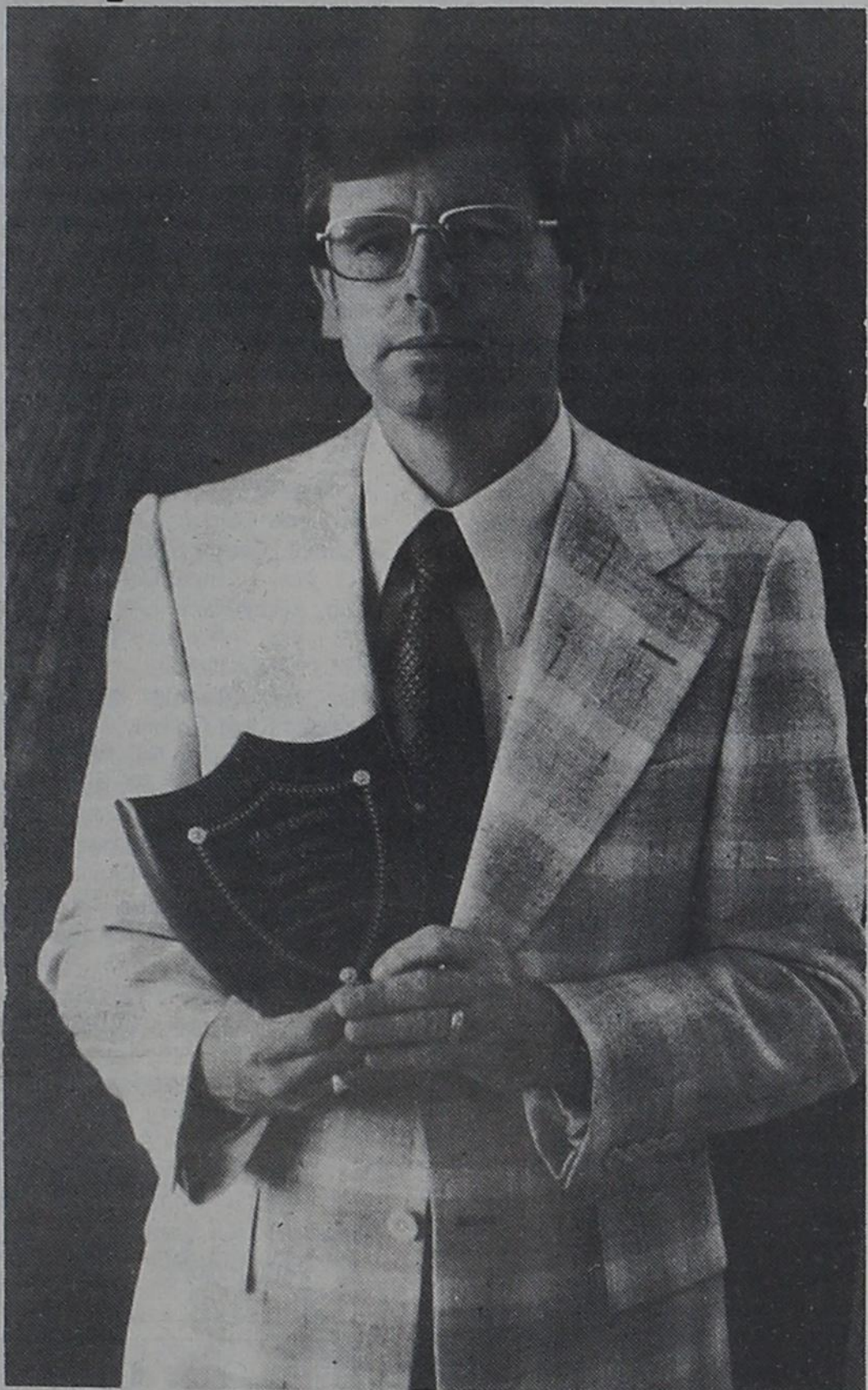




Jay Stanton Honored as Outstanding Citizen for 1977



Jay Stanton

The newly formed Jaycees of Shallowater decided it was time to "blow their horn" and honor Jay Stanton as the outstanding citizen for 1977.

This award was given Monday night at the Jaycees fish supper and awards banquet held in the school cafeteria. An overflow crowd listened as Ricky White presented the award and said, "I've never known anyone to say a bad word about Jay Stanton."

Jay was asked to plan the fish supper and it was probably the tastiest and most well attended meal that Shallowater has ever had.

Jay's wife Pat always comments, "Jay could have been a professional chef with his delight and ability in planning and preparing large meals." About the only food work at home is occasional steaks and Sunday breakfasts. His children, Terri 16, Patti 13, and Camie 10, believe that those menus of scrambled eggs, gravy, hash browned potatoes and buttered biscuits have to be tops.

Jay has served the community in many ways since his graduation from high school in 1956. He has worked through the churches and school to build a better town for everyone. He is presently serving as president of the local school board and also as board member for the Chamber of Commerce.

Jay has farmed in the Shallowater area for the past 21 years and has maintained an up-to-date farming program.

People in the area probably know Jay best as a "peacemaker" and as a person who enjoys sharing his time and himself. If the people of Shallowater wrote down the time that Jay has helped or come to their aid, how many pages would be filled.

There are young people that have been helped in establishing credit, tuition to colleges paid, money and aid given to those in poverty, family situations helped, hospital bills paid, debts cleared, gardens planted to feed hundreds, farm hands provided for in a worthy manner, and the list

could go on. (You who know Jay probably have your own list.)

Jay's wife Pat shares these feelings: "He treats other people just like he treats us here at home. He is considerate of others' feelings and tries to see what is best for the other person. He is the same towards the rich, poor, saint, and the sinner. He is the greatest organizer and planner that I know. I want him on my team when there is something big to be done. Whenever I have a big decision to make regarding the Rays of Hope office and TV work, I ask the Lord to give Jay the wisdom and answer and then I know that I am safe."

Pat also added that Jay is very good to their children and he expects them to be disciplined in all areas and be responsible and grateful for life. She says that their most enjoyable time together might be tennis, attending church worship services, eating with friends, or throwing a softball in the front yard.

Several years ago, Jay provided a prayer room for himself and family. He has said we had a kitchen to feed our bodies, a bathroom to wash our bodies, a bedroom to rest our bodies, a den and patio to entertain and exercise our bodies so I felt like we needed a prayer room to feed our spirits and to heal our bodies as needed.

Jay's philosophy has always been, "The Lord has blessed me and always will and I want to do the same for others."

There are many men who walk, live, and die upon this earth and they are never missed when they are gone. Jay Stanton is a man that walks and lives among us and he would be sorely missed if he were gone. He would also be the last person in the world to "blow his own horn". I think it was time that the Jaycees did.

Friday is Red & Black Day

PROCLAMATION

WHEREAS, I, Joe Cox, Mayor for the City of Shallowater in cooperation with the Shallowater Mustang Booster Club, hereby designate Friday, September 16th, as RED AND BLACK day, in honor of all the school supported Mustang organizations.

WHEREAS, on this day, all persons of the Shallowater Independent School District and Merchants in the Area, are urged and requested to honor Friday as RED AND BLACK day by wearing these school colors and the merchants are urged to decorate their buildings in the colors of RED AND BLACK.

WHEREAS, it is the desire of the Mayor, Booster Club and everyone in the school district to back their school 100% by participating on Friday in displaying the school colors of RED AND BLACK.

This Proclamation adopted this the 15th day of September 1977.

Signed,

Joe Cox
Mayor
City of Shallowater

Play Day Turns Out a Success

A record turnout of between 500 and 600 people turned out for the first Play Day, sponsored by the Shallowater Jaycees Monday, that is planned to be an annual affair.

A delicious meal of fried fish fillets, red beans, potato salad, cole slaw, and all the trimmings were served to the crowd that gathered for the 7 p.m. meal.

Following the meal, trophies and first, second and third place ribbons were presented, with the adults receiving trophies and the children ribbons for the events they participated in.

Highlighting the day was the presentation of a plaque to Jay Stanton who in Ricky White's words were "I never heard a bad thing said about Jay Stanton."

There is not enough good things to be said about Jay who is a good down to earth farm boy that quietly helps people in need, not wanting any praise for himself. There is not a more

deserving person to receive this award. Congratulations Jay.

The Jaycee members wish to express their deep appreciation to each and everyone who helped to make Shallowater's first Play day such a big success.

Bridge Tournament

1st—Jack and Dorene DuLaney

2nd—Charles and Virginia Hohertz

Croquet Tournament

1st—Doyle McKennon and Rocky Blair

2nd—James Reeves and Danny Waters

Tennis Tournament

Women's Division

1st—Jan Averitt and Jan Andrews

2nd—Terri Stanton and Patsy Young

3rd—Pat Stanton and Jeanne Woodruff

Men's Division

1st—Greg Mason and Bryan Stewart

2nd—Steve Martin and Hank Woodruff

Due to rain the men's third place and Consolation in both the men and women's divisions were cancelled until a later time.

Winners in the children's age group were:

Egg Race

Listed in order of first, second and third place winners:

5 yrs.—Corby White, Tim Boyer, Wendy Barnes

6 yrs.—Chad Tubbs, Darla Ellis

7 yrs.—Brenda White, Johnna Pointer, Kari White

8 yrs.—Clay Enger, Mendi Woodruff, Aggie Medlock

9 yrs.—Traca Ellis, Roni Schatzle, Sherry Wiley

10 yrs.—Linda Shropshire, Camie Stanton, Troy Medlock

11 yrs.—Tracy Cobb, Chadd Woddruff, Vince Collins

12 yrs.—Jordan Cox, Todd Kohler, Wayne Farmer

13 yrs.—Stacy Wyche, Rhonda Ellis Thersa Kohler

Sack Race

5 yrs.—Wendy Barnes, Colbert White, Amy Armes

6 yrs.—Chad Tubbs, Darla Ellis, Tim Boyer

7 yrs.—Kari White, Wayne Barnes, Cameron Hopson

8 yrs.—Mendi Woodruff, Aggie Medlock, Clay Enger

9 yrs.—Tracy Ellis, Sherri Wiley, Rani Schatzle

10 yrs.—Linda Shropshire, Camie Stanton, Greg Cowart

11 yrs.—Rene Applegate, Kim Farrhurst, Chad Woodruff

12 yrs.—Jordan Cox, Todd Kohler, Don Smith

13 yrs.—Donnie Glenn, Patti Stanton, Ruth Gomez

Balloon Race

5 yrs.—Eddie Villela, Scott Hardy, Wendi Barnes

6 yrs.—Kari Schatzle, Chadd Tubbs, Darla Ellis

7 yrs.—Johnna Pointer, Kari White, Camron Hopson

8 yrs.—Mendi Woodruff, Lisa Villela, Clay Enger (tie)

9 yrs.—Rani Schatzle, Aggie Medlock, Traca Ellis

10 yrs.—Camie Stanton, Greg Cowart, Linda Shropshire

11 yrs.—Chad Woodruff, James Smith, Tracy Cobb

12 yrs.—Rose Villela, Maricela Villela, Tonya Applegate

Softball Throw

5 yrs.—Tim Blair, Eddie Villela, Colbert White

6 yrs.—Chadd Tubbs, Kari Schatzle, Darla Ellis

7 yrs.—Tina Villela, Wayne Barnes, Mark Wittie

8 yrs.—Clay Enger, Aggie Medlock, Mendi Woodruff

9 yrs.—Rani Schatzle, Traca Ellis, Sherri Willy

Continued On Page Two

Mustangs Blow Sands Away

Friday night was the first game of the season. The Shallowater Mustangs trampled Sands 75-0. At the second play of the game, Sands fumbled and the Mustangs recovered it. Fullback Andy Blackmon scored the first touchdown.

Scoring two touchdowns apiece for Shallowater were Jesse Longoria, Rodney Jackson, Andy Blackmon, and Pete Alvarado.

Also scoring for Shallowater were Stacy Hohenberger, Larry Bartlett and Marcus Lara. Curtis Lester, Rodney Jackson and Lane Giles scored the extra points. The Mustangs' offense rambled for 388 yards and the defence held Sands for 46 yards total.

The Mustangs next game is at Ralls, Sept. 9 at 8 o'clock. Good luck Mustangs!

Persons are reminded that when traveling around the school area the speed limit between 10th street and 12th street on Ave. L is 20 m.p.h. and 25 m.p.h. on 12th street and Ave. J. Those violating the speed limit will be issued tickets by the local police department.



Party Line

Mrs. Sue Pair and Maureen visited in Dumas over the weekend with the Jimmy Clarks.

Geniese Grawunder, sophomore at Texas Tech University, has been invited to join Kappa Kappa Gamma social sorority. Geniese's other activities at Tech include the Tech marching band; Alpha Lambda Delta; National Honor Society; Tau Beta Sigma, National Band Honorary Society; Sigma Nu Little Sister organization; and Dean's Honor List. Geniese is the daughter of Mr. and Mrs. Leroy Grawunder of Shallowater.

Mr. and Mrs. Louis McMenamy were in Dallas over the weekend visiting their son, Mr. and Mrs. Keith McMenamy.

Mr. and Mrs. Bill Briant visited relatives over the weekend in Amarillo.

Visiting for two weeks with their son, Mr. and Mrs. Darrance Haught, Drew and Dorcas in Kolona, Iowa were Mr. and Mrs. Berlin Haught.

Labor Day weekend, Mr. and Mrs. Lupe Trevino and boys were in Uvalde visiting their parents, Mr. and Mrs. Don Trevino and Mrs. Lupe Portillo.

Visitors over the Labor Day weekend in the D.N. Becknell home was their son, Mr. and Mrs. Don Becknell of Royce City.

Tonya McAuley visited Friday night through Monday with her parents, the LaVon McAuleys and attended the football game.

Mr. and Mrs. Glen Blair and children of Levelland, Emmett Blair of Lubbock and Mr. and Mrs. Rocky Blair and children were Labor Day dinner guests of the Roy Blairs.

Mr. and Mrs. A.M. Covington Sr. were in Devine over the weekend visiting his mother, Mr. and Mrs. Harry Davis.

Mr. and Mrs. Buddy Stanton and Mrs. Glyn Kirby spent Labor Day with the Tommy Stantons in Dimmitt.

Mr. and Mrs. Walter Hutton visited over the weekend with their son, Mr. and Mrs. Randy Hutton, Holli and Hendi in Burleson.

Mrs. Barbara Morgan entered St. Mary's Hospital Sunday and will undergo surgery Wednesday.

Mr. and Mrs. Dunk Williamson visited their son in Ft. Worth Saturday and Sunday.

Mr. and Mrs. Arthur Morse of St. Joseph, Mo. are visiting in the Robert Chandler home.

Mr. and Mrs. Danny Lawrence and children will arrive in the

States sometime next week after four years of service in Germany with the Air Force. The family will visit her parents, Mr. and Mrs. J.C. Kulm enroute to Hill Air Force Base in Utah where they will be stationed.

Mr. and Mrs. Austin Westbrook and Mr. and Mrs. D.A. Wilson and Jay visited over the long weekend with relatives in Deport and Paris.

Mr. and Mrs. George Gidden and Debra were in Brownwood over the weekend visiting her sister, Mr. and Mrs. R.E. Wells and her father, Rev. Ben H. Moore.



Mr. and Mrs. Timothy Leftwich proudly announce the arrival of a baby girl, born Wednesday, August 31, at 10:10 p.m. in University Hospital.

The little girl tipped the scales at 7 pounds 10 ounces, was named Jennifer Katy and has a 3½ year old sister, Abigail and a 1 year old brother, Joshua.

Grandparents are Mr. and Mrs. Ruben Essary of Kalkaska, Michigan and Mr. and Mrs. Bill Leftwich of Lubbock.

Great grandparents include Mr. and Mrs. Homer Ford, Lubbock, Mrs. Vesta Glasscock, Lubbock, Mr. and Mrs. D.O. Atchley of Tulia and Mrs. Mary Leftwich of Duncan, Okla.

Shallowater Man Gets Promotion

Jimmy Preston, son of Mr. and Mrs. Howard Preston, recently moved to Denver, Colorado where he will supervise a five state area for Qantas Airlines there.

Jimmy and his wife will be living in Littleton, Colorado.

Constipation: relief without fear

Recently a national panel of doctors discovered some laxatives were ineffective... unreliable. But they found the single medicine in EX-LAX was effective and safe. EX-LAX gently stimulates your system's own natural rhythm — for overnight relief. Chocolated tablets or unflavored pills. **EX-LAX**

Strongest anti-itch drug you can buy without prescription

Stop itching fast of external vaginal, rectal, and other skin conditions. Doctors find even severe itching can be treated with a special drug. You can now get this anti-itch drug ingredient with no prescription in BICOZENE®. Use only as directed. The medically proven creme for itching. **BICOZENE**



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BASKETS From the Orient
Largest selection in Lubbock
Most Styles from 50¢ to \$7.00

Wanted!!!

Anyone having old school pictures or would like to reminisce school days of the past and share them with the readers of Suburban Today, please contact Dardie Williamson at 832-4373 no later than Monday at 5 p.m., Sept. 12th.

The homecoming edition will be published on Thursday, September 15. Readers enjoyed the issue so much last year we thought we would make it an annual event.

So help us make this one of the better homecoming editions by supplying us with any old pictures and stories of school days gone by.

PTA Sponsors

First Aid Course

The Shallowater PTA is sponsoring a first aid course, touching on CPR, taught by Mrs. Ernie Rackler, at the school cafeteria on Sept. 12-13 and 19-20.

Price for taking the course is \$5 for the books which includes 4 workbooks and one handbook.

Fifteen persons have already signed up to take the course and anyone desiring to take it may contact Mrs. Kathy Dunham or Floyd Epperson before the deadline Saturday, Sept. 10, at 5 p.m.

The course includes eight hours of study that will be held from 7 p.m. to 9 p.m. in the school cafeteria. The PTA will be serving refreshments at the course.

PTA Holds First Meeting

The Shallowater PTA's first meeting of the year was well attended by both the parents and teachers. Everyone showed an interest in having a very successful school year. The program, presented by the Shallowater Family Practice Center and the Shallowater Prescription Shoppe was very informative and beneficial to the members and their families.

The PTA is beginning a helping hands program. Parents interested in participating are asked to contact Mrs. James Arnold at 832-4048.

Everyone present at the meeting expressed an interest in having a crosswalk monitor at the various intersections in town. If persons want to serve on this

committee, contact Mrs. Harry King at 832-4775.

Plans are underway at this time to have a fall carnival sometime in October. At the present time it is the only function of the PTA to add funds for the organization. Those interested in working on this committee may also contact Mrs. James Arnold at 832-4048.

Homecoming Set for Sept. 16

The 5th annual homecoming of Shallowater Schools will be held on Friday, Sept. 16 with a full evening of activities planned by officers of the organization. LaVon McAuley, president, Joan Roberts, secretary and Juanita Krebbs, treasurer.

Registration will begin at 5 p.m. in the school cafeteria followed by a Taco Supper served by the Band Boosters Club in the cafeteria from 5:30 until 7 p.m. A business meeting will follow in the elementary building.

The Shallowater Mustangs will meet New Deal at Todd Field with the game starting at 8 p.m. and a presentation of Homecoming Queen will be at halftime.

Play Day . . .

Continued From Page One

10 yrs.—Greg Cowart, Trey Medlock, Camie Stanton

11 yrs.—Vince Collins, Tracy Cobb, Jerry Pack

12 yrs.—Jordan Cox, Don Smith, Todd Kohler

13 yrs.—Ronnie Glenn, Kit Bigham, Ruth Gomez

Watermelon Seed Spit

5 yrs.—Corbet White, Eddie Viella, Willy Bae

6 yrs.—Cari Scholtz, Amy Armes

7 yrs.—Cameron Hobson, Johnna Pointer, Wayne Barnes

8 yrs.—Clay Enger, Angie Medlock, Elizabeth Revilla

9 yrs.—Traci Ellis, Rani Schatzle

10 yrs.—Cammie Stanton, Ronya Armes, Trey Medlock

11 yrs.—Vivie Collins, Jerry Pack, Chad Woodruff,

12 yrs.—Jordan Cox, Tim Chandler, Don Smith

13 yrs.—Ronnie Glenn, Kit Bigham, Tavella Morgan.



The first steam engine was patented in 1698 by Thomas Savery. It was improved by James Watt in 1769.

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SUBURBAN TODAY

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Publication Service Company
Norman L. Williamson, Publisher
Dardie Williamson, Managing Editor
Shallowater News Editor

Dad's Day Set Oct. 14-15

Parents of Texas Tech University students will hear some of the institution's academic, administrative and sports officials during Dads Weekend, Oct. 14-15.

"We are committed to the greatest Dads Day and weekend in the history of the association," said Larry Williams of Dallas, chairperson of that committee.

Speakers will include Dr. Cecil Mackey, Texas Tech president, Dr. Richard A. Lockwood, vice president of the Tech Health Sciences Centers, and head football coach Steve Sloan.

Events begin Friday, Oct. 14, with a Family Dinner in the University Center Ballroom at 6:00 p.m. Coach Sloan will welcome the guests. The dinner will be followed by the popular "House of Hospitality," also in the University Center. Dads and their families use this occasion to visit informally with representatives from major administrative and academic offices of the university from 7:30-9:30 p.m.

On Saturday all dads and families will be guests of the Dads Association at a registration coffee, 9-11 a.m., Courtyard of the University Center.

Members of the association will meet at 12:15 p.m. for the Dads

Membership Luncheon. Dr. Mackey will deliver welcoming remarks and Dr. Lockwood will be luncheon speaker. New members of the Athletic Hall of Honor will be introduced.

A luncheon highlight will be announcement of the Spencer A. Wells Faculty Award recipient. The \$1,000 award is given to that faculty member who has made the most valuable contribution to the university and its program during the preceding year.

Funded by the Hemphill-Wells foundation, the award is administered by the Dads Association.

Also taking place at 12 noon is the Mothers Luncheon in the Wall-Gates Cafeteria, and for the first time a second and simultaneous Mothers Luncheon may be scheduled if there is sufficient demand. Details for the

second luncheon will be completed when ticket requests justify the additional event. Angel Flight, an auxiliary organization of the Air Force ROTC, will be hostesses.

Originating in the Administration Building parking lot, a two-hour bus tour of the campus will begin at 2 p.m. It will include a visit to the new medical school facilities. Members of saddle Tramps, campus spirit organization, will be tour hosts.

Special sections of the Jones Stadium have been set aside for dads and their families for the 7:30 p.m. Texas Tech vs. Rice football game. Tickets may be purchased in advanced through the association office. During the week of Oct. 10, tickets may be obtained from the association office on campus.

Charges are \$3.75 for the Family Dinner, \$4.25, Dads Membership Luncheon, \$3.40, Mothers

Luncheon, \$75c, bus tours, and \$8 for each football ticket in the special section.

Compare! Dristan® Tablets relieve more colds miserably than Contac or Aspirin.

	Dristan	Contac	Aspirin
Nasal Congestion	✓	✓	
Runny Nose	✓	✓	
Aches & Pain	✓		✓
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Doctors find many corns and calluses can be removed medically without surgery. The same medical ingredient doctors find so effective is now available without prescription in DERMA-SOFT® Creme. Use only as directed. Show ad to your druggist. **DERMA-SOFT**

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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.

The Di-Gel Difference

Anti-Gas medicine Di-Gel adds to its soothing Antacids.



Friday is Red & Black Day

Friday, September 16, has been designated by the Mayor of Shallowater as Red and Black Day and everyone is urged to wear red and black, decorate their cars with red and black crepe paper streamers and merchants are urged to decorate their businesses in the school colors to show the fighting Mustangs we are behind them all the way.

Lets all back our school by displaying the school colors all over town 100 per cent.

Go, go Mustangs!

Shallowater Lunch Menu

Monday, September 12

Chilled Pink Lemonade
Baked Ham W/Orange Raisin Sauce
Buttered Rice
Green Peas in Cream Sauce
Pineapple Pudding

Tuesday, September 13

Enchiladas (Beef & Cheese)
Pinto Beans W/Bacon
Cabbage & Carrot Salad
Plain Jello

Wednesday, September 14

Hot Turkey Sandwich
Mashed Potatoes
Seasoned Green Beans
Devils Food Cake
Chilled Orange Juice

Thursday, September 15

Hamburgers
Lettuce, Tomatoes, Onions, Pickle
French Fries W/Catsup
Ice Box Cookies

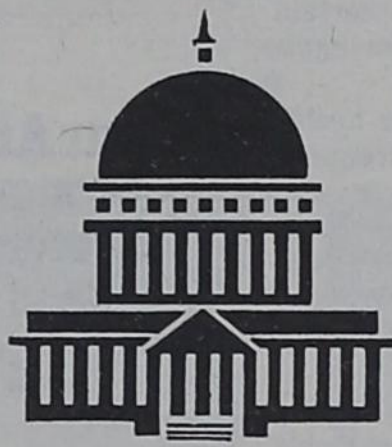
Friday, September 16

Green Chili Casserole
Baked Corn
Shredded Lettuce W/Dressing
Peach Cobbler

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.



An important message to our customers.

The House of Representatives has just voted to raise the price of your electricity! And the Senate is looking at the same legislation. These bills are going to cost you plenty — nearly \$50,000,000 a year for the next ten years. That's almost half a billion dollars!

Who cares? Of course you care. And we care. That's the reason we want you to know what's happening in Washington.

Not only did the House vote to raise your electric bill, there's a strong chance you'll get less reliable service, too. The Government is trying to take over regulation of your electric company. That's right! A Washington bureaucrat will decide who gets electric power and how much instead of your state and local officials.

That means your electric company will lose control over how we operate our own power transmission lines and facilities. We might not be able to give you — our customers — first priority. The Federal Government could use some of the money you pay for your electric service to make your electric company build a transmission line for a government-subsidized utility. You pay twice that way — in your electric bill and in your taxes. And you don't even get to use the line.

Lets not beat around the bush. The cost of doing business is going up. It costs you more for your electric service than it used to. But now when you pay your electric bill, you pay only what it costs to serve you, plus a controlled profit, so that we can keep updating our generation facilities and our technology to keep serving you better.

Well, if some Congressmen have their way, some people will pay less than their fair share of the electricity cost. Who will decide who gets the special rates?

You can bet it won't be you . . . or us . . . or our state and local government who know our needs best.

It will be some government official in Washington!

There's a whole lot more bad news in this legislation that has passed the House and is now being considered in the Senate. It's all part of Senate Bill 1469, Part E . . . and . . . Now for more bad news . . . Senate Bill 1472!

That's a dandy. It's the one that taxes you because some of your electricity is generated with natural gas. The gas users' tax is a case of the Government telling us to build coal-fired power plants faster than you can afford them.

It's as though the folks in Washington just woke up one day and decided there was an energy crisis and decided to try to right all the wrongs over night. The facts are that your electric company has been doing something about our diminishing natural gas reserves for more than six years. We haven't planned or constructed a gas-fired generation facility since 1971. And since that same time we've been planning to use coal as our primary generation fuel. We've just completed and put into operation Harrington Station — a coal-fired Generation plant near Amarillo.

But we need the opportunity to phase out the gas-fired facilities at a savings economical to you, our customers. New power plants cost money . . . cost you money, because you are our only source of money. We have a program that makes it possible for us to stop using natural gas to make electricity by 1995 at the latest.

It's a program you can afford. It's a program that will help alleviate rising costs. Sure, you'll pay more for electricity in the future. You'll be paying more for everything, but under our plan you'll pay a lot less than you'll have to pay if Senate Bill 1472 passes. \$423,000,000 less between 1983 and 1990.

Why? Because Senate Bill 1472 says that even though we are building coal-fired power plants as fast as you can afford them, you're still going to be penalized, by almost a half billion dollars. Just because some staff member in Congress thinks you should build them faster. And remember it is your money that builds these new plants.

The Good News in all this is that your Congressman voted against raising your electric bill, voted against giving you poor service . . . but he was outvoted. Now what you can do is write your United States Senator (His name and address are printed below for your convenience) and tell him to vote against Part E in Senate Bill 1469 and against the gas users' tax in Senate Bill 1472. Why? BECAUSE YOU CAN'T AFFORD THESE BILLS. And that's a darn good reason. Let the people in Washington know that YOU CARE what they're doing with YOUR MONEY!

Thank you

WRITE NOW

TEXAS

The Hon. Lloyd Bentsen
240 Senate Office Building
Washington, D.C. 20510

The Hon. John Tower
142 Senate Office Building
Washington, D.C. 20510

NEW MEXICO

The Hon. Pete Domenici
405 Senate Office Building
Washington, D.C. 20510

The Hon. Harrison Schmitt
1251 Senate Office Building
Washington, D.C. 20510

OKLAHOMA

The Hon. Dewey Bartlett
140 Senate Office Building
Washington, D.C. 20510

The Hon. Henry Bellmon
125 Senate Office Building
Washington, D.C. 20510

KANSAS

The Hon. Bob Dole
4213 Senate Office Building
Washington, D.C. 20510

The Hon. James B. Pearson
5313 Senate Office Building
Washington, D.C. 20510

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Extension Update

by Georgia Doherty

I just had my yearly physical—something you should be doing, if you haven't taken care of it yet.

Informed patients get more effective health care—and total communication with the doctor is how they do it.

First, get to know your physician before an emergency—and its stresses—arise, and be sure to give him your complete medical history.

After a move, decide on a local doctor and have your medical records transferred to him.

Precise and complete information is vital in the patient-physician relationship—from both sides.

Be specific about pains and problems, their duration and any treatment followed. Be sure to report any other medication—any important information about usual, everyday life, because these factors might affect treatment the physician will prescribe.

A doctor is responsible for giving the patient complete information about the treatment he is prescribing, why he is doing so, and what to expect—in results and any side effects.

Most physicians encourage patients to ask questions necessary for completely understanding recommended treatment. That helps patients follow it better—and allows more chance for success.

Also, using the daily diet to prevent health problems—or handle existing ones—is one way to "live better longer."

The U.S. Department of Agriculture-Economic Research Service surveyed 1,400 persons last spring and found that many have changed diet patterns for health reasons.

Nearly two-thirds said that at the time of the interview they or someone in their household suffered from some ailment—overweight, high blood pressure and allergy problems were most common. And about 40 per cent reported changing eating habits to help cope.

In addition, almost one-fourth of those interviewed said they, or someone in their household, were now eating or drinking certain foods and beverages to prevent a health problem.

Changes in the diet for health purposes were most frequent among persons in larger and higher income households. More "preventative" households were in metropolitan areas and reported food shoppers with higher educational levels.

Both the "health problem" and the "preventative" households

appeared to be cutting down on items high in saturated fats and oils—replacing them with other products. For example, those households are using fish, poultry and lean red meat instead of fatty red meat; unsaturated margarine instead of butter—and unsweetened or artificially sweetened foods and drinks instead of sugar-sweetened items.

Slightly more than 40 per cent of the households with current health problems and 25 per cent of households that wanted to prevent health problems looked for special information on food and beverage labels. Both groups worried about the number of calories and amount of fat, saturated versus unsaturated fats, and the presence of sugar.

The "preventative households" appeared to be slightly more concerned about the presence of preservatives, artificial sweeteners and food colorings, monosodium glutamate and nitrites in foods and beverages.

KELLY'S HEROES

by Joe Kelly

Pardon me, but I've been getting pretty impatient. What with the leaves falling off the trees, the grass starting to turn brown in spots and the hint of cooler temperatures, I've been anxious for the football season, college variety, to get started.

There isn't much longer to wait. Saturday Texas Tech opens its quest for the Southwest Conference title, the Cotton Bowl and national honors. It's been a long time coming.

Once the season gets going, there's not much letup in sight. The Raiders have only one open date, just before Texas, and they may well need a break in the action at that point.

It's a rugged schedule and anything can happen, of course, good or bad. From the way fall drills have gone, the bad hopefully is behind the Red Raiders. They have had more than their share of injuries to key people, people they need to be contenders.

The road to a championship is never easy and the Raiders had a tough row last season. They also had a break. They were not picked to win. Indeed, pre-season guesses rated them about in the middle of the pack. They weren't mentioned nationally.

All of that has changed, thanks to a co-championship with Houston. The Raiders now are picked to be one of the top three teams, they're in the top 10 of the pre-season polls.

Steve Sloan has been singled out for special interviews on national tv, something reserved for the likes of the Darrell Royals', Woody Hayes' and Bear Bryants'. Rodney Allison is getting the same type of attention, along with Heisman and All American note.

Dan Irons is getting All America recognition and the Tech squad is drawing perhaps more than its share of attention. It's the type of attention that makes supermen out of superboys.

And who is to say that the attention isn't merited? The Raiders came out of nowhere last season to win their first 10 games, win a co-championship and then play Nebraska off its feet.

That type of Cinderella season caught the eye of the news media, always looking for a rags to riches story. And so there has been publicity like nothing Tech has ever had in the past. It's enough to turn the head of anyone, let alone a group of teenagers.

The road to championships seldom is smooth and, before anyone goes out and bets the family jewels that Tech will repeat and go to the Cotton Bowl, simmer down for a moment and note this.

Last year the Raiders won four games that they could, and maybe should, have lost. They were relatively injury-free. They weren't picked high before the season, so teams didn't go that extra step in getting ready for them.

Still, Tech had to come from behind to beat an average New Mexico team, 20-16. They beat a Texas team that really was no great shakes last year with a 5-5-1 record, 31-28, and they had to come from far behind, 21-10, to do that.

They scored quickly against TCU and then had to hang on for dear life to take a 14-10 victory over a sub-par eleven. And luck fluttered all over Jones Stadium as the Raiders came from behind to beat Baylor, 24-21, and nearly suffer a tie.

Oh, no, the path wasn't easy last year, and it will be much tougher this season, especially if those injured players don't get back in action. It doesn't take many injuries to experienced, key players to rob a team of its potential.

This first game, against Baylor, could set the tenor for the entire season. Not only is it the opener, it also is the first conference game. And it's at Waco, where Tech is not strong.

Indeed, the Raiders lost their first eleven tries against the Bears in Waco, won a pair, and then lost again to stand 2-12. The last loss was by the Peach Bowl team in 1974.

Baylor is not picked as one of the top teams in the league. It has potential, but it isn't expected to challenge the likes of Tech, A&M, Houston, maybe not Arkansas or Texas. And yet, the Bears have the potential to have a strong football club.

Question marks abound on this Tech eleven. Will Allison be The Magician again this year? Will Dan Irons' knee come around? Will young players mature quickly enough? Is the runningback situation deep enough? Can Thomas Howard be replaced?

The answers won't be long in coming. The Raiders will be in condition, so the heat and humidity of Waco shouldn't be a deciding factor. The main one will be the Tech squad itself.

By all rights the national recognition ought to be a spur to the Raiders to perform above normal. The school stands at the crossroads. Another year like 1976 would go a long way towards assuring Tech annual recognition as a power.

Anything less than an exceptional year and the Raiders will be written off as another fluke. It's up to the players. After all, they will be the ones performing.

So, before a kick has taken place, I like the Raiders' chances, followed by A&M, Houston, Texas, Arkansas, Baylor, SMU, TCU and Rice. Obviously, I have confidence in Steve Sloan and the Raiders.

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NEWS about 4-H from national 4-H council 150 N. WACKER DR., CHICAGO, IL 60606 (312) 782-5021

4-H'ers Fight Fido's Battle Of The Bulge

CHICAGO—The difference between a fat person and a fat dog is that Fido doesn't know it's not healthy to be overweight!

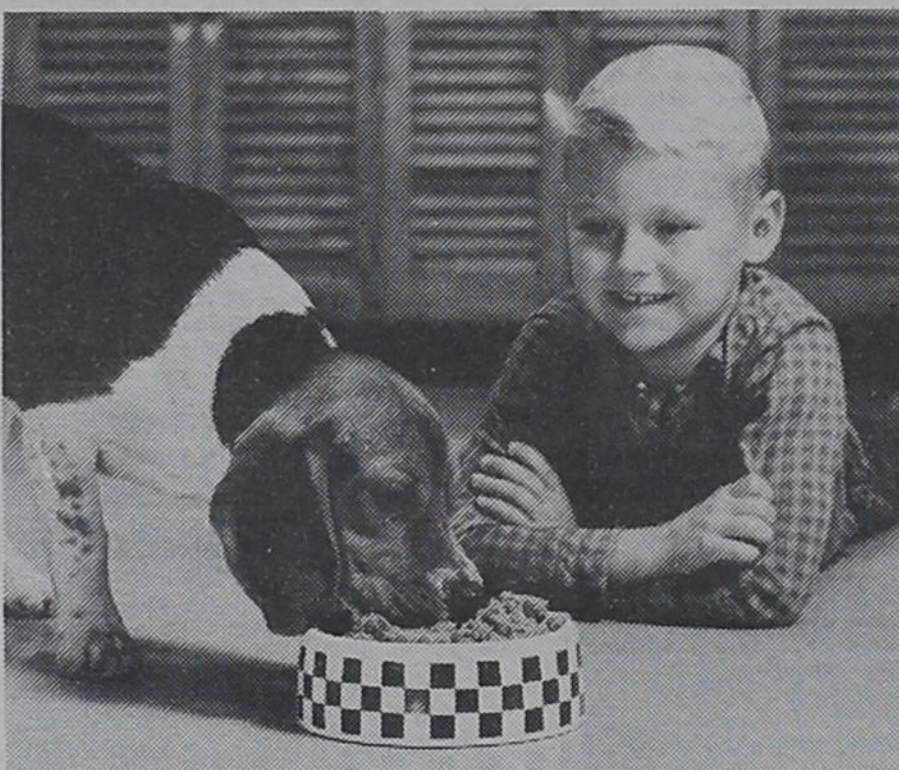
In the national 4-H dog care and training program, young people are learning that it's just as dangerous for a dog to be fat as it is for a human. Extra pounds can threaten the heart, liver and circulatory system of an animal, too.

4-H members with overweight pets can follow the advice of extension veterinarian Dr. Charles Dobbins, associate dean of the College of Veterinary Medicine, University of Georgia. He suggests cutting out table scraps and providing more exercise.

Weigh the dog initially, wait several weeks, then weigh him again. If he hasn't shed any excess pounds, have him checked by a veterinarian. Sometimes hormonal problems may interfere with weight loss, Dr. Dobbins says.

Keeping their pets trim, healthy, well-groomed and trained to obey basic commands are goals of girls and boys 9-19 enrolled in 4-H dog care projects and activities. Their efforts are supervised by the Cooperative Extension Service and supported by Purina Dog Foods Group, Ralston Purina Company.

The company offers recognition for 4-H'ers at all levels



It's just as dangerous for a dog to be overweight—in terms of heart, liver and circulatory ailments—as it is for a human. To keep pets trim and healthy, young people 9-19 in the national 4-H dog care and training program learn-by-doing about the importance of proper diet and exercise. The program is conducted by the Cooperative Extension Service and supported by Purina Dog Foods Group, Ralston Purina Company.

of participation: six \$1,000 scholarships nationally, 18 sectional trips to the 56th National 4-H Congress in Chicago Nov. 27-Dec. 1, a transistor radio for one program member per state, and four medals of honor in each county. Winners are chosen by the Cooperative Extension Service and awards are arranged by National 4-H Council.

Ralston Purina has also supported the development of new educational materials

on dog care and training, scheduled for distribution this fall. For more information write: Educational Aids, National 4-H Council, 150 N. Wacker Drive, Chicago, Ill. 60606.

The 4-H dog care program helps young people learn-by-doing to assume the responsibilities of dog ownership, and to develop a greater understanding and appreciation of animals. More information on the program is available from county extension agents.

Glamour Talk by Jeff

Consider the merits of an avocado on your face. Eat the first half, then make a mask from the second half by mashing the meat and thickening with skim milk powder. Apply and leave on for 10 minutes. Rinse with cool water.

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SHALLOWATER MUSTANGS '77



Shallowater Varsity Football Schedule 1977

Date	School	Place	Time
Sept. 2	Ackerly	There	8:00
Sept. 9	Ralls	There	8:00
Sept. 16+	New Deal	Here	8:00
Sept. 23	Hale Center	There	8:00
Sept. 30	Farwell	There	7:30
Oct. 7	Frenship	Here	7:30
Oct. 14*	Seagraves	There	7:30
Oct. 21*	Plains	Here	7:30
Oct. 28*	O'Donnell	There	7:30
Nov. 4	Open	—	—
Nov. 11*	Stanton	Here	7:30

Coaches: Eddie Wolski (A.S.U.) Joe Tubb (WTSU)
 Wayne Schatzle (NTSU) Derrith Welch (WTSU)
 Superintendent: Charles Hohertz
 Principal: Beryl Harris
 Cheerleader Sponsor: Boxie Harrison
 Cheerleaders: Shelly Adams — Julie Sproles — Lori Harrison — Kim Medlock — Joni Smith
 Mascot — Sharon Howell

The 8th Grade Games will begin immediately after the 7th Grade Games.

*Denotes District Game
 +Homecoming

1977 Football Roster

No.	Name	No.	Name
10	Larry Bartlett	65	Kyle Bedingfield
15	Andy Blackmon	66	Harold Hance
18	Jesse Longoria	68	David Coker
21	Lane Giles	70	Tim Reep
22	Rodney Jackson	72	Robin Krebs
23	Neal Luck	73	Louis Caballero
25	Pete Alvarado	77	Stacy Hohenberger
51	Roddy Thomas	80	Barry Randolph
52	Paul Jordan	82	Clay Dixon
55	Rod Warren	83	Lloyd Price
60	Curtis Lester		

7th Grade Schedule

Date	School	Place	Time
Sept. 8	Ralls	Here	5:00
Sept. 15	New Deal	There	4:00
Sept. 22	Hale Center	Here	4:00
Sept. 29	Farwell	Here	4:00
Oct. 6	Frenship	There	4:00
Oct. 13	Seagraves	Here	4:00
Oct. 20	Plains	There	4:00
Oct. 27	O'Donnell	Here	4:00
Nov. 10	Stanton	Here	4:00

Junior Varsity Football Schedule

Date	School	Place	Time
Sept. 8	Ralls	Here	7:00
Sept. 15	New Deal	There	7:00
Sept. 22	Hale Center	Here	7:00
Sept. 29	Farwell	Here	7:00
Oct. 6	Frenship	There	7:00
Oct. 13	Seagraves	Here	7:00
Oct. 20	Plains	There	7:00
Oct. 27	O'Donnell	Here	7:00
Nov. 10	Stanton	There	5:00

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<p>Goodpasture Grain, Inc. <i>"We Stand Behind Our Team"</i> Shallowater 832-4220</p>	<p>Billye's Flower & Gift Shop <i>Go Mustangs</i> Shallowater 832-4389</p>	<p>HUTTON'S DRIVE IN <i>We're With You All The Way</i> Shallowater 832-4478</p>
<p>Shallowater Co-Op Gin <i>Sock it to em Mustangs</i> Phone 832-4300 Shallowater</p>	<p>Shallowater Super Market <i>We're with the Mustangs U.S.D.A. Choice Beef A Specialty</i> 801 Ave. F 832-4607</p>	<p>Shallowater Automotive <i>Yea Mustangs Danny Everette</i> Shallowater 832-4610</p>
<p>Robbie's Standard Service <i>Go Get Em</i> Shallowater 832-4604 Clovis Road</p>	<p>Simmons Shamrock Truck Stops <i>"Keep on Trucking Mustangs"</i> 763-3309 Bill Simmons, Owner</p>	<p>7-11 SUPERETTE <i>"Best Of Luck Team"</i> Shallowater 832-4417</p>
<p>Whistle Stop Bar-B-Que Cafe Mgr. Mary Ann Ross 832-4418 Shallowater</p>	<p>Julia's Hair Care 832-4640 <i>Get em Mustangs</i> Owner—Julia Hohenberger</p>	<p>Circle S. Food The Sewells <i>Go Big Red</i> 832-4856</p>
<p>Gerald's Automotive Complete Car Care <i>The Mustangs Have Power</i> Call 832-4726</p>	<p>Shallowater Insurance Agency 832-4337 <i>Go Get Em Mustangs</i> Pam C.E. Mendi</p>	<p>The Time Out Glenda and Sherisa Hester <i>We Like The Mustangs</i> 705 Clovis Road Bus. 832-4826 Shallowater, Texas</p>

Sheridan's Ride

by Jack Sheridan

Since I went on a rampage about the Citibus system and the now-adjusted new schedules last week, let me go on through the ludicrous mess to its completion as of this date.

It was bad enough that we patrons were deprived of advance notice on curtailed routes and consolidations to the majestic confusion of all who depend on this city-farce system, but when the drivers themselves were as much up in the air as we during the week, then we really had it.

For example, I take a bus from my corner to downtown, change and proceed to my place of business (that Curron, Inc. machine shop on North Ave. U). The old bus deposited me neatly on the corner by the building going and stopped on that corner for the evening return trip to home.

Last week. The route changed. The bus to town comes in reverse to the original route, same corner. So I stood and waited. I had my back to Ave. U and only when I heard a plaintive beep behind me, did I turn and gaze on the bus. It seems, as the driver ruefully admitted, that he had gotten lost and come down Avenue U and not Baylor. Only the fact that the genial man saw me and honked for me, saved me from that disaster.

The maps came out, the new times came out, some buses would not operate on Saturdays at all. It turns out that they do. "Misprint" is what the drivers say.

The Melonie Parks bus never did show up at the appointed time one day and that cost me a cab fare to get to work. The next day the connection was missed downtown and that was another cab fare. His eye may be on the sparrows but it certainly is not on the Citibus system.

Oh, well, I need 'em. They need us. Maybe the twain shall meet. It is a situation to be devoutly hoped for.

If you've seen the black comedian Richard Pryor, he saved "Silver Streak" from total mediocrity, then you owe it to yourself to hie off to the K-Mart center and the Showplace 4 where his first starring role on his own is being displayed. The film is "Greased Lightning" and it is a pleasant comedy made palatable by this gifted performer.

Beau Bridges is in the cast as is the lovely black actress Pam Grier, with Cleavon Little and others. Pryor emerges triumphant and this time proves that he is not only an able comedian but an actor as well. He is to have his own television series this fall and it is to be hoped that the media does not milk him dry before he makes his solid mark.

You'll remember Marty Feldman if you ever saw a Mel Brooks comedy. He was "Eye-Gore" in the "Young Frankenstein" panic and now this bubble-eyed, British comic has stepped out on his own, directing, writing and starring in "The Last Remake of Beau Geste."

The film is at the Fox Complex at this writing. I am sorry to say that Feldman has produced an innocuous clinker.

There is something about those pop-eyes that is amusing in a supporting, stooge role but not strong enough for a lead.

What emerges is a "poor man's Mel Brooks" effort, loosely based on the much filmed "Beau Geste" story of the French Foreign Legion.

You are an oldtimer if you remember the superb Ronald Colman version way back when, or even the remake with Brian Donlevy. It is a rehashed epic and this attempted spoof comes out ragged at the edges and a little more trying than amusing.

There are some good players in the show: Michael York, Peter Ustinov, James Earl Jones, Trevor Howard, Henry Gibson, Terry Thomas, Roy Kinnear, Irene Handl and even Ed McMahon as an Arab horseman (sic!). But most of them labor valiantly in the vineyards and come a-cropping.

Oh, yes, Ann-Margaret is in this one, too. I imagine she'll prefer to overlook the effort.

"Star Wars" continues down at the Mall as does the horrendous "Other Side of Midnight," while I have yet to contact "The White Buffalo." That's the Bronson number at Cinema West.

We're now into September and that means "Kiss Me, Kate," at the Lubbock Theatre Centre, the multiple activities at Texas Tech University and all the rest are about to explode upon us.

We shall dutifully be covering all items and the four entertainers headlined at the South Plains Fair at the close of the month.

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Rainfall Outlook Should Improve

COLLEGE STATION—Texas farmers and ranchers can look forward to some improvement in the rainfall situation during the next 30 days, if the National Weather Service is right in its predictions.

Most of the state should get some reprieve from the extended dry weather, say NWS officials. They are calling for above average rainfall in all regions through the middle of September. At the same time, temperatures should remain normal, which means a continuation of generally warm weather. Of course, some relief from the summer heat wave that has plagued much of the state should begin to show up by the first of September as cold fronts start winding their way down from the northern part of the nation.

The possibility of increased precipitation during the next 30 days should brighten the ranching picture considerably, according to the Texas Agricultural Extension Service. Most pastures and ranges are brown and the grass is dry and of poor quality. Supplemental feeding has begun in many counties due to the lack of grazing. Also, stock water is short over much of the state, and some ranchers have resorted to hauling water for their livestock.

Rain in the next few weeks would also boost hay production which has been extremely short this spring and summer, notes the Extension Service. Yields are off as much as 50 percent in some sections of East Texas. There is a growing concern about adequate hay for this winter due to the short crop and the fact that hay barns were emptied during last winter's severe weather.

Peanuts, soybeans, fall planted small grains, fall gardens and commercial vegetable crops would also benefit from the rainfall, said the Extension Service. Of course, the increased precipitation would delay harvest operations, especially cotton harvesting in southern, central and eastern areas, and grain harvesting in the Plains.

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Mustang Roundup

Student Council in Session



The Student Council that was elected last year are ready to make this year the best yet.

The Council is led by President Tony Heinen. He is assisted by Vice President Paul Thompson. The job of secretary is handled by Donna Evans and the job of treasurer is securely handled by Tim Sinclair.

A T.A.S.C. Workshop was attended by Tony Heinen and Tim Sinclair. They hope to spread the

good ideas that they learned at this workshop.

Each class has two representatives to represent their class and to report all the ideas and actions to their class.

The Senior representatives are Dana Vickery and Ruben Gomez. The Juniors are Kenneth Young and Terri Stanton. The Sophomores are Katie Blackmon and Neal Luck. The Freshmen are Mark Jungman and Brandy Giles.

The Nameless Bell

by Cindy Jackson

The Victory Bell now has a home at the Shallowater High School. It was graciously received by all.

The students and faculty want to give a special thanks to the Shallowater Equipment company for this bell. It was presented by Bob Dopson, Floyd Morton and Don Wages at the pep rally Friday afternoon.

The bell will be put to a good cause. It got a good start Friday night. So lets hope we keep on hearing that sweet bell ring on.



All Return to Start Sentence

by Cindy Jackson

All of the inmates between the ages of fourteen and eighteen returned to serve their time at Shallowater High School on the day of August 29, 1977.

The presiding Warden Harris was at the door to greet all the old and new faces. Some new guards were hired to watch over all of the inmates, and what a job they have!

All of the band students had to report in a week early to start serving their time. The band is now being led by A Nutt. They are in hopes of an improved unit.

The man in charge of the rock pile gang is Wonderless Wolski. The boys charged with assault and battery had to report in at the first of August. They came and slaved twice a day until just recently. With this bunch of brutal boys the Seagraves camp just better beware.

The girls are led by slave driver Averitt. She has high hopes with the basketball season just around the corner. That is if any of the girls are still standing after workouts.

Shallowater is hoping that their system of working with people makes them well known. With the great start we have had so far—no one should stop Shallowater now.



New Faces at S.H.S.

by Terri Stanton

The new teachers in Shallowater vary in size, shape, and teaching ability. Some have the looks of Farrah Faucet, while others remind you of just a plain ole' teacher.

Mrs. Catherine Johnston is our new English, Speech, and Drama teacher. She last taught at Phillips Jr. High, Chapel Hill, North Carolina. She received her college degree at West Virginia University in Bachelor of Science Education. He hobbies are writing and bread baking. Mrs. Johnston's comment on school was that she felt at home, and that the system was very caring, orderly, and friendly.

Mr. Wayne Schatzle last taught at Ranger High School for 3 years. He attended college at Baylor and received his degree in Physical Education. Mr. Schatzle is married to Kathy who teaches in grade school. They have two children: Rani, age 9; and Cari, age 6. Mr. Schatzle's hobbies are wood working, reading, and sports. Mr. Schatzle is one of the new football coaches, he also teaches Biology. Mr. Schatzle commented that school should be a place where one can grow in knowledge and awareness of the world and their place in it.

Mr. Authur Nutt also last taught at Ranger High School. Mr. Nutt has received many honors in his 7 years of teaching band and being in the field of music. He has had several sweepstakes and first divisions with previous bands. In the past he was Band Chairman of Music Region VII, a member of State UIL Music Advisory Committee, elected Outstanding Young Man of America 1976, member of Texas Music Educators Associa-

tion, and Texas Bandmasters Association. Mr. Nutt attended Ranger Jr. College, and received his Bachelor of Music Degree at Texas Wesleyan College, Fort Worth. Mr. Nutt is married to Kathy, they have two children. Michael age 3 and Jennifer age 4 months. Mr. Nutt enjoys fishing and water skiing. Mr. Nutt commented on Shallowater being very friendly, and he hoped to make Shallowater his home.

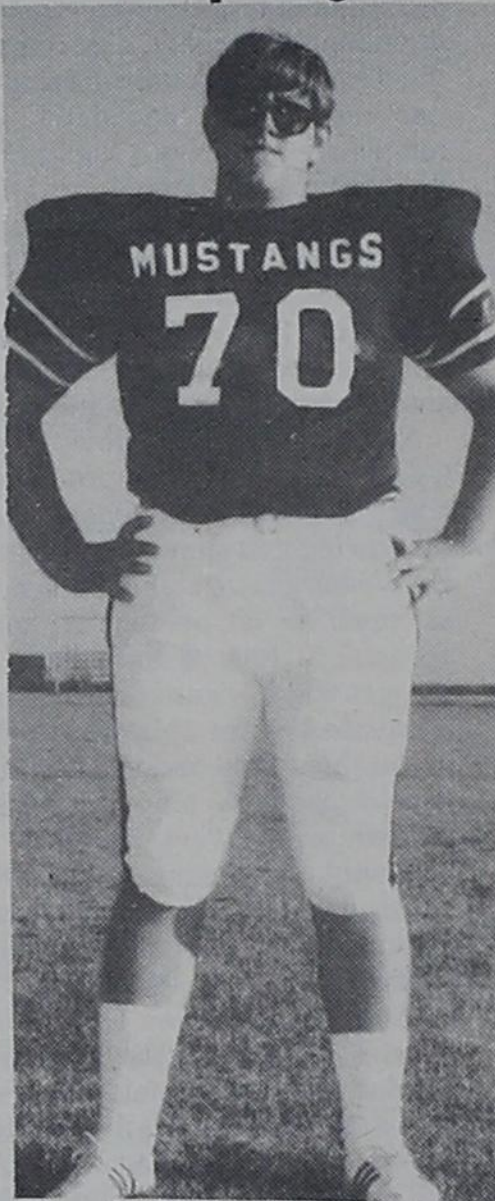
Kathy Mills thinks Shallowater is great! She has found both faculty and students a pleasure to work with. Mrs. Mills has been married to Gary for 2½ years. They have no children but plan to have a family in the future. Mrs. Mills last taught at Chapel Hill High School in Tyler, Texas. She attended Stephen F. Austin State University, and received her Bachelor of Science in Education and majored in Physical Education, and Mathematics. She loves all sports. Her hobbies include gymnastics, painting, macrame, crewel embroidery, guitar, fishing, and camping—generally, she likes a little bit of everything. Mrs. Mills is teaching Math.

Mrs. Janis Lloyd is our new secretary. She is married to Roy. Mrs. Lloyd enjoys painting, horseback riding, and tennis.

Mrs. Kima Light last taught at Goddard Jr. High in Midland. Mrs. Light went to Texas Tech and received her degree, Bachelor of Science in Microbiology. Mrs. Light is married to Jim. She enjoys crafts, and golf. Mrs. Light feels this will be an enjoyable year teaching in a smaller school system is nice for a change.

I wish all the new teachers a happy and successful year at good ole' Shallowater High.

Senior Spotlight



by Melissa Epperson

The senior spotlight shines this week on Tim Reep.

Tim came bouncing into this world on May 7, 1959 which makes him a Taurean. Anxiously waiting for him to appear were his proud parents L.M. and Dortha Reep. He has two brothers but both of them are married and have families. He lives at Route 1, Shallowater.

Tim says athletics is his favorite subject this year for the simple reason he likes to play football. A few other things Tim likes are hamburgers, football, and every red-blooded American boy's dream: cars.

Some of Tim's hobbies include working on his G.T.O., painting, and reading comic books. Tim watches TV when he's not playing football or working on his car. So one can see Tim seldom watches TV.

As one can tell Tim enjoys playing football. He would like to work in an oil field after he graduates this spring. Tim's life-long ambition is to be a football coach.

Tim has really looked forward to his senior year at S.H.S. "School's been great but I'm glad it's my last year."

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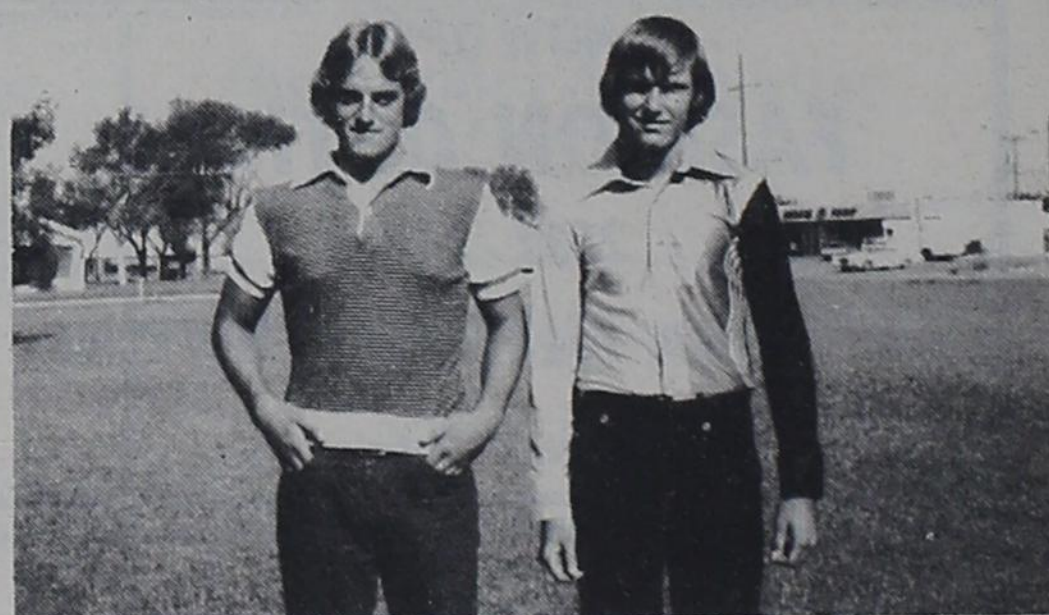
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Mustang squad

By Donna Evans

This week, two of the toughest Senior competitors on the Mustang Squad are featured, Rod Warren and Clay Dixon.

Rod Warren is a 6'1", 188 pound tackle and wears number 55. He is a player that does not quit and always gives a little bit extra.

Clay Dixon is a 6'2", 175 pound end and wears number 82. Clay is a tough, mean, and experienced player. Clay has determination and is willing to put out extra anytime. He plays his position very well.

Both of these Seniors are a great asset to the Mustang Squad.