

MOBEETIE NEWS

By: Edith Cross

HAPPY BIRTHDAY TO: Donna Estes, Sam Wash, Colten Moore, Vea Fillingim, Rosalie Keelin, and Jenny VanVranken on Aug. 17. Willis Fillingim, Mildred Treadwell, LINDAY Dyson, Lianne Lester, and Lisa Hodges on Aug. 18. John Schaffer, Sue Rose, Wade Maul, and Charlie Phillis on Aug. 19. Mike Goad, Keith Horn, and Kathy Meek on Aug. 20. Shelly Murray, Jim Light, Timmy Andris, and Billie Stuckey on Aug. 21. Reagan Meadows, Clyde Dukes, Jr., Travis Stevens, Chuck Jones, and Dean Seitz on Aug. 22. Tommy Greene, Tim Kincannon, Tom Stribling, and Estelle Orr on Aug. 23.

HAPPY ANNIVERSARY TO: Ron and Debbie VanVranken, and Wade and Michele Moore on Aug. 17. J. P. and Martha Meek on Aug. 19. Lynn and Sue Glover on Aug. 20. Bill and Kyla Walker, Bill and Tonya Finsterwald on Aug. 21.

The Mt. View quilting club met Thurs. Aug. 10 at the Totty School. Members attending were: Betty Haines of Pampa, Estelle Hodges, Martha Meek, Willene Burke, Audrey Seitz, Orville Greenhouse, and Melba Corcoran.

Those from Mobeetie attending the Promise Keepers meeting in Shamrock last Wed. were Rob Hogan, Mike Farrell, Artie Cook, and Brian Moran.

They reported that it was a very good meeting.

Tammie Red of Sunray and Floyce Corcoran of Pampa visited with Ariza and Anna Belle Corcoran Sunday.

We received word that J. D. Futch passed away recently. We extend our sympathy to the family.

This Sat. night Aug. 19 will be our "Parent's Night Out" meeting. Attendance has been down the past two

meetings, but we hope to get back into the swing of things again. 7:00 is the time and the place is the Mobeetie City Hall. Put this on your calendar and come if you can.

Dale and Melba Corcoran visited last Thurs. in the Wheeler Care Center and also visited with Dale's sister Pauline Barnes. Sat. they attended an auction in White Deer and later went on to Amarillo. While in White Deer

they visited with Bud and Charley Scribner of Olton, and Bobby Hill.

Bill Clay of Shamrock took Choice Scott for a Dr. appt. in Amarillo last week.

Visiting Friday night with Don and Willene Burke were Willene's mother Troyle Barker, and sister Jessie and Troy Harmon of Reydon, OK., and an aunt from California.

Loy and Pat Burke of Laverne, OK. visited with Don and Willene Burke from Sunday till Wed. They went to Amarillo with Don and Willene Tues. Don had repair surgery at the V. A. Hospital.

Orville Greenhouse and niece Alvern Hutchison of Wheeler went to Borger Sunday afternoon to attend the 90th birthday party of Orville's sister Pearl Morris. It was a surprise party, held at the First Methodist Church in Borger. Orville and Alvern stopped in Pampa and ate lunch before traveling on to Borger. They enjoyed the party and were able to visit with a lot of nieces and nephews.

Bulah Grimes and Martha Meek took care of business and shopped in Pampa last Tues.

Enjoying Sunday dinner with Byron and Novelene Simpson recently were their children: Melba and Joe Darnell, Gayla and Wade Hathaway, Jason, Andrea and Brandon, Debbie and Kent McLaughlin, Nathan and Kory. The Darnell's and McLaughlin's had just returned from vacationing in CO.

Sue Glover of Pampa, daughter of Jap and Alice Bailey visited with them last Sat. They all went to Wheeler and enjoyed a meal at Sparlin's then vis-



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ited with all the Mobeetie residents at the Wheeler Care Center. Alice said they had a nice long visit with Edith McLaughlin.

Johnny and Debbie Bailey and Mark and Luke stopped by Jap and Alice Bailey's Sat. to get Johnny's horse. They attended the Rodeo in Canadian where Johnny participated in the Calf Roping.

Betty Talley of Miami, visited Sunday Eve. with Doyle and Bulah Grimes.

Kelley and I spent several days last week in Abilene. We visited with our children and grandson, and helped daughter Dana celebrate her birthday on Thurs. Aug. 10th. We took care of several business items, did some furniture shopping and signed a contract on an apartment. We will be

Top O' Texas Cattle Women Conduct Business Monday

The Top O' Texas Cattle Women met in regular session on Monday, August 14, in the Biarritz Room in Pampa. Carolyn Buckingham called the meeting to order, and asked Amelia Sims to offer the invocation. Nadyne Williams read the minutes of the previous meeting which were approved as read. The treasurer, Louise Coulter, gave the treasurer's report, and stated she had sent a memorial to the Texas State Cattle Women's treasurer for the death of Charlotte Dauer. The proceeds of such memorials go into the scholarship fund from which we give the scholarships to a deserving college student that is majoring in the field of beef-agricultural dieticians, hotel and restaurant management, and reporting as recommended to us by their Professors.

Committee reports: Diane Buckingham reported she had sent thirty-two letters to beef feedyards, schools, and others who give a large gift and ask them to considerate giving Beef Gift Certificates. Louise Coulter moved that we change the exploration date on these certificates to one year, before the final check-up, it was seconded and carried.

Our Top O' Texas Style Show will be Sept. 9, at 10:30 A. M. at the Pampa Country Club, tickets will be \$12.00 each, enabling the ticket holder to a brunch, a chance for a special prize, and door prizes. Various committees were named and reviewed to see if every one was aware of their responsibilities. Our group is to be at the Country Club at 9:00 to get everything ready at the last minute.

We also named our state nominations for the state officers, as they need to be in before the deadline of Sept. 1. The National Beef Cook-off will be on September 22, and 23 at Little Rock, Arkansas.

We had one guest, Kathy Hommel, vice-president of the Palo Duro Pioneer Cattle Women of Clarendon. She and her husband had gone to the United States and Mexico Cattlemen's meeting in Mexico and gave us a very informative talk and visions of things to come, or hope to be.

Those present were: Kathy Hommel, Clarendon, Nadyne Williams, Shamrock, Diane Buckingham, Shamrock, Louise Coulter, Allison, Bonnie Abraham, Canadian, Lilith Brainard, Pampa, Anita Brown, Sandra Christner, Mary Mitchell, Carolyn Buckingham, and Amelia Sims, Wheeler.

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WHEELER COMMISSIONERS MEETING

JULY 10, 1995

The Wheeler County Commissioners Court met in Regular Session with Judge Wendell Morgan presiding. Members present were: Kenneth Childress, Tommy Puryear, Hubert Moore and Boyd Hiltbrunner, Commissioners precincts 1, 2, 3 and 4 respectively. Also present were: Margaret Dorman-County Clerk; Ron Gowdy-County Auditor and Jimmy Adams-Sheriff.

Court was opened with a prayer offered by Boyd Hiltbrunner.

APPROVAL OF MINUTES

Hubert Moore made a motion which was seconded by Boyd Hiltbrunner to approve the minutes from the May 8th and 22nd, 1995 court meetings as written. Motion carried unanimously.

ACCEPTANCE OF JUSTICE OF PEACE REPORTS

Kenneth Childress made a motion which was seconded by Tommy Puryear to accept the Justice of Peace reports of fines collected for June 1995 as follows: Doyle Ramsey-\$1,168.00 and Guy Hardion-\$13,599.31. Motion Carried unanimously.

APPROVAL OF HOURLY EMPLOYEE TIME SHEETS

Hubert Moore made a motion which was seconded by Boyd Hiltbrunner to approve the time sheets as presented by the hourly employees. Motion carried unanimously.

APPROVAL OF BILLS FOR PAYMENT

Boyd Hiltbrunner made a motion which was seconded by Kenneth Childress to pay the bills as approved and found listed in Volume 10 of the Minutes of Accounts Allowed in the County Clerks office. Motion carried

ROAD CROSSING APPROVAL Phillips Petro. Co-Pct. #2

Tommy made a motion which was seconded by Kenneth Childress to allow Phillips Petroleum Company to cross under a county road joining Sections 72 and 73, Block M-1, H&GN Ry Co Survey Sections 72 and 64 Block M-1, Sections 64, 65 Block M-1 and Section 51, Block, H&GN Ry Co Survey. Motion carried unanimously. (Copy of file in County Clerks Office.)

RETIREMENT SYSTEM-1996 Contribution Rate

No action taken.

SHERIFF DEPARTMENT

Sheriff Adams met with the Court to discuss adding another full time dispatcher. No action taken.

DELINQUENT TAX ROLL FOR 1994 APPROVED

Mr. Jerry Dan Hefley, Tax Collector, presented the Delinquent Tax Roll for 1994 for the courts approval. The collection rate was 97.6% with a total

SHAMROCK HOSPITAL-Lease of County Building

Mr. Pete Alberty, Administrator, met with the Court to discuss the possibility of leasing the building in Shamrock that formally housed the Texas Department of Health at 118 West 2nd. The County Attorney will prepare a contract for approval of the County and the South Wheeler County Hospital District.

ASCS-Disaster Relief application

Tommy Puryear made a motion which was seconded by Hubert Moore to send a written request to the ASCS organization and ask for assistance with the recent tornado and flood damages in Wheeler County. Motion carried unanimously.

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uncollected of \$38,888.48 county wide.

Tommy Puryear made a motion which was seconded by Kenneth Childress to approve the Delinquent Tax roll for 1994 showing an uncollected total of \$38,888.48. Motion carried unanimously.

DIESEL BIDS ACCEPTED

Bids for diesel were received from James R. Tindall-68.65 cents; Christner Oil Co.-625 cents; and Signal Fuel-69 cents per gallon.

Boyd Hiltbrunner made a motion which was seconded by Hubert Moore to accept the bids from Signal Fuels, Wheeler-.69cents per gallon and Christner Oil Co.-625 cents per gallon. Motion carried unanimously. The

bid period will be from July 16, 1995 through October 15, 1995.

Margaret Dorman, County Clerk

Wendell Morgan, County Judge JULY 24, 1995

The Wheeler County Commissioners Court met in Special Session with Judge Wendell Morgan presiding. Members present were: Kenneth Childress, Tommy Puryear, Hubert Moore and Boyd Hiltbrunner, Commissioners precincts 1, 2, 3 and 4 respectively. Also present were: Margaret Dorman-County Clerk; Steve Emmert-County Attorney; Jimmy Adams-County Sheriff and Ron Gowdy-County Auditor.

APPROVAL OF HOURLY EMPLOYEE TIME SHEETS

Kenneth Childress made a motion which was seconded by Tommy Puryear to approve the time sheets for the hourly employees as presented. Motion carried unanimously.

APPROVAL OF BILLS FOR PAYMENT

Hubert Moore made a motion which was seconded by Boyd Hiltbrunner to pay the bills as approved for payment and found listed in Volume 10 of the Minutes of Accounts Allowed in the County Clerks office. Motion carried unanimously.

HEALTH OUTREACH SERVICES-Lease of Building to Shamrock General Hospital

Hubert Moore made a motion which was seconded by Kenneth Childress to approve the following lease contract with South Wheeler County Hospital District. Voting FOR: Kenneth Childress, Tommy Puryear and Hubert Moore; ABSTAINING-Boyd Hiltbrunner. Motion carried.

DEED OF PROPERTY OF SHAMROCK ISD

Mr. Ron Gregory met with the Court to discuss clearing problem on some County owned property in Shamrock on North Main Street, which is being purchased by the First National Bank in Shamrock from Shamrock ISD.

Boyd Hiltbrunner made a motion which was seconded by Hubert Moore to deed the property in dispute to Shamrock ISD. Voting YES-Kenneth Childress, Boyd Hiltbrunner, Hubert Moore and Judge Morgan; Voting NO-Tommy Puryear. Motion carried.

Margaret Dorman, County Clerk

Wendell Morgan, County Judge

Extension Update

By Joan Gray, CEA-HE

Through the past decades, persons with diabetes have been given a variety of rules about what they can and cannot eat.

In the 1920's they were told to eat high fat, low carbohydrate in their diet. Then they were told to reduce fat and eat more complex carbohydrate, but to avoid any candy or sugar-containing products. Now the last word from the "experts" is that the diabetes diet is not that different from an ordinary, healthful diet or eating plan.

Recent research conducted by the Diabetes Care and Complications Trial has emphasized the need to individualize the care for persons with diabetes, which includes lifestyle changes such as increasing exercise, monitoring glucose, eating healthfully and drinking plenty of fluids. These lifestyle changes can prevent the onset of debilitating complications of the eye, kidney and nervous system.

These new recommendations by the American Diabetes Association and the American Dietetic Association include:

Looser rules that move away from any rigid single diabetes diet to a more individualized meal plan of reduced fat content and increased complex carbohydrates.

Sugar is no longer the villain if eaten within the context of a normal diet. Sucrose as well as other sugar sources such as fructose or honey should be less than 10 percent of total carbohydrate calories. Studies proved that sucrose had no more effect on increasing blood glucose levels than did fructose. So both fructose and sucrose are allowed in reasonable amounts.

Monounsaturated fatty acids such as olive, peanut or canola oils have been shown to control blood sugar levels better than the fat recommended by the conventional diabetes diet while lowering insulin and triglyceride levels. The trick is to not increase total calorie intake when increasing consumption of monounsaturated fatty acids to prevent weight gain. Also, persons with diabetes still need to limit their total fat intake, particularly saturated fatty acids, since they are prone to coronary artery disease.

Overweight persons with diabetes should still try to work towards a healthy weight to improve blood sugar control. So take in fewer calories and start increasing your activities.

Increase antioxidant nutrient such as vitamins E and C that help to neutralize the cell-damaging free radicals and help to reduce the risk of diabetic complications. Eat at least "5 A Day" of fruits and vegetables.

If you have diabetes, talk to your physician about these new recommendations for eating more healthfully based on the latest research. Just remember no single meal plan or approach to eating exists. Your local dietitian can help with an individualized meal plan just for you.

Contact your local County Extension agent for more information about future diabetes programs to help you better control your blood glucose levels and learn more about making necessary lifestyle changes to prevent complications, or call Consumer Nutrition Hot Line, (800) 366-1655.

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