

IF YOU'RE GOING TO resolve to quit eating so much, or to quit smoking, you need to write your resolution down on paper and be specific about what you want to do, says Dr. Francis Pirozzolo of the Baylor College of Medicine.

According to the doctor, whose name sounds like a new dish at Orlando's, a notebook can be your best friend in seeing to it that this year's resolutions are kept. He suggests a four-part plan:

1. Give careful thought to your goal. If it is losing weight, exactly how many pounds and in how much time? If it is quitting smoking, by what date will you have guit or at least cut down on the number of cigarettes? Be specific, he says, write it down.

I immediately sat down and wrote "I would like to lose 30 pounds by noon Saturday". But his second part of the plan destroyed that idea, because his second suggestion is:

2. Set realistic, attainable goals.

3. Keep a written record of your progress. "I try to encourage people to think about what causes them to fall into the behaviors they want to change," he said. "You need to know what triggers your eating or what prompts you to reach for that cigarette." He said that every time you eat or light up, record your emotional state at the time, who you were with and what was going on around you. After a few days, look at your notes and search for patterns that seem to trigger eating or smoking.

4. Maintain a positive attitude that focuses on your successes rather than your failures.

Above all, says the doctor, keep written records of your progress. I guess that's because the more time you spend writing, the less time you'll spend eating.

It's hard to keep a positive attitude about something you have failed at so many times already. I've been on a hundred different diets. And once, I did keep a notebook to record how I was doing on losing weight. And this worked for a few days, until the time I decided I either had to have steak and gravy and French fries or else I was going to eat my notebook.

A notebook with the metal spiral removed and covered with chocolate icing is not half bad.

DOWNTOWN LIGHTS-The Lynn County Courthouse, with its manger scene, lighted Austrian pine tree, other lighted trees and "Merry Christmas" sign, won first place in the municipal division of the Christmas lighting contest this year.

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ec. 24	41	4	
ec. 25	43	11	

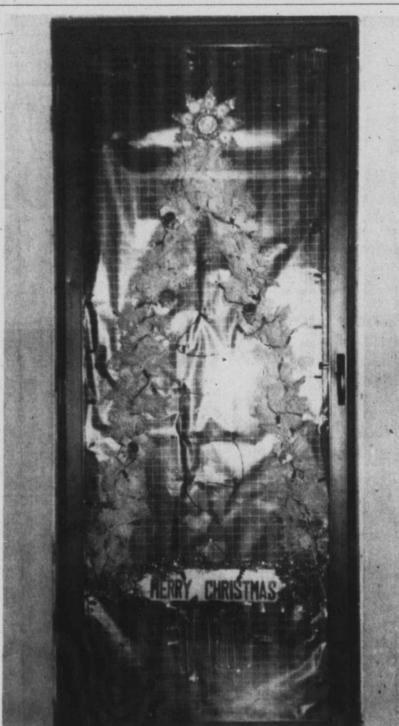
#### **Newspaper Office To Close Tuesday**

Most businesses in Lynn County, including the Lynn County News, will be closed next Tuesday, New Year's Day. Some also will be closed on Monday, New Year's Eve, but many will be open that day. A few businesses will be open on New Year's Day also.

The News office will close today (Thursday) at 2 p.m. and will be closed Friday. The office will be open all day Monday, closed Tuesday, and open again Wednesday, Jan. 2 on regular schedule. Persons with news or advertising copy for next week's paper are asked to call or bring it the material or mail it so that the newspaper will receive it by 4 p.m. Monday.



Batting helmets were introduced in major league baseball by the Brooklyn Dodgers in 1941.



BEST DOOR-This door at the home of David and Sylvia Chapa, 1818 N. 2nd, was judged best in its class by the Tahoka Garden Club. Three of five winners in residential lighting are on N. 2nd.

Ronnie Wayne Harcrow of Lubbock and a 1989 Pontiac driven by Rachelle Marie Thomas of Tahoka. According to the police report, no injuries resulted from the collision.

Four persons were in jail during the last week. Two were charged with driving while intoxicated, one was charged with public intoxication, and the fourth person was held for driving without a seat belt, failure to have a child restrained in the vehicle, no liability insurance, and on a Lubbock warrant for an earlier charge of injury to a child.

# Tahoka Woman Wins Trip, Gives It To Friends

Marguerite Sawyer of Tahoka recently won a week-long cruise trip to the Caribbean by calling in the answer to a puzzle on "Wheel of Fortune" on CBS'television and then having her name selected by computer as a regional winner of the free trip.

Regional winners were chosen after entrants called in on a 900 number for the "Play-by-Phone" competition.

"I must have entered about 14 times," she said. She then said her winning the trip was a good news/ bad news event, since she and her husband, Bill, could not go on the cruise at the specified time, because he had a medical procedure scheduled which could not be changed. So the Sawyers gave the trip to Mike and Nell Cotter of Tahoka, and they went on the cruise on the SS Norway, which left from Miami, FL. and returned on Dec. 22.

When they returned, the Cotters advised Mrs. Sawyer that she had won a great trip.



PAGE 2, LYNN COUNTY NEWS, THURSDAY, DECEMBER 27 1990

Obituaries

# Elmer McAllister

# **Boyd Roan Driver**

Services for Elmer K. McAllister. 82, of Tahoka were held at 2:30 p.m. Monday, Dec. 24, in Tahoka First United Methodist Church with the Rev. Bruce Parks, pastor, officiating.

Burial was in Nevels Memorial Cemetery in Tahoka under direction of White Funeral Home of Tahoka.

He died Saturday, Dec. 22, at Comfort Care Home in Lubbock after a lengthy illness.

He was born May 1, 1908 in Stephenville and moved from Arkansas to Lynn County in 1920. He attended school in Draw.

He married Zelda Mae Phillips in 1939 in Big Spring. He was a retired farmer and a member of First United Methodist Church.

Survivors include his wife; a daughter, Donna Ann Ross of Barnwell, S.C.; a son, Falcon Leon of Albuquerque, N.M.; a sister, Mabel Tyler of Bryan; and five grandchildren.

Pallbearers were Darren McAllister, A.N. McAllister, John McCrummen, Wayland Craig, J.W. Phillips and Phillip Barnett,

**Ben Morrison** 

Services for Lynn County Justice of the Peace Charles Benjamin (Ben) Morrison, 75, of O'Donnell were held at 2 p.m. Wednesday, Dec. 26 in O'Donnell Church of Christ with Billy James officiating.

Burial was in O'Donnell Ceme-tery under direction of White Funeral Home.

He died at 11:45 p.m. Sunday, Dec. 23, in Lubbock's Methodist Hospital after a brief illness.

Morrison was born Aug. 17, 1915 in Lynn County and married Mary Holman in 1947 in Lubbock. He had been a farmer and service station owner before becoming a judge. He graduated from O'Donnell High School, was a U.S. Army veteran of World War II and a deacon at O'Donnell Church of Christ.

Funeral services for Boyd Roan Driver, 65, of North Richland Hills, were held Monday, Dec. 17 at St. Vincents Episcopal Church in Bedford. Interment was in Bluebonnet Hills Memorial Park.

Driver died Friday, Dec. 14 in North Richland Hills. He was a broker for a tire company.

Survivors include his wife, Berta "Petie" Driver of North Richland Hills; three sons, Chip Driver and Adam Driver of North Richland Hills, and Gary Driver of Richland Hills; three daughters, Kerrie Sandefur of Richland Hills, Phyllis Driver of Sherman, and Debbie Adams of Arlington; and eight grandchildren.

In lieu of flowers, donations can be made to the Building Fund of St. Vincents in Bedford.

#### Wilson School Menu

Jan. 2-4, 1991 BREAKFAST Wednesday: Cereal, toast, apple

juice, milk Thursday: Pancakes, syrup grape juice, milk

Friday: Biscuit and bacon. gravy, peaches, milk LUNCH

ies, milk Thursday: Steak, gravy, cream seventies, since many homeowners chocolate pudding w/walnuts, milk bills

Friday: Green enchilada casse- If you're among the many constrawberry jello w/fruit, milk

LOCAL NEWS

Sgt. Charles Potts, Jr., a 1980 graduate of Tahoka High School who joined the U.S. Army in August 1980 and is currently stationed in Vilseck, Germany, visited with his parents, Charles Sr. and Gertrude, of Tahoka, Department of Energy. To use it, for the Christmas holidays. Sgt. Potts locate your geographic region on the measure the space between two joists is married seven years to Hildegard, and they have two girls, Martina, 7, and Jennifer, 3.



TORCH AWARD RECIPIENTS - Nine Tahoka High School students received local recognition for their involvement in the Business Professionals of America chapter. Receiving their Executive Torch Award on Friday, Dec. 14 were (standing, from left) Jennie Wells, Lana Parker, Melissa Ramirez, Virginia Lara, Terryann Aguirre, and Veronica Tijerina. Kneeling in front are Alicia Handley, Misti Lobban, Arnetta Hudgens and sponsor Barbara Jaquess. In order to receive the award, students had to earn 10 points in each of seven different categories - leadership, service, cooperation, knowledge, friendship, love-hope-faith, and patriotism. These points are earned by their active participation in their local BPA Chapter.

(LYNN COUNTY NEWS PHOTO)

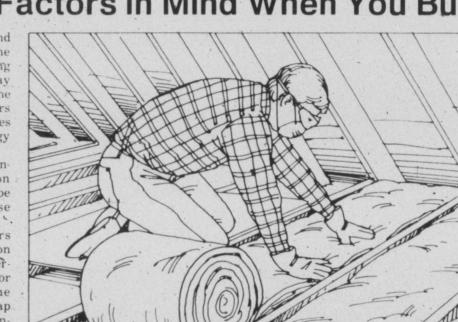
# **Reinsulating to Reduce Fuel Costs? Keep These Factors in Mind When You Buy**

Fueled by the rising cost of oil and Wednesday: BBQ franks, pinto predictions for a cold winter, the beans, scalloped potatoes, reinsulation market is booming cornbread, pineapple pudding, cook- across the country. Insulating may be as popular now as it was in the

are scurrying to protect themselves potatoes, green beans, hot rolls, against potentially higher energy

role, spinach, potatoes, combread, sumers in the market for insulation now, where to insulate and the type and R-Value of the material to use are all important considerations. '.

The first thing most homeowners question is how much insulation their homes need. To help them determine the proper insulation levels for their homes, the CertainTeed Home Institute developed a chart and map based on revised thermal recommendations issued recently by the



# Fed Cuts Interest **Rate First Time** In Four Years

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The Federal Reserve Board has sliced interest rates to 6.5 per cent to stimulate, growth in the economy, U.S. Sen. Phil Gramm reported this week.

By a vote of 6-0 the board made its first reduction in the key lending rate since August of 1986. The move is expected to herald adrop in the cost of automobile loans and some home mortgages.

The rate is the interested charged by the Federal Reserve to financial institutions, Gramm noted.

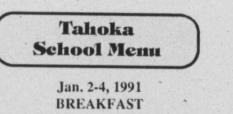
Many economists have been urging the Federal Reserve to lower interest rates as a spur to economic growth, according to Gramm. The board has gradually lowered interest rates from a high-point of 14 per cent in May of 1981.

"Lower interest rates and a substantial reduction in the inflation rate, down to 3.7 per cent from a high of 8.9 per cent earlier this year, make it easier for Texas families and businesses to rebuild," the senator said.

#### **George Leal Named** To Who's Who

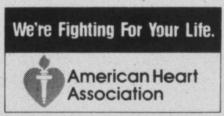
George Leal of O'Donnell has been named to the 1990-91 list of Eureka College recipients of Who's Who Among Students in American Universities and Colleges. Twentyone students from the College in Eureka, Illinois have received the distinguished honor.

Campus nominating committees and editors of the annual directory have included these students based. on their academic achievement, service to the community, leadership in extracurricular activities and potential for continued success.



Survivors include his wife; two daughters, Suzanne Ammons of Amarillo and Sharon Johnson of Lubbock; two sisters, Josephine Matthews of Lamesa and Imogene Taylor of Portales, N.M.; a brother, D.C. of Breckenridge; and four grandchildren.

Pallbearers were Freddie James, Milton Farris, Shorty Thompson, Terry Pepper, Arol Moore and A.F. Allen.



find the insulation levels that correspond to the area where you live. insulation R-Value (a numeric factor that measures the material's re-

Then, multiply the length and

HEY GUYS WAIT FOR

. DON'T LEAVE ME

width of your attic to get the total

ALONE, I'M JUST A

the insulation.

ME

the attic. Since most of your home's wasted energy can be lost through the attic, it's the most important area to insulate. To find out how much insulation you need to buy, you are the most popular materials to need to determine how much you use, since they're readily available already have in place. Check the current insulation levels there by or home centers and don't require placing a ruler between 'a joist and

square footage. Be sure also to map, and then refer to the chart to to find the width of the insulation you'll need. Your local building materials retailer can help you use As the chart indicates, the highest this information to determine the amount of insulation you should buy. Finally, you need to decide which sistance to heat flow) is needed in type of insulation to buy. By far, the preferred insulation material is fiber glass. Quality fiber glass insulation batts or rolls, like those manufactured by CertainTeed Corporation,

at local building materials dealers specialized tools for installation. Fiber glass insulation has the additional benefits of being thermally-

efficient, moisture-resistant and

permanent, since it won't settle on decay with age.

The flammability of a material is also important. Some materials, like cellulose, need to be chemically- pancakes, peaches, milk treated before installation to make them flame-retardant. Fiber glass is tortilla, picante sauce, apple juice, noncombustible and noncorrosive, milk

and therefore needs no pre-treatment. Reinsulating your home now is your best defense against high heating bills this winter. A more Soup, Grilled Cheese Sandwich, energy-efficient home will also help reduce your summer cooling bills for year-round comfort. For more information about insulation and Fries, Lettuce, Onions, Pickles, reinsulating, write for a free copy of "Insulation Facts for Comfort and Savings" from the CertainTeed Home Institute, P.O. Box 860, Valley Forge, PA 19482.

Wednesday: Donuts, pineapple tidbits, milk

Thursday: Blueberry syrup,

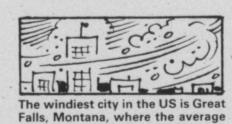
Friday: Eggs and sausage, flour

LUNCH

Wednesday: Chicken Noodle Tossed Green Salad, Grapes, Milk

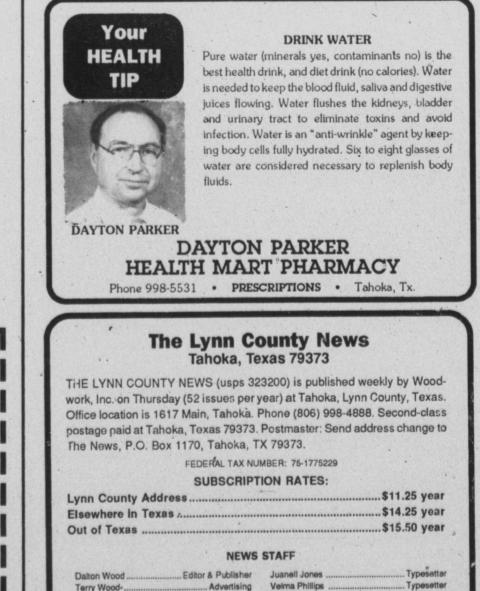
Thursday: Hamburgers, French Cherry Cobbler, Milk

Friday: Meatloaf, Creamed Potatoes, Tossed Salad, Buttered Corn, Butter Cookies, Milk, Hot Rolls



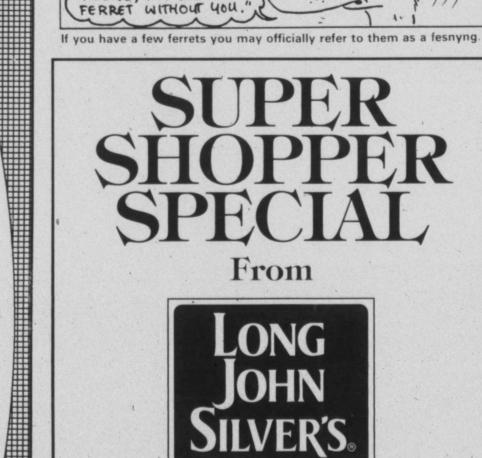
the notorious "windy city," actually ranks only 16th among the windiest cities in the US.

The wallflower is a fragrant plant that originated in southern Europe. It got its name because it weak stems often grow on walls for support.



David Chapa

Advertising & Bookkeeping



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3-Piece Long John's Homestyle Fish Dinner at the Regular Price, Get One For ach meal includes three lightly

Betty Jolly

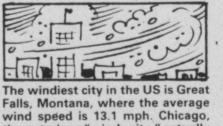
breaded fish fillets, fryes, cole slaw & hushpuppics. Offer Expires: 1/3/91 LONG Good at all OHN articipating locations.

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Buy One

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committees 1 directory ents based. ievement, leadership es and poess.

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# Score Big With a Winning Super Bowl Sunday Party

Call up the gang and have them meet at your house on Super Bowl Sunday because entertaining is easy with this great starting line-up of high-energy, low-fat menu ideas from the Wheat Foods Council. And, just because you're entertaining doesn't mean you have to watch most of the game from the kitchen. These recipes can be made in advance and timed for serving during the pre-game show, as the half-time highlight, or for the post-game victory party. "All-Pro Pasta Pizza" is a new twist to a traditional favorite. Made with lasagna noodles, garden-fresh ingredients and a special tangy sauce, it'll be a hit with all those armchair quarterbacks. To make ahead, prepare the pizza on Sunday morning, and refrigerate for later baking. Or make the sauce several days ahead of time and freeze

As a great side-line addition, the low-fat "Blitz Sticks" are fast to make because frozen bread dough is used. Pop the frozen loaf into the refrigerator the night before and you'll be ready to shape and bake these fresh the day of the game.

#### **All-Pro Pasta Pizza**

Sauce:

- 2 tablespoons olive oil 1/2 cup chopped onion
- 1/4 cup chopped celery
- garlic clove, finely chopped
- can (8 ounce) tomato sauce can (6 ounce) tomato paste
- 2 tablespoons grated Parmesan cheese
- 2 teaspoons dried oregano
- teaspoon dried basil 1/2 teaspoon sugar
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon black pepper
- Pasta Crust and Toppings: 15 lasagna noodles
- 3 cups shredded Mozzarella cheese, divided

Score big with a winning Super Bowl Sunday Party menu of All-Pro Pasta Pizza and Blitz Sticks.

3 ounces thinly sliced pepperoni

#### 1 can (8 ounce) mushrooms,

stems and pieces, drained 1/4 cup diced green pepper

1/2 cup pitted ripe olives, sliced In medium saucepan, heat oil; saute onion, celery and garlic until onion is golden. Stir in tomato sauce, tomato paste, Parmesan cheese, oregano, basil, sugar, Worcestershire sauce and pepper. Simmer until thickened, about 15 minutes.

Cook noodles according to package directions until tender but firm. (Adding 1 tablespoon oil will help prevent sticking.) Drain. Rińse in cold water; drain again. Lightly coat a 15x10 inch pan with cooking spray. Arrange 5 noodles in pan. Sprinkle with 1 cup Mozzarella cheese. Continue to layer with 5 noodles, 1 cup cheese and 5 noodles. Spread pizza sauce evenly over noodles. Bake at 350°F. for 10 minutes. Remove from oven; arrange pepperoni,

over pizza. Sprinkle with remaining ter, which are easily spread from 1 cup cheese; return to oven. Bake until cheese melts, about 15 minutes. Makes 1 large pizza, about ten 3x5-inch pieces.

#### **Blitz Sticks**

1 loaf (1 pound) frozen bread dough; white or whole wheat

1 egg white

Sesame seeds or poppy seeds Thaw dough according to package directions. Roll into an 8x10-inch rectangle. With kitchen shears, cut dough into 10 strips; roll each strip until' rounded and about 12 inches

Place strips on greased cookie sheet; let rise uncovered 30 minutes. Spray occasionally with water. Brush with egg white; sprinkle with sesame seeds or poppy seeds. Bake at 375°F. for 20 minutes or until golden brown. Makes 10

farm credits to Moscow

'Have we lost out by coming in last? For the wheat market, the answer is yes," said Cekander. "Since the first of July the Soviets may have bought around 7 million to 9 million metric tons of wheat elsewhere, but none from the U.S.

The wheat market has been plagued by oversupply - and the lowest prices in a decade.

"Soviet buying is way down. By the first of December, which would The Soviet Union is again figuring constitutes a grain embargo, the be into the first three months of the current marketing year, the Soviets bought just 402,000 metric tons of corn from the U.S. according to official figures," said Cekander. "Last year at this time, they had bought 8 million to 9 million metric tons of corn. While Cekander said every year is different with Soviet buying, this year's sales are unusually small. Even if the credits are granted by the Bush administration, Cekander said, any effect on grain prices will be determined by how much credit Washington gives Moscow as well as the Soviets' ability to buy using credit from other sources.



# **Clean Hands Help Kids** Stay Healthy

Another season of colds and flu is almost upon us, and children are prime candidates for infectious viruses. A child's relatively undeveloped immune system has difficulty fighting the rampant germs of windirect contact with playmates, desks, chairs, toys, and more. This winter, help your children stay well by encouraging a simple hygiene practice-hand-washing.

Washing hands frequently is one of the best ways to prevent the spread of infection among children, and, according to the American Academy of Pediatrics, hand-washing ranks second only to immunization as the best way of preventing sickness. A recent study by The John Hopkins University School of Hygiene and Public Health found that hand-washing programs at child care centers cut the incidence of diarrhea in half when compared to centers that did not practice the same techniques.

"Simple hand-washing is one of the best ways to protect children from contagious diseases," says Sallye Blake, children's education specialist at Kinder-Care Learning Centers, Inc., the nation's largest provider of child care services, caring for more than 130,000 children nationwide. "Encouraging thorough and consistent hand-washing now will help your child develop good habits for a lifetime of good hygiene." states Blake.

Here are some tips from Kinder-Care for helping your kids keep their hands clean

•Make sure your child washes his or her hands before each meal or snack.

·Pay close attention to handwashing during toilet trainingmake sure that children wash their hands after every use of the bathThe wayward thoughts of Juanell (Wood) Jones

THURSDAY, DECEMBER 27, 1990, LYNN COUNTY NEWS, PAGE 3

Ut

sort of done with. I still have some of the gifts we bought, and find a place to put all the new toys the kids received, and find a place in tronic arm, and an electhe refrigerator for all the tronic hair dresser attends leftovers from Christmas dinner. We had a good time this Christmas, as always, visiting with friends and family.

Our children were ing like a fashion model. pleased with their gifts (as well they should, seeing as how we bought twice as much as we should have). The one thing my son asked in the latest fashion outfit. for that he didn't get was a robot. I wouldn't mind having one of those myself ... one like that one on the Jetsons cartoon, who is my hand as I am transtheir maid. She could have ported to the dining room, bulldozed through all the where the morning newsdiscarded boxes and wrapping paper on our living room floor in nothing flat. be at work, I just want to As it is, I'm still trying to sift step into the transport through it all to make sure room and beam myself over nothing important gets to the office. thrown away.

ago, or even 20 years ago. more comfortable, easier for it all.

Christmas is over, and and faster. But I want it all.

ods

of the

I want to be popped out to find the money to pay for of bed when the alarm rings and transported to the bathroom where my toothbrush awaits on an electo my hair while I am suspended there in comfort. I want to poke my face into a computerized makeup gadget and come out look-

> Then I would like to be whisked through my closet and come out in five seconds, dressed to the nines color coded to make the utmost of my assets (assuming I have any). Breakfast should be poked into paper is spread open for my perusal. When it's time to

That's all I want. I don't Now I know that life is know, maybe that's expecteasy compared to 50 years ing too much. I guess I could brush my teeth with We have all sorts of gadgets my own hand, if I really had and appliances which are to. Nah. If I'm going to designed to make life a little dream, I may as well wish

# **Poka-Lambro Telephone Cooperative Offers New TelCard For Customers**

long

mushrooms, green pepper and olives

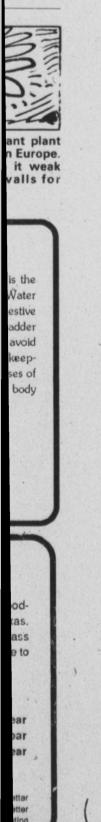
pineapple

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sage, flour ple juice,

n Noodle andwich, es, Milk rs, French Pickles,

amed Poered Corn, Rolls



rominently in the direction of grain President hinted that he favors prices. At issue is whether President

**AgriDirections** 

**Credit for Soviets?** 

**Markets Await Answer** 

TAHOKA

CARE CENTER

"Serving the Needs of the Mature Citizen"

**Complete Nursing Care** 

24 Hours Per Day - 7 Days Per Week

Clean Facilities \* Good Food

Bush will lift the ban on providing government-backed loans for Moscow to buy U.S. grain. Washington has withheld the credits, worth billions of dollars, since 1974, to punish Moscow for restricting emigration by Soviet Jews.

President Bush had maintained he would grant Moscow the credits if it passes a law liberalizing emigration. Critics say now is not the time to change the policy, as they question whether the Soviets are sufficiently credit-worthy and whether credits would perpetuate the failed Soviet economic policy.

But, in early December, on the heels of angry sentiments from farmers that withholding the credits

lifting the ban, particularly since the Soviet Union has relaxed its emigration policy in recent years.

We're seeing rallies at the Chicago Board of Trade based on the recent statements made by the President that indicate a change could be made soon," said Dan Cekander, a grain analyst with the Chicago trading company Rodman & Renshaw. "What we don't know is thelevel of those credits. That would certainly determine the level of impact if the credits are granted."

The questions now are whether those credits will be enough and whether they are too late. With Moscow in an economic crisis, Germany, Canada and other Western

producers have already granted billions of dollars in food aid or

AgriDirections is a monthly column provided by the Chicago Board of Trade, 141 W. Jackson Blvd., Chicago, IL 60604

Senior Citizens

NIDNU

Dec. 31-Jan. 4, 1991

Monday: Beef stew w/vege-

Tuesday: Closed for New Year's

Wednesday: Barbecue Chicken,

potatoes, green beans, roll, plums,

tables, broccoli, cornbread, plum

cobbler, milk

Day

milk

•Check on the hand-washing practices of your child's caregiver. If you have reason to believe that proper hygiene is not being enforced, complain. The Centers for Disease Control found that 60 percent of all infections spread in centers could be prevented if staff members use proper hygiene practices.

•Help small children reach the sink by putting a non-skid "step-up" next to the sink.

 Make hand-washing fun by giving children their own playful soaps and hand towels

•Set a good example for your children by washing your hands frequently as well. The National Association for the Education of Young Children stresses that parents and caregivers should frequently wash their hands with warm water (120 degrees) and liquid soap after tending to children.

Hand-washing may sound simple, but don't underestimate its importance in preventing the spread

As part of their continuing service, Poka-Lambro Telephone Cooperative, Inc. is offering its customers the new "Poka-Lambro TelCard". The calling card, which is free, will keep long distance and local charges on one bill and will work with most long distance carriers.

The new TelCard will replace the calling cards currently issued by Poka-Lambro. Poka-Lambro will be mailing its customers a form for the new card in billing statements.

Amy Preston, Public Affairs Manager for Poka-Lambro, said, "We believe this card offers distinct advantages over other cards. For example, the Poka-Lambro TelCard will allow our customers to use most any long distance carrier. Another

of infection. Keeping hands clean helps children avoid unnecessary illness, and develops good habits for a lifetime of wellness.

advantage is that in most instances, customers will receive one combined bill for long distance and local charges. With other cards they could begin receiving separate bills. Research shows that customers definitely prefer a single telephone bill."

Mrs. Preston added that customers also like a calling card issued by their local telephone company. She said customers have developed a personal relationship with Poka-Lambro and would have more confidence dealing with them.

The Poka-Lambro TelCard can be used in practically any location nationwide. For more information, contact the Poka-Lambro business office at 806-924-7234.

> Lynn County Merchants **Appreciate Your Business!**

# You Are the Heart of the Reason.

WEST TEXAS HOSPITAL: LUBBOCK'S OLDEST AND NEWEST HOSPITAL

West Texas Hospital is dedicated to the emotional and physical wellness of our community with an emphasis on personalized care. In addition to our emergency services, we provide the following programs.

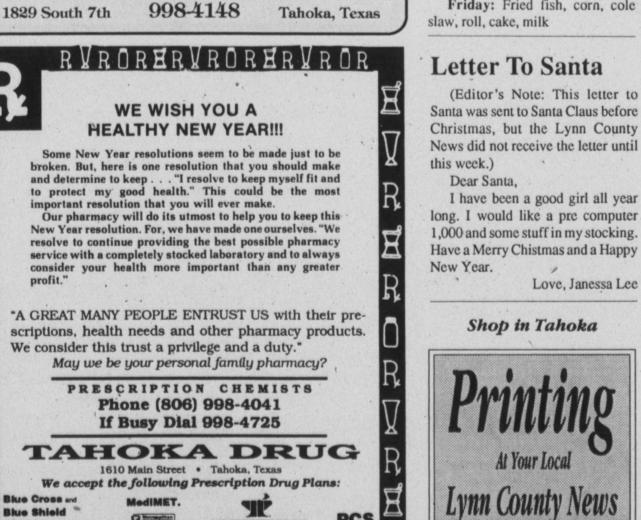
- Medical/Surgical Program
- Day Surgery Program
- Outpatient Services/Imaging Center
- Mammography
- Direct Admit Program
- NOW Program
- (New Outlook on Weight)
- Physician referral



1401 9th Street

Lubbock, Texas

(806) 765-9381



#### Caring Staff and Homelike Atmosphere Thursday: Roast beef, gravy, Volunteer Services \* State Licensed mashed potatoes, carrots, roll, fruit cup, milk Friday: Fried fish, corn, cole slaw, roll, cake, milk



998-4888

Love, Janessa Lee

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In round figures, the 500,000-bale increase in USDA's December crop production estimate for 1990 was offset by a comparable increase in the combined projection of domestic and export consumption. That left unchanged last month's estimate of a 2.6 million bale carryover at the end of the current marketing year.

That carryover figure, plus projected production and offtake for the 1991-92 year, are key elements in estimating the volume of U.S. cotton production needed next year - which in turn is USDA's starting point in determining the 1991 crop set-aside or ARP requirement.

Aside from a possible real or imagined effect of 1990 offtake on next year's domestic and export consumption, it would not appear that earlier USDA calculations of 1991 production need would be significantly altered. Nevertheless, according to Charles Cunningham, Chief of USDA's Program Analysis Division, his shop has been asked to update all previous calculations to reflect the new production-consumption report. It's then up to Secretary of Agriculture Clayton Yeutter, with approval from the Office of Management and Budget, to fix the 1991 crop set-aside at a level that will achieve the stated objective of the 1990 farm act. The objective is to achieve production which, after meeting 1991 market requirements, will produce a carryover at the end of 1992 equal to 30 percent of offtake.

The size of each year's set-aside is critical to farmers applying fertilizers and herbicides and carrying out other preplant operations. And, the 1990 crop now harvested, producers are anxious to get those operations underway.

Under the 1985 farm law the set-aside announcement was required by November 1 of the year preceding each year's production and was not subject to change. The 1990 act also sets a November 1 deadline for announcing the set-aside, but the announcement is tentative, subject to revision at the Secretary's discretion up to January 1.

While producers and producer advocates are united in their desire for an early set-aside decision, most are mindful as well of the unprecedented complexity of predicting what set-aside will be needed to secure the desired volume of plantings under the "triple-base" provisions of the 1990 act.

Under the triple-base plan, 15 percent of each commodity base is ineligible for deficiency payments and,



SPECIAL AWARD - Senator John Montford, with wife Debra, after accepting a special award from the Texas Civil Justice League.

# **Texas Civil Justice League Honors Senator Montford**

The Texas Civil Justice League, more equity to the civil justice syslargest tort reform organization in tem." America, has given a special award Montford of Lubbock for outstand- .ers, engineers, physicians, archiing contributions to the cause of civil tects, accountants, law firms, school justice reform.

the Consulting Engineers Council of Texas and president of the League since its creation five years ago, said Montford provided strong leadership . without merit, resolve legitimate for badly needed reform bills in the claims fairly and quickly, provide 1987 and 1989 Legislatures.

"Taxpayers and consumers pick up the tab for lawsuit abuse," Word said. "Without the dedication of John Montford, the people of Texas would have made no headway in bringing ums.

The Texas Civil Justice League is to Texas State Senator John a coalition of cities, hospitals, build-

districts, railroads, manufacturers, J.P. Word, executive director of and businesses dedicated to ending lawsuit abuse and the high cost of

> Its goals are to eliminate cases reasonable compensation to injured parties, maintain full access to the courts, and curb excessive and unjus-

liability insurance.

tified awards which ultimately result in higher taxes and insurance premi-

# **Texas Tourism Survey Packed With Facts**

toring visitors to Texas are now available from the state highway department.

term visitors from the United States was 6.8 days. Each party was comand spent \$582 during the trip. Longterm visitors spent an average of 71.2 days and spent \$2,405 in Texas per travel party of 1.9 visitors.

Among short-term visitors (those staying 30 days or less), Louisiana was the number one point of origin, with 14.1 percent of the total. Oklahoma, Florida, California and Illinois sent smaller contingents of tourists. Among long-term visitors (including many "Winter Texans"), Illinois held the top spot. In fact, the top-10 home states of long-term visitors were in the Midwest, except for number eight California, with 4.2 percent.

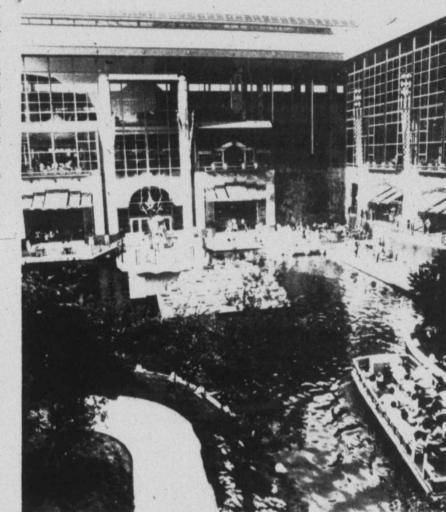
San Antonio was the most popular destination among both groups of visitors, attracting 31.1 percent of short-term visitors and 35:4 percent Texas 78763.

Twelve-month statistics on mo- of those staying more than a month. The Alamo, the San Antonio River Walk, Big Bend National Park, the Capitol complex, and the LBJ Na-The Texas Auto Visitor Survey tional Historical Park were the top shows that the time spent by short- five attractions visited by short-term travelers this year.

The survey report includes statisposed of an average of 2.2 visitors tics for the previous four quarters and an annual average. The 17 survey questions include the average age of 'the travel party, accommodations used, miles driven, and activities the tourists engaged in.

The survey is completed by outof-state visitors who stopped at Texas Travel Information Centers. The centers serve as Texas' front doors, where travel counselors extend hospitality to tourists arriving from all directions. More than half of Texas long-term visitors in 1990 said their information-center stop influenced them to see more attractions: 34 percent of short-term visitors surveyed agreed:

A free copy of the detailed report is available by writing Texas Auto Visitor Survey, Box 5064, Austin,



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at the producer's option can be "flexed" into virtually any other program or non-program crop. Also, producers willing to sacrifice the portion of payments they would otherwise get on another 10 percent of any crop base, may transfer those acres to another crop.

This hands the Secretary the unenviable task of assessing the aggregate effect of individual producer crop choices in every area of production, says Donald Johnson, Executive Vice President of Plains Cotton Growers, Inc., Lubbock.

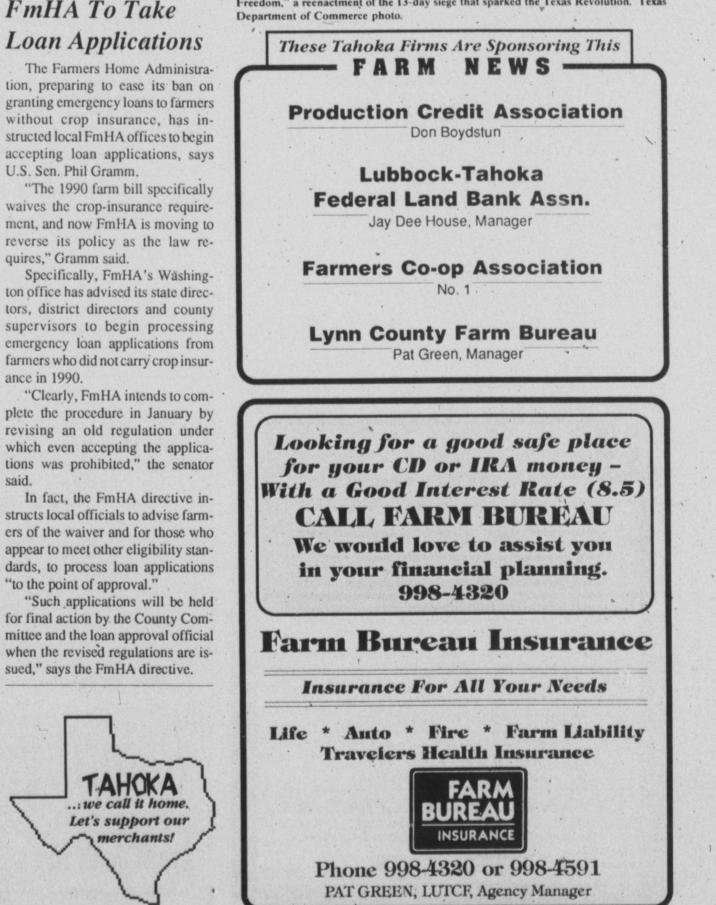


In the Big Bend region of Texas, Terlingua's graveyard is the final resting place for mercury miners of the early 1900s. The town of Terlingua is a ghost town with a general store that serves as the central meeting place for people who live in the area. Each November, the world's best-known chili cookoffs are held-near Terlingua, attracting thousands of chiliheads and tourists alike. All visitors eventually stop at the graveyard to reflect on the lives that were spent in this seemingly barren land. Texas Department of Commerce



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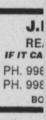
More than 130 specialty shops and restaurants are featured at Rivercenter, a 10-acre shopping, dining and entertainment complex in San Antonio. Among the more promi nent tenants of the downtown mall are a new 1,000-room Marriott Hotel, and the IMAX Theater which boasts a six-story high screen and features "Alamo...The Price of Freedom," a reenactment of the 13-day siege that sparked the Texas Revolution. Texas Department of Commerce photo.



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THURSDAY, DECEMBER 27, 1990, LYNN COUNTY NEWS, PAGE 5

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HOUSE FOR SALE: 3 bedroom, 2 bath, fireplace, 2 car garage, central heat and air, 2105 N. 8th. Call 998-5425.

HOUSE FOR SALE: 3-2-2, CH/RAC, assumable loan. 2002 North 8th. Call 998-5225. 40-tfc

HOUSE FOR SALE: 3 bedroom, 3-car carport, 1 bath. 1720 N. 3rd. Contact Larry Duncan, 915-646-4296.

3-tfc

HOUSE FOR SALE: 1901 N. 3rd, 2/3 bedroom with great trees and yard, work room and concrete cellar. Close to school. Call 998-5555 or 798-1145. 20-tfc

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FOR SALE: 2 bedroom, 2 bath home with sun

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men's jeans and dress pants. Call Jean Curry, 19-tfc 998-4776. 40-tfc

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# Employment **Opportunities**

**RN POSITION AVAILABLE:** Apply in person at Tahoka Care Center.

Cancer Research: Public Support Brings Encouraging Progress

Today, 50% of people diagnosed with cancer will live five years or more. Cures for many types of cancer have been found-and many more may be found in the near future-thanks to the support of thousands of concerned Americans who have donated money to lifesaving research.

The most exciting areas of cancer research in the 1990s, such as drug resistance, gene therapy, and nutrition, are in desperate need of funding, says the American Cancer Society. Since 1945, that organization has invested over \$1 billion in research, in addition to providing services for families whose lives have been touched by cancer, and offer-. ing education and information to the public on such topics as early detection and cancer prevention (as many as two-thirds of cancer deaths might be prevented if everything we already know was applied universally

The Society's research program is the largest source of private cancer research funds in the United States and is second in size only to the Federal government's cancer research program. The research program relies entirely on public funds—the Society does not accept any money from the governmentand is very efficiently administered, with only five percent of the entire research grant program going toward administrative costs.

Even though the amount of research dollars the American Cancer Society gives to research has increased over the past decade, the percentage of grants funded has actually decreased from 31.3 percent in 1980 to 24.5 percent in 1990. 40-tfc There is a need now; more than ever, to fund research, to reap the



The American Cancer Society research program relies completely upon public contributions.

clinical benefits from the current laboratory research.

know its research dollars go to cancer experts in institutions around the country. By placing the money where it's most likely to get results, the American Cancer Society ensures the public's dollars are spent wisely. The quality of its research is unsurpassed-the researchers supported by the Society regularly win prestigious research awards given by other organizations, including the General Motors awards, the Lasker awards, and Nobel prizes.

The last 20 years have shown us the doors we must open to fight cancer effectively, say Society researchers. We now know where to look, but the promise might go unfulfilled-without the help of concerned Americans. The Society says: "We can't stop now, and with your help, we won't have

For information about any of the American Cancer Society programs and how you can help, call toll-free: 1-800-ACS-2345.



In 1610 Captain Samuel Argall was blown off course near a cape on our eastern seaboard. He immediately named it for his sponsor, Lord De La Warr, it became the state of Delaware.

#### **CONTRACTOR NOTICE OF TEXAS HIGHWAY CONSTRUCTION**

Mowing of State Department of Highways and Public Transportation Rights-of-Way Sealed bids for mowing highway rights-of-way will be received, publicly opened and read on January 22, 1991, at the Lubbock District Office Training Center, 135 Slaton Road, Lubbock, beginning at 8:30 a.m.

Bids will be opened on January 22, 1991 for the following contracts:

U.S. 87 S. - 3:30 a.m. Lubbock SE County - 1:00 p.m. Lynn County - 9:00 a.m. Cochran County - 1:30 p.m. Dawson County - 9:30 a.m. Castro County - 10:00 a.m. Bailey County - 10:30 a.m. Hockley County - 11 00 a.m. U.S. 62 S.W. - 11:30 a.m.

S.H. 114 - 2:00 p.m. Garza County - 2:30 p.m. Crosby County - 3:00 p.m. Hale County - 3:30 p.m.

51-21c

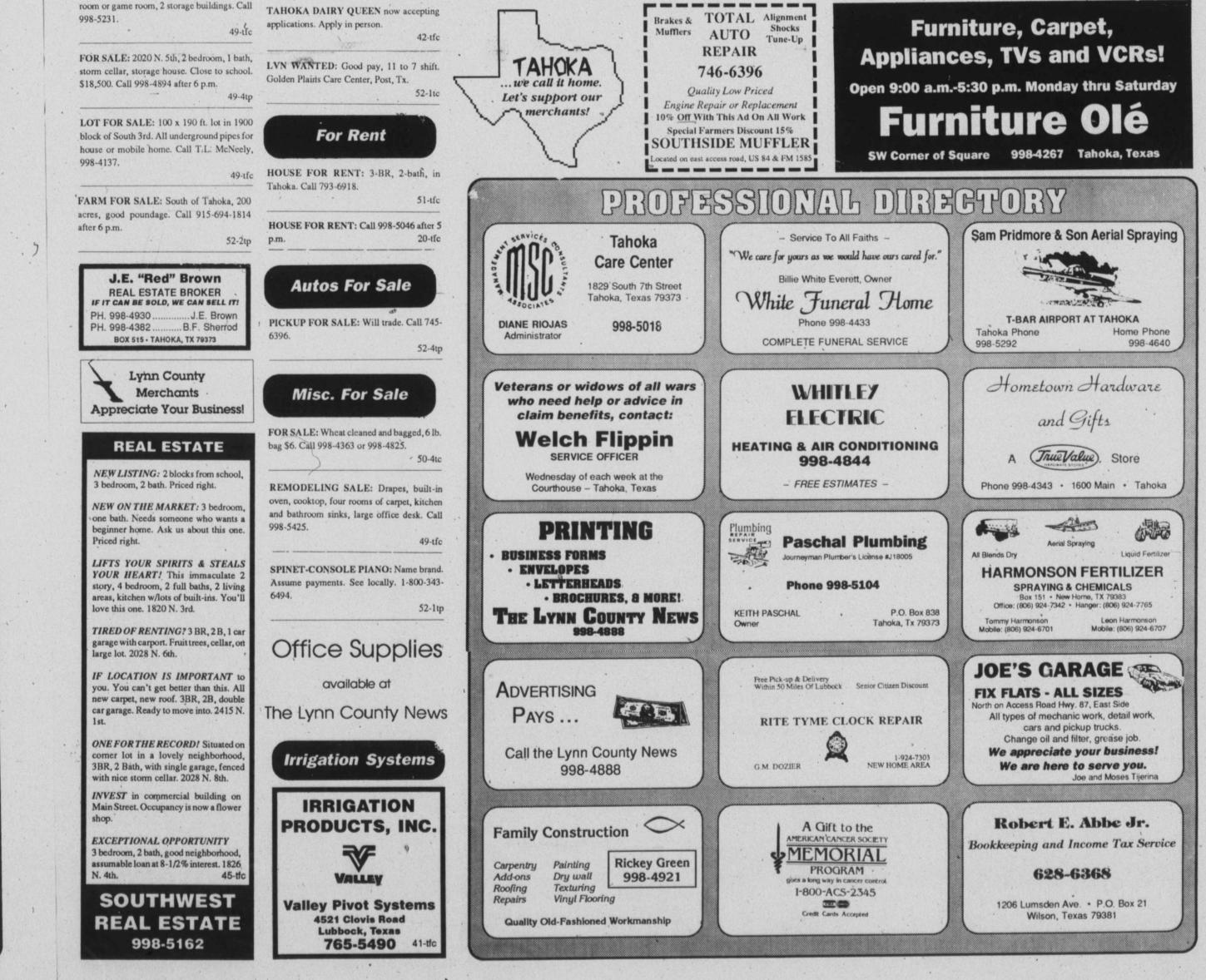
Pre-Bid Conference will be held January 4, 1991, at the Lubbock District Office Training Center, 135 Slaton Road, Lubbock, at 10:00 a.m.

The State Department of Highways and Public Transportation, in accordance with the provisions of Title VI of the Civil Rights Act of 1964 (78 C.F.R., Part 8), issued pursuant to such Act, hereby notifies all bidders that it will affirmatively ensure that the contract entered into pursuant to this advertisement will be awarded to the lowest responsible bidder without discrimination on the grounds of race, color, or national origin; and further that it will affirmatively ensure that in any contract entered into pursuant to this advertisement, minority business enterprises will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, or national origin in consideration for an award. Plans and specifications are available at the Maintenance Office for the above mentioned counties and at the office of Woody Marcy, Dist. Maint. Supt., 135 Slaton Road, P.O. Box 771, Lubbock, Texas 79408-0771,

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Those who donate to the Society





#### PAGE 6, LYNN COUNTY NEWS, THURSDAY, DECEMBER 27, 1990

# NEW HOME NEWS

#### by Linda Reed

The annual Balch family Christmas party was held Sunday, Dec. 16 at the Senior Citizens Hall in Slaton. Don, Nell, Laurie, Greg and Kim Balch were host and hostess for this year's party. There were 44 in attendance. They were from Plains, Denver City, Austin, Amarillo, New Home, Lubbock, Slaton and Post.

New Home's own Kyle James was a December graduate of Texas Tech.

Christmas came early for the Gill family, Thursday night, Dec. 20: All the kids, grandkids, and friends were there. The four kids, ten grandkids in order (Tara, Tobi, Martin, Abbie,

Meghan, Ryan, Emily, Ashley, Caleb and Matthew), and there will be another in the spring, Todd Lehman, Tara's fiancee. Also there was Mommy Jo, Aunt Hattie Sue, Cathy Hall (Stoney's sister'in-law) and Martin's friend Bunkie.

There was a big meal, a sing-along, presents and games, then a slumber party for the 20 who stayed all night.

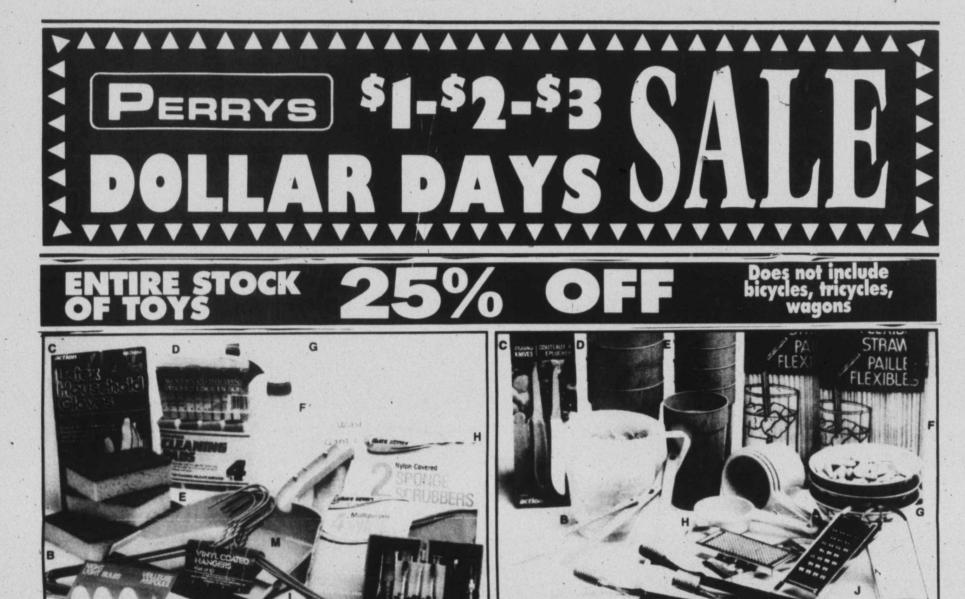
There was lots of activity around the Post Office Friday, Dec. 21 at Open House, with food, a jigsaw puzzle that will never get finished, coffee, spiced tea, punch, money orders, gifts being picked up or wrapped, friends standing around talking and having a good time. A drawing was held for door prizes, and

winners were Leonard Nettles. Courtney McNeely, June Davis, Scooter Sharp and Roger Blakney.

Hilburn and Fern Roberts, parents of Jerry Roberts, celebrated their 50th wedding anniversary Dec. 19. A reception in their honor was given by their children, Ann and Manley Hudgins of Sweetwater, Jerry and Joyce Roberts of New Home and Larry and Quay Roberts of Odessa. The reception was held at the North 14th Church of Christ in Lamesa on Dec. 16. Many friends from Lynn and Dawson County came to congratulate them.

A Christmas dinner for the Huse family was hosted by Joyce and Jerry Roberts of New Home Sunday evening, Dec. 23. Attending were Joyce's parents, Raymond and Gladys Huse of Lamesa. Also attending from Lamesa were Harril and Marilyn Kizan, Craig Martin and Tina Martin, Vernon and Ram Huse, Brandee, Brooke and Brace Huse, Jerry and Joyce's children, Rhonda and Ken Wearden, Michael and Patrick of Albuquerque, and Steve Roberts of Lubbock.

The annual Christmas get together of the Roberts family was held Dec. 25 at the Punkin Center home of Hilburn and Fern Roberts. Food, folks and fun was the fare for the day. Attending were Manley and Ann Hudgins of Sweetwater, Keith and Robin Hudgins and Beverly Ann of Lubbock, Jerry and Joyce Roberts of New Home, Ken and Rhonda Wearden and Michael and Patrick of Albuquerque, Steve Roberts of Lubbock, Larry and Quay Roberts of Odessa, Todd and Amy Roberts of Weatherford, Okla., Lanette Roberts of Odessa and her fiancee Jason Romberger of Abilene.



What Investment Portfolio Mix Is Right For You?

#### **By Elise Neal Davies Account Executive** Dean Witter Reynolds, Inc. Lubbock, Texas

Financial experts have often said that there is no such thing as a single "ideal investment", because each investment involves a trade-off between desirable and undesirable characteristics. For example, a municipal bond may provide tax-free income, but may not provide the potential for capital growth that many investors require from investments such as common stocks. You can, however, own a comprehensive investment portfolio that is structured to meet your personal preferences and financial goals. A wellbalanced portfolio should contain investments which react differently to specific economic events.

A financial professional can help you select specific investments for a diversified portfolio which can provide an appropriate mix of the following investment characteristics:'

(a) Liquidity. Liquid investments can be converted quickly into cash to meet unexpected needs or to take advantage of emerging opportunities. Before investing, determine what portion of your funds must be allocated to liquid investments to meet your personal and/or business needs.

(b) Cash Flow. Some of your portfolio's investments may be chosen to provide a steady income stream to meet your current expenses or for re-investment purposes.

(c) Growth. Many investors hold growth-oriented assets in their portfolio as a "hedge" against inflation.

(d) Safety. Safety of income is the likelihood that anticipated income from an investment will continue to be paid in the amount and the time expected. Your level of demand for investment safety depends on your circumstances and your attitude towards risk. For example, safety of income may be less important to working people than to retirees living

portfolio, however, lowers overall volatility by spreading risk over diverse investments.

#### Allocating Assets Within A Portfolio

A financial professional can help you develop a portfolio that reflects an investment strategy based on your particular needs.

The first step in creating such a portfolio is to set aside a cash reserve to cover living expenses and emergency situations, as well as funds to meet your short-term goals.

Next, divide your remaining funds into:

- · Fixed-income securities
- · Growth securities
- Tangibles · Liquid Assets

The amount you allocate to each category should depend on your personal situation, as well as your expectations of where the economy and financial markets are headed.

The fixed income allocation should be based on your current income needs and perhaps on your projection of the future direction of interest rates. Similarly, the growth allocation should depend on your long-term financial needs, as well as your view of the general health of the economy, the outlook for inflation, sustained or increased corporate and the relative attractiveness of different industries at different points' along the economic cycle.

You may wish to devote a certain portion of your total financial resources to tangible assets in order to diversify your portfolio and protect against inflation. Tangibles are "real" or "hard" assets that may include real estate, oil and gas, commodities, collectables and precious metals.

Finally, the liquid asset segment of your portfolio consists of funds that you have placed in a money market in order to provide current disposable income to cushion against emergencies, or to enable you to take advantage of future investment op-

well-balanced and diversified port-

For additional information or

assistance in allocating assets within

your portfolio, call me at (800) 827-



m a fixed income. The overall objective is to build a

(e) Preservation of Capital. Adding "safe" financial instruments to folio of investments which are, in the your portfolio, such as those guaranteed by agencies of the federal govaggregate, suited to your financial ernment, will help to preserve your circumstances. capital.

(f) Lower Volatility. Significant fluctuations in value can occur with any investment. A well-balanced



Jan. 2-4, 1991

Thursday: Cinnamon Rolls Friday: Biscuits & Jelly

Wednesday: Chicken Fried Steak, Gravy, Whipped Potatoes,

Florence Davies is in St. Mary's Hospital in Lubbock. She fell and broke her hip. She has had surgery to repair the hip and is taking therapy. She is in room 511.

4282 or (806) 747-4684.

Thursday: Soft Tacos, Salad Bar, Cheese Cup, Lettuce/Tomato, Spanish Rice, Orange Half

Friday: Spaghetti, Corn Dog, Tossed Salad, Fruit Cup, Garlic Sticks

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