

REPLICA OF FIRST HOME - Louise Goehry is pictured here with her display at Plains Library of her unique Christmas gift replica of the first home she and her late husband, Hank Goehry, shared in Sweetwater. The miniatures were made by Howard Cotter of Abernathy.

## 9-1-1 Fees To Be Collected From Area Telephone Users

Beginning in January, seven telephone companies across the South Plains will begin collecting 9-1-1 fees from their subscribers. Each telephone customer within the region covered by the South Plains Regional 9-1-1 Emergency Communications Plan will be charged a 9-1-1 Service Fee and a 9-1-1 Equalization Surcharge.

The 9-1-1 Service fee is a fifty cent assessment that will remain in the region to help fund the 9-1-1 system. The 9-1-1 Equalization Surcharge is a twotenths percent addition to intrastate long distance charges. The surcharge will be collected throughout most of Texas and be used to help finance 9-1-1 systems in sparsely populated areas. The South Plains will receive close to 600,000 from the surcharge fund to offset the implementation costs not covered by the 9-1-1 Service Fee.

South Plains Association of Gov'ernments has been designated by the 16 participating counties and the 38 cities as the agency to administer the regional
system. SPAG officially begins the administration in January. During the next 24 months, SPAG will coordinate the implementation of the twelve 9-1-1 systems in the region.

Public Safety Answering Points (SPAP) for the 9-1-1 system are anticipated to be operational according to the following scheduled: Hale County Terry County Hockley County Lamb County Floyd County Motley County Yoakum County Bailey County Lynn County Crosby County Cochran County Dickens County Garza County will be ind Terry County systems will be implemented earlier because of local funds used to supplement the non recurring cost.

Dec. 1991

Aug. 1990
Oct. 1990
July 1991
Aug. 1991
Aug. 1991
Aug. 1991 Sept. 1991 Oct. 1991 Oct. 1991 Nov. 1991 Dec. 1991 Dec. 1991 Dec. 1991

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Preparations have begun for the annual Yoakum County Junior Livestock Show coming up Feb. 15-17. Entry cards with all information completed and accompanied by en-try/clean-up fees must be in the County Extension Office by 5 p.m. Monday, Feb. 5. Cards may be picked up at the office after Jan. 18.

This is different from the procedure of past shows.

Plains Girl Scouts say thank you to the community for support in last year's sale and ask for continued support this year.

## Little Dribblers Meeting Slated For Thursday

A second meeting for parents of Litue Dribbiers boys wiil be held at 8 p.m. Thursday, Jan. 11 in the Heritage Room of Yoakum County Library. All parents of interested boys should attend.

Applications to participate will be sent out from school Monday, Jan. 8.

There is still a need for persons to serve as coaches for the minor league division, grades three and four. Anyone interested should contact Jerry Parrish or N.C. Clanahan. All coaches are asked to attend the Jan. 11 meeting.

Topics to be discussed include age and grade eligibility, concession stand and coaches.

## Kirk Lewis Reminds 4-H'ers Of Upcoming Livestock Show

Judging is scheduled for Friday, Feb. 16 with barrows to be judged beginning at 8 a.m. Lambs, rabbits and heifers will be judged at 1,5 and 7 p.m. respectively. Steer judging will follow.

Champions pictures will be made at 10:30 a.m. Saturday followed by a complimentary buyers' luncheon in the school cafeteria. Awards presentations are to begin at 12:30 p.m. with premium auction set for 1 p.m.

Kirk Lewis, Yoakum County Extension Agent, is available to assist Yoakum County youth on how to dress livestock for the show. Contact him for information.

## PAGE 2, JANUARY 7,1990 , THE PLAINS PRIDE

## Texas Young Farmers Train Future Agricultural Leaders

As part of a new, aggressive campaign to meet the challenges of the coming decade, the State Association of Young Farmers of Texas recently held a Leadership Conference ' 89 for its members. The seminar took place Nov. 17-20 at Lake Buchanan, Texas and offered farmers attending the opportunity to gain valuable leadership skills.

Four speakers addressed the group during the three day conference. Their selection reflects the association's commitment to providing necessary information on topics crucial to succeeding as a leader in agriculture today.

Tommy Engelke, a nationally known communications specialist with a solid background in farming, outlined the role of leadership to Young Farmer members. Barby Fairbanks Eide presented a detailed program on leadership skills necessary to assume that role. Ms. Eide has toured the United States and Canada as an internationally rated speaker on professionalism. In conjunction with these presentations, Public Speaking and Parliamentary Procedure were also topics covered. Marcus Hill, a beef cattle farmer and president of Ag Workers Auto Insurance in Dallas, and Jack Winterowd, Jr., an educator in agricultural science, were the presenters.

The Leadership Conference ' 89 is part of Texas Young Farmer's revitalized effort to meet its members' needs. Leadership skills, training, education, community service, and rural development, are all strong concerns of the over 35,000 farmers in Texas. As an association that serves the agricultural community, the Texas Young Farmers is setting goals for the coming decade
to meet these needs, as well as provide a detailed flow of information to its members. The association, since its inception in 1956, has chosen as its mission to be an "agricultural organization that provides quality education and leadership programs, while promoting fellowship and community service among committed agriculturalists throughout Texas."

Originally, Texas Young Farmers was an outgrowth of FFA, serving as an alumni association for FFA members who had completed their education. As the organization grew, it opened its membership to all farmers and individuals involved in agri-business between the ages of 18 and 40 . Dues will be $\$ 8$ per year. The program is administered by the Agricultural Education Division of the Texas Education Agency.

In a heavily rural state like Texas, such an association plays a vital role in the direction agriculture will take in the next decade. It seeks to represent the interests of farmers and farming in Texas with a strong and independent voice.

HOLIDAY GUESTS
Guests in the home of Mary Dale Williams during the Christmas holidays were Steve and Shelley Fillipp, Paige and Meredith of Carrollton; Matt, Ginger and Hunter Williams of Anchorage, Ak.; Pat and Jeff Clayton of Morton; and Phil Clayton of Dumas.

IN McDONNELL HOME
Visiting Bob and Latrell McDonnell during the holidays were Pam, Meeky and Billy Braswell of Austin.

## Tax Relief Coming In '90


#### Abstract

"Most employers are in for a ford it," said Nabers. "Now that the pleasant surprise in the new year," announced Mary Scott Nabers, Employer Representative on the Texas Employment Commission. "Unemployment insurance taxes will decline substantially for most Texas businesses," Nabers explained.

The minimum tax rate for experienced employers will be $.29 \%$ of the first $\$ 9000$ of each employee's wages. This is down from $64 \%$ in 1989. The maximum rate will be $6.29 \%$, down from $8.34 \%$. The entry level rate for most new businesses remains $2.7 \%$. "These rates are the lowest that Texas employers have seen in many years," Nabers said. The decade of the '80s visited severe economic recession upon the state and record numbers of unemployed Texans filed for unemployment benefits. The trust fund from which benefits are paid was quickly depleted and replenishing it resulted in higher taxes for employers. "Those higher tax rates came at a time when employers themselves could least affund is again on sound footing, it is gratifying to see employers getting a break."

Translating the new rates into dollars, a minimum rated employer will pay $\$ 26.10$ per employee per year. A maximum rated employer will pay $\$ 566.10$ per employee per year. Roughly $40 \%$ of all Texas employers are minimum rated, $4 \%$ have the maximum rate, and the remaining 56\% are somewhere in between.

The Texas Employment Commission will begin mailing 1990 tax rate notices the first week in February.

\section*{THE PLAINS PRIDE}

The Plains Pride (USPS 757-130) is published weekly at 716 Main Street Olton, Lamb County, TX 79054. Seconc Class Permit paid at Olton, TX 79064 POSTMASTER: Send address changes to THE PLAINS PRIDE, P.O. BOX 774, OLTON, TEXAS 79064-0774. Ariy erroneous reflection upon the eharacter or atan. ding of any psisison or firm appearing in this paper will. glaciy and prompily be corrected. upon being calied to the attention of the management.


HOME FOR HOLIDAYS
Irma Lazos spent the Christmas holidays visiting her parents, Mr. and Mrs. Oscar Lazos. Irma is employed as an assistant editor for 20/20 in New York.

FOR SALE

FOR SALE: Nice 3 Bedroom, 2 Bath house in Plains. Assumable Note. Contact Jan after 1 p.m. (806) 456-6570.36/6tc


Right now, we're passing out big dollar-saving deals on John Deere 7445 Cotton Strippers.

The 7445 , equipped with an on-board cleaner, removes up to 500 pounds of trash from every bale of cotton, depending on field conditions. That means a better turnout, and more money for your cotton.

Hurry...to make sure you'll have a new 7445 for the upcoming harvest, you must order by January 31, 1990.


MR. \& MRS. T.A. ELMORE

## T. A. Elmores Honored Sunday

## With 50th Anniversary Dinner

Mr. and Mrs. T.A. Elmore of Brownfield were honorees Sunday, Jan. 7 at a family dinner in observance of their fiftieth wedding anniversary.

The former Romalee Gauldin and T.A. Elmore were married Jan. 7, 1940 in Lovington, N.M.

They are parents of Tommy and Serena Elmore of Tokio and Rick and Gleena Elmore of Brownfield. They have six grandchildren and one grand-daughter-in-law.


Randy and Michelle Guetersloh of Sterling City announce the arrival of a daughter born Dec. 22 at 5:47 a.m. in a San Angelo hospital. Weighing six pounds 14 ounces and measuring 19 inches, she has been named Teryne Allisandra. Grandparents are Millie and Brady McMullan of Rockport, Pat Broome of Carrollton and Beryl Marrow of Eunice, N.M. Lillian Soukup and Martha Guetersloh are her greatgrandmothers.

Cary and Nancy Tekell are the proud parents of a daughter born Dec. 9 at 1:42 p.m. in Lubbock's Methodist Hospital. Named Kelcy Lynae, the little miss weighed eight pounds seven ounces and measured 22 inches long. Grandparents are Mr. and Mrs. J.L. (Bo) Wright of Meadow and Mr. and Mrs. Gaylon Tekell of Tahoka. Alma Wright of Meadow, Mr. and Mrs. O.O. Tekell of Tahoka and Jessie Tomlinson of Tahoka are great-grandparents.

## Art Association Sees Slide Show

Yoakum County Art Association met Tuesday evening in the club room. A slide presentation on Edgar Degas and Mary Cassatt was presented by Ruth Blackmon of County Line.

Artist of the month is Inetta Teaff.
Hostesses Mae Barnett, Ruth Taylor and Eileen Fillipp served tortilla rolls, chips, dip and soft drinks.

Next meeting, Feb. 6, will feature a program on animals in watercolor by Herb Bryant.

## Hamms Host Open House During Holiday Season

Dana and Ace Hamm hosted a Christmas Open House for Plains United Methodist Church in their home Wednesday, Dec. 20.

Festive holiday foods were served. Fellowship was enjoyed by those attending.

Attending were the Rev. Ken Peterson; Melba and Johnny Fitzgerald; Mary Dale Williams; Crip and Pat Henard; Dicky McGinty; Alma Lynn McGinty; Jerri, James and Jim Warren; Wilma, Ty, JoLena and Lebert Powell; Pam and Bill Rowe; Mattie Field; Vir-
ginia and L.J. Sanders; Sarah, Homer and Marcella Shelton; Janie and Danny Crawford; Mary and Ty Wilmeth; Shelia and Windel Norman; Sara, David, Dane and Chad Guetersloh; Debbie and Morris Rushing; Linda and Melvin Lowrey; Jennifer and Blane Fillingham; Michael Cobb and Louise Goehry.

Also attending were Betty and Gordon Patton and Granzy Patton, all of Brownfield and Timmy Patton of Lubbock.

## Local Eastern Star Chapter Meets On New <br> Year's Day

Plains Chapter of Order of the Eastern Star met New Year's Day in the Masonic Hall.

An announcement from Leah Hayes, Deputy Grand Matron, was read concerning a meeting Saturday morning in Yellowhouse Masonic Lodge in Lubbock.

Louise Goehry was appointed chairman of the publicity committee, "Let Out Light Shine". The committee is to make known the benevolent work of the local chapter.

A donation of $\$ 150$ for a new re-
frigerator was made to the Masonic Lodge.

Worthy Matron Louise Tuggle extended birthday and anniversary greetings. She reported during the month, 25 cards were mailed, seven visits to the sick were made, 14 dishes of food delivered and 100 telephone calls made. One visit to another chapter was also reported.

Hostesses Sudie and Joe H. Thompson served black-eyed peas, cornbread, fresh vegetables, dip and fried pies to 10 members.



John Nance Elementary Principal

GUEST COLUMNIST
Plains Elementary has recognized writing improvement as a goal for the 1989-90 school year. We implemented our improvement program by surveying the latest research in the field of teaching writing to young students. Many of these findings were then put into practice in our classrooms.

We found that research shows reading and writing skills are closely related. Reading comprehension skills are greatly enhanced by improving one's basic writing skills. Therefore, our writing improvement efforts will benefit our reading program also.

At the heart of a good writing program is narrative writing. Narrative is the way we make sense of our world and of our experiences in that world. The effective use of narrative is essential to thinking and to intellectual development. The most important feature of narrative may be the ease with which children use it. Perhaps because they hear bedtime stories that rely on narrative to relate the action of the characters or because they see narrative on Saturday morning cartoons, children are comfortable with narrative and take risks when writing narrative.
"Taking risks" is at the center of building confidence as a writer. The mechanics of grammar can be a stumbling block for young writers if a guiding teacher does not handle it correctly. Students must feel comfortable in trying new concepts without the fear of being penalized. The mechanics of grammar will fall in place as students mature.

It has been exciting to see young writers at work this year. Writing is a challenge, but it has been very rewarding. Many smiles come from our students as they admire a writing assignment just completed. This new success then builds confidence and students' abilities to relate other experiences through writing.

From kindergarten through the fourth grade, writing has been a top priority in Plains Elementary this year. We are anxious in the years to come to see the fruits of our labors.

## - Soria Flask, Fortume Teller

"ReycleClass.
Hepprotectir
Future.
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Future.
"ReycleClass.
Hepprotectir
Future.
"I can imagine a material so naturally pure that it is $100 \%$ recyclable. I can imagine a cleaner, healthier environment. And I can imagine every family in America recycling their glass bottles and jars."

Help conserve our landfill space and improve our environment. Start the recycling BECAUSE GLASS IS habit in your home today. It's 100\% RECYCLABLE, THE the right thing to do. BENEFITS ARE CLEAR. the right thing to do. BENEFITS ARE CLEAR.


# Plains Independent School District 

'Home of the Cowboys \& Cowgirls'

What's Cooking At School?

BREAKFAST
MONDAY - Toast, apricot preserves, grape juice and milk.

TUESDAY - Toast, cinnamon rolls, apple juice and milk.

WEDNESDAY - Scrambled eggs, toast, orange juice and milk.

THURSDAY - Pancakes, syrup, butter, tomato juice and milk.

FRIDAY - Cereal, toast, pineapple juice and milk.

## LUNCH

MONDAY - Green enchiladas, corn, lettuce, tomatoes, Kosher spears, crackers, pear halves and milk.

TUESDAY - Chicken nuggets, French fries w/catsup, combination salad, pineapple, hot rolls and milk.

WEDNESDAY - Hamburgers, Chee-tos, lettuce, pickles, onion rings, fruit, applesauce cake and milk.

THURSDAY - Beef \& vegetable stew, pinto beans, creamy cole slaw, cherry cobbler, cornbread and milk.

FRIDAY - Beef nuggets w/gravy, green beans, rice, hot rolls, peaches and milk.

## School Events

MONDAY - School board meeting at 7 p.m.

TUESDAY - Basketball - Three Way - T - BG - 6:30 p.m.

THURSDAY - Basketball - Sundown - T - 7th BG at 5 p.m.

FRIDAY - End of 1st semester
SATURDAY - Basketball - Seminole - 9 th Boys - H-2 p.m.

## I'm your <br> Farmers <br> agent

That means that you can call on me to fill your insurance needs with the coverage you want and at the lowest possible cost. Farmers Insurance Group specializes in Auto, Fire, Life and Commercial insurance and is famous for fast, fair, friendly claims service.
I'd like to meet you. Why not give me a call today. I think you'll be glad you did.

HARRY A. RICHARDSON 1002
Plains, Texas $79355^{-}$ Telephone $456-8888$

FARMERS
IUSURAMC:
GROUP

## Surprise Party Compliments Longtime Plains Resident

Dick McGinty was honored Dec. 30 with a surprise birthday party for his eightieth birthday. Held in the Kenneth McGinty home, it was hosted by his children and their families, Ken and Ann McGinty, Nikki, Brandon, Kelly and Reagan; Dick and Sylvia Cayce, Richard, Clay and Tanya of Van Alstyne; Alton and Sheri McGinty, Jimmy, Patrick and Chris; David and Kathleen Reynolds, Melissa, Jennifer, Mari Ann and Allison of Shamrock.

Special guests were the honoree's wife, Lois; Herbert and Louise Breitling of Amarillo, Mabel McGinty of Tahoka; Mr. and Mrs. C.G. McKenzie of Plainview and Mr. and Mrs. Lit

Moore of New Home.
McGinty was born Jan. 20, 1910 in Post City, youngest son of Marion and Addie McGinty. The family moved to Yoakum County in 1917. He graduated from Plains High School in 1927.

A veteran of World War II, McGinty has been actively involved in business and agriculture and is an avid supporter and fan of all school athletic programs.

## SONS VISIT

Home for the holidays in the home of their parents, Buster and Linda Kennedy, were their sons, Randy and Paul Kennedy.


DICK McGINTY


# Just A Cowboy Honoring A.E. 'Dick" McGinty By Alton E. McGinty 

> He's just a Cowboy, rawboned and tan, Elceing out a living in the sagebrush and sand. Raising his family in the West Texas sun, Living a legend his father had begun.

Riding the saddle from daylight to dark, Sharing his home with the coyote and lark. Many a calf he's marked with his brand, Marked by this Cowboy, rawboned and tan.

He served his Country in the Second World War, Honoring the Flag, many men fought and died for. One of "America's Who's Who" in 1973 and '74, He's still a Cowboy, now for fourscore.

He supports the athletes in sunshine and rain, Many a step he took with the gridiron chain. Football, volleyball, basketball, and track, He's always a Cowboy, has been from way-back.

Many honors have ambled his way,
Many more than I could ever say.
And he's more than a Cowboy, rawboned and tan.
He's my father, my brother, my friend.

This Space Provided By:

## Extension Homemakers Plan Future Activities, Events

Yoakum County Extension field and State TEHA Meeting in Homemakers met at 12 noon Tuesday. Presiding was Margaret Box.

Dorothy Jones "Grandmother's Prayer" from "Ellen's Comer in the Brownfield News".

Announcement was made that 1990 yearbooks will be handed out at the first club meetings of the year. A leader training meeting on "Gift of Life, Organ Donor" will be held at 1:30 p.m. Thursday, Jan. 25 in the club room in Plains. The Extension Program Council will meet Jan. 31 in the club room.

Clubs will collect $\$ 4$ per member for TEHA contributions and District 2 scholarships. Monies are to be turned in at the March council meeting. The "Messenger" is being discontinued by TEHA.

Upcoming meetings include the District 2 Meeting March 29 in Little-

Announcement was also made of the Yoakum County Livestock Show Feb. 16-17. Club women will clean up the concession stand at $1: 30$ p.m. Feb. 15. State Line Club will operate the stand all day Friday; Turner Club, Saturday.

Council meetings will be at noon the first Tuesday of March, May, July, September and November.

HOLIDAY VISITORS
Guests during the Christmas holidays in the home of Bonnie and Eddie Earnest, Jennifer and Keith were Mary, Nancy and Helen Clanahan and Nadine Clanahan, all of Abilene, and Michael and Kellie Earnest of Tokio.

Semi-Annual Clearance Sale
Save $1 / 3$ to $1 / 2$
on allf fall and winter
merchandise
at


109 East Broadway Brownfield 637-4233

## Expired Subscriptions <br> Howard Andrews <br> Stanley Ashburn <br> Thomas W. Barnes Henry Bllbrey Barron Blair Royce Blair Hayden Box Tommy Burrus Brenda Canada Robert Canon Allene Carnohan A.B. Carpenter Neda Chambliss Thelma Cheatham <br> H.W.Culwell Vaughn Culwell J.M. Dearing R.C. Gayle <br> Jim Gray David Guetersloh <br> Harris' Nursery <br> Roger Harvey <br> Martin Huerta <br> Edwin L. Hunter <br> C.A. Jones <br> B.R. Jones <br> Gary Jones G.D. Kennedy <br> Olean Lemley <br> Ben W. Liles <br> Althea Lipsey <br> John Gray <br> David Lollar <br> Fred Maple Billy Faye McDonn Glenn Morehouse Glenn Morehous Larry Morro Roy R. Perkins Roy R. Perkins Mabel Pharr Plains Motel <br> Billy Harris Powell Richard Rafferty Mrs. Carl Rains Royce Randall Steve Randall Gary J. Smith Clyde Trout Randy Tugale Randy Tuggle C.E. Wilkins Clarawlia Clara Wiliams Jet Wilmeth Billy Winn Tony Winn

J.B. Ashburn
Cynthia Basaldua
Linda Cole
Jimmy Conner
Terry Davis
Dortha W. Day
Jess R. Gass
Ron Gayle
W.F. Graham
J.A. Hayes
Pat Henard
Wayne House
Bob Jones
G.H. McDonnell

| David McGill |
| :--- |
| A.E. (Dick) McGinty |
| Mickey \& Shane McMinn |
| John Nance |
| Dub Nelms |
| Jerry Parrish |
| Gilbert Pierce |
| Plains Insurance Agency |
| Kenneth Powell |
| Bobbie Rogers |
| Morris Rushing |
| Cecil Thompson |
| J.B. Wilson |
| Mario Zavaleta |

David McGill
A.E. (Dick) McGinty

Mickey \& Shane McMinn
John Nance
Jerry Parris
Gilbert Pierce
Plains Insurance Agency
Kenneth Powell
Morris Rushin
Cecil Thompson
Mario Zavalet

## NOTICE TO BIDDIRRS <br> THE STATE OF TEXA <br> COUNTY OF YOAKUM

Notice is hereby given that the Commissioners' Court of Yoakum County will receive bids until 10:00 a.m. on the 4th day of January, 1990 for one (1) used dimension machine for the Yoakum County Hospital. Bids are to be received for review on January 4th with action to be taken on January 8, 1990.

Specifications may be obtained from Yoakum County Hospital Administrator Ed Rodgers, 612 W 4th Street, P.O. Box 1130, Denver City, Texas 79323 (telephone \#806-592-5484).

Sealed bids should be marked on the outside of the envelope and mailed or delivered to the County Judge's Office, P.O. Box 456, Plains, Texas 79355.
The Commissioners' Court reserves the right to reject any or all bids.
Published in The Plains Pride, Jan. 7, 1990 and Jan. 14, 1990.

## NOTICE TO BIDDERS <br> THE BTATE OF TEEAS <br> COUNTY OF YOAEUN

Notice is hereby given that the Commissioners' Court of Yoakum County will receive bids until 10:00 a.m. on the 15 th day of January, 1990 for the purchase of two (2) new pickup trucks.

Specifications may be obtained from Precinct \#1 Commissioner John Avara, 139 E. Broadway, Denver City, Texas 79323 (telephone \#806-592-3601).

Sealed bids should be marked on the outside of the envelope and mailed or delivered to the County Judge's Office, P.O. Box 456, Plains, Tx. 79355.
The Commissioners' Court reserves the right to reject any or all bids.
Published in The Plains Pride, Jan. 7, 1990 and Jan. 14, 1990.

Notice
of Opportunity
Notice is hereby given by South Plains Community Action Association, Inc. due that it is seeking financial assistance from the State Department of Highways and Public Transportation and the governors energy management center under the local match for Transit Providers Program (LMT), to purchase six (6) 20 passenger buses lift equipped to serve the elderly, handicapped and the general public within the following counties served by SPARTAN Transportation: Bailey, Cochran, Garza, Hockley, Lamb, Lynn, Terry and Yoakum.

Copies of the grant proposal are available for inspection by the public at SPARTAN Transportation, 410 Houston St., Levelland, Texas 79336, Monday through Friday from 8:00 a.m. to 5:00 p.m.

Any person wishing to request a public hearing on the proposal project must submit a request in writing to SPCAA Inc. P.O. Box 610, Levelland, Texas 79336 prior to January 20, 1990.

ATTENTION FIRST TIME HOME BUYERS - No credit needed. Low down payment. Over 100 homes to choose from. Call 806-894-7217. 11/4tc

REPOS - REPOS - REPOS Two and three bedrooms. Finance Company desperate to sell. No crodit, no prolem. We deliver. Call 806-894. 8187.
$11 / 4 \mathrm{c}$

## Regal Theatre

206 South 5th in Brownfield SCREEN I
"We're No Angels" Rated PG13 SCREEN II
"Look Who's Talking" Rated PG13
FOR RECORDED SHOWTIMES: CALL 637-2848

## Paying

 more than you need tofor car
insurance?
Ask a neighbor about State Farm's low rates, then call me.


## American Heart Association

## Beef Stew

Prepare this hearty stew as a quick warm-up to cold winter weather. It's low in fat and high in great taste!

| 2 | pounds lean beef chuck, cut into cubes | $1 / 2$ tsp. | freshly ground black pepper |
| :---: | :---: | :---: | :---: |
| 1/4 cup | flour | $1 / 4$ tsp. | oregano |
| 2 tbsp. | oil | $1 / 2$ cup | dry red wine |
| 1 cup | onion, chopped | 1 cup | water |
| 2 | cloves garlic, minced | 2 cups | tomatoes, chopped |
| 2/3 cup | celery, diced | 4 | medium potatoes, |
| $1 / 4$ cup | parsley, chopped |  | quartered |
| 1/2 tsp. | rosemary | 4 cups | carrots, diced |
| $1 / 4$ tsp. | thyme |  |  |

Coat beef with flour and brown in oil in a large Dutch oven. Add onion and garlic and cook until vegetables are softened. Pour off fat. Add remaining ingredients (except tomatoes, potatoes and carrots); bring to a boil, cover and simmer for 1 hour. Add tomatoes, potatoes and carrots and simmer 45 minutes or until potatoes are tender. Makes 8 servings.

This Help Your Heart Recipe is from the Fourth Edition of the American Heart Association Cookbook. Copyright 1973, 1975, 1979, 1984 by the American Heart Association Inc. Published by David McKay Company Inc. (a Random House Inc. company), New York.




