

# The McLean News

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Serving McLean and the Area Since 1903

VOLUME 73

McLEAN, GRAY COUNTY, TEXAS - THURSDAY, JANUARY 1, 1976

NUMBER 1

## Jan. Brucellosis Quarantine of Cattle Announced

Effective Jan. 5, the U. S. Department of Agriculture will quarantine the state of Texas to prevent the spread of brucellosis from that state. Also on Jan. 5, USDA will remove the certification status of all Texas counties.

According to officials of USDA's Animal and Plant Health Inspection Service, these actions are being taken because Texas failed to comply with the uniform methods and rules for the eradication of brucellosis in cattle, and because measures in effect in that state to eradicate brucellosis are inadequate to prevent the interstate spread of this livestock disease.

On Jan. 1, USDA will also:

- Stop paying indemnity to owners of infected cattle in Texas, and
- Cancel a funding agreement with the state or testing cattle at federal expense.

The quarantine will provide for designating "qualified" herds in a quarantined area--those known to be free of brucellosis by two consecutive negative herd tests. The qualifying herd tests must be performed at specified intervals. Cattle for shipment from qualified herds must be individually tested and found negative for brucellosis within 30 days of interstate movement.

Brucellosis, or Bang's disease, is a highly infectious disease of cattle and other livestock. In cattle, it attacks the reproductive organs, causing abortion, retained placenta, breeding problems, weak offspring, and reduced milk production. The disease may be passed from animals to humans where it is known as undulant fever.

## Senior Citizens Get Gift Certificates from Local Groups

The McLean Lions Club and Beta Sigma Phi recently distributed grocery gift certificates last week to some of our senior citizens and others.

Representing the Lions Club were Mr. Boyd Meador, Mayor Sam Haynes, Rev. Herman Bell and Rev. Harmon Meixner. Mesdames Billie Kington and Jeanie Smith of Beta Sigma Phi were co-sponsors of the annual project.



# HAPPY NEW YEAR

**At this wonderful time, heartfelt thanks to friends and neighbors. Peace be with you, each and every one.**

## Leon Patterson Former Resident Resident's Brother Buried Monday With Sugar Industry

Funeral services for Leon Patterson, 51, of Shamrock, who died Friday, were held at 2 p.m. Monday in the Assembly of God Church in Wellington. Officiating was Rev. Bill Rushing, pastor of Samnorwood Baptist Church and Rev. Lloyd Hinkle, a Baptist minister from Amarillo.

Burial was in the West Side Cemetery in Wellington by Shamrock Funeral Home.

Mr. Patterson, born in Wellington had resided in Shamrock since 1950, moving there from Wellington. He was a truck driver with Pasley Construction Co. In 1964, he married Miss Mary Ruth Montgomery in Wellington. During World War II he was a tech sergeant with Company A, 19th Infantry, in the South Pacific and was awarded the bronze star medal with one oak leaf cluster.

His survivors are the widow; three brothers, Alfred and Billy Joe Patterson, both of Wellington, and John of Hereford; two sisters, Mrs.

Texas, who has long been thought of for their gas and oil, now ranks third in the mainland U.S. in the production of sugar cane. All of Texas sugar cane is grown in three counties in the Lower Rio Grande Valley--Hidalgo, Cameron and Willacy.

Sugar has brought many well-paying jobs to the valley. The Co-op had 950 people working for it during the October-March harvest season.

Jack Nelson, a former resident of McLean, is now the 39-year-old general manager of the entire operation. He is a native Texan, being born in McLean. He is a graduate of Oklahoma State University.

He has worked in sugar at many places around the world. He was in Hawaii two years, then in Puerto Rico and was sent to Iraq when a new mill was being built there.

He joined the Rio Grande Valley Sugar Growers in 1972.

John Guill of McLean and Mrs. Jack Brown of Amarillo, and several nieces and nephews.

## F. P. College Sets Spring Registration

Registration for the Spring Semester at Frank Phillips College, Borger, Texas, has been set for Wednesday, January 14, and Thursday, January 15, according to Maxine Brown, registrar. Classes will begin Monday, January 19.

Frank Phillips College attained an all-time high record enrollment of 1,186 non-duplicated students the fall semester of 1975 and invites all interested persons to attend.

Frank Phillips College offers both career counseling and financial aids programs. Scholarships, national grants, college work study programs, and loans are available. "All first time college applicants who are interested in financial aid," states Dan Minor, Director of Student Services, "should contact the Office of Admissions as early the week of registration as possible, not only to receive information concerning financial aids, but to begin processing data needed for the student registration."

Frank Phillips College

## W. Josh Chilton Funeral Services Held Friday

Funeral services for William Josh Chilton, 79, who died Wednesday, December 24, were held at 3 p.m. Friday in the McLean Church of Christ.

Officiating was Albert Trent with the Church of Christ of Frederick, Okla., Rev. Harmon Meixner, Methodist pastor from McLean. Burial was in the Hillcrest Cemetery in McLean under the direction of Lamb Funeral Home.

Mr. Chilton made his home in the Heald Community, 7 miles northeast of McLean. He was born in Rush Springs, Okla.

He married Miss Minnie Bailey in 1920 in Groom. He was a member of the McLean Church of Christ.

He is survived by his wife; a son, Johnie of Hale Center; a daughter, Mrs. LaJune Blackshear of Albuquerque, N.M.; four brothers, Jim of Pampa, Ben of Mojave, Calif., Pete of Pottsburg and Porter of Altamont, Kan.; four sisters, Mrs. Faye Elkins of Santa Fe, Mrs. Irene Cooper of Lancaster, Calif., Mrs. Henrietta Patterson of North Fork, Calif.; five grandchildren and one great-grandchild.

## Dorothy Beck Seeks J. P. Office Another Term

Dorothy M. Beck Justice of the Peace Gray County Precinct 5 this week authorized the McLean News to announce her candidacy for election to this office.

Serving as your judge has been a pleasant experience for me. For about three months prior to my husband's death, I helped him in the office and learned something about the duties of Justice of the Peace.

I appreciate very much the words of encouragement given me since I have been serving as judge.

In Sept. I attended a 20 hour school and received a diploma showing I successfully completed the course. I am going to attend a 40 hour school in San Antonio in January. These schools are required for the office holder.

I feel that I am capable of taking care of this office.

If I am elected it will be my purpose to serve precinct 5 to the very best of my ability, and your cooperation in all matters pertaining to the office will always be appreciated.

With these thoughts in mind, I sincerely ask your support in the coming democratic primary.

## Panhandle Park Construction

Park facilities are being expanded as construction gets underway at Palo Duro State Park east of Canyon in the Texas Panhandle.

The construction cost will be \$526,902 with a projected completion date of Sept. 1976. The Ramey construction company of Amarillo was the low bidder on the project.

Construction in the 15,000 acre park will include a residence, a maintenance building, comfort station, two restrooms

with showers, 30 shade shelters, renovation of four rock shelters, 33 multi-use campsites to be located near water crossing #one, 18 tent campsites in the sunflower camping area, 40 picnic sites near water crossing #one, roads and parking, water, electrical and sewage systems. "Palo Duro State Park had a record attendance this year with a 67 percent increase," said Elton Baker, park superintendent. "Over 423,900 visitors were counted in 1974 but in 1975, 706,300 visitors checked through our gates," continued Baker. The new facilities could be ready for the 1976 Centennial summer rush if the weather cooperates with the construction company's schedule. More information about park regulations can be obtained by writing or calling Palo Duro State Park, Route 2, P.O. Box 114, Canyon, Tex. 79015. 8 to 5 p.m.

Coal mining companies, with energy independence as the goal, plan a 39 per cent increase in capital expenditures in 1976, according to a McGraw-Hill Publications Survey.

offers a full compliment of academic courses necessary to fulfill the requirements of almost any academic degree plus extensive offerings in both occupational and technical education leading to certification or degree. For further information, contact Frank Phillips College, Office of Admissions, P.O. Box 111, Borger, Texas, 79007, or call 1-274-5311. Spring schedules will be available upon request at the Office of Admissions beginning Monday, January 12 from 8 to 5 p.m.



# Holiday Foods

DISCOUNT PRICES

IMPERIAL PURE CANE

## SUGAR

10 LB. BAG

\$2<sup>25</sup>

GOLD MEDAL

## FLOUR

10 LB. BAG

\$1<sup>69</sup>

SHURFINE

## COFFEE

LB. CAN

\$1<sup>09</sup>

DETERGENT

## SUPER SUDS

GIANT BOX

69¢

SHURFINE TRASH CAN

## LINERS

10 COUNT

89¢

SHURFINE

## RICE

2 LB. BAG

59¢

VOGUE BATHROOM

## TISSUE

TWIN PACK

39¢

HI-DRI

## TOWELS

BIG ROLL 2 FOR

89¢

VIKTOR

18 x 25 ROLL

## ALUMINUM FOIL

59¢

SHURFINE

## VIENNA SAUSAGE

3 FOR \$1

BAMA GRAPE

## JAM OR JELLY

2 LB. JAR

89¢

BAMA

## JELLY APPLE

2 LB. JAR

89¢

TEXAS RED

## GRAPEFRUIT

EACH

10¢

U. S. NO. 2 RUSSETS

## POTATOES

10 LB. BAG

69¢

## CABBAGE

TEXAS

LB.

10¢

## CARROTS

CELLO

2 BAGS

35¢

SHURFINE

## BLACK PEPPER

4 OZ.

49¢

SHURFINE

## SALT

BOX

10¢

BAMA PEACH

## PRESERVES

2 LB. JAR

\$1<sup>09</sup>

BAMA STRAWBERRY

## PRESERVES

2 LB. JAR

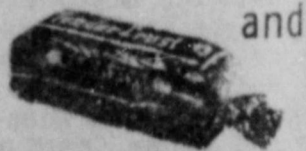
\$1<sup>25</sup>



LOWEST EVERYDAY FOOD PRICES

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Tendercrust Bread and



Bakery Products

SPECIALS GOOD

Fri. & Sat., January 2-3



**TODAY'S WORLD**

**Local Cotton Prices Increase**

Local market prices increased approximately 1 1/2 cents per pound last week according to T. J. Proske, in charge of the Memphis Texas Cotton Classing Office. Trading was extremely light with growers showing little interest in selling at present prices. Growers sold mixed lots composed mostly of grades 42 and 32, staples 30 through 32 and 3.0 and higher mike for 47.00 to 49.00 cents per pound.

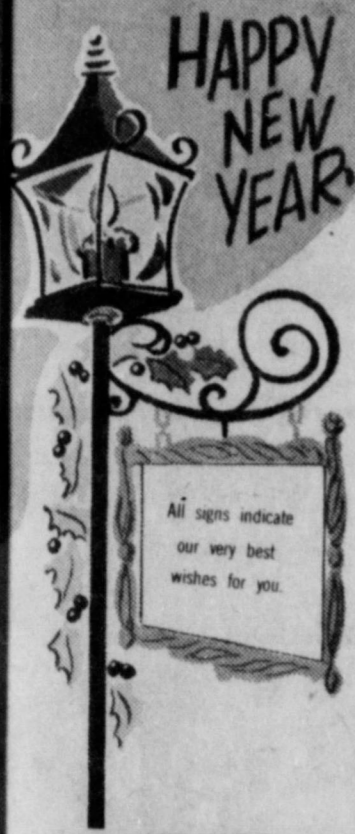
Prices paid farmers for cottonseed ranged from \$75 to \$90 per ton.

Grade 42 predominated in last weeks classing accounting for 35 per cent. Other major grades were 32 with 18 per cent, 43 with 14 per cent and 33 with 10 per cent. Fifteen per cent was reduced in grade due to bark content. Staple 31 made up 45 per cent with staple 32 and 30 comprising 26 per cent and 23 per cent respectively. Mike readings continued their downward trend with 18 per cent miking in the desirable 3.5-4.9 range compared to 27 per cent last week. Fifteen per cent miked 3.3-3.4, 37 per cent miked 3.0-3.2, and 24 per cent miked 2.7-2.9.

Approximately 23,000 samples were classed for the week ending Friday, December 26. This brought the season's total to 115,000 for the Memphis, Texas area.



There goes the whole neighborhood.



**BAILEY'S WELDING**

Billie Jack, Martha Jo and Mark

**Just How Much Time Is Left?**

A man's house was burning. At the first sign of smoke he had rushed out to buy a fire extinguisher. Before he returned, the roof and walls had collapsed, destroying all his furnishings.

A man's doctor warned him of a bad heart condition. From the doctor's office he went immediately to the insurance salesman, but he was refused in his attempt to provide financial protection for his wife and children.

A man was endowed by God with a strong healthy body. Because his appetite was stronger than his moral convictions, he squandered his powers until dissipation brought him to weakness. Then disease struck and without a normal reserve of strength, the surgeon could not cure what ordinarily would have been a minor ailment.

A man had a Bible, knew the church was interested in him, had friends who regularly encouraged him to live more with God. With consistency, he made reasons not to, while his conscience grew fainter, and the black wrong and white right faded into a medium gray. When the critical temptation came, he was only faintly aware of it, and certainly he had no more reserve to resist it.

David said it this way: "For this let every one that is godly pray unto thee in a time when Thou mayest be found; surely when the great waters overflow, they shall not reach unto him" (Psalm 32:6). Jesus said the same thing in describing the five foolish virgins (Matt. 25) and the wise and foolish builders (Matt. 7: 24-27).

When the operation begins, it's too late to take vitamin pills. When the battle begins, it's too late to train the troops. When the flood waters rise, it's too late to find a rock foundation. When Satan attacks, they only can resist who have put on their armor.

Memorize that verse now; when you need it, you won't have time. Worship God this Sunday and every Sunday--when you need that strength, you won't have time to seek it. Repent of that sin now--when Christ comes, you won't have time. Renew your broken connection with the church now. At your funeral you won't have time. Become a Christian now, today--on Judgement Day, you won't have time. Don't be almost persuaded, but lost (Acts 26:28)--but, obey the Lord and be saved!

**CHURCH OF CHRIST**

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McLEAN, TEXAS



KINNETTE HAMBRIGHT

**Hambright-Anderson Announce January Wedding Plans**

Mr. and Mrs. Kinneth Hambright are announcing the engagement and approaching marriage of their daughter Kae Kinnette to Mr. Kerry Lee Anderson, son of Mr. and Mrs. William F. Anderson of McLean.

Kinnette is a graduate of McLean High School and is currently employed by Marie Foundations of McLean. Kerry is also a graduate of McLean High School and has attended Hardin Simmons University in Abilene and West Texas University in Canyon. A home ceremony is planned for January 23.



Mr. and Mrs. James Bergmann announce the birth of a daughter on December 16 at Northwest Texas Hospital in Amarillo. The grandparents are Mr. and Mrs. T. R. Langham of Amarillo. She is a great-niece of Mrs. Pansy Mounce.

Ruby Hill had as her visitors while in the hospital her children, Mr. and Mrs. Buddie Hill of Gentry, Ark., Mr. and Mrs. R. C. Hill of Amarillo, Mr. and Mrs. J. P. Webb of San Antonio, Mr. and Mrs. A. J. Cole of Mena, Ark., Mr. and Mrs. Fred Jones visited her over the weekend at home. They were from A & M College in Bryan, Texas.

In the 9th century, the King of Persia was known as the Illustrious Jam.

**More Trout In The Panhandle**

Trout fishing has been good in Rita Blanca lake near Dalhart and additional trout have been stocked by the Texas Parks and Wildlife Department.

The rainbow trout were transported from the Norfolk federal fish hatchery near Mountain Home, Arkansas, to Rita Blanca and an estimated 6,700 fish measuring eight inches were released in mid December. According to Bob Bounds, state-wide trout program leader, this is a continuing stocking project by the P&WD and another release is planned for 1976 in the Panhandle.

These catchable size trout are what most biologists call put-and-take fish. For every trout stocked, the P&WD hopes an angler catches it.

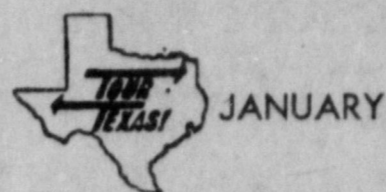
Popular baits for Rita Blanca trout includes spinners, cheese, salmon eggs and worms. Some anglers troll along the ledges and pickup good trout.

Anglers are likely to catch channel catfish and bass in this Panhandle lake also. Several rainbows have been taken from Rita Blanca in the two to three pound class. This is a trophy trout capable of furnishing plenty of fight and good eating too.

More information about Texas fishing can be obtained by picking up a copy of the 1975-76 Texas hunting and sport fishing guide available at all license vendors and P&WD offices.

**BIRTHDAYS**

- January 2  
Louise Dwight  
Opal Patterson  
Clyde Windom
- January 3  
Pat Miller  
Bobby Gilbreath
- January 4  
None
- January 5  
Mrs. John B. Rice  
Teresa Don Humphreys  
Opal Watson  
Todd O'Neal
- January 6  
W. C. Simpson  
Jimmie Shaw  
Audrey Denise Littrell
- Jan. Elizabeth Christle  
Craig Gene Averett
- January 7  
Mrs. Elizabeth Miller  
Mrs. Charles McCurley  
Mrs. Claude Hendricks  
Barbara Ann Conaster  
Beth Hambright
- January 8  
Mrs. Joe Graham



The following events, selected by the Texas Tourist Development Agency, are but a few of the many excellent recreational opportunities offered by communities across the state. A more complete listing of Texas events may be obtained free of charge by writing TTDA, Box 12008, Austin 78711.

Jan. 3-10 Sandhills Hereford & Quarter Horse Show & Rodeo, Odessa, Rodeo performances (in the city coliseum) are scheduled for 8 p.m., Jan. 3, 6-10. For ticket information, write Sandhills Hereford & Quarter Horse Show, Box 6387, Odessa 79762.

Jan. 5-17 Four Hundred Years of American Art; Two Hundred Years of Texas Art, Lubbock. The Texas Art Education Association will present this traveling exhibit. This exhibit will consist of a slide and tape presentation correlating the music of the periods with view of architecture, home crafts, and paintings, through American settlement (1400 A.D.) to the present. For more information, write Lubbock Bicentennial Committee, P. O. Box 561, Lubbock 79408.

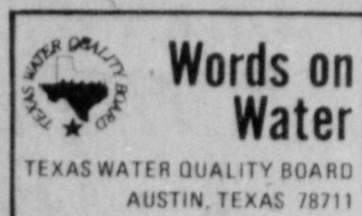
Boat, Sports & Travel Shows: Jan. 6-11 San Antonio; Jan. 14-18 Corpus Christi; and Jan. 22-25 Austin. On display at these shows will be the latest in boats, recreational vehicles, and sports equipment. Also in the shows are travel destinations exhibits where one may gather first-hand information for planning future vacations. Many Texas destinations will be represented, and the State of Texas exhibit will be in the San Antonio show.

Jan. 10-17 Texas Junior Miss Pageant, New Braunfels. Three junior miss pageant events will be open to the public--(1) talent, (2) poise and appearance and (3) physical fitness judging--Jan. 13-15 with starting time each night 7:30 p.m. The finals will be held Jan. 17 at 7:30 p.m. For more information, write Dan Mittel, Pageant Chairman, 215 Wood Road, New Braunfels 78130.

Jan. 24-Feb. 1 Texas Citrus Fiesta, Mission. Parade of Oranges, Jan. 30 at 2:30 p.m.; Citrus Fiesta Golf Tournament, Jan. 24-25; Fiesta Costume Show, Jan. 29-30; Coronation of King Citrus and Queen Citriana, Jan. 28 at 8 p.m.; Arts & Crafts Show, Jan. 26-Feb. 1. For more information, write Chamber of Commerce, P. O. Box 431, Mission 78572.

Jan. 30-Feb. 8 Southwestern Exposition & Fat Stock Show, Fort Worth. The world's first indoor rodeo started here in 1917. The event has grown steadily to rank as one of the largest rodeos in the nation. For ticket information, write Southwestern Exposition & Fat Stock Show, P. O. Box 150, Fort Worth 76101.

Because nuclear power is cheaper than electricity generated from coal, it will help hold down energy costs.



**IT'S STANDARD PROCEDURE**

Since no river maintains the same water quality throughout its entire length, it becomes necessary to establish Water Quality Standards which will protect the entire length of the river.

Water Quality Standards are divided into two general groups. One establishes standards for the use of the water in a particular segment, and uses are established for contact recreation (swimming, skiing, etc.), non-contact recreation (boating); propagation of fish and wildlife and for domestic raw water supply. The other group includes the technical criteria which the segment must meet, and those include levels of chlorides (salts), dissolved oxygen, the pH range (acidity or alkalinity), temperature, and other technical factors.

The Brazos River, (or more properly, the Brazos River Basin), for example, is divided into 41 segments, each with its own official number. Segment 1202, for example, covers that portion of the river from its tidal zone near the Gulf of Mexico up to Whitney Dam almost in the center of the state.

That long segment is classified as desirable for all four uses, contact recreation, non-contact recreation, propagation of fish and wildlife, and domestic raw water supply, as are a number of other segments of the Brazos. Segment 1241, however, largely because of the natural high level of salt in the upper reaches of the river, is classified as desirable only for non-contact recreation and propagation of fish and wildlife.

That's how Water Quality Standards work for every river and stream in the state, and the standards in the more than 300 numbered segments, are an essential tool in controlling water pollution and maintaining water quality in the state.

The Texas Water Quality Board first established Water Quality Standards in 1967. Much of the work, however, had been done by the predecessor agency, the Water Pollution Control Board, and at that time there was little established information from which to work. The engineers and other technical people who labored long and hard to set the standards had to work largely from their own information, and from the rather small amount of data that was available at that time. Over the years, necessary changes have been made, and this year the Standards were reviewed, segment by segment, and revised in accordance with the greatly increased amount of accurate information which exists today.

Additional revision will be done every three years from now on, as water quality continues to improve, and other circumstances and technical know-how indicate that changes should be made.



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**STATE CAPITAL**  
*Highlights*  
 AND *Sidelights*  
 by Lyndell Williams  
 TEXAS PRESS ASSOCIATION

AUSTIN — Another fat surplus is building in the state's general revenue fund.

House Speaker Bill Clayton said Legislative Budget Board projections indicate the 1976-77 fiscal period may close with a balance of up to \$700 million, assuming continuation of federal revenue sharing.

Assistant State Comptroller Lynn Moak reported a new official revenue estimate will show a surplus of between \$400 million and \$500 million.

Moak's figure differs from Clayton's largely in calculating the effect of federal revenue sharing. The assistant comptroller bases his estimate on expiration of revenue sharing Dec. 31, 1976. Clayton figures the program will continue.

The speaker and Moak agreed that existing revenue sources are booming and will continue to do so with a healthy economy. They did not agree on just how good the news is for taxpayers.

Clayton expressed confidence the surplus will help the 1977 legislature avoid a threatened major tax bill.

Moak said he was fully aware of the looming surplus when he predicted recently a \$1 billion tax bill may be necessary in 1977 if lawmakers continue to increase spending as they have in the past. Appropriations jumped 36 per cent this year over the previous biennium.

**Gas Cut Ordered**

Texas Railroad Commission ordered a 10-year program to reduce consumption of natural gas by large industries and electric utilities.

The order directs those who used an average of three million cubic feet of gas daily for boilers during the last two years to cut back 10 per cent, starting on or before Jan. 1, 1981. A further 25 per cent reduction is mandated by Jan. 1, 1985.

Only 10 per cent of the state's gas consumers are affected, but those industries and utilities consume most of Texas' natural gas.

**Demo Dinner Planned**

Gov. Dolph Briscoe and top statewide Democratic elected officials are uniting to promote one of the biggest party fund-raising dinners in state history March 30.

Party Chairman Calvin Guest of Bryan said financial goal of the \$25-per-admission event is

\$100,000 to \$150,000 clear. The state party is \$82,000 in debt. Funds will go to strengthen the party and encourage broad participation in its affairs.

The officials pledged their support to 1976 Democratic party nominees.

**Briscoe Won't Promise**

News reporters got no promises from the governor that he will be more available in the future.

"I think I will conduct myself in the future as I have in the past to a very large extent," said Briscoe. "It has just been a short 65 days since (the last capitol press conference)..."

The governor again stated he feels elected officials benefit by "spending time away from the capitol environment." And he said he intends to keep meeting with "people from all walks of life."

"There is still some privacy for people in political life, and I intend to keep some of it," concluded Briscoe.

**AG Opinions**

A sheriff and his surety are liable for the misappropriation of fines and bail bonds collected by a deputy sheriff, without regard to the person who arrested the prisoner, Atty. Gen. John Hill found.

In other recent opinions, Hill concluded:

The new Public Utility Commission's authority to approve contracts between utilities may be exercised after January 1.

In counties which have a civil service commission, that body rather than the commissioners court sets the mandatory retirement age.

In a civil suit for debt, a county clerk may make a one-time total charge of \$10 for services and may later charge \$3 for additional services and \$1 for each abstract of judgment issued.

**Appointments**

Mrs. Charles Nash of Aus-

**Don't drown your plants with kindness**

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**BACON**

2 LB. PKG.

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NO. 2 CAN

**75¢**



7 1/2 OZ. BOX

**3 FOR \$1**



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LB. C

DUNCAN HINES ANGEL FOOD

**CAKE MIX**

BOX

**93¢**



1 LB. CAN

**\$1.29**



TWIN PACK

**95¢**

JOB SQUAD

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LARGE ROLL

**59¢**

WE ARE YOUR TOP STAMP REDEMPTION CENTER



NONE MORE VALUABLE

U. S. NO. 2 COLORADO RUSSETS

**POTATOES**

10 LB. BAG

**69¢**

**GRAPEFRUIT**

9 FOR

SWEET

**POTATOES**

LB.

**23¢**



**COCA-COLA** 64 OZ. BOTTLES **79¢**  
No Return Bottles

**BRISCO**  
3 LB. CAN  
**\$1.49**

**MIRACLE WHIP**  
  
**\$1.09**  
QUART

**GENNA SAUSAGE** 3 FOR **\$1**

**GOLDEN CRUST FLOUR** 5 LB. BAG **79¢**

**KELLY MILK** GALLON **\$1.79**

**Del Monte TUNA** FLAT CAN **55¢**

**CRACKERS** 1 LB. BOX **59¢**

**WEICER** CAN **\$1.09**

**SAFEGUARD** 3 FOR **\$1**

**DOG FOOD** 15 1/2 CANS 5 FOR **\$1**



Specials Good Friday and Saturday, January 2, 3, 1976

tin was named by Gov. Briscoe to the Texas Commission on the Arts and Humanities.

The governor appointed Joe C. Moseley of Austin to the Outer-Continental Shelf Research Management Advisory Board.

Briscoe named 29 members of the State Drug Abuse Advisory Council, six members to the Greater South Texas Cultural Basin Commission, two members of the Advisory Council for Developmental Disabilities and a new member of the advisory Council on Small Business Assistance.

**Spending Up**

State expenditures during the first quarter of the new state fiscal year were \$1.75 billion — up 28 per cent over the same period last year.

More than half the increase went to education, according to Comptroller Bob Bullock.

Tax collections also were up — 10 per cent over the previous year. Biggest jump in revenues was in federal funding, up 29 per cent over the last fiscal year.

**Short Snorts**

Texas Highway and Public Transportation Commission has suspended right of way acquisition except on interstate and farm to market systems.

Texas Department of Public Safety warned that holiday traffic accidents may claim nearly 100 Texas lives.

House Speaker Bill Clayton predicted 1976 may be a "banner year" for bringing new industries to Texas.

U.S. Sen. Hubert H. Humphrey declined to allow his name to be entered as a Texas presidential preference primary candidate.

Texas cities have received \$264.5 million in sales tax rebates so far this year.

**Blue Catfish Are Stocked In White River Lake**

By J. D. Peer  
I&E Field Officer

Over 9,300 blue catfish were stocked in White riverlake near Crosbyton by the Texas Parks and Wildlife Department with expectations of trophy fish in the near future.

The November stocking of these four-to-six inch fish is a continuing program of the P&WD to control the over population of rough fish such as carp and shad in many Texas lakes.

The "blues" were transported from the Department's Shelton fish hatchery near Houston and into White river reservoir by department personnel.

"These catfish are considered a stream fish in most areas of Texas," said Roy Bambery, Abilene fishery biologist, "and the fish could use the running waters of White river itself if we have plenty of runoff next spring."

Others tockings of blue catfish in Texas waters have produced trophy fish over 40 pounds in weight.

It is expected that these newly stocked fish will attain eating size soon due to the large concentrations of rough fish in White river lake.

The current release of blue catfish should furnish even more recreation opportunities for area anglers in the upcoming 1976 fishing season.

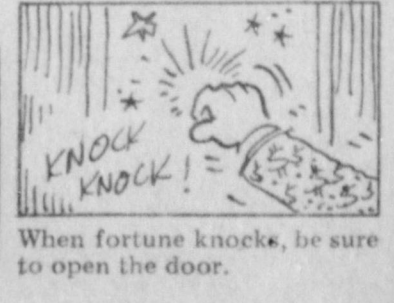
Visiting in the home of the E. J. Windoms, Jr. for Christmas were: Mr. and Mrs. Clyde Allen Windom, Wade Allen and Misty from Richardson, Texas; Mr. and Mrs. Eddy Jay Windom and Eric Jayson from Dallas; Mr. and Mrs. Patrick W. Windom from Richardson; Mr. and Mrs. Allen Wilson from Amarillo; Mr. and Mrs. E. J. Windom, Sr. and Mrs. Leo Gibson of McLean.

Mr. and Mrs. Rowland Ball from San Antonio arrived Saturday to pick up Pat and Tricia to go skiing in New Mexico and Colo. They will return to McLean for New Year's. Also visiting were Mr. and Mrs. Johnny Vineyard and family from Idalou, Texas.

**CUT FIREWOOD with a HOMELITE XL-2 CHAIN SAW**  
LIGHTWEIGHT • POWERFUL RUGGED



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**Blakemore FRESH PROTEIN FED CATFISH**  
"Dressed While You Wait"  
**BLAKEMORE MOTOR CO. BUILDING**  
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400 North Main Shamrock, Texas 79070



## Heart - Saving Resolutions For New Year

"Make a New Year's resolution that may save your life," suggests the Gray County Heart Association. "Resolve to take better care of your heart by controlling blood pressure and reducing your risk of heart disease."

Only your doctor can tell you whether you are a candidate for heart attack or stroke, and only he can prescribe the proper health measures to help prevent cardiovascular diseases. An estimated 28 million children and adults in the U.S. are afflicted with cardiovascular diseases, which account for more than one million deaths annually. And--even more significant--almost half of all deaths from heart attack occur outside the hospital, before the victim can receive medical treatment.

About 23 million Americans have high blood pressure, or hypertension, and half of them don't know it. This silent disease has no characteristic symptoms. Unless it's treated and controlled it can lead to stroke, heart or kidney failure. High blood pressure, a leading cause of disease and death in this country, is a major risk factor in heart attack.

Only your doctor can tell if you have high blood pressure. A simple test can detect it, and with treatment, the risk of heart attack is reduced.

High blood pressure, once thought to be an "adult disease," has also been found in children and teenagers. Control of this disease as early as possible can give you and your family a longer, healthier life.

This "silent killer"--high blood pressure--is just one of several risk factors which can result in heart attack and stroke. Other factors you should be aware of are: high blood cholesterol, cigarette smoking, a diet high in saturated fats and cholesterol, stress, a lack of exercise and having regular medical checkups.

By modifying these factors, the risk of heart attack and stroke decreases significantly. You can improve your heart health by having regular medical checkups. Reduce your risk this new year by resolving to these factors presented by the American Heart Association and your Local Heart Division:

- \*Stop smoking, or smoke less.
- \*Control high blood pressure.
- \*Eat foods low in cholesterol and saturated fats.
- \*Exercise regularly and moderately.
- \*Maintain normal weight.
- \*Alter your lifestyle to maintain a more stress-free life.

Texas Air Control Board announced a program to inform agricultural communities of air pollution control rules and regulations.

## TET Organization Reports Inequities

Texans for equitable taxation, Inc. was organized Oct. 27, 1975 in an effort to reduce the unfair burden of taxpayers on real property.

TET sees the situation this way: As the cost of operation of governmental entities has gone up, so have property tax dollars. Public school education is the responsibility of the State with financing from both the state level and the local property tax. As the Texas Legislature implements new school program changes and raises salaries, the cost increases. In twenty-five years the Minimum Foundation School Program cost has increased from about \$168 million (1950-51) to this year (1975-76) cost of almost \$2 billion.

The local taxpayer's cost for the Minimum Foundation School Program has risen from \$34 million to \$570 million annually excluding additionally local costs not met by the Program.

The Sixty-fourth Legislature passed House Bill 1126 which added over one billion dollars to the cost of the Foundation School Program for the period of 1975-77. The Local Property Taxpayers are required to raise \$470 million plus of this additional cost. Property taxpayers must understand that while the real property (homes, farms businesses, etc.) represent less than 30% of the wealth held in private hands in Texas, this real property raises 85% of the Ad Valorem Tax Dollar.

TET plans to achieve its objective by promoting fiscal responsibility in government, conduct research and furnish information to the Governor, the Legislature, governmental entities, governmental agencies and the citizens of Texas.

TET is a grassroot organization whose membership is made up of concerned Ad Valorem Property Taxpayers and local government entities who must rely on the property tax for all or the majority of their financing is open to individuals and institutions interested in equitable taxation. Institutional members can be any firm, partnership, corporation, association of persons, governmental subdivision or entity, or public corporation.

Rudie Tate of Memphis is the member of the Board of Directors representing our District XVI.

Officers of TET are W. R. Baker, President of Knox City; Sam Snodgrass Vice President, of San Saba; Bob Hawes, Secretary of Hamlin; and Garland Davis, Treasurer of Medina.

Inquiries may be addressed to (temporary

### First Application Relieves Itchy Skin Rash

**Also Helps Promote Healing**  
Medicated Zemo quickly relieves itching, irritated skin. Then Zemo helps nature heal and clear red, scaly skin rashes externally caused. For fast relief, get Zemo Ointment or Liquid.

A Weekly Report Of Agri-Business News

# Farm-facts

Compiled From Sources  
Of The Texas Department of Agriculture  
John C. White, Commissioner

### Good To Be Alive in '75 . . . Production Records.

Although final figures aren't in yet, it is clear that during 1975 Texas farmers did what they like to do best--produce, produce, produce.

In major areas of crop production except cotton, Texas farmers out-produced themselves in 1975 compared to 1974. Production increases were noted in sorghum, wheat, peanuts, soybeans, oats, and other crops. Unfortunately for agriculture producers, expenses were also up; so they did not benefit as consumers did by the bountiful production.

Wheat production, for example, totaled 1,031,000 bushels for this year. For 1974, the total output was only about half that, or 52,800,000 bushels.

**COTTON PRODUCTION** was down considerably in 1975 from what had been projected earlier in the year, but even at that, the final figure will likely show the 1975 cotton crop only slightly below 1974.

Latest cotton production figures from the Texas Crop and Livestock Reporting Service show the 1975 production at 2,450,000 bales. Earlier, a production of 2,800,000 was expected in Texas. The decline came about due to unusual September weather on the High and Low Plains.

The 1975 estimate compares with 2,462,000 bales produced in the state in 1974. Acreage for harvest is estimated at 4,000,000; this is down 10 per cent from the 4,400,000 acres harvested in 1974. Average per acre yield for 1975 is set at 294 pounds compared to 269 pounds in 1974.

**OTHER PRODUCTION FIGURES** for 1975 show now that sorghum production in the state is at 387,600,000 bushels. This compares with 317,000,000 bushels in 1974.

Corn production for Texas is set at 115,500,000 bushels for this year compared to 73,600,000 bushels in 1974. Per acre yield is one of the highest ever for Texas, set at 105 bushels.

Peanut production for the state this year is estimated now at 474,300,000 pounds; the 1974 production figure was 413,280,000 pounds.

Soybean production also increased this year compared to last year. The 1975 production is set at 9,100,000 bushels; the 1974 production was 7,830,000 bushels.

Oat production is more than double this year compared to a year ago. The 1975 production is set at 19,500,000 bushels; for 1974 the total production was 8,100,000 bushels.

**EVEN PECAN PRODUCTION** is well above a year ago. Figures now indicate pecan production this year will be 50,000,000 pounds. Last year, pecan production was two-thirds below that figure. It appears that Texas this year will produce about a fourth of all the pecans to be harvested in the nation.

Livestock producers will be watching future estimates on cattle and calf numbers. As of Jan. 1, 1975 there were 16,600,000 cattle and calves--more than the human population--in Texas.

Many economists believe 1975 will see the end of the buildup in cattle numbers, one of the major reasons for the poor profit prospects for the cattleman.

### Using Canned Foods

By now the many Americans who canned vegetables and meats this summer know the canning procedures necessary to prevent the growth of deadly bacteria in foods. But there's another precaution to take. When you open the preserved foods, boil them immediately, before you taste them. Heating usually makes any odor of spoilage more noticeable.

home office) 400 N. Fourth Street, P. O. Box 697, Knox City, Texas 79529.

### Arthritis Sufferers:

### WAKE UP WITHOUT ALL THAT STIFFNESS!

New formula for arthritis minor pain is so strong you can take it less often and still wake up in the morning without all the pain's stiffness. Yet so gentle you can take this tablet on an empty stomach. It's called *Arthritis Pain Formula*. Get hours of relief. Ask for *Arthritis Pain Formula*, by the makers of *Anacin* analgesic tablets.

LARGEST PRO-LINE INVENTORY  
INDOOR GOLF LESSONS BY APPOINTMENT

EVERYDAY LOW PRICES

*Joe Brannon's Golf Center*

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AMARILLO, TEXAS 79109

## HEALD NEWS

Mr. and Mrs. A. E. Carpenter spent Christmas day at Adobe Walls Scout camp near Mobeetie visiting the A.D. Turnbow family. The Alton Carpenters of Borger were visitors also.

Mr. and Mrs. R. B. Wells of Henrietta visited Saturday with Mr. and Mrs. Carl Phillips.

Visiting Christmas Day with Mr. and Mrs. Ott Davis were Mrs. John Brown, Terry, Randy, Janice and Terrie Gay of Lawton, Okla., Jana Davis of Pampa, Mrs. Rhonda Bush of Amarillo, Mr. and Mrs. Olan Thomas, and Maragayle of Los Alamos, New Mexico and the Doyle Sparlins and Dale Thomas of Lexington, South Carolina.

Mr. and Mrs. O. O. Tate spent Christmas day in the home of their daughter and family, the Wesley Masters in Amarillo. Also visiting were the Orphus Tate Jr. of Cotton Center, Mr. and Mrs. Harry Tate of Midland and the Gerald Tates.

Visitors during the holidays in the Carl Phillips home were Mr. and Mrs. Durward Herndon and Shella Ann and Mrs. Rhonda Bellmy of Dumas and Mrs. Nancy Setzler and Von of Shamrock.

Mrs. A. E. Carpenter was in Amarillo Friday visiting in the home of her daughter, Mr. and Mrs. Jess Altman.

Mr. and Mrs. Harry Tate of Midland visited

Friday and Saturday the O. O. Tate home. Wes Jr. and Eliza Masters of Amarillo are spending several days visiting the Orphus and Gerald Tates.

Mr. and Mrs. E. Lankford, Kevin and Lauren of Amarillo spent Christmas day in the W. Lankford home. Mr. K. S. Rippy was visiting also. Mr. and Mrs. W. Lankford of Shamrock visited in the afternoon.

There were 46 present at the annual Christmas program held on Christmas Eve at the church. Our thanks to Jana Davis and Rhonda Bush for being responsible for the program.

John Jay, first Chief Justice of the U.S., was born on December 12, 1745.

### New Brace® has amazing denture hold!



### Hot Coffee Test proves

Brace® holds this inverted cup and saucer together because Brace has a patented formula of 3 plastics that get stronger when exposed to liquids. So mouth moisture actually helps hold dentures longer. And Brace tastes cool.



Come In Please -- Go Out Pleased  
Marie and Bo

## COWBOY DRIVE IN

New Year.  
Best wishes  
for a  
happy



CHEER

TIMES





# CLASSIFIED \* ADS \*

## CLASSIFIED

Deadline for Want Ads —  
5 p.m. Tuesday  
Phone 779-2447

## FOR SALE

FOR SALE—Used electric range. Call 779-2929. 1tp

HOUSE FOR SALE — N. Walnut, 779-2049. 44-tfc

FOR SALE—6 room brick house with two baths on West First St. Call 779-2707 at night. 51-tfc

## PUBLIC SERVICES

Get your home of termites, roaches, carpet beetles. Free inspection. Work guaranteed. Mrs. W. Humphreys, 779-2743. 4-tfc

FOR all your plumbing needs call Wallace Plumbing and Heating. Day or night. 779-2838. 47-tfc

## CARPET CLEANING

Professional Carpet and Upholstery Steam Cleaning. Employing the latest and most advanced methods in soil removal. Satisfaction guaranteed. For free estimate phone 355-3150 Amarillo, Texas

## DON MILLER RADIATOR SERVICE

"IS OUR BUSINESS" NOT A SIDELINE  
• New & Rebuilt Radiators  
• Gas Tanks & Heaters Repaired  
376-6666  
612 S JEFFERSON  
AMARILLO, TEXAS

INCOME TAX DONE. Sunday afternoon. 817 N. Waldron. Vera Sharber, 806 - 355 - 5716 or 779-2152. 1-tfc

SEPTIC tank pumping and cleaning, pit pumping, also do ditching digging work. Cleaning lines, all types. Shamrock, Texas. D. H. Sanford, 256-3117. 51-tfc

TESTED and approved by millions of homemakers Blue Lustre carpet cleaner is tops. McLean Hardware. 51-lc

## OPPORTUNITIES

PAMPA CHRYSLER DODGE has large selection of trucks, pickups, Chryslers, Dodges, Plymouths, Ramcharger, 4 wheel drive pickups, large selection of good used cars and trucks. Pampa Chrysler Dodge, 811 W. Wilks, Pampa, Texas, 665-5766.

## WANTED

BULLDOZING Work wanted. Britt Hathaway. 779-2585. 24-tfc

ALL TYPE carpenter work wanted. Contract or by hour. Write R. L. Leeder, Box 124, Alanreed, Texas 79002. 49-tfc

COOK WANTED. Apply at McLean Cafe. 1-tfc

**ASPHALT PAVING**  
Drive ways, Parking lots  
Chug holes, crack filling  
Seal coating, Roof drains  
Call AUSTIN GREEN  
376-6047  
AMARILLO, TEXAS

## FOR RENT

HOUSE FOR RENT—Nice two bedroom. Call 779-2393. 1-tfc

## CARD OF THANKS

Words can not express how much my family, and I deeply appreciate the kindness and good care I received during my stay in the McLean hospital. I especially thank Dr. Fabian and Dr. Wood and the hospital staff for the flowers, cards and calls from those concerned about me.

God bless each one and especially my daughter that came to my rescue when she was needed so much at home to care for me. Ruby Hill

## CARD OF THANKS

We would like to express our gratitude to all the people of McLean who expressed their sympathy by sending food and flowers to our home and First Baptist Church.

We would especially like to thank Creed Lamb, Dr. Wood, Rev. Bell, and Rev. M. B. Smith who gave their services and support during this time of sorrow.

May God bless you, The Archie Farren Family

## CARD OF THANKS

We want to thank everyone who helped to make our Christmas a brighter and more happy one. For the gifts and food baskets were all deeply appreciated.

Mrs. J.A. Wheeler and Dick

## CARD OF THANKS

I want to thank the Beta Sigma Phi Sorority and the Lions Club for the gift certificates and the Susanna Group from the Methodist Church for the food gift and my friends and neighbors for helping to make my Christmas brighter.

Sallie McAllister

## Co. S.W. C.D. Board Meets

The Gray County Soil and Water Conservation District Board met at 2:00 p.m. December 17, at the Gray County Courthouse Annex for their regular monthly meeting.

They approved new conservation plans on John Patterson, J. F. Lamberson, and Art Rohde and reviewed the GP application on J. D. Roth.

The McClellan Creek

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All Types Construction & Remodeling  
Residential- Commercial  
Major brands Carpeting, Inlaid Linoleum & Tile.  
JERRY W. COOK, Owner  
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AMARILLO, TEXAS

## HONOR AND TRIBUTE TO MY MOTHER

Dec. 25, 1875-Dec. 25, 1975

I remember Mother Dear. Oh, I remember, Mother Dear as far back as I'm able, when I was only two feet high and couldn't reach the table, you used to wash my dirty knees and kiss away my tears, and heal my hurts and fix my clothes you kept me all these years. You taught me how to say my words and finally when I could I'll bet I drove you crazy, just a chattering as I could.

Oh, I remember Mother Dear it wasn't long ago that I was 'fraid when evening came, but darkness soon would go when you tucked me in bed at night and bed time stories told, and I'm forever glad you taught my tiny hands to fold.

Oh, I remember Mother Dear that time I tried to lie and how you made me feel so bad I wanted just to cry, you've always taught me right from wrong. Your wise advice you'd give, and put thoughts deep in my heart. You've taught me how to 'live' yes I remember Mother Dear and as I do, I pray that God will make me just the girl you dreamed I'd be today and may I always follow all those standards that you set, so folks will say she's like her mom. The best praise I could get.

Mother Dear, God's sustaining grace has carried me thus far.

Lovingly I'll meet you in the Rapture.

Opal Bailey

Psalm 91.  
"He that dwelleth in the secret place of the most high shall abide under the shadow of the Almighty."

## Lions Club Have Ladies Night

The local Lions Club recently took on a new dimension as their wives assembled with them for the annual holiday Ladies night.

After an evening meal and short business meeting, the group was entertained by the elementary choir composed of students from fourth, fifth, and sixth grades. The group, functioning under the direction of Mrs. Bobbie Stalls and Mrs. Evelyn Tate, presented an assortment of traditional and humorous Christmas songs.

Watershed Project was discussed.

The Board reviewed current status of Agriculture Service Centers.

The District road signs will be inspected and replaced if needed.

They discussed the need for a weeping lovegrass use seminar. If there is enough interest it will be set up for February or March.

## Agonizing Pain From Ingrown Toenail? Get Outgro For Fast Relief

Outgro gives you fast temporary relief from ingrown toenail pain. Outgro toughens irritated skin, eases inflammation, reduces swelling without effecting the shape, growth, or position of the nail. Stop ingrown nail pain fast with Outgro.

## News From ALAN REED

by Mrs. P.M. Gibson

A group of about 100 people gathered at Alanreed School to see the interesting program and a visit from Santa Clause. It was very enjoyable.

Visiting the L. T. Goldstons for an early Christmas was four of their children, Jim and his family from Memphis, Fred from Plainview, Sharon and her family from Dumas and Homer from Hurst, Texas.

Alanreed School dismissed Friday, December 19 for Christmas holidays. Classes will resume January 5.

Mrs. Frank Crisp has been in the Groom Hospital for several days. She returned home on Saturday.

Harold Dean Crow of Amarillo visited the J. A. Hills Thursday.

Mrs. Robert Bruce was in Pampa on Friday.

The O. W. Stapps visited in Amarillo during the weekend.

Bob Justin was a visitor in First Baptist Church Sunday.

Another visitor was Virginia Dalton of McLean.

Visiting in the P. M. Gibson's over the holidays were nine of their children. They were: Mr. and Mrs. Louelle Vineyard of Borger, Mr. and Mrs. Johnny Vineyard and children of Idalou, Mr. and Mrs. Bob Vineyard and children of Burbank, Calif. Mr. and Mrs. Charlie Vineyard and children of Glen Rose, Mr. and Mrs. D. D. Patton and children of Los Alamos, N. M., Mr. and Mrs. Bennie Woods and children of Mt. Pleasant, Texas, Mr. and Mrs. Henry Gray of Amarillo, Mr. and Mrs. Don Bednorz and Kristi of Amarillo and Diane Gibson of Dallas. Other visitors were Mrs. T. T. Griffin and Melissa Billingsley of McLean.

Visiting the Bill Crisps over Christmas was their daughter's family, the David Fritzells, of Lockney. Great grandson of Mr. and Mrs. P. M. Gibson died November 8 in New York City.

Mr. and Mrs. Robert Bruce and the Bob Bruces of Pampa spent Christmas in Jacksboro with the Jimmy Dewebbers.

Mr. and Mrs. Bert McKee spent Christmas with their daughter Margie and family at Spearman.

Visiting the J. A. Hills during Christmas was the Harold Crows of Amarillo and the Jack Hills of Lubbock.

Polly Harrison spent the holidays in Lubbock and El Paso with her children.

The Lloyd Fulbrights spent Christmas in Lubbock with their son and family.

Visiting Mrs. Cecil Carter on Sunday were Mr. and Mrs. Jim Bruce and Shelby of Amarillo and Mr. and Mrs. Jerry Carter, Vickie and Jerri Ann of Pampa.

Mr. and Mrs. Bert McKee shopped in Amarillo on Tuesday.

Mr. and Mrs. John I.

## S. P. S. To Rebate Surcharge Fee

Southwestern Public Service Company announced today that it will no longer bill its Texas customers monthly for the one-sixth of one percent of its annual Texas revenues that it is assessed under the law which established the Texas Public Utilities Commission. The company also announced that it would refund the amount that it has collected since the new law went into effect.

A Southwestern spokesman said that, while the company and the Public Utilities Commission were in agreement that the tax clause in the company's rate ordinances made the collection of the assessment completely legal in urban areas, there was a difference of opinion between the Commission and the company on whether the tax clause permitted the company to assess rural customers.

"The question here is what is fair to Southwestern's customers. It would not be fair to collect legally from one set of customers and not assess the others, when all of our Texas customers are part of the jurisdiction of the utility commission," the spokesman said.

Refunds of the assessment already collected will be made to customers as soon as possible.

## S. S. Information Is Available

You may obtain information about social security service by going to the social security office at 1541 North Hobart Street, Pampa, or by telephoning 669-3381 (area code 806) between the hours of 9:00 a.m. and 4:45 p.m., Monday thru Friday (except national holidays).

A representative is available to explain the provisions of the Social Security Act and answer questions at meetings of farm groups, unions, and other interested organizations. There are no charges for any of these services of the Social Security Administration.

Herndon of Memphis visited with friends here Wednesday.

The George Oakleys of Stratford spent twonights here with the O. W. Stapps.

Mrs. Cecil Carter accompanied the Wayne Leathers of McLean to Amarillo Wed. where the Leathers spent Christmas Eve with his grandmother and Mrs. Carter spent Christmas with the Jim Bruces, Dan Brices and the Jerry Carters of Pampa.

Mr. and Mrs. O. W. Stapp spent Christmas in Amarillo with the Paul Averitts.

Mr. and Mrs. Hartley Davis spent Christmas in Amarillo with their children.

Mrs. Nellie Mendenhall of Amarillo had Christmas supper with the A. N. Moremans.



A weekly public service feature from  
the Texas Department of Health Resources

# Accent on Health

Fratis L. Duff, M.D., Director

Good health isn't something to envy in other people.

You can do many things to maintain your own health—or better it. And now is the time to come to grips with yourself by making some good-health resolutions, says the Texas Department of Health Resources.

Texas would be a much healthier state if everyone worked toward these goals, and you and your family can contribute to your own well-being and that of your community.

Promise during 1976 to give you body at least as good care as you give your car. Periodic examinations are the best way yet devised to detect bodily disorders while they can still be treated successfully. It might be considered preventive maintenance. So let your doctor look you over thoroughly once a year whether you're ailing or not. Make it twice yearly if you're middle-aged. Your physician can give you the proper schedule.

Dental troubles may not kill you, but sometimes they can make you wish you were dead. Check in once yearly with your dentist to make certain your teeth and gums are in good shape.

Do your clothes seem to fit a little more snugly these days? If so, it could mean you're putting on weight, which is a lot harder to take off than it is to put on. It's difficult during the holiday season to pass up the goodies which come our way. But if you've overdone it, resolve to start passing up

the candied yams, gravies and cream-filled tidbits which almost invariably spell extra pounds and perhaps an early grave.

Too much weight contributes to high blood pressure, and may be associated with hardening of the arteries and various forms of heart disease. Also, it means impaired vigor, greater surgical risk and greater danger from otherwise minor illnesses.

On the other hand, if you've noticed an unusual loss of weight, you should consult your physician.

A good, physician-prescribed exercise regimen will keep your body in shape, tone up your heart muscles and put the spring back into your step.

There are many pursuits which people of all ages may undertake in order to get the needed exercise. While jogging might be all right for some people, brisk walking may be recommended for others.

Statistics linking smoking to cancer and heart disease continue to pile up, and it is tougher and tougher to rationalize the smoking habit. If you still smoke, now's the time to quit. Tomorrow could be too late.

Safe driving is a habit everyone should get into. Drive and walk defensively, and you'll be less apt to wind up as one of the state's statistics.

While disease in Texas continues to be relatively low, the threat of epidemics hasn't subsided. Check the immunization records of your entire family—not just the children—as a safeguard against diseases and their complications.

Getting plenty of sleep is another resolution which will be of benefit—especially during the cold winter months when the body's defenses should be at their peak. And, avoid getting chilled.

Nutrition goes hand in hand with proper rest. To provide your body with the essential nutrients to make it function properly, proper diet is necessary. Resolve to put tasty and nutritious foods to work for your body. Don't overlook fresh fruits and vegetables.

People living in towns and cities owe it to themselves and their neighbors to obey local and state laws pertaining to health protection. For example, if your town has a dog leash law, adhere to it. Keep your animals in good health and protected from rabies, which is still

a threat—even more so in rural areas.

There's another good resolution you can make. Resolve to give an occasional thought to such awesome problems as water conservation, pollution abatement, juvenile delinquency, drug abuse and the growing number of elderly people in our society. Lend your support as a responsible citizen to community efforts to solve them. After all, they affect you, too.

Your health should be of great concern to you. So get the good health habit by putting some healthful resolutions to work.

You'll live longer and enjoy life more, believes the Department of Health Resources, which wishes you a happy ending to 1975 and a healthy year ahead.

## Coping with stress

Americans live in a society full of stress. There is no way to avoid the pressures that trigger the body's built-in mechanisms to fight or flee. Some stress is natural and often useful. Unfortunately, stress often builds up and makes natural and often useful. Unfortunately, stress often builds up and makes people physically and mentally miserable.

Trouble at work, money woes, sexual problems and many other troubles naturally cause stress, says the Texas Medical Association.

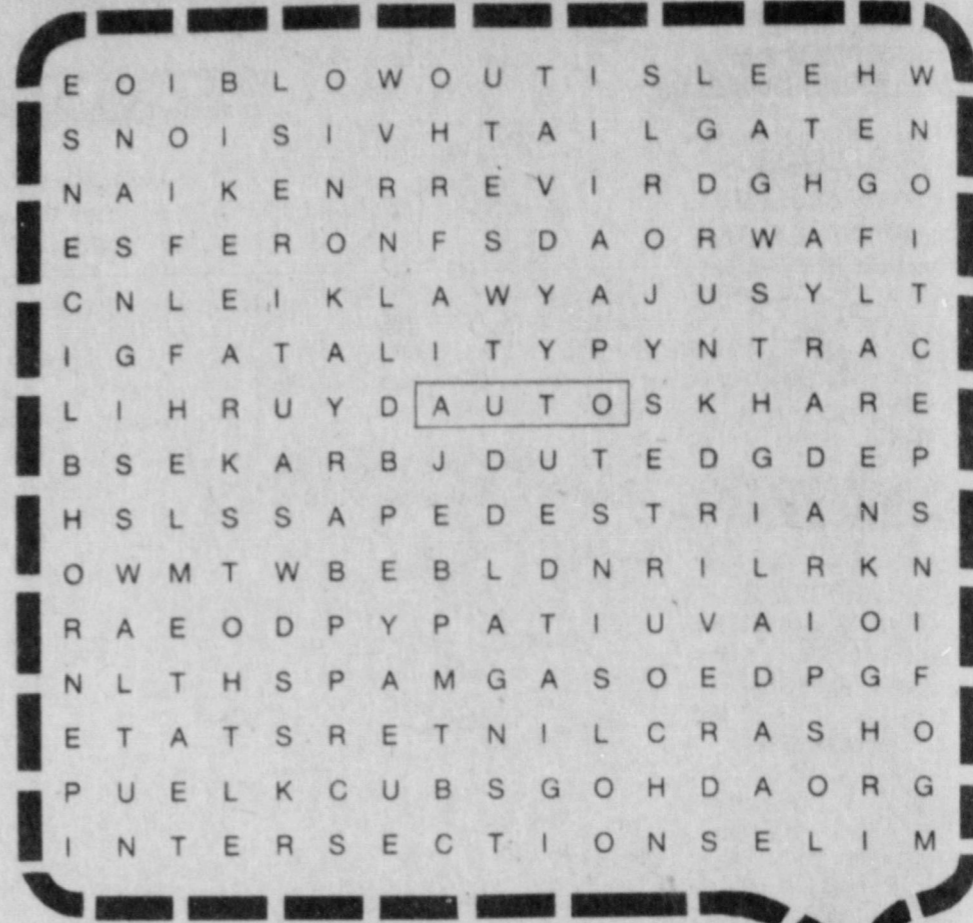
Even positive occasions such as marriage, job promotion, sudden financial gain, retirement and the Christmas season naturally produce stress.

Too much stress can produce troublesome amounts of anxiety, that vague fear something negative is going to happen. Some anxiety symptoms are nervousness, trembling, inability to slow down or relax, pounding heart, dizziness, abnormal eating habits and troubled breathing. Holding back feelings or a conflict between actual actions and a feeling of duty can cause anxiety.

Stress also can cause depression, a feeling of sadness or disappointment for no particular reason. Common signs of depression are fatigue, sleeplessness, inability to concentrate, restlessness and boredom, withdrawal and apathy in normal activities, and feelings of personal worthlessness and hopelessness. Depression may result from frustration, the inability to live up to expectations, or from a disappointment or compromise.

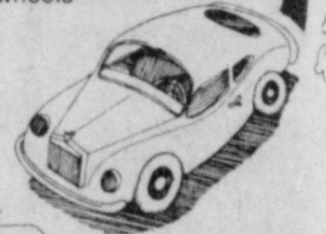
There is no way to avoid

# TRAFFIC SAFETY SEEK 'N' FIND



**DIRECTIONS:** Locate these words related to highway safety in the square above. They may be horizontal, vertical, diagonal or backwards. The first word is marked for you.

- |              |              |             |          |
|--------------|--------------|-------------|----------|
| auto         | inspection   | pass        | tailgate |
| bike         | interstate   | pedestrians | tires    |
| blowout      | intersection | radar       | tow      |
| brakes       | jaywalk      | roadhog     | vision   |
| buckle       | laws         | roads       | wheels   |
| courtesy     | license      | safety belt |          |
| crash        | lights       | signs       |          |
| driver       | map          | skid        |          |
| drunk driver | miles        | speed       |          |
| fatality     | park         | stop        |          |
| flare        |              |             |          |
| fog          |              |             |          |
| gas          |              |             |          |
| go           |              |             |          |
| helmet       |              |             |          |
| horn         |              |             |          |



GOVERNOR'S OFFICE OF TRAFFIC SAFETY

## BELLE'S Western Patterns



**Ladies' Curved Yoke Blouse**  
The top-stitched shirt with curved yokes has front band closing, collar and band, long set-in sleeves pleated to cuffs and curved hem.  
Printed pattern #1272 in sizes 6 to 18. Send \$1.50 for this pattern... add 50¢ handling and postage. Send to:  
Belle's Patterns  
P. O. Box 841 - Dept.  
Hurst, Texas 76053

## COLD SORES AND FEVER BLISTERS: THROBBING PAIN, UNSIGHTLY SCABS

Now there is Blist Klear® Medication. A remarkable medicated gel by the makers of Chap Stick® Lip Balm which can actually dry up painful cold sores and fever blisters—before they become unsightly. Invisible, non-greasy Blist Klear. Available at any drug store without a prescription.

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ALL TYPES ARTIFICIAL LIMBS  
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\* Suction Sockets & Fluid Controls  
\* Crutches & Canes  
\* Artificial Breasts  
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27-B Medical Dr.  
AMARILLO, TEXAS  
We Will Always Take The Time To Talk With You

stress, anxiety and depression. But people can do a lot to keep tensions within reasonable limits to avoid harm.

Talk over stressful situations with a close friend, the people involved or a professional such as a clergyman, psychologist, or psychiatrist.

Plan work so tasks do not seem endless and deadline pressure is less. Set aside specific times during and after work for relaxation and different activities to change the pace.

Setting realistic goals and deadlines will help avoid disappointment and tension if things don't work out. Advance planning also can keep too many big changes from happening at once.

Exercise regularly. Any pleasurable physical activity will help work out stress and help keep a sound body.

A doctor can suggest the proper kind of exercise, check for physical causes of depression such

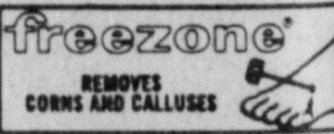
as a chemical imbalance in the body, and treat any illnesses such as ulcers or headaches caused by stress.

A doctor also can prescribe proper medication. Sedatives, tranquilizers, "pep pills" and other drugs usually only treat symptoms and not the causes of tensions. Abusing pills, alcohol and tobacco can be physically and mentally harmful.

Even talking about tension can be difficult.

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