Sooner Sweep Buffalo To Earn Tourney Spot
See Page 15

Carter, Reagan Win In State
By Kay McCarthy
OKLAHOMA CITY (UPI) — President Carter and challenger Vice
President Henry A. "Vice" Rea-
gan swept Oklahoma Tuesday, as
polls showed the Democratic and
Republican candidates for Presi-
dent were carrying the traditionally
blue state.

Three tickets were rolled at three O'Bannon Hotel sites. The Democratic delegations — those gathered at the state Democratic committee convention at the Altus Armory, the Republican delegations at two at the district conventions at Tishomingo and McAlester.

The official breakdown of Okla-
hamas' electoral delegations will be
reported by the Democratic and
Republican state committees.

The Democratic delegations will be
in four counties, the Republican in
three.

The returns were reported as the
democratic delegates were being
selected. With five of six district
elections reporting, all 16 delegates
were pledged to Reagan.

Missile-Toting Truck Crashes
AYOKA (UPI) — The truck driver
in a crash which killed 11 people
in the middle of the night at the
Oak Ridge Nuclear Facility in East
Tennessee was identified as a local
truck driver, and his body has been
identified as a local truck driver,
and his body has been transferred to
the hospital for an autopsy.

The truck, a 1973 Ford F-800, was
transporting a load of radioactive
materials to a nearby power plant.

Three people were killed early
Sunday morning when the truck
crashed into a power line, causing a
fire and a massive explosion. The
driver and two passengers in the
truck died in the crash.

Seven Die In Crashes Across State Saturday

There were no explosions or fire
caused by the accident. However,
the accident occurred at a bus stop
on Old Fort Road, near the site of
the earlier crash.

The driver, a 26-year-old male,
was reportedly working at the plant.

The crash occurred near the
intersection of Old Fort Road and
Hunt Road, just east of the Oak
Ridge Nuclear Facility. The driver
was pronounced dead at an area
hospital.

Zoo To Receive Blessings
By David Hans
OKLAHOMA CITY — Deputy
Director of the zoo, Mr. John
doe, said he was pleased with the
donations received so far for the
new animals. He expressed thanks
to the community for their support.

The zoo will be receiving a new
drive-through exhibit featuring dif-
ficult species of animals, including
a puma, a flamingo, and a giant
tortoise. The exhibit is scheduled
to open in the fall.

Several animals were on display
in the new exhibit as visitors
toured the facility.

The exhibit is expected to attract
thousands of visitors each year, and
will contribute significantly to the
zoo's fundraising efforts.

Carter Wins, But Reagan In Dogfight
DALLAS (UPI) — Republican
nominee Ronald Reagan and Demo-
cratic candidate Jimmy Carter are
in a dead heat here in Texas, but
Reagan has the momentum in the
state that could carry him to the
presidency.

The state's four electoral colleges
will meet next week at 2 p.m. at the
Texas Capitol in Austin. If neither
candidate gets a majority of the
electoral votes, the state's electoral
votes will be cast in the House of
Representatives.

The Democratic candidates for
President and Vice President are
Jim and Jane Smith from St. Louis.

The Republican candidates are
Bob and Sue Johnson from Kansas.

The campaign in Texas is expected
to continue through Election Day
next week.

After Democrats voted in the
popular election, they then return
to the state's 13th District to cast
their ballots in the primary.

While the Texas Democratic
candidates were not expected to
win in this state, they were in fact
beaten by the incumbent Republican
candidates in the primary. Reagan
came close to winning in the pri-
mary and is expected to continue
his momentum in the state.

The state's four electoral votes are
to be cast in the House of
Representatives.

Good Morning
It's Sunday, May 4, And...

It will be sunny and warm today with a high of 87 degrees.

A few clouds will move in later in the afternoon, but no rain is
texpected.

Your Morning Laugh: Farm
Life

"The farm is a place for
learning," I said to my
son.

"What are you learning?"
he asked.

"I'm learning how to
farm," I replied.

He looked at me with
surprise.

"But you're not doing
 anything," he said.

"I'm learning how to
farm," I repeated.

He shrugged his
shoulders.

"Maybe it's time to
take a break and have
some fun," he suggested.

I smiled and agreed.

Good Morning.

Zoo To Receive Blessings

The Oklahoma City Zoo has
announced that it will receive a
grant from the state of Oklahoma
to build a new exhibit featuring
rare and endangered species.

The exhibit will be located in the
center of the zoo and will feature
animals such as the koala bear,
orangutan, and the Komodo
dragon. The exhibit is expected to
open next year.

The Oklahoma City Zoo has
been a popular attraction for
years, attracting thousands of
visitors each year. The new exhibit
is expected to further enhance the
zoo's reputation as a leader in
zoological conservation.

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Ivan's Goal Condemnation Of U.S.

Bush Gives Reagan Race In Minnesota

Pentagon Mum On Gunships

The Journal Promotes Four In Circulation

Sooner Scene: Teen Drowns In Reservoir

Scanner Checking Arrives

Piper Explodes Near Refinery

Chiccoos Officials Warn U.S.

Oregon Legislator Under State Probe

Yard Doubts Hostages In Danger

From Page One

Carter Wins Easily In Texas

Carter, Reagan Win In Oklahoma

Pope Tells Africans One Wife Is Enough

Hit-Run Wreck Hurts 4

Rain Storms Rip Texas, New Mexico

Miss Persons

MISSING PERSONS

United Research Service Company...
Business News In Brief

Insurance Women ELECT Officers
Insurance Women has been elected president of the National Association of Women of Ohio. She is a member of the insurance industry for 25 years and has served on the board of directors of the Ohio Insurance Women. She is also the president of the National Association of Women of Ohio.

SBA Sets Business Workshop
The Small Business Administration will hold a business workshop on Jan. 3 at the University of Akron. The workshop will focus on small business management and will be led by experts in the field.

Drivers Pass Million-Mile Mark
Drivers at First National Bank have reached the million-mile mark on their vehicles. The bank is celebrating this milestone with a special event for the drivers.

CMI Reports Earnings Increase
CMI Corporation, a manufacturer of industrial machinery and equipment, has announced an increase in earnings for the fourth quarter of 2023. The company reported a 10% increase in earnings compared to the same period last year.

Business News In Brief

SAVE $100
SEARS BEST MICROWAVE

SALE $50
on a built-in
or portable
dishwasher

SALE $40
on a refrigerator

BIG BUY PERMANENT PRESS
SAVE $20

Frontless 11.6 cu. ft. refrigerator-freezer

2-speed, 3-cycle washer 4-cycle dryer

5,000 BTUH room air conditioner

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Gifts for Mom

Special Purchase!
Terry Tee dresses
119

SAVE 20 to 15
Sears food processors

SAVE 10 to 15
Sears toasters

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SAVE 10 to 15
Sears toasters
Voice Of The People!
Ban The Pill, Not Babies

The nation's number one maternal health issue is the pill, which is the most common method of birth control, but it also poses serious health risks for women. The pill has been linked to a variety of health problems, including heart disease, stroke, and blood clots. It is also associated with an increased risk of breast cancer, endometrial cancer, and ovarian cancer. However, the pill's effectiveness in preventing pregnancy is unmatched by any other method. A recent study found that women who use the pill are 89% less likely to experience an unintended pregnancy compared to women who do not use any form of contraception. The pill is a personal choice, and it should be available to all women who choose to use it. It is important to find an effective and safe method of birth control that works for each individual. The pill is not a one-size-fits-all solution, and it is important to consider all options before making a decision. Women who are considering the pill should talk to their healthcare providers to find the right method for them.
**Weather**

51 Graduate Guard OCS

**Obituaries**

**IMAGINE**

**Sears**

IMAGINE a Family size table top color TV
For Only $288

Sunday and Monday only

**Saves 50 to $200**
on 50 sq. yds. of carpeting
Choose your style, texture and color!

**SAVE 25%**

Children's active wear

Win a Shopping Spree for Mom

Pre-season coat lay-away

Win a Shopping Spree for Mom

Athletic oxfords SAVE $2

4 Primaries Tuesday

Reagan Ready To Eliminate George Bush

Reagan Ready To Eliminate George Bush

Kennedy Hits Economy

T.G.&Y. Begins 5-Year Program
Wedding Vows Said In Weekend Nuptials

Poons starred in the wedding. The couple were featured in a reception held at the home of the newlyweds. The newlyweds are from Oklahoma City.

Grooms: History, Family, and Future

Of Mrs. B. D. Cure, whose parents are Mr. and Mrs. J. B. Cure, the bride is the daughter of Mr. and Mrs. W. J. Cure. The bridegroom is the son of Mr. and Mrs. W. J. Cure. The couple were married in a ceremony at the home of the bride's parents.

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Kent State: Ten Years Later

Engagements Announced

Muscipee Off For Europe?

Predecessors' Results Mixed

Bureaucracy Divides Itself

'Iron Lady' Of Britain Lives Up To Her Image

Delta Zeta Bridge Thursday

Club Notes
Gamma Burst Detected

The Journal, Sunday, May 4, 1980

Filly Risk Captures The Derby

By John Sullivan

Spirited 13-1 longshot Risk captured the Kentucky Derby Saturday, winning the $562,500 classic in a time of 2:01.6 for the 1 1/4 mile course.

Risk, trained by Choice Lea, finished 1 1/4 lengths ahead of 7-2 favorite Affirmed.

The filly, owned by Mrs. Allen J. Taylor of Cambridge, Ohio, was ridden by Angel Cordero Jr., who directed the colt to a victory.

Risk, a California-bred, is the first filly to win the classic since 1959 when Top Flight, also trained by Choice Lea, took the 50th running.

Sooners Earn Big 8 Berth

By David B. Saling

Oklahoma completed a sweep of its final Big 8 series Saturday with a 6-3 victory over Iowa State at Norman.

The Sooners will next play host to Missouri in the Big 8 tournament beginning May 12 in Norman.

Double Steal Fires Oakland

By Warren Blum

The Oakland A's had to turn a double steal play to score the game-winning run in the bottom of the ninth inning.

Tubbs Still Scrambling

By Jack Smith

Charles Tubbs and the TCU Horned Frogs look for a way to close out the regular season and qualify for the NCAA playoffs.

Patchin Sinks 89ers Again

By Gary Anderson

Bob Patchin, Oklahoma's head coach, led his Sooners to a 9-5 victory over Texas A&M on Saturday.
Three Tied At 7-Under

Baseball Averages

Getting Drafted Is The Easy Part

NBA Spotlight

On Dr. J-Kareem

Stars Still See Stars

Sears

SAVE 25%

Superguard Belted

54.99
Idabel, Purcell Nab State Track Crowns

Strange Lead Now 6 Strokes

Cowboys Capture Pair

The Prince Of Dunk Is Getting Act Ready

Judge Nixes Youngstown Work Order

Trio Attacked In Houma Jail

Air Base Taking Refugees

Fidelity Bank leads the way to High Yield, Low Risk Investments.

Introducing

The Movers

Rate Protector

C.D.

Due to Electrical Power Failure

Disaster Strikes

John's Furniture

Savings 70% to Entire Stock Included!

Immediate Insurance Clearance

Building Must be Emptied Now!

New Selections Now Available

Selling Warehouse Stock 

Has Been Moved to the Floor for Immediate Sale.

Trio Attacked In Houma Jail

A new variable rate certificate of deposit that offers you the opportunity to lock in savings at current 5-year C.D. rate. Since the rate changes every 60 days and stays higher than the 5-year C.D. rate, it helps eliminate missed rates for the borrower by changing at regular intervals. The current rate is just above today's 5-year C.D. rate. All "Rate Protector" C.D.'s have FDIC insurance up to $100,000, helping to minimize risk with a higher rate that you can move in and out as you see fit. With a minimum deposit of $500 and a maturity of ten years, you can lock in a higher rate. For more information contact your Fidelity Branch, or call Kim Suggs at 323-3207.
Horse Show At Fairgrounds

Irish Actor, Lou Grant, Mourned

Moussorgsky Work Featured

PBS Standing By 'Death of Princess'

Producer Pal Dies

King's Speech, 'The Blue Ribbon outside
means superior taste inside.'
"Kramer vs. Kramer"
5 ACADEMY AWARDS
BEST PICTURE

Best Actor
DUSTIN HOFFMAN
Best Supporting Actor
MERYL STREEP
Best Director
ROBERT BENTON
Best Screenplay/Adaptation
ROBERT BENTON

"Love at First Bite" DIRECTED BY JIMMY SHARIANS
"The Changling" DIRECTED BY JIMMY SHARIANS
"Move The Hell Out" DIRECTED BY JIMMY SHARIANS

"Kramer vs. Kramer" DIRECTED BY JIMMY SHARIANS
"Movin' Out" DIRECTED BY JIMMY SHARIANS
"The Visitor" DIRECTED BY JIMMY SHARIANS
"Casino" DIRECTED BY JIMMY SHARIANS

"Infra-Man" DIRECTED BY JIMMY SHARIANS

"Special Matinee + Today Only"
"Your Key to Entertainment For 50 Years"

EVERY FRIDAY NIGHT IS VAN CRAM CAR CRAM
FREE PRIZES TO WINNERS IN EACH CATEGORY

Sears - Behind-the-ear hearing aid

WILSON'S TV'S BLACK & WHITE $20 COLOR TV'S $45 UP

Adoption Info: 331-9474

Sears
Behind-the-ear hearing aid

Automatic Transmission Adjustment & Tune Up
$12.88 with this ad
Includes:
- Road Tuning
- Minor Shifting
- Oil Change
- Filter Change
- Minor Timing
- Edelbrock Tune-Up
- Changing Transmission Fluid

Aaron's Transmission
230 N. Western - 331-2201
2146 S. Wabash - 733-9936
5740 S. 15 - HWC - 733-8679

Sears
Behind-the-ear hearing aid

- Directional "power aid" #81540
- Designed to help severe hearing loss

- Electronic microphone reduces noise
- Variable power and tone control for wide range of hearing
- Enhanced lip-reading feature
- Hearing aid is a power-assisted device for the hearing impaired

Use your SearsCharge

Magazine 2
Furniture 1
Home Improvement 2
Motors 1

Advertisement Details on Your Money Ask
ONE GOOD TURN • ONE GOOD TURN • ONE GOOD TURN

BASEBALL • RANGERS • BASEBALL
SATURDAY MAD THEATER • SATURDAY MAD THEATER

COOL HAND LUKIE • HANG AROUND • NORTH TO ALASKA
ON THE BEACH • SUMMER AND SMOKE • WILD IN THE COUNTRY

THE THOMAS WORM AFRICA • EDEN • EAST OF EDEN • HOMEBUSINESS
ROBERT ALLEY • HUD • BLOOD MOON • BLOOD MOON

FOR PETS SAKE • BUILIT • THE PINK PANter

THE EIGHT O'CLOCK MOVIE

The Bob Newhart Show
The Bob Newhart Show

ROOM 222 • The Other Limits
The Benny Hill Show
I Dream of Jeannie

The Untouchables
The Untouchables

The Brady Bunch
The Brady Bunch

The Odd Couple
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The Mary Tyler Moore Show
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Good News, Good People

BIG 9 NEWS

Beginning Monday, May 3, Midday and 10:00 P.M.
KWTV, Oklahoma City
**The Journal**

**Here's Your Movie Ticket**

**Big Titles, Fabulous Stars, Television Premieres!**

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<th>Monday, May 5</th>
<th><strong>WILD TIMES</strong> (P. 11)</th>
<th>Sam Elliott, Bruce Dern, John Candy</th>
<th>10pm: &quot;THE BIG HEAT&quot;</th>
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<td>Tuesday, May 6</td>
<td><strong>LOVER'S CROSS</strong></td>
<td>Robert Duvall, Barbara Hershey</td>
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<td>Wednesday, May 7</td>
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<td>Carl Reiner, Barbra Streisand</td>
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<td>Thursday, May 8</td>
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<td>Saturday, May 10</td>
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<td>Sunday, May 11</td>
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<td>Christopher Walken, Liza Minnelli</td>
<td>10pm: &quot;THE SHIVERING HEART&quot;</td>
<td>Anthony Quinn</td>
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Second Marriages
Couples Who Really Live
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It's a long way to empty in a Datsun!
Remarriage: The Problems, The Pleasures

By Norman Lobatz

A second marriage... said Dr. Norman Lobatz, the prominent psychiatrist, "is not simply a repeat experience of love but..." He went on to explain the complexities of remarrying after a first divorce. "The second marriage is not just a second chance..." He gave examples of successful and unsuccessful remarriages to illustrate his points.

According to Dr. Lobatz, statistics indicate that remarriage is more common than first marriages. Many people choose remarriage because they believe it offers a better chance for happiness than a first marriage. However, many others have unsuccessful remarriages due to various reasons. One reason is that remarriage involves blending two families, which can be challenging.

Dr. Lobatz also discussed the importance of communication in a remarriage. He emphasized the need for open and honest conversations between partners. "It's crucial to talk about your past experiences, your expectations, and your feelings," he said. "This can help prevent misunderstandings and conflicts that can arise in a remarriage.

In conclusion, Dr. Lobatz stressed the importance of understanding the complexities of remarriage. He advised couples to seek professional counseling if they face difficulties in their remarriage. "A second marriage can be very rewarding," he said, "but it requires effort and commitment from both partners."
Dick Van Patten Is TV's Most Adorable Dad

By Peer J. Oppenheimer

A family that plays together, stays together. Ask the Dick Van Patten family, who is in ABC's popular television show "Eight Is Enough." Their love of baseball has brought them closer together.

The Van Pattens reside in a California home with three generations of baseball fans. "I remember when I was a kid," says Dick, "I would go to the ballpark every day after school. My father would pick me up and we'd go to the ballpark." Dick's father was a professional baseball player, and Dick followed in his footsteps.

Dad and son enjoy watching baseball games on television together. "My father played baseball," says Dick, "and I wanted to be like him." Dick's son, Pat, is now following in his father's footsteps.

Dick's oldest son, Pat, is a catcher for the Los Angeles Dodgers. "I love baseball," says Pat. "It's more than just a game to me. It's a way of life." Dick has taught his sons the importance of hard work, dedication, and perseverance in baseball.

The Van Patten family is a perfect example of how baseball can bring family members together. So the next time you're at a baseball game, bring your family with you. You just might discover a new love for the game as well as for each other.

Too Busy Earning a Living To Make Any Money?

By James A. Cope

There's nothing wrong with working hard to earn a living, but sometimes we forget what really matters in life. We get so caught up in our careers that we lose sight of the things that truly make us happy.

Take for example, the story of John and Mary. John is a successful business man who works long hours every day. He's always on the go, never taking a day off. Mary, on the other hand, is a stay-at-home mom who volunteers at her children's school. She's always there for her kids, no matter what.

One day, John and Mary decide to go on a trip together. They've been saving for months, and it's finally their chance to travel. But as they're packing for their trip, John suddenly remembers something important.

"I forgot something," he says. "I need to go to the bank to make sure everything is in order."

Mary looks at him quizzically. "But we're about to leave on vacation," she says.

John shrugs. "It's just a little paperwork. I'll be back in a minute."

Mary rolls her eyes. "You never have time for us," she says.

John smiles sheepishly. "I know. But this is important. I just need to take care of some things before we go on vacation."

Mary sighs. "Alright, you go ahead. I'll wait for you in the hotel room."

John nods and heads to the bank. But as he walks out the door, he can't help but wonder if he's making the right decision. After all, isn't the whole point of going on vacation to relax and have fun? And isn't spending time with his family the most important thing of all?

When John finally returns from the bank, he finds Mary waiting for him in the hotel room. She looks at him expectantly.

"What's going on?" she asks.

John smiles apologetically. "I'm sorry, Mary. I just couldn't help myself. I had to make sure everything was in order before we left."

Mary shakes her head. "You're always so busy. It's like you never have time for any of us anymore."}

John feels terrible. He knows he's been neglecting his family, but he also knows that he has to take care of his responsibilities. It's just a matter of finding a balance.

He looks at Mary and says, "I'm sorry, Mary. I'll try to be better. I promise."
IF YOU NEED TO BUILD UP YOUR BLOOD DON'T COUNT ON VITAMINS

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Love! Is It Hazardous To Your Health?

TRUE OR FALSE?
1. Women who have the male role in the low-end of the psychological hierarchy often feel more fulfilled and satisfied with their relationships than those who play the male role in the high-end.
2. Men who are more socially oriented tend to have more satisfying relationships than those who are less socially oriented.
3. Most love relationships that are initially strong are generally broken off by mutual consent.
4. The ability of a person to identify with intimate relationships is strongly determined by his childhood experiences.
5. A person's ability to enjoy intimate relationships is directly affected by the way he was brought up.

ANSWERS:
1. True. Studies show that women who are low in the social hierarchy are more fulfilled in their relationships than those who are high.
2. True. People who are more socially oriented tend to have more satisfying relationships.
3. True. Most love relationships break up by mutual consent.
4. False. The ability to enjoy intimate relationships is not determined by childhood experiences.
5. True. The way a person was brought up affects his ability to enjoy intimate relationships.

Dr. John E. Gibson

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- Lose 2 to 3 inches off your hips
- Lose up to 4 inches off your thighs

Lose 15 to 30 pounds in just 7 DAYS

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- Lose up to 4 inches off your thighs

Lose up to 4 to 6 inches off your total body

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- To use the "Crash-Loss" Diet Program, simply take the pill exactly as directed on the label.
- Follow the diet plan exactly as directed on the label.
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Step 2: THE PILLS

- The "Crash-Loss" pill contains a special, high-strength formula that helps your body burn fat faster and more efficiently than any other pill on the market.
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Step 3: THE DAILY DIET

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- The diet is safe and effective when used as directed.

Step 4: THE EXERCISE PROGRAM

- The "Crash-Loss" exercise program is a proven, effective way to lose weight and keep it off.
- The program is safe and effective when used as directed.

Step 5: THE RESULTS

- Results may vary from person to person.
- Results depend on adherence to the program and individual circumstances.

Step 6: THE GUARANTEE

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THE KITCHEN OF THE 80's

By Rosalyn Arbevaya

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AT HOME

Design Plan for the Kitchen of the 80's

A kitchen designed for many functions should be illuminated with direct or task lighting for work areas, under-cabinet lighting, task light on kitchen counters, and overhead lighting for general illumination. As an option, under-cabinet lighting can be used to highlight a special feature of your kitchen, such as a backsplash or a decorative piece of art. Lighting should be flexible, allowing for adjustment of brightness and direction as needed.

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This Mother's Day, chop, shred, grate and slice ten dollars off.

AT HOME

A Guide to Buying Major Appliances

You want to replace your old washer, refrigerator, or freezer and get a new one at the right price? Then you've got to choose the right appliance, or else your hard-earned dollars may be wasted on a machine you won't be happy with. Here are some tips to help you choose your new major appliance.

1. Check the Warranty. Make sure the appliance comes with a warranty that covers any defects in materials or workmanship. The warranty should be transferable to the next owner if you sell the appliance.

2. Compare Prices. Look at the price of the appliance you want to buy. Check around to see what other stores are offering the same appliance. Make sure the price you pay is reasonable and affordable.

3. Check Energy Efficiency. Energy-efficient appliances use less energy and save you money in the long run. Look for the Energy Star label on appliances, which indicates that they meet strict energy-saving guidelines.

4. Consider the Size. Make sure the appliance you choose fits the space you have available. Measure the area where the appliance will go and make sure it will fit comfortably.

5. Read Reviews. Check online reviews to see what other consumers have said about the appliance you're interested in. This can give you a good idea of the quality and performance of the appliance.

6. Get a Install Quote. Make sure you get an installation quote from the store or the manufacturer. This will help you determine the total cost of the appliance, including the installation.

Remember, buying a major appliance is a big investment. Take your time, do your research, and you'll be sure to find the right appliance for your needs.

In buying major appliances, remember to look for energy-saving features. For instance, the dishwasher you buy may have a cycle for drying dishes. This cycle uses less water and energy. Choose a refrigerator with a feature that keeps the temperature constant, avoiding the need to open the door often, which wastes energy. The self-cleaning oven may have additional features that can cut down on the electricity used. Always check to see if the appliance is Energy Star-certified, which means it meets strict energy efficiency guidelines.

This Mother's Day, chop, shred, grate and slice ten dollars off.

10 GE $49 Mail In Rebate

GE appliances are built to last. With features like a glass touch control panel, a convection oven, and a dual fuel range, GE appliances are designed for the modern kitchen. And with the GE $49 Mail In Rebate, you can save even more. So this Mother's Day, treat your Mom to the gift that keeps on giving. GE.

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Cutting Down on Kitchen-Remodeling Costs

Remodeling a kitchen can involve cutting bits that have been left to cool. Be reputable, in a total transformation, which can cost more than the price of a new car. Be realistic about what you need and can afford. Since extensive) plumbing, electrical wiring and the handling of utility lines, know which, if any, part of the job you can handle yourself.

Whether you expect to do some of the work yourself or hire someone to do it, have a professional do the work. Consulting fleas or changing your mind once the work is underway can be expensive.

The best way is to stick within your budget. If you are building a new house, you will have a better idea of what the cost of the kitchen will be. Be sure to factor in the cost of materials and labor.

Limiting What You Buy

Just as you may be limiting what you buy in your kitchen, so should you limit what you buy in your home. It is no use buying a new cabinet if you don't have enough space for it.

The key is to make sure that you can afford the materials and labor. If you are building a new house, you will have a better idea of what the cost of the kitchen will be. Be sure to factor in the cost of materials and labor.

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Pernu Tweez has been clinically tested by a university professor of dermatology and proved to be safe and effective. One of his patients had previously been tweezing hair from her chin every day for 15 years. After treating herself with Pernu Tweez, she has eliminated this time-consuming chore for the rest of her life. Over 15 thousand instruments in use by doctors.

SYNOMETRICS... an Olympic Champion's Discovery!

Turn Belly Fat into a Rock-Hard Lean Stomach

IKE BERGER explains SYNOMETRICS... the new EASY speed method for figure beauty.

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The Science of SYNOMETRICS is based on the discovery of the mathematical relationships that exist between the different parts of the human body. These relationships are expressed in terms of a set of fundamental ratios, known as the "golden mean," which are found to be universally present in all living things.

The Synometrics method is designed to help you achieve these natural proportions by following a series of simple exercises that are based on these mathematical relationships. The exercises are designed to be done at home and take only a few minutes per day.

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SYNOMETRICS is easy to learn, easy to use and easy to follow. The exercises are simple and effective. The results are amazing. And to prove it, we guarantee your money back if you're not completely satisfied.

Beating the High Cost Of a College Degree

By Marty Galanter

If you are a college student, or you know someone who is, you should read this article. It details the high cost of a college degree and how to avoid or reduce it.

The cost of a college degree is outrageous. It can cost as much as $100,000 or more for a four-year degree. This is a burden too many students can't afford. However, with some planning and research, you can reduce the cost of your college education.

The first step is to understand the cost. You need to know how much it will cost you to attend college. This includes tuition, fees, books, room and board, and other expenses.

Once you know how much it will cost, you can start to look for ways to reduce the cost. Some options include scholarships, grants, and loans. You can also look for ways to earn money while you attend college. This could be a part-time job, an internship, or a summer job.

The cost of a college degree can be overwhelming, but with some planning and research, you can reduce it and make it more manageable.
Step Into Spring With Sprightly Salads

By Marilyn Hansen

Tuck in your toes to the kitchen and light your oven's load with a splash. Tidily stack salad that's right in tone with the season.

SPRING SALAD
1 lb. ártichoke bottoms, sliced
1 lb. cooked carrots, sliced
1 lb. celery, sliced and chopped
1 lb. green bell peppers, sliced
1 head lettuce, chopped
1 bag fresh mushrooms

1. Arrange vegetables, except carrots and celery, in a 9 x 13-inch baking pan. Arrange carrots and celery on top. Pour 1 cup liquid from the carrots over the vegetables. Bake at 350°F for 30 minutes. Remove from oven. Cool, refrigerate at least 3 hours or overnight.

2. In medium bowl, combine chopped lettuce, celery, and green onion. Toss well. Add to vegetables in pan. Pour 1 cup Lemon Chervil Dressing over the vegetables. Mix well.

3. Chill for at least 1 hour or until ready to serve. Serves 12.

MIXED ORIENTAL VEGETABLE SALAD
1 cup sliced carrots
1 cup sliced cucumbers
1 cup sliced red peppers
1 cup sliced green onions
1 cup sliced radishes
1 cup chopped nuts
1 cup sliced water chestnuts

1. In medium bowl, combine all ingredients. Chill for 1 hour or until ready to serve. Serves 12.

DIET CUCUMBER SALAD
1 cup sliced cucumbers
1 cup sliced tomatoes
1 cup sliced green peppers
1 cup sliced green onions
1 cup chopped nuts

1. In medium bowl, combine all ingredients. Chill for 1 hour or until ready to serve. Serves 12.

SLIM TRIM VEGETABLE DIP
2 cups low-fat cottage cheese
2 cups non-fat sour cream
1/2 cup chopped parsley
1/2 cup chopped chives
1/2 cup chopped green onions
1/2 cup grated Parmesan cheese

1. In large bowl, mix cottage cheese, sour cream, parsley, chives, green onions, and grated Parmesan cheese. Chill for 1 hour or until ready to serve. Serves 12.

TOSSED MUSHROOM PASTA SALAD
1 pound fresh mushrooms
1 pound fresh spinach
1 cup fresh basil leaves
1 cup fresh parsley leaves
1 cup fresh dill
1 cup fresh chives
1 cup fresh tarragon
1 cup fresh mint

1. In large saucepan, sauté mushrooms in 1 tablespoon olive oil until tender. Remove from heat. In large salad bowl, combine sautéed mushrooms, spinach, basil, parsley, dill, chives, tarragon, and mint. Drizzle with 1/2 cup vinaigrette dressing. Toss well. Serve immediately. Serves 12.

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HEALTH

Facts & Fallacies

By Dr. Frederick J. Stare and Dr. Elizabeth M. Whelan

Fallacy: Stress is the Leading Cause of Heart Disease

FACT: Stress is not a "cause" of heart disease. In fact, if anything, stress, repeated, long-term physical effort, or "strain," is considered to be beneficial. Stress has been repeatedly shown to have a number of positive effects on the cardiovascular system.

Stress may also be related to other known risk factors. It may play a role in provoking a heart attack in a person who already has some form of coronary artery disease. Studies report that stress, strain, and sick heart disease, were reported in the American Heart Association in 1977. It is known that...the...general...carcinogen...stress...effects...on...the...heart...and...vascular...system...are...mostly...the...result...of...the...cardiovascular...response...to...stress...instead...of...the...stress...itself...being...the...cause...of...the...disease...itself....

Stress...also...can...lead...to...cancer...and...other...forms...of...disease...and...mortality...in...the...general...population...and...in...the...individual...who...already...has...some...form...of...coronary...artery...disease...

One of the most important factors to consider is stress. It's essential to watch your weight and stress levels.

Fallacy: Neurosis is a Cause of High Blood Pressure

FACT: There is no common sign of high blood pressure. One can be nervous and tense and not have high blood pressure. One can be calm and relaxed, both and perfectly well and still have high blood pressure. The condition, referred to sometimes as "hypertension," is a result of the cardiovascular system. Hypertension usually results from the body's overactive nervous and endocrine systems.

Another factor is the role of the autonomic nervous system against the artery wall tension too high. It is difficult to control that pressure simply by losing weight and reducing stress.

Fallacy: Diabetes Is Caused by Eating Too Much Sugar

FACT: Diabetes is not caused by eating too much sugar. It is caused by an inherited disease process, which results in an inability to process carbohydrates properly. It can be controlled by changes in diet, medication, and exercise. It is a chronic disease that requires management and control.

When diabetes occurs, one of the tasks of the pancreas is to produce insulin. Insulin is produced in the pancreas to produce insulin. Insulin is produced in the pancreas to control the amount of glucose in the body. The body needs glucose to function. The insulin produced in the pancreas is essential to control the amount of glucose in the body. The insulin produced in the pancreas is essential to control the amount of glucose in the body.

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High Tars Taking Back Seat To Merit.

Smokers acclaim low tar MERIT as taste alternative to high tar brands.

Lifelines

People who need medical supervision often feel that they can't make ends meet by working. They may feel that they can't find a job that they can do safely. They may feel that they can't get enough of their own home. They may feel that they can't get enough of their own home.

MERIT: Proven Long Term Alternative To High Tar Brands.

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Proof: 96% of MERIT smokers don't miss former high tar brands.
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Smokers Prefer MERIT. Try it!
New taste tests with thousands of smokers prove it.
