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### Junior High Boys Compete At Happy

Silverton's junior high Owls earned 32 points to place fourth in a track meet at Happy March 28. Highland Park of Amarillo won the meet with 201 points; Claude placed second by scoring 104 points, and Happy scored 77 points which was good for third place. Nazareth rounded out the competition with 29 points.

Earning points for the Owls

### Club To Head Bike-A-Thon Campaign Here

St. Jude Children's Research Hospital is proud to announce that L. O. A. Junior Study Club has been named to head the 1981 Spring Bike-A-Thon campaign in Silverton.

In making the announcement, Clifford Damstrom, St. Jude Director for the Southwest Region, stated that "We are proud to find such a dedicated organization for this important job."

St. Jude Children's Research Hospital is the largest childhood cancer research center in the United States, and it is the first research center dedicated exclusively to the research and conquest of catastrophic diseases of children, such as cancer and other life-destroying diseases," Damstrom stated. "Scientists and physicians, working side by side at St. Jude, have succeeded in rewriting medical textbooks. When St. Jude accepted its first patient in 1962, the survival rate for children diagnosed with acute lymphocytic leukemia was less than 5%. Today, the disease free survival figure for children in long-term remission has grown to 50%. Cancer treatment procedures that originated at St. Jude are now being used to treat children throughout the United States and in other parts of the world. Such progress has brought world-wide acclaim to St. Jude."

"Children come to St. Jude for one purpose: A chance to live," Damstrom stated. "But no one has ever been charged for medical treatment. Yet medicines and treatments are extremely expensive. St. Jude has always been supported by the public, and we must continue to rely on public support to help finance the research and patient care programs. Over 70% of our 26 million dollar budget must come from public support. That is why this Bike-A-Thon is so important."

Danny Thomas, who founded St. Jude Children's Research Hospital because of a vow, stated its purpose clearly: "To wipe catastrophic diseases of children from the face of the Earth."

"Since Thomas opened the research center in 1962, his dream of conquering cancer and other diseases that destroy our children has been brought closer to reality," stated Damstrom. "Thomas is still extremely active in pursuing this goal, and he inspires all of us in this cause."

The location and time of the Bike-A-Thon in Silverton will be announced later by the L. O. A. Junior Study Club.

Duane Jewell, leasing agent for Mustang Oil Company of Dallas, is expected to be able to return to Silverton today after having spent more than a week in the cardiac care unit at Northwest Texas Hospital in Amarillo. He is living at the Perry Thomases while he is working in Silverton.

Brubs Bomar has been receiving treatment in the intensive care unit at Methodist Hospital in Lubbock.

Mr. and Mrs. Charles Sarchet visited with Mr. and Mrs. Ken Sarchet and Brandon in Lubbock Saturday. Ken is recovering from recent knee surgery, and has graduated from crutches to a cane this week. He is leaving early today to attend a seminar at Texas A&M University in College Station this weekend.

Mr. and Mrs. Maurice Foust of Farmington, New Mexico visited Mae Bomar last Thursday afternoon.

were:  
 Shot Put—6. Joe Martinez, 30'6"  
 Pole Vault—3. David Schott, 7'0"; 4. Barry Eddleman, 7'0"  
 400 Relay—4. Ross Estes, Matt Clardy, Russell Simpson, Daniel Rodriguez, 53.48  
 110 High Hurdles—6. David Schott, 23.67  
 100 Meter Dash—6. Russell Simpson, 13.67  
 400 Dash—6. Ross Estes, 63.72  
 300 Intermediate Hurdles—6. David Schott, 61.33  
 1600 Run—6. Todd Reagan, 6:39.84

**B TEAM RELAYS**  
 400 Relay—2. Ronnie Denton, Barry Eddleman, David Schott, Todd Reagan, 60.01  
 1200 Relay—1. Ronnie Denton, Chris Clardy, Rene Ramirez, Cal Brannon, 3:41.48

#### OWLETTES WIN SECOND AT TRACK MEET FRIDAY

(Delayed From Last Week)  
 Silverton's junior high Owlettes won second place at the Groom Junior High Meet last Friday. Miami scored 88 points to take first place honors, and the Owlettes were right behind them with 84 points.

Happy finished third with 77 points; Claude, 69; White Deer, 56; Valley, 54; Skellytown, 47; Groom, 22, and McLean, 18.  
 Individual placings for the Owlettes included:

High Jump—3. Shonda Stafford, 4'6"  
 Discus—1. Shonda Stafford, 72'6"  
 Triple Jump—1. Alesha Patton, 29'6½"  
 Shot Put—4. Kathy Brown, 25'¼"  
 Long Jump—1. Alesha Patton, 13'10"; 3. Kathy Brown, 13'6"  
 400 Meter Relay—6. Necole Whitfill, Shavonne Lowrey, Alesha Patton, Kathy Brown

Patton, Kathy Brown  
 100 Meter Hurdles—2. Alesha Patton, 19.57  
 800 Meter Relay—2. Necole Whitfill, Shonda Stafford, Alesha Patton, Kathy Brown, 2:04.58  
 100 Meter Dash—5. Kathy Brown, 14.57  
 1300 Meter Run—1. Rosemary Maciel, 4:50.17

**BOYS DIVISION**  
 The junior high Owls scored 32½ points to place seventh in

the meet. Team placings included 1. White Deer, 102; 2. Claude, 101; 3. Valley, 67½; 4. Happy, 63; 5. Groom, 47½; 6. Miami, 45; 8. McLean, 19; 9. White Deer Seventh Grade, 8.

Individual placings included:

Long Jump—3. Ross Estes, 16'1½"  
 Pole Vault—4. David Schott, 7'0"  
 400 Relay—4. Ross Estes, Matt Clardy, Russell Simpson, Daniel Rodriguez, 52.97

100 Meter Dash—6. Daniel Rodriguez, 13.26  
 400 Meter Dash—3. Ross Estes, 62.61; 4. Daniel Rodriguez, 63.29  
 1600 Meter Run—5. Jody Warren, 6:12



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Janie Denton has made selections  
for her miscellaneous bridal shower  
at  
**NITA's Gift Shop**  
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Mrs. Dwan Henderson expected to be able to return home from High Plains Baptist Hospital in Amarillo Wednesday morning after having been receiving

treatment for a neck problem since the previous Wednesday. She expects to be able to return to work on a part-time basis next week, but will have to wear a cervical collar for awhile.

**Cards of Thanks**

**CARD OF THANKS**

We would like to thank all the people who gave of themselves so generously during the illness and death of our nephew, Dickie Vaughn. The food, flowers, cards, your donations to worthy causes in his name, and every act of kindness will not be forgotten.

Lucille and Snooks Baird

Frank Hunt was taken to Central Plains Hospital in Plainview by the Silverton Volunteer Ambulance Service Friday night. He returned home that same night, but still is not reported to be feeling much better.

Marvin Montague was able to return home Friday after having been a patient at Central Plains Hospital in Plainview for

several days.

Willie Bacon has been receiving treatment at the Veteran's Hospital in Amarillo. Lynn Welch visited him at the hospital last week.

**LINES FROM Y N D A**

Don't take this with a "grain of salt." Americans are overly fond of salt in their food. Many scientists agree that routinely eating too much salt raises your risk of high blood pressure.

Salt—sodium chloride—is 40% sodium. Sodium is essential in our diet, but too much can be a problem. Because sodium causes the body to retain water, this can overtax the kidneys, which are primarily responsible for maintaining sodium balance.

Many of you have been placed on a sodium-restricted diet, but may not know how to cut down on your salt intake other than by not adding salt to your food.

First, learn to read labels on ALL food items. Look for the word "sodium" in any form and avoid it or limit its use. Examples are: monosodium glutamate, disodium phosphate, sodium benzoate, sodium hydroxide, sodium bicarbonate, and others.

Second, become aware of sodium-loaded foods: canned and instant soups, bouillon cubes, catsup, mustard, Worcestershire and barbecue sauces, pickles, olives, sauerkraut, bologna, weiners, ham, and processed foods, such as certain cheeses

and many others.

Also limit your use of some over-the-counter drugs like antacids and laxatives containing sodium. Again, look for the word "sodium" on the label of these medicines.

Even our West Texas water has a high sodium content.

If you would like further information, I have a booklet, "The Sodium-Restricted Diet," as well as two publications from

the American Heart Association on planning the sodium-restricted diet. These are free by calling the office, 823-2343, or coming by to pick them up.

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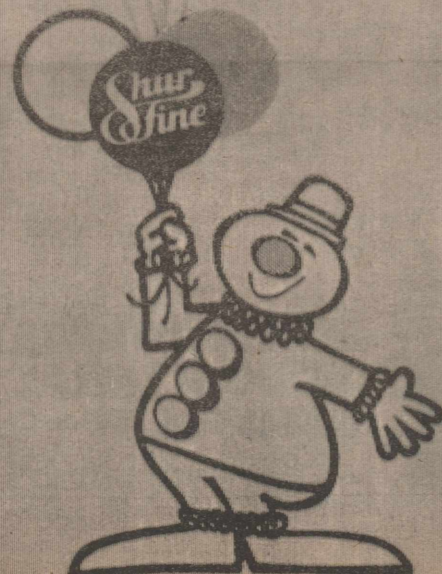
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