## CWE

Thetime for the Old Mobeetie Blue
Grass Festival is drawing near; it it scheduled for
-cwe-
Two locals, Marvin and Darren
Grimes will be riding in the Wild West $150^{\prime}$.
Congratulations, Heath Mitchell!
Heath was named the Heath was named the 1991 All-
Around Cowboyof the Motley County Around at Roaring Springs this past
Rodeo weekend.

Congratulations, Lori Morrison
and Stephanie Dollar! These young
ladies attended a band camp fordrum and Stephanie Dollar ! These young
ladies attended a band camp for drum madies atend were recognized for their
majomplishments. A picture and additional informa



## OUTSTANDING DRUM MAJOR:

Camp on July 7 thru July 12. The two girls were awarded the Outstanding WEATHER

| WEATHER |  |  |
| :---: | :---: | :---: |
|  | DAY Lod |  |
|  | Thurs 68 | $\begin{aligned} & \text { youd } \\ & \text { nop } \end{aligned}$ |
|  |  |  |
|  | ${ }_{\text {cole }}$ | ${ }_{92}$ |
|  | \%rer |  |
|  |  |  |
|  | Sow: |  |

"Rejoice" To Perform At First Baptist Sunday
concert Sunday, July 21 . Everyone is
invited to hearthis outstandinggroup
will be a follow ship forlowing the


HEATH MITCHELL ALL-AROUND COWBOY:


Speeding, Stop Signs, Teen Center Are Topics
 Council of Wheeler, Texas was call Barbra Koelzer made motion, se
onded by Bob McCain, to approveth minutes as written. The Motion ta

onded by Mark Frankenbery, to pay
bills as presented Fills as presented. Motion carried.
Frank Clymer reported on the tivities of the City employees. Charles Kuntz presented receipts
and disbursements and discussed and disbursements and discussed
same.
Chris Osborne met with the CounChris Osborne met with the Coun-
cilto discuss the speeding on Mobeetie Street, and the problem ofdrivers failand Mobeetie. It was decided 10th


Mobeetie Bluegrass Festival Scheduled July 26-27-28 At Mobeetie's "Old Jail"


## Wheeler County 4-H Junior Rodeo August 1, 2, \& 3



## All-Star League

The Easter Parhande sesinor eague. Al.-5tars Softhal Team won 1st place Canadian: they won over Childress, Memp phis and defeateded Canadian twice The team consists of giris from Allison, Bnscoo, Miam and Wheeler. Baron, Andrea Dukes, Corby Chick, Sarar Powewedge, ind Ternin Dinsmore Kneeling, Janet Byrum, Lawani Payne, Jodi Lite, Carrie smith and Racheil


Services Held For Mattie Sivage Hunt Wed.




Mobeetie News

## By Melba Corcoran

## Happy Birthday to Jap Bailey on July 19. To Steven Wortham on July

 July 19. To Steven Wortham on July20. To Sammie Atherton, J.F. Haning 20. To Sammie Atherton, J.F. Haning
Jrand Harold Nichooes on July 21. To
Matthew McCurley and Candy Matthew McCurley and Candy
Hilburn onJuly 22. ToWilliam Gorley
on July 24. To Tammie Veach on July
25 Happy Anniversary to Gene and
Sue tarrison on July 21 .
Geatherman Glynnda and Butch Leatherman
and Chris spent the weekend in Beaand Chris spent the weekend in Bea-
ver, OK.. with Jerry and Sue Jones and
Chistina. Christina.
Butch Butch and Glynnda Leatherman
and Chris spent Monday in Pampa
with Allen and Shannon Leatherman. with Allen and Shannon Leatherman.
Butch and Glynnda were celebrating their 25 th wedding anniversary.
Visiting with Jap and Alice Bailey Sisiting with Jap and Alice Bailey
Pampas.
Those attending a birthday party at
Wellington for Bill Gorley was Cindy Wellington for Bill Gorley was Cindy
and Joe Gorley, Bill and Mary of
Quanah. Quanah, Thelma Gorley of
Wellington, Pauline Hooker, Sue and Gene Harrison, Inez Moore, Wanda
Hefley, Justinand Tamara of Mobeetie Hefley,Justinand Tamara of Mobeetie Our sympathy goes outto the family
of Bessie Reid Rice of Pampa. She
graduated from Mobeetie Highischool graduated from Mobeetie High School
in 1915 .
Our sympathy goes outto the family Our sympathy goes outto the family
of Polly Morris who was a long time
Mobeetie resident till she moved to of Polly Morris who was a long time
Mobeetie resident till she moved to
Friona.
Our sympathy goes outto thefamily Oursympathy goes out to the family
of Margaret Short.
Visiting with Bill and Lena James, Visiting with Bill and Lena James,
John and Veta James was Lena and
Veta's parents, Pauline and Oral Weta's parents, Pauline and Oral
Wilson of Gemright, OK.
Those visiting Sunday with Don Those visiting Sunday with Don
and Mary Margaret Quarles and
Kelley was Shonda Rucker, Donna Kelley was Shonda Rucker, Donna
Crawford, Courtney and Meaganand
Kendra Fisher. It was Kendra's birthKendra Fisher. It was Kendras
day.
Dale and Melba Corcoran visited
Sat night in Wheeler with Pauline Sat. night in Warl Barnes.
and Ear
Visiting Visiting with Eunice Carter this past
week was Melissa Hampton, Dustin and Heather of Wheeler, Lynna
Crockett and Kelli of Kelton, Leona Crockett and Kelli of Kelton, Leona
Williams, Maurita Stribling, Rev.
Ralph Hovey Carl and Ralph Hovey, Carl and Peggy Carter,
Bernice Hefley, Pierce and Nettie Walker.
Visiting with Orville Greenhouse and Alvernand Dorsie Hutchison was their cousins Bill and Margie
Clendinin and grandsonof Nashville,
Tenn. Theyall ateat Maxere's sor lunch. Jud and Lorene Rector went to Leona Williams received word that
Lea Tince's sister Dee lost her husband Ed
Richtee in Calif. suddenly. He was buried Thurs. Our sympathy goes out Visiting with Mollie Selby, Jimmy and LLura Fern Selby and Michelle
Friday was BerniceHefley and Eunice Diane Hallet returned home after Diane Hallet returned home after
spending several weeks with her aunt
ayin Ark. Hercousin Wayne brougt Kay in Ark. Hercousin Wayne brought
her home and visited with George her home and visited with George
and Diane Reeves, Shannon, Little George, Stormie and Alvin.
Kathleen Frankenbery of Wheeler visited Monday night with Jimmy and
Laura Fern Selby, Michelle and Mollie Selby. Lois Reeves of Weatherford, Ok. visited her son George and Diane
Reeves, Misty,Shannon, Little George,
Stormie and Alvin over the weekend Stormie and Alvin over the weekend.
Melba Corcoran visited Monday in Wheeler with Florence George.
Phillis Tucker of Lamar, Colo. came to help her mother Bulah and Doyle Grimes. Gary and Marilyn Grimes of
Amarillo came Thurs. and took Doyle and Bulah to Oklahoma City Friday week with Doyle and Bulah was Jerry and Beverly Grimes, Brent and Kelley of Stratford, Betty, and Sid Talley of
Miami Orval and Rosa Brewer of Pampa, Mary Sueand Lynn Stevenson of Amarillo, Ethel Grimes, Elizabeth Shipp, Katieand Savannah of Wheeler,
Lorene Rector, Rev. Ralph and Mary Hovey, Estelle Hod Hes, Audrey Seitz, Irean Webb, Martha Meek, Leta Mae Gatiin, and Eva Webb. Peggy Dunn of Canadian spent Thurs. night with Leona Williams. Chey met Ronnie and Tanya Stuart,
Chad, Jarrod and Todd of Glendale, AZ. at Calvin and Leola Stuarts for supper. Ronnie and family left for
home Friday morning. Melba Corcoran visited Thurs. af-
ernoon with Delbert and Coleen Rector and Mindy. Jerry Rector, Mariorie Piccone then spent the night spent at High Plains Baptist Hospital logreet her new grandson Tyler WilHe weighed 5 lbs . 11 ozs. and was 18
Henes long. He was greeted by his
inches nches long. He was greeted by his
parents William and Patricia Burch




 Jud and Lorene Rector went to
Pampa Thuss. for luds' doctors ap Pampa Thu Lindy Mason of Amarillo visited
Monday with Jap and Alice Bailey
Verna Corcoran went with Melba Verna Corcoran went with Melba
to Wheeler Thurs. and met Pauline
Barnes who took her to the doctorand brought her home. Cindy Gorley entered Childress
General Hospital Sat. night forkiddey General Hospital Sat. night forkidney
stones and gall bladder stones. Sue

and Gene Harrison went down Sunand Gene Harrison went down Sun| Listen to... |
| :--- |
| $\begin{array}{l}\text { KPDR-FM, } 90.5 \\ \text { Wheeler, Tevas }\end{array}$ |

## 

New Service Center For Wheeler, Texas Thursday, July 25, 1991 First National Bank in Wheeler Coin \& Copper Room-1:00 to 3:00 P.M. Call 1-800-766-4513 Free to Avoid Delay Beltone Hearing Aid Center 6040 SW 33rd St. Craig and Teresa Smith Amarillo, TX 79106
$358-7674$ Authorized Beltone Dispenser

Wheeler Churck Off Ch『ist $\frac{\text { Congregational Concerns: }}{\text { From Sunday July } 28 \text { th thr }}$
Church of Christ will host a gospel meeting. The preacher will be Guy Church of Christ will host a gospel meeting. The preacher will be Guy N.
Woods. Information about this gospel meeting is posted on the bulletin board in the tobyy.
Essie Finsterwald d remains hospitalized in High Pl
ing from surgery. She is in room 462 Amarillo, recovering from surgery. She is in room 462 .
Grace Pettit is in Bivins Rehabilitation Center in Amarillo, receiving therapy for a broken hip. When she is released, she will be taken to the Wheeler Care Center
weeks.
Elbert Zybach remains confined to
feeling well for the last several weeks.

be home.
Courtney and Meagan Crawford of
Pampa spent Sat. night with Don and
Parma spent Sat. night with Dor and
Mary Margaret Quarles and Kelley. Those working Friday night on the
ex-students letters at the city hall was
Austin Caldwell Ine Moore, Sue
Harrison, Virginia Ridgway Jut Austin Caldwell, Inez Moore, Sue
Harrison, Virginia Ridgway, Justin
and Tamara Hefley and Dale and Melba Corcoran.
Visiting Sun. with Billy and Kathy Jimes, Jamee and Cody and rathy
motorcycles was Debbie and Caro motorcycles was Debbie and Carol
White and Wesley Steen. It was Wesley's birthday.
Last Friday Calvin and Leola Stuart
went to Pampa and met Randy and Trudy Stuart, Amber and Shane, Kim Dennis Stuart and Vanassa Baker of
Canyon, Ronnie and Tanya Stuart Canyon, Ronnie and Tanya Stuart,
Chad, Jarrod and Todd and Mike Lansdown of Glendale, AZ, Eddieand
Amy Richardson, Jennifer and Vanessa of Wheeler at Furr's cafeteria
for supper. All but the Richardsons for supper. All but the Richardsons
then went to the bowling alley bowl ing and visiting.
isisting last Visiting last Sunday with Calvin
and Leola Stuart was Ronnie and
Tanya Stuart Chat and Leola Stuart was Ronnie and
Tanya Stuart, Chad, Jarrad and Todd
and Mike Lansdownoflendale, AZ and Mike Lansdown of Glendale, AZ.,
Glady Richardson of Erick, OK., and
Jerry and Sheryl Richardson, Tyler


THE WHEELER TIMES


## A Gift For My

 Daughter By Phyllis Callan Kinnard Dearest Tonya, Cuearses Tonyay. I I ove you" In a hundred million waysThat tender heart, and sweet co
The way you "coin a phrase" The way you "coin a phrase" Yesterday, I gave you birth上as My only girl and "first born child"
I couldn't trust my eyes! Tcould $t$ trust my eyes!
Tiny fingers! Tiny toes!
The bluest of blue eyes.

## I laughed and held you close to me A package wrapped with love

A packeage wrapped with love
I thanked the Lord for sending me I thanked the Lord for send
This treasure from above
If I could find the words to say
What's written in my heart, What's written in my heart,
In all the books, in all the world
Twould only be a start You're the sunshine and the
That touch a mother's soul That touch a mother's soul
The "apple of your daddy's ey
You're silver and you're gold You're the stars up in God's heaven
The feeling we call joy You're all we ever dreamed of
The fell
Yo To your brothers, "a sweet toy You dad and brothers spoiled you
Guess I was guilty too,
You were such a sweet delight You were such a sweet delight
It wasn't hard to do
A family circle "group of five" A family circle, "group of five",
We turned to Goci in prayer
If one was sad, then all was sad
And let the world "beware" A new frontier you face now With Jesus' blessing too,
The first step is your vo
The rest is up to you
God made for man a woman To be there at his side
To cherish and support him
To "always" be his bride
Let the Bible be your guide
To build your household strong Just listen to your heart then
And you will not go wrong

## So as you wed my darlin' Remember how it's been

 Our love to you and to your groom,Just keep that love within For better or for worse
In sickness and in health
Your vows are everlasting Your vows are everlasting
In poverty or wealth Your dad and I adore you
We welcome this new "son" We welcome this new son
We know that he's quite special
Cause your sweet love he's won! $\underset{\substack{\text { Love, } \\ \text { Mama }}}{\substack{\text { Lictan }}}$


THESE ITEMS


### 16.02.COKFFliont



16-02.
Malt or Shake


LaRGE SUDAE
ALI OU SMEL Juty a-23: 1991
a

## Family TV Sales \& Service

Monday Experience in Repair Antenna Service, Booster Amps
Re-wires, VCR \& Microwave Oven Service

## THE ELEVATOR CAFE <br> Open at 7:00 A.M.

Breakfast

Brisket Sandwiches
Hamburgers
Phone: 806/375-2385-Briscoe, Tex
 Isn't the erain w
oreecieve such
middle of July.
Our current Our current events group has got-
ten bigger. We enjoy the discussion so murh. Everyone puts in their 2 cents
Tvorhh We would like to get more
participants. Georgia Holland and her mother98
yearod oora Mcuffininpent Monday Sews the strips together and and Dora
braids then together. It's amazing to oth do a auper iob and have such a
odo time wide they work
We enjowed a wonderful surprise
 several songsin the lobby. Thank you
to Arie Lohberger, Darend Begert,
t. Suzanne Lohberger, Avis Parker,
Emm Rogers and Edith Donaldos.n.
You are always welcome at the Care Center. We
and singing.
leyl Littrel





INTRODUCING
 teael Montgomery, Benny Sword,
Stephanielee, Katieflanagan, ,Tisty
Thes and were 19 players this week. We had
hree big winners. Willie Thelma Green and JJne Knnolderson,
Erica Puryear was so kind to take Care of serving juice to everyo
furing tha atfernoon. Thank you! Zybach came as usual to spend time Iways onjoy thursir music, morning. We their visits. Thanks Lelocies. Maxwell werer herer and Marscary Ann
oonter-
oos mend our rips and Clastic beck in in place rips and sew wewt the
loo other tasks. They are worth a
lot
coming.
Lajune Alexander came to handle he poppin of the corn. With the help
of Cathy Montomery thy mad it
sem simple We appreciate it ladies. I would like to sappa a spececial Thank seems to always be available when I
need someoneto lend a hand. She fills very muche one and I appreciate her
Wewere visite by
 ime and a good laugh. We e oope threy
come again in the near future. Thanks A big thank you to Tanya Conzales
for the large donation of finger nail


SHUT DOWN THIS WEEK FOR REPAIR


ROOK THEATRE

IN SHAMROCK


FIRST UNITED METHODIST CHURCH


Weldon
Rives,
RIves,
Pastor

McCAIN'S AUTO BODY
PH. 806/826-3433

WHEELER COUNTY, TEXAS
REEEPTS NND DISBURSEMENTS OF ALL FUNDS FOR THE
NINE MONTHS ENDED JUNE 30,1991

|  | BALANCE $10-01-90$ |  | ${ }_{\text {BALANCE }}^{\text {RECEIPTS }}$ | disbursed FOR YEAR | $\begin{aligned} & \text { BALANCE } \\ & \ldots 06-30-91 \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Rond \& bridge general | -9864.61 | 309790.36 | 299925.72 | $24.6646 \cdot 99$ | ${ }_{53278.73}$ |
| Prectuct \#1 | 124232.01 | ${ }_{5}^{53901.31}$ | 178133.32 | 71801.97 | 106331:35 |
|  | ${ }_{223132.74}^{165925.53}$ | 54739.23 58625.20 | - 220664.756 | 87696.93 76989.10 | +132967:83 |
| PRECTICT \# ${ }^{\text {P }}$ | 324767.00 | 66544.33 21010 | 201131.133 6598.21 | ${ }^{87971.99}$ | 303339.34 5850 |
| HRT CHECK FUND ${ }^{\text {Her }}$ | 4497.11 14587.79 | 2101.10 0.00 | 年 45988.21 | 4458797 |  |
| Finfrnit fuvd | $\begin{array}{r}195666.94 \\ \hline-9148 \\ \hline\end{array}$ | 1352026.77 51384.57 51 | 1517593.71 42236.23 | +1150757.52 | - 0396836.19 |
| IATERRAL ROAD-PRECT. \#2 | 1-91487.04 | 51384.56 | 51931.64 | 35834.99 | 16096.65 |
| I.ATERAL RoAd-prect. \#3 | 33745.01 | 51384.56 5134.55 | 85129.57 | ${ }^{41413.01}$ | 43716.56 |
| 1.ATERAL ROAD-PRECT. \#4 | 4105726.47 | 51384.55 | 157111.02 | 48212.43 | 108898.59 |
| тотлi.s | 1203714.70 | 2103266.54 | 3306981.24 | 1939953.11 | 1367028.1 |



FISH
Now is the time for Pond and Lake
Stocking Hybrid Buegill, Florida Hybrid Bass, Channel Catifish, Fathead Minnows

We turish your Hauing Conanainers. We guarantee live
We turish your Hauling Containers. We guarantee live deliver.
Supplies-Fish Feeders, Turle Traps, Liquid Ferilizer, Commercial Fish Cages, Bug-
DELIVERY WIL BE TUESDAY, Ligh FUEY Y 23 $\qquad$
heeler-U.S.D.A Soil Consenction Officice 10:00-11-00 am. $826-3565$
Canadian-Canadian Equiry Coop 12:00-1:00 p.m. $323-6428$
Pampa-Watson's Feed \& Garden $2: 003: 300$ p.m. $665-189$

## DUNN'S FISH FARM

## In Stock

Treated Wood Post
Steel Fence Post
American Made C.F.I.
Barbed Wire
WHEELER LUMBER COMPANY

511 South Main Wheeler, Texas

 shaped" co
invitation.
 vis=

 Edmond and Kristen Towers, also of
Edmond. To recorded accompani-
ment the Ogans
Pray trer". Doug Ogan Parent's
Pang a

 Piano music was provided by
Marilyn Junson of Ed
played thetradititional "Bridand whorus" Playe Weetradinionat March", and preresunted
and "Wouching twenty-minute prelude of
a a ouching twenty--minute prelude of
some of the couplés savorite os.ns.
She wore a white Japhet Orchid cor-
sage, The altar was graced by a "white
latticed" garden prayer bench, witha latticed garden prayer bench, witha
white arched fifen ranced ande-
labra providite the central backlabra providing the central back
ground.Embracing the altar ot oither
side and back were a pair of "seven side and back were a pair of "seven
branched candelabum.. Accenting
the candelabrum and prayer bench were large turquoise bows and a
draping of "uhite tule"
thathionnd dy
thenride and her mother. Completting the altae sentirer mother. . "ompletinn
delabras trimmed in like fash can delabra" trimmed in like fashion."
The handcrafted "Unity Candle" of
a white frosty icicleffect, was adorned a white frosty icicleeffect, wasadorned
by tiny whitedoves of wax, framing a
laminated and embedded "oval
shaped"copyof thecouple's wedding Large turquoise and silver bows
adorned reserved pews along the bridal path.
Escorted by her father, to the play-
ing of the "Bridal Chorus", the bride ing of the "Bridal Chorus", the bride
presented to her mother and to the
groom's mother, long stemmed white roses. She was given in marriage by
her father, with the words, "Her mother and I present our daugher
with our love and blessing," Mr Manning wore a light gray tuxedo
trimmed with silver satin and a bou-
tonniere of ffresc cut white Freesia.


Here and There By Laura Gultrie
 Colden Spread towns. And hea asked


GDEE-VANPOOL VOWS EXCHANGED Onjuly 12,1991 Carol Dian Adee and Michael Eric Vanpool were united in
marriage athe Southwest Church of Chist in Amarillo. Rev. Lyn Camp
officiated at the ceremony. The bride is the daughter of Mr. and Mrs. Gene
 Adree of Rosebudd New Mexico. Ring bearer was Micheal Vanpool of Dallas.
The guest weres seated by brent Nowton and Steve Ade of Amarill and
Re



$\square$THE WHEELER TIMES Seymour, Cindy Atler, Bridgette and wellas members of the Waterlou Road
Jaymie Lee. Umatella, Florida: Bob Baptist Church, home church of the Caymie Pat Grinstead. Norman, OK.: Bride and groom. The result was a
and
Chris McBain. Borger, TX:Jim Tolley.
wonderful occasion of Christian felChris McBain. Borger, TX: Jim Tolley. wonderful occasion of Christian fel-
Allison, T: Cathy Miller Shawn, Ja- lowship with friends and relatives of Jason and Shellie, Randy and Joyce
Callan. Portales, N.M.: Billie Dickson. $\begin{gathered}\text { giving. } \\ \text { Another bridal shower was given }\end{gathered}$ Levelland, TX:Aloma Pinkert, Austin in the home of Mr. and Mrs. David
and Eric. Tulsa, OK: Sherrie Coffey, Cross of Wheeler, where the coupple Clint and Becky Whisenhunt, Katy was honored by 17 hostesses and lots
and Joanna, Brad Girard. Oklahoma
 and Colette Campbell. LLokeba, OK: A rehearsal dinner for members of
Steve and Darleta Rosser, Josh and Stefanie. Weatherford, OK: Russ was hosted by the parents of the groom
Lovejoyand Kyle.LakeTexhoma, OK: after the rehearsal on May 3rd. The Lovejoy and Kyle. Lake Texhoma, OK:
Carol and Vera Jackson. Healton, OK:
 dinner was held at the Season's Inn in
Edmond, in the Heritage Hall It was Edmond, in the Heritage Hall. It was
catered by "Becci" wedding co-ordicatered by "Becci" wedaing co-ord

nates for the Inn. | After a wedding trip to San Anto- $\begin{array}{c}\text { The head table featured a silk cen- } \\ \text { nio, Texas the couplearemaking their } \\ \text { terpiece in the "Southwest" colors of }\end{array}$ |
| :---: | home in Miami, Okla. where the erpiece in the "Southwest", colors of presented to the couple as a gift from

the groom's parents for the new home they would be making together.
The color scheme for the dinner The color scheme for the dinner
was done in "Southwest" colors. The was done in "Southwest" colors. The
menu for the evening was an entirely
"home cooked" style country dinner
with apple cobbler for dessert.
Prenuptial events included a brida shower at the Waterlou Nazaren
Church in Edmond, home church of

My Encounter With A "Lion" And My Son, Joey
 hree day trip in their RV. They were Good Samaritan "Tribe" and spent
the weekend at Aguilar, Colo. on the
mountain. Their hosts at the camp mountain. Their hosts at the camp
were Glen and Maurine Lane. (Glenn
is the brother of the late is the brother of the late Bob Lane of
your city, Maurine is a cousin of Elva Nood). "nyway the weather was nice
and the "Sams" had a wonderful time Elizabeth and Lanny Atchlilime. of
Lefors spent July 4 with her mother Elva Wood.
Carlene Brittan of Groom spent 4 days with her grandmother Elva
Wood. She returned home on TuesOn Monday evening Elva and
Carlene drove to Lefors and had supper with Elizabeth and Lanny
Atchley. Mrs. Nellie Luttrell and Mona
Guinn were so pleased to have chilGuinn were so pleased to have chil-
dren and grandchildren with them on dren and grandchildren with them on
the weekend. Mona's son David and
wife Debbie, Lisaand Jacob came from Austin.
Brent
You do not have to give up eat red meat to reduce fat in your diet. In canct, $\begin{aligned} & \text { ntinue toenjoy everything, from } \\ & \text { meatloaf to barbecue to burgers. Even }\end{aligned}$ sizzling, juicy steaks and creamy
casseroles don't need to be forfeited.

Follow these 10 suggestions, to re-
duce the fat from your diet without turning your kitchen-or your life-
upside down: *Saute and baste meat in broth, tomato or fruit juice instead of oil or
drippings.
*Brownyour meat under the broiler in a non-stick skillet or in one coated
with vegetable oil cooking spray.
*Marinade low-fat meat and poultry for a few hoursina sav.
to enhance their flavor
*Use meat and poultry as part of mixed dishes like casseroles and stir-
fries.
Introduce variety by using fish and poultry sometimes and avoid frying
as a method of preparation for either one.
*Bake and cook with lower fat dairy
alternatives such as skim or evapoalternatives such as skim or evapo-
rated skin milk.
$*$ Replace sour cream with a cup of *Replace sour cream with a cup of
low-fat cottage cheese whirled in the
blender with one tablespoon of fresh emon juice.
*Use reduced calorie mayonnaise.
*Steam or saute vegetables in chicken broth.
Following these ten tips will help diet. Another importat diet. Another important point to re-
member is portion size. Sticking to the
recommended portion sizes of 3


## Following the ceremony, a recep- tion was held in the church fellowship hall, hosted by the parentsof the bride. The bride and groom combination <br> 




orner before giving White wedding cake on a trraditiona hey's breath. The cake featured a sea
sell edging in "bridal white". Supporting the second and third tiers were
white Grecian pillars, accented with
"roses of white icing" atop the first
and second tiers. Silk ribbons of turquoise encircled
Sach tie with tiny siku bows adorning Topping the cake were the tradi-
tional ", "ride and groom", adorned
with Lily of the Valley. The cake was
embaced to either side by a pair of embraced to either side by a pair of
silver candlestick holders with lighted
white tapered candles white tapered candles.
To the left of the wedding cake, was
a triple layered "red velvet" groom's cake dressed in white icing and edged
in "biral white" seashell design. The
name "Kinnard" in name Kinnard" in cursive turquoise
script was featured across the surface To the right of the wedding cake
was a tall silver punch bowl, filled
with freshly mixed lemonade, with lemon slices adorning the surface.
Added to the lemonade shortly before serving was finely crushed ice.
Around the punch bowl were gleaming crystal cups.
The table was further enhanced by
dishes of nuts and mints and neatly dishes of nuts and mints and neatly
placed stainless flatware. An added
touch were stacks of lovely turquoise

