

Plains Library
Box 419
Plains, TX 79355

THE PLAINS RIDE

PLAINS, YOAKUM COUNTY, TEXAS

VOLUME 8, NUMBER 14

WEDNESDAY, JULY 8, 1992 30¢

4-H'ers Compete At District Level, Jennifer Earnest Named Alternate

Members of 4-H from 20 surrounding counties participated in the South Plains 4-H Fashion Show on Thursday, June 25. Four Yoakum County 4-H'ers received blue ribbons for their entries. Julie Hancock won the right to advance to state competition to be held in Houston in late July. Jennifer Earnest was selected as an alternate to state in her division. Both girls received the Cotton Award in their division.

Entries were presented in either Construction of Garments or in Consumer Decisions, buying of an outfit through comparison shopping. Entries were judged based on appearance, fit and quality.

Yoakum County participants included Junior I Buying - Brian Chandler of the Denver City 4-H Club; Senior Construction Daywear - Jennifer Earnest of the Plains 4-H club; Senior Buying Daywear - Julie Hancock of Denver City 4-H Club; and Senior Buying Evening Wear - Jenifer Chandler of Denver City 4-H club.

Prizes for all the winners were donated by Dillard's, Mervyn's, Robert Spence, Dunlaps, Bernina's Sewing Studio, Rachael's Fine Fabrics, The Quilt Shop, Farmer's Cooperative Compress, Plains Cooperative Oil Mill, ABC Sewing Center, Lubbock Convention and Visitors Bureau, J & J Sheep and Parker Sheep.

Electric Safety Program Given For Summer Readers

Wednesday's summer reading program at Yoakum County Library was "Water and Electricity Do Not Mix". Janette Faris personnel specialist for Lea County Electric Cooperative, directed the program on safety in electricity.

Ms. Faris explained that fiber glass is an electrical conduit. She stated that poles made of fiber glass help highline workers remove lines that have blown to the ground or may

be in dangerous situations. She cautioned her listeners to never pick up a highline wire but to notify an adult immediately.

The importance of reading was also emphasized by Ms. Faris. She explained much reading is required in many jobs, especially jobs at Lea County Electric, she said.

Approximately 45 youngsters attended.



APPROXIMATELY 45 YOUNGSTERS attended the summer reading program Wednesday featuring Lea County Electric Co-op Personnel Specialist Janette Faris of Lovington, NM.



JENNIFER EARNEST recently participated in the South Plains 4-H Fashion Show, earning the Cotton Award in her division. She also received recognition as State Alternate to the Houston competition which will be held later this month. She is the daughter of Eddie and Bonnie Earnest.

Rodeo Queen Candidates Attend Chamber Meeting

Rodeo Queen candidates were guests Tuesday morning of Plains Chamber of Commerce regular monthly breakfast meeting. Shannon Cleveland, daughter of Vicki and Jimmy Cleveland, will represent the Chamber; Jodi Gayle, daughter of Bobbie and Butch Gayle, will represent Plains Lions Club and Amanda Koncaba, daughter of Cyndy and Clarence Koncaba, will represent Plains Roping Club.

Plans were made for the annual Old Settlers Reunion and Rodeo which is slated for July 30 - Aug. 1. The parade will be held at 5:30 p.m. Thursday, July 30 with the annual barbecue at noon Saturday in Stanford Park.

It was announced that the Cham-

ber has received a request to become involved with RAAM (Race Across America Marathon) which begins July 23 in Irvine, Ca. Plains has been designated as a time station for the approximate 50 cyclists whose destination is Savannah, Ga.

Time stations are located at 60 mile intervals across America. Each station is to log in the exact time each rider passes through and notify Race headquarters via a toll free number, relay messages to crews and travel-along officials and provide the local media with information on the race.

Chamber members expressed an interest in becoming involved with the event. A large number of volunteers from the community will be needed.



Plains Independent School District
"Home of the Cowboys & Cowgirls"

Dr. William J. Bryan Shares Tips On Pitching

Young baseball players aspiring to be the next Nolan Ryan should worry less about arm strength and more about pitching technique, says an orthopedic surgeon and sports medicine specialist at the Methodist Hospital.

"Teenagers think if they get stronger with weight training, they can throw harder," Says Dr. William J. Bryan, who is also a team physician for the Houston Astros. "That's not true at all. Arm strength has nothing to do with being able to pitch well. If that were true, Arnold Schwarzenegger would be Nolan Ryan.

"Pitching is kind of like golf," Bryan continues. "You don't hit the ball farther because you're stronger, you hit it farther because your mechanics are better."

Ironically, Bryan says, pitchers usually have the weakest arms and the strongest legs on major-league teams.

He says parents of young players should encourage their kids to learn the fundamentals and forget about throwing fast. Trying to throw beyond one's ability is a frequent cause of injury and soreness in pitchers, especially adolescents.

"It's rare for a seven or eight year old to hurt himself by throwing too hard because kids that age can't throw very fast anyway, and Little League regulations prohibit throwing too frequently," says Bryan. "But when a kid turns 13 or 14 and is able to throw faster, there's a good chance of injury."

Bryan encourages parents to use

instructional videotapes to teach kids proper pitching techniques. Some of those techniques include:

- *Having a definite pause at the "gathering point" of the pitch, when leg is up, to gain momentum for the delivery;
- *Fully extending the arm behind the back before delivering the pitch;
- *Keeping the body "closed" and using the entire body, not the arm, to throw the pitch;
- *Keeping the chin and the shoulder opposite the pitching arm "tucked in";
- *Landing smoothly, not bouncing, after delivering the pitch.

For players who ignore the warnings and injure themselves trying to throw too hard, Bryan says rest is the best therapy.

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POSITION AVAILABLE

Plains ISD has position open for school nurse. LVN required. RN preferred. Must qualify for TEA certification. Please send copy of resume and nurse certification to Pete Simmons, Supt., Box 479, Plains, TX 79355. Applications received until position filled.



FIVE STEPS TO SURGE PROTECTION

Lightning strikes and other natural faults on power lines can create a high-voltage surge called a voltage "spike". When this short duration surge finds its way into your home, it may severely damage unprotected electrical equipment and electronic devices (computers, etc.). Lea County Electric Cooperative, Inc. builds maximum surge protection into its lines, but no system can completely block all voltage surges.

The following five steps should be followed to protect your household appliances:

1. When possible, purchase appliances and equipment with built in surge suppressors, interruptible power inputs and reset capability.
2. Install external surge protection devices and interruptible power supply systems at crucial outlets in your home or shop.
3. Unplug and discontinue operation of unprotected equipment during an electrical storm or severe windstorm.
4. Unplug all non-essential equipment when not in use or when you leave for a vacation.
5. Use backup power systems with computers and other essential electronics to prevent outages.

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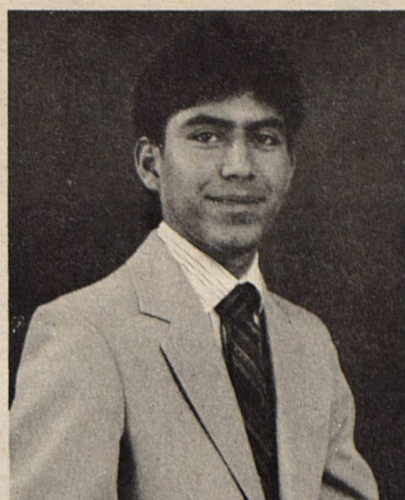
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JEFFERY ROPER & MELISSA WELCH



JESSE FLORES

Shower To Fete Engaged Couple

Patrick Hamilton and Melissa Montgomery of Cross Plains will be honored with a wedding shower Sunday, July 12 at 7:15 p.m. in fellowship hall of First Baptist Church.

The prospective bridegroom is minister of music at First Baptist Church. The couple plans to marry on Saturday, Aug. 15 in Cross Plains.

Gift selections may be found at Jerri's Boutique and Renaissance Flowers and Gifts in Plains; and at JCPenney's in Lubbock.

Wedding Plans Announced

Mr. and Mrs. Kent Welch announce the engagement and approaching marriage of their daughter, Melissa Jean, to Jeffery Lance Roper, son of Mr. and Mrs. Joe Roper of Seminole.

Grandparents of the bride-to-be are Mr. and Mrs. Royce Hartman and Helen Bramlett of Brownfield and Mrs. M.E. Welch of Lamesa. Melba Roper of New Home is grandmother of the prospective groom.

Wedding vows will be recited at 3:30 p.m. Aug. 8 in First Baptist Church. Friends and relatives are invited.

Miss Welch is a graduate of Plains High School and South Plains College. She is employed with O.L. Tex Pack of Lubbock.

The prospective groom is attending Texas Tech University and is a candidate for graduation in December. He is presently employed by FMC.

Flores Accepted At TTU Med Center

Jesse Flores, son of Mr. and Mrs. Jesse Joe Flores, has been accepted at Texas Tech University Medical Center where he will continue his education to become an occupational therapist.

A 1988 graduate of Plains High School, Flores has just completed his fourth year at Texas Tech. He has been listed on the Dean's and President's Lists throughout his four years at Tech.

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James Warren Family Holds Reunion Recently

Lake LBJ was the setting recently for a family reunion of the James Warren Family.

The event also highlighted the second birthday of Stephen James, grandson of Jim and Lela Warren and great-grandson of James and Jerry Warren. He is the son of Steve and Carol Warren of Rotan.

Also attending were Joe and Joyce Pierce, Monte, Darce and Marte and Jenifer Day; Robert and Jana Melvin of Mesquite, NM; Laci Naylor of College Station; Jerry and Marie Warren,

Miss Kim Kemp To Be Honored

Miss Kim Kemp, bride-elect of Mickey McMinn, will be feted with a pre-nuptial coffee Saturday, July 11 in the home of Mrs. Vaughn Culwell, 1007 2nd Street. Calling hours are 10 to 11:30 a.m.

Friends and relatives are invited.

Selections have been made at Jerri's Boutique and Renaissance Flowers and Gifts in Plains; Nelson's Pharmacy in Brownfield; and Dillards in Lubbock.

Rob and Jason of Tempe, AZ; Rick and Joetta Willis, Tyler and Kaci of Brownfield; Troy Fillingim of New Home; Russell Warren of Dallas and Doug Warren of Littlefield.

Courtesy Honors Melissa Welch

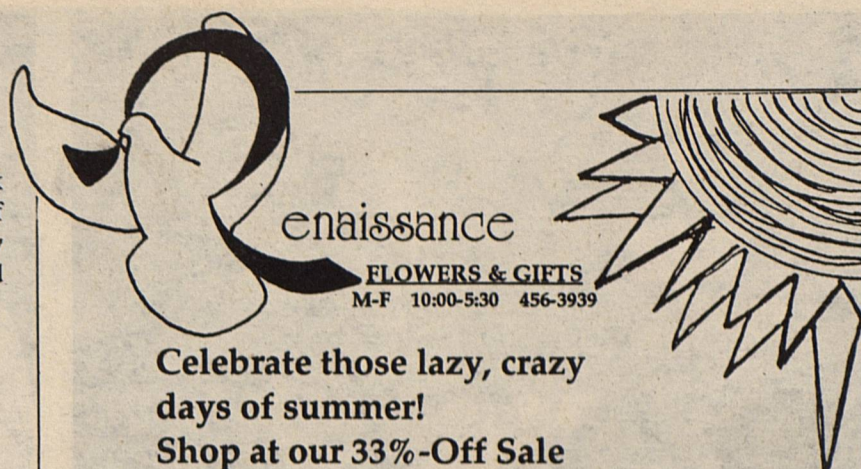
Miss Melissa Welch, bride-elect of Jeff Roper, was complimented with a bridal coffee Saturday morning in the home of Mrs. Jim Warren.

Laid with a white Battenburg lace cloth, the party table was adorned with an arrangement of silk flowers in cranberry, pink and teal. Appointments were silver and crystal.

Refreshments were sausage balls, sausage pinwheels, miniature muffins, fresh fruits, juices and coffee.

Hostesses presented the honoree with a kitchen center.

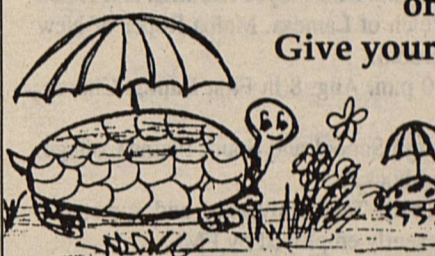
Assisting with hostess duties were Marietta Guetersloh, Linda Wall, Sheila Ashburn, Melba Crutcher, Pat Bowlin, Connie McWhirter, Jean Craft, Lois Miller, Gale McDonnell, Lydia Gass, Kay McClure, Bonnie Earnest, Dolores Davis, Glenda Hobbs, Sarah Guetersloh, Sheila Stephens, Carolyn Culwell and Sandy Craft.




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