



Feels so good

Five-year-old Dawn Wagner of Bryan cools her feet in of Houston looks on. Dawn was on campus with her Rudder Fountain. Chemistry freshman Sherri Stogsdill mother, Judy, who was selling artwork Friday.

He gets tornadoes on birthday

United Press International
TULIA — Paul Davis claims
o have met Jack Dempsey and
resident Warren G. Harding, and he says he sipped tea in 1975 with then-Governor Ronald agan. But those are not the memorable events in the of the 73-year-old retired

TUES., 6 Apr.... 7 AM...Spec Int

WASHING OF FEET

WED., 7 Apr. 7 AM...Spec Int 7:30 PM...Spec Int QD

8 Apr. 7:30 PM...Holubec Family MASS OF THE LORD'S SUPPER

SAT., 10 April...8:00 PM...Holubec Family THE EASTER VIGIL NIGHT WATCH OF THE RESURRECTION

> LITURGY OF THE WORD LITURGY OF INITIATION LITURGY OF THE EUCHARIST

ST. MARY'S CATHOLIC CHURCH/STUDENT CENTER

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CONFESSIONS WILL BE HEARD ON: MONDAY, 5 Apr..... 12:15 PM to 1:00 PM

WEDNESDAY, 7 Apr.. 5:30 PM to 6:30 PM

SERVICE OF LIGHT

Davis, who has worked to lewspapers in Amarillo, Fort Orth, Wellington, Wichita alls, and Hollis, Okla., has seen tornado near Lutie, a "wide space in the road" between Wel-

nically, on four separate occa- lington and Shamrock in the sions, he saw the twisters on his Texas Panhandle. He said he

Born May 15, 1909, Davis claims to have seen tornadoes on May 15, 1929, 1937, 1949 and 1957.

Okla., when I saw that one in 1929," he said.

5:30 PM...Madeline Linck

5:30 PM...Sam 'Buddy' Cangelose

9 April - 3:00 PM ELEBRATION OF THE LORD'S PASSION

> LITURGY OF THE WORD ENERATION OF THE CROSS HOLY COMMUNION

was working as a road paver

On the same day in 1949, he

"I was coming out of Fort Smith, Ark., going to Henryetta," But it was May 15, 1957, that around people.' granddaddy tornado of them which killed 22 and injured

He said he was no more than 100 yards away from the twister. Davis said he has learned to

respect the violent storms. After moving to Tulia two years ago, Davis said another tornado struck nearby. But this time, it was not on his birthday.

Still, he said he sometimes wonders if "I'm safe to be

Nutrionists offer tips on eating right, cheap

United Press International LINCOLN, Neb. — How do food and nutrition experts stretch their own food dollars?

When Laurel Branen travels with her family of five, she packs a food cooler. Branen, an extension food and nutrition specialist, also encourages weight control and moderation in eating among her three sons. She asks if they want to eat because they are actually hungry or because

they just like the taste of food. Instructor Kathryn Anderson keeps things simple. She serves green beans, for instance, instead of green beans with mushroom soup or almonds and

Assistant Prof. Pat Espeland avoids drinks when eating out because "mixed drinks, wine and beer have a greater percentage mark-up over the entree and menu fare.'

These were among the tips Harriet Kohn collected recently from her colleagues at the University of Nebraska Department of Human Nutrition and Food Service Management.

Others include: •Substitute a cheaper ingredient — cabbage instead of bok choy, for example, in Chinese

•Buy fruit at varying stages of ripeness to keep it from spoiling before you can eat it. When

you buy bananas, for instance, seroles and soups for lunch. choose some ripe, some partially

ripe and some green. equal in price, buy the one with say, for bread for sandwiches. the most expensive and nutritious ingredients listed first.

•Whenever possible, leave the skins on fruit and vegetables. •Pack afternoon snacks as

well as your lunch. Carry instant coffee or tea bags and a vacuum

•Keep the contents of lunch interesting and varied so you •Read ingredient lists. If two brands of the same type food are out. Substitute leftover waffles,

> Order a set meal when you eat out. If coffee, tea and milk are extra, drink water instead and have your beverage at home

•Split an order of food with a ompanion. Many restaurants will do this — and you can do it yourself in self-service eateries



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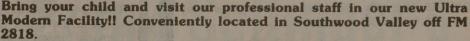
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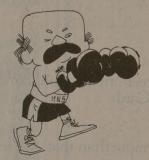
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