores sell just "plain health food," they do cater to vegetarians. Most vegetarians want organically grown fruits and vegetables, but they also want soybean products, noted one store owner.

Another frequent customer of health food stores is the person with allergies. "If someone is allergic to wheat then they want oat flour," said one store owner.

People allergic to chocolate can still enjoy candy bars made from carob, a kind of tree. And one woman who is allergic to almost all kinds of chemicals, claims organically grown food literally keeps her alive.

People who believe vitamins are a necessity also find health food stores carry a big supply. Despite doctor's claims that synthetic vitamins are as good as natural vitamins many health



HEALTH FOODS GALORE—Mindy Horn, an employe at a local health food store, looks over just a few of the many unprocessed foods and natural vitamins available for people who are trying to get back to basics. (Times Photo)

food buyers claim differently. "Natural vitamins are easily accepted into the system because they are natural just like people are," said one woman. If you take an excessive amount of Vitamin C it won't make any difference because the effects are the same if you ate a dozen oranges one day, she added.

But despite the growing demand for health food, store owners have found problems with the industry.

"We have to be very careful never to prescribe anything for anybody, because if we did we could go to jail," said one store owner.

Recommending Vitamin C for a cold can easily put a store owner out of business if the FDA finds out about it. "As a store owner I can't tell you what herbs can be used to ease tensions, but I do have a variety of books you could read, but I can't suggest any books to you," explained one woman.

Another problem for store owners is keeping fresh food

available at all times. A lot of skeptics think that the food all turns bad without preservatives, but if I keep it in the refrigerator it stays fresh, explained one store owner. "It's better to run out of good food than to be stuck with too much spoiled food," explained a store owner.

In Lubbock there are only a few places to find health foods, compared with California cities that have grocery stores stocked full of every kind of organic food imaginable.

however. In Lubbock a grocery store chain now carries a limited line of health foods and more and more stores are following this trend.

And as more and more people start checking content labels on their foods, you're going to find more people deciding they want the real thing, said one woman.

Men In Service

Navy Seaman Recruit Allen K. Reid, son of Mr. and Mrs. Billy C. Bennett of 3019 57th St. in Lubbock, has completed recruit training at the San Diego Naval Training Center.

A 1974 graduate of Monterey High School, he joined the Navy in September, 1976.

Marine Pvt. Ray A. Handley, son of Mr. and Mrs. R.R. Handley of 3011 38th in Lubbock, has completed recruit training at the San Diego Marine Corps Recruit Depot.

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Sleep . . .

Continued From Page One

known about the condition and cure.

Researchers know that the condition most commonly occurs in males, and it usually begins at the onset of puberty.

It's also suspected that quite a few people have the condition and never know it.

The only treatment for the condition is a tracheotomy, noted Dr. Orem, but even then the operation is extremely dangerous. Even under anesthesia the patient could suddenly stop breathing. But with a tub inserted just below the larynx, the dangers of Obstructive Sleep Apnea are reduced.

Until recently the problem that occurs while people are asleep was rarely studied, but there is a growing interest in sleep pathology, and what happens to our breathing patterns during that one-third of our lives.

Understanding the problems related to Obstructive Sleep Apnea begins with understanding more about normal sleep.

We know that people need sleep, explained Dr. Orem. But just how much sleep is needed is still unanswered. We do however know that without sleep the need for REM (rapid eye movement) or "dreaming sleep," builds pressure.

At TTUSM, Dr. Orem is experimenting with cats. "We're going into a normal cat to see how the brain and the respiratory system work," said Dr. Orem.

When researchers can understand how the brain controls the respiratory system in a normal animal, then they can better understand what goes wrong to cause Obstructive Sleeping Apnea.

Normally, when a person drifts from wakefulness to sleep he goes through two different stages. The first non-REM sleep, is a quiet time in the nervous system. The body relaxes and occasionally sleep walking occurs.

The next stage is REM sleep or "dream sleep." The eyes move rapidly and the body experiences a kind of paralysis.

By monitoring what goes on in the brain while the cat goes from non-REM sleep, Dr. Orem has found some interesting results.

Changes in respiratory neurons occur when the animal goes to sleep.

A tape recording of one neuron in the brain sounds exactly like someone breathing. The pattern begins slowly, then as the cat enters REM sleep the noise becomes more rapid.

"The neurons are most active during REM sleep, in fact you'll only see such activity during the awake stage when the person undergoes intense activity."

Normally as the animal goes from wakefulness to sleep, the respiratory drive is reduced, then when he enters REM sleep the neurons become totally active.

Normal cats may give researchers a clue for a cure to Obstructive Sleeping Apnea. Oddly, the condition occurs in both REM and non-REM sleep.

Locally there are no facilities available for studying breathing patterns in both the normal and obstructed people. There are sleep clinic in Houston, advised Dr. Orem.

If you suspect you suffer with an obstructive sleeping disorder, there is a simple test. Place a tape recorder by your bed. If when you play the tape back you hear silence interrupted by a gasping sound you may be one of many who suffer with Obstructive Sleeping Apnea.

Guided Tour . . .

Continued From Page One

Then a proud display of the work of her friends, porcelain figures decorated with pieces of cloth.

Through it all, the young reporter felt as if Mrs. Miller was showing him through her home—as if it was one of those awkward first social visits that mandates a display of the host's home, the curious blend of unspoken pride. The ritual of one person allowing another into his life.

She took him to side door, past the orchard of nametags blossoming from a bulletin board, and showed off the side yard. "You see, we have plenty of room out here . . ." She caught herself abruptly, "I mean, the city has plenty of room."

"When the AARP (American Association of Retired Persons) meets, they have 300 people bursting at the wall," she explained the need for more space, "so we just stay home."

Space first became an issue at the Parks and Recreation Board meeting two weeks ago, when AARP representatives and representatives from the Arnett Benson area pleaded for more space for their activities.

The parks and recreation staff, as the board requested, is compiling research on the needs of senior citizens. Max Robertson, city superintendent of parks, said that the report may not be ready for the March 22 meeting of the board, but some preliminary statistics may be brought out at the meeting.

Robertson said that the meeting Monday tried to blend two ideas—the neighborhood concept with senior citizens center decentralized and the idea of a large central facility replete with "facilities we couldn't afford to put in the satellites."

He noted that in Pheonix, the large central facility housed bowling alleys and a golf course for the oldsters.

That may not be as important to Mrs. Miller as just having a place to be. "My husband belongs to Hillcrest and Lubbock Country Club. But they're so youth-oriented. Down here we're with our peers."

A small task is often more irksome than a larger task.

SHERIDAN'S RIDE

by Jack Sheridan

So you've been under the impression that there's not much to do in Lubbock! Ha! If you've been around the area of 9th and Aves. Q-O this past week then you know the town's been jumping! This Grand Opening week of our new Memorial Civic Center has provided enough variety of entertainment to last anyone a long, long time. And it's still not over with by a darn sight!

In the past week we've had the Lubbock Civic Ballet joining hands with the Lubbock Theatre Centre in an evening of "Total Theatre" in the new Civic Center Theatre, a performance which was capped by Rick Brame's drama-ballet interpretation of the play "Dark of the Moon."

This was a performance which I was forced to miss in its entirety through circumstances beyond my control, but all the reports that I have had were enthusiastic and most complimentary. I do regret having had to miss this one, for I had anticipated it very much. But—those things sometimes happen, and I'll be anticipating the next time around for both the cultural activities whom I hold dear and close. Brame, in his first season with the local ballet, has accomplished miracles of achievement and the future bodes very well indeed.

Then came the huge and delightful dedication banquet at the Civic Center, which was glittering and glamorous and gave us an acid-tongued Hughes Rudd, the Texas boy who went on to New York City and the CBS Morning News to make good. He fielded a lot of questions from the floor that night and alternately amused and seared his unwitting questioners.

Friday night's well-attended benefit for the Texas Boys Ranch, underwritten by Radio Station KLLL gave us country western, local boy Waylon Jennings and his wife, Jessi Colter, in a pleasing if very loud concert. It is too bad that electronics were ever invented because performers have come to rely on the electronic boost as against the oldtime and most effective art of projection. It's a way of life, I suppose, but, to me, it is a form of pollution and it is a sad and current curse of our day. However, Waylon and Jessi sang well and the crowd seemed to love every minute—and the Texas Boys Ranch must be happy with the results.

We had a skip on Saturday night and then we all flocked back to the Civic Center Sunday night to attend the concert presented by Henry Mancini, the movie theme man, who brought his own rhythm section and key personnel and utilized the services of the Lubbock Symphony Orchestra.

It was an ineptly-handled concert, with no programs, slipshod lighting and other deterrants but, overall, it was an evening of good, listenable music and welcome as such. To me, the highlight was not from Mancini's pen, but the selections from the library of Italian movie music man Rota. It is to Mancini's credit that he gave as much attention to his colleagues as he did for his own scores.

Then, we had another "intermission" in events. By the time you read this, the parade has resumed with last night's opening of "Holiday on Ice" at the Civic Center, which continues through Sunday. More on this one next time around.

Tonight is the second and last performance by the touring Acting Company in the new University Center Theater at Texas Tech. This is the only professional touring classic and modern repertory company on the road today and they opened their Texas Tech University Center Cultural Events visit last night with Shakespeare's "Love's Labour's Lost" and tonight's treat is the Tennessee Williams "Camino Real." Time is 8:15 p.m. and tickets are \$2.50 for Tech students with ID, and \$4.00 for the public. It promises to be an exciting event in theater.

Still another event anticipated highly shifts the scene again to the Civic Center for today's and Saturday night's performances of the famous Rodgers and Hammerstein musical, "The Sound of Music." The production has been produced and directed by Gordon McMillan for the First United Methodist Church, with Suzanne Aker as the choreographer. Sara Newcomb stars in the Mary Martin-Julie Andrews role of Maria, with Sylvia Taylor as the Mother Abbess and Keith Holder as Capt. von Trapp. A large cast plays the von Trapp children and the supporting roles.

Then, we'll have another breather in events which paves the way for the blockbuster of them all, the first visit to Lubbock of the prestigious San Francisco Ballet. They will be guesting on the stage of the Lubbock Municipal Auditorium for two performances on their tour, at 8 p.m. Tuesday and Wednesday. The event is sponsored by the Lubbock Civic Ballet in cooperation with the National Endowment for the Arts. Tickets are priced at \$10, \$8, \$6 and \$4, and can be obtained at the Auditorium box office and the University Center on the campus.

The Michael Smuin "Romeo and Juliet" production has been hailed as a visual feast, with its lavish costumes and settings, while the overall artistry of the company has been said to be "unsurpassed."

I certainly will be among the heads counted and I hope that you will see fit to lend your support at either of the Tuesday and Wednesday performances.



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WEST TEXAS HAPPENINGS

XXT Views Modern World

Xi Xi Tau Chapter of Beta Sigma Phi will meet at 8 p.m. Tuesday at the home of Mrs. Craig Tannahill, 6115 Lynnhaven Drive. Jean Howell and Reba Boyd will speak on the "Modern World—Trends and Movements (Part 1)." Co-hostess is Judy Crawford. For more information call Sandra Simpson, 765-8648.

Wives' Workshop Scheduled for March

The 11th annual Minister's Wives' Workshop will be held on the campus of Lubbock Christian College March 29.

This year's program will focus on three topics: pressures faced by the spouses of ministers, problems that are particular to the children of ministers and money management.

There is a \$2.50 registration fee for the workshop, which includes the price of a meal.

The wives of ministers wishing to make input into the program or obtain a complete schedule of the day's activities can write Mrs. Bill Swetmon, 5522 27th Street, Lubbock, Tex. 79407.

Free Child Care Seminar

Administrators of the State Department of Public Welfare (DPW) day care licensing branch and child development division will be in Lubbock Saturday as guest speakers at a child care seminar for day care providers, parents, and the general public. The seminar, free to the public, is scheduled from 9:30 a.m. to 3 p.m. in Mae Simmons Community Center. All interested persons in the South Plains region are invited, said DPW Regional Administrator Nathan C. Martin.

Salvation Army Conducts Clothing Drive

The Salvation Army of Lubbock needs clothing to maintain the Clothing Center at 17th and Avenue K. Particularly needed are children and men's clothing. The clothing is given to needy families of the Lubbock area. Anyone desiring the Salvation Army Truck to pick up such clothing may call 765-9434.

Wilson-Morris Lectures Slated at LCC

The public is invited to any of the five free Willson-Morris Lectures that will be held at Lubbock Christian College Monday and Tuesday.

Noted evangelist-lecturer-traveler Landon B. Saunders of Abilene will deliver the addresses at 10 a.m., 3 p.m. and 9:15 p.m. Monday and 10 a.m. and noon March 15. His respective topics will be "The Call," "The Message," "The Response," "The Life" and "The Demand."

Tech Art Faculty Presents Show Sunday

Three Texas Tech University Department of Art faculty members will exhibit their works in the Teaching Gallery Sunday.

Art professors Frank R. Cheatham, Paul Hanna and James D. Howze will open the display of paintings, sculptures, drawings, clay works and glass engravings from 1:30-4:30 p.m.

The gallery is located in the Architecture Building on the courtyard level. Regular hours are noon-5 p.m. Tuesday, Thursday and Friday; and 1:30-4:30 p.m. Sunday.

Retired Tech Professor Makes History

Dr. Ernest Wallace of Lubbock, a retired professor of Southwestern history at Texas Tech, was recently elected president of the Texas State Historical Association.

Dr. Wallace, who is the Horn Professor Emeritus of History at Texas Tech where he taught from 1936 to 1976, succeeds Dan E. Kilgore of Corpus Christi as head of the TSHA, oldest learned society in Texas.

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Judge Leaps To Conclusion

by Mary Alice Robbins

The scales of justice were tipped slightly one day this week and the tables were turned on local jurist.

This unlikely courtroom drama started around 5:30 p.m. Tuesday when 140th District Judge William R. Shaver suddenly found himself a prisoner in his own court.

The judge normally exits the courtroom through a door located adjacent to the bench. The door leads into Shaver's private office and is the only exit route available to the judge—unless he takes his leave through the front of the courtroom, requiring a climb over a number of desks.

On this particular day, Shaver was presiding over the murder trial of 25-year-old James Dean Jackson. The jury already had been deliberating more than two hours, and Shaver had sent them out for a dinner break.

However, many of the jurors needed to telephone their families to inform them they would be eating out—and the phone in Shaver's office proved to be the handiest one around.

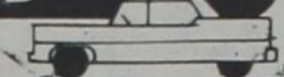
Shaver explained to the several reporters on hand to witness his dilemma that he could not enter his office while members of the jury panel were there because he cannot discuss any portion of an ongoing trial with them.

So there he sat—trapped by a legal technicality. There ought to be a law about this, but we couldn't find one.

But eventually, justice does prevail. The portly jurist decided to take matters in his own hands, hoisted his stately black robes and judiciously leaped over the bailiff's desk to freedom.

Moral to the story: You can't keep a good judge down—but you can sure keep him hopping.

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Lions Cook Pancakes

Lubbock Lions Club holds its 25th annual Pancake Festival in the Lubbock Municipal Coliseum Saturday.

The organization will raise money for a number of activities, including Lions Crippled Children Camp at Kerrville, Sight Conservation program, Texas Boys Ranch, Meals on Wheels, South Plains Dialysis Center, and others. Overall chairman of the fund-raising event is Mike Irish.

Advanced ticket sales are underway at Brown's Varsity, Campus Photo Center, El Sereno Restaurant, both locations of Flipside Records, Furr's Family Center, Luskey's Western Wear, Sambo's at 6th and University and from any Lubbock Lions Club member.

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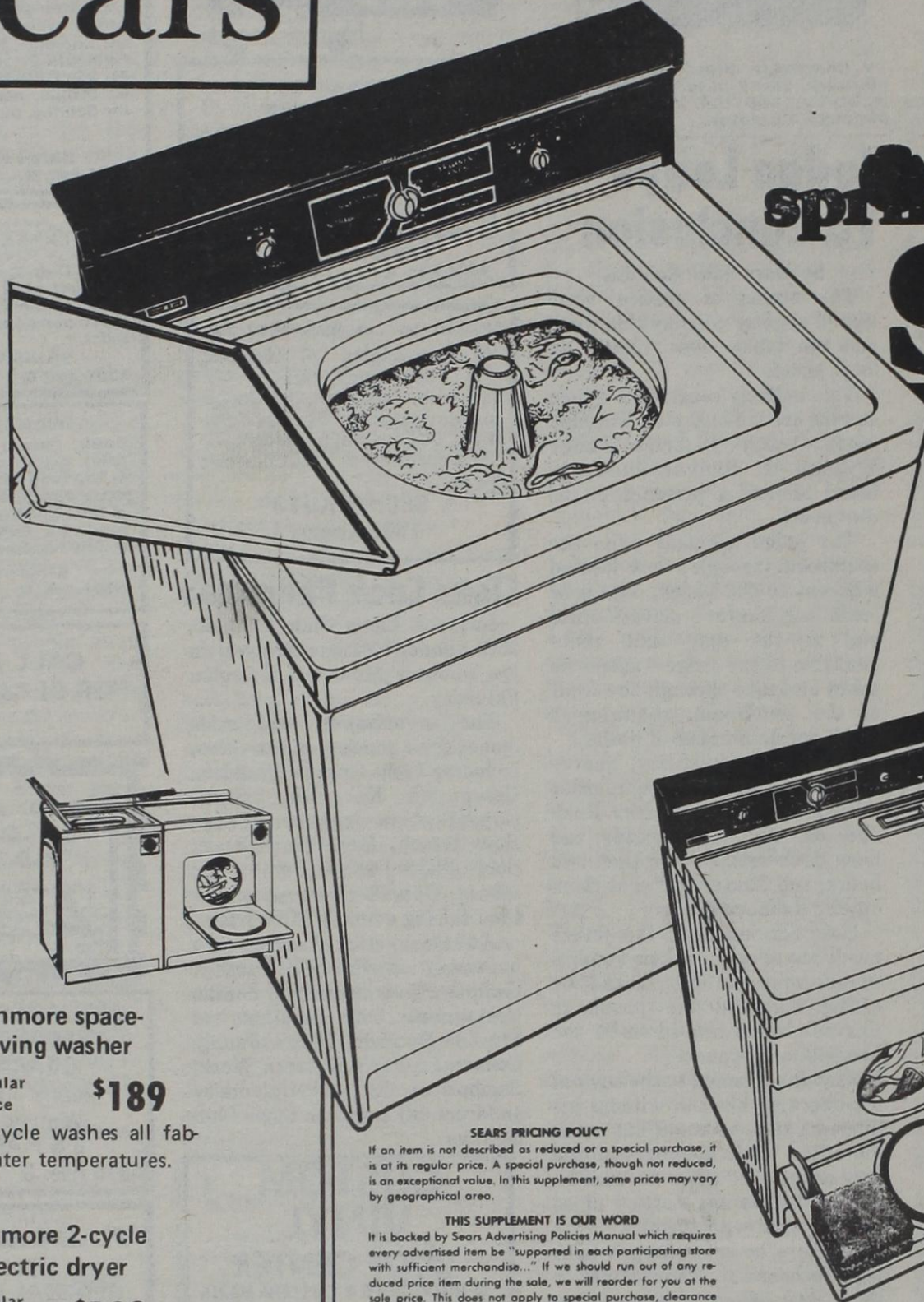
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full size mattress or foundation **11995** Queen size 2-piece set **31995** King size 3-piece set **42995**

LUBBOCK
6002 Slide Rd. 793-2611
South Plains Mall
Open 9:30 to 9
Monday thru Saturday

PLAINVIEW
225 Broadway 293-3683
Shop 9:30 to 9
Wed., Thurs., and Sat.
9:30 to 6 Other Days

CLOVIS
701 N. Main 762-2911
Shop 9 to 9
Wed. and Thurs.,
9 to 6 Other Days