

## Home Economically Speaking

Cox－Campbell Exchange Wedding Vows
Home Extension Agent－Home Economics

DIETARY CHANGES AND EFFECTS IN CANCER The evidence linking diet and hear studieslinking diet and cancer．Diet prob
bly plays a smaller role in over a lifetime，it can make a difference． One of the best protectors against number of chronic diseases，including colon cancer，is fiber．Many studies ex－ correlation is difficult due but drawing a nature of fiber．
With funding from the National Can
cerInstitute，research conductedatMich gan State University from 1990 to 199 examined the ways different types of
fiber interact with colon cancer．So far， fiber interact with colon cancer．So far，
this work was only done with animals， but as results are gathered and analyzed，
some insight into the fiber－cancer rela－ tionship in the human body should b
evident．
Preliminary results have shown that the insoluable fibers，which include bans
and vegetable stems and stalks，offer more protection against colon cancer that the fiber found in fruit skin and vegetable
leaf fiber（soluble fiber）．This is so be－ cause these insoluble fibers increase the bulk and speed of waste and may help to dilute any carcinogens in the lower intes－ tine and colon，gi
become harmful．
tents of the fibers protection and how they work in the body protection and how they work in the body，
with the hope of inserting these com－ pounds into other foods．
lifetime，diet is important but it won＇ have a strong therapeutic effect immedi－ ately．What most people don＇t realize is that changing their diets for a year won＇
undo poor nutrition in the past．Diet should undo poor nutrition in the past．Diet should
be viewed as a preventative measure over the long run，not a short－term therapeutic Many great explanations about vita
min A and is preventative effect against $\min \mathrm{A}$ and its preventative effect against
cancer have been discussed．It is known that vitamin A is necessary for normal physiological functions and growth，and
because it is＂essential＂ stained from dietary sources prevention is best noted for its role in

a factor in fighting infectious disease
and has been shown to prevent some and has been shown to prevent som that the active form of vitamin A，retinoic acid，functions as a critical growth regu－
latory moleule during all stages of life． cory moleule during all stages of life．
One researcher at Michiagn State University investigated the role of vita－ onic development in birds，i．e．，after 24 hours in incubation，particularly wit
regard to the heart and circular y regard to the heart and circulatory sys－
term．
Findings were the importance of vita min $A$ varies in early stages of embryonic development in birds can be extended to human vitamin A requirements during
pregnancy．Marginal dietary vitamin A pregnancy．Marginal dietary vitamin $A$
may be reflected in marginal vitamin $A$ supply to the embryo，possibly resulting in abnormal fetal development．Drug vitamin A function，may interfere with vitamin A function，and only promote
some abnormalities，such as those ob served in fetal alcohol syndrome． By consuming recommended serving green vegetables，milk other food sources，you can ensure that you and family members are consuming amin．

SNACKS－ARE THEY
BAD FOR YOU？ Snacks are not really bad，they just allowed for the day．Make snacks and meals work together to give you the total balanced meal plan．Snacks，if cooked overweight．Wisely select snack already from the basic food groupings that are relatively low in calories but high in nutrients．Avoid snacks that are higher in
fat such as fried or greasy foods．Remem ber，you can snack if you keep it health－ Educational＊＊＊ Educational programs of the Texas
Agricultural Extension Service are open all citizens without regard to race color，sex，disability，religion，age，or THOUGHT＊＊＊＊ would 1.
ground．
㨁ibles，Christian 酸ooks history 掐ooks，Cookbooks all available at

## Che motley County $\mathbb{C r i b u t t e}$



## Gown Town


flotrey county $\mathbb{C r i b u t e}$

 $=2$


SUBSCRIPTION RATES：Motley County，$\$ 15$ ；T



## In The

Rough
by Hazel
1

Morning players were LaV oe Thacker Louise Barton，Mary Lou Williams，O via Barton，Dorothy Day and Geneva
Wilson．It was＂all Irons＂day．A ball was ot given－＇twas just a fun day！ No one played in the afternoon．

TUESDAY SCRAMBLE August 2
Closest to the pin－Rob Francis， 26 ft ． 1stplace（28）－Joe and Loys Campbell，
Garland Cartwright，Doorman McLaugh－ in，Jim Robertson．This team had＂birr es＂on No．5，1，2，5，6，8，9 and an＂eagle＂
2nd place（30）－Buzz and LaVe Thacker，Billy Wayne Denison and Cliff Roberts．
rd place（31）－Rob Francis，Ronnie Davis，Butch Renfro and Howard
mondson． mondson．
Didn＇t have cards for other players．

## LADIES PLAY DAY

Thursday，August 4
4 Morning players were LaVoe Thacker，
Louise Barton，Geneva Wilson，Olivia Louise Barton，Geneva Wilson，Olivia
Barton，and Dorothy Day．
Play was for low putts and Geneva Play was for low putts and
won the ball，having 31 putts． won the ball，having 31 putts．
Afternoon players were Afternoon players were Lays Campbell and Judy Cartwright．Judy won
the ball for low putts．
OUR YOUNG GOLFERS！ Recent play at Ross Rogers Golf Course at Amarillo of the North Texas
P．G．a．Junior Tour West Texas Area Championships：
Girls 10 and under：1，Meredith Ea gley，Amarillo，（57－48）99；Lindsey Tr jack，San Angelo，（55－58），113； 3 Rachael Smith，Matador
During play at Comanche Trail Golf
Course，Amarillo，Boys Divison for 11 year－olds．
9 holes－1，Stewart Dodros，Perryton， 34；2，Michael Snider，Borger，35；3，（tie） Clint Fytle，Floydada，Chase Carson， Matador；Dustin Brooks，Levelland，
Travis Loving，Canadian，Christopher Gage，Abilene， 38 ．
Girls $10-11$ Division at Comanche Trail Golf Course－ 9 hole，Meredith Easley，Amarillo，51；Lindsey Trojack San Angelo，55；Rachael Smith，Mat

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## The Year of the Matadors

seconds left to play. The score is ten for hem, and we have seven. The Matado have come from their own 10 yard line
with determination, grit and drive. Ine opposing team is unbeaten, bigger, faster and has been picked to win. One final play will decide the outcome of this game. A field goal ties, a
louchdown wins, which will it be. The coaches and player talk it over and discuss all options. They all decide, nothing short of victory, will subside this hunger the Matadors have. Let's go for it is the Yes, once again it's football time at
Motley County and is kicked, the prognosticators of doom are sending their calls of loser's limps. In football, as well as in life, ,here are victors banner can be waved.
In this article let's not concentrate on
what we don't have, but rather on what what we don't have, but rather on what

At the risk of sounding "preachy", I must refer to a story that deals with the overcoming of adversity and obstacles. whose husband had died, and left her with no money, and two children to raise. A major problem. The debtors were going to take the two children in payment of debts. With no access to welfare or hand-
eeking advise. The preacher listens, and asks a simple question, "What do you
have in your house?" She replies, "Nothing but a small jar of oil." The preacher gives her very specific instruction of what odo with the oil. In very simple words we can assume that he said we're going to
start where we're at, and use what we have

## .

 future belongs to the present group of ealous, determined, young men who will represent Motley County on the football In the realignment of our district this past year we have been given the privileg to defeat some very formidable foes. In nents are not the issue. The issue is oppo coming adversity. We shall be victors.referees cheated, the opponents were mination, this team has drive, and talent, coaching staff and their team, let me say
larger, stronger, faster, and oh well they experience and above all this team has the we belive in you and we are behind eay larger, stronger, faster, and oh well they experience and above all this team has the we belive in you and we are behind each
were supposed to win anyway."
ability and desire to step to the next level. and everyone of you as you lead us to our Have you ever seen a ball player, reardiess or what sport, make a mistake on
 mp.
The Motley County Matadors of 1994 e not going to have a loser's limp, they ill be known as mountain movers, giant

Here's what we have got, a fine group of coaches, who have the knowledge and esire to lead the Matadors to victory, a apacity with the desire to become known There will be giants that stand in the This team has grit, thit quit. way of the Matadors this season, there

## Motley County School Lunches Offer Nutritious, Delicious Foods

 and everyone ofnfield of dreams
How does the game turn out, mentioned in the beginning of this article. I don't know, this game depends upon you, the Matador team of 1994. This game
belongs to you all, as do each of the belongs to you all, as do each of the
others. You can be winners. It's up to others. You can be winners. It's up to
each indivitual to be the best player he can be.
To play as a team, united sas to reach deep inside and be dedicated to reach a common ground, simply put, do your best to achive the ultimate goal, and
that is victory, not only on the field, but hat is victory, not only on the field, but
off the field. Matadors, you can doit, just believe in your ability and try harder and victory will be yours.
from the office

## $\square$ Th

SCHOOL SUPPLY LIST

## PRE-KINDERGART <br> Mrs. Stephens

 1 box water colors; 2 large kindergar ten pencils, fat ones; 2 boxes of tissues; large Elmer School Glue; 1 pair blunt safety scissors; 1 school box; 1 roll papertowels. Please put name on all items. No
Crayons please! Crayons, 8 count, small ones; $2-\# 2$ pencils; pkg. of 8 crayolas (no more pencils, not fat ones; 1 pkg. colored con- please); pink eraser; scissors; Elmers struction paper; 1 pkg. manila drawing
paper; 1 pair scissors (blunt); 2 boxes
issue; 2 manuscript writing tablets, school box; 1 large bottle Elmer's Glue box watercolors; 1 pkg. index cards FIRST GRADE Mrs. Davis
2 boxes tissue; 2 manuscript writing ablets; 1 pkg. manila drawing paper;
mall pkg. construction paper; $2-\# 2$
pencils; pkg. of 8 crayolas (no more
please); pink eraser; scissors; Elmers School Glue or Stick Glue; 2 pocket fold-

## Crosbyton Clinic Hospital Home Health

## Where We Still Believe In Making House Calls <br> 'There's a houss whose rooms Know by feart <br> Where I tended the garden and read my books. <br> Where dreams were dreamt and memories made. <br> Where crildfren greew up <br> and 1 grew <br> where life was sived. <br> A house <br> where I Ibelong."

## SECOND GRAD Mrs. Thacker $1 / 4$

 Scissors; 2 - \#2 pencils; School Bag; spiral notebook; glue; crayons - 24 ormore; watercolors; 2 erasers; assorted more; watercolors; 2 erasers; assorted
construction paper; 1 pkg. white construction paper; 1 box tissue; 1 school

THIRD GRADE
Mrs. Turner
Coiled index cards, 5x8; 2 - \#2 pen-
cils; pink eraser; scissors; notebook paper - wide rule; school box; glue; two piral notebooks; crayons; cursive tablet;
kleenex, flat box; folder with pocket and kleenex, flat box; folder with pocket and
brads; construction paper; box white chalk. Name on all items.

## FOURTH GRADE

Mrs. Ferguson
2 large pkg. of wide lined notebook paper; 1 watercolors; 1 ruler, standard/ metric; 1 large box Kleenex; 1 pink eraser;
2 red pens; scissors; Elmer's glue; 1 small 2 red pens; scissors; Elmer's slue; 1 small
school box or cheese box; 2 folders with
pockets; 1 box crayons; 3 ring binder ( $2^{\prime \prime}$ school box or cheese box; 2 folders with
pockets; 1 box crayons; 3 ring binder ( $2^{\prime \prime}$
wide); 1 pkg. of 8 dividers for binder. NO wide); 1 pkg. of 8 divider
Trapper Keepers please.

## FIFTH GRADE

Construction Paper, notebook paper,
wide; book carrier, optional; pencil box; wide; book carrier, optional; pencil box;
ruler (in-cm) (clear or white); $2-\# 2$ ruler (in-cm) (clear or white),
pencils; 2 red pens or pencils; crayons; scissors; glue or glue stick; pink eraser,
yellow highlight pen; watercolors; 2 blue or black ink pens; 2 kleenex ( 500 count); 5 folders with pocket and brads; 2-70
page spiral - wide notebooks for Spelling $\underset{* * *}{\text { page }}$ and Reading subjects.

FIFTH GRADE Miss Price
2- \#2 pencils; 3 ring pencil bag; black or blue ink pen; 1 red pen; ruler; protrac-
tor; compass; 1 pink eraser; 24 count crayon; map colors; scissors; glue; 1-5
subject notebook; $1-1$ subject notebook; pocket folders with brads; 3 ring binder notebook; construction paper; kleenex

## SIXTH GRADE

Markers/Map Colors/Crayons(which-
ver student prefers); notebook paper ever student prefers); notebook paper
(notebooks are optional); watercolors;
ruler; protractor; compass; 8 clasp folders with pockets; 1 spiral notebook; scissors that will cut material; glue; 1 pkg.
manilla construction paper ( $12 \times 18$ ); pkg. assorted construction paper ( 12 x
18 ); 18); 2 boxes kleenex; 2 black or blue


MOTLEY COUNTY HIGH SCHOOL REGISTRATION IS AUGUST 11

Motley County Independent School district needs to come by at this time to be
istrict will have $9-12$ grade registration registered for the 1994-95 school year. Thursday, August 11 . Registration New students are required to have a copy
vill be held in the school cafeteria. $\begin{array}{ll}\text { 9th Grade - } 5: 00 \mathrm{p} . \mathrm{m} . & \text { card, and an up to date shot record. If you } \\ \text { 10th Grade }-5: 45 \text { p.m. } & \text { have a report card from your other school }\end{array}$ 11 th G Grade - $6: 30$ p.m.
12 th Grade - $7: 00$ p.m. it would be helpful. School begins for all Any high school student new to the levels on August 17 , at $8: 25$

## -Nartene biericich

Come Try Our New Salad Bar Friday Night Fish Fry or Fajitas HoURs: Sunday, AL - : Moud CAN EAT! | 9, Monday 9.5 , Tuestay |
| :--- |
| Friday $\&$ Saturasa, |
| 10 |

We will cook for special occasions! MC CAFE


| PEARSONS" "BONUS" NUT ROLL 2808 FOR FO2 | ALL TPPES PEPSSI- COLA 6 PK. 12 OZ CANS $\$ 1.69$ |  |  |
| :---: | :---: | :---: | :---: |

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# Metus $\mathfrak{m r o u t d}$ flotley $\mathbb{C o u n t y}$ 

## Roartitg Spritgs 12ems

Sincere sympathy goes out to Banty shopped in Lubbock Sunday.
Brandon and his family on the death of his brother, C.R. Brandon, a native of this community who grew to manhood here
and is well remembered by many friends. Among out of town relatives in the area for the Brandon funeral Friday were Mrs Letha Foust and son, Billy Pierce, of Lubbock. Mrs. Ora Stonecipher, local resident, accompanied her sister an
nephew home for several days' visi, Mesdames Foust and Stonecipher are cousins to Mr. Brandon.
Mr. and Mrs. Dub James of Mineral Wells and Mr. and Mrs. Wayburn Mitch-
ell of Paducah visited Wayburn'smother Mrs. Vera Mitchell Friday.
Mrs. Dorothy Lee visited her daugh
Mesdames Linda Schwarz an ters, Mesdames Linda Schwarz and
Evelyn Lewis and families in Lubbock Evelyn Lewis and families in Lubbock
the past weekend. the past weekend. here the past weekend. He visited with Mrs. Roxie Lewis, a family neighbor and
friend for friend for "three score years and ten" Friday evening.
appointment in Crosbytot a doctor's morning. She attended a meeting in Floydada Tuesday evening of last week and was the overnight guest of Mr. and
Mrs. Johnny Redding. Mrs. Johnny Redding.

## Herbert Swinney

That man is truly free who
That man is truly free who

## Ypanderement

 SALE


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$\qquad$

## 1 lomot 1atcts

TURNER FAMILY REUNION Turner family held a reumion, Sunday. July 28 at the Community Center in mot. Hosting the enjoyable day of goo food, visiting and reminiscing were Rich ard Turner of Matador, Mrs. Frances Jones Hambright of Floydada and Donnic and
Johnney Turner of Flomot Johnney Yumer of Flomot.
Mrs. Richard (Dorothy Ann) Tumer Mis. Richard (Dorothy Ann) Tumer fgrom Plano, Amarillo, Lubbock, Plain-
view, Floydada, Matador, Flomot, Peview, Floyo, Adada, Matador, , lomomot, Pelersburg, Dumas, Graham and Abernathy. 8TH BIRTHDAY CELEBRATED Aleda Elaine Ross celebrated her 8th birthay with a party in her home, Sun-
day aftemoon, Aug. 7 Colorful ballon day afternoon, Aug. 7 . Colorful balloons
enhanced the decorations and her birthenhanced the decorations and her birth-
day cake. Games were enjoyed with prizes day cake. Games were enjoyed withprizes
given. Her grandparenss, Mr. and Mrs. Tom Ross, served cake and punch to Susana Mendoza, Dumont Darsey, Amanda Hurt, Stachia Baxter and Mrs. Robin Darsey and Mrs. Tommy Hurt, all
of Matador. Monday.
Monday, Aug. 8, Aleda Elaine and
Mr. and Mrs. Ross celebrated her birthday with friends at the Discovery Zone in Lubbock. Those enjoying the fun filled afternoon were Whitney and Aven Straw
of Hale Center, Dumont Darsey Amanda Hurt and Stachia Baxter.

## Whitefat 1actus

Mr. and Mrs. Ray Cruse recently a reunion henry and Nora Carroll cousins Junction. 45 family members registered at the enjoyable event.
Mrs. Arnold Johnson attended a Levelland. She visited Mrs. Kelly Jackson before returning home
Rickey Hughes visited in Miami last weekend with his former coach and amily, Sam and Linda Browning, Katie,
Steven and Jeffery. They had fun bowling, swimming and attended church serv-

Mr. and Mrs. Orville Lee and grandon, Brandon Lee accompanied home their grandson and cousin respectively, Kellan Roberts to Kerrville last weekend. Kellan had visited here the past two weeks.
They visited his family, Mr. and Mrs. Robert McGraw and Kacee.
Recent out of town visitors of Mr. and Mrs. Gordie Washington were Mr. and
Mrs. Bruce Hamilton and Chantzof Hill Air Force Base in Utah, Laurie WashingWashington of Anton. shington of Anton.
Mrs. Norris Clay of Tyler and Mrs.
Hughes of Abilene Thursday until Sunday with Mrs. Annie Thursday until Sunday with Mrs. Annie
B. Cloyd.

## OVERHEARD

Our little granddaughter starcd, wide
eyed, at the stars, "Gee", she whispered, eyed, at the stars, "Gee", she whispered,
"If heaven is this beautiful on the bottom, think what it must be on the other side,"
CELEBRATES 91ST BIRTHDAY Mrs. Liller Garrison of Lockney Care
Center, formerresident of Motey County, Center, formerresident of Motley County,
celebrated her 91st birthday, Sunday, Aug. 7. Friends, Mr. and Mrs. Bud Brittan of Lubbock treated her to a birthday luncheon. Adding to her happy birthday obser-
vance, Mr. and Mrs. Stuart Dixan visited vance, Mr. and Mrs. Stuart Dixon visited
her Sunday afternoon. Visiting Mrs. her Sunday atternoon. Visiting Mrs.
Garrison, Friday afternoon washerniece, Mrs. Doris Piper of Paducah.
Before returning home, Sunday, Mr.
and Mrs. Dixon visitedMrs. Arrie Aulick of Matador, a patient in the Lockney Hospital where she was con
ambulance Saturday morning.
Mrs. James Gwinn attended a Premier
Designs Jewelry Re Designs Jewelry Rally, Friday and Satur-
day held at the Fort Worth and Dallas day held at the Fort Worth and Dallas
Hyatt. She attended training sessions for Hye new fall jewelry items. Her children, Fannin and Danielle visited in Flomot with their grandparents, Mr. and Mrs.
Ray Cruse.
nied cousins, Mrs Lela Faye Jones and daughter, Frances Elaine of Lubbock to
Denver City, Sunday to attend the Baker Denver City, Sunday to attend the Baker
Family Reunion at the Community CenFamily Reunion at the Community Cen-
ter. Joining them there was Mrs. Dixon's er. Joining them there was Mrs. Dixons
family, Mrs. Ted Hester and Mr. and Mrs. Carl Hester, Kristen and Christopher of Lovington, N.M.
Mathew Jennings, son of Mr. and
Mrs. Tim Jennings of taskell vis.ted the Mrs. Tim Jennings of Haskell, visited the
week with his grandparents, Mr. and week with his grandparents, Mr. and
Mrs. T.W. Jennings. Visiting in the JenMings home Wednesday was granddaugh-


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Roaring Springs, Texas
ter, Mrs. Leslie Brack of Abilene and ter, Mrs. Leslie Brack of Abilene and
visiting them, Monday was Jeff Flowers
of Old Glory. of Old Glory.
Visiting Sunday in the Vesta Cooper home were Tim and Tommy Cooper of
Roaring Springs and Clyde Ray or Mrs. Dan Bevers of Amarillo visited Wednesday with her family, Mrs. Malcolm Jameson and Melba Jameson. She accompanied them to Paducah for dental
appointments.
Arthur Harmon of Amarillo visited from Wednesday until Tuesday with his
sister, Mrs. Juanita Cooper. He accompa sister, Mrs. Juanita Cooper. He accompa-
nied her to Lubbock, Thursday for a nied her to Lubbock, Thursday for a
medical check-up following her recent
foot surgery. They attended the C.R. medical check-up following her recen
foot surgery. They attended the C.R.
Brandon graveside funeral services in Brandon graveside funeral services
Matador, Friday.
Mr. and Mrs. Stuart Dixon met her
sister and husband, Mr. and Mrs. Adrian
Risner of Wheeler in Childress, Sturday Risner of Wheeler in Childress, Saturday
night for dinner and visiting. Mr. and Mrs. Morris Stephens joined family members, Thursday night for a
supper in the home of Mr. and Mrs. Fred
" "Banty" Brandon in Roaring Springs. Art Green of Flomot and Mrs. Kath-
ryn Martin enjoyed Sunday at the Caprock Canyons State Park.
Guests in the home of Mr. and Mrs.
Morris Stephens during the weekend and Morris Stephens during the weekend and Brandon, Friday were Mrs. C.R. (Elva)
Brandon, of Kingston, Okla., Mr. and Washington, and Mr. and Mrs. Joel Brandon and childdren of Houston. Guests Saturday night for dinner were Mr. and
Mrs. Neal Burnett of Plainview. The Mrs. Neal Burnett of Plainview. The
Brandon families visited in Lockney Brandon families visited in Lockney,
Saturday afternoon with Mrs. Juddic
Stephens.

Obituaries
C.R. Brandon, Jr.
for C.R Kington, Okla. (Special) -- Services Brandon died Monday, Aug. 1, 1994
1994 in Crossroads Baptist Church with $\begin{gathered}\text { He was born Dec. } 22,1920 \text { in Roaring }\end{gathered}$ Erick Dennis and J. Hubb Collier offici- Dec. 18 as a farmer in the fertilizer He had worked ating

Survivors include his wife, a son,
Burial was at 1 p.m. Friday, August 5. Ramey of Olympia, Wash.; a daughter in East Mound Cemetery in Matador Marilyn Watson of Friona; ; brother, Fred under direction of Watts Funeral Home (Banty) of Roaring Springs; five grand-

Thank you for reading the Motley County Tribune

4

## VISIT THE

 Songbird CafeIn beautiful Roaring Springs FRIDAY NIGHT - CATFISH BUFFET, $\$ 5.95$ SUNDAY BUFFET, 11 A.M. - 2 P.M., \$5.95 Fresh Baked Cinnamon Rolls Daily !


The Race Through Life
The life of the Christian is often pictured the Bible as a race. Our Lord Jesus state the fundamentals of beginning our race
unto eternal life in Matthew $22: 37-38$ where we find "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind." This is the first and, great commandment,
starting point.

If we have little desire to assemble for worship, if we find that giving of our monie needed to visit the sick or discouraged just cannot be found if our knowledge of God and His word is not growing, (and such is of no knowledge of God and His word is not growing, (and such is of no
concern to us) if Christianity means no more than an hour or so on Sunday mornings, (and that with irregularity) then we would do well to look again at our starting point. Until we love God MORE than anyone
or anything else, we have missed the starting point. When this happens, or anything else, we have missed the starting point. When this happ
we will also miss the finish line and its prize. The crown of life!

Roaring Springs Church of Christ

Worship - 9:00 a.m

Motley, Dickens County 4-H'ers Among State Horse Show Winners


Chad Smith, Kendra Atkinson, and Andy Jones Second Place Team Penning

Motley and Dickens County $4-\mathrm{H}$ both Atkinson and Smith team rope. members teamed up to be 2nd place State Andy will be in the 7th grade when
$4-\mathrm{H}$ Team Penning finishers at the school starts this month. He is the son of 4-H Team Penning finishers at the school starts this monun. He is the son o Chad Smith, Dickens, Kendra Atkin- The 32nd Annual Texas State 4-H son, Spur, both age 15 and Andy Jones, Horse Show is managed and produced by 12, Roaring Springs, were showing off the Texas Agricultural Extension Servtheir beltbuckles Tuesday after the event. ice, a part of the Texas A\&M University
Chad, Kendra and Andy were one of System. The focus of the show is to the three teams of the final round which showcase youth from third grade to age penned their three head. The field con- 19 in their area of expertise with their 4 sisted of 140 teams to begin the compe- H project. Recognition of a young person tition at 11:30a.m.; by 8 p.m. the dust had for their accomplishments and reaching settled and three young people were very their personal goal is the underlying
proud of their accomplishment. When asked how they did it, all three Program in Texas. Along with parents in unison said loudly "PRACTICE"! Both and Extension faculty members the show Smith and Atkinson are from Dickens is conducted with the assistance from
County, but Jones hails from Motley many volunter adult leaders from the County, but Jones hails from Motley many volunteer adult leaders from the
County. Probably the reason for their twelve Extension districts in the state. practicing, as a team, began in May after Without these valuable volunteers the school let out. Andy helps at the Spur opportunities youth have in the 4 -H proHeadquarters Ranch with his dad while gram would be far fewer.

O Lord, you are my God; I will exalt you and praise your name, for in perfec faithfulness you have done marvelous things, things planned long ago

Isaiah 25:1

Check Us Out For Our DeliciousWeekly Specials. Thursday Night - Mexican Dinner Saturday Night - Barbecue Brisket All Senior Citizens (over 65) may receive free coffee any time of the day
Billie Dean's Restaurant

3 CEU's To Be Offered At Tri-County Peanut Field Day
The annual Tri-County Peanut Field Extension Irrigation Specialist - Amar Day will be held on Thursday, August 18, illo.
1994. The event is sponsored by the Lull be served at the Quitaque Agriculture Committees in Motley, Hall, Community Center and catered by Roy's and BriscoeCounties, along with the Texas Sportsman Club. The Rolling Plains Agricultural Extension Service. This year, Production Credit will sponsor the meal
three (3) CEU's will be offered for recer- for the Field Day. Their continued supthree (3) CEU's will be offered for recer- for the Field Day. Their continued sup-
tificatin of licensed private applicators. port of the event is greatly appreciated. The Field Day will start at 8:30 a.m. on Please R.S.V.P. by Monday, August August 18th atthe Valley Peanut Growers 15 th if you plan to attend. For further in Turkey. After registration and intro- information or to R.S.V.P. contact Miduction of sponsors and special guests, chael Clawson, Motley County Exten-
we will visit the new weather station sion Agent at 347-2733, Scott Strawn, constructed at Valley Peanut Growers. Briscoo County Extension Agent at 823We will then travel to various peanut 2131, or Tadd Knight, Hall County Exresult demonstrations being conducted in the area. Throughout the tour, Extension If anyone has a peanut farm which ans topics related to peanut production- they would like to include on the tour, Guests speakers for this year's Field Motley, Briscoe, or Hall County as soon Day include Dr. ChipLee, Extension Plant as possible. The farm needs to be in the Pathologist-Stephenville; Dr. Robert Flomot-Turkey-Quitaque area. Lemon, Extension Agronomist-Vernon; Extension programs serve people of - Vernon; Dr. Mike Schubert, Research level, race, color, sex, religion, disabil Agronomist - Lubbock; and Leon New, ity, or national orign.

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Lacey Parks of Roaring Springs and Ken Gleghorn of Lubbock teamed up to take home second place in the Team Roping event at the Texas State 4-H Horse Show in Abilene, by the Texas Agricultural Extension Service, a part of the Texas A\&M University System. The focus of the show is to showcase youth from third grade to age 19 in thei
area of expertise with their 4-H project. Recognition of a young person for thei area of expertise with their 4 -H project. Recognition of a young person for thei
accomplishments and reaching their personal goal is the underlying purpose for such events through the 4-H Program in Texas. Along with parents and Extension faculty members the show is conducted with the assistance from many volunteer adult leaders from the tweive Extension districts in the state. Without these valu
opportunities youth have in the $4-\mathrm{H}$ program would be far fewer.


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## THANK YOU

We want to thank everyone for the food, flowers, visists and phone calls
during Bobb's illness and death. We express special appreciation to those who sat with Bob at the hospital. Friends are a spececial gifit to all of us. Thank you all.

We appreciate the flowers, food, cards, donations made in memory of C.R.
and most of all the thoughtfulness of our friends. God Bless You.
$\qquad$ Banty Brandon and family


| CITY OF ROARING SPRINGS <br> NOTICE OF PUBLIC HEARING <br> The City of Roaring Springs will hold a public hearing at 7:00 p.m. on <br> Monday, August 15, 1994, at the Depot, in regard to the Texas Community Development Program project that has recently been completed. The TCDP project involved sewer service to previously unserved residents; improved existing sewer services; constructed two sludge drying beds; berms, dikes and roads; and the installation of fencing at the sewer treatment site. The public hearing is being held to review outcome of the sewer improvements project and to receive citizen comments. Citizens who wish to comment but are unable to attend this hearing may submit written comments to City Secretary Dana Graham at 209 Broadway, City of Roaring Springs, Texas 79256. Anyone needing additional information or special assistance may call Dana Graham at City Hall 806-348-7231. |
| :---: |
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 Dumont will celebrate their homecominAugust 21 at the Dumont Pavilion. The meal v
be $\$ 5.00$ per plate. Every ane is invited. THE MOTHER'S HELPER PRE-SCHOOL will be enrolling Monday \& Tuesday, Aug. 29 \& 30

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ges 3 to 5 years old Call $347-2450$
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