## THotleg Ca. Trihune 50 Cl



SONDRA FRANCIS
Sondra Francis is co-owner/opcraher sister, Shane, have owned the variher sister, Shane, have
ety store for 11 years.
She and her husband, Vann, have Sondra gradur Sondra graduated from Matador
High School in 1962.
In her spare time she enjoys work-

| Thought |
| :---: |
| For The $W_{\text {eek }}$ |

"Show me a man with head held get used to bifocals."

Barbara's Bylines and
The Foothill Country News

Well, Summer weather finally hit!
I think this is one of the latest Springs we have had in several years. Here it is nearly mid July and the pastures are
still green! One of the farm magazines still green! Onc of the farm magazines
says we will have more rain later in says
July.


NOTICE
SUBSCRIBERS
Attention Subscribers! Please no-
tice on the back page of the paper the Subscription list for July Subscriptions. If your name is on this list, it
means your Subscription is due now. Thank you!

## MOTLEY COUNTY JUNIOR RODEO SET FOR THIS WEEKEND



Plans Completed For First Annual Chamber of Commerce Banquet

The Modley County Chamber of Th meet Thursday night at 7.30 p.m., July
13 at the First State Bank to complete
13 at the First State Bank to complcte
the final plans for the first annual banquet.
The first Motley County Chamber
Banquet will be held
Banquet will be held on Thursday,
August 13 at 7 p.m. in the Motley
County School Building in Matador
County chool Building in Masador.
Banquet tickets went on sale last week at \$10 cach and are available from the
following Chamber members at their businesses: Roy Hobbs, First State Bank; Larry Hoyle, Matador Motor and Implement; Sondra Francis, MataMotley County Tribune; Brent andMoucy County Tribune; Brent and
Brian Marshall, Marshall Bros. Pro-
pane and Electric; and IJff pane and Electric; and Jeff Thero- door prizes. Casual or western attire is


SOMEDAY ....... Colton Russell admires one of the beautiful handmade saddles which will be given to the top cowboy..... and cowgirl in the Senior Division at the Motley County r r. Rodeo to be held the weekend
in Roaring Springs. Someday Colton hopes to win a saddle like this. Colton will compete in the Pre-kids in Roaring Springs. Someday Colton hopes to win a saddle like this. Colton will compete in the Pre-Kids
division in Barrell Racing, Flag Racing, and Calf Riding. He is the son of Mr. and Mrs. J.D. Russell of
Roaring Springs. Good luck, Colton, and to all those competing in the Rodeo.

## Motley County Commissioners

## Meet For Regular Court Session

The Molley County Commission ers met for the regular court session,
Monday, July 10. Judge Laverna Price opened the Court and gave the invocaion. The minutes were read and apapproved.
All reports were read and accepted.
he J.P. reported colliccuing \$4,0
from NTS Communications System, August.
for a long distance service for the Court set the vehicle registration
Courthouse. Afterdiscussion the Court fec the same as 1995, which was $\$ 10$,
decided to hold off until October. for 1996 . decided to hold off until October. for 1996 . Commissiners discussed mainteScaled bids were opened and read nance of County roads.
on insurance on 10 county vehicles. Judge Price asked Commissioners Bids were received from Long Insur- to meet July 24 for a Budget work
ance of Roaring Springs and Pipkin
mecting. ance of Roaring Springs and Pipkin Tempic Huton, Lawyer, was on Insurance of Matador. After reading hand for council.
and discussing this was tabled until $\quad$ Mecting adjourned.

## Senate Votes To Let States Repeal 55 MPH Speed Limit

Washington -- The U.S. Senate Current law sets national limits for
voted $65-35$ to tum back to the states all vehicles of 55 mph on most roads the right to set speed limits for auto- and 65 mph on rural interstates. mobiles. U.S. Sen. Phil Gramm, R- "It's illogical for politicians in tr Texas, supported the repeal of the 55- fic-congested Washington, D.C "Driving from long distances across limitona 100 -mile stretch of the Texas Texas at 55 mph , two things happen. Panhandle and a crowded Houston You either get discouraged and turn freeway," Gramm said. back, or you're going to get run over," The primary aim of the bill is to the Texas Legislature was fully ca- the country - primarily interstates and pable of setting an appropriate speed main highways - as the National Highlimit in rural areas. way System and provide $\$ 13$ billion

## Electronic Card Replaces <br> Paper Welfare Benefits

Lubbock -- In 41 counties of West ents use the card to pay for groceric Texas, the state's Department of the checkout counter and AFDC re
Human Services (TDHS) is bringing cipients use the card to access cash fo the electronic age to public assistance. basic living expenses.
A plastic debit card is replacing paper Phase I of the Lone Star card began food stamp coupons and checks for inpartsof Houston last year, and Phase
Aid to Families with Dependent Chil- II in the Metroplex wenton line June 1 dren (AFDC). Phase III of the EBT project, brings on Beginning August 1, houscholds in line - Lubbock Region, San Antonio
the Panhandlc and the South Plains Region, Beaumont Region, and the E areas recciving aid will use an elcc- Paso Region. On August 1, 1995 TDHS
tronic debit card called the Lone Star will bring over 40,000 houscholds in tronic debit card called the Lone Star will bring over 40,000 houscholds in
card. New applicants for food stamps Region 1 on the Lone Star card. and AFDC will be issucd the card beginning July 24 .
The red, white
te, and blue Lone Star The red, white, and blue Lone Star
card accesses the state's clectronic ard accessses expected to be in use throughout the
EBT system transfers funds electroni- toone Star card users have quescally from the state to vendor's or accountscan call, toll-free 1-800-777
bencfit recipients. Food stamp recipi- 7 EBT ( $777-7328$ ).
over two years to upgrade these roads. 1997 to help improve and maintain The measure has yet to be considered Texas roads, if the National Highway by the House. System is officially designated by Sept. $\begin{array}{cl}\text { Under a } 1991 \text { law, roughly } \$ 440 & 30 \text { of this year. } \\ \text { million from the Highway Trust Fund } \\ \text { 'In 1974, Congress set a national }\end{array}$ million from the Highway Trust Fund

In 1974, Congress set a national rab oil embargo. Congress approved

## Health Officials Issue Warnings About State's Skin Cancer Risks

(TDH) each year warns that skin can- incidence rate for malignant mela- B, but are virually transparent to ulcer is the most common type of cancer noma, the most deadly form of skin in the United States. Because of its cancer, has been increasing at a rate of latitude, Texas is exposed to higher 4 percent per ycar, and the death rate levels of cancer-causing radiation than for all skin cancers has nearly doubled
are some other states. are some other states.
In 1995, there will be about 34,000 new cases of malignant melanoma, and about 800,000 new cases of basal and squamous cell skin cancer in the death from malignant melanoma, and about 2,100 dcaths from the other types of skin cancer will occur in the country
this year this year.
Howerer, according to Dr. Danile However, according to Dr. Danile
A.Goldman, aphysician with the TDH Bureau of Chronic Disease, "All types of skin cancer occur more frequently
in fair-skinned individuals who have in fair-skinned individuals who have
been repeatedly exposed to the sun, been repeatedly exposed to the sun,
ultraviolet light or X-rays." He explained that the danger from
sunlight is increasing, according to scientists, since air pollution contin-
in preventing skin cancer as previpreventing skin cancer as previ-
Ously hought," he cautioned. Other things people can do
Ote the risk of skin cancer include: the risk of skin cancer include:

* Wear protective clothing - hats, * Wear protective clothing - hats,
ong sleeves and gloves.
"However, skin cancer is mostly
However, skin cancer is mostly
peventable, when precautions are laken, and virtually $100 \%$ of skin cancers are curable, if diagnosed and Dr. Goldman added that pcople should regularly examine thecir skin and their children's skin. Any changes catures warrant a doctor's opinion. "Anyone who must be in the sun
should use a sunsuscence rated 15 or
higher, and apply it at least half an
hour before going out into the sun. Use
waterproof formula, or reapply after
oldman advised. "Commonly-used
between 10 a.m. and 3 p.m.
Never use suniamps, tanning
* Avoid prolonged sunbathing. * Take care that your children are ot subject to excessive sun exposure. The National Weather Service
produces a daily UV index produces a daily UV index for meteorologiststo use in forccasting the amount of ultraviolet sunlight for 58 major $0-15$, with higher numbers indicating higher levels of UV radiation and more risk of sunbum, skin damage and skin
cancer. ues to deplete the protective ozone chemical sunscreens block ultraviolet
by Beverly A. Logsdon


#### Abstract

DIETS YARY FOR THOS Wh the past decades Through the past decades, persons with diabetes have been given a variwety of rules about what they can and and cannot cat. In the 1920's they were told to eat high fat, low carbohydrate in their diet. Then they were told to reduce fat and cat more complex carbohydrate. but to avoid any candy or sugar-containing products. Now the last word ifrom the "expers" is that the diabete diet is not that different from an ordi dict is not that different from an ord nary, healthful diet or eating plan. Recent rescarch conducted by th Diabetes Care and Complications Trial has emphasized the need to individualize the care for persons with diabe- tes, which includes lifestyle changes tes, which includes lifestyle change such as increasing exercise, monitor ing glucose, eating healuhfully an drinking plenty of fluids. These life- style changes can prevent style changes can prevent the onset of debilitating complications of the eye debilitating complications kidney and nervous system. American Diabectes Association and the American Dietetic Association include: from any rigid single diabetes diet to more individualized meal plan of re duced fat content and increased complex carbohydrates. - Sugar is no longer the villain if eaten within the context of a norma dict. Sucrose as well as other sugar sources such as fructose or honey should be less than carbohydrate calories. Studies proved increasing blood glucose levels than increasing blood glucose levels than did fructose. So boht fructose and sucrose are allowed in reasonable amounts. amounts. such as onounsaturated fatty acids such as olive, peanut or canol sugar have been shownto control blood suga levels better than the fat recommended by the conventional diabetes diet while lowering insulin and triglyceride lev els. The trick is to not increase total calorie intake when increasing concalorie inake when increasing conacids to prevent weight gain. Also, persons with diabetes still need to limit their total fat intake, particularly saturated fatty acids, since the -Overweight persons with diabe-

\section*{In the <br> Rough} by Hazel


TUESDAY NIGHT SCRAMBLE July 4
The cards were not The cards were not available, but was very good (as usual). Don Baxter got closest to pin on \#3, 7
THURSDAY LADIES PLAYDAY Those playing were LaVoe Th-
acker, Olivia Barton, Loys Campbell, Geneva Wilson, Louise Barton, Mary Lou Williams, and Dorothy Day. Play
was for most bogies on even holes. was for most bogies on even hole
Geneva won with the ball with 6 .

TWO LADY ANNUAL $\underset{\text { July } 8}{\text { SCRAME }}$ July 8
Championship Flight: Championship Flight:
First, with a score of 67 were Judy Bland and Wanda Nazworth. Sccond with a score of 67 were

## off on card). <br> off on card). Third with

Hasscll and Dianc Ratliff.
First Flight:
Carlisle and Billie Bass were Johnnie Carlislc and Billie Bass.
Second with a score of 73 were Second with a score of 73 were
Connie Hurt and Robin Nixon (played off on card)
Third, with a score of 74, were Glenna Ross and Quida Gage
Sccond Flight: Second Flight: First with a score of 80 w.
Brown and Donna Pemell. Sccond with a score of 81 were Shirley Cooper and Raynita Newman. Third with a score of 81 were Linda Shadde
card)

Home Economically Speaking
Home Extension Agent - Home Economics
healthy weight to improve blood sugar
control. So take in fewer calories and start increasing your activitites. - Increase antioxidant nutrient such as vitamins E and C that help to neutralize the cell-damaging free adi-
cals and help to reduce the risk of

Helping us celebrate Arts \& Crafts copy. Janet Atyia and Debra Sco Month at the library is the Motley copy. Janet Atyia and Debra Scot
have made generous donations to the ounty Arts \& Crafts Club. The library in the form of new, up-to-date rought in their projects to show, and help and support. niifred Lee has displayed these lovely items throughout the library. library has two new novels for you to
Among the members displaying paintAmong the members displaying paint- read. One is The Juror by George ings and crafts projects are Bonnie Dawes Green. This book was donated
Edmondson, Lorene Lancaster, Toni to the Moutcy County Library by the Fellows, Winifred Lee, Joy Archer, Dickens County/Spur Public Library.
and Dorothy Day. Come in and see It should be a good summer-lime read and Dorothy Day. Come in and see It should be a good summer-time read.
these creations and others that will be Another novel about the law and a these creations and others that will be Another novel about the law and a
arriving during the month. It's never judge is William J. Coughlin's The oo carly to start on your Christmas Heart of Justice. I have not read this gifts and decorations. Some of the book, but one of our patrons told me items that are displayed in the library that it is very good and that he wished are Christmas crafts, and the library we had more novels by Coughlin. Those of you who likepolice drama
decorations.
will enjoy Balboa Firefly by Jack Thanks go to Lori Wells from Spur
will enjey. This noveal combines the sus who has donated to our library the new pense of a thriller with the authenticity Patricia Cornwell novel, the Body of a police procedural as Police Sg.
Farm. Also, we wish to thank Lee Pea- Tommy Donahoo stalks a mad killer. Farm. Also, we wish to thank Lee Pca- Tommy Donahoo stalks a mad killer.
cock of Roaring Springs for donating
It's too hot for golf oreven for doing cock of Roaring Springs for donating It's too hot for golf oreven for doing
a new copy of Guy Braselton's much work, but you can keep cool
Meanwhile...Back at the Ranch. The with a good book from the Motley a new copy of Guy Braseltons
Meanwhile... Back at the Ranch. The
library's original copy of this book has


## 1995 Northwest Texas

## Methodist Appointments

Une is Pastor appointment time in

1. Marcum; Anton, Bruce Parks ing is a list of past Molley County
pastors and their appointments: Matador/Roaring Springs, Ron Conference Evangelist, J. Wesley Hunt Mem./Channing/Middlewell, don; and Pampa District Superinten

Bridal Selections for
Erin Wilson \& Jade Jones Matador Floral

## Couple Exchanges Wedding

 Vows In San Angelo CeremonyShelly Hughes and Bobby Knox of Damron of Matador and the late Mr. San Angelo, Texs were married on and Mrs. Homer Hughes of Afton. June 18, 1995 in San Angelo. Shelly is Bobby is the son of Mr. and Mrs. the daughter of Christina Damron and Robert Knox and the grandson of Mrs.
the late Oscar Hughes. She is also the Mary Knox and Mrs. Elsie Powell, all the late Oscar Hughes. She is also the Mary Knox and
granddaughter of Mr. and Mrs. Dood of San Angelo.

## Lisha Luster Is An All-American Cheerleader


f being chosen for the 1995 National Cheerleaders All American Team. She basis of cheerleading technique, lead'ership
ability.

The All American Cheerleaders will be featured in the Brach's Holiday
Parade in Chicago, Illinois that will be elevised and the Revolution Parade in Cancun, Mexico. Both events will be in November. This will give Lisha the can Cheerleaders from throughout the

Lisha and her sister, Amanda, a sixth grade student, are the daughters Therry and Barbara Luster of Cisco. Lisha Luster, a junior student at Their maternal grandparents are Billie
Cisco High School, received the honor Ray and Faye Slover of Matador.

## July 4th Celebrated With

 Music At Do Gooders ClubThe Do Gooders' Club of Flomot in October Plans will be
elebrated July 4th with entertaining announced at a later date.
elebrated July 4th with entertaining announced at a later date. nity Center. Featured performers were were of the patriotic decor with red nity Center. Featured performers were were of the patriotic decor with red,
Mrs. Trula Martin and Annie B. Cloyd. white, blue accessories. Hostesses The program was a diversity of Mrs. Judy True and Mrs. Erma Wash-
music selections and poems including ington served July 4th treats of hot patriotic songs. With Mrs. Cloydat the dogs, chips, watermelon balls, Amerikeyboard, Music frivia Games were can Flag decorated cake, iced tea and played or Name That Tune and song lemonade
Waydolta clay waspprosonted an origi- Members attending besides those nal antique sheetmusiecernificate made mentioned above were Mesdames by Mrs. Martip for identifying themost Leona Degan, Christeen Gilbert, Jim-
songs. Mrs. Alma Shorter, president, pre- Monk, Mary JoCalvert and B. Rogers. sided at the business mecting. The Guests were Mrs. Geneva Martin and blinds inty Center had blue mini Mrs. Kathy Shorter. blinds installed since the last meeting On Wednesday, July 5 , Wilburn
that blended with the blue designed and Trula Martin, Mesdames Mary Jo carpet. This was an appreciated proj- Calvert, Annie B. Cloyd, Leona De-
ect done by the club. In other business, gan, B. Rogers and Waydetta Clay the club. In other business, the club mowed andcleaned the grounds around
voted to have a Flea and Craft Market the Community Center building.

## Winifred Lee To Be Honored On 80th Birthday

Everyone is reminded of the celc-- $2 \times 11$. Both sides may be used, if brath birthday Saturday, July 15, 2:00- celcebration may send letuers to FBC 4:00 p.m., at First Baptist Church, Box 546 , Matador, TX 79244 , as soon Those wishinghip Hall. $\quad$ as possible.
with a gift, may do so by writing a note This celebration is hosted by the or letter relating special memories, Baptist Women groups and the Part-
amusing anecdotes, and/or words of ners and Winsome Sunday School honor. Letuers should be written on classes of the church. Mrs. Lee's birthpaper or stationery no larger than 8 1/day is today (July 12 )
Humility and the fear of the Lord bring wealth and honor and life.


## 

 20夭/MIN. MOBILE TO MOBILE!

IN MATADOR: Gillespie Communications, P.O. Box 76-1-806-347-2208

First Baptist Youth Return From Mission Trip


Time After Time



Everyone is loving it!
Always giving you our best shot.

| Letter |
| :---: |
| To The Editor |

East Mound Cemetery is in dire
need! The recent rains have caused
As you may or may not know, the
need! The recent rains have caused expenses for the care of the Cemetery
grass and weeds to grow exceptionally are paid striclly by donation. We need grass and weedstogrowexceptionally are paid strictly by
fast required mowing more more donations!
often. The caretaker has done an ex-
ceptionally good job of keeping the be cared all help so our Cemetery can Cemetery and he is to be commended.
But we need more money to keep
But we need more money to keep
our Cemetery in top condition. A concerned Matador citizen

## Swimming Lessons

 BEGIN MONDAY, JULY 17 with Chelsea and Vic ReadKids, Frady Ladies, Men and Aerobics Call Chelsea for times 347-2837

## Matador

 Thrifty shopVariety of Dishes Antiques Good Used Clothing for the whole family Collectable Items and much more Hwy. 70 East Matador

Love consists in this that two
solitudes protect and touch and solitudes protect
greet each other. greet each other.
-Rain -Rainer Maria Rilke
FLOMDADA

FORD RANGERS
Select Models


| $29 \% \begin{gathered} \text { Up To } \\ 36 \mathrm{mo} \text {. } \end{gathered}$ <br> LARGE SELECTIONS |  | $51,500^{\text {casn }}$ Down $\$ 600$ Customer Cash $\$ 500$ RCO Cash $\$ 400$ Young Buyers |  |
| :---: | :---: | :---: | :---: |
| USED VEHICLES |  |  |  |
| 93 OLDS <br> CUTLASS SUPR. <br> Was 12,495 <br> NOW <br> 10,695 | 94 FORD MUSTANG Was 15,995 NOW 14,695 | 92 FORD RTAURUS Was 90995 NOW 8,765 | 93 FORD EXPLORER 2-dr. Spor Wat 14.905 NOW 13,895 13,89 |
| 89 OLDS CUTLASS IERRA Was 6995 NOW 5,295 | 89 FORD TEMPO NOW 4,275 | 90 FORD AROSTAR Was 9,995 NOW 9,125 | 92 FORD SUPERCAB Was 10,995 NOW 10,295 |
| 93 FORD Escort WAGON Was 9,995 NOW 8,495 | 92 FORD TEMPO Was NOW NOW 6,675 | $\begin{gathered} \text { 93 FORD } \\ \text { EXPLORER } \\ \text { Was 18.909 } \\ \text { NOW } \\ \mathbf{1 8 , 2 9 5} \\ \hline \end{gathered}$ | $\begin{aligned} & 95 \text { FORD F-150 } \\ & \text { Reg. Cab, } 4 \times 4 \times 4 \\ & \text { Was } 17.995 \\ & \text { NOW } \\ & 16,525 \\ & \hline \end{aligned}$ |
| 93 PONTIAC GRAND PRIX NOW 10,987 | $\begin{gathered} 94 \text { FORD } \\ \text { PROBE } \\ \text { Was 14.9.95 } \\ \text { NOW } \\ \mathbf{1 3 , 7 2 5} \end{gathered}$ | 90 FORD AEROSTAR Was 9,995 NOW 8.888 | 91 CHEVY BLAZER Was 14995 NOW 12,995 |
|  | 92FORD NOW 4,875 | 91 FORD EXPLORER Was 14.999 NOW 12.995 | 94 FORD <br> NOW <br> 10.995 |

## FLOYDADA FORD-MERCURY

## RTIIEMUREROCNDTM $A$ <br> miti 5000 Cash

$5 x^{2}=8$
 COOKED FOOD SPECIALOF THE WEEK
CORN DOG \&
COCA-COLA be won. Keep on playing
20 OZ. N/R BOTTLE




# News Around Motley County 

## Obituaries

J.D. Craven


Jettie Moss
Graveside services for Jettic Moss, United Mchoodist Church in Floydada. p.m. Friday , July 14, in Floyd County Springs and Matador
p.m.Frial. Park.
Memer
Semo was

Mcmorial services will bch held at 3 Avanelle Wilkinson, died Sept. 3. Church with the Rev. Clark Williams, Survivors include a son, John of pastor, officiating.
Burial will be under the direction of
Floydada; three daughters, Barbara
Sixon of Sylvester, Judith Hawkins of
San Antonio and Margaret Aycock of
Farwell; 18 grandchildren; and 20

\section*{| She died Tuesday, July 11, 199, in |  |
| :--- | :--- |
| Country Heritage in Lubbock. | $\begin{array}{l}\text { great-grandchildren. } \\ \text { Pallbearers will be Gregory Dixon }\end{array}$ |}

She was born Nov. 9, 1909, in Harvey Dixon, Steve March, Scan
McLean. She married John Preston March, Jeff Moss, Chris Aycock and
Moss on Jan. 30, 1927 in Spur. He died David Wilkinson,
April 10, 1967. She was a member of The family suggests memorials to the Floydada Garden Club, the Home First United Methodist Church M


## BUSINESS REVIEW

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| :---: |
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MEMBER FDIC


