## Site of future Palo Duro Dam sees big changes

Persons familiar with the area
that is to be the site of the Palo
Duro Dam, would be impressed to Duro Dam, would be impressed to go uch work has already been done toward the project.
moved, trees have been cleared, and the ground has been marked to designate the center line of the dam and even the emergency
spillway of the dam. Thursday spilway of the dam. Thursday
afteinoon the construction crews were working on a new road being
built around the dam. One of the Construction in progress; to benefit area The Spearman area is enjoying
the benefits of three major construction projects right now. The High Construction that has been in progress for several months, the
Palo Duro Dam project that has recently begun to get underway,
and the construction additions at the airport.

DePaul Construction out of Amarillo has begun bringing in the equipment they need to make

They have begun moving fences out of the way and working on culverts in the area. Further con-
struction on the airport project will be in full swing next week.
main purposes of the road will be anstruction of the dam when it gets underway.
There are many things involved in the multi-million dollar project. Among the details that must be he archeologists that have chosen several sites at the dam to further study. Johnnie Lee, Palo Duro River Authority general manager, flew to Fort Worth Friday morning 10 discuss the matter with some of the archeologists.
The cost of the archeologists work here, roughly $\$ 800,000$, has
already been included into the dam project, and this work must be
Texas Dept. of Health offers vaccines Oct 3
The Texas Department of Health is offering vaccines that give protection against diseases in
Spearman this Monday, Oct. 3. They will be administered at the Spearman Elementary School between $11 \mathrm{a} . \mathrm{m}$. and $1 \mathrm{p} . \mathrm{m}$. These vaccines protect children
against polio, diphtheria, lock jaw against polio, diphtheria, lock jaw
(tetanus), whooping cough (pertussis), measles, rubella and mumps. The Texas Department of Health is charging money to help with the cost of keeping the clinic open. The based on family income and size, and the ability to pay.
done in order for the dam project to e completed. This is required to done for the PDRA to keep the uilding permit from the state. Lee hopes that full cooperation with the
archeologists will allow them to be done with their work as soon as possible to allow the dam con-
struction to progress with few struction to progress with few
delays. One of Lee's next undertakings is to study recreation parks in the parks that gain ideas for the three parks hat thave been planned to be
a part of the Palo Duro Dam ecreation area.

The pumping house designed for he dam project should be able to easily pump water to the five
surrounding areas, based on their expected needs and useage.
The dam construction project is xpected to employ about 30 employ about 150 next spring when the project is in full swing.


This drag line crane wiil be doing some digging for a the Paio Duro Dam site. The equipment is already trench that will be the beginning of bigger things at on the site of the future dam.


This truck has tires on it taller than some pick up haul mud and dirt for the Palo Duro Dam projec

## KRDF station returns to local ownership

KRDFFM Radio Station General Manager George Young said he was pleased to announce that the
ownership of the Spearman station ownership of the Spearman station
had returned to local people. The new owners are stock holders in a
newly formed company, Spearhead newly formed company, Spearhead Broadeasting. Inc. Stockholders include George Young. Friday Wise employed by KRDF.FM
Young, who has been managing
the station for Cardiff Broadeasting the station for Cardiff Broadcasting Company said he had been negotiating for the purchase since
1985. He said the final papers were signed last Monday and his Company would take over the station on
Oct. 1.
When asked if any changes would be made in station programming, Young said most of what the station has been doing would
continue since many of them were begun when the Station first started broadcasting in Spearman almost 25 years ago. He said he hoped to make changes that would
mean even greater service to the listeners and advertisers in Hans. ford County and surrounding area. KRDF-FM had it's first broadcast in Spearman on Dec. 16, 1963. The station was then owned by Coy
Palmer who sold out to Cardiff ten years ago. KRDF-FM is a three thousand watt station operating on a frequency of 98.3 M hz and is a complete music, news and informa-
tion station. It is affillated with the

Texas State Network and A.B.C. Western. The lormat is Country/ Young said he and the staff were very happy about owning the ward to continued service to the people of Hansford County. He said, 'It's great to have KRDF-FM Social Security representative to
be in area Oct 13
A representative of the Pampa
Social Security office will be in Spearman on Thursday, Oct. 13 to assist anyone needing to file for Social Security, Medicare, or Supplemental Security income, of social security.
The representative will be at the Mansford County Courthouse The Social Security Administration would like to remind the publie that tany Social Security matters can e handled by telephone. To save 669-1018 travel you may call (806) tity matters or make an appointnent. SSA's hours are Monday through Friday from 9 a.m. to $4: 30$ p.m. except national holidays. For information on filed Medicare
elaims call $1-800-442-2620$.

Historical marker expected for area in one year Hansford historical marker that the Hansford County Historical Com mission is trying to obtain to commemorate the 1934 landing of Charies Lindbergh near Spearma has asked for donations for the $\$ 650$ necessary to obtain the mark er that will be located about a mile south of Spearman on Hwy. 20
South. Sylvia Robertson of the Hansford County Historical Commission put together the necessary documents needed by the State Commission and mailed them on Friday, Sept,
30. Besides the money, the State 30. Besides the money, the State
Commission needed a three page narrative story about the Lind bergh landing, documentation of the landing (which included stories from the Spearman Reporter and the Amarillo Daily News), an witnessed the landing, and a black and white photo of the area where the marker would be located. After receiving the necessary documents the State Historical the Hansford County Historical Commission to allow up to one year to receive the marker.
The Hansford County Historica Commission is still accepting dona
tions to cover expenses. Donations may be sent to Secretary/Trea surer of the Hansford County tine Renner, 822 S. Evans, Spear tine Renner, 822
man, Tx. 79081.

In strong second half showing
Lynx ground Eagles

## by CONTRIBUTING

 SPORTSWRTTER J.T.The Spearman Lynx traveled to 7 to 0 , much to the delight of the
Sanford Fritch Friday night to take $\quad$ partisan blue and white Homecom-
on the Eagles in their Homecoming game. It would be the last chance for a tune-up for both teams, as they enter into District action next week.
On the they struck fynx initial possession they struck for three successive
first downs behind the power running of Shawn Cook and Has kell Garrett, and appeared to be threatening early as they drove the ball to the 23 -yard line of the Eagles before they were stopped. The Eagles were unable to muster a he Lynx took control of the ball for the second time, but found little running room either and punted the ball back to Sanford-Fritch. Taking control for the second
time, the Eagles moved swiftly up the field, covering 55 -yards in just four plays. With $4: 16$ showing on the first quarter clock, the Eagles 185-pound junior wingback, Greg Harms motored in from 8 yards ou for a score. The point after kick was crue from senior quarterback
and placekicker Jeff Snider and th Eagles owned the early advantage
partisan blue and white Homecoming crowd
Early in Early in the second quarter with the Eagles on the move again, the
Lynx senior running back Shawn Cook picked off a Jeff Snider pass at the 47 -yard line and returned it to the S-F 44 -yard line. Seven plays later the Lynx evened the score when J. Garnett bulled over
from the one. The Matt Tucker kick was good and with $8: 18$ remaining in the first half, the score was knotted at 7-7
Sanford-Fritch then took the
Lynx Lance Swan kick-off on the Lynx Lance Swan kiek-off on the
5 -yard line and returned it out to 5 -yard line and returned our oun
their own 20 . On the first play from serimmage, S-F senior Matt King exploited a hole in the Lynx line and outraced the purple pursuit 80 -yards for a score. The point-
after try was no good, and with $7: 55$ left in the first half, the Eagles led 13 to 7 .
The Lynx narrowly escaped disaster on their next possession. On a second and nine call from the Spearman 32, Eagle defenders hit
the Lynx ball carrier and the b fell to the turf and was recovered
by the Eagles on the Lynx 26 -yard Four plays later a third Eagle touchdown was nullified when they were flagged on a second down and On a second and 12 play from the
On play for Lynx 13 -yard line, an alert J. Garnett broke up a pass play near the end zone. On the third down play selection for the Eagles, Lynx senior running back Mark Garcia
alertly leaped in front of the intended Eagle receiver, and intercepted the ball on the 13 -yard line and brought it out to the 18, ending the Eagle scoring threat with 6:20 remaining in the second quarter
The Lynx then consumed next five minutes on the clock on a 10 play drive that took the ball down to the S-F 13. The fourth and eight try was stopped by Eagle 1:10 to go in the half. Time was too short, however, to cover the 89 yards needed and the first half ended with the Eagles owning the
13 to 7 lead.




4-H program provides role in training for youth
exploded through the Eagle offen sive line and dropped the quarte back for a seven-yard loss whic The Lynx took possession with $3: 55$ to play on the Eagle 43 -yard line. Garnett, Cook, and Garrett would punch the ball 57-yards in seven plays for their
final score of the evening capper was a five yard sprint by capper was a five yard sprint by
Cook. Tucker would then add his third point after of the evening to the board and with just :47 left to play the Lynx led 35 to 21 .
The Lynx defense The Lynx defense then held the
Eagles at bay until the game tim clock expired and the win was the books. The final score wa Spearman 35, Sanford-Fritch 21. With the win the Lynx now improve their record to three and two on the season, and must begin
preparations for district competipreparations for district compel
tion beginning next Friday night The Lynx return to the hometown stadium next Friday to host the
Stratford Elks in the Stratford Elks in the opening contest or District play.
Please make plans to be at Lynx Please make plans to be at Lynx Lynx, the coaching staff, the band, mascot, and cheerleaders, and don't forget that kick-off is at $7: 30$ Governor proclaims principals week

Governor Clements has pro cecondary seek of Oct. 10-16 as secondary school principals week. The school principal is a vital
element in the educational process. element in the educational process.
These men and women serve as the instructional leaders on the school campus and act as a liaison between teachers, students and parents in the community.
The skills of the principal affect The skills of the principal affect
the performance of teachers and the performance of teachers and
the degree of concern for what students learn and become. These important individuals play a major role in establishing educational excellence in our state by success.
fully implementing the elenents of education reform.
The state of Texas appreciates the skill, dedication and commitment typical of its school principals and it is most fitting that these men
and women be recognived and and women be recognized and
honored.

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| programs |

subject-matter areas," said the
$4-\mathrm{H}$ ".fficial. We also lay the groundwork to help $4-\mathrm{H}$ members explore opportunities for personal growth and to
gain skills that will be useful in gain skills that will be useful in
later life," Davison said. "In addition, $4-\mathrm{H}$ helps youth to deal
ath addition, 4-H helps youth to deal
with stress and self-esteem and to
learn to help others. WVe like to with stress and sers-esteem and to the to say that 4-H takes up where school education."
Texas boasts some $388,0004-\mathrm{H}$ members; nation wide, $4 \cdot \mathrm{H}$ is more than 4.5 million members strong
and is the nation's larrest vonth and is the nation's laryest vonth organization. More
today live in suburbs and cities of more than 50,000 population. moeent research shows that for
Rece mer 4-H'ers are more likely to assume community leadership, political and other citizenship roles
than people who participated in than people who participated in
other youth organizations. " $4-\mathrm{H}$ membership teaches youth that the community and giving to the community Davison.


## FIRST STATE BANOUNCES ${ }^{B_{A} N_{K}}$ <br> HARVEST CD'S

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${\underset{H}{\text { Page }}}_{\text {Among }}^{\text {Helen Fisher }}$

## Masquerade Dance'to be held by student council

day. He was assisting with a race
horse at his brother's stable and some how was knocked to the floor and his spinal cord severed.
was not found for an hour. was not found for an hou
Relatives are at a loss stand how an aceldent of such stand how an aceldent of such
severity could have occurred. Mr. Martin had worked with horses for many years, and since his retirement from coaching the previous
year, was involved full time with year, was involved full tram
Enjoying the spectacular foliage in N. Mex. Monday and Tuesday were Mrs. Dorothy Tackitt and Mrs. Viola Boyd. They were guests
of Mrs. Winnie Vernon on a tour of Mrs. Winnie Vernon on a wour
conducted by the Senior Group of the First Baptist Church, Gruver. They toured the area around Red River and Taos.
First there were 6 girls-
goommates at Panhandle Univer sity-in 1933 when they made a pact to be reunited every year. Then there were 6 couples-then the
group increased with all the childgroup increased with all the child-
ren. Now the group is back to the ren. Now the group is back to the
couples, less two of the husbands. They met on Tuesday in the rural home of Mr. and Mrs. Clyde Kyle in Beaver. They enjoyed a bounti-
fut dinner and warm fellowship. fut dinner and warm fentowshrip.
Mr. and Mrs. Owen Pendergraft are the Spearman participants.

Latest information regarding is to the effect that her condition has been diagnosed as very seriplanned has not been determined as of this writing. In addition, she has other complications.
She tells friends that she is
strengthened by the caring and strengthened by the caring and
regard of her friends as shown by their contacts, and expresses her gratefulness.
She is in room 813 at High Plains
Baptist Hospital, 1600 Wallace Blvd, Amarillo, Tx. 79106.

Mrs. Hazle Jackson and Evelyn and Charies Brillhart are so apand kindnesses shown to them since Hazle has been in the Hospice.
She is doing as well as can be
expected and enjoys the cards and letters and visits. Her address is Room 104, St. Anthony's Hospice, Her other daughter. Merrilene Crawford, has been with her part of the time. She is expected to return Denver this weekend.

Mant and Kaysha, enjoyed a long weekend with relatives. They went to Big Springs where his parents relatives in Carlsbad.

Mr. and Mrs. Allen Tackitt of Mro, N. Dako. visited in Spearcople of days early in the Dorothy Tackitt gnd the Paul Allen is the youngest mem. er of the Tackitt family that lived Spearman a number of years, eaving here in the 1930s.
Mr. and Mrs. Dee Allen returncabin at Red River. Crista Urbain of Amarillo spent the week with them. Winnie spent a few days in Amarillo with Crista assisting her n moving.

Mr . and Mrs. Bert Sheppard on her sister's husband Jack Martin, 66, in Cimmeron, N. Mex. They were accompanied by another sister and husband, Mr. ongview. The Kennemers spent the night before the funeral with the return trip and also a night on the return trip.
Mr. Martin evening at Albuquerque as a result

The student council plans several fund raising projects each year
to earn money to send a selected o earn money to send a selected
student to Boys' or Girls' State. This year at the Halloween Carnival on Oct. 29 the student council has planned a 'Masquerade Dance' to help raise money. Other
projects the council will be involved projects the council will be involved in this year include a community
blood drive and organizing schoo parking.
From the senior class, Ginger Pearson was elected as president for the council. She is the daughter f Bob and Jackie Pearson. She is head cheerleader this year. She debate, tennis, and is secretary for the National Honor Society. She has also been a member of the ellowship of Chrisitan Athletes and the one-act play. was chosen vice president of the wauncil. Her parents are Jim and Phyllis Kirkland. Kirkland is president of the National Honor Society
this year. She participates in this year. She participates in
basketball, cross country, track, and FCA. She is a member of the United Methodist Church. Other seniors on the council are Jan Crawford and Jerold Blan. Crawford is the daughter of Hester
Sue and John Crawford. She is the class president of the senior class, vice president of the National vice president of the National
Honor Society, and vice president of the high school choir. She is also cheerleader and plays on the ennis team.
Blan is the
Blan is the son of Jimmy and
Helen Blan. He participates in cross country, basketball, and track. He is a member of the Future Farmers of America and ellowship of Christian Athletes. Among the juniors on the council
Michelle Cook was elected secre tary for the group She is the ary for the group. She is the
daughter of Mr. and Mrs. Ron Cook. She serves as 4 -H Club president, 4 -H County Council chairman too. She participates in


After college graduation, Clay spent time working at United Banks of Colorado and then went into business with a consulting firm at Grand Junction, Colorado. He has spent eight years in the banking industry and two years as a CPA business consultant

Clay returns to Spearman with his wife, Pam, and a son, Rob who is a freshman at Spearman High School.

The directors and employees at the First State Bank are pleased to have Clay working with them and are certain that their customers will also find Clay pleasant

Clay's intelligence and integrity will prove invaluable in First State Bank's endeavors to fully serve its customers.

One NE Court
Phone: 806-659-5565
Spearman, TX 79091
member foic

Spanish Club. She is also member of Future Home
America, NHS and FCA

Harrington String Quartet schedules concert debut

America, NHS and FCA.
John Hughes, a junior on the John Hughes, a junior on the
council, is the son of Marilyn Hughes. He is in football and track and serves as the president of the junior class.
Laci lasater is the daughter of
Mr. and Mrs. Jack Lasater. She
serves as president of the junio
serves as president of the junio
class. She is a member of FHA
NHS, and UM Y. She also participates in basketball, cross country, track and Fellowship of Christian Cacy MeGill of the junior elass is the daughter of Ed and Debbie Pearson. She is a cheerleader and an ambassador for Hugh 0'Brian Youth Foundation. She is a mem
ber of NHS, and FCA and particiber of NHS, and FCA and partici-
pates in track events.
Among the sophom
up the student council is Haley Shieldknight. She is the daughter of Mr. and Mrs. Charles Shieldknight. She is a member of FHA,
and FCA. She participates in and FCA. She participates in
basketball and track and cross
country.
Cam Butts, is also a sophomore
chosen to be on the student council. She is the daughter Robbie and Larry Butts. She parti-
cipates in basketball and tennis. She is also a member of the FHA
and FCA. Kyla Nelson is the daughter of Dennis and Judy Nelson. She is
involved in basketball, $4-$ H, FHA, involved in basketball, 4-H, FHA
UMY, FCA and choir. She is

10th grader, Ron McCow Rs the
son of Sid and Kathy MICown.
Besides being on the student
council, he participates in football, council, he participates in football,
basketball, track and is the sophobasketball, track and
more class president.
One of the four freshmen on the student council is the son of Ruth
Kizziar. Tim Kizziar. He particiKizziar, Tim Kizziar. He partici-
pates in footb.ll, basketball, track pates in footb_1ll, basketball, track and Future Farmers of America He is also
president.
president.
Another freshman on the council
is Melodie Schumann. She is the is Melodie Schumann. She is the
daughter of Craig and Denise daughter of Craig and Denise
Schumann and Kari Schumann Schumann and Kari Schumann.
She plays basketball, runs cross She plays basketball, runs cros
country, sings in the choir and is a country, sings
cheerleader.
Freshman class president, Chad
Riggins, is another freshman on the council. His parents are Ricky and Carla Riggins. He plays foot is a member of the FFA ith grader, Mendy Lasater is the
daughter of Mr. and Mrs. Jack daughter of Mr. and Mrs. Jack
Lasater. She is on the basketball and cross country teams. She is also a member of FHA and Unite
Methodist Youth, and she is Methodist cheerleader.
These students make up the
governing unit of the student body governing unit of the student body
of Spearman High School. of Spearman High School.
isted disease and cancer per sisted as the most frequent causes of death in Texas in 1987, killing more than 65,000 Texans, accord ing to the Bureau of Vital Statistics Heart disease once again was the Heart disease once again was the
leading killer, claiming 40,037 lives, while cancer led to 25,327 deaths. Cerebrovascular disease ranked third, claiming 8,181 vicims, and accidents caused 6,402
fatalities. These four killers were fatainies. These four killers were
responsible for 66.7 percent of the 19,734 deaths last year.
Completing the top 10 list of
death causes were (5.) chronic death causes were (5.) chronic
bronchitis, emphysema, asthma, bronchitis, emphysema, asthma and allied condition-3,874; (6.) pneumonia and influenza- 9,484
(7.) suicide-- 2,180 ; (8.) diabetes2,127 (9.) homicide-- 1,948; and, (10.) the kidney disorders nephritis, nephrotic syndrome, and nephrosis-- 1,435. Other causes were reported
the remaining 24,739 deaths. The remaining 24,739 deaths.
The death rate last year slightly less than 7.1 per 1,000 population, based on an estimated population at mid-year o
$17,027,166$. 7,027,166. According to Dr. Robert Bern
tein, Texas Comission stein, Texas Commissioner of
could be dramaticàlly reduce through good health habits. He said that people at any age
an benefit from lifestyle changes an benent from liestyle changes should be aware that most hea disease in older people is the result of many years of bad habits. He stressed that smoking is th single most preventable cause o heart disease and cancer.
Signs of developing problems --diabetes, high blood pressure, and tendencies toward obesity - usually can be controlled with the help of a physician, Dr Bernstein said. In addition, high blood cholesterol levels and lack of duals, he said.
Dr. Bernstein said that ways to prevent cancer include: having regular checkups, since early de tection is a key to curing cancer;
maintaining a proper diet, by maintaining a proper diet, by
avoiding high fat foods and eating more fruits, vegetables, and cereals; using a sunscreen and protective elothing in the sun, sirce skin cancer is directly related to the amount of exposure to the sun's
rays; and avoiding exposure to rhemicals and oxposure causing substances such as tobac
co, asbestos, vinyl chlorides, an polyehestos, vinyl chlorides, and
$\left\{\begin{array}{c}\text { North Texas Meter } \\ \text { Service } \\ \text { All types of meter } \\ \text { measurements and } \\ \text { repair work. Will } \\ \text { pick-up and deliver. } \\ \text { Call } \\ 806-249-5852 \\ \text { or } 249.4915\end{array}\right\}$


#### Abstract

The Harrington String Quartet will make its New York debut Wednesday, Oct. 12 at the Kauf. man Auditorium on 92nd Street. The concert is scheduled to begin at $8 \mathrm{p} . \mathrm{m}$. "We are Harms, first very excited," Dawn what every musician dreams of. Although we have performed in New York, this is New York, this is the first oppor tunity that tunity that we, as a quartet, have to play in New York before critics i. play in New York before critics. The quartet will perform "O 54 No. 1" by Haydn, "Quartet No. 2 " by Ives and "Opus 44 in D Major" by Mendelssohn. In addition, they will introduce the New York audience to New York audience to two premier compositions, "Princess in the compositions, "Princess in the Garden" by Applebaum and "Streams" by Sussman. The New York debut is one mo accolade that can be asded to accolade that can be added to an already impressive list of accom- plishments since the Harrington plishments since the Harrington String Quartet was established in 1981. The quartet has toured the United States and England, was


## Fatalities led by heart

## disease and \& cancer

Fischoff National Chamber Music Compeititon and performed a live national concert on Chicago's
public radio station, WFMT. The public radio station, WFMT. The
quartet has collaborated in chamquartet has collaborated in chamrenowned artists including Kazuhide Isomura, violist of the Tokyo Quartet, and Lee Luvisi, pianist with the Chamber Music Society of New York's Lincoln Center. In addition to chamber music
competitions, recitals and concerts members of the quartet are principal chairs in the Amarillo Symphony and studio teachers in the West Texas State department of music.
Membe
Members of the Harrington String Quartet are Dawn Harms,
first violin; Jim Lyon, second first violin; Jim Lyon, second
violin; Amy Brandfonbrener, viola; and Brian Manker, cello. The quartet will return from New
York for an encore performance at York for an encore performance at 8 p.m. Sunday, Oct. 16
Amarillo Theatre Centre.
For more information the WTSU department of music and dance at $656-2840$.



SUNDAY, OCTOBER 2, 1988
The Classiffeds
$\qquad$
FOR RENT IN GRUVER: Mobile Home. 3 Bedrooms, 2 baths. Call Ster 6 tp

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utilities, elose to High School and swimming pool. Call 435-5080. 48 rtn

FOR RENT: One bedroom hou call Gus MeClain at 659-2744.
S48-rtn

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48 4tp
OR RENT: 2 Bedroom House with tove and ice box. Recently 59-3185 1 tp
ree rent: First Month and educed rates in Perryton's best nobile home park. Calleo Meyer 435-2276 or $435-7676$.

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FOR SALE: Small business for sale. Family operated. Great
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Services

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consider shares. Mike Skinner 659-2129, anytime.
S48-6tp

NOTICE TO BIDDERS
Sealed bids for the purchase of he following equipment will be received by the Hansford County
Hospital Distriet of Spearman Texas, at the offiee of the Hospital administrator up until 2:00 P.M. October 10, 1988, then publicly
opened and read at the board opened and read at the board
meeting on October 13,1988 .

1. One (1) pickup truck with
standard cab and bed.
standard cab and bed.
The District reserves the right to
The District reserves the right to
reject any or all bids, to waive informalities and accept the bid deemed to be the most advanta-
geous to the District. All bid received after the above closing Specifications and bidding docu ents may be secured from the
ffice of Hospital Administrator 07 S. Roland, Spearman, Texas 79081.

## ALCOHOLICS <br> ANONYMOUS MEETING <br> 122 Main - Spearma pen Meeting 2nd Tuesda AL ANON TUESDA

New industry is emerging
in Amarillo
 A breakfast, sponsored by the
Big Texan Steak Ranch, will kickoff the photo scavenger hu
a.m. on Friday, Oct. 22 . a.m. on Friday, Oct. 22.
Photographers will spend the
day capturing area sites (within a day capturing area sites (within a
50 -mile radius) that might appeal to film companies.
The day will end at 4 p.m. with a "thank you", reception sponsored by Sutphen's at their downtown
location. location.
Copeland sees Amarillo as a great film location. Dollars spent in the area often reach the millions
and locals are used as "extras" in the shooting.
"Palo Duro Canyon is natural," Copeland says. He also gets calls for vacated buildings, period arehitecture, old churches flat vast ranch land.
Copeland is a theatre arts grad-
uate of Southwest Texas Univer sity. His experience includes three
years with Public Broadcast Sy years with Public Broadcast Sy
stem, several work, in motion pietures and commercial production, and five years with the Deparment of Commerce.
Sponsors for "F-STOP AMA.

Feeling good means being "health-wise"
Feeling good physically and emotionally is an important part of
a productive and enjoyable life. But people do not always do what they should to achieve good overall health.
illness or ately, it often takes an inness or other health problem to "health-wise," according to the Texas Medical Association. This term means learning how to
prevent disease as prevent disease as well as to
promote health. The key is main. taining a healthy lifestyle by focus. ing on areas such as exercise, stress, smoking, alcohol, nutrition, medication, and accident prevention. "Once you identify the risks you are taking, you can work to reduce
or eliminate them," says a TMA pamphlet titled "Feeling GoodEnjoying a Health-W ise Lifestyle." It offers there suggestions among others on reducing health risks: Alcoho: Frequent excessive heart disease, cirrhosis of the liver, heart disease, cirrhosis of the liver,
and aceidents. When drinking alcohol, sip it slowly, and eat something before you drink.
Eating: Being overweight can
attacks, high blood pressure, and diabetes. To help avoid overeating. eat slowly, and eat less at meals. Avoid crash d
Smoking: Don't
Stress: Prolonged stress can lead Stress mental and physical ills. Stress can come from job pressures, responsibilities at home, or troubles with friends and family.
To relieve stress, find time to relax, whether it's reading a book, exerMedicationg, or dothing. Medication: Avoid mixing drugs
prescription or over-the -prescription or over-the-counter -unless your doctor says it is safe. To mbtain a copy of this pamphlet and nine others in the TMA and nine others in the TMA
Health-Wise Series. call $512 /$ $477-6704$ or write to the Texas Medical Association, Department of Public Relations, 1801 N
Blvd., Austin, Tx. 7870
The Texas Medical
is a professional organization with more than 28,000 physician and medical student members. It is located in Austin and has 116 omponent county medical societies around the state.

Free shade trees to those who join foundation

Ten free shade trees will be
given to each person who joins The given to each person who joins The
National Arbor Day Foundation during $O$ ctober.
The free tree
The free trees are part of the nonprofit Foundation's efforts to encourage tree planting through-
out America. out America. Weeping Willow, Sugar Maak, Green Ash, Thornless Maple, Green Ash, Thornless Honey-
locust, Pin Oak, River Birch Tuliptree, Silver, River Birch, Maple. "These trees were selected to provide shade and beauty, and a
variety of有郎, leaf shapes, and JR. HIGH-ELEM ENTARY MENU OCT. 3-0CT. 7

Sponsors for "F-STOP AMA-
RLLIO" include: Fifth Season West of Amarillo, Big Texan Steak
Ranch and Sutphen's Barbecue For information on the seminar For information on the seminar
or photo scavenger hunt, call the Amarillo Chamber of Com merce a 374-1497.
HIGH SCHOOL MENU
OCT. 3.OCT. 7
MONDAY
CORNDOGS
RANCH STYLE BEANS
SALAD BAR
COOKIE
MILK
TUESDAY
SLOPPY JOE
TATOR TOTS
SALAD BAR
JELLO/TOPPING
MILK
WEDNESDAY
SALSBURY STEAK
BUTTERED POTATOES
SALAD BAR
HOT ROLLS
BANANA PUDDING
MILK
THURSDAY
ENCHILADAS
PINTO BEANS
SALAD BAR
SOPAPILLA/HONEY
MIK
FRIDAY
HAM PURGER
FRIES
SALAD BAR
BIRTHDAY CAKE
MILK

[^0]
## MONDAY

RANCH STYLE BEANS COLE SLAW COOKIE MUESDAY TUESDAY
SLOPPY JOE TATOR TOTS BUTTERED CORN JELLO/TOPPING WEDNESDAY BUTTERED POTATOES MIXED VEGETABLES HOT ROLLS
BANANA PUDDING thURSDAY
ENCHILADA CASSEROLE PINTO BEAN
SALAD
SOPAPLLLA/HONEY FRIDAY HAMBURGER LETTUCE/TOM ATO PICKLE/ONION BIRTHDAY CAKE

 6 A gitt in loving memory to the


Foundatio" John Rosenow, the Foundation's executive director,
said.
The trees will be shipped post. aid at the right time for planting etween October 15 and December 0 with enclosed planting instruc-
tions. The six to twelve inch trees tions. The six to twelve inch trees
are guaranteed to grow or they will be replaced free of charge.

## To become a member of the

 Foundation ai.d to receive the free rees, send a $\$ 10$ membership contribution to SHADE TREES,National Arbor Day Foundation, National Arbor Day Foundation, NE 68410, by Oct. 31.


Above and below are pictures of some of the
agriculture exhibits at the Hansford County Fair this weekend. Results of placings in the fair will be in the


# Local Happening? Special Event? Club Meeting? 

 If it's important to you, it's important to us. Let us know about your event and we'll do our best to get you the publicity it desenves both before and after. Call 659-3434 Today! The Spearman Reporter The Gruver Statesman The Hansford Plainsman
## Lynx take it one game at a time




[^0]:    OSGOOD MONUMENT CO. Dealers of of Rock The, Texas Granite, as well as ail colored
    and brantites,
    brone me memale represented by BOXWELL BROS. FUNERAL HOME

    519 S. Evans 659-3802

