

Sweetwater News

By Lois Flowers

Must say we have been having peculiar weather. They say back about 150 years ago we had a year without a summer. It froze during every month. We may be having a year without a winter. Some of the long range weather forecasters are saying this warm weather may last until May. They didn't say whether they expected it to get hotter or colder then. We sure do need rain. My onions said nothing doing for a couple of months.

See Monday is a holiday. Birthday of Martin Luther King. We are sort of celebrating too. Had an anniversary the 8th and Joe will be 85 the 18th. He nearly got a national holiday.

Peggy Dunlap was out from Sayre to take her mother, Iva Thompson, to the doctor at Weatherford.

Albert Bryan is home from the hospital. The flu has laid a lot low. A. B. and Laura Ellen Witt and Anne Reed are home from the hospital. Others who have been ill are Wilbur and Theresa Nabors.

The Sweetwater junior teams are in the Bi-County Tournament this week. The girls won their game Monday night but the boys lost.

The No. 5 rated Erick Bearcast beat Merritt to bring them up to 14-2. The girls lost 43-35. Bearcats are Jacob Mayfield, Craig Holland, Jerrad Crosby, Brandon Bussey, Michael Moler and Jay Roberts. Lady Bearcats are Crystal Martin, Lindsay Coffey, Tabitha Snider, Crystal Dorrell, and Marjorie Banks.

I'm keeping my birds fat and sassy. Tony but 150 lbs of grain in the barrel. Really have a variety, all colors and sizes. They wake me up in the morning chattering.

KELTON MENU

MONDAY, January 24, 2000 — FRIDAY, January 28, 2000
MONDAY
Breakfast: Cereal, Toast, Juice, Milk
Lunch: Steak Fingers, Mashed Potatoes, English Peas, Hot Rolls, Fruit, Milk
TUESDAY
Breakfast: Waffles, Syrup, Juice, Milk
Lunch: Spaghetti/W Meat Sauce, Salad, Corn on the Cob, Strawberry-Shortcake, Milk
WEDNESDAY
Breakfast: Oatmeal, Toast, Juice, Milk
Lunch: Roast Beef, Mashed Potatoes, Green Beans, Hot Rolls, Banana Pudding, Milk
THURSDAY
Breakfast: Eggs, Sausage, Biscuits, Juice, Milk
Lunch: Hamburger's/W Trimmings, French Fries, Ice Cream, Strawberries, Milk
FRIDAY
Breakfast: Sweet Rolls, Toast, Juice, Milk
Lunch: Ham or Tuna Sandwiches, Lettuce, Tomatoes, Pickles, Onions, Grapes, Cookies, Milk

Sure do thank everyone for their calls and cards about our anniversary. Even had some long distance ones. It was really nice of all of you. I heard of the death of Earlon Shirley but no details. Services for Helen Jones, 83, were held at the Rose Chapel with burial in the Mulberry Cemetery. She used to live in this community. Services for Katie Jones, 83, were at the Martin Funeral Home with burial in the Fairlawn Cemetery. She was born at Sweetwater in 1916. Not long until Groundhog Day. If he sees his shadow, there will be six more weeks of winter. There was a young man hurt up north of here yesterday. Fell off a rig. Didn't find out much. Said he was from Perryton. The ambulance took him to Elk City and then on to an Oklahoma City Hospital. Eva Atkinson said Brad and Brendon really helped them during the holidays but are back to college now.

Had a call from someone wanting Mr. Cruse's phone number. They were hoping he would drop one of the Fox stations and get one that had the X files and such. Brad Marcum and Tori, Chad Marcum and Cameron were out from Elk City to visit Ray and Doris Smith. They aren't very well. Birthday folks are Joe, Clara Lou McGuire, Joy Sites, Monte Tucker Norman Robinson, Kanema Hill, Joel Alexander, Lavelle Hill, Gene Carlson, and Trevor Boswell. Anniversaries are Mr. and Mrs. Gerald Tipton and Mr. and Mrs. Ed Wrathers. Happiness to all.

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CARD OF THANKS
 We would like to thank everyone for the phone calls, flowers, cards and food brought to our home during the loss of our brother. Thanks again.
L. D. and Wanda Childress and families

ALLISON NEWS

By Christine Gilmer

Psalm 145:18-21: The Lord is right unto all them that call upon him, to all that call upon him in truth. He will fulfill the desire of them that fear him; he also will hear their cry, and will save them. The Lord preserveth all them that love him; but all the wicked will he destroy. My mouth shall speak the praise of the Lord; and let all flesh bless his holy name for ever and ever. A foggy, cold, Monday morning here in Allison, but the wind is calm here at eight a.m. Johnnie Harrison spent Friday afternoon with me. We went to the Hill Top Cafe for lunch. They make very good hamburgers. Then we visited

Extension Update

By Debbie Epperley, CEA-HIE

Beef! A Great Source
 Beef is a great meat choice and a wonderful source for Vitamin B12, Niacin, Zinc, Vitamin B2, Iron and Protein.

Lets take a look at how each one of these nutrients performs a wonderful job in building and maintaining our bodies.

Niacin helps the body use carbohydrates and fats, helps enzymes function normally and produces energy in all the cells. Deficiency: in extreme cases Pellagra with symptoms including diarrhea, mental disorientation and skin problems. Recommended daily allowance: 20 mg per day.

Zinc another nutrient found in meat promotes cell reproduction and tissue growth and repair - essential for growth. Serves as part of more than 70 enzymes. Also helps the body utilize carbohydrates, proteins and fats.

A deficiency of zinc during childhood can cause retarded growth, during pregnancy, birth defects. Other symptoms include appetite loss, skin changes, and reduced resistance to infections.

Many young children do not consume enough zinc. This deficiency can have far reaching health consequences. Recommended daily allowance: 15 mg per day.

Vitamin B12 works closely with folic acid to make red blood cells, serves as a vital part of many body chemicals and occurs in every cell. Helps the body use fats and some proteins.

Deficiency: Anemia, fatigue, nerve damage, a smooth tongue or very sensitive skin. Strict vegetarians are at risk of Vitamin B12 deficiency. Recommended daily allowance: 6.0 mcg per day.

Vitamin B2 (Riboflavin)
 Its job helps produce energy in all cells of the body, changes amino acids called tryptophanes into niacin. Deficiency is unlikely. Recommended daily allowance: 1.7 mg.

Iron's main job is to carry oxygen in the hemoglobin of red blood cells. Hemoglobin takes oxygen to body cells where it is used to produce energy. The iron in the red blood cells also helps take away carbon dioxide, a by-product of energy production. Iron helps boost the immune system. Iron is important for physically active children and a deficiency may result in anemia. Recommended daily allowance: 18 mg.

Finishing up the nutrient content of meat is protein. Protein is considered the building block of the body and is vital every body cell. Skin, muscles, bone and organs. Proteins help regulate body processes. As antibiotics, they protect from diseases carrying bacteria and viruses. Proteins also supply the body with energy. Protein deficiency is uncommon in US children. Recommended daily allowance: 50 grams

As you can see, meat - a nutrient dense food helps play a big part in building and maintaining the body. When planning your menu let lean beef be one of your choices for a healthy lifestyle. One serving or three ounces of lean beef provides the following percentages:

Protein	50%
Thiamin	6%
B6	18%
Zinc	32%
Riboflavin	12%
B12	36%
Phosphorous	20%
Niacin	19%
Iron	15%

Note: Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Beef Pot Roast
 1/2 teaspoon marjoram
 2 bay leaves, crushed
 1 clove garlic, crushed
 1 small green pepper, minced
 1 small onion, minced
 1/4 cup olive oil
 1 (3 to 4 pound) chuck roast
 1 (1 pound) can tomatoes
 1/4 teaspoon ground cinnamon
 1/8 teaspoon ground cloves
 2 cups red wine
 2 teaspoons salt
 Combine herbs, green pepper, onion, and olive oil; mash to a paste and rub into roast.
 Let stand 1 hour.
 Brown roast in a heavy saucepan; add remaining ingredients. Cover until very tender.
 Yield: 6 servings.
 Debbie Epperley FCS Agent
 Wheeler County
 Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability or national origin. The Texas A&M University System, U. S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

THE WHEELER TIMES

PAGE 3—Thursday, January 20, 2000
 "Wheeler, town of friendship and pride."

with Stephanie Walker and Tyler and bought some Avon. Then visited Wilma Gilmer for a few minutes. It was time to take Johnnie over to the corner where we meet Darrel for them to go home. We always have a good visit. Wilma Gilmer returned home last Thursday from Parkview Hospital. She is slowly gaining some strength. Sorry to hear of the death of Cliff Ogle. He had cancer. Our sympathy is for his wife, Dorothy, and the rest of the family, relatives and friends. Recently Bob and Lou Cornell's visitors were William Cornell and his son, Jeremy, of Bessie, Okla. They were here for a visit and to watch Junior Newman play basketball. William enjoyed seeing and visiting with relatives and friends. Roma and Billy Brown were in Clinton one day last week on business. Roma and Billy's visitors Sunday night after church were Marilyn Jr. and Melissa Brown and Jessica from Clinton. Opal and Juanita Boydston's weekend guests were Tia Boydston, Corinna and Kendra from Oklahoma.

Opal and Juanita went to Amarillo Sunday afternoon and spent the night with Warren and Charlene Brown on Opal to see the doctor Monday morning. Peggy Chandler and Jennie Walker were in Shamrock last Thursday doing some shopping. Peggy's Thursday evening supper guests were Bra and Sue Chandler. On Friday Bra and Sue and little granddaughter Audra, were dinner guests with Peggy. Red and Anna Dukes are still making the basketball games at different places. Red's daughter, Adeline Harrmer from Panhandle spent Thursday night with Red and Anna and attended the ball games with them. O Saturday Red and Anna were in Pampa doing some shopping. Sunday Minnie Bell Venson was a dinner guest with Red and Anna. After dinner Nelda Dukes visited with Red and Anna and Minnie Bell. They played chicken foot.

Nona Elmore visited her sister Myrtle Dorman, last Friday at Wheeler. Pearl Harrison went to Elk City last Thursday and spent Thursday night with Jimmy and Vivian Wallace. She came home Friday. Those going from Allison on Friday night to the U. F. Church Fellowship meeting were Clifton and Louise Boydston, Bro. McDaniel, Pearl Harrison, Juanita Boydston, Curtis Boydston and Juanita Bricker. Pearl visited Lanora Morse Sunday afternoon.

Sunday dinner guests at Clifton and Louise Boydston's were Pearl Harrison, Bro. McDaniel, Hershe Sanford from Higgins, H. B. and Cheryl Dupont, Sabrina and Cody.

Bob and Lou Cornell and Virginia Miller went to Wheeler last Sunday and ate dinner at Mel's Diner.

Nadine Reynolds attended the Jr. Stock Show last Saturday at Wheeler. Linda Lieb from Stinnett visited Edna May last Monday the tenth. They shopped in Wheeler and saw the doctor and ate dinner at Mel's Diner. Linda returned home on Tuesday. Edna is expecting a niece from Albany, Ore., to visit a few days with her. The County Men will be doing some extensive repairs on County Rd. #26. They will even have a stop sign.

Bobby and Mary Ann Donaldson visited Bill and Kay Donaldson last weekend. Edna May visited them on Saturday.

Clifton and Louise Boydston have done some building at their home. They have a nice big garage on the west side of their house and an enclosed patio on the east side with windows all around. Looks real nice.

Lester and Clydene Hall have been doing some building on the front part of their house. Looks good.

Ruby Craig, Rhonda McWhorter and Wilma Gilmer were in Elk City to visit to see the doctor.

Take time to pray—it is the greatest power on earth.

MEALS ON WHEELS MENU
MONDAY, January 24, 2000 — FRIDAY, January 28, 2000
MONDAY: Fried Chicken, Mashed Potatoes/Gravy, Seasoned Broccoli, Pears
TUESDAY: Fried Chicken Livers, Macaroni and Cheese, Mixed Vegetables, Roll/Margarine, Plum Pudding
WEDNESDAY: Smothered Pork Chops, Blackeyed Peas, Fried Okra, Cornbread/Margarine, Pineapple Bake
THURSDAY: Chicken Rice Casserole, Broccoli, Roll/Margarine, Cake
FRIDAY: Frito Pie, Spanish Rice, Tossed Salad/Dressing, Bread/Margarine, Bread Pudding

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I would like to thank the Wheeler Banking Center for buying my pig at the Wheeler County Livestock Sale. I appreciate your generosity.
 Thank you,
 Lauren Weaver

WHEELER COMMUNITY CHURCH
 Rev. Alberta & Pat Helton
 806-323-9849 or 826-5607
 P.O. Box 544
 Wheeler, TX 79096
 1/3 mi. N. Hwy. 83
 Thursday's 7:00 P.M.
 —WELCOME!—
John 14:6 "Jesus saith unto him, I am the way, the truth and the life; no man cometh unto the Father but by me."

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