## $\square$

# mUSTANGS DEFUSE SKYROCKETS, 39-14 



WHEELER ROYALTY: Dena Compton was crowned Wheeler High School's 1995 Homecoming Queen Friday candidates and selection was made by the vote of the students. Ty Ferguson had the pleasure of crowning Miss
 had better watch out. The ' 95 Mustangs have tasted victory and they like

Those in charge of the Homecom-
ig Pep Rally are to be congratulated. ing Pep Rally are to be
It all went very well. Congratulations De- Coma Compton
and Ty Ferguson, Wheeler's Royand T.
alty.

Wheeler Cable Given $\$ 4$ Rate Increase

## 

Barbra Koelzer made a motion, sec-
onded by Walter Simmons to approve
the minutes as written. The motion

## carried

 Seconded by Bob MCry made motion, as presented. The motion carried Frank Clymer reported on the ac livities of the city employees.and disbursements and discussed Wame. Walter Simmons made motion to
amend 1995 Budget to include con-
tract labor in the water and tract labor in the water and sew
account. Mark Frankenberys seconde the motion. The motion carried. N.D. Ware met with council to dis cuss T.V.Cable rates. Barbra Koelz made motion to allow Wheeler TV System to increase rates from $\$ 2.00$ per month. Bo McCain seconded the motion. motion carried
ing water viped to his discusperty outsid hav
Local GTE Customers To Receive Ballots in Mail of GTE in the Wheeler Exchange
should recive a ballot in the mail concerning the EXPANDED LOCAL
CALLING. This will allow all customer CALLING. This willallow all customer in the Wheeler Exchange to ca
Pampa, Canadian, Shamrock, Mobeetie, and Briscoe/Allison as local call. A person could call Pampa Canadian, Shamrock, Mobeetie,
Briscoe/Alison as manytimes wish for an additional fee of $\$ 3.50$ pe residence and $\$ 7.00$ per business each month.
Please take
Please take a minute of your time
and mark ballot and return in the en-
tion, seconded by Barbra Koelzer to
allow James Verden to tie on to city
water. The motion carried. Whded by Bob McCain motion, sec adjourn. The meeting was adjourned.
Those present: Mayor WandaHerd. Mark Frankbers. Walter Simmons, and Bob McCain. Frank Clymer

Locel Students Run In Amarillo Cross Country

## Amarillo Crosss Countricipated meet held at

 Thompson Parkon Sat. Sept. 23, 1995 . Lacey Smith. Both girls Emmert well. The girls running for the Varsityteam were Ember Bradste Jolly, Angie Thomas, Sally Smith and Cassi Wallace. All seven ladies im-
proved their times form the last meet. proved their times form the last meet.
The Varsity boys' team was repreThe Varsity boys' team was reper
sented by Rocky Mendiola and Bran
don Simmons. Both ran a The Cross. Country teams would

Junior Varsity Mustangs Defeated by Borger Team
The Wheeler JV Mustangs travelled
to Borger Thursday and werre defeated by a score of 40 to 0 . "The weathe was cold and dreary and our play was very similar," statedd a frozen Coach
Read. "Borger has a lot more speed Read. "Borger has a lot more spee
than we do but we never really got to tind out as we keptstoppingourselves The Mustangs mishandlod the ba
thiteentimes which effectively stalled thirteen times which effectively stalled
the offense. Two long runs were also

Ware.


WEATHERLY \& McCASLAND: Kasey McCasland, a
1995 Homecoming Queen Candidate was walked down the sidewalk Friday afternoon by Dustin Weatherly. Both


Wheeler High School students are seniors.

MEMPHIS IS WHEELER'S NEXT OPPONENTI no more bad weather or mechanical difficulties keep them from any more Mustang games!! the Mustangs playe
solid defense again and great offen





RIDE 'EM COWBOY: Cody Belote will be one of the riders at Wheeler's TriState Rodeo this weekend at Wheeler. The Rodeo will be Saturday, September 30, 1995, at the local rodeo arena. Cody is a junior at Wheeler High School; he
is the son of Malcomb and Carla Belote. This is his second year as a member is the son ofate High School Rodeo Association; he competes in the Bareback

Tom Bell, 73, Graveside Services At Gageby Cem.
 WINS BLUE RIBBON: Liz Shipp captured first place with her picture "Deligence
And Determination"at the Tri-State Fairthis weekend. Her picture is ondisplay Old Mobeetie Association Given Grant

## $\begin{array}{ll}\text { The Old Mobeetie Texas Associa- } & \text { learn: non-profit status and respons } \\ \text { on has been awarded a } 1995 \text { Tech- } & \text { bilities; collections managemen }\end{array}$

 nical Assistance (TAG) grant by the policy; policies of collecting plans, Institute of Museum Services. IMS is loans, and deaccession; forms involv,I federal agency serving the nation' a federal agency serving the nation's ing accession, cataloging, donor loans, museums. The TAG award is one of anddeaccession; registration catalog
the 35 grant awards that was made or
ing; marking textiles, archival materi$\begin{array}{ll}\text { the fourth } 1995 \text { TAG deadline. The } & \text { als, impervious and porous artifacts, } \\ \text { award is in the amount of } \$ 4617.38 & \begin{array}{l}\text { and natural history specimens cclean }\end{array}\end{array}$ $\begin{array}{ll}\text { award is in the amount of } \$ 4617.38 & \text { and natural history specimens; clean- } \\ \text { divided into an award of } 2117.38 \text { for } \\ \text { ing; housing and storage including }\end{array}$ Collections Management Training and areas, materials/supplies, and stor$\$ 2,500.00$ for implementation of the
age methods; monitoring environ-
training. Twelve members of the Old
ments including lighting, temperature training. Twelve members of the Old ments including lighting, temperature
Mobeetie Texas Association will at- and humidity; and inventories.


FERGUSON \& THOMAS: As Angie Thomas was pre-
sented to the Wheeler Mustang fans Friday atternoon at the pep rally, she walked arm in arm with Ty Ferguson,
who was later crowned 1995 Homecoming King. Both

FRANCIS \& WALLACE: Jeseka Wallace was escoried
by Andy Francis at the Homecoming Pep Rally Friday atternoon on the west side of the courthouse square
Jeseka and Andy are both seniors at Wheeler High



Emer. Farm Loan Applications Being Accepted




## TIII THE WHEELER TIMES



## County Refired Teachers Hold Monithy Meeting

 The Wheeler County Retired Teach-ers metin monthly session on Wednes-
day September 13, 1995 . day September 13, 1995 at the Sham-
rock Museum. ock Museum. President Thomas Helton welcomed
themembers, oneguest Roberta Cole, and called the meeting to order. The invocation was given by Vida Brown.
Roll call was answered by 18 memhers and 4 associate members. Secretary Lena Luman read the minutas
of the last meeting. They were apof the last meeting. They were ap-
proved as read. Treasurer's serort by proved as read. Treasurer's report by
Ruth Wiley was filed with the Secre-
tary. Boyd Williams gave the legislative each one present. It was a papeer on "Local Unit Survey For TRTA Legislative Priorities" ${ }^{\text {Each member is to }}$
return the filled out survey at the next eturn the filled out survey at the next
meeting. A memorial was given for Vauda
Gierhart-one ofour memberrecently Gierhart-one of our memberrecently
deceased. Cole who gave an interesting and
informative program on "Dispelling the informative prog Myth of Aging,"
She stated that in 1900 the life expectancy was 47 years. In 1990 it was
75 years. With this advance in the life expectancy there are some changes
one has to make. Many homes are were years ago. For some there is less interaction
generations.
Menerations.
Many deny being old and keep ac-
tive within their tive within their abilities. They have
strengthstoconfront lossses and strengths to confront losses and gains.
They have wisdom. Also, most have They have wisdom. Also, most have
learned do balance their lives in regard
to nutrition, rest, relaxation and work. to nutrition, rest, relaxation and work. health, education, travel, grandchil-
dren and reminiscing. Growing old is a gitt from God. Be a growing Chris-
tian. A maxim could be "Live your life


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- Spastic colitis - Bloodic in stools Blood in stools and anemia
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A
Am
Au
Han
did
eye
 eye apoointopping and Lois had an
and Pat Hudson and also saw Ray
 Ray Hudson. He stillisist doing very
well. He came by Wednesday and Well. Ho came by Wednesday and
visititododenand Loos. He had brought
 "A good listeners is not only popular
everywhere, but after a while he gets everywhere, but anther a while he gets
to know something. Wis son Miner. Nohow something. Wisen Miner.
Nice to have Leonard and Berth
Hollis back in Texas from Missouri Hollis back in Texas from Missouri
after about months Good to have
them and Edna May. Homer Sanders them and Edna May. Homer Sanders
and J. and Martha Meek over Friday night for pile-on-supper and games of
42 and lots of visiting. Welcome back, ${ }^{\text {Hold }}$

## COME ONINI <br> IT BACK FROMANSTIN WITH MY LICENSE.

NEED A NEW "DOD?"
ANYTHING FROM PERMS. COLORS. CUTS. TO THE NEWEST AND OLDEST STYLES.
color comedtat THE CUTTING EDGE $826 \cdot 5711$ OR 845.1012

> Many Dine ides ar RIegunlanr Price, Ger a seconal Dress


The WHEELER vs. MEMPHIS Game will be broadcast live on KIER Memphis, TX, 105.3 on the FM dial. Pre-game broadcasting will begin at 7:15 P.M. Friday, September 29.

Bonnie Meadows, Lou Dean Douthit,
Wanda Childress, Wanda Childress, Evelyn Meek, Cathy
Hunt, and Mary Jane Dukes. Many others brought food. R.L. and Rozena Zybach, Jack and
Bernice Hefley, Herman and Estelle Bernice Heriey, Herman and Estelle
Topper from Booger and R.H. and
Betty Dyson from Pampa all met for lunch at Furs Monday and went out to
R.H. and Betty's for games. Most R.H. and Betty's for games. Mos
have been friends since the 1930's.
"N "Nobody will ever win the battle of
the sexes; there is too much fraternizthe sexes, there is
ing with the enemy."
Nice to have Brad and Sue Chander and Bridget meet us for supper at Maxes Wednesday night before
church. We went to Bible Study al church. We went to Bible Study at
Country Chapel with pastor Delmas
Jones. They had a large group of young children in their Azana groups with several adults helping. Brad and
Sue and Bridget and Jana got back home Sunday night September 17 from a ten day trip to Florida to see the
sights. Disney World, Epcot Center
and others. They also visited Valerie and Bors Young and Angel and her
and family, including new baby at Lub-
fut
Larry and Vickey Nelson visited Earl
and Shirley Jolly and Frank and Cathy Hooper in Wheeler awhile Sunday afternoon.
Ma Mary Hudson is getting around
and doing well. She used to say she and doing well. She used to say she
planned to make it to 100 years. She planned to make it to 100 years. She him that thinketh he standeth take heed lest he fall. Nice to have Don and Cindy
Zumstein and Daniel meet us and Margaret Brown for lunch Wednesday at Furls. Then we took Margaret
back to Skellytown. We really enback to Skellytown. We really en-
joyed her visit. Tuesday we took Margate e to SShattuck to visit old friends
John and Frances Appel. Sweet people. We enjoyed a delicious butte
lunch at Appel's Restaurant there, run by their son and daughter-in-law. We
also stopped at Higgins and visited also stopped at Higgins and visited
Margaret's cousin Dale Page. After resting, wo took in some of the volley
ball games and ate baked potatoes Very good. Then played a little 80 with
J.P. and Martha Meek. Ourgirls played well, but lost their games to Perryton.
Sincere sympathy to Betty Bell and family and friends in the death of her husband Tom Bell, Thursday night.
If classmates would like to drop a If classmates would like to drop a
note to Frank Cornelious his address note to Frank Cornolious his address
is Room 108, Golden Age Nursing
Center 1201 Norris St., Clovis, NM. Center 1201 Norris St., Clovis, NM
88101 . He surely would appreciate it.
We enjoyed going to Miami Senior We enjoyed going to Miami Senior
Citizens Monday night for delicious pot luck supper and progressive 42.
Also some Chicken Foot and Canasta Also some Chicken Foot and Canasta
were played. Also there were J.P. and
Martha Meek, Doyle and Beulah Grimes, Edna May, Homer Sanders 35 in all. Also a couple from England that donn talk "Texan", but seem very
nice. They were visiting Sid and Betty
Ten' nice. They were visiting Sid and Betty
Talley, as they have over the years.
Think the Talleys stayed with them Think the Talley stayed with them
years ago.
Dale and Lisa Melton's address is: Dale and Lisa Melton's address is:
937 Watermead Drive, Nobbeville, IN. 46060 . Phone number is $214-374$ Ephesians 4:32 "B egentle with one another, sensitive. Forgive one an
other as quickly and thoroughly as other as quickly and hour st forgave you.
God We enjoyed going to the Fellowship
of Christian Cowboys meeting at Pampa Saturday night for a delicious
pot luck supper, a business meeting, lots of good Christian music from see oral and a talk by Kelley Rushing.
Good crowd.
Every fourth Saturday night at 6.00 Good crowd.
Every fourth Saturday night at 6:00
p.m., even during November and Decomber the group will be meeting. In
October they will have to meet in the October they will have to meet in the
Gray County Annex, but other meet-
ing all through 1996 the meetings will ing all through 1996 the meetings will
be at the Clyde Carruth Pavilion. In
October bring canned October bring canned goods for bass-
kets to be given to a few needy tami-
lies, or other nonperishable items. lies, or other nonperishable items.
Everyone in invited to come worship Everyone is invited to come worship
and fellowship together. Like that


October 2 thru October 6, 1995
Monday: Breakfast: Toast, Cereal, Jelly, Juice, Milk.
Lunch: Stake, Macaroni and
Cheese, Green Beans, Fruit, Rolls, Cheese, Green Beans, Fruit, Rolls,
Milk or Tea.
Tuesday: Breakfast: Hot BisMilk or Tea: Breakfast: Hot Bis-
Tuesday:
cults, Sausage Gravy, Jelly, Juice, Milk, Lunch: Baked Chicken, M. RotaLunch: Baked Chicken, M. Pola-
toes w/Gravy, Garden Salad, Rolls,
Chocolate Pudding, Milk or Tea. Chocolate Pudding, Milf or tea.
Wednesday: Breakfast: Cinna-
mon Toast, Hot Cereal, Lunch: Pork Steak, English Peas,
Lung Squash, Fruit, Rolls, Milk or Tea.
Thursday: Breakfast: Sausage Pups, Juice, Milk.
Lunch:
Sean k Fingers, Pinto
Beans, Country Fried Potatoes, Jello Beans, Country Fried Potatoes, Jello
wFrait, Rolls, Mil or Tea. Friday: Breakfast: Belgium
Wattles, Ham, Juice, Milk.
Lunch: Hamburgers w/Cheese, Lunch: Hamburgers w/Cheese,
Lettuce, Tomatoes, Onion, Pickles,
French Fries, Cookies, Milk or Tea. (Menu Subject to Change)

The trouble with being puneuar is that nobody's there to appreciate it. - Franklin P. Jones

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##  WR BGVGLONG BYADIOVM $47: B 0$ POMO

## MEMPHIS, TEXAS

## WHEFHER MUSTANES



## Wheeler Realty





## Wheeler County COURI RECORDS

List of Instruments filed in the
Wheeler County Clerk's Office 995 (inu September 20,
SEPTEMBER 14, 1995 Gay ATTY-Zelta Lyn Steg to Patsy BIK. 8, PBA, Shamrock.
/C PROBATE PROCEED-
lydeneMerrickReevestoEx-Parte, cydeeneMerrick Reevesto Ex-Parte,
6-23-95.
WILL-Elmer E. Pillers to ExParte, 5-10-89.
C/C ORDER APPLICATION-EImer Pill ors to Ex-Parte, 6-7-955
AFF-Morris Pillers to Alta Lee Pillers, ot vir, $9-1-95$. Calhoun to Alta Lee
AF-O. M. Pillers, et vir, 8-31-95. OF ATY Jack A. Taylor to Charotte Milene Taylor Wells, 7-1-95.
C/C PROBATE PROCEED-Joel M. T-Wheeler Healthcare Associates, 2.32 ac E1/2 Sec. 60, Blk
SEPTEMBER 15,1995 CD-Wheeler Community Cemetery
Association to Gloria Brown, $9-14-95$, Wheeler.
APPT SUB TRUSTEE-Fleet Mort-
gage Corp to Gwen Emmert, et al, 9 -7-95. D-Barbara Rhinelander to Southwest Petroleum Company, ot D-Paula Irene Bledsoe Britt Trust to
Paula Irene Bledsoe Britt, $8-15-95$, See Instrument.
RDT-Wheoler Banking Center to
Konneth Killingsworth, et ux, $8-2-295$,

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 Other board cerrififed specialists may be asso-
ciated.
 $\begin{aligned} & \text { with Waldman \& Grossman, Beaumont. May } \\ & \text { Associatc oher Anomeys. } \\ & \text { REAL ESTATE }\end{aligned}$
 2.


Ditinuer ime

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## PATME THDHRE


 Nom
＂MORTAL COMBAT＂
mamem
Members：
You are invited
Wheeler County Farm Bureau Annual Convention and Barbecue

Saturday，October 7， 1995 Dinner will begin at 6 p．m． with the meeting following

GUEST SPEAKER： TFBB Field Operactions Dis

Wheeler School cafeteria Wheeler

John McDowell，Jr．
President

THE GENERAL STORE
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## incutted <br> Euengane <br> to an

Open House

## remer Octaben 3， 1995

Lunek mill be serued fram 11：30 za 1：00

## Evergreen Mills and

 Hoechst Roussel，DewormerHoechst Roussel A．

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## ⿹\zh26灬̊ \％

 again this weok．Heard thoy mayhave the thievesubt taan dot retioved
anything．Wednossad nit anything．Wedonescay night the sta－
tion across the road from them was


Mills，EEick．
Gial ot hear that Villard and Junice
have moved back to Butfala commu－
nity．

 in 1926 with Norma Smalluood，Jane
Jaroe．and our own Susan Powell．
lcing on the cake was to have Mrs． licing on the cake was to have Mrs．
America also trom Olkhoma，Kim－
berly Brasher，Edmond． Just a y yar ago that we lost our
David．We thankall of you who called and sent cards this week． Larry Previne，Cheyenne，is the in－
terim minister at the Butfalo Baptis terim minister at the Buthalo Baptist
Church．．herea was a unchioon usn－
day for him and his tamive day for him and his family．In the
atternoon，they honored Myytis and Connie Pierce with a reception．The
were recently maried at Sayre． Greg Henson tells me there was large crowd at the Meet Me at the
Pole．Attier the erayers，they all went
隹 to the church for retreshments．
Junior Sand
Sandusky，Margaret Hiller lona Miller，Bob Holcommergaremel Hol land，Richard Crawtord，Murray and
Sandy Orgain，met a the Erick Nurs． Jan Home tor an hour program．They
ind told me about the delicious Butter－ mikr Pit they wert served．Everyone
had atine itime．The roupuplans to be had a tine tite．The grouplaplat
at the Elk
Altome on Friday Atter the program，the orgains and
Margaret went home with lona for a Margaret went home with lona tor al
few games of Chicken Foot ．vive al－ ways wondered what that was and
found out it is dominoes played with double nines．
See therer is another channel（TTin－
ity $T B O$ ）on the Delhit translator tower Ity 1 sitil in the Dellit itranslator tower
Im
TN TNNonitt Bice tells me her nephew and wite Tommy and Maybel Worley．
OKC，have been nistinn his parents Mr．and Mrs．Jody Woriey at Sayre．
They are on their way to Korea where he has a position ar a acshool．
Irene Resd，Marie Stownt．and Lena day． day． E tella Jenkins talked to her Michi－
gan kids．They had ice on theiri wind． gan kios．
shields．
Everjo
Everyone reports havesting their gardens entore the frost I I gathered
my 3 okra pods and boroght in a few
bide buckets of pears and apples even tho
they are faity．After all they are
 Milile and Kristen Greene，Sayre，
Pat and Debbby Andirson，Jamie and
Shand
 spent mosto t the week with her mother
Mobectic
 Mau and Jason K Ksara took care of
Ms．Williams most of the time． Judy Parker，Jap and Alic＇s＇s daugh－
ter also works with home health care and so helelps sevee
with her Aunt Juie． with her Aunt Juiie．to visit with all of
Jap and Alice got to them Sat．
Hugh and Mae Bailey came by fora real good visit one day last week．
Their trip sounded like lots of tun． They saw alot ot beautitul country．
Bill Bailey came down Sunday to Bernice Heftley＇s sis sister，Mary
Aloxander of ellicotl，CO．，had the Alixander of Elliliontit co．．had the
misorune of fillinotif aladder．They
were were painting their house．May surf
fered some severe back iniuries． Yered some severe back injuries．
Thank the Lerd onthing was broken．
th＇s all very paintul but she is resting It＇s all very painful but she is resting
and rocuverating thome
Hope this tinds you feoling better Marye
Please keep Mary in your rrayers．
Sallie May and Amanda Chidross Weanto thay entins is in Ilk ikity Mondays
（That doesnt sound like any tun）． Have yall been up to our school？
Phil Ricicmond and Sallie May have
things shining most ot the time． Can you imagine trying to keep up
the tloors in this weather Especially with 57 pairs of litle foet and at least
12 grown ups in and out all day．（Hor－
10rsi） That＇s one of the draw wacks to all
this beautiful rain．Our tifooss get
 cating）
Gene
Conter howard bought in Ghe Grace to move to this winter．But she＇s
having atied deicing whether Io
moveornot．Therés sust no place like moveorn
homer
Soryl Sorry Imissed severalofourftionds．
rill just thave to save their news for
seed tor next week．

## ．TASTES GOOD．BUT，

 SMEllS LIKE The cattish and certain other
fishes are beileved do have many
taste buts in the skin that covers
their bodies．

 Chat


Mustangs
（fromPage 1 ） snap was either bad or holder Dusty
by everyone．The boys in black have
team and that they are all part of $\begin{array}{lll}\text { Case had difificulty corraling it and the } & \text { The Mustangs will be on the road } \\ \text { Mustangs yelled＂ICE＂（the term used } & \text { This Friday night }\end{array}$ $\begin{array}{ll}\text { Mustangs yeiled＂CE＂（the term used } & \text { this Friday night as they take on a } \\ \text { tor a fumbled extra point attempt）and } \\ \text { alerty Case was able to find Jason Memphis Cyclone team．See }\end{array}$
The weather is a bit on the dreany
side this morning．It looks a lot like fall． Telephone customers will be re－ ceiving a ballot in the mail to decide if
we can call Pampa，Canadian，
Mobeetie，Allison／Briscoe and Sham－ Mobeetie，Allison／Briscoe and Sham－
rock without long distance charges．
Watch for the ballot and get it in the lam going to have to get in the yard
return mail．
late I am going to have to get in the yard
nd do some work，or the neighbors
re going to get unhappy with me．
 Bailey Nichole Brashears
is the 6 month old daughter of
Todd and Mindy Brashears of Todd and Mindy Brashears of
Stillwater，Oklahoma．Grand－ Stillwater，Oklahoma．Grand－
parents are Gary and Becky
Hardcastle of Wheeler and
He Hardcastle of Wheeler and

Diane and Mike Robinson of | Childress．Great grandmother |
| :--- |
| is Ora Hardcastle of Wheeler． | For all your．．．

Insurance Needs，See
Eastern Panhandle Insurance Agency，Inc

806／826－3573
 Hothongh houve tangs still had 11 missed tackles and tangs will continue to improve in this area ware harding to the coaches，the
tion．Actensive line is beginning to gel the
offene well and key plays are being provide 7 undraiser 3 TAMALES，BEANS \＆RICE FRIDAY，SEPT． 29


Congregational Concerns： October 1st，afellowship luncheon will be held inthe multi－purpose building， annual ladiay，October 21st，the ladies of this congregation will host their anext few weeks． The＂Change for Children Campaign＂of the High Plains Children＇s Home
in Amarillo has concluded．If you participated in this campaign，put the can on the table in the lobby．
Lori Morrison was
Lori Morrison was baptized into Jesus Christ last Saturday night．
Doyle Ramsey has been released from the hospital in Amarillo． Condition has greatly improved．
Myrtle Dorman is scheduled to have surgery this week in Amarillo．
Tony Griftin is hospitalized in the local hospital．
Tony Grifin is hospitaized in one hoca cospital．
Clarence Walser had surgery on his face last wee


EyMension Upiata


REDUCING FAT CONTENT OF
BAKED PRODUCTS WHILE MAIN－ REDUCING FAT CONTENT OF
BAKED PRODUCTS WHILE MAIN TAINING QUALITY Fat such as shortening，dairy prod－
ucts，butter and other forms of fat add moisture，flavor and tenderness to the texture incookies，cakes，quick breads
and muffins．Fruit purees such as prune，applesaucce，banana and non－ light cream cheese or light or nontal
sour cream provide some sour cream provide some of the fat－
like characteristics in home－made baked goods without the addition of
fat．If you select the fruit purees，you＇ll also be adding afew more nutrients－
vitamins，minerals and fiber．Also，the vitamins，mineras and fiber．Also，the
fruit purees may enhance other fla vors in recipes．For example，prunes
enhance chocolate，cinnamon and enhance chocolate，cinnamon and
orange．When modifying a recipe，
substitute one half as much of the substitute one half as much of the
chosen substitute for fat．Uno one hall cup of pureed prunes in place of one
cup of butter．Also，egg whites or egg cup of buttr．Also，egg white or eg egs），
substitue（instead of whole eggs）， and graham cracker or chocolate
cookie crumb crust in recipes that call cookie crumb crust in recipes that call
for a higher fat pastry dough crust can
helo accomplish baked goods with or a higher fat pastry dough crust cat
help accomplish baked goods with
less fat and thus less calories．That＇s less far and thus less calories．That＇s fourth more calories per gram hy
doses caboohydrateorprotein．Cally our
local family and consumer sciences local amily and consumer sciences
county Extension agent 0 find ou
more ways to modity receipes to de

American Cancer Society ＇Life After Loss＇Seminar

## The American Cancer Society will hold a LIFE AFTER LOSS Seminar

 during the months of October andNovember at the First Baptist Church in Canyon，Room B－3．Sessions will
be held on consecutive Monday after－ noons，October 16，23，30，November
6 and 11 from 12：00－1：00 p．m． fers this seminar and suppoct group， without charge，to anyone who has
experienced the death of a loved one within the past two years，regardless
of the cause of the loved one＇s death． Dealing with the death of a loved one
is one of lif＇s most difficult and stress－ is
ful experiiencess．Oftten peoople feel
lonely and confused bill and fanily expect them to be over the
andeath，yet their grieving continues．
death death，yet teir grieving continues．
People may teel angry，guilty，or de－
pressed．Many peoplet ifid it helps to
meetwithothers whounderstand．That meet with others who understand．That
includes others who are dealing with
the death of a loved one，and a profes－ the death of a loved one，and a profes－
sional counselor，Rodney Boyer， sional counselor，Rodney Boyer，
M．ED，LPC，trom Canyon who is ex－
perienced in helping people work perienced in helping their grief． In the safe supportive atmosphere
of a small group，Life Atter Loss offers of a small group，Lit Alter Loss oxers
the opportunity to talk about experi－
ences and hear from others in similar circumstances．Participants can be－
gin to understand the grief process，
their emotions，and how to deal with
then their emotions，and how to deal with
them．They can get ideas that may
help them day－to－day，week－to－week， help them day－to
and long term． and long term．
The American Cancer Society of
fers LIFE AFTER LOSS as a commu－ fers LIFE AFTER LOSS as a commu－
nity service，at no charge to partici－ pants．It is secommend all sessions to
pants plan to attend receive full benefit of the program．
For more information and to regis－ For more information and to regis－
ter for this program，please contact
the American Cancer Society at $353-$ 430 American Ameancer Socicty at $353-1$
4ince Society is the nationwide community－based
voluntary health organization dedi－
cated to controlling cancer through

First Graduation Set At Conadian／Hemphill Camp

## Graduation Ceremonyfor the twelve 12）cadets of the 1st Platoon of the

 Canadian－Hemphill County Juvenile September 28,1995, at $1: 30$ p．m．atthetacility located at 300 West Purcell． the faciilty located at 300 West Purcell．
The twelve（12）cadets are the first to
have succeessfully completed the six month program．These cadets were placed in tio facilly during tie spring
byprobation departments from allover
the state． he state．
Accord According to Les Brown，Esmor
Canadian Facility Administrator，the
program will include reconition program will include recognition of the
cadets；keynote address by Rever－ cadets；keynote address by $R e$
end Rex Booles；presentation of $C$
ficates of Aporeciation from the ificates of Appreciation from the 1 ．
Forest Service：presentation of GED＇s
by Dr．Geve Whitsell，Canadian ISD by Dr．Gene Whitsell，Canadian ISD
Superintendent；and talks by two ca－
dets．A marching and drill demonstra－ Superintendent；and talks by two ca－
dets．A marching and drill demonstra－
tion will also be given． tion will also be given．
In addition to the graduation cer－
emony，a a facility open house will be held until 3：00 p．m．The general pub－
lic is invited to attend both the gradu－ lic is invited to attend both the grad
ation as well as the open house． Opened March 24，1995，the
Hemphil County Juvenile Boot Camp
is now home to approximately 70
yo young men between the agesel of 14
and 17 ．Originally built to house 48 and camp bedsc，the facility has been
bootpanded to 148 beds and is man－ aged by Esmor Canadian．More than
60 area ressidents are currently em－
ployed at the facility and more are

