

Matley Co. Tribune

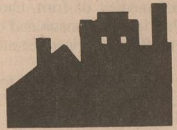
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102nd YEAR

THURSDAY, JUNE 23, 1994

ISSUE NO. 25

Around Town



MC Cheerleaders To Sponsor Camp

The Matley County Cheerleaders will be sponsoring a Cheerleading Camp for kids grades, Kindergarten through 6th, Thursday, June 30, 9:00 a.m. - 12:00 noon at the Matley County School. A program will be held at 12:30 for the parents.

Bring a sack lunch and a drink. Cost for the camp is \$10, and a t-shirt will be available for an additional \$5.00.

Lions Club News



The Matador Lions Club met June 7 to elect new officers for 1994-95 and to hear a program on Hospice of the Plains. Kim Gould and Erma Driver of Hospice of the Plains explained the terminal home care service, which Matley County is a part of. Sharon VanHoose of Motley County works for this service.

Billy Denison announced he and Jimmy Ross of Quitaque are helping the District Governor start a Lions Club in Guthrie.

The new officers were elected by acclamation: Michael Clawson, President; Dr. Pat Williams, 1st Vice-President; Jim Meador, 2nd Vice-President; Larry Clifton, 3rd Vice-President; Alan R. Bingham, Secretary-Treasurer; Charley Johnson, Tail Twister; Kirby Campbell, Assistant Tail Twister; Larry Hoyle, Recorder/Lion Tamer; Directors, John M. Russell, John V. Stevens, Sam Campbell, Past President, Dick Van Hoose; and Queen, Leigh Ann Pipkin. Meeting adjourned.

Turkey To Hold Fund-Raiser For Family Of Injured Teen

The City of Turkey and the Turkey branch of the Memphis State Bank will hold a barbecue June 24 on the hotel grounds for Jarret Pigg - a 15-year-old Turkey resident who will undergo a kidney transplant in July.

Pigg was injured in an automobile accident in November, and one of his kidneys was damaged and removed following the accident. His other kidney was diseased and was removed in May.

His mother or his father will donate one of their kidneys to the teen.

The fund-raiser barbecue will be from 7 p.m. to 9 p.m. under a tent on the hotel grounds. The meal will be served from

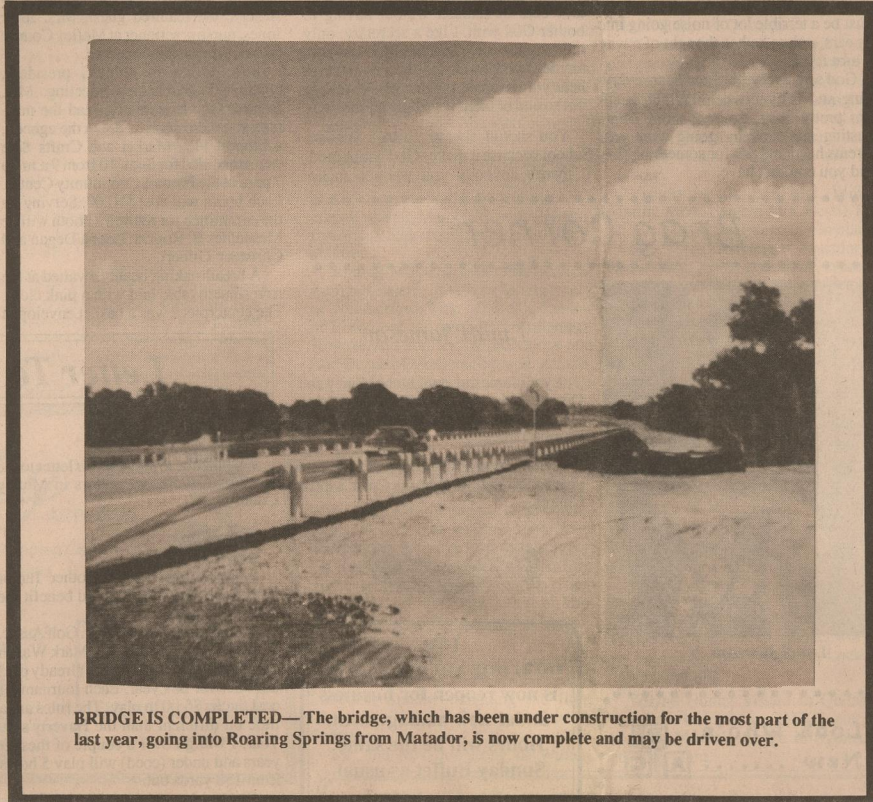
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DPS Urges Caution For Vacation Driving

It's vacation time and time to start thinking about our summer travel plans. Trooper L.B. Snider with the Texas Department of Public Safety says, "With a little bit of forethought, our summer travels can be made easier and a lot safer."

Basic planning includes a vehicle safety check of belts, hoses, fluid levels, lighting, treadwear and air pressure of tires, cooling and ventilation system and safety belts. Drivers should be rested and free of alcohol and strong medications. Drivers should be familiar with highway numbers and speed zones they will be traveling.

When traveling, be sure to use your safety belts, be alert for dangerous drivers



BRIDGE IS COMPLETED—The bridge, which has been under construction for the most part of the last year, going into Roaring Springs from Matador, is now complete and may be driven over.

Comptroller's Office Report Shows Growth In Federal Funding

NOTE: This article was submitted by Charles Keith and was taken from *Federal Fund News*.

Texas Comptroller John Sharp has released the *Texas '93 Comprehensive Annual Financial Report* for Texas fiscal year (FY) 1993. The Texas Office of

State-Federal Relations has compiled a summary extract of federal revenue. Table

I below shows the total amount of federal funds to Texas in fiscal years 1990 through

1993. The Comptroller has grouped funds into general revenue and grants and contracts.

Revenue	1990	1991	1992	1993
Civil Fund Types	4.503	5.306	7.224	8.538
Proprietary Fund Types	0.0076	.0099	0.0109	0.0114
Grants and Contracts	0.721	0.704	0.7938	0.8805
Total	5.2316	6.0199	8.0287	9.4301

Table I

The Comptroller's report attributes the \$1.31 Billion (or 18.2 percent increase in federal revenue as "largely due to an increase of federal receipts for health and human service programs." Table II be-

low shows FY 1992, FY 1993 and the increase for FY 1993 for several of these major health and human service programs.

	FY 1992	FY 1993	INCREASE
MEDICAL ASSISTANCE PROGRAM (MEDICAID)	\$3,927,929,228	\$4,807,948,938	\$880,019,705
FAMILY SUPPORT PAYMENTS (AFDC) - ASSISTANCE PAYMENTS	\$367,695,938	\$416,486,889	\$48,790,951
CHILD CARE AND DEVELOPMENT BLOCK GRANT	\$46,496,915	\$72,718,857	\$26,221,942
CHILD SUPPORT ENFORCEMENT - ADMIN	\$65,960,400	\$89,614,247	\$23,653,847
SOCIAL SERVICES BLOCK GRANT	\$178,637,819	\$200,527,595	\$21,889,776
JOB OPPORTUNITIES AND BASIC SKILLS TRAINING	\$29,163,653	\$43,441,472	\$14,277,819
AT-RISK (NON AFDC) CHILD CARE BLK GRANT	\$16,325,398	\$25,219,767	\$8,894,369

Table II

The \$8.538 billion in federal governmental fund types in Table I represents 26.9 percent of Texas' total revenue in 1993. Texas' total state and federal expenditure for government fund types and expendable trust funds was \$30.7 billion in FY 1993, 12.7 percent over 1992. Texas' largest 1993 expenditure is for

The effects of defense cutbacks are still being felt by the state's defense contractors. Because of the multiple-year term of most federal contracts, the fallout will not subside for a few years, so cutbacks in defense employment are expected to continue in 1994.

Account	1992	1993	% Change
General Government	\$985.9	\$1,216.6	23.40%
Education	\$8,117.1	\$9,072.4	10.90%
Employee Benefits	\$608.6	\$906.4	48.90%
Health and Human Services	\$11,345.5	\$12,712.2	12.00%
Public Safety and Corrections	\$1,631.1	\$2,058.1	26.20%
Transportation	\$2,566.5	\$2,952.2	15.00%
Natural Resources and Recreational Service	\$489.0	\$515.1	5.30%
Regulatory Agencies	\$214.6	\$222.2	3.50%
Debt Service	\$657.2	\$467.3	-28.90%
Capital Outlay	\$530.5	\$540.3	1.80%
Total Expenditures	\$27,206.0	\$30,662.8	12.70%

Table III

Words Left Unsaid

by Earlyne Jameson

As a rule, it is good for us to remember, "The best way to save face is to keep the lower end of it closed." However, we berate ourselves when we forget to congratulate an individual for his recent achievement or accomplishment with a worthwhile project.

Several years ago a television personality made a statement that could well add something to somebody's life today,

and everyday: "If we were warned that sudden death lay five minutes before us; if we were given five minutes in which to tell what everything had meant to us, every telephone in the country would be busy with people trying to call other people and stammer out how much they love them."

A friend, Mrs. Beth Black of Bethel Springs, Tennessee, sent us a copy of the following poem which very much offers the same advice:

"It wasn't what I said today
That grieved a troubled heart;
But rather what I didn't say
That caused the tears to start.
It wasn't what I did today
That wrecked a friendship true,
And caused a soul to go astray,
But what I didn't do.
Sometimes the thing that's left undone,
The word that's left unsaid,
Would bring more joy if said or done
Before a friend were dead.
And so I pray when my race is run,
And my life's record is read;
I'll not regret the things undone,
Or words I've left unsaid."

Area I FFA Leadership Conference Held At Clarendon



Cody Timmons attended the Area I FFA Leadership Conference held June 13-15 in Clarendon. Cody is the son of Mr. and Mrs. James Timmons of Northfield and is a Sophomore at Motley County High School.

Clarendon College hosted its 13th annual Area I FFA Leadership Conference June 13-15. A total of 51 FFA Chapters and 225 members and ag teachers from the Amarillo, Greenbelt, Littlefield, Lubbock, Plainview, and Top-O-Texas districts attended the three-day conference entitled "The Legacy Continues". The Area I officers: President,

Jeremy Roark, Amarillo; Toby Tomsu, Kress; Leigh Ann Wyatt, Higgins; Kriss Pigg, Valley; Shanna Wise, Roosevelt; and Jessica Smith, Friona; assisted by several district and state officers, conducted workshops that emphasized the

importance of team work, values, and effective communications. In addition to attending the different workshops FFA members competed in ag olympics, participated in a basketball and volleyball tournament and attended several mixers to help attendees get to know each other better.

Barbara's Bylines

Bill and I drove to Seymour Sunday afternoon to meet his brother, Dan and 11-year-old daughter, Savannah, who returned to Matador to visit us a couple of weeks.

We had to stop off at the ranch to check on a cow and calf. She got her first hand experience of trying to milk a cow, which she said wasn't very fun and hard

than she thought.

Savannah also helped herd cows and fix fence. She thought the fun part was calling the cows to come eat.

At home she helps feed Rexas, Ostriches, Chickens, Cats, Dogs, and a pet rabbit.

Thank you to everyone for helping us to have a week off.



LET'S CELEBRATE—The Rockies Softball team is ready to celebrate after winning their last game Friday night, putting them in first place for the Summer Baseball program. Congratulations, Rockies! More pictures on page 3.



Home Economically Speaking

by Beverly A. Logsdon
Home Extension Agent - Home Economics

WORKING FROM YOUR FINANCIAL PROFILE TO BUILD NET WORTH

To build net worth, a family takes stock of their assets and liabilities, and decides if their current use of financial resources will take them to their financial goal destination.

The process of building net worth can become an obsession. Not involving family members in setting financial goals and planning what benefits they are willing to forego now to build assets for future benefits can result in dysfunctional spending practices among family members.

Researchers studying the problem of credit, cash and co-dependency observe that parents who "get on a roller coaster of believing that the more they have, the better off they are" may deny their real situation. Often they collect large loans and second mortgages to purchase what looks good to them, becoming property rich and monetarily poor.

Financial planners who assist families with saving and investment decisions to build net worth usually begin by constructing the family's financial profile. A profile is a look at the whole picture of the family's life state, life-style, tolerance for risk, responsibilities and financial resources. Make and evaluate your family's financial profile before making decisions about building your net worth, to get satisfactory results for your lifetime efforts.

Your life stage involves whether you are single, married, divorced or widowed, and whether there are dependent or mature children or stepchildren in the family. Typically, stages of family financial management begin with accumulating assets slowly, building as earning power increases and financial responsibilities decline. During early stages, net worth builds.

Eventually, usually at retirement, financial management shifts to disposing of or use of assets more rapidly than they build. Net worth may decline. How quickly net worth declines depends on how assets are managed and the types of expenses the family encounters during retirement.

What is important is to assess your own stage of life and the circumstances of your spending and saving needs, and tailor your financial plan accordingly.

Life-style is probably the most personalized part of financial planning. First,

determine your earning power, which is dependent on the career you have chosen. How flexible is your career? Do you have options for increasing your earning power?

Next, examine your spending and saving habits. They reflect your needs for immediate gratification and what gratification you are willing to defer. Disagreements about personal preferences for the use of family resources for immediate and future needs or goals are not uncommon. It is difficult to fit into someone else's mold. Learning together to recognize what is important to each family member and finding ways to work together to meet everyone's needs and goals can be a valuable life skill to teach your children.

Tolerance for risk focuses first on how much money you have to risk. Minimize risks until financial commitments are met. Be sure basic family needs and credit commitment are met before placing savings in high risk investments.

Even if you can afford to risk losing money, some people are willing to take sure lower returns than to chance losing their investment for the chance of larger returns. A general rule of thumb is that the higher the return, the greater the risk.

When it comes to financial planning, there are no absolute right or wrong life-style choices. What is important is to know your tolerance for risk, your financial responsibilities and to make financial decisions accordingly.

Financial responsibilities vary greatly. Each individual or family unit defines how much financial responsibility they will assume for expenses such as their children's education, their parent's welfare, their support of social or community programs or efforts that assume responsibility for others outside their immediate family, and the extent to which they accept responsibility for supporting current wage earners after their retirement.

Educational programs of the Texas Agricultural Extension Service are open to all citizens without regard to race, color, sex, disability, religion, age, or national origin.

THOUGHT FOR THE DAY: That quantity which, when multiplied by, divided by, added to, or subtracted from the answer you get, gives you the answer you should have gotten. -- Skinner's Constant (or Flannagan's Finagling Factor).

Grandparent's Brag Corner

Grandson Is Salutatorian



Ross Hunter

Ross David Hunter, son of David and Rhonda Hunter, and grandson of Mr. and Mrs. Wayne Hunter of Flomot, and Mrs. Edwin Eickerson of Bean, was Salutatorian of Midland High School with a GPA of 5.7. He plans to attend the University of Texas at Austin and major in mechanical engineering. Ross was recipient of the National Honor Society Scholarship, the Ref-Chem Engineering Scholarship and Permian Basin Area Wide Phone Book Scholarship. Other academic achievements were National Honor Society Treasurer, Bausch and Lomb Science Award, three-time Outstanding Honors Math Award and 1994 Outstanding Honors Science Award.

Ross was captain of the M.H. S. Varsity Bulldog Soccer Team in 1992-93 and 93-94. He was Offensive Player of the Year for 92-93 and Honorable Mention in District. In his senior year he was named District Most Valuable Player, All-regional player and all-state player and participated in the state all-star game. At the school's Spring Sports Banquet he was awarded the U.S. Army Scholarship for his Academic and Athletic achievements and was recognized as the Midland High Outstanding Athlete of the Year for leading his soccer team to the State Final Four.

Ross also played club soccer with Excellibur and Blast '76 and was active in Crestview Baptist Church Youth Group, DFYIT, and Bulldog Posse.



MAKE THE CONNECTION FOR SAFETY!

A MESSAGE FROM THIS NEWSPAPER AND THE DPS TROOPERS

Motley Co. Tribune

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Mary Meason, Proofreading
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out Matador, Texas

A Child's View Of God

NOTE: The following article is from *Pulpit Helps*, and was submitted by Rev. Gaylon Cox, First Baptist Church pastor.

One of God's main jobs is making people. He makes these to put in place of the ones that die, so there will be enough people to take care of things here on earth. He doesn't make grownups. Just babies. I think because they are smaller and easier to make. The way he doesn't take up his time teaching them to talk and walk. He can just leave that up to the mothers and fathers. I think it works out pretty good.

God's second most important job is listening to prayers. An awful lot of this goes on, as some people, like preachers and things, pray other times besides bedtime. God doesn't have time to listen to the radio or TV on account of this. As he hears everything, not only prayers, there must be a terrible lot of noise going into his ears, unless he has thought of a way to turn it off.

God sees everything and hears everything and is everywhere. Which keeps him pretty busy. So you shouldn't go wasting his time by going over your parents head and ask for something they said you couldn't have.

Atheists are people who don't believe in God. I don't think there are any in Chula Vista. At least there aren't any who come to our church.

Jesus is God's son. He used to do all the hard work like walking on water and doing miracles and trying to teach people about God who didn't want to learn. They finally got tired of him preaching to them and they crucified him. But he was good and kind like his Father and told his Father that they didn't know what they were doing and to forgive them and God said OK. His Dad (God) appreciated everything he had done and all his hard work on earth, so he told him he didn't have to go out on the road anymore. He could stay in Heaven. So he did. And now he helps his Dad out by listening to prayers and seeing what things are important for God to take care of and which ones he can take care of himself without having to bother God with. Like a secretary, only more important, of course. You can pray anytime you want and they are sure to hear you because they've got it worked out so one of them is on duty all the time.

You should always go to Sunday School because it makes God happy, and if there's anybody you want to make

happy, it's God. Don't skip Sunday School to do something you think will be more fun like going to the beach. This is wrong! And besides, the sun doesn't come out at the beach until noon, anyway.

If you don't believe in God, besides being an atheist, you will be very lonely, because your parents can't go everywhere with you like to camp, but God can. It's

good to know he's around when you're scared of the dark or when you can't swim very good and you get thrown in real deep water by big kids. But you shouldn't just always think of what God can do for you. I figure God put me here and he can take me back anytime he pleases.

And that's why I believe in God.

Do Gooders Club Holds Monthly Meeting

The Do Gooders' Club met at the Community Center in Flomot Tuesday afternoon, June 7 for their monthly meeting. Due to unexpected circumstances, the featured guest, Mrs. Jerry Jones, nurse practitioner at Motley County Clinic, was unable to attend.

Mrs. Christeen Gilbert, president, conducted the business meeting. Mrs. Bernice Bond, secretary, read the minutes that were approved. On the agenda, a Flomot Flea Market and Crafts Sale was scheduled for Sept. 10 from 9 a.m. to 7 p.m. at the Flomot Community Center. Each booth will cost \$10.00. Serving on the committee for renting a booth will be Mesdames B. Rogers, Leona Degan and Christeen Gilbert.

A breath-taking beauty awaited at the refreshment table laid with a pink cloth. The centerpiece was a basket enveloped

with Spanish moss with a ruffle of pink napkins surrounding beautiful pink roses. A pink rose trellis was entwined around the handle of the basket and a pink bird perched on the side of the basket.

Mrs. Gilbert and Mrs. Bond presided at an ivory and pink service with a fluff of pink sliding through rose decorated napkin rings. They served frosted grapes and cherries suspending from a frosted glass mug, pig in a blanket, chips, pickles, a cool medley of fruit, chocolate dipped cherries and banana and orange blossom muffins with iced tea and coffee.

Those attending in addition to those mentioned were Mesdames Jimmie Hunter, Judy True, Alma Shorter, Nada Starkey, Lucille Monk, Erna Washington, Annie B. Cloyd, Trula Martin, and Mary Jo Calvert.

Brag Corner



Lyndi Jameson

Lyndi Jameson

Lyndi Jameson, daughter of Larry and Dianne Jameson of Lubbock has been visiting with her grandparents, Bob and Jimmie Jameson.

Lyndi has recently completed her first year of Pre-School at South Crest Baptist Church.

Look Who's New



Kolton Price Bailey

Mr. and Mrs. Kevin Frank Bailey, and small son, Dillon, of Ulysses, Kansas, proudly announce the birth of their new son and brother, Kolton Price Bailey. Kolton was born in Garden City, Kansas on Friday, June 3, 1994. He weighed 9 pounds 5 1/2 ounces and was 22 1/2 inches long at birth.

Dillon and Kolton are the grandsons of Ronald and Kay Bailey of Eastland, and Whitney and Ann Brooks of Lubbock. Great grandmothers are Inez Bailey of Lake Colorado City and Laverna Price of Matador. Addie Murphy of Matador is the boys' great-great grandmother.

Free Poetry Contest Open To Motley County Poets

A \$1000 grand prize is being offered in a free poetry contest sponsored by Hollywood's Famous Poets Society, open to everyone in the Matador area. There are 25 prizes in all, worth over \$2,500.

Says Poetry Editor Martha French: "Texas has produced great poets over the years, and I expect this contest to yield exciting discoveries."

The deadline for entering is July 1, 1994. Winners will be announced on September 1 at which time all prizes will be awarded and a winner's list sent to all entrants.

To enter, send one poem, 21 lines or less to: Free Poetry Contest, 7095 Hollywood Blvd., Suite 730, Hollywood, CA 90028.

Turkey Fund-Raiser

from page 1

chuck wagon and will include brisket, potato salad, beans, hot bread, corn on the cob, cobbler, tea and coffee.

All food and paper items have been donated by Turkey and Quataque merchants.

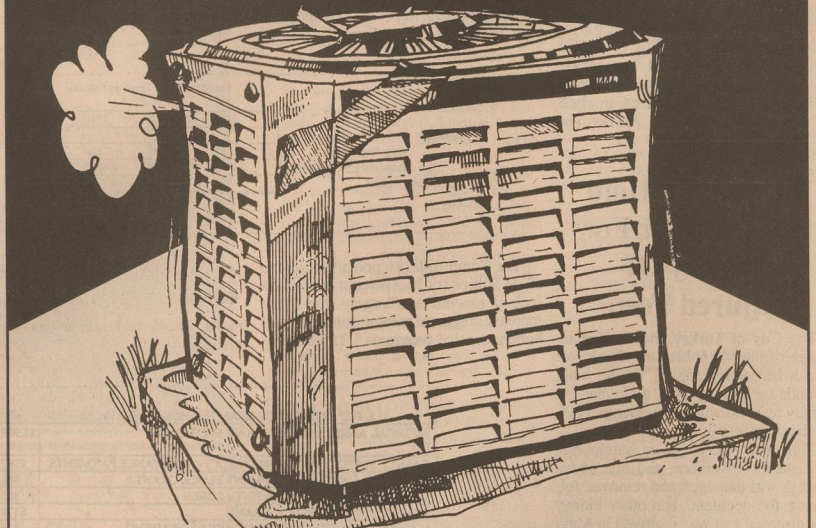
Organizers are searching for a musical group to provide entertainment during the barbecue.

Tickets are \$10 for adults and \$5 for children ages 12 and under. All proceeds will go toward the Pigg's medical bills. Tickets can be purchased at the door or by calling Scott Johnson at (806) 423-1151 or 1-800-657-7110.

Those unable to attend the barbecue can donate money by calling the above numbers.

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Preliminary marketing figures for the month of April continue to shift estimates of the weighted average price of cotton up and potential cotton deficiency payments down according to Lubbock-based Plains Cotton Growers (PCG).

PCG officials are quick to point out that the figures used to estimate final deficiency payment are still preliminary and that eight more months of marketing and price information will be included in the final calculation. They note, however, that the trend seems to be toward higher prices and that marketings are being buoyed by increased demand and shrinking world cotton stocks.

Marketing information through April shows cumulative marketings are closing the gap on marketings seen during the first four months of 1993. Through April of this year a total of 4.32 million bales have been marketed compared to 1993's total of 4.851 million bales through April.

Price also continued to inch upward with the weighted average through April rising to 65.03 cents per pound. Last year's weighted average price through April was a full 11.16 cents lower at 53.87 cents per pound. The change translates into a projected 1994 deficiency payment of 7.87 cents.

Producers who received the 6.45 cent advance payment at sign-up could expect a final deficiency payment of 1.42 cents

per pound if these figures stayed constant through the remainder of calendar year 1994. Further increases in the weighted average price means producers could be called on to repay part of the advance payments.

"We have really seen a significant turn around in the world cotton situation in the past two years," says PCG Executive Vice President Donald Johnson. "At this time in 1992 the biggest concerns of producers were the falling price of cotton and high world stocks. Now, just two years later, we are facing the situation in reverse with climbing prices and decreasing world stocks."

Johnson adds that because of the current situation cotton producers on the High Plains are in a unique situation. On one hand they are happy about higher cotton prices and prospects for the 1994 crop. On the other, they know that historically High Plains cotton brings less in the marketplace and there is a good chance that a small deficiency payment will not adequately ridge the gap between the average price they receive and the Upland cotton target price.

Preliminary marketings and the average price received for cotton as reported by the National Agricultural Statistics Service (NASS) through April are shown in the table below.

Preliminary Marketings and Prices Received Through April 1994

	Marketings (1000 Bales)		Price (cents/lb.)		Weighted Ave. Price	
	1993	1994	1993	1994	1993	1994
January	2681	2100	53.0	63.7	53.00	63.70
February	1009	922	53.8	65.6	53.22	64.28
March	823	742	56.3	66.1	53.78	64.64
April	338	556	55.1	67.7	53.87	65.03

Source: NASS, Washington, D.C.

Timely May rainfall has helped get the majority of the Texas High Plains 1994 cotton crop off to a good start. Unfortunately, marginal subsoil moisture continues to threaten crop prospects according to Lubbock-based Plains Cotton Growers (PCG).

PCG officials tracking the crop's progress say it will definitely need additional rainfall to achieve its full production

potential.

"This crop is getting to the stage where it will need additional rainfall," says PCG Executive Vice President Donald Johnson. "We are off to a good start as a result of the rain we received across the area in May. Now the key will be receiving additional rain to support the crop through the summer months."

Funds Are Available For Great Plains Conservation Program

by Phillip R. Sharp
Range Conservationist

The Great Plains Conservation Program (GPCP) is a Soil Conservation Service (SCS) cost share program which assists landowners in implementing a complete resource management system on their land. The GPCP is a long term agreement between landowners and the USDA for a period of 3 to 10 years.

The SCS provides land owners with technical assistance and cost-share funds up to \$35,000 per contract. These cost-share funds pay a percentage of the established average cost to approved conservation practices. Within Motley County GPCP cost-share funds enabled landowners to install conservation practices such as standard and parallel terraces, diversion and basin terraces, waterways, pasture planting, range seeding, brush management, livestock water storage facilities, pipelines, and ponds. Motley County currently has 26 active contracts on 19,699 acres totalling \$462,062.18.

Funds are available and applications for GPCP contracts may be made at the Matador Field Office. For more information you can call 347-2263 or stop by the Matador Field Office and talk to James Gillespie DC, Phillip Sharp RC, or Rodney Williams SCT.

Programs and services of the Soil

Conservation Service are offered on a nondiscriminatory basis without regard for race, color, national origin, age, sex, religion, marital status, or handicap.

We have a nice selection of Christian Books & Bibles
Texas Country Reporter Cookbook
Plants Are People Too
Roaring Springs Recipes & Memories
Trail Dust
Early History of Motley County
The Roads of Texas
Motley County Roundup and others

Motley County Tribune

Dickens Electric Announces "Youth Electric Camp"

Dickens Electric Cooperative, Inc. is proud to announce their upcoming "Youth Electric Camp '94". This is a camp for 4-Hers who have completed the seventh grade and older. All 4-Hers within Dickens Electric's service area are eligible to participate.

The counties in the DEC service area are Dickens, King, Kent, Stonewall, Garza, Crosby, and Motley. Twelve 4-Hers from each county will be taken to Camp Scott Able near Clouderoft, New Mexico. The departure date is set for Monday, July 11, and return to Spur on Thursday, July 14th.

The camp will consist of sessions in electrical safety, first aid, and recreational activities to numerous to mention. See your county extension agents for more details and registration forms, or call the DEC office.

Also, DEC is making final preparations for our Annual Meeting to be held on July 21, 1994. Your annual report this year will be in your July copy of the "Co-op Power". Be watching for more details coming soon.

Humility and the fear of the Lord bring wealth and honor and life.
Proverbs 22:4

Thank you for reading the Motley County Tribune

HEALTH NEWS

FACTS AND FALLACIES ABOUT VITAMIN SUPPLEMENTS

Touted as the cure for everything from fatigue to cancer, vitamins are big business. Sales add up to \$3 billion every year, compared to just \$150 million annually 30 years ago. National statistics indicate 40 percent of American adults take at least one vitamin or mineral supplement daily.

According to Lowell Johnson, M.D., family physician on staff at Methodist Hospital, many powers have been attributed to vitamins, but there is no proven benefit from high-dose vitamins promoted to cure or treat cancer, heart disease, aging or other conditions.

"Many over-the-counter vitamins deliver more than the Recommended Dietary Allowance (RDA), so people should avoid 'overdosing,'" said Dr. Johnson. "Usually the body retains only the amount of vitamins it needs, but large amounts of vitamins A, K and D can cause side effects."

Although 'megadoses' of vitamins should be avoided, people who do not consume adequate amounts of vitamins and minerals in their daily diets can benefit from regular vitamin supplements.

Following is a list of vitamins and some of the benefits they provide:

* Vitamin B1 - Essential for the central nervous system. A lack can cause depression, fatigue, tension, hyperactivity, hallucinations and numbness in the arms and legs.

* Vitamin B2 - Inadequate intake can cause depression, dizziness, scaly face, rashes, dry eyes and cracks in the corner of the mouth.

* Vitamin B12 - Helps treat emotional disorders and anemia.

* Vitamin B (folic acid) - When taken in the early months of pregnancy helps prevent neural tube birth defects.

* Vitamin C - Detoxifies body tissues and is helpful for respiratory ailments, toxic insect bites, burns, diabetes and high cholesterol. People with diets rich in Vitamin C generally have a lower incidence of stomach cancer.

* Calcium - Women can prevent or delay bone loss by taking calcium supplements in their 30s and 40s.

Although vitamin supplements may be beneficial to certain people, properly selected diets are still the primary basis for good nutrition, Dr. Johnson said.

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