



HANSFORD PLAINSMAN

VOL. 11, NO. 39

THE HANSFORD PLAINSMAN, SPEARMAN, TEXAS 79081

SUNDAY, JULY 20, 1980

LL All Stars Named



JIM IVEY

The Little League All Star Team will enter the Guymon All Star Tournament July 21-July 26.

Members on the all star team are Bob Cook, Brent DePee, Damen Goodheart, Jeff Vandlingham, Terry Phillips, Timmy Willis, Michael Lopez, Jessie Moore, Nabor Cabrera, Will Black, Carl Urban, Justin Ooley, Jeff Dean, Monty Ross. Coaches of the team are Jim Ivey, Kevin Russell, and Ron Willis.

The first game in the All Star Tournament for the Spearman lads will be at 5:30 p.m. against the Guymon Red team July 22. The winner of this game will play Thursday, July 24 at 7:15 against the winner of the Dalhart-Gruver game which will be played at 9 p.m. Monday, July 21.

The tournament is being held at Tuttle Field in Guymon.

Teams in the tournament include Texhoma, Guymon Blue, Stratford, Goodwell, Dalhart, Gruver, Spearman and Guymon Red.

It was felt there was ample time to make this sampling of opinion before the current contract expires.

The city offered Hutchinson County a new contract effective

Fire contract un-resolved!

The city-county fire contract occupied most of the regular meeting of the Spearman city council, Tuesday night, but other action was taken on a municipal clerk, an alarm siren and new hangers at the new airport.

"Many moons" ago, the city took over the county's one fire truck and the task of fighting fires outside the city limits. The truck is now well-worn and costs of rolling it--or any unit of the fire department--have been swelled by both inflation and age of the equipment.

The city council proposed an adjusted agreement for fighting such rural fires to Hansford County commissioners. It took into account the need for new equipment, work on present equipment, the use of the rescue unit on each fire call and the skyrocketing cost of gasoline.

County commissioners disagreed with the cost involved in a new contract for the fiscal year beginning in October, feeling their fire truck was still worth the fire fighting services of the city department.

City councilmen, noted that return of the unit to the county so it could fight rural fires, would seriously reduce the fire fighting potential of the city.

So, there was an impasse and Spearman Mayor Ralph Blodgett proposed a move when he met with county commissioners at their regular meeting, Monday.

Using the news media of the community not once but several times, rural residents, any people with valuable property out in the county beyond the city limits would be polled concerning what they thought fire fighting protection should be. Was the city offering too much? Was the county expecting too little?

Both Mayor Blodgett and Hansford County Judge R.L. McClellan will take part in the search for the consensus of rural property owners.

It was felt there was ample time to make this sampling of opinion before the current contract expires.

The city offered Hutchinson County a new contract effective

Oct. 1, raising fire-fighting calls in Hutchinson to \$2.50-fifty dollars more than the present agreement. There was some feeling because this was less than Hansford County was being asked per fire. However, it was noted that there had been two fires in Hutchinson during the year compared to 13 in Hansford.

It was also noted that, should no contract be made between Spearman and Hansford County, the county would undertake fire fighting protection. There is no equipment for such in Hutchinson. Mayor Blodgett pointed out that the portion of Hutchinson County under the watch care of Spearman fire fighters was peopled by residents who sent their children to Spearman to school and spent their money in Hansford County for goods and services.

While no fire fighting contract has ever existed between Ochiltree County and the city of Spearman, some fires have been fought in Ochiltree in the past for the same reason Blodgett felt Hutchinson fires should be fought. City Manager Jim Murray was authorized by the council to contact the Ochiltree County judge and ask if a contract at \$250 per fire was desired with the city.

It was emphasized at the meeting that, despite the fact the city and county had not reached an accord, there was still currently fire protection out in the county until the current contract expires Oct. 1.

A businessman whose business is conducted in a metal building complained of the handicap caused by the noise of one of the civil defense sirens--especially when there was a malfunction in the mechanism and it roared continuously. While it was not the perfect solution, it was agreed to try moving the siren one block away from the business site. The man agreed to bear the cost of moving the unit.

Lee Cook was approved as an interim clerk of the municipal court.

Payment was authorized to McMorries and Burns, Dumas, for a portion of the consulting

Hospital News

Patients in Hansford Hospital are Steve Blackwell, George Graves, Cynthia Howell and son, Will Ella Martin, Matt Decker and Mildred Chamberlain.

Dismissed were Kristi Wright Jennifer Atchley, Enriqua Ramirez, Joan Kell, Anna McGary, Mary Monroe, Opal Jones and Eunice Spivey.

MARKETS

Wheat	\$3.61
Milo	\$5.15
Corn	\$3.18
Soybeans	\$6.48

It's Hot.....

Spearman residents have been suffering from the current heat wave since June 23, with temperatures varying from highs of 98 to 107 every day.

The last measurable precipitation was .02 recorded on July 3. If this trend continues we will just beat the record for a dry July which was recorded in 1934 as zero.

We had good moisture in March, April and May and then recorded .94 in June before the heat wave hit.

fee on the seal coat project currently underway in the city. The council also authorized Mayor Blodgett to execute a contract with an architectural firm regarding proposed hanger construction at the new airport. The contract involved a definite four "T" hangers with provision for a possible fifth.

This will result in no cost to the city. Under the financing plan for construction of the hangers, architectural fees represented by the contract, will be born by the lowest bidder for the construction work.

Remainder of the session was devoted to routine reports and authorization of payment of bills after each was studied.

Selective Service Registration

All classified U.S. Post offices in the Panhandle area will have available Monday, July 21, 1980, Selective Service System Registration Forms to hand out to men born in 1960 and 1961.

Men born in 1960 register during the week of July 21, 1980.

Men born in 1961 register during the week of July 28, 1980.

It is suggested the registration schedule be-if registrant was born in: January, February, or March, register on Monday; April, May or June, register on Tuesday; July, August, or September, register on Wednesday; October, November or December, register on Thursday.

Post Offices responsibilities are limited to handing out Registration Forms and pamphlet, "Selective Service and You."

The registrant must PRINT their date of birth; full name; current mailing address; permanent residence address (if different from current address); current phone number; signature of registrant.

The registrant then takes the completed card back to the post office window with his identification (driver's license or social security, etc.); the postal official will check the card for completeness; post mark the card; and mail it to the Selective Service System for the registrant.

Post offices will not have any other information, such as, draft deferments or how registration will affect them, etc. All inquiries by registrants concerning such questions will have to be answered by the Selective Service and not by the Postal Service. The only role of the Postal Service in this process is to handle the registration itself.

After August 1, 1980, post offices will have available Registration Forms for registrants who were unable to register July 21 through July 31, as well as, Change of Information Forms to report future change of address.

The Selective Service System will correspond with each registrant in due time after they receive the Registration Card.

Burn Care Training Set

H & S Emergency Medical Service will be sponsoring a Burn Care Training Thursday July 24 at 7:00 p.m. at the City Hall.

It will be a 3-hour in-service for emergency care of burn

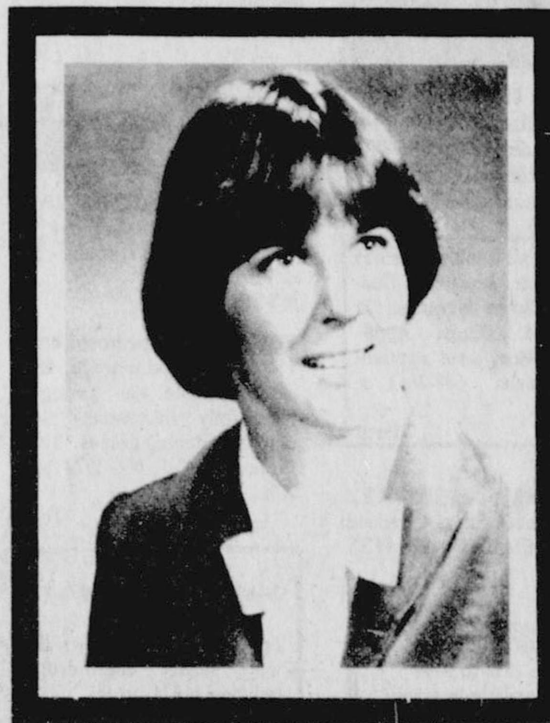
patients.

It will be instructed by nurses from North West Texas Hospital in Amarillo.

There is no charge.



RALPH NEWTON



Texas only All-American girls basketball player, Darla Armes, will play in San Antonio this week-end!

Basketball All-Stars

The only All-American in Texas, Darla Armes of Gruver, will be one of the performers in the lineup of basketball all-stars for the 24th Annual North-South Texas basketball all-star game in Blossom Athletic Center, San Antonio this weekend.

The game will be the climax of the annual Texas High School Girls Coaches Association summer clinic which began Wednesday.

Ralph Newton, coach of the Spearman Lynxettes and Texas High School Girls Association president, delivered the opening address Thursday at the San Antonio Convention Center.

Little League All Stars Named

The Gruver Little League Park is now dark most nights. The regular season is over. The Gruver All-Stars are now practicing & playing some games.

For regular season play the Gruver girls did very well in Tee-Ball Play. The Gruver Orioles finished the season only losing 1 game. That game was won by the Gruver Phillies by 1 point. In fact these two teams played 4 times in the season & every game was decided by one point. The Phillies finished 2nd with the Spearman teams finishing 3rd & 4th.

The Gruver Tigers in the boys Tee-Ball finished the season without a loss. These boys really worked hard. Second place was decided in a play-off in which the Gruver Cards beat the Gruver Mets by 1 point. All in all in think the Tee-Ball season was a big success & very exciting.

The Spearman Tigers won first in the Girl's Softball division with a 4-Z record. The Gruver Angels finished 2nd with a 3-3 record.

The Major League boys division was won by the Gruver Pirate Cubs. These boys finished the season with a 10-2

record. The Spearman D.Q. Dudes finished 2nd.

The Gruver All-Stars played their 1st Double-header July 10th with Stratford at the Gruver Little League Park. Other games scheduled are Sat. July 12 with Spearman All-Stars Tues. July 15 with the Goodwell All-Stars and then they will travel to Stratford for their last practice game before heading to the Guymon Invitational All-Star Tournament starting July 21.

The boys noted to the Gruver All-Star team this year are: Greg Ammons, Tommy Barber, Steve Duncan, Gerg Haight, Kent Nix, Brent Pierson, Alex Renteria, Paul Romero, Clay Smith, Tim Stedje, and Trevor Williams and Brandon Wood.

Mark Gilbreath is the All-Star Bat Boy. Due to injuries he was unable to finish the regular season. These boys will work hard to work together to make an outstanding team for Gruver.

The Gruver Little League would like to express at this time a big thank you to all the coaches, players, umpires, players and fans for their faithful participation in the 1980 Little League Program.



READY IN TWO WEEKS -- Aug. 2 will be moving day for the area ASCS office now on Main Street in Spearman. Located in the Plains Shopping Center, the new structure is of stone and brick front decor with a quasi-mansard roof and an unadorned exterior of the rest of the building. It offers more room more conveniently arranged with plenty of parking area, ASCS officials assured.

4-H'ERS Give Tips On Effective Leadership

How do young people view leadership? 4-H'ers who've received college scholarships for their outstanding leadership roles say that, for them, an effective leader has these qualities:

--Creates an atmosphere of mutual respect between oneself and those with whom one deals.

--Remembers the importance of standing up, stepping up and then stepping back.

--Correctly received, interprets and send both verbal and non-verbal signals.

--Willingly accepts and takes advantage of criticism when it's due.

--Realizes that leadership means giving, learning, sharing and developing the "best you possible."

--Above all, remembers that there's more to leadership than just being up front.

Preparing youth to become effective leaders of tomorrow is a major objective of 4-H, points out Peggy Winegarner, County 4-H program coordinator with the Texas Agricultural Extension Service, Texas A&M Uni-

versity System. The 4-H leadership program encourages youth to learn by doing and to develop skills in this area by active participation in their local clubs and communities.

More than 190,000 junior and teen leaders are carrying out projects in a variety of areas, including work with handicapped and emotionally disturbed children, teaching horticulture to underprivileged children, and serving as role models for younger club members.

As an added incentive, 4-H'ers are eligible for awards arranged by the National 4-H Council, notes Mrs. Winegarner. These include four medals of honor for each county and one expense-paid trip to the National 4-H Congress in Chicago for each state. Nine national winners also receive \$1,000 scholarships and two high-ranking 4-H'ers receive silver trays presented in the name of the President of the United States.

Youth interested in more information about the 4-H leadership program may contact the County Extension office, adds Mrs. Winegarner.

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30S-rtn

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SERVICE: Pits cleaned, wet or dry. Dragline or loader. Also, dozer, grader, carry-all service. Lee Roy Mitchell, 806-733-2384, Gruver, Texas 79040.

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20-rtn

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8-rtn

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20-rtn

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48-rtn

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29S-rtn

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30S-rtn

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30S-rtn

Will do all types of Carpenter work, remodeling, add on rooms, paneling call 659-3861, Spearman.
34S-8tp

Decorated cakes & cookies for special occasions or just at home. Call Debbie at 3328.
36-rtn

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MISCELLANEOUS FOR SALE

FOR SALE: '70 Buick Skylark. Air & power console shift, vinyl top, Runs good. Jesse Davis 806-659-2633.
36S-1tp

FOR SALE: Hydraulic squeeze chute for small stocker calves in excellent shape. Call 659-2100.
34S-6tc

FOR SALE: Starcraft Roll-up Camper. Like new inside and out. Sleeps 8. Double Dinette. Please call after 7:00 p.m. 733-5019.
36-2tp

FOR SALE: four 78 x 15 belted white wall tires. \$10 each. Call 659-2082.
36-rtn

IRRIGATION ENGINES FOR SALE: Two 702 GMC's, 1-HT 413 Chrysler, 1 set of twin HT413 Chryslers, 1-534 Ford. All engines completely rebuilt and ready to go. Hi-Plains Auto Supply. 659-2506.
23-rtn

REAL ESTATE FOR SALE

HOUSE FOR SALE BY OWNER: Equity to buy under 10 percent loan - 2,000 sq. ft. - see at 402 S. Haney.
36S-2tp

FOR SALE: 3 bedroom brick, 1 1/4 baths, good storage, fenced. Double car garage. Beautifully decorated, plush carpet, matching drapes. 315 S. Endicott. Call 659-3972 after 4:00.
21-rtn

MAYFIELD REAL ESTATE

For Sale on Stinnett highway, metal commercial building on large lot.

Three bedroom, 1 bath house for sale in Greene Acres.

John Mayfield - Broker
435-6528 - Salesperson Ruby Lair
659-3436 or 659-2188

HOUSE FOR SALE: 2 Bed room, 1 1/4 bath, large living room, basement, storm cellar, sets on large lot. Good condition. Priced in lower 20's. Call 659-3938.
34-9tp

HELP WANTED

Applications are being accepted for the position of bookkeeper. This position will be responsible for handling all municipal accounting duties. Familiarity with small computer is desirable. High school education is required. Salary range from \$636.00 to \$866.00 per month. Salary will commensurate with education and experience. For further information come by City Hall at 221 Sanders.

TRUCK DRIVER NEEDED
Must have commercial license. Must have good driving record call after 7:00 Billy Baker 659-3642.
31S-rtn

HELP WANTED:
Full and part time help wanted in Allsup's in Spearman.

WANTED

Two girls want house cleaning & window washing. Call Lana 659-3592.
36S-4tc

TO GIVE AWAY

FREE PUPPIES to a good home, 659-2468 or 659-2503.
36-rtn

TO GIVE AWAY: 2 puppies, two months old, one brown, one cream color, mother is a poodle. Call 733-2059.
36-2tp

GARAGE SALE

GARAGE SALE: 1122 Linn, behind house. Monday, July 21, 9 to ? Baby crib, furniture, miscellaneous.

"Things not understood are admired." Thomas Fuller

Wheat In Farmer-Owned Reserve Released

WASHINGTON, July 8-- "New agreement" wheat may be redeemed by producers from the farmer-owned grain reserve without penalty, a USDA official announced today. The national average market price for wheat is \$3.75 per bushel, the reserve release level for new agreement wheat. New agreement wheat is wheat in reserve agreements entered into or renegotiated after Jan. 7. Ray Fitzgerald, executive vice president of USDA's Commodity Credit Corporation, said farmers may sell their reserve wheat after repaying their CCC price support loans. Release of the reserve does not require farmers to redeem or sell their grain at this time.

Farmers with farm-stored reserve grain must request a release from the county office of USDA's Agricultural Stabilization and Conservation Service before removing the grain for sale.

The \$3.75 price level at which new agreement wheat is released from the reserve is based on 150 percent of the \$2.50 per-bushel national loan rate for

wheat. About 122 million bushels (3.3 million metric tons) of new agreement wheat are in the reserve. There are about 134 million bushels (3.6 million tons) of old agreement wheat remaining in the reserve; old agreement wheat was released May 8.

Fitzgerald said that on Aug. 29, CCC will review the average price for wheat to determine if the release authorization should remain in effect. For loans not redeemed, storage earnings will continue through the end of August.

Data used by CCC in determining the release level include five-day average prices as reported by USDA's Agricultural Marketing Service which show prices bid by buyers at selected markets.

The daily markets reviewed by CCC for wheat are Chicago, Portland, Kansas City and Minneapolis. The five-day average of these market prices, adjusted to reflect prices received by farmers, was the basis for today's action, Fitzgerald said.

Move Grain Now, To Avoid August Rush

Nobody likes to see corn on the ground or wheat in the street. The Nation does have adequate storage for its crops, but the storage is not always near the growing area.

Elevator operators who have CCC-owned grain in storage and who will need space for 1980 crops should request loading orders from ASCS's Kansas City Commodity Office right away.

Railroads have cars available now, but after August 1 the cars will be needed to haul new crops. Also, the folks in Kansas City need some lead time to process loading orders. Right

now, inventory managers at Kansas City can process an order in about two weeks, but when the August rush arrives, it could take up to five weeks.

After August 1, elevators tend to offer CCC less space, and managers must find a location to store the grain before they can process an order.

CCC foresees that many bushels of corn and wheat may move from the Corn Belt and surrounding states to areas where storage is more available...mostly in Texas.

Move now and avoid the August rush.

4-H Babysitting Clinic Scheduled

How's your sitter safety rating? On the job, do you know: What to do and whom to call in an emergency? How to keep children happily occupied and out of trouble? What to watch out for to prevent accidents?

Even if you think you know all there is to know about baby sitting, it will be worth your while to check up on your practices.

A 4-H Babysitting Clinic will be held for three consecutive Mondays between 9 and 11:00 a.m. beginning July 28 at the Spearman Homemaker's Clubroom.

The clinic will include sessions on safety, discipline, foods, toys and play and other subjects.

To enroll call Peggy Winegarner at the County Extension office (659-2030 or 733-2901).

4-H members and other youth are invited to participate. Edu-

Martin & Lackey Receive Degrees

Rajan Martin and Janyth Lackey received degrees from Texas Tech University at the conclusion of the 1980 spring semester.

Rajan is the daughter of Mr. and Mrs. Ray Martin and Janyth is the daughter of Mr. and Mrs. Joel Lee Lackey.

They were among more than 2,000 students receiving degrees in commencement exercises at the university.

Getting out this little paper is no picnic.

If we print jokes, people say we are silly. If we don't, they say we are too serious.

If we clip things from other sources, we are too lazy to write them for ourselves. If we don't, we are too fond of our own stuff.

If we don't print contributions, we don't appreciate true genius.

If we do print them, the paper is full of junk.

If we make a change in the other person's writing, then we are too critical.

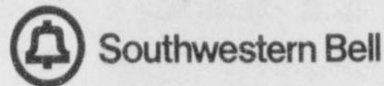
If we don't, we are asleep. Now, likely as not, someone will say we swiped this from some other publication. We did.

Public Notice

Southwestern Bell, in accordance with the rules of the Public Utility Commission of Texas, hereby gives notice of the company's intent to implement a new schedule of telephone rates in Texas effective August 12, 1980, unless otherwise determined by the Commission.

It is expected that the requested rate schedule will furnish an 11.65 percent increase in the company's intrastate revenues.

A complete copy of the new rate schedule is on file with the Public Utility Commission at Austin, Texas, and with each affected municipality, and is available for inspection in each of the company's public business offices in Texas.



Happy Birthday Lori

Big 20!

JOHN C. PHILLIPS, D.O.

announces the opening of his office for the practice of family medicine
July 21, 1980

- 3019 S. MAIN -

Office Hours By Appointment

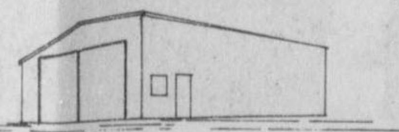
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Any erroneous reflection upon the character of any person or firm appearing in these columns will be gladly and promptly corrected upon being brought to the attention of the management.
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Other points, \$20.00.



BIBLE SCHOOL JULY 21-25
The Fellowship Baptist Church will be having Bible School July 21 thru 25 for children ages kindergarten thru junior high. Sessions will be from 9 a.m. to 11 a.m.

Youngsters needing a bus ride may call 659-2783. Pastor Larry Christy invites all youngsters to the Bible school.

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Increased numbers of aging drivers will demand that closer attention be given to improving driver licensing and reexamination practices for this group.
Research Department
National Safety Council

TENNIS LESSONS
Sam Langley of Palm Springs, Calif. will be giving tennis lessons in Gruver July 21 thru 25; July 28 thru Aug. 1. Lessons will last 1 1/2 hours. \$30 per week.

Morning, afternoon or evening sessions. Limited to 6 in a group.

Call Kelly Shapley, 733-2006.

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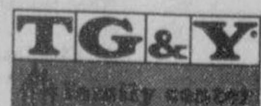
THESE DAYS ONLY:

July WED. THURS. FRI. SAT.
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DAILY: 10 a.m. - 8 p.m.

Hwy. 207 South

Spearman, Tx.





Insurance Corner

increased popularity of pants among females is a major reason for the change.

In the 1950's, girls suffered a much higher rate of burn fatalities than boys. Dresses that exposed the legs and frilly clothes made of flammable fabrics shared the blame. But by the late 1960's, with slacks and jeans in full-till style for the girls, the ratio was reversed.

Happily, the overall rate of fatal burns nationwide for boys as well as girls has fallen sharply during the same period thanks to fire retardant clothing and improved medical techniques for burn care.

This information has been brought to you as a public service by John R. Collard, Jr., your one stop answer to complete business and personal insurance protection. Life, home, auto, group insurance, and profit-sharing plans. See John R. Collard, Jr., 405 Davis St., Telephone 659-2501.

JEANS SAFER THAN DRESSES

Some parents may bemoan the fact that little girls don't look like they used to. The old saw about it being hard to tell the difference between boys and girls because they both wear long hair and jeans may have its merits - but not when it comes to burn safety. Your daughters may be far safer in blue jeans or slacks than they are in dresses.

Public Health researchers at Johns Hopkins University have noted a dramatic drop in burn fatalities since the middle 1960's, especially among school-aged girls. They feel the



You are invited to a shower honoring Joan Brown

At the B&B Building on Monday, August 4th from 7:30 to 8:30 p.m. Come and Go

Hostesses: Kathy Patterson, Delinda McLaughlin, Jo McLaughlin, Stephanie Brock, Gayle Smith, Lisa Pipkin, Toni Archer, Marti Garnett, Linda Jarvis

365-6 TC

Shower Held For Jarvis Family

Mr. and Mrs. Wesley Jarvis were honored with a shower July 15 from 7 to 9 p.m. at the First Baptist Church in Spearman.

The Jarvis' lost their home and other belongings in a tornado in May.

The serving table was laid with a green cloth and centered with a dried flower arrangement which was given to Mrs. Jarvis by the hostesses.

Hostesses served cookies and sherbert punch to those attending. Approximately 40 people attended and many others sent gifts.

Hostesses were Gayle Smith, Jo Linda Hutchison, Jan Holt, Lynell Williams, Linda Jarvis, Kay Loomis, Sue Holt and Donna DePee.

The average American grower feeds 60 other people - including 15 in foreign countries.

Faye's Daze

I've listed in this column before things that could happen to you to make you realize it was going to be a bad day.

Well, after I'd been up an hour or so this morning I decided that this was going to be one of those days. I got in the bathtub and wondered why it wasn't filling up and the bubble bath wasn't doing anything. I hadn't put the stopper down. Then I went to get dressed and discovered that the white slacks I had put on had a rip in them in a conspicuous place so I had to find another pair to wear. Then... just as I was about to leave the house my cat decided to get sick, so I had to clean that up. Then... I decided that since the wind wasn't blowing 40 miles an hour (yet) I'd turn the water on my poor drought-stricken lawn, while I was doing that, I sprinkled my fresh shampoo and set and then... as I was getting in the car I noticed I had spots on my second pair of white slacks for the day. By that time I was exhausted, late for work, and not in too good a mood. I think I'll blame all of this on the Republicans, since I stayed up last night trying to find out if it was Reagan-Ford or Reagan-who.

Also helping my day was a notice from my insurance company that my insurance was going up, what else is new?

In view of all this I decided that the following would be good for me and maybe for you.

THINK OF ANOTHER

GOD, help me to listen when I should. And open my mouth when it'll do some good. Teach me to measure the things I say So as not to hurt someone today. Temper the tone of my voice as I speak Remembering the thoughts that I must keep. Challenge me to hear my neighbor's plight. And not always demand my right. Keep my tongue still about what I've heard, Help me to stand in the other man's place Feeling the pain that he must face. Make me reach out and touch my brother. To make You real, I must think of another.

Think rain...you didn't do a very good job last week.

Presbyterian Church News

Every Sunday there is a Sunday Church School class for everyone at the First Presbyterian Church at 9:45 a.m.

The Rev. Carter McKemy will be preaching at the service for the public worship of God on Sunday, July 20 at 11:00 a.m.

The Session will meet on Wednesday, July 23 at 8:00 p.m.

There is a warm, Christian welcome awaiting you at the First Presbyterian Church.

Peggy's Pointers

If you become overexposed to the sun or overexert during extreme heat and humidity this summer, you may get heat cramps, heat exhaustion, or possibly even the rare but serious heatstroke.

Avoiding these hot-weather complications is more than simply a matter of staying in cool or air-conditioned areas and walking on the shady side of the street - as important as those precautions are. You'll also need to pay attention to medically sound preventive steps.

1. Wear loose-fitting, light-colored clothing that reflects the sun's rays and allows for better sweat evaporation, and wear a wide-brimmed hat added protection.

2. Avoid sudden changes of temperature, such as dashing from an air-conditioned building to a hot sidewalk or car. Before getting into a car that's been parked in the sun, open it up for a few minutes.

3. Stick to cool drinks and food, and salt your food liberally. Salt tablets are seldom necessary if you have a well-balanced diet. If you feel the need for salt tablets, check first with your doctor. (See #12.)

4. Don't overeat. Don't over-indulge in alcoholic drinks. Your body system needs extra water in hot weather, whether or not your thirst sensation increases. Drink water often, even when you don't feel the urge.

5. Acclimate yourself by limiting exposure to the sun or strenuous outdoor activities to just 15 minutes on the first hot day, adding 15-30 minutes each day over a week or 10 days.

6. Avoid outdoor physical activity between 10 a.m. and 2 p.m. whenever possible.

7. When you exercise in the heat, take a 5-10 minute break every half-hour. Don't exercise just before or after meals.

8. Drink plenty of water or salted lemonade when you're exercising. You may have heard that drinking water when you're hot and active will bring on stomach cramps, but it is not true; you need to keep up your water intake to replace what you're losing in sweat - so drink

1955

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Mr. and Mrs. Elmo J. Dahl
request the honor of your presence
at the
Twenty-fifth Wedding Anniversary
of their parents
July twenty-seventh
nineteen hundred and eighty
two o'clock to five o'clock
Oslo Lutheran Church

No gifts please

36-4tc

40-2tc

when you're thirsty.

9. Also take precautions when-ever the humidity is high during a heat wave. When the relative humidity gets above 60 percent, the air won't absorb as much sweat as your body needs to get rid of, and by 75 percent relative humidity, it won't absorb any. This, coupled with high temperatures, is particularly dangerous.

10. If the weather is hot and dry, you may feel sweaty, but in high temperatures you indeed are sweating; the dry air is evaporating the sweat so effectively that you don't get damp skin or soaked clothes. Drink plenty of water; don't be lulled by the false idea that you're not losing any.

11. Take extra care when the official temperature is higher than 85 degrees F. If the official temperature is, say, 95 degrees F, it may be well over 105 degrees F on a tennis court or in your backyard garden, even in the shade. Official readings are often taken from towers or high buildings.

12. If you are on a low-salt or

salt-free diet, or if you have a chronic disease - heart disease, hypertension, diabetes, or lung disease, for example - high heat and humidity will put an especially heavy burden on you. Consult your doctor before engaging in any unusual activity or changing your salt intake.

13. If you do feel the effects of heat and humidity - unexplained stomach or arm and leg cramps, extreme fatigue, nausea, headache, or dizziness - get medical attention as soon as possible.

Call 659-3434
With Society
News

Call in your society news to Spearman Reporter, 659-3434, and ask for Faye. We do not have a society reporter at this time but are always glad to have news from your clubs and organizations.

A Short Message

To Say

THANK YOU

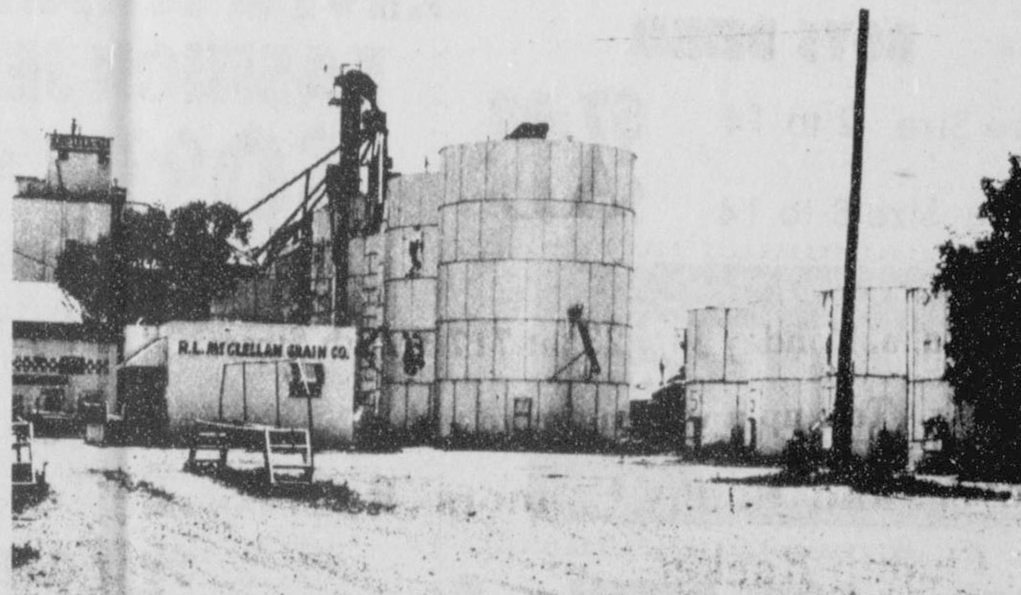
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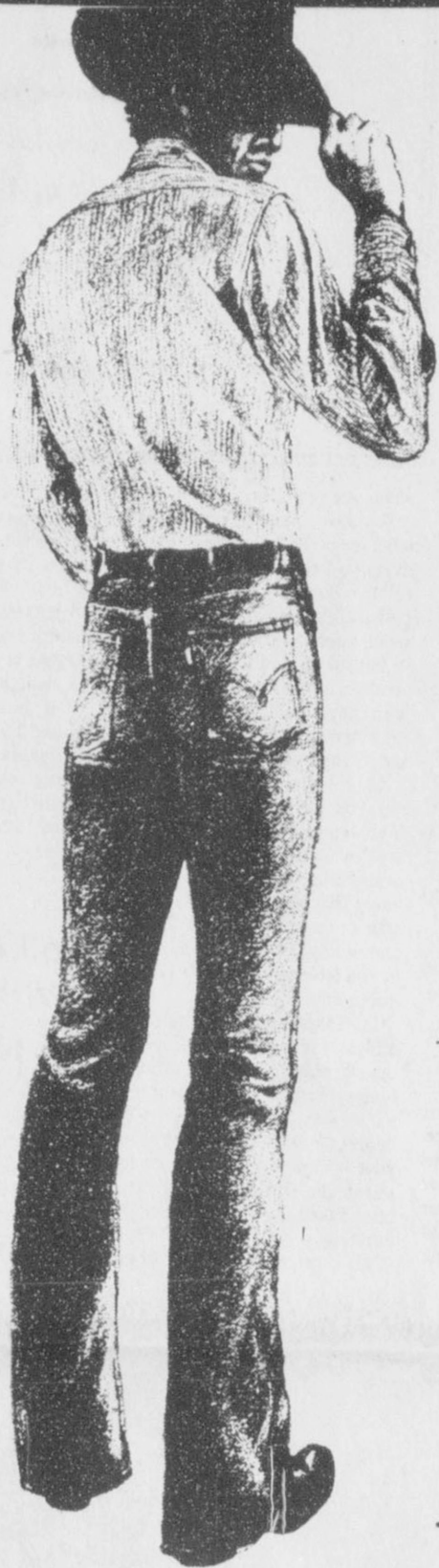
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