

# Borden High Wins Literary Meet



These Borden County students qualified for Regional U.I.L. Competition: Left to Righ Back Row: Lisa McLeroy, Carol Burkett, Cindy Beaver, Mary Ledbetter, Donelle Jones, Kevva Tucker, Sue Hancock, Lesa Hensley, Denise Currey, and Dana Westbrook. Front L to R: Gail Grose, Deidre Tucker, Pennye Thompson, Kristy Smith, Ben Thompson, Bob McLeroy, and Larry Simer. Gay Griffin was absent for picture but did qualify

# ICAT Protest Supplements

Austin-The Independent Cattlemen's Association of Texas Thursday protested supplements being paid European beef producers sending meet to the United States and called on the federal government to retaliate with offsetting duties on those imports.

The U.S. Treasury Department, which has authority to levy such protective countervailing duties has confirmed that supplemental "bounties" are being paid to exporters of frozen boneless beef by the European Economic Community.

Frozen boneless beef worth \$3.6 million came into the United States from EEC countries in 1975.

Cattlemen's Association president T.A. Cunningham of Goliad said the EEC action is "disruptive of all fair trade practices and treaties" and

that the American livestock industry "has a right to expect the fullest protection of countervailing duties."

Supplements

"The American livestock industry has been in a state of disaster for three years," he said in a telegram to Assistant Treasury Secretary David McDonald. "We sadly need every tlemen's Association of Texas ounce of help our government Thursday protested supple-

# Plan Lay Witness Mission mittee to study of the study of the new mission. Rep. Emembers will be study of the new mission. Rep. Emembers consume

The Dorward Methodist
Church is planning a lay witness mission on April 23, 24,
and 25th. Raymond Orson of
Lamesa will be coordinator. A
community covered-dish supper
will be held at the county barn
on Friday and Saturday evenings
at 6:00 P.M. with services
following. A noon meal will
be served on Sunday. Everyone
is cordially invited to attend.

# Named To Sub- Committee

Austin--State Rep. Michael Ezzell, of Snyder, has been named to a subcommittee of the House State Affairs Committee to undertake a 60- day study of the advisability of placing natural gas utility rate regulations under the jurisdiction of the new State Utilities Commission.

Rep. Ezzell and nine other members of the subcommittee will be seeking to determine if consumers would be better served if legislation was introduced to transfer regulation authority from the Texas Railroad Commission.

Clayton asked Rep. Tom Uher of Bay City, who will chair the subcommittee, to begin hearings immediately and make recommendations by June 1.

"The date June I has become significant to all our committees," Clayton said. "That is con't on page 5

#### TV For Tornado Radar

Although the human eye is still the best method for locating tornadoes, most homes are equipped with a built-in tornado radar: the home television set.

If properly tuned, it is believed that a television set will detect a twister within a 15-20 mile radius.

mile radius.

Known as the Weller Method, the phenomenon is named for the Iowa scientist (Newton Weller) who first perfected the procedure.

The method is not foolproof and therefore would not be the sole source of information during bad weather. The National Weather Service recommends that anyone who lives in an area for which a "tornado watch" or "tornado warning" has been issued should keep an ear on up-to-date weather bulletins broadcast over local radio and television stations.

television stations.

As a supplement to this kind of protection, anyone can apply the Weller Method by following a few simple instructions:

First, warm up your television set as if you were going to watch it. The contrast control should be tuned to the maximumposition.

Turn to Channel 13 and additional translations are translations.

Turn to Channel 13 and adjust the brightness control until the screen is just on the threshold of black. Then turn to Channel 2 without making any new adjustments to the picture settings. The audio (sound) settings may be adjusted as desired. If Channel 2 is not an operating channel in your area, be sure to have a radio or second television tuned in for weather reports.

Monitor the screen as continously as possible. Lightning will appear on the screen as horizontal flashes or streaks. On a color set the streaks will be in color.

Atornado within a 15-20 mile radius will cause the screen to glow brightly or cause the darkened picture to become visible and remain continously visible.

and remain continously visible.
Should this happen, it is important to take immediate safety precautions. Turn your television set off and open windows a crack to reduce the potential damage from pressure if a tornado passes nearby.

Take cover in a safe place, preferably near the center on the bottom floor of the building. A closet or small, windowless room offers best protection.

If you have a transistor radio, take it with you to the shelter area and continue to monitor weather broadcasts.

During particularly bad storms, when the electric power is off, the transistor radio can be used to augment the television warning system. To do this, set the radio alongside the TV and turn the radio knob to the lowest end of the dial (about 550 kilocycles).

At this setting the radio will pick up storm signals, emitting intermittent static when lightning is near and continous static when a tornado is moving toward the signal.

Advance warning, from whatever source, is of no use if it is ignored. Anytime a tornado watch is issued persons living in the watch area should take percautions to protect their lives and property.

#### ORDER NOW

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#### **Borden County School News**



Competing in Typewriting were Sue Hancock and Gay Griffin and competing in Shorthand were Cindy Beaver and Deidre Tucker. All four girls qualified for regional competition.



Wanda Johnson competed in Slide Rule in the U.I.L. Literary



Compete in UIL Literary Meet in Informative Speaking were Left to Right: Dina Wallace, Larry Simer and Kristy Smith. Compet ing in Persuasive Speaking were Lesa Hensley, Mary Ledbetter, and Pennye Thompson. Larry and Mary will compete in the Regional Competition.

# Wins 5th Consecutive Victory In U.I.L. Spring Meet

Borden County High School posted its fifth consecutive victory in the 8-B University Interscholastic League Spring Literary Meet, Wednesday, Literary Meet, Wednesday, April 7, at Dawson High School. Borden County took first, second, or third place in 11 of the 16 events to accumulate the 157 points that won the meet.

Borden County winners were

TYPING: Sue Hancock 1st Gay Griffin 3rd

SHORTHAND: Deidre Tucker 1st Cindy Beaver 2nd

READY WRITING: Deidre Tucker 1st

PROSE READING: Denise Curry 3rd Twila Telchik 4th

POETRY INTERPRETATION Martha Anderson 4th Gail Grose 5th

INFORMATIVE SPEAKING Larry Simer 2nd Dina Wallace 5th Kristy Smith 6th

PERSUASIVE SPEAKING: Mary Ledbetter 2nd Lesa Hensley 4th Pennye Thompson 5th

SPELLING:

Carol Burkett, 2nd Donelle Jones, 4th

JOURNALISM:

Newswriting: Deidre Tucker, lst Editor. Writing: Deidre Tucker

Headline Writing: Sue Hancock, Deidre Tucker, 2nd

Sue Hancock 4th Mary Ledbetter 5th Johnny Jackson, 7th

DEBATE:

Bob McLeroy, Ben Thompson

Dana Westbrook, Keyva Tucker 3rd.

Tim Smith, Patrick Toombs 4th Lisa McLeroy, Brent Rhoton 5th

Others from Borden County participating in Wednesday's Meet were Debbie Herring, Tricia Jackson, Wanda Johnson, Rhesa Wolf, Brent Rhoton, and

The point standings of the other schools in the Meet were as follows: Wellman, 147; Sands 77; Loop, 50; Dawson, 40; Klon-dike 27; and Union, 25.

#### Yearbook Sales

Yearbooks are now on sale in Mrs. Briggs office. The price for the yearbooks is

#### Egg Hunt

An invitation is extended to all pre-schoolers to share in the Kindergartens Ea ter Egg This will be Friday, April 16th at 2:30. bring baskets and 6 to 8 eggs.

Remember, May is our last meeting. Everyone come.



Competing in Journalism in the U.I.L. Literary Meet were L to R. Gay Griffin, Sue Hancock, and Deidre Tucker. Sue and Deidre qualified for regional competition.



These students competed in Number Sense in the U.I.L. Literary Meet L to R. Johnny Jackson, Brent Rhoton and Joe Z ant. Ben Thompson also competed in this event.



Compete in Ready Writing or Science in U.I.L. Competition: Back Row L to R. Deidre Tucker (R.W.) Sue Hancock, (R.W. and Science) Johnny Jackson (Sc.), Tim Smith (Sc.), Front Row: Dana Westbrook, (R.W.), Lesa Hensley (R.W.), and Mary Ledbetter (Sc.) Deidre qualified for Porional in Packer Westbrook qualified for Regional in Ready Writing.



Debbie Herring, Carol Burkett and Donelle Jones, shown L to R competed in Spelling and Plain Writing in the Literary Meet. Carol qualified for regional competition.



Competing in Prose Reading and Poetry Interpretation are L to R. Twila Telchik (Prose), Gail Grose (Poetry) Denise Currey (Prose), Martha Anderson (Poetry), Tricia Jackson (Prose), Rhesa Wolf (Poetry and Wanda Johnson (Poetry), alt.



Compete in Debate in District U.I.L. Meet: Front Row: Dana Westbrook, Kevva Tucker, Bob McLeroy, Ben Thompson. Back Row L to R: Lisa McLeroy, Brent Rhoten, Tim Smith, Alternate and Pat Toombs, Alternate.



rnese Junior High Students will compete in Number Sense in Union April 14. L to R Danny Holmes, Carla Jones, Glynda Burkett, and Karon Bond. alternate



HIGH SCHOOL GIRLS WIN 2nd PLACE IN DISTRICT MEET, Shown L to R, Back Row-Sue Hancock, Lesa Hensley, Donelle Jones, Lisa McLeroy, and Dana Westbrook. Front-Kristy Smith, Gail Grose and April 19-23, 1976

## High School Girls Win 2nd

District 8B Track Meet in Dawson April 8. The Borden girls finished the meet with 139 points behind Dawson who had 152.
Other team totals were:
Klondike 79, Wellman 69, Loop
37, and Shands 36.

Lesa Hensley set a new record in the 60 yard dash with a time of 7.4. Dana Westbrook won the 880 yard dash in a record time of 2:38.5. Other first place finishes for Borden were; Lesa-100 yard dash and long jump; Kristy Smith-high

Lesa finished 2nd in the triple jump, Donelle Jones placed 2nd in the 440 yard dash, and Pennye Thompson ran 2nd in the 880 yard dash. The 440 yard relay

Borden High School qualified team of Gail Grose, Donelle, all eight girls for region at the Pennye, and Lesa, and the mile Pennye, and Lesa, and the mile relay team of Sue Hancock, Lisa McLeroy, Gail, and Donnelle both finished in 2nd place. All 1st and 2nd places qualified for region.

Third place finishers for Borden were Kristy Smith in the 880 yard dash and the 880 yard relay team composed of Sue Hancock, Lisa McLeroy, Kristy

Smith, and Gail Grose.
Others placing in the District
Meet were: Lisa McLeroy 4th
in the triple jump, 6th in the high jump and 6th in the 220 yard dash; Pennye Thompson, 5th in the long jump and 5th in the 80 yard hurdles; Sue Hancock, 4th in the 440 yard dash and 6th in the triple jump. Lesa Hensley finished the

# Jr. High Girls Win District

The Borden Junior High girls won the District Track and Field Championship at Dawson Thursday, scoring 189 points over 2nd place Sands which had 82. Other totals were: Dawson 66, Wellman 65, Loop 62, and Klon-

Two records were set by the Borden girls. Jana Edwards won Debra Kountz won 1st with a time

Other 1st place finishers were: Talley in the high jump and Gayla Newton in the 80 yard hurdles.

Second place finishers were: Gayla Newton- triple jump, Williams- high jump, Glynda Burkett-330 yard dash, and Karon Bond-660 yard dash. The 440 yard relay of Joie Brummett, Jana Edwards, Suz-anne Walker, and Talley Griffin placed 2nd and the 880 yard relay team composed of Suzanne, Debra, Kay Bond, and Glynda finished in 2nd place.

Third place finishers were: Talley Griffin-triple jump: Gayla Newton-long jump, 60 yard dash, 100 yard dash; Debra 330 yard dash; Jana-220 yard dash; Kay Bond-80 yard

Williams-shot put, 60 yard dash; Talley Griffin 220 yard dash; Heather McPhaul-discus; and Jana Edwards-long jump. Gly-nda Burkett placed 6th in the high jump.

Also participating in the meet were Gena McLeroy, Lisa Smith, and Rhonda Newsom.

### **School Menu**

MONDAY Sloppy Joes Buttered Corn Fruit Salad Plain Cake

TUESDAY Chicken and Dressing Green Beans Cranberry Sauce Buttered Batter Bread

WEDNESDAY Frito Pie Tossed Salad Pinto Beans Peach Cobbler Milk THURSDAY Corn Dogs Cheese Sticks Mexican Bean Salad Apple Sauce Brownies Milk

FRIDA Y Western Burgers French Fries

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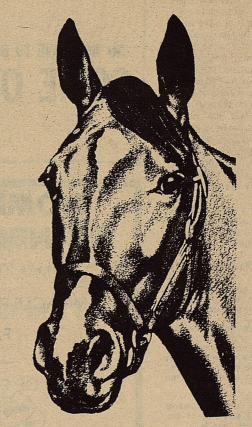
the 660 yard dash in a record time of 2:06.6, and the mile re- lay team of Glynda Burkett, Cindy Grose, Talley Griffin, and Gena McLeroy, Lisa Smith, Karon Bond, Kay Coneland, Gayla New McPhaul, Jana Edwards, Talley Griffin, Glynda Burkett, Karen Will-Gena McLeroy, Lisa Smith, Karon Bond, Kay Copeland, Gayla Newton, Joie Brummett, Rhonda Newsom, and Cindy Grose.



yard dash.

Placing 4th were: Glynda Burkett- discus; Joie Brummett-triple jump, 100 yard dash, Fifth place finishers were: Karen





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SNYDER

LAMESA

Meet with 42 points, MA

GERES OH

On April 6, 1776, the Continental Congress passed a resolution permitting ports of the colonies to trade with all nations except Great Britain, Even tho Great Britain "owned" the had placed taxes upon goods im-Rules and regulations imposed upon the colonies had become the mother country had become wants. the enemy. And the colonists had the good sense not to enter into a relationship of detente

our friends. We are openly courting trade with Russia and But it was a matter of prinembargo upon trade with Rhodesia and are in the process Our enemies enjoy the relationship of detente with US while our friends are abandoned. We are told on the one hand that in order to achieve a balance of payments, we must expand trade. So we "sell" our grain on 6% credit to Ruusia-while 9% is paid by US to get the money to buy the grain from the farmer. But on the other hand, we are told we cannot trade with Rhodesia because of her practice of apartheid. We cannot buy much needed magnesium and chrome from her. We cannot sell her critical items which she must have - she who has the money to pay without borrowing-and who believes in paying her bills. If you have been in that fashionable emporium in Dallas within the last three years, you will have noticed the glut of merchandise from Red China. No sooner had Ruusia's aid and Chinese troops run US OUT OF Vietnam than Richard Nixon decided that the murdering Maoists must be courtedaccepted into civilized societymade prominent through trade. Yet the Republic of China is placed in a squeeze play. She is ostracized. We haven't openly closed our ports to her-yet. But by studied neglect we are shutt-ing her out. She who has through hard work and good management obtained an envious position of

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economic stability. She has built up industries providing desirable goods at competitive prices to a world racked by inflationary mismanagement.

Even tho Mr. Ford has stricken the word detente from his vocabulary, he has not replaced it with "enemy". Russia, Red China, Cuba and all other comsymp countries are still enjoying most favored nation status. His rhetoric has a definite ring of politics. Would he have re-arranged his vocabulary in a non-election year? Given the vocabulary deletion, Mr. Kissinger rattles a few sabers at Cuba-after the fact. Angola has been allowed to be taken by Cuba colonies, she had been opp- and Russia. But has he more ressive in her ruling of the appropriately drawn the saber thirteen young colonies. She under Castro's nose in regard to the Panama Canal? Cuba has ported to these shores which proved her muscle 6,000 miles the colonists felt to be unfair. away with nothing more than a "you shouldn't have done that" Now she is ready to pounce impossible to bear. In effect upon the Canal whenever she

The colonists had more reason to overlook the actions of with their enemy. their mother country than
Here we are two hundred we have for overlooking overt their mother country than years later permitting our ports agressiveness. Vitally necessto trade with all nations except ary goods came from Britain. A war could not be afforded. Red China. We have put an cipal with them. Were they to enslave themselves merely for a balance of payments? Noof stifling trade with Taiwan, they chose independence and with it, honor.

#### Locals

of Midland were recent guests. in the Bud Cornett home.

Mrs. Martha Thompson has been visiting with Louisana rel-

Mr. and Mrs. Vivian Clark, the Joe Gilmore's of Gail visited Thursday night til bed-time in the Bud Cornett home.

Mrs. Bill Abernathy returned Tuesday from Odessa from visiting with her daughter and

Randy Cornett and family has been a recent visitor of his parents the Bud Cornet?'s.

Earl Carv and Ruth Weathers returned Thursday from Seattle, Washington having visited in the Jack Reed home, A tour of Vancouver, Canada was also made. Mr. Reed works in the Boeing Aircraft Co. of Seattle.

J.M. Sterling of near Vincent and Edgar von Roeder of Snyder, visited Sunday in the J.E. Sorrells home.

Ruth Weathers was a Sunday dinner guest of Mrs. John Adams at Colorado City. Mrs. Adams Bro. and Mrs. Bob Hawkins was formerly Elna Enyart and years ago lived in the Murphy community.

> Mr. and Mrs. Wright Huddleston, Margie Nail and J.P. Ellis have been recent visitors of Lake Jackson, relatives.

#### Support Urged For Easter Seal

A further request for support of the Easter Seal Society for Crippled Children and Adults Mr. and Mrs. Bud Cornett, and its program of services to Joe Reed and Ronnie, Bill Cor- the handicapped was issued tonett of Hobbs, New Mexico visit-ed Friday with Bud's mother, Post, who is the County Eas-Mrs, Milton Woodward at Aber-ter Seal Representative, for Garza-Borden County.

The Easter Seal Society provided treatment and services for 10,768 physically handicapped children and adults in Texas last year, and this program needs to be expanded.

The Society is carrying out a continuing program to seek out the disabled who are doing without services and see that they receive the help they need. The Easter Seal Representative is the person to contact for services from the Easter Seal Soc-

The Easter Seal Society of Texas helps support treatment facilities in Texas where crippled children and adults who are not eligible for help from any other source are treated, regardless of their ability to pay.

The Easter Seal Appeal continues through Easter Sunday, April 18 and full support every citizen is urged.

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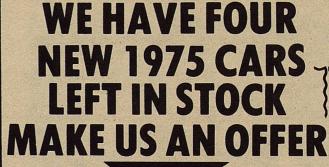
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con't from page 1

also when we expect determinations from our House Ways and Means Committee and the House Energy Resources Committee. The idea is to have examined all aspects of the natural gas situation by that date. We can then coordinate the findings and studies of all three groups and have a solid foundation for any determinations we will then make."

# C.B. **Emergency** Club

C.B. Emergency has reacted to three fires in the county, plus one weather watch in which the electrical power was knocked out at Gail. Two of the club's members were responsible for reporting the power failure to Lyntegar Electric. Co. Power was restored in the community as soon as possible. The club has been responsible for reporting livestock on the road several times. We stand ready to help in any emergency

The club members will be is responding to an emergency

channel 15. We realize a lot of CBers use channel 15 in the county and this is the reason we use channel 15 in club activities. In case of emergency a lot of CBers know in a matter of minutes that we have an emergency in the area. The more people that know of an emergency, the more react-ion there will be to aid in the emergency ..

Court House

856-4255

"FIRE"

Sheriff

865-4311

856-4397

10-1 —Signal Weak

10-2 —Signal Good

10-5 —Relay (To)

10-6 -Busy

10-3 —Stop transmitting

10-4 -Affirmative (OK)

10-7 -Out of Service 10-8 —In Service

—Say Again 10-10—Negative 10-11— On Duty

10-12—Stand By (Stop)

10-13 Existing Conditions

10-15—Message Delivered

10-16—Reply to Message

10-17—Enroute

10-18-Urgent

10-20-Location

10-22—Disregard

10-19-(In) Contact

10-14—Message/Information

10-21-(Call ( ) by Phone

10-24—Assignment Completed

10-26—Estimated Arrival Time

10-23-Arrived at Scene

10-25-Report to (Meet)

helpful.

By Dick Shaw - Coordinator

"FLOOD"

CB EMERGENCY

CHANNEL

If you should hear on your

CB, CB1 to CB5 or any other CB number, you will know we are reacting in the interest of the county. Everyone wanting information about the club may phone Dick Shaw at his home. His home phone is 856-4763. Use your 10 code. It can be

School

'ACCIDENT'

Dick Shaw

856-4543

10-30

10-27—License/Permit Information

10-28 Ownership Information

856-4262

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#### ORANGE GUMDROP COOKIES

1 cup shortening 1 cup granulated sugar 1 cup brown sugar (not packed)

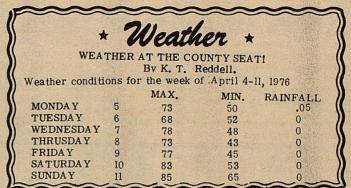
2 eggs 1 tsp. vanilla 2 cups flour

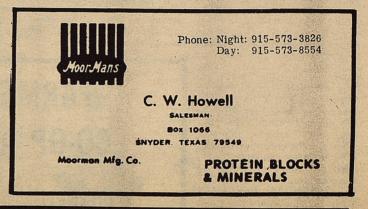
1 1sp. baking powder

1 tsp. baking soda 1/2 tsp. salt 2 cups quick-cooking oats 1-1/2 cups chopped Texas

peanuts 1 cup chopped orange gumdrop slices

Cream shortening and sugars. Add eggs and beat well. Add vanilla, flour, baking powder, soda and salt. Mix well. Add oats, peanuts and gumdrop slices. Drop by teaspoons onto greased cookie sheet, Bake in 325 degree oven for 10-12 minutes. Yield: 5-6 dozen.





that might develop.

using these club assigned CB numbers in any club activity. We would ask the public to please have consideration when the club on weather watch conditions, on

# ANNUAL BARN DANCE

-Records Check

Specify/ Number/ Type 10-33—Help Me Quick 10-34—Time

10-30—Danger/Caution 10-31—Pick Up

10-32-Units Needed

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## Committee Report



bration May 29-30. The quilt is finished- the Edwards, Lamesa and it is a cepted after April 20th. So beautiful job. Our thanks again better call 856-4233 to check to Marilyn McPhaul, Christine on a reservation. Ledbetter and Barbara Farmer pleted.

The Concession stand will be managed by Carolyn Long, Leona Doyle, Nelva Jones, Pat Murphy, Netta Jarrett, Willie Burrus and Gloria Griffin, This committee has planned for simple, quick foods to be served- plus drinks- and each woman in the county will be notified to bring something. We need each and everyone of you to cooperate.

Preparation of the Country Store is being handled by Com-melle Williams, Dot Wills, Mary John Phinizy, Modesta Stokes, and Cora Shaw.

Karan Key is planning an old fashioned bedroom setting with committee members, Vickie Kiker and Carolyn Stone. Our historical quilt will be displayed on the bed in this room for all to see before it is given away on the 3oth. Remember you do not have to be present

Booth organization for Artists by Dorothy Dennis, Christists by Marilyn Mgtine Ledbetter, Marilyn Mc-Phaul and Barbara Farmer. We have had unusually good res-

ponse from arts and crafts people from the area and look More on this later-so watch forward to having an excellent announcements in the Borden representation of artists. Will please contact Dorothy Dennis, Box 97, Gail, Texas 7938 if you would like to have The Arts and Crafts Committee met at the home of Mrs. art or craft-we have a few Roland Key April 6th and fin- booths available-\$10.00 for a alized all its plans for the Celebration May 29-30.

The quilt is finished the single occupant and \$15.00 for If you do needlework, the list two or more. You will have to is endless-needlepoint, crochet, furnish your booth completely crewel, embroidery work of quilting was done by Mrs. Delia and no participant can be ac-

for the many hours they spent ever had any interest in Bor- clothes-even Christmas ornain getting this project com- den County, has ever lived here ments! or had a relative living here to Karan Key, treasurer of the participate by bringing some-Committee, reported sales of thing to be sold in the Country tickets moving rapidly and urges everyone to write her for their tickets-\$1,00 for each don-your sons and daughters who are living elsewhere that we atton-mail to Mrs. Roland Key, are living elsewhere that we rand Bcx 135 Gail, Texas 79738, want them to contribute also, in call the float for the parade is All these will be donations and too! under the leadership of Netta remember that all proceeds Jarrett, Gwen Herring, Nelva from the Country Store and Con-Jones and Helen Jo Patterson, cession stand will go to a worth-

while Bi-Centennial projectsomething that will benefit our County. We will notify you later on when and where to bring your donations-and please, price each thing you donate!

If you can't sew, aren't artistic, you could pot some plant, ivy or mint-or buy a pretty basket or toy.

If you do needlework, the list every nature-sew up an apron, pot holders, bonnets. Look through craft magazines and on a reservation. come up with something differ-We want everyone who has ent. Dress a doll-make doll

> Pat Murphy told Dorothy Dennis if she would bring the skull of a buck sheep that she would pay the Store \$5.00 for it. So Dorothy is out scouring the ranch for all she can find just in case someone else wants one

> Bring barbed wire-cut in 18" lengths-identified with a tag. Bake a cake, make cookies,

candy, pies, breads-please wrap so those shopping can see what they are getting. You could even be doing these now and put in the deep freeze. How about bringing sour dough starter, maybe put up in cute crocks?

Hope this has given you some inspiration-we are counting on each of you-we want every visitor to the Celebration to see what unusual and beautiful things the women of Borden County can make. We need your cooperation and will appreciate your



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# **RE-ELECT**

May1, Democratic Primary

# **EXPERIENCED**

- -in business
- -in government
- -in serving people

Mike Ezzell—The experience we need in Austin

Pd. for byM.E. Re-election Committee Rex Robinson Chairman

American Association warned that cer-Association warned that cor valid decessive and prolonged tain diets and food fads can be that excessive and prolonged dangerous to health if followed doses are dangerous. for long periods. Included among the potential health hazards that normal, healthy people do are low-carbohydrate diets, the not need vitamin, mineral, and Zen microbiotic diet, self-predictary supplements if an adescription of massive vitamin quute diet is consumed. doses, and the vinegar-kelp- varied diet selected from the lecithin-B6 diet.

In an official-position paper, the ADA singled out as a hazard the very popular low-carbohydrate, unlimited-protein diets widely promoted for quick weight loss--such as the meat-and-water diet. The diets take many forms under a variety of names and may bring health problems such as increased uric acid in the blood, kidney ailments, fatigue, and nausea. They are claimed to be dangerous for persons with potential or existing liver or kid-ney diseases. Because of the high-fat content of many lowcarbohydrate diets, blood cholesterol may increase.

While weight loss does occur, the position paper says, there is no evidence for greater loss than on a well-balanced diet, provided total cal-ories are the same. Pounds lost are often regained because faulty dietary habits have not been changed.

Instead of quick-weight-loss the ADA recommends losing only 1 to 2 pounds a week to avoid potential health haz-

Self-prescription of massive vitamin doses, the ADA main-

tains, is dangerous because "medical advice is not sought and toxicities have occurred. "The ADA has come out in support of federal regulation of Dietetic vitamins A and AD "because valid scientific evidence shows

basic food groups will provide an adequate diet -- with these ex-

Women and adolescent girls in the child-bearing years and children under 4 may need an iron supplement. Pregnant wo-

men need a daily supplement of 30 to 60 milligrams of iron and

200 to 400 micrograms of folacin, beginning with the fourth month. Infants not receiving

iron-fortified formula or cereal need additional iron by the third month of life.

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#### LOTA' BURGER

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3900 COLLEGE AVE. SNYDER, TEXAS

# **Political** Calendar

The Borden Star is authorized to make the following political announcements subject to action of the Democratic Primary on May 1, 1976:

STATE REPRESENTATIVE, DIST. 63

Mike Ezzell

Incumbent

Bill Atwood, Jr. (D)

COMMISSIONER, PCT. 3 Vernon Wolf

Incumbent SHERIFF, TAX ASSESOR-

Norman (Slick) Sneed Incumbent COMMISSIONER, PCT. 1

V.W. (Corky) Ogden Herman Ledbetter

Incumbent All listings paid as political advertising by candidates named. Published in order recandidates ceived by Borden Star.

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ELECT BILL ATWOOD JR.

STATE REPRESENTATIVE District 63

Bill Atwood Jr.

Subject To Democratic Primary

# GAGE FINA TRUCK STOP

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# WAYLAND TAYLOR INC.

YOUR JOHN DEERE DEALER



IN

O'DONNELL, TEXAS

Ph. 428-3245

# Grandpaw Says

-Hi-

When it comes to economy, you've got to give us Americans a lot of credit.

The more children's fingerprints at home, the less on police records. Experience is what prevents you from making the same mistake again in exactly, the same

Those countries that are itching for what we have ought to be scratching for it like we did. per

Fear of what is called consequences keeps most of us sober, true and dull.

A person is not fully educated until he realizes that there are some questions to which nobody has the answers.

comes into the conversation--

Computers have reached the stage where they can perform as many as 16,600,000 additions per second and can multiply 14-digit numbers of the rate

5,500,000 per second. (If you have received a computer prepared bill lately you can appreciate how quickly they seperate you from your money.

Hope to see you all soon. G.P.

Uterine cancer can be detected early by the simple, painless Pap test. A few minutes in your doctor's office, once a year, is an investment in life.

#### **FORREST**

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# Celebrate the bicentennial. Secede from the union.

The economists say that 1976 won't be a bad economic year. On the other hand, it won't be a good economic year either.

That means you're going to have to be careful with your money. You're going to have to put it where you can get the most out of it.

That's why it should be in First Federal instead of a credit union. Look at the advantages.

Guaranteed Interest. Every passbook and savings certificate account pays a specified, guaranteed rate of interest. You know how much your money is going to earn. In a credit union, you don't. You have to wait and see how efficiently the credit union has operated during the dividend period.

Better Choice of Plans and Better Rates. We have a variety of plans, including both Passbook accounts and Certificates of Deposit.

The interest on all of them is compounded daily. So, you actually earn more interest than the quoted standard rate.

A Passbook account can be opened for any amount, and it will earn interest for every day it's open. There's no penalty or loss of interest for withdrawing any or all of your funds.

There are also several longer-term, higher-rate Certificates of Deposit. You can choose any one of these:

| Maturity<br>Period | Minimum<br>Deposit | Standard<br>Rate | Annual<br>Yield |
|--------------------|--------------------|------------------|-----------------|
| 90 day             | \$ 500             | 53/4%            | 5.92%           |
| 1 year             | \$1,000            | 61/2%            | 6.72%           |
| 2½ years           | \$1,000            | 63/4%            | 6.98%           |
| 4 years            | \$5,000            | 71/2%            | 7.79%           |

Fund Transfer. You can save a little each month by arranging an automatic fund transfer from your checking account. Or, use our TELE-TRANSFER system to transfer funds from your checking account to your savings account, or vice versa with one phone call to us. You get your deposit or drafts made in one day.

Personal Loans and Instant Credit. If your family is buying a car, boat, appliance, or needs another kind of loan, we can help you. It doesn't make any difference whether you have an account with us or not. However, if you do have a First Federal account, you automatically have instant credit up to the amount of your account. You don't even have to wait for a credit check.

Special Interest in Big Spring and Howard County. When you save at First Federal you're contributing to the growth and prosperity of your community. We're deeply involved in financing the housing and construction industry. So, First Federal is committed to the progress of this area, and your deposits are committed to that same progress.

Do the most for yourself. Do the most for your community. Secede from the union.



First Federal Savings

500 Main Big Spring

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