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## A Galveston renovation



BEFORE



AFTER

If you are a resident of Galveston, do you know of someone whose home is in need of repair? Maybe you know of someone like Annie Sewell, a middle-aged woman with chronic health problems.

Last spring Sewell was given a gift that saved her life's savings and made her very proud of her community. The Galveston Historical Foundation's Paint Partnership Program gave her a new,

fresh look for her white frame house.

The Paint Partnership Program offers free paint, primer and home improvement advice for qualifying homeowners to improve their property. The major factor for qualification is need. The program has served senior citizens, young couples, and low-income families. Other qualifications are that homes should be older, and small to medium in size; the structures

should be in relatively good condition; and owners must supply the labor themselves or be able to hire a painting contractor.

Funded by the Harris and Eliza Kempner Fund, the Moody Foundation and the City of Galveston, the program has so far supplied paint and primer to 150 homeowners.

As Sewell said, "parts of the island need work, and the Paint Program is helping (the

community) more than anything else I've heard of."

Without help from the Historical Foundation, Sewell would have paid \$13,000 for siding, instead of the \$1,600 she paid the paint contractor.

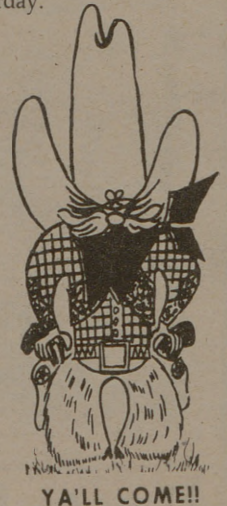
Applications for the fourth round of the program may be submitted starting today. Applications will be reviewed by the GHF and paint will be distributed June 1. For more information about the program, call 765-7834.

## Smithville Jamboree

If you're not planning anything next weekend, you might take a road trip 45 miles east of Austin to catch the 26th annual Smithville Jamboree. This three-day event begins Thursday and includes street dances each night.

The Chuck Wagon Square will be filled with a variety of food, beer and soft drinks. Downtown exhibits and a carnival will be held along First and Main streets Thursday and Friday, and a circus will have 5:30 p.m. and 8 p.m. performances Friday on the VFW grounds.

The FFA Livestock Show begins at 9 a.m. Saturday and, for the macho among us, there will be weight lifting, jalapeno eating, and arm wrestling contests on Saturday.



YA'LL COME!!

## Take tests without trauma

### TEST WITHOUT TRAUMA

How to Overcome Test Anxiety and Score Higher on Every Test  
by Bette Erwin, Ph.D. and Eliza Teresa Dinwiddie, M.Ed.

- ✓ Facts and Strategies for Common Tests
- ✓ Overcome Test Anxiety
- ✓ Maximize Your Score
- ✓ Reduce Test Stress
- ✓ Anxiety-Free

Do your palms begin to sweat when you read the instructions to every test? Do you experience total blackout as you attempt the first question? Do you prepare for each exam by "cramming" the night before? If those situations sound familiar, you probably could score higher on tests by sharpening your test-taking skills.

Psychologist Bette Erwin and educator Eliza Dinwiddie have co-authored *Test Without Trauma: How to Overcome Test Anxiety and Score Higher on Every Test*. They provide tools and advice to help test-takers reduce their anxiety and rid themselves of test-related phobias.

*Test Without Trauma* includes worksheets with thought-provoking questions to help the test-taker understand why he or she is experiencing anxiety.

It also includes a program of physical exercise to reduce tension. Those exercises include deep breathing and a series of tensing and relaxing movements.

The authors say they believe in rehearsing success to help alter expectations in test-taking. They suggest visualizing completing the exam and receiving an excellent mark. The test-taker also should pantomime the test process: striding confidently in the room and taking the test quickly and accurately.

The authors note that cramming is one of the best ways to induce test anxiety, but offer tips for successful cramming when it is unavoidable.

To get the most out of cramming, isolate yourself in a place where you won't be interrupted. Do some physical activity before cramming; the exertion will charge your brain. And if you become very sleepy while cramming, you are wasting your time. Take a half-hour nap.

Equipped with *Test Without Trauma*, along with an inordinate amount of good luck, you should be able to sharpen your test-taking skills and improve your grades.

— *Test Without Trauma: How to Overcome Test Anxiety and Score Higher on Every Test*, Erwin and Dinwiddie, Grosset & Dunlap, \$7.95.

## Let's rodeo (in Fort Worth)

For ya'll rodeo fans, the 1983 Rodeo Superstars Championship is coming to Fort Worth April 7 through 10 in Will Rogers Coliseum. This year's invitational tournament is offering winners its most expensive prizes ever — a total of \$280,000. The competition includes categories in bull riding, calf roping, bareback and barrel racing.

Appearing during Friday and Saturday night performances will be Moe Bandy. In addition to performing, Bandy has another special interest in the rodeo. His younger brother, Mike, will ride in the first round of competition.

Providing entertainment during Saturday and Sunday performances will be the Charlie Daniels Band. Evening performances begin at 7:30 p.m. and at 3 p.m. on Sunday.

All seats are reserved and tickets are \$5 and \$7.50. Tickets are available at all Ticketron locations in the Fort Worth-Dallas area.

For mail-order information, contact Ticketron at 817-265-0789.

## Zorro zaps 'em on the Zenith

Zorro is back in Walt Disney's zany new half-hour comedy series, "Zorro and Son" beginning at 8 p.m. Wednesday on CBS.

The series follows the adventures of the zealous masked avenger as he con-



tinues to zank the enemies of justice along the El Camino Real in California. Because he has been fighting for justice for more than 25 years, our hero is "not what he used to be" and has lost some of his zeal. So he has enlisted the partnership of his zippy college-age son, Don Carlos, to ride with him.

Starring in the new series are Henry Darrow as Zorro, Paul Regina as his son and Bill Dana as Zorro's faithful servant, Bernardo. Also starring are Gregory Sierra, Richard Beauchamp, Barney Martin and John Moschitta Jr.

Don't forget to tune in to your Zenith during this zealous comedy. It may put some zest and some zing into your Wednesday evenings.