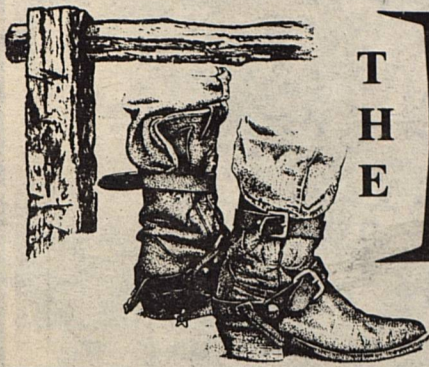


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PLAINS PRIDE

PLAINS, YOAKUM COUNTY, TEXAS

VOLUME 8, NUMBER 13

WEDNESDAY, JULY 1, 1992

30¢

Revival Services Scheduled At Assembly Of God Church

Summer Revival Services will begin Sunday and run through Friday, July 5-10, at First Assembly of God, 1102 Avenue J. The Rev. Perry Shuffield and congregation extend an invitation to the community to attend.

Evening worship hours begin at 7 p.m.

Evangelist Harvey L. Wampler and family of Baxter Springs, Ks. will conduct the services. Pastors the past

20 years, the Wampers have served congregations in Texas, Arizona, Oklahoma and Kansas and are now engaged in full time evangelism.

The Wampers are experienced in extensive youth ministries and District leadership in Assemblies of God, bridging the gap between young and old. Their warm humor and love of people tempered with their love for God is reflected in their ministry.

Reward Offered

Lamb County Crime Stoppers, in conjunction with Hale County Crime Stoppers are offering a reward of up to \$1,000 each (\$2,000 total) for any information leading to the indictment and/or conviction of the person/persons responsible for the abduction of Shawnlee Perry, while playing near her home in Earth May 7 at approximately 7 p.m.

Shawnlee is a white female, five years old, weighing about 40 pounds, has blonde hair and hazel eyes. She has four silver caps on her front teeth and was last seen wearing black sweat pants with red paint on them, a short sleeved T-shirt (possibly red and brown striped) and Little Mermaid tennis shoes.

Anyone with information regarding this incident may call Lamb County Crime Stoppers at 806-385-HELP or the Texas State-Wide Crime Stoppers at 1-800-252-TIPS.

Lions Sponsor Local Camper

Dustin James Bryan recently attended Texas Lions Camp for Crippled Children in Kerrville. Sponsoring his camping experience were members of Plains Lions Club.

Handicapped and diabetic children have the privilege of camp because of Lions International. The camp is unique from other camps in the philosophy of rehabilitation by recreation.



DUSTIN JAMES BRYAN



HARVEY WAMPLER FAMILY

Cotton Farmers Pondering Crop Replant Decisions

High Plains cotton producers are still wondering what hit them following three weeks of above normal precipitation and below normal temperatures.

According to Lubbock-based Plains Cotton Growers (PCG) one of the key factors for many producers deciding what to do about recent weather damage is whether or not a deficiency payment can be expected in 1992.

Through 1992's first four months, deficiency prospects are much better than they were through the first four months of 1991. Through April, the weighted average price received for cotton was 50.78 cents per pound, an incredible 15.62 cents below the weighted average price for cotton during the same period one year ago.

"A combination of factors are currently working together to keep cotton prices considerably lower than last year,"

notes PCG Executive Vice President Donald Johnson. "One of the biggest appears to be the high level of world cotton stocks following the 1991 crop."

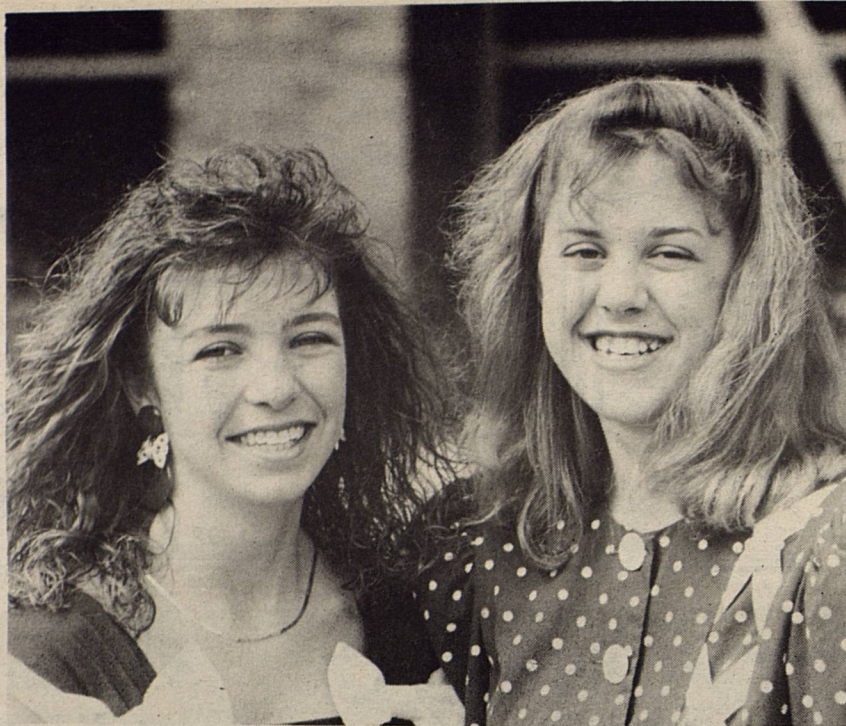
Johnson adds that prices have remained relatively stable even though the High Plains could end up with a large number of cotton acres being shifted into alternate crops or being classified as conserving use (CU) acres under provisions of the 1992 cotton program.

Under that program, producers deciding not to replant cotton or an alternate crop on their failed acres will be eligible for a deficiency payment in 1992. If accepted by ASCS acres designated as prevented planted or CU for pay will be guaranteed a 15-cent final deficiency payment on up to 92 percent of their permitted cotton acreage. Final payments will be reduced by the six cent advance payment most producers

received at program sign-up.

Preliminary damage estimates indicate that as many as a million acres of cotton destroyed in recent weeks probably will not be replanted. Heavy losses in counties north of Lubbock will probably account for the majority of these losses, even though a significant number of cotton acres were also lost to the south. Many of the southern acres, however, are expected to be replanted if producers can get back in the field in the next three or four days.

"Producers in the southern portions of the High Plains have a better chance to go back with cotton and still make a crop because they have a slightly longer growing season," explains Johnson. The next week to ten days will really bring out the extent of our losses and open a lot of eyes to what we have been going through out here."

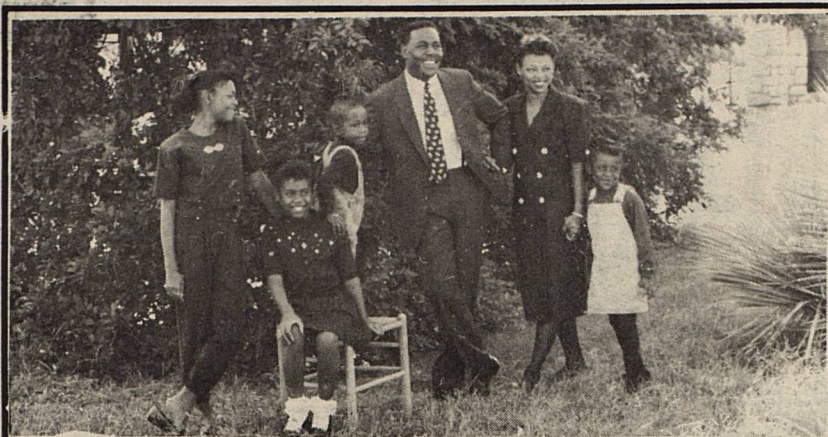


NATURAL RESOURCES, State 4-H Roundup - Yoakum County 4-H winners were first place, ltr, Julie Hancock and Katrina Hart, both of Denver City.



SUMMERTIME READERS MAKE PINWHEELS during Wednesday's fun time at Yoakum County Library. They also viewed the film, "Dorothy in the Land of Oz". Attending were Liz Ramirez, Blake Parrish, Chase and Callie Howell, Tommie McNabb and Grady McNabb.

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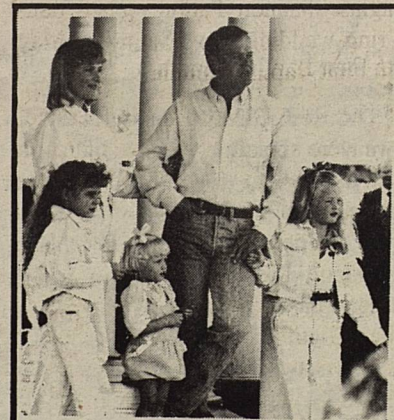
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MRS. DOUGLAS SHANNON PATTON

Wedding Vows Solemnized For Miss Lowrey, Mr. Patton

Miss Tonya Lea Lowrey and Douglas Shannon Patton recited double ring wedding vows Saturday, May 23 in First Baptist Church.

The Rev. Glenn Harlin officiated. Vows were spoken before an altar of a lavish assortment of white silk flowers arranged in a large white wicker imported garden basket. Snow white snapdragon spikes, fluffy white heather sprays framed the magnificent white Southern magnolia branches. Massive saucer magnolias were surrounded by white camellias and ginger torches. A beautiful bow of sheer iridescent organdy imported wired ribbon completed the Flemish garden design. The twin aisles of the sanctuary were accented with solid rows of pew adornments fashioned of iridescent organdy wired ribbons backed with bows of white twinkle tulle and dainty ringlets of pearly white and glossy black streamers. Satin ribbon swags connected the center pew bows. Sprays of variegated needlepoint ivy completed the aisle decorations.

Wedding guests were greeted at the exterior entrance of the church which was outlined with white stanchions, swagged with white sheer fabric and tied with white satin bows and streamers intertwined with garlands of English ivy.

Parents of the bride are Pat Lowrey and Mr. and Mrs. Melvin Lowrey. The groom is son of Mr. and Mrs. Jerry Patterson and Douglas Patton. Mr. and Mrs. Carl Lowrey and Ms. Betty Martin are grandparents of the bride. The groom is grandson of Mr. and Mrs. James Williams and Mr. and Mrs. Winford Patton.

Ms. Peggy Welch presented pre-

lude music. She also played the recessional.

The talented Mr. Ralph Green, cousin of the bride, sang "Water Coloured Ponies" following the seating of the parents and grandparents. As the bride attendants and groomsmen entered the sanctuary, he sang "Friends". While the bride and groom lighted the unity candle, Ralph sang, "Everything I Do".

Escorted by her father and given in marriage by her parents, the bride wore an elegant gown by the designers of Mary's bridals. The white satin gown featured an open vee neckline and full length modified Juliette sleeves. The princess bodice of the gown was richly adorned with pearls and sequins. The sleeves carried out the elaborate beadwork of the bodice. The Basques waistline allowed the full ballgown skirt to float gracefully to the floor and sweep into a full cathedral train. The bodice of the skirt as well as the train of the gown was delicately adorned with lace motifs embellished with pearls and sequins. A candy box bow adorned the back of the waistline. Scalloped imported lace finished the hemline of the train and the skirt. Delicate beadwork graced the lace of the hemline. She carried an elegant white silk lilac spray arranged in a Flemish hand wrapped floral bouquet. Silk lace ribbons with organdy streamers were intertwined with the intricate lilac florettes. The bridal bouquet was created especially for Miss Lowrey by Ann Marrow of "Heartfelt Designs" of Brownfield.

For "something old", she wore diamond earrings. For "something borrowed" she wore a wedding band borrowed from her sister. The earrings and the wedding band was given to the

bride and her sister from their late "Granny Lowrey". Her attire was "new" and she wore the traditional "blue" garter, a gift from one of her bridesmaids.

The groom wore a black tail tuxedo. He wore a white pleated shirt with a black tie and vest. Shannon's boutonniere was a white sweetheart rose surrounded by white satin florettes and pearl sprays with black and white iridescent leaves.

The flower girl was Catlin White of Lubbock. She wore a petite black and white dress with a ruffled skirt. Catlin carried a white eyelet garden basket containing a nosegay arrangement of miniature black satin florettes and white sweetheart roses. The handle was tied with ribbons of similar fashion to those of honor attendants.

Jake Shoemaker of Alpine, nephew of the bride, was the ring bearer. He wore a black tail tuxedo with a white pleated shirt. A black tie and vest completed his attire. Jake carried a pillow embellished with white lace and satin.

Tracy Lowrey was her sister's maid of honor. Bridesmaids were Toni Lowrey of Fort Worth, cousin of the bride; Leslie Patton of Denver City, sister of the groom; Sheila Garcia of Midland and Shannon Hayes of Lubbock. The bridesmaids wore tea-length dresses. The dresses were adorned by black taffeta mid-waist tops with short puffed sleeves. The dresses were fashioned with a full white taffeta skirt accented by a sheer white net overlay. The back of the dress was accented by white streamers gathered in the center of the dress with a beautiful white-black knot bow. They carried a single pure white Southern magnolia adorned with black iridescent twinkle tulle and white sheer organdy ribbons edged in black satin scallops.

Kevin Lowrey of Plains, brother of the bride, was best man. Groomsmen were Jeff Lowrey of Lubbock and Scott Lowrey of Plains, cousins of the bride, Jody Garcia of Midland, and James Shoemaker of Alpine, brother of the bride. They wore tuxedos of white jackets and pleated white shirts with black trousers. To complete their attire, they wore black ties, cummerbunds and boutonnieres of white sweetheart

roses, trimmed with black satin rose leaves and black iridescent tulle.

Guests were registered by April Dawn Armacost of Lubbock, cousin of the bride. Out-of-town guests attended from Fort Worth, Dallas, Lubbock, Midland and New Hampshire.

Following the ceremony, a reception was held in the fellowship hall. A twelve foot table was laid with white lace over white linen.

The room was highlighted by an array of white bird cages decorated with black and white iridescent tulle ribbon.

The table used the Crystal Enchantment wedding cake as the centerpiece. Amazing Glaze of Brownfield designed this unique cake for the bride and groom. Punch was served from a gold punch bowl. A variety of vegetables with dip and fresh fruits with a creamy dip were served.

Presiding at the table were Hazel Lowrey, Beverly Lowrey, aunts of the bride, Sherry Swann and Lynda Cowart, aunts of the groom, Kay Reese of Lubbock, and Jo Ann Barron.

The couple spent their honeymoon in the tropical Puerto Plata in the Dominican Republic. The couple reside in Lubbock where they are both employed by Sam's Club and attend Texas Tech University.

Dinner Fetes Garrick Engle

Garrick Engle was honored with a graduation supper party recently. Hosting the event were his aunts and uncles, Claude and Phyllis Addison, Velma Dearing and Leon and Thelma Cheatham.

Attending were Kenneth and Willie Mae Engle; Tim, Judy, Scott and Christopher Addison; Melvin, Jeremy and Cassie Dearing; Marvin, Terrie and Wyatt Dearing; Nonnie Lobbans of Odessa; Kim and Laurie Harrelson of Crane; Rickey, Donna, Danya and Taryn Timmons and Elizabeth Pruitt, all of Brownfield; Clistus and Mae Addison of Snyder; Steve, Peggy, Tyler and Mitchell Hicks of Seagraves; Mike, Judi, Jarrod and Austin Cheatham of Lubbock and Danny and Debbie Steffens of Slaton.

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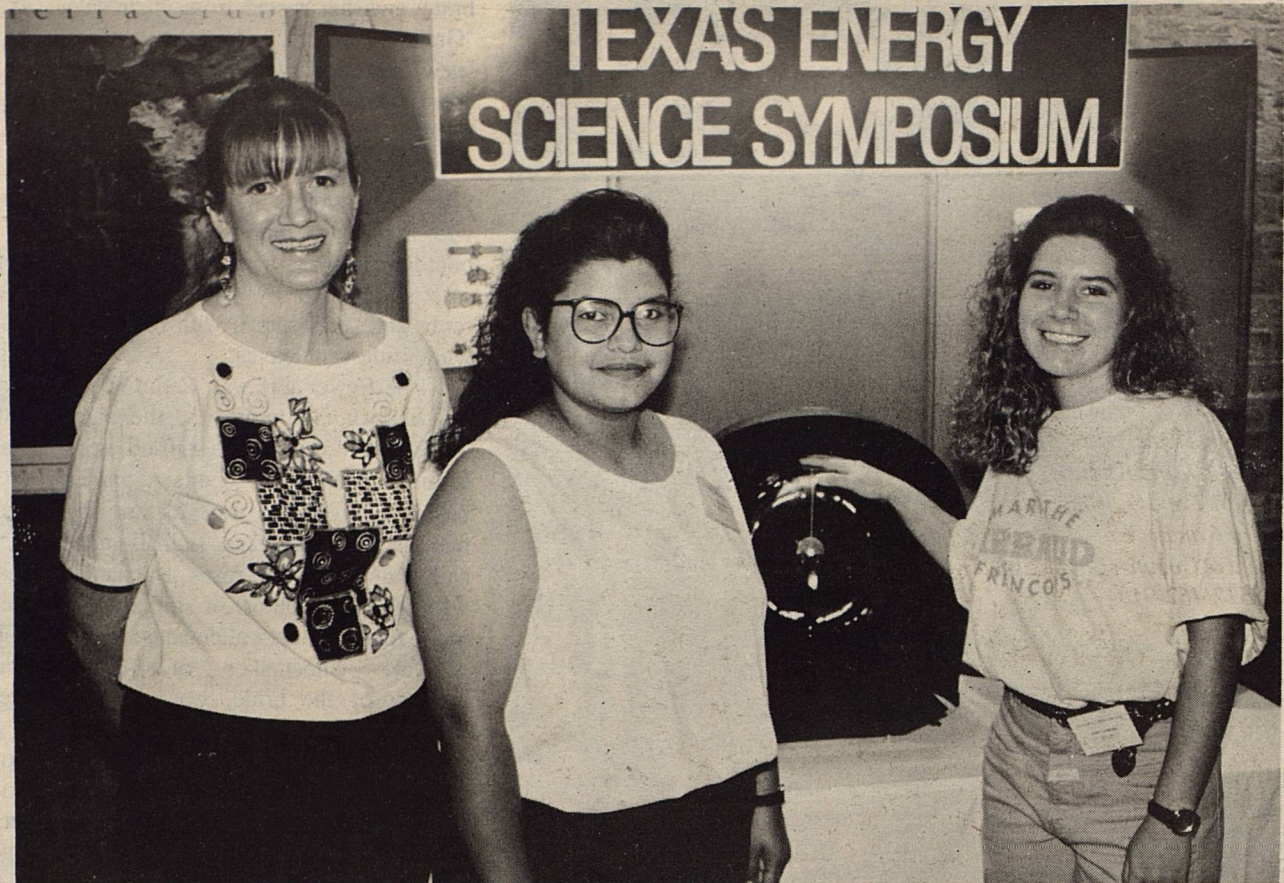
Ms. Dawn Dearing Attends Symposium

Julie Bustillos, 16, daughter of Mr. and Mrs. Pedro Bustillos; Jenny Osborn, 17, daughter of Mr. and Mrs. Steve Osborn; and Dawn Dearing, who teaches science at Meadow High School, joined more than 400 outstanding high school science students and teachers at the 32nd annual Texas Energy Science Symposium in Austin June 9-12.

Bustillos and Osborn attend Meadow High School.

The three were among 41 students and teachers, representing schools throughout the Panhandle and South Plains, sponsored by Southwestern Public Service Company.

The four-day symposium featured tours and presentations on such subjects as fusion and Texas' planned superconducting super collider. A highlight of the symposium was a tour of the university's Fusion Research Center and its tokamak, a machine that uses magnetic fields to attempt to confine the fusion reaction.



DAWN DEARING, Meadow High School Science Teacher and her students Julie Bustillos and Jenny Osborn recently attended the Texas Energy Science Symposium in Austin, an event co-sponsored by Southwestern Public Service Company.

MONEY TALK

Kay Bailey Hutchison
Texas State Treasurer



Editor's Note: Texas State Treasurer Kay Bailey Hutchison addresses various issues related to personal finance and state government. However, these views are not intended to replace the advice of reputable financial advisers or other professional counselors.

Q. Recently, I received a phone call from someone telling me I could apply for a low-interest credit card. Along with other vital information, the caller asked for my bank account number. I was reluctant to give it out and questioned him. He hung up. Could this have been a scam?

A. Since most consumers are now wary of telemarketers who ask for credit card numbers, fraudulent telemarketers are now targeting checking accounts.

As bait, these con artists use a contest, a low-interest credit card or a free trip - anything that could require an account number. Your account number is imprinted on a

"demand draft" which is processed just like a check.

A demand draft is used by insurance companies, mortgage lenders and other businesses to collect automatic drafts from your bank account. Since customers have agreed to these withdrawals in advance, the drafts do not require a signature.

To protect your bank account, the Federal Trade Commission and the Direct Marketing Association offer several tips. They suggest you never give out your account number or even a portion of it over the phone or in writing unless you are familiar with the company.

Check your monthly statement for any unauthorized withdrawals. Demand drafts will appear as unnumbered checks. If anything unusual appears on the statement, notify your bank or financial institution immediately.

If you have a question, write Texas Treasury, P.O. Box 12608, Capitol Station, Austin, Texas, 78711.

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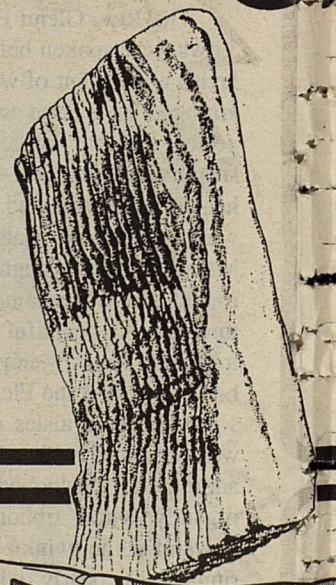
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Lone Star Events

By Sara Cambron, Texas Department of Commerce Media Relations Specialist

July Festivals and Events
Please note the following is only a sampling of the festivals and events held in Texas. Dates are subject to change without notice. For information on events not listed here, contact Sara Cambron at the Texas Department of Commerce Tourism Division at 512/462-9191.

- July 1992—Grand Opening of the U.S.S. Lexington Museum on the Bay, Corpus Christi.
- July 1-4—63rd Texas Cowboy Reunion and Rodeo, Stamford.
- July 2-5—32nd Annual Texas Jazz Festival, Corpus Christi.
- July 2-5—57th Deep-Sea Roundup, Port Aransas. This granddaddy of

- July 3-5—Old Fashioned Fourth of July, Granbury.
- July 3-5—Borderfest, Laredo.
- July 4—Old Fashioned Fourth of July Celebration and Rodeo, Belton.
- July 4-Nov. 29—"Catherine the Great: Treasures of Imperial Russia," Dallas.
- July 4—97th Fourth of July Celebration, Friendswood.
- July 4—Fourth of July Celebration, Ozona.
- July 11—Annual "Bands Along the Corridor" Festival, Floresville.
- July 11—Parker County Peach Festival, Weatherford.
- July 16-18—56th Water Carnival, Fort Stockton.
- July 17-18—Night in Old Fredericksburg, Fredericksburg.

- July 17-19—22nd Black-Eyed Pea Jamboree, Athens.
 - July 17-19—11th Annual Great Texas Balloon Race, Longview.
 - July 23-25—The Great Texas Mosquito Festival, Clute.
 - July 25—Texas International Apple Festival, Medina.
 - July 23-Aug 9—7th International Festival de la Zarzuela, El Paso.
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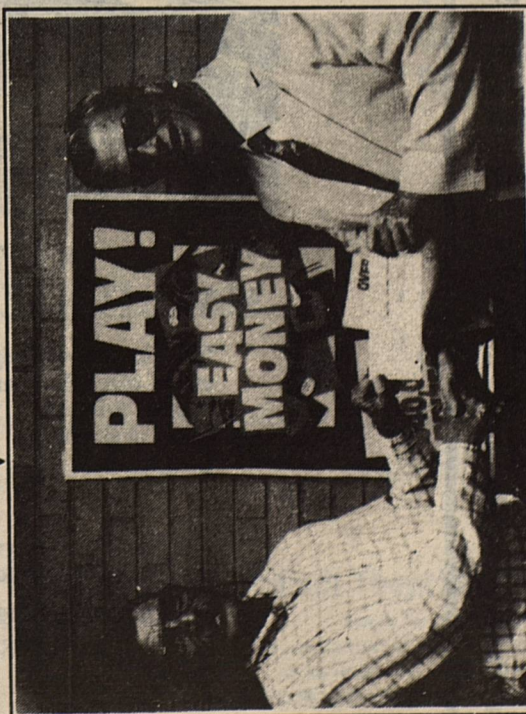


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Plains Independent School District
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**State Officials Announce
 Distance Learning Conference**

On Thursday, July 16, 1992, at the Doubletree Hotel in Austin, state officials, educators, business leaders and academia will come together for a one day conference to explore distance learning and its potential application on a statewide basis in Texas.

"The greatest challenge facing Texans is the cultivation of an effective and equitable public education system," said Public Utility Commissioner and Conference Chairman Marta Greytok. "While there is widespread consensus that a quality education is the fundamental raw material which can make Texas globally competitive and economically strong into the next century, more thought should be given to harnessing technology to achieve this goal."

Distance learning is characterized by the use of existing phone lines to link classrooms between schools with full two-way audio/video capabilities. Linked classrooms would have a series of monitors, cameras and audio equipment. And each classroom would be under the supervision of a specially trained teacher. Teachers and students using this technology have full interaction, unlike watching television, and the same interpersonal dynamics provided by regular classroom teaching are present.

If five high schools were linked in this fashion and each school had a need for a particular teacher but couldn't afford one, then one teacher could be hired to serve all five districts. The students would receive the same education and the state would use its resources more efficiently. However, this technology does not replace teachers in the classroom. It gives them a new, explosive tool to help deliver a quality education to the schoolchildren of Texas.

Public schools could also be linked to colleges to provide expert instruction to students and to facilitate after hours continuing education for residents living in a community without a college. Generally many, many benefits could come to small communities and large cities alike by embracing this technology and using its maximum potential.

"Linking equal access to education with universal access to telecommunications is a cost-effective and promising strategy to immediately improve the availability of superior teachers and innovative curriculums," said State Representative and Conference Co-Chairman Ric Williamson. "Improved access to quality teaching and effective curriculums is the best

strategy for meeting the ultimate responsibilities of educating our Texas schoolchildren as outlined in Edge-wood vs Kirby."

"The importance of an educated work force cannot be over emphasized," said State Representative and Conference Co-Chairman Ashley Smith. "I have long believed that Texas could be a winner over other states and effectively compete in the global market place. Technology applications in education will give Texas a needed competitive edge."

A recent survey by The Roper Organization of New York City found that 69% of education professionals said it is important to understand advances in telecommunications technology and its impact on their professional field. However, only 10% said they are very familiar with recent industry advances in telecommunications technology.

"My experience tells me that when things are new, particularly in technology advancement, a full explanation and practical demonstration of the new technology is necessary," Commissioner Greytok explained. "This conference is critically important to bring the education community, Texas businesses, and the rest of government together to achieve a uniformity in education and awareness about this most exciting technology."

"Project Bluebonnet is a non-profit consortium of business, industry, academia and state government formed to assist the advancement of educational economic development in Texas through the use of technologies," said Michael Brown, President of Project Bluebonnet and the Conference Director. "Supporting and participating in this conference will allow Project Bluebonnet to offer the benefits of our research into technology applications in the classroom."

Registration will begin on Wednesday, July 15, 1992 at 4 p.m. The conference will begin at 8 a.m. on Thursday, July 16, 1992 and conclude at 5 p.m. The conference is being held at the Doubletree Hotel on I-35 North in Austin.

POSITION AVAILABLE
 Plains ISD has position open for school nurse. LVN required. RN preferred. Must qualify for TEA certification. Please send copy of resume and nurse certification to Pete Simmons, Supt., Box 479, Plains, TX 79355. Applications received until position filled. 13/2tc



ATTEND SUMMER RECREATION PROGRAM - These youngsters attended a fun program including swimming, tennis, games and track recently in Denver City. They competed in track meets in Denver City, Wellman and Brownfield. Attending were, left to right, front row, Nancy Koncaba, Ashley Gonzalez, Krystal Gonzalez, B.J. Lester. Back row, Fermin Luna Jr., Joel Gallegos, Arasely Luna and Isaac Gonzalez.

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Where the Stars Shine Brighter In The Texas Sky



Despite the words of the song, the stars at night no longer shine bright deep in the heart of Texas.

It's a different story, however, in the Davis Mountains of far western Texas. Starlight is brighter here than in any other spot in the U.S. and residents of six huge adjoining counties want to keep them that way.

It's not that this huge chunk of western Texas is trying to return to the dark age. But the sparse population has found that intense darkness can be good business. Blacking out artificial illumination, which makes the stars stand out with brilliance, has proved a boon to both science and tourism -- two activities that have made the area famous.

That's why, for 365 nights of the year, they guarantee that their 23,000 square miles are the darkest domain to be found anywhere in the country.

This move toward nocturnal lightlessness didn't happen overnight. It began 53 years ago when the University of Texas at Austin dedicated its new McDonald Observatory atop the 6,791 foot Mount Locke. This was the most important local event since the U.S. Army established nearby Fort Davis in 1854.

About 100 astronomers from around the world braved the three r's -- rain, rattlesnakes and remoteness -- to be present for the May 5, 1939 ceremonies on the isolated mountain. The highlight was the unveiling of the 82 inch telescope (then the second largest in the world). However, neither they nor the few others present realized that this fascinating instrument to study the celestial sky would one day cast a pall of darkness over their lives.

After all, the desolate site for the telescope had been selected because it was far from possible pollution by the lights of civilization. Fort Davis, 16 miles down the mountain, was the nearest settlement and its population was barely 500. Fewer than 1,500 people lived in the 2,259 square miles that made up Jeff Davis County. Alpine, the nearest town of any size, was 26 miles southeast in Brewster County. In fact, less than 40,000 people lived in the entire area, a region roughly one-third as large as the state of Oklahoma.

It was -- and still is -- regarded by astronomers as the best location for a major telescope in the United States. That is why a 107-inch instrument was added later and a 320 inch is planned for the future.

The atmosphere is clear and stable. It is seldom cloudy and rain is a rarity. Surrounding mountains block out most of the artificial lights from Fort Davis, Alpine and Marfa, 21 miles south.

Nevertheless, some artificial light does pollute the sky and even a small amount interferes with the work of the scientists. Light waves from the earth streak upward until they bounce off particles in the atmosphere and "scatter" throughout the sky. It affects

their scientific measurements and can play havoc with astronomical studies.

The problem has grown as historic Fort Davis and McDonald Observatory have both become prime tourist attractions. More and more visitors stop by both McDonald and the restored fort on their way to the Big Bend. Some of the first complaints came from amateur astronomers who for years have brought their expensive telescopes to the nearby Prude Guest Ranch each May to escape city lights. Along with some of the Observatory professionals, they decided to do something about it.

In cooperation with local residents, a strategy to preserve the region's darkness was implemented. West Texas Utilities, which provides most of the street and other illumination lights to the area, agreed to market only low-sodium lights. As current mercury vapor lamps, with their high, but invisible, ultra violet rays expire, they are being replaced with low-sodium lights.

Even Fort Davis High School helps. It turns off its stadium lights as soon as a night football game ends.

Legislators responded, too. In the 1970s, a bill was passed giving Jeff

Davis County commissioners power to restrict outdoor lighting only to shielded or low-sodium lamps. In 1989, the same restrictions were extended to six counties surrounding the location of McDonald.

Residents feel that their return to the dark age is worth it from both a scientific and economic standpoint. Of course, the reduction in light pollution allows the scientists at one of the 15 largest telescopes in the world to do better work. But in appreciation for the

support of the residents of the area, McDonald has helped to make Fort Davis a major tourist attraction by rolling out the red carpet for visitors.

The public is welcome to Mt. Locke from 9 a.m. to 7 p.m. weekdays and Sunday afternoons. "Star Parties" for the general public are staged each Tuesday and Saturday evening, weather permitting. At the beautiful Visitor Center, special programs are presented daily.

Methadone - Is it a possible cure for cancer?

Methadone, a powerful synthetic narcotic used to wean addicts from heroin and morphine, now may offer new hope in the fight against cancer.

Dr. Rhonda Maneckjee and Dr. John Minna, director of cancer research at The University of Texas Southwestern Medical Center at Dallas, have shown that the drug inhibits the growth of lung cancer cells in mice. Soon they hope to begin testing the opiate on human patients with lung cancer.

It is known that narcotics like morphine and heroin inhibit the growth of some tumors. This results because certain brain cells contain receptors that bind with these drugs to slow or stop cancer cell growth. Until now, it was thought that these receptor cells were produced only in the brain.

However, when Drs. Maneckjee and Minna began studying methadone's effect on cell growth, they discovered that lung cancer cells also bear special molecules that bind

with this drug. When they injected methadone into mice that had been implanted with human lung tumors, the growth of the cancer cells was inhibited. Tumor cells treated in a laboratory dish produced the same results.

With this success, the first tests of methadone on human lung cancer patients will begin soon. Later the researchers say they may test it on breast and colon cancers and other tumors that prove responsive to the drug. But they say that much work has to be done.

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Help Your Heart

American Heart Association 

Beat the Heat With Your Feet — Start Walking

If it's too hot to play sports, or you just don't enjoy them, then try walking.

An inactive lifestyle may increase your risk of having a heart attack. But regular aerobic exercise, such as brisk walking, may help improve your cardiovascular health.

Exercise can help improve your blood circulation, burn excess calories to help control weight, and release tension. But you can't reap benefits if you don't exercise right.

A regular walking program may help prevent heart disease and condition the body if done for 30 to 60 minutes at least three times a week. Conditioning allows the body more oxygen and enables the heart to use it more efficiently. Walking can not only help you get in shape, but it can also help you look and feel good.

If you're at high risk for heart disease, over 40 years old or haven't exercised before, you should see your doctor first.

You'll need to take some precautions when you start an exercise program. You should not eat for two hours before you walk, and you should wait to eat until at least 20 minutes afterwards.

Summertime temperatures can cause heat exhaustion and heat stroke, but you can help prevent them. Be sure to drink water before, during and after walking. Heat exhaustion and heat stroke occur when the body becomes dehydrated and is unable to adequately cool itself.

The symptoms for heat exhaustion include a body

temperature that is below normal, dizziness, headaches, nausea and sometimes confusion. These symptoms may be followed by a collapse.

A heat stroke can be more serious than heat exhaustion. It can cause dangerously high body temperatures, dizziness, headaches, thirst, nausea or muscle cramps. However, the two most evident signs of heat stroke are a lack of sweat and high blood pressure.

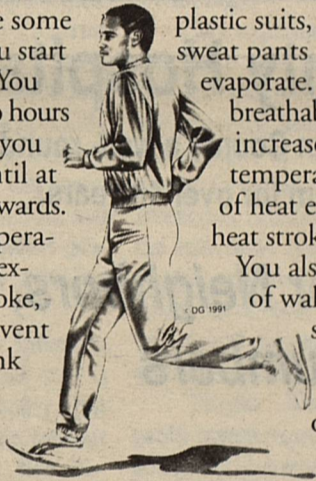
If it's too hot to exercise outside, then you can take a walk at a shopping mall, gym, health club or at other indoor facilities.

You can also avoid the heat if you walk in the early morning or evening when the temperature is cooler. But at these times be aware of reduced visibility for yourself as well as for drivers. You may need to wear bright or reflective clothing.

Wear light and loose-fitting clothing for summer exercise. Wear cotton or other porous materials because rubberized or plastic suits, sweatshirts and sweat pants don't allow sweat to evaporate. Heavy, non-breathable clothing can increase your body temperature and your risk of heat exhaustion and heat stroke.

You also need a good pair of walking shoes. Choose shoes with thick, flexible soles that cushion the bottom of the foot and absorb shock for the rest of the body.

So stay in shape and beat the heat with your feet. Walking can be fun exercise — and may help keep your heart healthy!



This recipe is intended to be part of an overall healthful eating plan that would not include more than 30 percent of daily calories from fat.

Yogurt Gelatin Delight

Cool off those "dog days" of summer with this treat!

1 3-ounce package fruit-flavored gelatin **8 ounces** low-fat yogurt of the same flavor

Prepare gelatin according to package directions. Cover and refrigerate just until it begins to set.

Add yogurt and stir to combine thoroughly. Pour into molds. Cover and refrigerate until set.

Makes 6 servings.

Fluffy Whip

When gelatin has started to set, whip it with an electric mixer until it is light and fluffy. Then fold in yogurt.

Nutritional Analysis per Serving

91	Calories	2 mg	Cholesterol	0 gm	Saturated Fat
3 gm	Protein	67 mg	Sodium	0 gm	Polyunsaturated Fat
20 gm	Carbohydrates	0 gm	Total Fat	0 gm	Monounsaturated Fat

This Help Your Heart Recipe is from the American Heart Association Cookbook, 5th Edition. Copyright 1991 by the American Heart Association, Inc. Published by Times Books (a division of Random House, Inc.), New York.

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