

# THE BORDEN STAR

VOLUME XIX

JULY 3, 1991

Serving the Counties of Borden, Dawson, Garza, Howard, Lynn & Scurry

## Roy Rogers recalling days in Vietnam

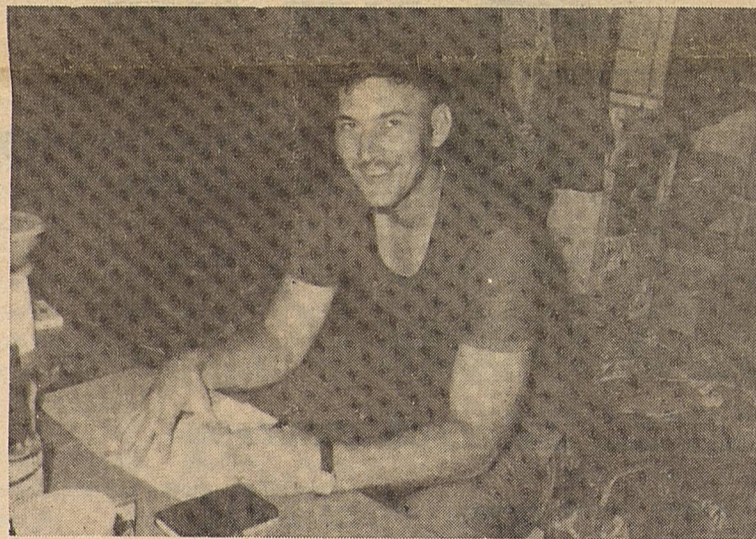
By JILL GOLDSMITH  
Port Arthur News  
Life Writer  
July 9, 1990

Roy A. Rogers, son of Aubrey Rogers of Gail and a 1962 graduate of Borden County High School "has made his mark" in the publishing world.

Roy A. Rogers resurrected his memories of the Vietnam War and launched them on the wings of his imagination to create a high-flying work of fiction about some down-to-earth heros.

Hampshire Books, based in Akron, Ohio, has published "Jackson's Mountain," a novel that draws its intensity from Rogers' real-life service as a helicopter pilot during the Vietnam War. The 169-page paperback currently is available through the publisher or by ordering it through a bookstore.

The dedication in "Jackson's Mountain"



Rogers in December 1967

reads:

"Much has been said about the heros of Vietnam Those who lost their lives because they were there

This book is for and dedicated to those who made it back Those of whom no one remembers whether they were heros or not And to the wives who welcomed us back.

Some parts of the book are loosely

based on Rogers' own experiences or those of other flyers, but "my favorite stories in there are made up," he said.

The book is a series of first-person stories, switching back and forth between half a dozen speakers.

Rogers had developed all of the major characters in two previous novels.

The author has not succeeded in getting either manuscript published,

but he is still trying. He is encouraged by the fact that some major publishing houses have said good things about his first two books in their rejection letters.

"The Spirit" focuses on the lives of pilots in flight school, while "Spirited Away" is told from the perspective of one of the pilot's wives.

"The Spirit," Rogers said, refers to "the group of pilots around my age who got their flying experience in the military, flew in Vietnam, and continued to fly after we got back,"

Rogers, a tall, soft-spoken man, now flies helicopters servicing oil rigs in the Gulf of Mexico.

He works out of

Cameron, La., for ERA Helicopters based in Lake Charles. He works for 14 days, then is home for 14 days.

Rogers lives in Nederland with his wife, Shirley, whom he married in 1965, and their 17-year-old daughter, Apryl.

The 46-year-old Rogers was 23 when he went to Vietnam in 1967. When he discovered that he was going to be drafted, he quickly volunteered for service so that he could choose to become a pilot. Flying has been his passion ever since.

When he finished his one-year tour of duty he served for six months as a flying instructor at Fort Rucker, Ala., where his major characters in "Jackson's Mountain"

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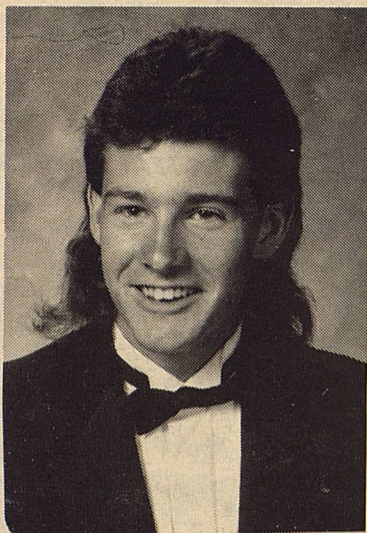


Rogers with "hooch maid" in Vietnam

## Named As All-American Scholar

The United States Achievement Academy announced that Jason Sharp has been named an All-American Scholar.

The USAA has established the All-American Scholar Award Program in order to offer deserved recognition to superior students who excel in the Academic disciplines. The All-American Scholars must earn a 3.3 or better grade point average. Only Scholars selected by a school instructor, counselor, or other qualified sponsor are accepted. These scholars are also eligible for other awards



JASON SHARP

given by the USAA. Jason D. Sharp who attended Borden County High School was nominated for this national Award by Band Director John Harris.

Jason will appear in the All-American Scholar Directory, which is published nationally.

"Recognizing and supporting our youth is more important than ever before in American history. Certainly, winners of the All-American Scholar Awards should be congratulated and appreciated for their dedication to excellence and achievement." said Dr. George Stevens, Executive Director of the United States Achievement Academy.

The Academy selects All-American Scholars upon the exclusive recommendations of teachers, coaches, counselors and other qualified sponsors. Once awarded, the students may be recognized by the USAA for other honors.

Jason, is the son of Ross and Sarah Sharp. His grandparents are B.C. and Margaret Sharp of Gail, Texas and Sarah Gilleland, of Huntsville, Texas.

## Applications being Accepted

WASHINGTON, D.C.--

Charles W. Stenholm is currently accepting applications from young men and women who are interested in attending one of the United States Service Academies.

Eligible applicants will be at least 17, but not past their 22nd birthday, by July 1, 1992, and must have graduated from high school by that date. Competitive applicants will be in the top 20 percent of their class and have SAT scores

above 500 Verbal and 550 Math, or ACT scores of 24 English and 26 Math. Involvement in extra-curricular activities, including school and community organizations and sports, as well as full or part-time employment is also in the applicant's favor.

Individuals who wish to attend the Air Force Academy at Colorado Springs, Co., the Military Academy at West Point, N.Y., the Naval Academy at Annapolis, Md. or the Merchant Marine



Charles W. Stenholm

Academy at Kings Point, N.Y. and who wish to serve as a commissioned officer are strongly encouraged to contact Jayne Schoonmaker in Congressman Charles Stenholm's Stanford office. Any individuals wishing additional information should call (915) 773-3623 or (915)672-1322 or write to P.O. Box 1237, Stamford, Texas, 79553.

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## BAKE SALE

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CHEERLEADER CAMP IN SAN ANGELO

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## Alcohol Abuse Main Threat To Athletes

"Crack" cocaine and steroids get headlines, but alcohol abuse overwhelmingly remains the main drug threat

to high school athletes, according to USA TODAY survey of pre-level coaches. Eighty-eight percent of 798 football

## EXCHANGE STUDENT...



Anna from Sweden

"I love sports, cooking and music. Last summer, I worked at a camp as a swimming instructor. I really enjoyed working with the children."

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coaches and boys' and girls' basketball coaches said booze is the biggest banger.

# Rogers

Cont. from pg. 1

were trained. Rogers, who had attended West Texas State University in Canyon before entering the service, eventually earned a degree in aeronautical science at Embry-Riddle University in Daytona Beach, Fla.

He became an airplane flight instructor, but as soon as he found an opening for a commercial helicopter pilot he jumped at it.

Rogers and his family have moved around the country as he landed various flying jobs, which have included crop dusing. They moved to the Port Arthur area in 1979.

Rogers, who began writing his first book in 1983, attended a writing seminar in Pennsylvania in 1987. He showed "The Spirit" manuscript to the seminar leader, who became his agent.

His new agent convinced Rogers to write a book about Vietnam. Rogers did not want to, but the agent said it would sell and the author wanted to be published.

Rogers chose to write fiction, he said, because he could not remember enough details about his Vietnam experience to write non-fiction, and a novel would "definitely be more interesting" than the real thing.

The publisher chose the title for "Jackson's Mountain," taken from a brief account in the book about the bloody landmark where a helicopter pilot named Billy Jackson lost his life in an explosion.

Rogers had titled his book "Intermission." The central character in his book, Jim McCoy,

explains: "The past can be dwelled upon, or it can be taken as a brief intermission of the present."

Although the book is fiction, Rogers does speak his mind on occasion, particularly through McCoy.

McCoy has trouble accepting the belated affirmation of Vietnam veterans by the public and the media.

"It was hard to adjust," McCoy says. "I didn't like the attention. How could people say we were heroes when a few years ago they were saying we were murderers?"

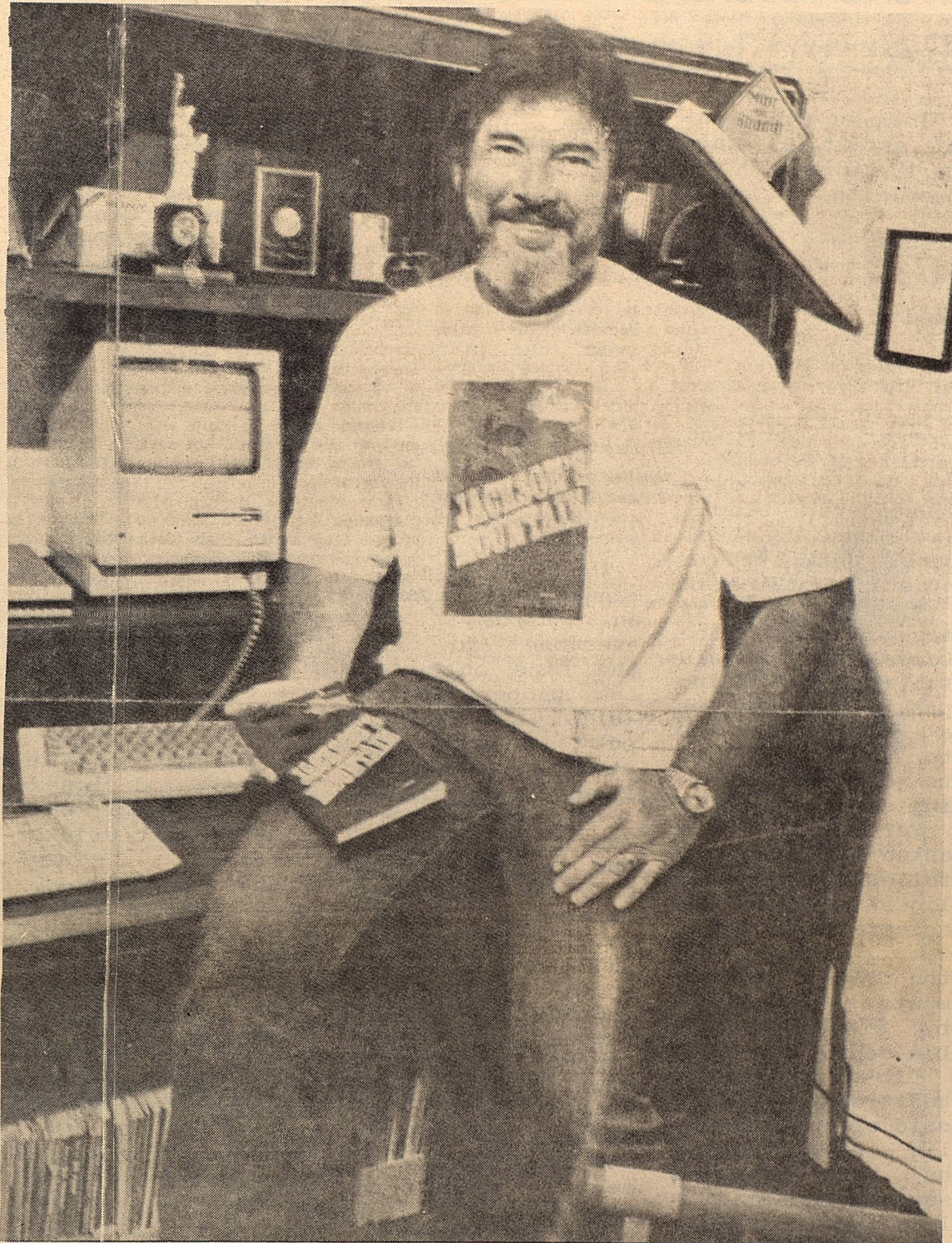
"Sure it was a war," McCoy says early in the book. "An unpopular war at that, but those of us who were there thought we were doing the right thing. My opinion is that, gosh, it was 20 years ago when I was there. I have had a full life since then. I don't pick any one year in the last 20 years and relive it over and over. Why should I try to relive that year in Vietnam?"

But by the end of the book, McCoy has softened his thinking. He decides that he doesn't mind remembering after all.

Rogers began remembering when he started writing his first book.

"A lot of it was a fun time," Rogers recalled of his Army service. "We were young and learning all this new stuff. Even in flight school, every day was a new adventure."

Rogers, like McCoy, does not care for "war stories." He thinks they're boring. but



Roy A. Rogers poses with book  
Port Arthur News staff photo by Bill snow Jr.

a former Army buddy convinced him to attend a reunion sponsored by the Vietnam Helicopter Pilots Association in Fort Worth two years ago.

"I found out it wasn't all war stories," he said.

Rogers also changed his mind about the "The Wall," once he saw the stark but poignant memorial to Vietnam veterans in Washing, D.C.

"I was just standing there, and I think I could feel the impact of

what it means," Rogers said. "All the names are people."

Rogers felt the spirit of those who lost their lives as a kinship with those who lived to carry on. "The monument really honors the people who returned," he said.

Jackson's Mountain may be purchased by sending \$9.94 per copy plus \$2 for shipping and handling, to Hampshire Books, 1300 Weather-vane Lane, Suite

221, Akron, Ohio 44313. Checks should be made payable to Hampshire Books. Include name, address and telephone number. Also local bookstores should be able to order the book with this ISBN number: 1-877674-05-2

## Correction!

Jacquelyn McPhaul, 10th grade, was omitted from the Second Semester HONOR ROLL list in the June 19th issue of the Borden Star.

# Wal-Mart Providing Recycling Location

Joining a national effort by Wal-Mart store is now providing a drop-off facility to allow local residents to recycle certain household items.

A large, green bin has been set up in the Wal-Mart parking lot in the Pioneer Shopping Center as a location to deposit newspapers, aluminum and steel cans, and certain plastic containers.

Michael Sherry, manager of the Lamesa store, said the bins are being provided simply as a public service to persons wanting to join the recycling effort.

Persons are asked simply to follow basic guidelines and sort the acceptable items for placement in the proper compartments as indicated by signs on the bin doors.

"It's a welcome addition," Sherry said of the recycling bin, noting he had received several calls from local residents expressing an interest in the project after seeing bins earlier this year at Wal-Mart stores in Big Spring and Lubbock.

The recycling bin was placed here about two weeks ago, he said. Items placed in the bin will be collected on an as-needed basis by a Lubbock firm which is handling the recycling.

"There are several stores in Lubbock that have had tremendous success," Sherry said of the recycling effort. "If we can get it to work here it will help the town. It will

cut down on waste going into the landfill and extend its life. Plus, it will just help prevent the waste of trees and other natural resources."

Sherry also noted that proceeds from the sale of the materials to be recycled, after the costs of collecting and processing are deducted, will be donated to a charitable organization.

The local store manager also issued an appeal for everyone to use the bins only for the proper materials, and not to put garbage or other unwanted items in the bins.

"Please respect the effort and use the recycling bins only for the proper materials," he said. "Don't just put garbage in there."

Guidelines for depositing newspapers in the bins call for the newspapers to be deposited loose into the proper compartment, with no plastic bags, boxes or string-tied bundles. Not acceptable are any newspapers inserts, magazines, catalogs, phone books, junk mail, cardboard, computer print-out paper, office paper or paper products other than newspaper.

Both aluminum and steel cans are allowed to be

deposited in the bin. Only food and beverage cans are allowed, and should be rinsed out. They may be crushed to conserve space. Like the papers, they should be deposited loose into the bins. with no paper or plastic bags or boxes. Among the items Wal-Mart indicates should not be included are bottle caps, wires, scrap metal, paint cans, aerosol cans, automotive product cans, or aluminum plates, pie tins or foil.

A compartment for plastic containers is designed for milk jugs and plastic soft drinks bottles. They should be rinsed, with the lids and neck rings removed. They also may be crushed to conserve space, and should be deposited loose. Persons should not deposit plastic wrap, plastic bags, or other hazardous materials. Also not to be included are PVC, foam cups, fast food containers or foam packing materials.

Sherry said there are no bins for glass. "Glass is so hard to deal with," he said. "You have to strip off all the labels and sort them by color."

## CLOTHING PROJECT

IF YOU ARE INTERESTED IN PARTICIPATING IN THE 4-H CLOTHING PROJECT, CALL OR COME BY THE BORDEN COUNTY EXTENSION OFFICE BEFORE JULY 10th AND SEE CONNIE OR DENNIS.

THE COUNTY FASHION SHOW WILL BE HELD ON JULY 17, 1991 AT 2:00 p.m. IN THE BORDEN COUNTY COURTHOUSE.

# What Are Allergies?

An allergy is the result of an abnormal response to a normally harmless substance known as an allergen. These allergens can be inhaled, swallowed, injected or have direct contact with the skin. Common examples include pollens of plants, spores of molds, household dust and animal dander. Some foods, medications and industrial chemicals can similarly cause an allergic response.

In allergic individuals, allergens stimulate the production of antibodies which result in an inflammatory response.

This may result in a runny nose, itchy eyes, asthma or other disorders of the lungs, stomach or skin.

Many forms of treatment are available for

allergy sufferers. The first step involves recognizing potential triggers of allergic reactions and removing them from the environment.

For example, some allergic patients on a lot of medications have been essentially cured when they got their cat out of the bed or exercised appropriate house dust mite control measures.

Several safe, effective medications are also available to treat the symptoms of allergic illnesses. Finally, immunotherapy (or allergy shots) may be considered by your allergist if symptoms persist. This form of treatment involves a gradual introduction of the offending allergen with the goal of desensitization.

*Thank you*

Parents, co-workers, former students and especially the hostesses Thank You for the lovely retirement party given for Doris, Dolores and me. The decorations were exceptional and the food was typical Borden County fashion "GREAT"

The party and cards which I'm still receiving, help me to leave my teaching career with fond memories to cherish a lifetime.

Sincerely,  
Beverly Copeland

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## OBITUARY

### Effie Lee Telchik

Services for She married A.B. Effie Lee Telchik, Telchik on Feb. 8, 76, of the Mesquite Community in Borden County, were held at 2 p.m. Saturday in North 14th Street Church of Christ in Lamesa with Clarence Eckman of Lubbock and Gerald Edwards of the Mesquite Community officiating.

Burial was in Gail Cemetery under direction of Branon Funeral Home of Lamesa.

Mrs. Telchik died Thursday in Methodist Hospital in Lubbock after a lengthy illness.

She was born June 18, 1915 in Minqus.

She married A.B. Telchik on Feb. 8, 1934 in Ranger. They moved to the Mesquite Community in Borden County in the fall of 1941 from Palo Pinto County. She was a member of the Mesquite Church of Christ for 49 years.

Survivors include her husband; a daughter, Frances Rhea of Amarillo; three sons, Buddy of Borden County, James of Lamesa and Kenneth of Arlington; two sisters-in-law, Lurly Cowan and Jessica Cowan, both of Fort Worth; 12 grandchildren and 14 great-grandchildren.

## Cutting Energy Aid Could Raise All Bills

by Michael Baly III

Low-income and older Americans will be praying for a very warm winter if Congress dramatically cuts winterheating assistance.

The Low Income Home Energy Assistance Program (LIHEAP) is slated to be reduced almost 40 percent this year, continuing a five-year decline and reducing by more than 1 million the number of households receiving assistance.

This is not just a poverty issue — cuts in LIHEAP funding affect everyone, because adequate funding plays an important role in keeping bills stable for all customers. Most utilities and state public service commissions have agreements that prohibit customers from being cut off in winter months. Thus the cost of service rises for everyone who is able to fully pay their bills.

Even at its funding peak in 1985, the LIHEAP program helped less than one-third of eligible households. The average LIHEAP benefit is about \$200 a year, versus about \$1,000 in energy costs. The current program reaches less than 20 percent of el-

igible families, and a further cut in this winter's funding level will mean that many households will have to choose between heating or eating.

Another dramatic program cut is a giant step backward and confronts the most needy in our society with yet another stumbling block in their efforts to avoid

joining the ranks of the homeless.

The U.S. Department of Health & Human Services reports that in 1988, the most recent year data is available, 58 percent of the households receiving LIHEAP benefits had incomes of less than \$6,000 annually, and 37 percent of those households contained at least one person over 60 years of age.

Natural gas and electric utilities have long been aware of this severe problem and many of them have organized private fuel assistance funds in cooperation with

Cont. to pg. 7



SEEDS FROM THE SOWER

Michael A. Guido Metter, Georgia

There's a lovely little story about a lock which had no key. It kept going from one person to another, saying, "I'm looking for someone to unlock me."

That story is a parable. You're like that lock.

You were made to be led by the Lord, and you'll never be all that you ought to be until you are.

He has given you talents, and only He can release the abilities that dwell within you.

When you let the Lord come into your heart, He goes to work in your life. He'll turn your fear into faith, your pessimism into power, your remorse into radiance.

Let Him unlock you, won't you?

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### SCOTT & WHITE OPTIONS FOR HEALTH

#### How Important Are Mammograms?

Paul E. Ogden, M.D.

Department of Community Internal  
Medicine at Scott & White Hospital and  
Clinic and Associate Professor of Medicine,  
Texas A&M University College of Medicine



**Q:** I am 45 years old and I was wondering how often should I have a mammogram?

**A:** Mammograms are a very important part of health maintenance for women. Mammograms can find cancers as small as the head of a pin, long before they will be noticed by a patient or her physician. It is an important part of normal health screenings for women over 40 or, if recommended by her physician, in order to detect abnormalities in early stages.

Though mammograms have improved the "curability rate" of breast cancers through early detection, they are not perfect. Some changes may be difficult to discover in breasts that have significant scarring. However, the probability that the mammogram will pick up any abnormalities offers the patient a greater likelihood of an improved outcome versus waiting until a lump is felt by the patient or physician during an examination.

There is no national consensus amongst all doctors as to the frequency of mammograms, but most doctors choose to follow the American Cancer Society's guidelines for mammog-

raphy. The American Cancer Society offers these guidelines for mammography for women:

- between the ages of 35 and 40, women should have a baseline mammogram performed, against which all others will be compared.
- from 40 to 50 years of age, mammograms should be performed every two years.
- over the age of 50, a mammogram should be performed yearly.

Some patients are considered to be at higher risk for developing breast cancer than others. It is extremely important to discuss your medical history with your physician to determine whether or not you may fall into the high risk category.

Women whose mother, sister or daughter have had a previous abnormal biopsy are considered to be at an increased risk. Your physician will advise you if he/she feels you should begin mammograms earlier or have them more frequently than the normal recommendations. Mammograms should, in general, accompany a physical exam by your physician, unless you are advised otherwise.

If you have a question please write to "Scott & White Options For Health" in care of your local newspaper.



EMERGENCY HAYING AND GRAZING OF ACR AND CU FOR PAYMENT

Borden County has been approved for emergency haying and grazing of ACR and CU for payment from now until Dec. 31, 1991. Before grazing or baling this acreage, you must report the acreage and sign some forms in this office. Emergency haying and grazing is confined to acreage within the county boundaries. Standing or harvested hay may be sold to anyone for any price. Grazing privilege may be rented or leased to anyone for any price. Approved cover on 1991 ACR and CU for payment acreage may be grazed, hayed, or green chopped, and may be utilized by your own livestock or by another producer's livestock. You may, after grazing or haying the cover, establish a later approved cover for haying and grazing.

Even though you are now allowed to hay or graze ACR (after you complete the paperwork in this office), you may not remove cover to the extent that the land is not protected from wind and water erosion. You may not permit haying or grazing of wildlife food plots, wildlife habitat, irrigated alfalfa, locally approved program crops, nor may you harvest the cover for grain or seed.

COTTON REFERENDUM

As a result of the 1990 Farm Bill, FACTA, the Cotton Research and Promotion Act was amended to eliminate the producer refund provisions and provide for assessments on imports of upland cotton and cotton containing products. To make these provisions effective, the amendment must be approved by cotton producers and importers. This referendum is scheduled for the first part of July. To be eligible to vote in this referendum, a producer must have been engaged in the production of upland cotton during 1990. Persons under 18 years of age are not eligible to vote. Because Texas is a community property state, a producer's spouse will be eligible. If you do not receive a ballot and you feel you are eligible, contact this office.

ACREAGE REPORTS

The final date to report your 1991 crop cotton, grain sorghum, ACR, Conserving Use Acreage, CRP, and other spring seeded acreage and land use is July 15, 1991. When you certify, we will try to account for all cropland on your farm. Accurate and timely reporting by farm operators or owners is critical for ensuring compliance with farm programs. Failure to provide this information can result in loss of all program benefits for ARP and CRP participants,

including a reduction or loss of future year's bases.

I cannot emphasize enough the importance of an accurate acreage report. Changes in our program now allow for standard payment reductions or PENALTIES, not only for program crops and ACR, but for all crops reported.

If you are unsure of your planted acreage, you may request measurement service. There is a nominal fee for this service; however, it might be to your benefit. Measurement service request must be made by July 15, 1991.

TOLERANCE RULES FOR 1991

Tolerances have changed from last crop year. Tolerances for 1991 are the larger of 1.0 acre of 5%, not to exceed 10.0 acres. The tolerance is up or down from the reported acres. Keep in mind that there is NO tolerance on measurement service. For example: Your permitted acreage is 100.0 acres, you apply for measurement service, and we measure 104.0 acres. You MUST destroy 4.0 acres of crop prior to certification.

CRP MAINTAINANCE

Producers with acreage in the CRP program is required to maintain the cover on the acreage. It is YOUR responsibility to properly maintain the cover and keep the area free of weeds and etc.

Our office will be making spot checks throughout the year.

CRP SIGNUP

The 11th CRP signup is scheduled to begin July 8th and continue through July 19, 1991. This will be the only opportunity to bid a 1992 CRP bid. Cropland eligibility must meet cropping practices during the years 1986 through 1990. Eligible producers must have owned the land for a period of 3 years prior to the bid offer or may have operated the farm for 3 years prior. For other information, please contact the local ASCS office.

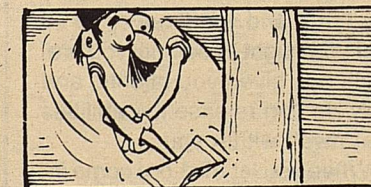
Bottled Water

There are many reasons to drink bottled water. Your tap water may sometimes taste "off." However, many people drink bottled water because they think it's "healthier" and "purer," which in most cases is not always the truth.

Because of this change in attitude "sales of bottled water have quadrupled during the last decade," reports the "University of California at Berkeley Wellness Letter" in its June 1991 issue. Some bottled waters are high in sodium and fluoride, which are also present in tap water.

A government report given in April 1991 found that bottle water "may contain levels of potentially harmful contaminants that are not allowed in public drinking water."

The newsletter suggests that if your tap water comes from a municipal system, there's no health reason to forsake it for the bottled variety.



The Ombu Tree of Argentina is one of the hardiest trees. The tree's wood is so moist that it will rarely burn and so spongy that it usually cannot be cut down.

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THE GARZA THEATRE PRESENTS

A HARLEY SADLER SHOW



Harley Sadler

In a salute to one of West Texas' most popular personalities, the beloved tent show entertainer Harley Sadler, this summer the Garza Theatre in Post will offer "A Harley Sadler Show" 16 times, Thursdays through Sundays beginning July 4, continuing through July 28.

Although Harley Sadler's shows were presented in tents, designer/director Will McCrary will attempt to recreate the old-fashioned "under the canvas" atmosphere within the Garza Theatre building.

Starring in the show will be area favorite performers Troy Timms, Debbie Davis, Jon Steele, Emily Hataway, Michelle Smith, Mack Yates, Eric Blair and McCrary.

Evening performances begin promptly at 7:45 and Sunday matinees at 2 p.m. The fun begins one-half before showtime with a musical concert inside the theatre, featuring our own live "Harley Sadler Band."

"A Harley Sadler

Show" features the four act comic-melodrama "Sputters" The character "Sputters", a red headed, freckled face run down West Texas cowboy, was one of Sadler's most famous roles.

During the first intermission, Harley Sadler's fast-paced candy sale will be recreated. Each candy package will include "West Texas salt-water taffy" with prizes in many of the packages.

Also during the three intermissions the band will continue its concert and accompany the on-stage vaudeville acts.

Call the Garza Theatre box office at 495-4005 for information and reservations. The box office is conveniently open Monday through Friday 10 a.m. to 2 p.m.

Tickets are \$7 for adults and \$3 for children 12 years or younger.

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Graves' Disease

Graves' disease, diagnosed recently in both President and Mrs. Bush, is a form of hyperthyroidism or an overactive thyroid gland. But according to an endocrinologist at Baylor College of Medicine in Houston, hypothyroidism or an underactive gland affects far more people and often strikes Graves' patients later in life.

One cause is the treatment--either radioactive iodine or surgery--that is prescribed for Graves' disease.

The most common reason why people with Graves' go on to develop hypothyroidism is that they are often treated with radioactive iodine which destroys part of the thyroid. About 90 percent of those treated with radioactive iodine will become hypothyroid after a 10-year period.

Graves' patients treated surgically are less likely to develop hypothyroidism. Approximately 30 to 40 percent become hypothyroid after 10 years.

The most common cause of hypothyroidism is Hashimoto's thyroiditis, a non-fatal, treatable condition. It affects more women than men and can run in the same family.

Hashimoto's is an autoimmune disorder that causes inflammation of the thyroid gland, resulting in hypothyroidism. While not all patients with Hashimoto's develop symptoms, many have severe symptoms that can include fatigue, depression, constipation, dry skin, hair loss, weight gain, development of a goiter and weakness. Over time, it can increase lethargy,

causing the patient to sleep more.

Some people can even have both Graves' and Hashimoto's simultaneously. In such cases, the blood levels of thyroid hormones and the occurrence of symptoms depend on which condition is predominant.

The thyroid produces two hormones, T4 (thyroxine) and T3 (triiodothyronine). Synthetic hormones in pill form that emulate T4 and T3 are used to treat both Hashimoto's and hypothyroidism.

A recently developed test, called sensitive TSH (thyroid-stimulating hormone) assays, is helping doctors to diagnose mild cases of both hyper- and hypothyroidism allowing earlier treatment.

ENERGY AID

Cont. from pg. 5

other community groups. Since the first of these was established in 1977 — more than two years prior to the start of the LIHEAP program by Congress — over \$134.4 million has been collected and distributed to 857,000 households.

However, the private sector efforts will continue to fall far short of helping all of the households that need assistance, unless the federal government steps in.

As the nation moves toward a free market for energy and creation of a national energy strategy, we must be mindful of the needs of low-income Americans and provide a strong safety net through LIHEAP.

Instead of cutting LIHEAP, the federal government should be increasing it. An estimated 18 to 20 million households in America need LIHEAP to help protect them against health problems, homelessness and other social dilemmas.

If Congress doesn't at least maintain current funding levels for LIHEAP, the nation is taking a big gamble on the winter weather, a gamble that involves millions of Americans.

(Michael Baly III is president of the American Gas Association, which represents natural gas utilities and pipelines.)

EMS NEWS

IN MEMORY OF:  
RICHARD AARON  
Dennis, Sheri, Kaci,  
Tanner & Kalli Poole

IN MEMORY OF:  
EARL ABERCROMBIE  
J.D. & Irene Hart  
Mr. & Mrs. Burl Belew

IN MEMORY OF:  
V.J. COLEMAN  
Bob & Sue Beal

IN MEMORY OF:  
CLELLIA FLOURNOY  
Joe & Zo Landrum

IN MEMORY OF:  
JESSIE JONES  
Kent & Ollie Holmes

IN MEMORY OF:  
MILDRED READ  
Nell Wilson  
Ronnie & Pam Gass

IN MEMORY OF:  
MODESTA STOKES  
Alvin Smith

IN MEMORY OF:  
EFFIE LEE TELCHIK  
Dennis, Sheri, Kaci,  
Tanner & Kalli Poole  
Ross, Sarah & Jason  
Sharp  
Gae & Lisa Ludecke

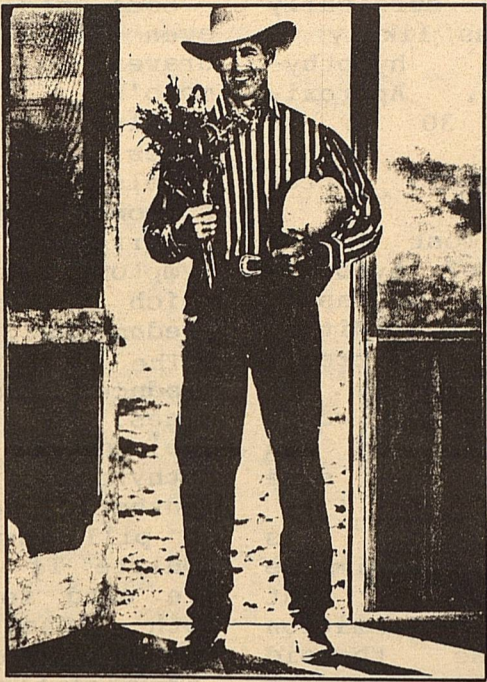
IN MEMORY OF:  
OSCAR TELCHIK  
Doyle & Shirly Newton  
and Family

IN MEMORY OF:  
CULLEN TOOMBS  
Mr. & Mrs. Burl Belew

IN MEMORY OF:  
SUZANNE TURNER  
Doyle & Shirly Newton  
and Family

IN MEMORY OF:  
W.L. WILSON, JR.  
Henry & Dorothy  
Moates  
Jim & Joyce Smith  
Mr. & Mrs. Bob Beal  
Mr. & Mrs. Burl Belew  
Kent & Ollie Holmes  
Doyle & Shirly Newton  
and Family  
Alvin Smith

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Our Wrangler Riata contemporary Western men's casual pants fit over boots and fit into today's Western scene with traditional details such as wide belt loops. They're tough 100% cotton. Khaki, Black Blue Denim

Wrangler  
**RIATA**

**Ropers**  
59<sup>95</sup>

**All Straw Hats**  
20% off

We will be closed July 4th



**-H- Western Wear**



College Heights Shopping Center

**HELP YOUR HEART RECIPES**

American Heart Association

**Reduced-Calorie Ranch Dressing**

Treat your family to this low-calorie, low-fat variation of an American favorite for summer salads.

- |                              |                                      |
|------------------------------|--------------------------------------|
| 1 cup buttermilk             | 1 tbsp. chopped fresh parsley        |
| 1/2 cup plain low-fat yogurt | 1/2 tsp. garlic powder               |
| 1 tbsp. Dijon mustard        | 1/4 tsp. freshly ground black pepper |
| 2 tsp. minced onion          |                                      |
| 1 tbsp. fresh dill           |                                      |

In a jar with a tight-fitting lid, combine all ingredients. Shake well to blend. Refrigerate for at least 2 hours, allowing flavors to blend. Makes 24, 1 tablespoon servings.

This Help Your Heart Recipe is from the American Heart Association Low-Salt Cookbook. Copyright 1990 by the American Heart Association Inc. Published by Times Books (a division of Random House Inc.), New York.

**Reduced-Calorie Ranch Dressing**  
Nutritional Analysis per Serving

8 Calories	1 mg Cholesterol
1 g Protein	1 g Carbohydrates
0 g Total Fat	25 mg Calcium
0 g Saturated Fat	36 mg Potassium
0 g Polyunsaturated Fat	23 mg Sodium
0 g Monounsaturated Fat	

**Drive safely. Don't wreck your life.**

State Department of Highways and Public Transportation

**LEGAL ADVERTISEMENT FOR BIDS**

Sealed bids for the construction of a 64' x 40' steel Office Building will be received at the office of the County Judge at the Courthouse in Gail, Texas, until 10:00 a.m. July 15, 1991 and then publicly opened and read.

A cashier's check or bid bond acceptable to the court in the amount of ten percent (10%) of the bid price as a guarantee bidder will be required. The bidder will enter into contract within ten days after notice of award of contract to him. A performance bond will be required with the signing of the contract.

Plans and specifications are on file and may be examined at the offices of the County Judge and the County Clerk at the courthouse in Gail, Texas.

The Commissioners' Court reserves the right to accept the bid they feel is best and the right to reject any and all bids.

BY ORDER OF THE BORDEN COUNTY COMMISSIONERS' COURT

BY: Van Lyock  
County Judge

Date: June 17, 1991

IN RE: § IN THE COUNTY OF  
§  
THE ESTATE OF W. L. WILSON, JR., §  
§  
DECEASED § BORDEN COUNTY, TEXAS

NOTICE OF APPOINTMENT OF SUBSTITUTE INDEPENDENT EXECUTRIX

NOTICE TO ALL PERSONS HAVING CLAIMS AGAINST THE ESTATE OF W. L. WILSON, JR., DECEASED:

Notice is hereby given that original Letters Testamentary upon the Estate of W. L. WILSON, JR., Deceased, were issued to me, the undersigned on the 17th day of June, 1991 in the proceeding initiated below by signature hereto which is still pending, and I now hold such Letters. All persons having claims against said Estate, which is being administered as an Independent Administration, are hereby requested to present same to me respectively, at the address below given, before suit upon same is barred by the General Statutes of Limitations, and before such Estate is closed and within the time prescribed by law. My office and business address is as follows, to-wit:

PAMELA WILSON GASS  
1501 East Third Street  
Big Spring, Texas 79720

Pamela Wilson Gass

PAMELA WILSON GASS  
Substitute Independent Executrix of  
the Estate of W. L. Wilson, Deceased  
under Cause No. 315, pending  
in the County Court of Borden County,  
Texas

NOTICE OF APPOINTMENT OF  
SUBSTITUTE INDEPENDENT EXECUTRIX - Page 1  
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