



### Press Points

Joe Bennett, Publisher

From the reports on the Second Friday Night Singing held last Friday it seems that the singing is definitely catching on as there were around 100 in attendance at the event. There were folks from most all the surrounding areas at the musical. Those in attendance were stating how much they enjoyed the entertainment and stated that they planned to attend the next time. Those who have been trying to get the musical growing were very happy with the crowd and reported that they were going to do all they could to help the attendance to increase. There were a very large number of entertainers on the program and all seemed to be very happy they attended.

So when the next date for the Friday musical rolls around be at the Fire Hall at 7 p. m. if you appreciate music and entertainment.

We congratulate the Gorman basketball teams on their efforts this season and all of us are wishing them the best of everything in their upcoming games in Bi-District competition.

The Pantherettes will go into the playoffs against the Santo girls on Friday, the 17th, in the Stephenville High School gym at 7:30 p. m. Admission will be \$2 for adults and \$1 for students.

The Panthers will have to wait a little longer for their playoff game with Lingleville. That game will not be played until Friday night, Feb. 24th in the Stephenville High gym at 7:00 p. m. Admission will be \$2 and \$1.

The teams have put forth fine efforts this season and we wish they the best in the upcoming games.

We understand that yet another new home is scheduled to be built here and will get underway soon. We will have more information on this next week.

The carpenters are coming right along with the rebuilding and restoration of the Golob home. Most of the outside has been refinished on the home and the roofing was expected to be put on this week. Of course the inside finishing work will be a lot slower but the crew has been working real hard.

The home of the Marvin Rich family was very heavily damaged by fire on Tuesday. The mobile home was burned very heavily in the formal area and the kitchen area and also in the main bath. The bedroom sections received heavy smoke and water damage.

This area, as well as areas around the entire country have been hit hard with numerous fires in the past few months. This fire was at least the fourth or fifth home fire in this area that I can think of in the past little while.

We were a part of a small group who were given a tour of Blackwell Hospital on Tuesday to see the improvements which have been completed recently. We saw the new nursery and delivery room, the improved operating room facilities, the improvements in the lab and x-ray areas and also the newly installed equipment to improve the diagnostic process of the patients.

We enjoyed the tour and

## Simmons - Brinegar Vows Read February 10, 1984

Laneta Simmons and Rick Brinegar were united in marriage in a double-ring ceremony, Friday, February 10, 1984 at 7:00 p.m. at First Baptist Church of Gorman with Bro. Richard Watson officiating.

The bride was given in marriage by her parents, Mr. and Mrs. Gene Simmons of Gorman.

The bride groom is the son of Mr. Carl R. Brinegar also of Gorman.

The bridal bouquets were made of burgundy and pink carnations and baby's breath.

'We've Only Just Begun,' 'If,' 'Time in a Bottle', and the 'Wedding March', were played on piano by Mrs. Ruby Lee Kinser.

The Wedding dress was "Something New" a blue garter was worn for "Something Blue", Pearl earrings belonging to the mother of the bride was "Something borrowed", and "Something old."

Best Man was Randy Clary from Kermit, Texas. Jimmy Simmons and John Brinegar were groomsmen.

Ushers and candlelighters were Jerry Simmons and Sammy Brinegar.

Ring Bearer was Gary Gonzales of De Leon, Tex. cousin of the bride, and Flowergirl was Lisa Torrez cousin of the bride, from Ranger.

Ring Bearer carried a satin heart shaped pillow trimmed in white lace and streamers. Flower girl carried a white basket of burgundy and pink carnations and white daisies and baby's breath.

Carla Brinegar, sister of the groom was matron of honor, Veronica Kight and Danna Prichard of Graham, Tex. were bridesmaids.

Matron of honor and flower girl wore a long burgundy, off-the-shoulder gown with a floating double tier ruffled neckline with ruffles cascading down the back, with a shimmering satin ribbon tie.

Bridesmaids also wore the same dress design, in pink.

Groom, groomsmen, ring bearer and father of the bride, and the ushers wore navy blue tuxedos with a burgundy boutonier.

Mother of the bride wore a baby blue dress and a burgundy and pink corsage with baby's breath.

The bride wore a white gown with a deep lace ruffle framing the front and back bodice, with a lace stand-up collar-trimmed with ribbon topping the illusion yoke. The skirt with front lace panels from a raised waistline ending in a deep lace underflounce skirt and full-tiered lace chapel train. The dress also had full sheer lace-accented bishop sleeves with deep lace and ribbon trimmed cuffs. A cathedral length bridal veil with matching lace, and mock pearls with blusher was also worn.

Receptionist was Shirley Casey. The reception was held in the fellowship hall immediately following the Ceremony. Punch, nuts and mints were served along with a 3-tiered White cake decorated with burgundy and pink roses, and a bride and groom standing before a large laced heart on top. Underneath the bottom layer that was raised, was a fountain with burgundy water flowing from it.

Servers were aunt of the bride, Allie Torrez of Ranger, and cousin of the bride Nita Gonzales of De Leon.

Following a short honeymoon the couple will reside in Gorman.

## PEANUT PACKAGE DOOR PRIZE WINNERS

Winners of Door Prizes Saturday, February 11, 1984 at the Peanut Package were:

1st Customer; Dean Bennett winner of 1 tub of Peanut Butter.  
Elsie Ervin winner of gallon of Peanut Oil.  
Hattie Nichols winner of 5 lbs. oil, roasted and

salted Runner Peanuts.  
Melrose Jobe winner of 5 lbs. oil, roasted and salted spanish Peanuts.

Hudson Collem winner of 5 lbs. Raw Peanuts.  
Charles White winner of 1 tub Peanut Butter.  
Daisy Slaton was Grand Prize winner of \$100.00 in cash.

### CARD OF THANKS

We wish to thank the Doctors and Nurses and the entire staff of both the Blackwell Hospital and the Gorman Care Center for the care and attention given our Mother.

Also to the Ladies that served the meal at the First Baptist Church, and all from both the Gorman and Carbon areas for the food, flowers, cards, visits, and prayers. They were all greatly appreciated.

The Family of Ora Files

### Community Sign-Up Set For Thursday February 16, 1984

The date for signing up for commodity cheese and butter has been scheduled for Thursday, Feb. 16, at the Senior Citizens Center in Gorman.

Commodities will be passed out on Tuesday, Feb. 21st at the Senior Citizens from 1:00 p.m. until 4:P.M. Announcements will be made later, on the Eastland Radio station, KEAS at 1590.

Eligibility is based on monthly salary, number in family and medical expenses. Guidelines will be furnished. Remember you must sign up on the 16th before you are eligible for commodity pick-up on the 21st.

"Congratulations" to the new Grandparents, O.C. and Marie Patty. Their first grandchild, Jonathan Alan was born February 9. Parents are Stacy and Sharie Patty of Hillsboro. O.C. and Marie visited with their new "grand" and parents on Saturday February 11th.

Randy Depwe, son of Archie and Helen Depwe has purchased a store at Promontory Park on Lake Proctor. He plans to be open for business in a new remodeled store on April

### OFFICIAL PROCLAMATION BY Scott Bailey, COUNTY JUDGE Eastland County Eastland, TEXAS

Greetings:  
The Texas Farm Bureau, with more than 300,000 member families on its membership rolls, is the largest state Farm Bureau in the nation. As such, the organization is influential in both state and national affairs on behalf of agriculture.

The Farm Bureau is a grass-roots organization, and its foundation is the county Farm Bureau. There are 216 organized county Farm Bureaus in the state, including the Eastland County Farm Bureau, which has 1800 member families.

Because agriculture is important to our county, state and nation, and because the Farm Bureau is an important voice for agriculture, I, Scott Bailey, County Judge of Eastland County, do hereby designate February 13-17, 1984, as FARM BUREAU WEEK in Eastland County, and urge our citizens to give due recognition to its worthy efforts.

In official recognition thereof, I hereby affix my signature this 9th day of Feb., 1984.

Signed Scott Bailey  
Eastland County Judge

1st. Name of store will be "R and B Lake Store and Deli."

Betty Gee Higgins of Fort Worth visited last weekend with her mother, Neta Gee.

The "flu bug" sure has taken its toll in our town. We are all ready for it to move on.

Steve and Betsy Nance of Fort Worth visited Saturday with his parents, Morris and Agatha Nance.

The Gorman Lions Club will meet Tuesday, February 21st at 12 noon at the Band Hall.

### ITEMS OF INTEREST

All Ladies Interested in Playing Volleyball meet with us on Monday nights at the Gorman High School Gym at 7:00 p.m.

Y'all come to see the Half Century Dance, Saturday, February 18 at the De Leon City Hall, 7:00 til 11:00 P.M. Music by the New Country Four.

Crimestoppers will meet the first Thursday of each month at 7:00 p.m. at the Senior Citizens Center.

South Eastland County Hospital District Board will meet the Third Monday of each month at 7:00 p.m. at the District Office.

A Musical will be held the Second Friday night of each month at 7:00 p.m. at the Fire Hall.

Woman's Auxiliary of Blackwell Hospital meet first Tuesday of each month at the Senior Citizens Center at 3:00 p.m.

Gorman Lodge 716 AF&AM stated meetings 2nd Tuesday of every month at 7:30 p.m. Members urged to attend. Visitors welcome.

Gorman Chapter 443 O.E.S. meets First Monday of each month at 7:30 p.m.

4-H and FFA Booster Club will meet the Third Monday of each month at 8:00 p.m. at the School Cafeteria.

Monthly 4-H Meetings will be held the second Monday of each month at 7:30 p.m. at the First United Methodist Church.

Free Blood Pressure Clinic each Tuesday at Blackwell Hospital from 9:00 a.m. to 3:00 p.m.

## LONE STAR GAS FILES FOR RATE INCREASE

Lone Star Gas Co. Manager, Delton Ake, today filed an application for a rate increase which would raise the average residential customer's monthly bill in Gorman about \$1.83 in the winter and lower the bill \$2.27 in the summer.

Based on Lone Star's rate application, a residential customer who uses an average of six thousand cubic feet of gas a month paid \$36.67 for gas service in the winter. Under the requested rate, that same customer would pay \$38.50. Commercial gas customers'

rates would also increase under the requested rate schedule.

"Our customers are accustomed to dependable natural gas service," says Ake. "This rate increase is necessary to continue a high performance level and for other necessary expenses, such as maintaining and improving the local pipeline distribution system, which are vital to dependable service." Lone Star's last rate increase in Gorman became effective December, 1982. "Since that time, every business, including Lone Star, has

experienced increased operating expenses," says Ake. "And, of course, unlike other businesses that can raise their prices as expenses go up, we must apply to the city council for a rate increase. No one likes rising prices, but any business must earn enough money to meet operating expenses and still achieve a reasonable profit. Even though our expenses have gone up, Lone Star still has one of the lowest average operating costs per customer when compared to any of the other major gas utilities in Texas."

### Kristy Barnett On Distinguished Student List



Miss Kristy Barnett of College Station has earned the honor of being placed on the Distinguished Students list at Texas A&M University this past semester. Kristy is a Junior and is majoring in Accounting. The requirement for the Distinguished Student list is to maintain a 3.0 or above grade average. Besides being a full time student, Kristy is employed by the A&M University in the Geodynamics Department. She will be very busy the next two months coordinating the Annual Geodynamics Symposium. Those attending this conference will be University professors from throughout the United States and many foreign countries such as Australia, The Philippines, Soviet Union, China, Japan, England, France, Italy and many others. Kristy is a graduate of Gorman High School and is the daughter of Mr. and Mrs. Gene Barnett. She is the granddaughter of Mr. and Mrs. John West of Gorman, and Mr. and Mrs. Joe Barnett of Eastland.

John E. Bryan Services Held Saturday

John E. Bryan, 93, of Fort Worth, formerly of Ranger, died at 8:45 p.m. Thursday Feb. 9, 1984, at Harris Hospital in Fort Worth. Services were at 3 p.m. Saturday at First Christian Church.

The Rev. James Upshaw, pastor, officiated. Burial was at Evergreen Cemetery, directed by Edwards Funeral Home.

Born Sept. 4, 1890, in Erath County, he married Bertha Irion Aug. 27, 1913, in Baird. She died in 1969. He had worked for 41 years as a rural mail carrier. He was a member of Primitive Baptist Church.

A daughter died in 1944. Survivors include a son,

### 4-H Photography Class Taught February 15-17

Be in focus! There will be a 4-H photography class taught February 15-17. The classes will be one hour sessions for three consecutive days. They will begin Wednesday, February 15th, at 4:30-5:30 p.m. and continue the next two days at the same time. Classes will be held at Carbon Cafeteria and be taught by John Pickens.

The classes will focus on camera maintenance, focusing, lighting, how to frame a picture etc. This is for instamatic cameras, not just 35 mm. You must have a camera and bring the following equipment along with you and your camera: film, flash, batteries (if needed) camel's hair brush lintless cloth or lens cleaning paper, several swabs cleaning fluid sold at photo store

If your a 4-H'er or 4-H adult and interested in cameras, this is your chance to expand your knowledge in photography. For more information please do not hesitate to call the County Extension Office for more information.

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### Lillie Gregg Laid To Rest Tuesday

Mrs. Lillie Omenton Gregg, 83, of Mineral Wells, formerly of De Leon, died at 7:30 a.m. Monday February 13, 1984, at Palo Pinto General Hospital in Mineral Wells. Services were at 2 p.m. Tuesday at De Leon Funeral Home.

The Rev. Jerry Womble, Assembly of God minister, officiated. Burial was at De Leon Cemetery.

Born April 4, 1900, in Alexander City Ala., she was a homemaker and a member of the Assembly of God church. She had lived in De Leon most of her life before moving to Mineral Wells six years ago.

Survivors include a son, James R. Gregg of San Antonio; four daughters, J.C. Beasley of Mineral Wells, Mrs. Clyde Boose of Throckmorton, Mrs. V.W. Dotson of Carthage and Mrs. Arley Doyle of Santo; two brothers, J.T. Wilkerson and Levis Wilkerson, both of De Leon; four sisters, Mrs. Clara Bloyd of De Leon, Mrs. Iris Preston of Gorman, Mrs. Iva Ree Ferrill of Fort Worth and Mrs. LaRue Farrow of Cascade, Idaho; 13 grandchildren; and 22 great-grandchildren.

### Texas School Lunch Week Set Feb. 20 - 24

Texas School Lunch week is February 20-24. The school cafeteria serves nutritious meals each day. We invite parents to have lunch with their children during this week. Adult meals are \$1.35.

Travis of Azle; two daughters, Mrs. Roland Chadwell of Livingston and Mrs. Ollie Massey of Houston; a brother, Lawrence Bryan of Ranger; a sister, Mrs. Evvie Smith of Gorman; 10 grandchildren; and 20 great-grandchildren. Grandsons were pallbearers.

GORMAN HIGH SCHOOL GIRLS WILL PLAY SANTO GIRLS FOR BI-DISTRICT IN STEPHENVILLE HIGH SCHOOL GYM ON FRIDAY 17TH AT 7:30 P.M. Admission - \$2.00 Adults and \$1.00 for Students.

GORMAN HIGH SCHOOL BOYS WILL PLAY LINGLEVILLE BOYS FOR BI-DISTRICT IN STEPHENVILLE HIGH SCHOOL GYM ON FRIDAY 24TH AT 7:00 P.M. Admission - \$2.00 for Adults and \$1.00 for Students.



**10 Year 4-H's Honored With Plaques**

borne from Gorman 4-H Club and Scott Anderson from Nimrod 4-H Club received a plaque for their 10 years of active participation.

Phil is the son of Mr. and Mrs. Phil Osborne of Gorman. Phil's major projects while in 4-H were sheep and swine. He has received the Gold Star award, which is the highest county award possible for a 4-H'er. Currently Phil is farming near Gorman.

Scott is the son of Mr. and Mrs. Freddy Anderson of Cisco. Scott has also received the Gold Star Award. His major areas of concentration while in 4-H were dairy and sheep. Presently Scott is attending college at Cisco Jr. College.

Both young men have continued working with the 4-H program after graduation and should be commended for their initiative to continue building a better tomorrow. Congratulations Phil and Scott!

Ten year 4-H's recognized for their devotion to the 4-H program. Phil Os-

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Announcing the New 18 or 30 Month Renewable Option CD.

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The new Olney Savings 18 and 30 month Renewable Option CD's give you a more secure way than ever before to watch your money grow. The Olney Renewable Option works like this:  
Make a minimum deposit of \$1,000 in either the 18 or 30 month Renewable Option CD. Then, at the end of the CD term, you have the option of re-investing your money at the same high interest rate, for the same term, no matter what the current market rate may be.  
It's simple. It's sensible. It's secure. And it's available now only at Olney Savings.

**10.92% ANNUAL YIELD**  
An 18 month CD that pays 10.5% compounded quarterly (10.92% effective yield) with a minimum \$1,000 deposit, and renewable at the end of the 18 month term at the same high interest rate. Insured by the F.S.L.I.C. up to \$100,000. Substantial penalty for early withdrawal.

**11.19% ANNUAL YIELD**  
A 30 month CD that pays 10.75% compounded quarterly (11.19% effective yield) with a minimum \$1,000 deposit, and renewable at the end of the 30 month term at the same high interest rate. Insured by the F.S.L.I.C. up to \$100,000. Substantial penalty for early withdrawal.

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LITER **.99**

**Home Gardening, Is It For You?**  
Many Americans are considering a home garden as a way to provide the family with a ready supply of fresh vegetables. Gardening can be fun and relaxing but it also takes a lot of time and work. Here are a few things to consider.  
Consider the investment required in equipment, supplies, time and energy to plant, tend, harvest, store or preserve the fruits of the garden.  
Consider the kinds and amounts of vegetables to plant that your family will eat. Also, how will you take care of the abundance of the garden? Will you freeze, dehydrate, can, or store the extras. How much room do you have for these functions?  
Consider the costs of tools, seeds, water, fertilizer, lost recreation time, equipment for home preservation methods.  
After you have looked into all these and still want to have the goodness of fresh vegetables, check with your local extension office or nursery for plants and seeds that will grow best in your area and have fun.

*Carol Scroggins*  
CAROL SCROGGINS  
DIRECTOR OF CONSUMER AFFAIRS  
**Carol Scroggins**  
Director Of Consumer Affairs  
P.O. Box 33160  
San Antonio, TX 78233

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LB. "HICKORY  
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**GROUND  
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**\$1.09**  
LB. 3-LB. PKG.  
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HOLLY FARMS USDA GRADE "A" THIGHS OR DRUMSTICKS LB. **\$1.09**

MEAT OR BEEF 12-OZ. PKG. **.89** LB.

Lean and Rich **Beef Short Ribs** 8-Oz. Pkg. **.99**

Oscar Mayer **Bologna** 8-Oz. Pkg. **.99**

Oscar Mayer **Salami** 8-Oz. Pkg. **1.09**

GOOCH CENTER SLICE POUND **\$1.79**

Sliced **HAMS** 12-Oz. Pkg. **.79**

Good Value **Smoked Sausage** 1-Lb. **1.59**  
Delicious Frozen **Flounder Fillets** 1-Lb. **1.29**

ALL GRINDS  
**MARYLAND CLUB  
COFFEE**  
LIMIT 1 WITH  
\$10 PURCHASE  
**\$2.19**  
1-LB CAN

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**CHEER  
DETERGENT**  
**\$2.09**  
49-OZ. BOX

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**PINTO  
BEANS**  
**\$1.29**  
4-LB. BAG

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**SPILL-MATE  
TOWELS**  
**.75**  
JUMBO ROLL

SUN FRUIT • ORANGE • APPLE • LEMONADE • GRAPE  
**CAPRI SUN DRINKS** PKG. OF 10 6 3/4-OZ. CTNS. **\$2.59**

**CRACKERS** KEEBLER ZESTA Pound Box **.89**

Del Monte **Pineapple** 2 8-Oz. Can **.89**

Betty Crocker **Bisquick** 60-Oz. Box **2.19**

Betty Crocker Assorted **Hamburger Helper** 4 to 8 1/2-Oz. Box **.99**

Betty Crocker Assorted **Specialty Potatoes** 5 1/2-Oz. Box **.85**

Wolf Brand **Beef Stew** 15-Oz. Can **.89**

SWIFT **Chili** 15-Oz. Can **.99**

X-14 **Mildew Remover** 16-Oz. Btl. **1.59**

Libby's **Pumpkin** 16 oz. Can **2/\$1.00**

PETER PAN **PEANUT BUTTER** • SMOOTH • CRUNCHY 28-OZ. JAR **\$2.39**

CANNED ASSORTED **9-LIVES DINNERS** "MIX OR MATCH" 3 6-OZ. CANS **\$1**

Deodorant Soap **Safeguard** 40c Off Label 5-Oz. Bar **1.89**

Fabric Softener **Bounce Sheets** Box of 20 **1.19**

6c OFF LABEL **Comet Cleanser** 21-Oz. Can **.59**

Dish Detergent **Sun Light Liquid** 22-Oz. Btl. **.99**

Disposable **Goodnews Razors** Pkg. of 10 **2.29**

Non-Aspirin **Panadol** • Tablets Btl. of 60 • Capsules Btl. of 48 **3.29**

Florigard **Dental Rinse** 10 oz. Bottle **2.29**

Anti-perspirant **Old Spice** 2-Oz. Stick **2.19**

"NEW CROP" CALIFORNIA  
**STRAWBERRIES**  
**.89**  
PINT CTN.

RED RIPE **TOMATOES** 11-OZ. CTN. **.59**

SWEET VALENCIA **ORANGES** 5-LB. BAG **1.59**

US #1 RUSSET **POTATOES** 5-LB. BAG **.89**

DEL MONTE SEEDLESS **RAISINS** 15-OZ. CTN. **1.39**

**PRODUCE**

Crisp **Carrots** 1-Lb. Pkg. **.39**

**DELICIOUS APPLES** LARGE RED LB. **.59**

CALIFORNIA **LARGE BROCCOLI** LB. **.49**

FROZEN ASSORTED  
**BANQUET  
POT PIES**  
• CHICKEN • TURKEY • BEEF  
**3 \$1**  
8-OZ. CTNS.

GOOD VALUE  
**MARGARINE  
QUARTERS**  
**2/\$1**  
1-LB. CTN.

FROZEN **BANQUET FRIED CHICKEN** 2-LB. CTN. **\$2.79**

CHILLED **ORANGE JUICE** 64-OZ. CTN. **1.69**

Turkey & Gravy - Stuffed Bell Peppers **Buffet Suppers** 32-Oz. Ctn. **2.39**

Frozen Whipped **Topping** 16-Oz. Tub **.89**

Banquet Frozen **Cherry Pie** 20-Oz. Ctn. **1.29**

Banquet 4-Piece **Fried Chicken** 18-Oz. Ctn. **2.19**

Generic Wrapped Singles **Cheese Food** 12-Oz. Pkg. **.99**

Pillsbury Hungry Jack **Biscuits** • FLAKEY • BUTTERMILK 2 9 1/2-Oz. Tubes **.99**

Fleischmann's **Squeeze Margarine** 12-Oz. Btl. **1.09**

Shredded **Cheese** • CHEDDAR • MOZZARELLA • PIZZA 4-Oz. Pkg. **.69**

\* ALL ITEMS ARE FULLY GUARANTEED  
\* WE ACCEPT W.C. CARDS & FOOD STAMPS

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# THE GORDON SPOT

By DeMarqula Gordon  
 County Extension Agent  
 Inflation continues and one example is the increased fees for soil, water and forage testing. Increased fee rates for soil, water, plant and forage samples at the Texas Agriculture Extension Service Laboratories at College Station and Lubbock will go into effect March 1, 1984.

the regular plus the micro-nutrient test will go from \$7.00 to \$10.00. Irrigation water tests increases from \$8.00 to \$15.00 each. The forage tests will increase from \$5.00 to \$6.00 for protein analysis.

If you want to take advantage of the current prices you should get your soil, water or forage samples in before March 1.

The regular soil test will go from \$4.00 to \$6.00 and

Your ornamental shrubs

## NEWS OF MUSIC



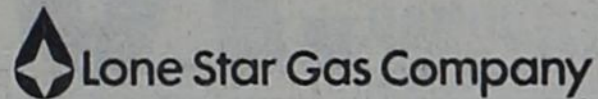
It's all smiles for winners of the Kentucky Fried Chicken National Country Music Songwriting Contest. Lance Middlebrook of Sharon, Conn. (far left), and his partner, Grayce Paul Dierkes of Hudson, N.Y., who wrote the winning tune, "Live Wire," were introduced to television audiences by country star Johnny Lee (second from left) when he appeared with Merv Griffin (far right) on his nationally syndicated television show. The contest attracted 38,000 entries, the most ever in its seven-year history. The winning song was recorded by Johnny Lee on a special "45" which was distributed to 2,500 country radio stations across the country for air play.

### PUBLIC NOTICE

Lone Star Gas Company, in accordance with the Gas Utility Regulatory Act, hereby gives notice of the Company's intent to implement a new schedule of rates including a cost of service adjustment clause for natural gas service to be charged to the residential and commercial consumers in the City of Gorman, Texas effective March 17, 1984.

The rate schedule is expected to furnish a 2.35 percent increase in the Company's revenues from residential and commercial customers in the City of Gorman, Texas.

A Statement of Intent has been filed with the City of Gorman and is available for inspection at the Company's business office located at 308 South Seaman, Eastland, Texas.



may or may not be dead. This winter's cold damaged plants that have never been hurt here before. There are several common plant types that will be frozen back severely, many clear to the ground. How extensive that damage is remains to be seen.

You can get a pretty accurate handle on it, though, by cutting lightly through the bark with a sharp knife. If the cambium layer just inside is fresh, moist and green, that twig will probably come back in the spring. If it's dried, brown or mushy, then you probably have lost part of the plant. Continue checking farther down the stem and see how much is alive.

Since we really can't yet assess the total amount of damage, the safest thing for you to do is to wait until the spring growth starts. If the plant leafs out near the ground, but the tops are dead, then cut it back to the new growth. It may not die back at all, or it may have died out altogether, roots and all. You'll just have to wait and see.

So what do you do now? Merely wait and water. Keep the plants moist during dry spells. Wait to fertilize until mid-March.

Don't prune plants until early spring. That way you'll not unknowingly remove live tissues.

Check the stems if you wish, to get a better idea of replacements you'll need to

make. Wait, though, to give the old plants one more chance before you remove them.

Now is the time to prune fruit and nut trees. Apples, pears and cherry trees produce fruit on little spurs that grow very slowly. They require only light pruning to remove inferior or damaged branches and twigs and to open up the plant so light gets in. Peaches, apricots, plums and nectarines are just the opposite. They grow vigorously sending out long whips and getting out of hand if not pruned severely. Keep in mind that last summer's new growth produces this year's flowers and fruit. When growth is shortened and thinned, always leave some of the previous year's new growth or the tree will not produce fruit this year. Apricots and plums grow fast like peaches and produce flowers and fruit on new wood. But they also produce fruit on slow-growing, short spurs the way apples do. Completely remove new branches that have grown too long or become straggly. To prevent losing the whole fruit crop, try to leave at least a section of each new branch. This increases your crop and the number of fruit spurs for the following year.

Prune pecan trees to a central leader and otherwise treat as a large shade tree. On mature trees, remove broken, diseased or interfering limbs. Make all

## QUICK QUIZ

1. He led his nation during the trying years of World War II, and was President Franklin Roosevelt's most important ally during that difficult period.

2. He was known as the champion of the bomber plane.

3. A recent recipient of the honor of having a national holiday declared in his name, this great civil rights leader was assassinated towards the end of one of the 20th century's most turbulent decades.

ANSWERS: 1. Winston Churchill, British prime minister. 2. Col. Billy Mitchell. He's just one of the famous 20th century personalities to appear in the new public television series, "A Walk Through the 20th Century," made possible by a grant from the Chevron Corporation. The 19 hour-long programs will be broadcast in 1984. 3. Martin Luther King, Jr.

cuts carefully and be sure every limb is removed for a specific reason. Most large pecan trees require very little pruning.

### NEWS

Mr. and Mrs. Stanley Porter and Mr. and Mrs. Freddy Stanfield visited with Mr. and Mrs. Pete Cooper in Kileen over the weekend. On Saturday, they visited at Lake Buchanan with Mr. and Mrs. Stan Stanford.

### MICROWAVE PROGRAM SCHEDULED

A Microwave Cooking Program will be presented this Thursday, February 16th at the Texas Electric Service Company Reddy Room, located at 113 East Commerce in Eastland. The program will be presented during the noon hour, from 12-1 p.m., for employed homemakers and will be repeated at 2 p.m. for all interested persons.

The microwave program is being sponsored by the Eastland County Extension Service.

The program will be given by Mrs. Gayle Wilson, Home Service Coordinator for Texas Electric Service Company in Fort Worth. Mrs. Wilson will demonstrate microwave cookery with the latest microwave equipment. This will be an excellent opportunity to learn how to use your microwave oven to its greatest potential or what features to look for when buying a microwave.

Mrs. Wilson is a graduate of Texas Woman's University. She began her career in home economics as a county extension agent. She was a pioneer in early television, first on a weekly program and later on a daily show on WBAP-TV, which was the first station franchised in Texas.

She has done graduate study in housing at Cornell University and Colorado State University and is a Master Builder.

Mrs. Janet Thomas, County Extension Agent, states that this will be an excellent program for those of you who own a microwave or hope to purchase a microwave oven in the future.

The program is being sponsored free to the public and everyone is invited to attend either the noon session or the 2 p.m. program presentation.

### POLITICAL CALENDAR

The following persons have authorized this newspaper to announce that they are candidates, subject to action by the May Democratic Primary.

County Sheriff: Don Underwood

Commissioner, Pct. 3: L. T. Owen, Re-Election

Constable, Pct. 5: Dewey Keesee, Re-Elect; Brent Foster



### Hearing Tests Are Important

If You Think You Have A Problem With Roaring, Listening or Understanding Come See Us!

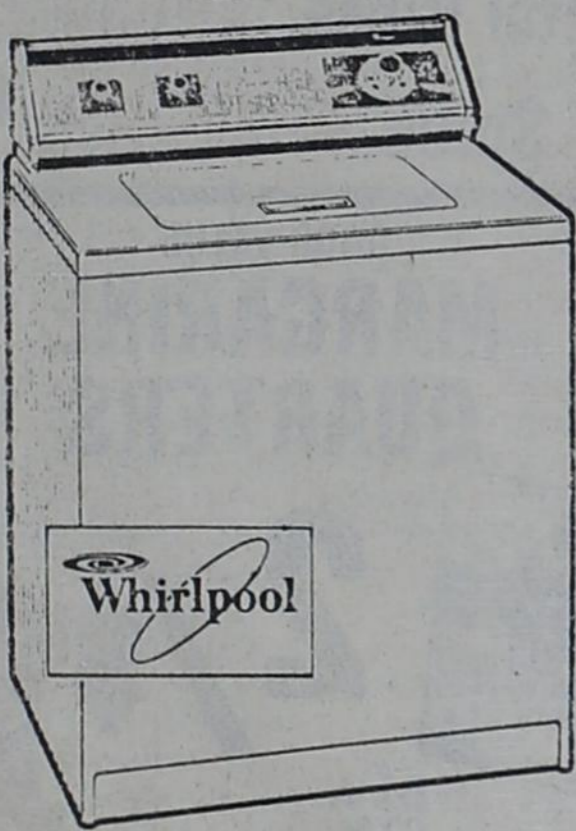
MRS. JOE TREADWAY  
 (Licensed by the State of Texas)

will hold her regular Hearing Aid Workshop in Gorman at the City Hall, Monday, February 20 from 1:30 to 3:00 P.M.

TREADWAY HEARING CENTER  
 108 S. Bell  
 Hamilton, Texas  
 817/386-5918

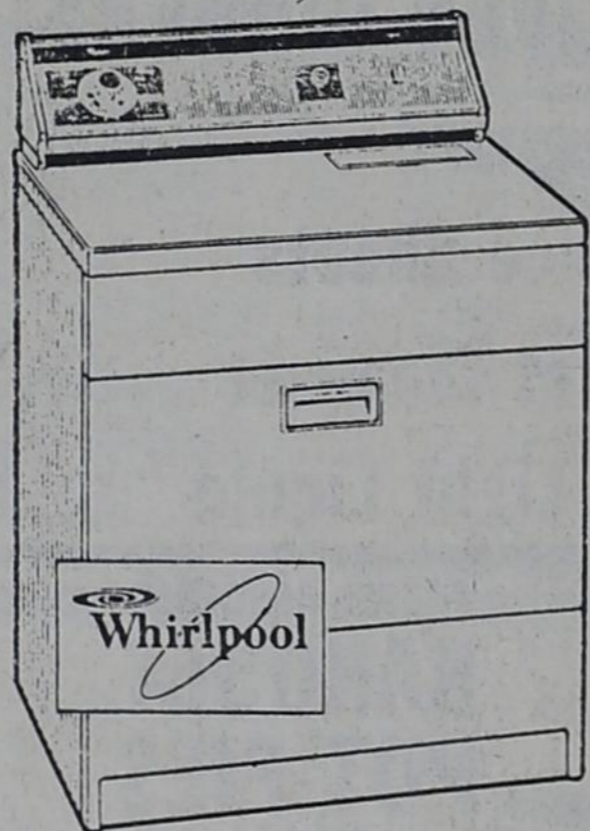
CLINICAL & MEDICAL REFERRALS ACCEPTED

## Whirlpool HOME APPLIANCES



Whirlpool Model LA5580XM Automatic Washer • Super Load Capacity • 4 Automatic Washing Cycles • 3 Water Temps • Water Level Control • Super SURGILATOR • Agitator • Easy-Clean Lint Filter • 2 Wash & 2 Spin Speeds.

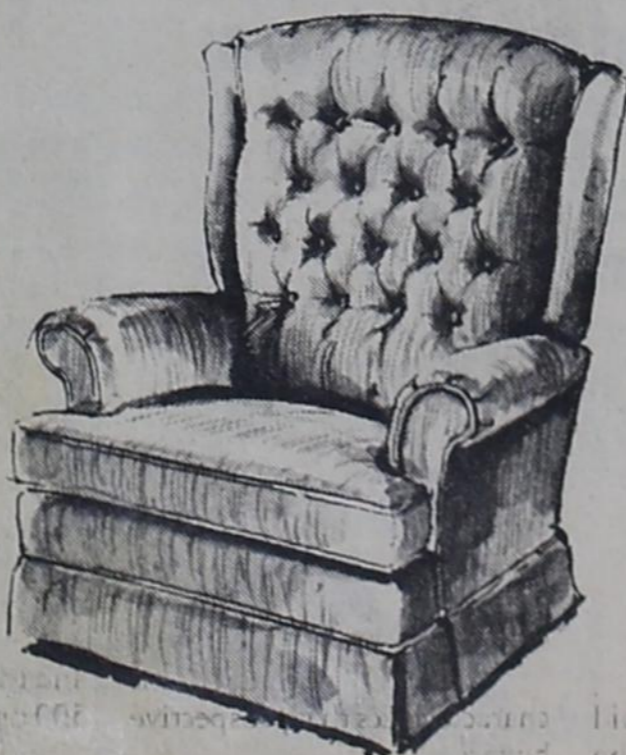
\$ 399.95



Whirlpool Models LE5800XM Electric Dryer & LG5801XM Gas Dryer • Dry-Miser Control • 4 Drying Temps • 3 Drying Cycles • TUMBLE PRESS • Control • Special Knit Setting • No-Iron • Cool-Down Care • Extra-Large Lint Screen • Sound-Insulated Hamper Door. \*Tmk.

\$ 349.95

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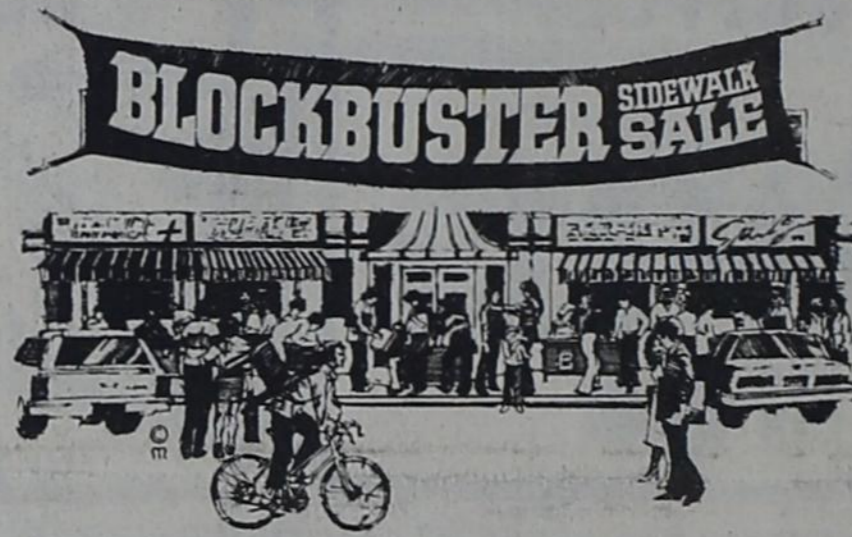
INVITATIONS • ANNOUNCEMENTS  
 NAPKINS • BRIDAL BOOKS  
 ACCESSORIES

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## CARBON LIONS CLUB FARM AUCTION CONSIGNMENT SALE

Sat. February 18, 1984  
 10:00 A.M.

BIRDSONG LOT IN CARBON

#### SALE ITEMS

5' Pull Type Shredder  
 1969 Plymouth Drill Press  
 Hand Tools  
 Electric Drills  
 Homemade Cakes and Pies  
 Push Type Garden Plow  
 Large Gas Shop Heaters  
 Aluminum Windows  
 Jacks  
 Stinger  
 Round Bale Hay Loaders  
 Pressure Cooker (Canner)

#### SALE ITEMS

10' Tandem Disc Plow  
 Drill Press  
 Tilt Trailer  
 Barrell Pump  
 Push Mower  
 Riding Mower  
 Water Cooler  
 Vise  
 Chains  
 BBQ Grill  
 AC Pull Type Combine (Not Running)

#### SALE ITEMS

New Holland Hay Baler  
 Ferguson 2 Row Inverter  
 Peerman 2 Row Inverter  
 4 Row Roanoke Peanut Digger  
 Ford 4 Bottom Mold Board  
 Arkansas Razor Back Boat  
 75 Merc. Motor  
 Dilly Boat Trailer  
 5 Bottom Case Mold Board  
 3 Bottom John Deere  
 Mold Board  
 14' Drag Type Long Tandem  
 Many other items to be auctioned.

CONCESSIONS AVAILABLE (Regionally Famous Bar B-Q)

CONSIGNMENTS ACCEPTED

Sale Conducted By:

Tucker Auction Company



Route 7, Box 90  
 Eastland, Texas 76448  
 Phone (817) 629-1956 or  
 (817) 639-2228 or (817) 639-2376

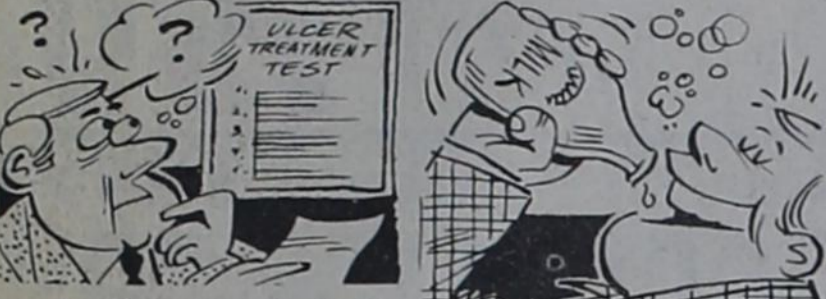
Auctioneer: Fred Tucker, TXS 084-1152

Auctioneer: Kern Norris, TXS 104-1098



# HEALTH QUIZ

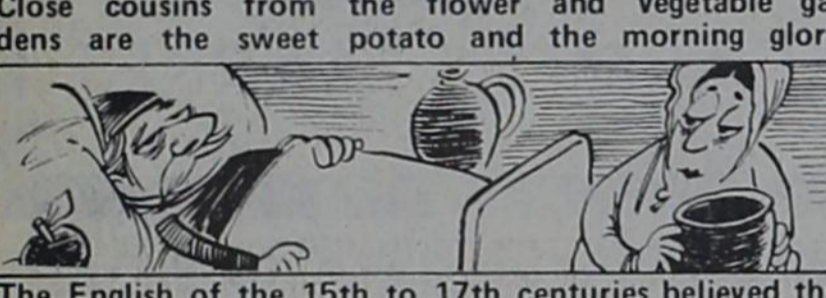
An estimated four million Americans suffer from duodenal ulcer. Have you a healthy idea of the facts about this disease and its treatment? Taking this test can help you tell.



1. The person most likely to have ulcers is the hard-driving executive.  True?  False?
2. The most common symptom of an ulcer is a painful, burning sensation in the upper abdomen.  True?  False?
3. The best treatment for an ulcer is lots of milk.  True?  False?
4. More women than men have ulcers.  True?  False?

**ANSWERS:** 1. False. An ulcer, it appears, is not so much affected by stress and hard work as by heredity. 2. True. If you suffer from such symptoms as indigestion, heartburn, gas, and bloating, you should see your doctor. Other symptoms include apparent hunger pains soon after meals, nausea and vomiting, and bloody or dark, tarry stools. 3. False. Despite popular belief, gastric acid which can make an ulcer worse. Fortunately, it has been found, encourages the production of mucus which coats the lining of the stomach. 4. True. About twice as many men as women have an ulcer, but the gap is closing as the number of women suffering from this disease increases and the number of men with an ulcer decreases.

## HI COUSIN!



Close cousins from the flower and vegetable gardens are the sweet potato and the morning glory.



The English of the 15th to 17th centuries believed that the color red was helpful to the sick. Patients were dressed in red nightgowns and surrounded with red objects.



(L to R), Ernest Reich, Judge Scott Bailey, and John Kidd.

County Judge Scott Bailey has signed a proclamation designating February 13-17 as "Farm Bureau Week" in Eastland County.

The week is part of a statewide observance during which county Farm Bureaus will make a special effort to enroll new members, according to Ernest Reich of Cisco, president of Eastland County Farm Bureau.

John Kidd of Eastland is the chairman of the membership committee which is responsible for membership acquisition and maintenance. Other committee members are: Ted Botts and Kenneth Kirk of Ranger.

"The Texas Farm Bureau, with more than 300,000 member families on its membership rolls, is the largest state Farm Bureau in the nation," the proclamation reads.

The Farm Bureau is a grass-roots organization, and its foundation is the county Farm Bureau. There is 216 organized county Farm Bureaus in the state, including Eastland County Farm Bureau," the proclamation states.

Mr. Reich said the local county Farm Bureau has 1800 member families and is seeking to exceed that figure in 1984.

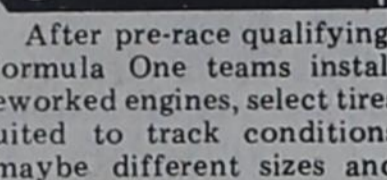
He said that the Farm Bureau is a general farm organization that seeks to improve income and living conditions of farm and ranch families. It represents the farmer and rancher at the local county courthouse, in Austin, and in the nation's capital, Washington, D.C.

# You and Your Car

Tips from the Mobil Auto Tech Group.

## How Racing Magic Helps Your Car

Cars that can go from zero to 150 miles an hour and back to zero in 12 seconds—competing in world-wide Grand Prix Formula One races—test concepts contributing to performance for you, the everyday motorist.



After pre-race qualifying, Formula One teams install, reworked engines, select tires suited to track conditions (maybe different sizes and pressures for each wheel), carefully choose fuel loads and lubricants. For extra boost, England's Williams team, perennial high finisher (1982 driver champion, among other titles), relies on synthetic Mobil 1 racing formula oil, having found in tests that the synthetic boosts power in comparison with conventional oil.

Racing's grueling testing proves out latest advances. Makers of shock absorbers, tires, sparkplugs have raced 60 years. Performance-building streamlining borrows from racing. A new tire tread, perfected in Formula One, funnels water from wet surfaces. Four-wheel brakes got a racing test.

And Ray Harroun's Marmon, winning the first Indy 500 in 1911 at a state-ly 74.59 m.p.h., gave the rear-view mirror a flying start.

James Garfield, the 20th U.S. president, was both a canal bargeman and a professor of Greek and Latin before entering the White House.

# CARBON NEWS

By Mrs. Bob Hasting Phone 639-2517

Sorry about no news last week but we were visiting our daughter and family Mr. and Mrs. Fred Grun and family of Houston from Sunday to Saturday. We saw it rain there and when we came home it had rained here too. Everything looks nice and clean and the sun shines bright.

Carbon Lions Club wives are reminded to remember your baked goods donation to the concession stand at the Farm Auction Saturday. Auction will be held on Birdsong Lot downtown Carbon Saturday, February 18 beginning at ten o'clock a.m.

Mrs. Luis Vasquez of Grandprairie spent the weekend with her mother Mrs. Thurman and her sister and family Mr. and Mrs. Bill Boykin.

Mr. and Mrs. James Smith and Jo Ann Attended the funeral of their brother-in-law Henry Prestridge of Rising Star on Saturday. Mr. Prestridge died in Eastland Memorial Hospital Thursday morning after a short illness. Services were at Higginbotham

# KOKOMO NEWS

By Zelda Jordan Phone 639-2289

The Kokomo Extension Homemakers Club's annual Stew Supper will be held in the Kokomo Community Center on Saturday, February 25 with serving from 5 to 8 p.m. Tickets are the same as last year, \$2.00 for adults and \$1.00 for children under twelve. Stew, crackers, cake and tea or coffee will be served. Proceeds will be used for the worthy projects of the club throughout the year. Tickets may be purchased from members of the club or at the door.

The Youth Valentine Banquet was held on Saturday night, February 11 in the fellowship hall of the Kokomo Baptist Church. Entertainment

was by Mr. and Mrs. Tim Skaggs of De Leon and Becky Moom of Lingleville.

The fellowship hall was beautifully decorated in the Valentine theme. Mexican food was served by the social committee of the church, Kay Snider, Paula Morrow, Aletha Burges, Helen Brown, and Carolyn Little.

Mrs. John Rice rendered the special music at the morning service at the Kokomo Baptist Church on Sunday.

Eleanor Grogan, a Navajo Indian, will be featured in gospel concert at the Kokomo Baptist Church on Sunday morning at the 11:30 a.m. service.

# Kokomo Extension Homemakers Meet

Kokomo Extension Homemakers met on Monday, February 13th in the lovely home of Mrs. Zelda Jordan.

Don Underwood, Criminal Investigator for City of Eastland, brought the program on "Personal Safety". Club members and guests appreciated the information he gave us so very much. Tips on ways of making our homes safer from break-ins, precautions to take to ward off attacks and situations that we should be suspicious of. We all agreed that this was advice well given because we felt he was well qualified to advise us. Thanks, Don, for a good program.

After the program, refreshments were served form a table beautifully decorated in the Valentine theme with heart shaped cookies, filled crackers, nuts, valentine mints and cold drinks. Wynelle Brown expressed thanks for the food and asked Blessing on our club this year of 1984 that we might do things better ourselves

Members of the Kokomo Baptist Church held the church services at the Gorman Care Center on Sunday afternoon.

Mrs. Mamie Little, Mr. and Mrs. Jimmy Little, Mr. and Mrs. Jim Bennett and Mrs. Clifford Nelson were visiting with Mrs. Dora Garrett during the past week. Mrs. Garrett also visited one day with Mrs. Mamie Little.

Mr. and Mrs. Jimmy Little and Mrs. Dora Garrett visited on Sunday in San Angelo with Mr. and Mrs. Jerry Hallmark, Debby and Amy, and Wayne and Becky Mikeska and

LeeVi and they got to see Wayne and Becky's twin girls through the window of nursery at the hospital. Sheyanne weighs over three pounds now, but Shane has been ill with a respiratory problem and stills weighs only a little over two pounds. The babies are one month old today, February 14.

Mr. and Mrs. Clifford Nelson visited on Sunday with Mr. E. W. Lovell at Lake Brownwood.

Mrs. Sylvia Buchanan, Kelly and Yancy of Clyde visited with Mr. and Mrs. Albert Hendricks on Saturday.

# CJC Accepting Applications For Nursing Program

Cisco Junior College is now accepting applications for the August 1984 Licensed Vocational Nursing program at Cisco.

In accord with certification requirements, applicants must make application in advance and pass a pre-entrance physical and examination.

The twelve month program will hold classes in Cisco with clinical work in the E.L. Graham Memorial Hospital in Cisco and the Eastland Memorial Hospital in Eastland on a rotating basis.

and our community. A business meeting was held to approve club council recommendations for this year.

Mrs. Berneice Rodgers read the minutes of the last club meeting. Mrs. Wynelle Brown gave the treasurer's report. Mrs. Ava Rodgers gave the council report stating that Wynelle Brown was elected as a delegate to the District TEHA met at the 4-H Center at Brownwood on April 2.

Our club meeting was well attended with seven members present. They were: Messdames Merle Lasater, Johnnie B. Griffith, Ava Rodgers, Naoma Morrow, Berneice Rodgers,

Plans were finalized for our Stew Supper at the Community Center on Saturday night, February 25. You all come!

Club Reporter

Satisfactory completion of the program entitles the student to a certificate from the college, and qualifies him/her to take the State Board of Vocational Nurse Examiner's examination.

A prospective student must be at least 17 years of age and must be in good physical and mental health. Students must be high school graduates or have successfully taken the GED examination establishing high school equivalency. The GED examination is given on the CJC main campus in Cisco.

Employment opportunities for a Licensed Vocational Nurse are very good; the demand for LVN's far surpasses the supply.

For full information, interested persons (male or female) may contact Vocational Dean, Gerald Bint or Program instructor, Mrs. Wanda Wheatley in the Vocational-Technical building on the campus or by telephoning 817-442-2567.

Wynelle Brown and hostess, Zelda Jordan. Guests were: Masdames, Lenis Rice, Deon Fields, Thelma O'Neal, Willo Rice, Velda Foster, Mamie Little, Janet Thomas and speaker, Don Underwood.

Plans were finalized for our Stew Supper at the Community Center on Saturday night, February 25. You all come!

Club Reporter

# MENU

- LUNCH**
- MONDAY** — Sausage on a stick, Ranch Style beans, onion rings, cornbread, rice crispie cookies and milk.
- TUESDAY** — Baked ham, potato salad, green beans, hot rolls, peach cobbler and milk.
- WEDNESDAY** — Taco salad, lettuce, cheese, pinto beans, apple sauce, Jello, cornbread and milk.
- THURSDAY** — Meat loaf, broccoli casserole, buttered carrots, rolls, honey and milk.
- FRIDAY** — Hamburgers, french fries, ice cream and milk.

## The Scientists Tell Me...

# Rural Land Prices In Texas Often Not Related to Farm Value

By Robert L. Haney TAES Science Writer

Agricultural potential was a major factor for many years in determining land value in Texas but this is no longer true in many areas, according to a survey made by agricultural economists with the Texas Agricultural Experiment Station.

Experienced land brokers or realtors in all areas of the State were asked to evaluate the importance of various motivations for purchasing rural land and to estimate the percentages.

Land bought primarily for agricultural purposes ranged from an average of 13.8 percent in the Hill Country to 68.12 percent in the High and Rolling Plains. The average across the State was less than 30 percent, according to Dr. C. Arden Pope and H.L. Goodwin who conducted the survey.

Motivations relating to the tax advantages that are associated with owning agricultural land, the potential for future income from oil or other minerals, the use of land as a store of wealth, and other such factors are also important.

In addition, Pope says, it's becoming increasingly apparent that motivations centered on the purchasing of rural land as a "consumptive good" also play an important role in determining land prices and farm structure.

Asked to explain, he said these motivations may be related to individuals' innate desire to own land, live in a

rural environment, have a place to engage in various outdoor recreational activities, "get back to nature," or be associated, at least peripherally, with agriculture.

The rapid growth of the population and per capita income in Texas has increased the demand for land, particularly for consumptive uses.

Between 1970 and 1980, the population of Texas grew at a rate of 27 percent (11 percent more than the national average) and per capita income is currently well above the national average. Since nearly all Texas land is privately owned, most hunting, hiking, camping, horseback riding, and other such outdoor activities must be done on privately-owned land.

The brokers were asked to not only identify the three most important reasons why people buy rural land but also why people sell rural land in their area. The most frequently identified reasons for selling rural land were to settle estates, retiring from farming, and to sell for profit or profit taking. One broker stated that farmers and ranchers "can't believe the money rich city folks will pay for their land."

Other commonly listed reasons for selling rural land was to generate cash, not profitable to farm or ranch, moving to new location, want to invest in something else, and want to buy different tract of land.

The three most important characteristics that prospective buyers of rural land consider were identified by the brokers. Location or accessibility were

most often listed.

Trees, brush, topography, scenery, and/or attractiveness, as a group, were also regularly listed, followed by price (and financing terms). Agricultural productivity and/or soil type was the fifth most commonly listed characteristic.

A predetermined set of characteristics was given to the brokers to rank in level of importance in determining the per-acre price of rural land. Good access roads, size of the property, availability of subsurface water, and scenery and view were ranked relatively high.

On the average across the State, elevation and topography; distance from towns, schools, major metropolitan areas; direct access to surface water; type of vegetation and abundance of wildlife were all ranked higher than agricultural productivity.

The brokers were also asked to rank various improvements in terms of their importance in determining the per-acre price of rural land. Electrical lines to the property and a water system generally were the highest ranked improvements.

The researchers were aware that in recent years there has been a decline in middle-sized land holdings (50 to 500 acres). But between 1959 and 1978 the percent of Texas farms that were less than 50 acres in size rose from 44 to 54 percent, and the percent of farms with 500 or more acres rose from 9 to 12 percent.

Asked to explain this trend, many brokers simply stated

that land prices were too high. Other reasons included:

"Economics of scale — larger farms can be worked more efficiently, smaller tracts are in demand by city folks who will pay a premium per acre ..."

"Many people coming from cities to rural areas want 20 to 50 acres and have money to pay a high price if they find what they're looking for."

"The full-time farmer has to handle a larger acreage ... your 40 hr./week worker wants a smaller acreage for recreational farming."

"Pride of ownership is one reason for small acres. A ranch can be a few acres."

"The agribusiness unit must be larger — the 2nd home, recreational, or investment for inflation protection can be smaller."

"You cannot pay for land today at current prices through farming, and the price is reducing the amount of land a person can afford."

"You seem to have two buyers primarily: the wealthy who can and do buy large tracts; the other is the average wage earner who wants land but cannot afford anything other than a small place."

The brokers were also asked to indicate their thoughts concerning future changes in the prices of land across various types of rural properties. In general, the brokers thought that the prices of ranches will rise faster than farms, and that smaller properties will rise faster than larger properties.

From this survey, researchers Pope and Goodwin concluded that motivations for purchasing rural land not directly related to agricultural production will continue to have a profound and growing influence on the structure and nature of farm and ranch enterprises and rural land markets.

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<b>HOSTESS CREAM-FILLED TWINKIES</b> 3 OZ. PKG. <b>4 - \$1</b>	<b>PINTO BEANS</b> CASSEROLE 2 POUND BAG <b>69¢</b>
<b>CHICKEN</b> SWANSON CHUNK 5 OZ. <b>69¢</b>	<b>CAULIFLOWER</b> CALIFORNIA CELLO PKG. <b>99¢</b> PARADE FROZEN <b>CORN</b> EARS <b>4 FOR 99¢</b>
<b>PACE PICANTE SAUCE</b> 8 OZ. JAR <b>79¢</b>	<b>JENO'S FROZEN PIZZA</b> Hamburger, Cheese, Combo <b>\$1.09</b>
<b>GATORADE</b> 32 OUNCE <b>69¢</b>	<b>COLORADO MEDIUM YELLOW ONIONS</b> POUND <b>39¢</b>
<b>NORTHERN NAPKINS</b> 140 COUNT <b>79¢</b>	<b>BANANAS</b> POUND <b>29¢</b>
	<b>HI &amp; DRI PAPER TOWELS</b> LARGE ROLLS <b>59¢</b>
	<b>Jay's Grocery &amp; Market</b> 50 YEARS OF SERVICE THE FARMERS MARKET Bobby Jay - Mgs. - Bill Jay

### HOMEMAKING HINTS

By Janet Thomas, County Extension Agent

Teenagers and children, as well as their parents, have a great deal of influence over family nutrition and fitness.

That's why it's important for all members of a family to know something about nutrition.

America's greatest nutrition problem -- overweight and obesity -- affects all age groups. Approximately 30 percent of adults and teenagers weigh in at 20 percent more than they should, which is the clinical definition of obesity.

There is no one cause for obesity or overweight. But experts do seem to agree that to lose weight we have to adjust our eating and exercise habits. For most of us, that may mean adjusting the family's lifestyle as well.

According to Extension foods and nutrition specialists at Texas A&M University, here are some of the ways parents affect their children's weight:

- Genetic factors do, of course, have something to do with obesity and overweight. Two obese parents, for example, have an 80 percent chance of having an obese child. But even two lean parents have a 14 percent chance of having an obese child. The relationship between parent and child weights is partly due to genetic factors. Other factors, such as family eating patterns and the child's level of activity may have as much or more to do with his weight.
- Because food habits are established in the early years, parents' pattern of making poor food choices or overeating can lead to a lifetime of obesity for the child.
- Some researchers maintain that obesity is related to the number and size of fat cells. Before the age of two and during the adolescent growth spurt are the two critical times for fat cell growth. Overfeeding at these critical times may cause an increase in the number of fat cells and make later weight loss very difficult.
- Parents who encourage their children to engage in physical activities or participate in those activities with their children, are helping them learn weight control and maintenance habits.

Some children spend hours with the television or game machines, and are driven most places instead of walking or riding a bicycle. These children are already headed for a sedentary lifestyle. Parents who allow this to happen could be encouraging habits that lead to weight problems later in life.

But it's not just parents who determine the family's nutrition and fitness level, children and teenagers also have strong influence.

For example, children often ask their parents to purchase sugar-sweetened cereals, chips, soda and other "junk food", or eat frequently at fast food restaurants. Active children may not gain weight from eating some of this high-calorie food, but the extra calories can cause problems for their less active parents.

More teenagers are doing the family grocery shopping and cooking, which means they're making nutrition decisions for the whole family. According to a national survey conducted by Yankelovich, Skelly and White, Inc. for *Seventeen* magazine, teenage daughters have a strong influence when it comes to food purchases.

Eighty percent of the mothers surveyed, for example, reported that the household had a certain breakfast cereal because the teenage daughter had either purchased it on her own, or because the mother had decided to buy it after the daughter had provided "options and information" to her. The survey also showed that daughters influence the brands bought by their mothers.

Children and teenagers can also have an impact on the fitness levels of their families by involving their parents in sports and other physical activities. Many parents, for example, first became involved in jogging or aerobic dancing because of its popularity with their teenagers.

So let's remember that food and fitness is really a family affair.

**RECIPE FOR THE WEEK:**


I recently found a recipe for low-calorie cookies. They are full of good nutrition and low on sugar and fat.

**CHEATER'S OATMEAL COOKIES**

2 eggs, slightly beaten  
Low calorie sugar substitute to equal 1/2 cup sugar  
1/2 cup packed brown sugar  
2 tablespoons margarine, melted  
Grated peel of 1 orange  
1/2 cup fresh squeezed orange juice  
2 cups high-protein cereal  
1 1/2 cups quick oats, uncooked  
1/4 cup flour  
1 teaspoon baking powder  
1/4 teaspoon salt  
1/4 teaspoon cinnamon  
1/4 teaspoon nutmeg

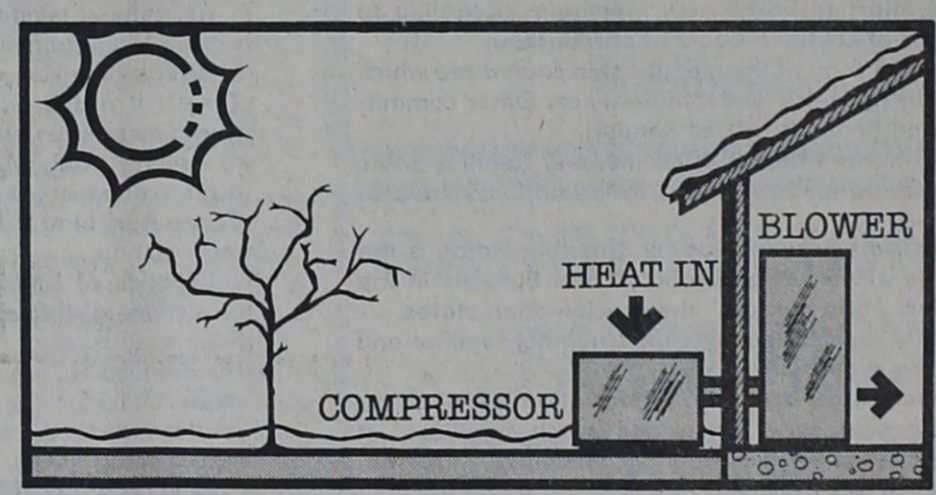
In large bowl, combine eggs, sugar substitute, brown sugar and margarine. Stir in peel, juice, cereal and oats. Sift together remaining dry ingredients. Add to cereal mixture, blending well. Drop batter from teaspoon on lightly greased cookie sheet. Bake at 375 degrees F. for 8 to 9 minutes. Make about 4 dozen cookies. (There are 36 calories per cookie.)

\*Remember in selecting a sugar substitute that (aspartame or equal is sensitive to heat and heat destroys the sweeteners.)



The first American newspapers appeared in Boston. One was the *New England Courant*, begun in 1721 by James Franklin, who employed his brother, Benjamin, in his shop.

## Save energy with a heat pump.

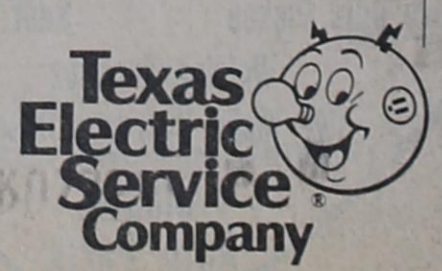


If you're planning to install a new heating or cooling system, consider a high-efficiency heat pump. It's an energy-saving, year-round alternative.

The heat pump provides year-round heating and cooling, using only electricity. During the winter, it extracts heat from the outside air (even very cold air contains heat) and brings that heat inside where it's needed. In the summer, the heat pump is a regular air conditioner, removing unwanted heat from the inside air.

The heat pump is the most efficient combination heating and cooling system that can be installed in your home today.

To learn more about the heat pump, call your air conditioning contractor. And when you call, ask about the year-round heat pump that qualifies for a bonus check from Texas Electric.



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