

It really doesn't get much better than this!

If you don't care for this weather there is something seriously the matter with you!

The spring has reached that point where it just couldn't be much better. It is so deliriously green it looks like Ireland with it's famous forty shades of green. The trees are so lacy, frothy and ruffled with new-sprung leaves it looks like a fashion show, and the flowers are appearing along roadsides in profusion, as if to say to motorists "slow down, enjoy us".

Farmers are rolling as fast as they can to dust off their fields and plant them. Soon the little seedlings that look so fragile, but have such incredible strength will be pushing through the ground to make neat little rows that lead off into infinity.

As the sun comes up the world fills with bird song as rich as a symphony. Careful observation leads one to note birds of every variety busily weaving and creating their nests. The purple martins are snuggling into their nesting boxes, a purple finch pair are in the top of my juniper, and cardinals are everywhere. The blue birds are in the nesting boxes out on the fences.

And yard work...well, that is something else again. At what other time of the year can one do digging, weeding, planting and feeding and smile the whole time? No sweat, no serious sunburns, nothing but the joy of digging in the dirt.

Sunday Thomas and I decided it was a great day for doing some yard work. We dug and hoed and pulled weeds, straightened winter-moved borders and generally began getting our place "spiffed" up for spring.

At one point we got on the four wheeler and trundled up to the big barn to get a chain to pull some dead willow wood



Talco-Bogata ISD Board calls for bond election to construct new facilities at Rivercrest

Proposal to put all grades at Rivercrest campus to be voted on

The Talco-Bogata ISD Board of Trustees unanimously voted Monday night to call an election June 6, 1998 for a \$9 million school house bond election.

About fifty people appeared at the Board meeting to hear about and speak for or against the proposed bond election which would result in the Rivercrest campus becoming the location of all grade school, junior high and high school facilities.

Mollie Williams, vice-president, presided over the meeting in the absence of the board president, Eddy Brown, who was absent due to health problems.

Dr. Gary VanDeaver, Superintendent of Talco-Bogata Schools reports that following the call to order, Mrs. Williams opened the public forum portion of the meeting, with the following people speaking:

Against the proposal-Jerry Clemmons-stated that at the time of consolidation in the 1960's the board said the elementary schools would not be taken out of the towns.

Sue Cox Huffman-asked the board to build at Bogata and Talco.

Neil Rozell-stated that the maintenance on the buildings at Talco and Bogata had been neglected. He asked the board to not bring this matter to a vote.

Randy Carroll -felt that moving the school out of Talco would create a hardship on the parents who walk their children to and from school.

For the proposal: Jim Carroll-Felt that the schools should be built at the

Rivercrest site due to the condition of struction and improvements to the the present buildings and lack of space at Bogata.

Elmer Patton-supported building new facilities at Rivercrest and asked the board to consider two things: what is best for the students and what is best for the taxpayers.

Joe Rose-Felt the new facilities should be constructed at the Rivercrest site for financial reasons. Felt that taking advantage of state funding would be wise.

Mrs. Williams thanked everyone for their comments to the board and asked Dr. VanDeaver to present information concerning the bond proposal.

Dr. VanDeaver said that a few months ago the board enlisted the services of Mr. Robert Brown, an architect from Tyler, to conduct a facilities study in the district. Mr. Brown spent several days touring the campuses and reviewing architectural drawings of the buildings. In his report to the board, he cited several deficiencies at both the Bogata and Talco campuses. At the request of the board, Mr. Brown developed possible options for the board's consideration. The option the board chose to pursue includes the construction of a new high school adjacent to the present high school. Converting the present high school into a Junior High and the construction of a new elementary school near the proposed high school.

It was estimated that the new con-

present high school facility (which includes a new roof) would cost the district \$9 million.

VanDeaver said that the district could fund the \$9 million construction project with a tax increase of .20. However, this is only possible because this tax increase would generate an estimated \$430,000.00 annually in Tier II state funding. This means the local taxpavers would wind up paying approximately 27% of the cost and the state would pay the remaining 73%, according to the Superintendent. Following the presentation of the

impact of the increased tax rate on the average homeowner in the district, Dr. VanDeaver recommended to the board that the voters of the district be given the opportunity to decide this matter and that an election be called. The board voted unanimously to call the \$9 million school house bond election to be held June 6, 1998.

In related action, the board voted to hire Coastal Securities as financial advisor and the law firm of Mayor, Day, Caldwell & Keeton as bond

counsel In other action, the board voted to approve the 1998-99 calendar and adopt new employment contracts for the district. The meeting was set for May 4, at 7:00 p.m. to canvass votes from the May 2nd school board election. The regular monthly meeting will take place immediately follow-

ing the canvassing of the votes.

'n Things The Annual Talco Park Easter

People

Egg Hunt will be held on April 11, 1998 beginning at 11:00 a.m. Over 2000 eggs including prize eggs will be hidden for ages pre-school through 4th grade students and up. For more information contact Judy Sloan at 379-7621.

The Talco 9 & 10 year old girls softball team, the Fillies, are selling chances on two stuffed Easter Bunnies. The chances are .50¢ each and the winner will be drawn at the Talco Park Easter Egg Hunt on Saturday, April 11. Proceeds from the sales will go to help the team be able to attend tournaments throughout the season and to supply drinks and food for the girls.

Rivercrest High School Junior Senior PROM will be held on Thursday, April 9, 1998 at the Love Civic Center in Paris at 8:00 p.m.

The Talco-Bogata Tax Office will be closed on Friday, April 10 and Monday, April 13 for the Easter holiday. The office will reopen on Tuesday, April 14.

The Lady Rebels softball team will play host to Cooper on Saturday, April 11 at 4:30 pm at Johntown. The team will end their district play on Monday at 6:00 pm vs Detroit at Detroit. Come out and support the Lady Rebels!!!

The District Track meet for the Rivercrest Lady Rebel and Rebel teams will be held in Alba-Golden on Thursday, April 9. Everyone is encoraged to come out and support the teams.

The Talco-Bogata and Rivercrest Schools will dismiss at 12:30 pm on Thursday, April 9 for Easter vacation. Class will resume on Tuesday, April 14.





EMPLOYEE OF THE WEEKat the Talco School is Leah Bull. Ms. Bull teaches a fifth grade class at Talco. She has one daughter, Brittany, who is an eighth grade student at Talco. Ms. Bull is a graduate of Rivercrest High School and received her Masters Degree at East Texas State University in Commerce. She came to Talco from Blue Ridge School. She is the daughter of Robert and Jan Lewis of Bogata. Her hobbies are collecting Barbie dolls and unicorns. She enjoys fossil hunting, working outside and working and playing on the computer. She spend alot of her spare time attending her daughters activities such as basketball, track and softball and soon to be football since Brittany was elected as a Rivercrest High School Junior Varsity Cheerleader for next season. Ms. Bull received flowers and a card from Backroom Floral Designs in Bogata.

Staff Photo Nancy Brown

tion 5 years down the road when it will cost twice as much as it will now. These seem to be the only real

arguments that I hear around town.

Talco-Bogata CISD Estimated Monthly Residential Tax Increase \$9,000,000 Bond Issue-I&S Tax Rate of \$.20 Residential Taxable Appraised Monthly Homestead Home Value Tax Increase Value Exemption \$25,000 \$15,000 \$10,000 \$1.67 \$30,000 \$15,000 \$2.50 \$15,000 \$3.33* \$35,000 \$15,000 \$20,000 \$40,000 \$15,000 \$4.17 \$25,000 \$15,000 \$5.83 \$50,000 \$35,000

out of the way.

As we scooted over the green grass, startling the heifers and scaring up a few meadow larks and a squirrel Thomas said "Well, I suppose life could be better than this, but I don't know how!".

As the warm sun fell over my winter-pale skin and a neighbor waved as they drove down the road I could only agree.



First grade visit Talco post office

The Talco first grade classes taught by Gloria Harris and Patsy Moles enjoyed a field trip to the Talco Post Office on April 2.

The students who have been studying letter writing in both their reading and language classes were given a tour of the building and its workings by Marilyn Presley. The students could not resist taking a peek at persons who opened their mail boxes during their tour.

When the students returned to their classes each class set up their own post office and spent the week writing and mailing letters to one another. Mrs. Harris and Mrs. Moles and their students would like to thank Mrs. Presley for the tour.

Talco Times

USPS 532-900 Published Every Thursday By Thunder Prairie Publishing, P.O. Box 98. Deport, TX 75435-0098 Periodicals postage paid at Deport, TX Publisher-Editor analee Nichols Managing Editor Talco News Editor Thomas Nichols Nancy Brown SUBSCRIPTIONS \$17.00 A Year For Red River, Lamar and Titu \$20.00 A Year For Out Of Above Counties/Out O

DEADLINE: For News And Advertising, Tuesday At Noon. POSTMASTER Send Change of Address To: Deport Times P.O. Box 98 Deport, TX 75435-009

*average

Plant sale to be held April 11 out healthy plants for their flower

The annual Rivercrest Horticulture class plant sale will be held on Saturday, April 11 at the green houses behind the school.

The sale will begin at 9:00 am and end at 4:00 pm. Teacher, Ken Swinford said, "We have a wide variety of plants this year and would like everyone to come out and pick

beds and gardens". A few available plants the group has are for the garden, tomato, all types of pepper, cucumber, squash and egg plant and in hanging baskets and pots petunias, Mexican heather, geranium, dianthus, purple jew, ice plants, purslane, begonias and more.

enforced Project Celebration to be discussed

There will be a meeting at Riverstudents to have a safe place to go crest High School in the cafeteria on after graduation to celebrate with April 14 at 7:00 p.m. for all parents and/or community members interested in helping with the 1998 Project Celebration for Graduation. Project Celebration is an alternative for the

classmates and other school friends. If you are interested in helping and cannot attend the meeting, please contact Kay Kennedy at Rivercrest.

Sunrise services to be held at Calvary Baptist in Talco If you can provide special music or

He is alive! Experience the real meaning of the Easter season by attending the early morning (7:15 am) service at the Calvary Baptist Church in Talco.

Weather permitting the service will be held out of doors behind the church.

Texas author Herb Marlow to visit Talco School

ebrating our risen Savior.

share your testimony come prepared

to do so. A song service and devo-

tional given by Bro. Glenn Connell

are planned. Everyone is welcome to

attend and share a blessing by cel-

Herb Marlow author of children's books will be at the Talco School on Wednesday, April 15. The program will begin at 9:15 am.

Dr. Marlow lives in Graham. Texas, where he maintains a private counseling practice. Drawing from his life's experiences and his imagination, he has been telling stories all his life. For several years he furnished stories for national periodicals, and now Ozark Publishing, Inc. where his stories are published in book form.

Dr. Marlow's professional creden-

tials include: Ph D. in Pastoral Counseling, Certified Behavioral Therapist, and Allied Staff, Charter Psychiatric Hospital, Grapevine, Texas. He has completed hundreds of continuing education unites in his professional field in many settings including Charter Psychiatric Hospital, Grapevine, Texas and Children's Psychiatric Hospital, Methodist Home, Waco, Texas. He is listed in Who's Who Among Human Services Professionals and Who's Who Among America's Teachers.

As a former classroom teacher, Dr.

Marlow understands the problems that teachers face daily. He also knows how important it is that teachers have practical resources available to them. With that in mind Dr. Marlow has written a hand book to help teachers find resolutions from problems encountered in the classroom and workplace entitled: Time Out For Teachers: Reflections and Resolutions. Dr. Marlow will have his books

Dress code

As the end of the school year draws

nearer students have a tendency to

relax a little too much on the dress

code. Talco Principal, B.J. Setliff

would like to remind parents and

students to please check their hand-

books before wearing spring cloth-

No wind shorts or spandex are

allowed, no tank tops may be worn,

no midriff shirts or tight clothing and

shorts must be finger tip long. Stu-

dents will be sent home who do not

follow the proper dress code rules.

to be

ing.

available for purchase which he will autograph along with bookmarks and photographs.

Parents are encouraged to attend the program with their students.

Dear Editor,

After reading the letters from Steven Hawkins and David Rozell concerning the proposed campus consolidation last week, I felt compelled to offer my feelings on some of the issues being discussed around town. One of the main problems that some people have against moving to a central campus is the fear that the towns of Talco and Bogata will "dry up". David's letter addressed this issue, stating his concern that nobody will want to move into our community. I respect David and his opinion and consider him a friend, but to quote his letter, "New houses our of town equals fewer new houses in town, equals less city tax base." David's newest house is approximately the same distance from Bogata as is the Rivercrest campus, yet he felt enough like a part of the community to voice his concern. I have 3 children in this school system, but I live 7 miles from town. I have a Bogata address - -David has a Bogata address - - Rivercrest has a Bogata address! In my mind, that settles that issue - - 5 miles from the city limits is still our community. Many have pointed to other communities as examples, but I have yet to hear an example where the school districts were already consolidated, and the campuses were simply centralized. Since the Rivercrest campus is actually central to Talco and Bogata, it could just as easily have a Talco address. The fact is this - - that campus is part of both communities, and neither will suffer if all our children go to school there. I can not envision new gas stations and grocery stores exploding around Rivercrest. The students that drive and need gas have been going to school out there for 30 years, and in recent memory, no store has been successful in that area. Once the kids get out of school in the afternoon, they will go back to their respective communities, run up and down the roads, play in the parks, etc. If we were sending our kids to another town to school, say Mount Pleasant or Clarksville, I could see the concern. I believe that concern is why the districts were consolidated in the first place. My concern is that if we don't take action, we will eventually end up in that situation, or at best doing this same reloca-

The cost and taxes are hardly even discussed. That's great, because in reality, the proposed project is the only financially feasible option. To rebuild in Bogata would not be physically possible because of the limited space. But even if it were possible, our cost of maintaining the 3 locations would still be less than efficient. One of the real disadvantages of the separate campuses that we have now is the Junior High athletic program, which spills over into a disadvantage for those kids when they reach high school. They come together for about 20 minutes per day to practice as a team (the other 25 minutes of class time is spent riding the bus and changing clothes on the bus.) That is not conducive to quality teamwork. This is also a problem in the academic setting, as kids are carried to one campus or the other during the day to take special classes. Some would suggest building a new Junior high campus at Rivercrest and leaving the elementary campuses in Talco and Bogata. That would create a total of 4 campuses to maintain and staff - - hardly the wisest choice for the taxpayer, nor for the elementary children who still attend school in below average facilities. The biggest BONUS is the financial boost that our district will receive from the state in the form of the Tier II money that Steve explained in his letter. To build \$9 million in facilities and only have to fund 25% of it from the local taxpayer is as good as the opportunities get!

I have heard phrases like "the lines are drawn," 'the blood will flow," etc. This all seems extreme to me. We live in a democratic society, where everyone has a vote to use as they see fit. Why must we divide family, friends and communities? Why don't we give some credit to the board members whom we elected? I know most of them personally, and I truly believe that they have the children's best interest in mind, as well as the taxpayer's. I also know that the members I have been around are fine people - Christians who have prayed about this decision probably as much as anything they have done as a team. I encourage all of us to come together as a consolidated community and do what is best for educational purposes for our children. Please do not let personal vendettas dictate your agenda.

Respectfully, Joseph Rose

Thursday, April 9, 1998

Obituaries



This week's cooks are the champion stew team from the Prairiland Livestock Show. The team consisted of Leonard Ford and Dr. Gary Ballard. Mr. Ford is the custodian on campus and Dr. Ballard is the principal of the high school. Each of them have been at the school for several years. We won't go into that! Dr. Ballard said they won because of the Ro-tel tomatoes. I told him that anytime you added Ro-tel to anything, it had to be good.

Page 2

The day was spent with team members from each team telling each other how great their stew was and how hard they had worked in getting it prepared. I assisted my husband Jim with "his" pot of stew. I say it is "his" pot of stew because we came up in last place again this year. so he gets all the credit! But, as I told them, I sure didn't want to break our record from years past! All of the pots were good and it did go toward a good cause with the FFA served around 300 folks.

Being the winners this year, Dr. Ballard and Mr. Ford have submitted other recipes for use this week. Dr. Ballard sent us Easy Meal. This is a combination of vegetables, soup and chicken, placed in a double pie crust. Sounds like chicken pot pie to me and delicious also.

Apple Pie was also a recipe from him using a double crust and fresh apples and spices. Wonderful!

Mud Cake is one of my favorite cake recipes with the Mud Icing topping it. Chocolate city!

Chicken Rice uses soups, rice and chicken. Quick and easy. . great recipe!

Salmon Loaf can be made and on the table in an hour.

Peanut or Pecan Brittle-using pecans in this recipe gives it an entirely different flavor, rich and buttery!

Thanks to al of the stew cookers this year and we will see you in the kitchen!



(Staff Photo by Liz Irwin)

COOKS OF THE WEEK are the champion stew cookers from Prairiland Livestock Show. Pictured is Gary Ballard and Leonard Ford.

Archivist to

speak at meeting

The Red River County Genealogical Society would like to announce that Michael T. Moore, Archivist of the Texas General Land Office, in Austin, will be the speaker at this month's meeting, on Monday night, April 13 at 7:30 p.m. in the Red River County Library. He will speak on the resources available for research at the land office building in Austin. Everyone who is interested in researching their family history is encouraged to attend this meeting.



Card Of Thanks

Words cannot express my gratitude for all the acts of kindness and love that were shown me during and after my surgery; the phone calls, flowers, visits, food and countless prayers. They were appreciated more than you will ever know. Thanks to the Doctors amd Nurses and my family and friends. God Bless you all.

Chrystine Baker



Samuel Ray Jackson dies April 5

Samuel Ray "Buddy" Jackson age 78 of Manchester died Sunday, April 5 at his residence.

Services were held at Manchester Cemetery on Tuesday, April 7 at 2:00 p.m. with the Rev. Jimmy Ellis officiating. Clarksville Funeral Home had charge of arrangements.

Mr. Jackson was born November 15, 1919 in Woodland, a son of George Washington and Nellie Elizabeth Wilson Jackson. He was a farmer and a member of the Baptist Church. Surviving is a son, William Ray

Jackson of Manchester; sisters Georgia Anna Leatherwood of Gilmer and Bessie Skidmore of Manchester; and Aubrey Hurley Stevens a brother, Johnny Joe Jackson of Norwalk, CA.

Mrs. Neva Ford Whitten dies April 5

Mrs. Neva Ford Whitten, ae 79 of Johntown died Sunday morning, April 5 at her daughter's residence in Bonham.

Services were held at 2:00 p.m. Monday, April 6 in the Bogata United Methodist Church with Rev. Calvin Permenter and Rev. Alan Griffin officiating. Burial was in Bogata Cemetery under the direction of Wood Funeral Home.

Mrs. Whitten was born December 22, 1918 in Grand Saline, the daughter of Wayne Napolian and Irene Darnell Dodd. She married Jess Horn on March 10, 1935. He died in August, 1938. She married Fred Whitten August 10, 1940 and he died January 7, 1971. She was also preceded in death by a son, James Edward Horn on August 22, 1938 and a sister, Mary Allison in December, 1994.

She is survived by a daughter and son-in-law, Freida and Ronny Welch of Bonham; two sons and daughtersin-law, John W. and Pat Horn of Burleson an dForrest L. and Sue Whitten of Rockwall; eight grandchildren; and six great-grandchildren; three sisters, Faye Horn, Novell King and Ruth Whitten; and five brothers, Jerry, M.J., Grady, S.E. and W.T. Dodd, all of Bogata.

Card of Thanks

We would like to express our sincere thanks to everyone for the overwhelming support during our long stay in Houston. We are very grateful to all who worked hard to assure that our grandchildren had a wonderful Christmas. WE appreciate the hard work and many hours involved in the bake sales and chili supper in order to help us with medical costs. We heard of many acts of kindness that were done in our behalf. Thank you so



Aubrey Hurley Stevens dies April 6

3

.

51"

F

Re to

n. co

° di

m fr in tid so si th in ar pa

ov bl. in 6t

12.

Aubrey Hurley Stevens, age 93 of Fulbright died Monday, April 6 in Presbyterian Hospital, Dallas.

Services were held at 11:00 a.m. Wednesday, April 8 in Fulbright Baptist Church with burial in Bethel Cemetery under the direction of Wood Funeral Homes of Deport.

Mr. Stevens was born January 21, 1905 in Detroit, the son of Charlie and Lucy Kate Bell Stevens. He married the former Lillie Ausmus in 1927. She died May 3, 1984. He was also preceded in death by his parents, three brothers, Jess, Bill and Lucius Stevens and wo nephews, A.G. and James Edwin Stevens. He was a retired farmer.

He is survived by two daughters and sons-in-law, Katie and Clovis VanDeaver of Fulbright and Billie and Clarence Pate of Dallas; a son and daughter-in-law, William and Bettye Stevens of Arlington; eight grandchildren; 13 great-grandchilthree greatdren and greatgrandchildren.

Bearers were grandsons. Honorary bearers were Fred Swint III, Loyd Cavender, Weldon Campbell and Mark Lee.

Dorothy Owings Smith dies March 30

Dorothy Owings Smith, age 70 of Sugar Hill, died at his residence Monday, March 30.

Services were held at DeShields Cemetery in Sugar Hill on April 2 at 10:00 a.m. with Charles Hillis and James Sikes officiating. Bates-Cooper-Robison had charge of arrangements.

Mrs. Smith was a homemaker and home health care worker. She was a member of the Church of God of Prophecy. She was preceded in death by her parents, Clarence and Mattie

Easy Meal Dr. Gary Ballard

April 9, 1998

Champion Stew Cookers!

2 large pie crusts can veg-all large can cream of chicken soup large can chopped chicken breast In mixing bowl combine the three anned products. Pour three canned products. Pour into bottom crust and opo with second crust. Bake at 350 degrees until crust is done about 25 ninutes. Serve with your favorite salad.

Apple Pie

Dr. Gary Ballard Crisco pastry for double crust 3/4 cup sugar 2 tablespoons regular flour teaspoon cinnamon 6 cups apple slices tablespoons butter or margarine Combine sugar, flour and spice. Pare, core and slice apples; toss with sugar

mixture. Turn into 9 inch pastry. Dot with butter. Cover with top crust and seal edges. Cut steam slits in top. Sprinkle with sugar. Bake at 400 degrees or 30 to 40 minutes until crust is brown and apples tender.

Mud Cake

2 sticks margarine 1/3 cup cocoa 2 cups sugar /2 cup flour teaspoon vanilla eggs cup pecans cups mini-marchmallows Melt margarine and add cocoa; lending well. Add sugar and beat. Add ggs one at a time beating after each. Add flour and vanilla. Mix well. Stir in pecans. Bake in greased, flourd 9x13 oan at 350 degrees for 30 minutes. Place marshmallows on top of cake as soon as removed from oven. Ice cake. Icing for Mud Cake 1/2 sick margarine 1/3 cup cocoa pound sifted powdered sugar 1/3 cup milk teaspoon vanilla While cake is baking, melt margarine in a saucepan over low heat. Add cocoa, milk and vanilla. Heat, stirring constantly. Add sifted powdered sugar and stir and heat until sugar is melted and

Chicken and Rice Leonard Ford I chicken cut-up

I can cream of mushroom soup I can cream of chicken soup I can cream of celery soup I cup raw long grained rice 1/2 stick butter or margarine

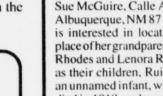
In 9x13 greased pan mix all 3 cans of soup with 1-1/2 cans of water, stir in uncooked rice, salt and pepper and garlic powder to taste. Cut 1/2 stick margarine into several slices and place on rice mixture. Wash chicken, salt and pepper and placed chicken into rice mixture Cover with foil and bake at 350 degrees for I hour. Uncover and let brown.

Salmon Loaf Leonard Ford

l pound can salmon-drained, cleaned. flaked

2 cups soft bread crumbs I tablespoon chopped onions I tablespoon butter-melted 1/2 teaspoon salt 1/2 teaspoon milk

I slightly beaten egg In a bowl combine salmon, bread crumbs, onion, butter and salt. Combine milk and egg; add salmon mixture and mix thoroughly. Shape into a loaf on a greased shallow baking pan. Bake at 350 degrees for 35-40 minutes. **Peanut or Pecan Brittle** Leonard Ford I cup peanuts or pecans 1/8 teaspoon salt l cup sugar 1/2 cup Karo syrup



Red River County Roots

This week's query is from Betty Sue McGuire, Calle Adelanto N.E. Albuquerque, NM 87113-2804. She is interested in locating the burial place of her grandparents, Van Buren Rhodes and Lenora Rhodes, as well as their children, Ruie, Melvina nd an unnamed infant, who all reported died in 1918, and were buried in the Manchester area. They also had a daughter, Hazel Paulena Rhodes,

who was Mrs. McGuire's mother. This Rhodes family also lived in Clarksville and Bagwell, it has been learned

If you would like to write to Mrs. McGuire, please do so at the above address. If you have a query you would like to have placed in this column, please send it to the Red River County Genealogical Society, P.O. Box 516, Clarksville, Texas 75426

Bogatawak

V.F.W.

Post 8187

Thursday at 7:00 p.m. is 42 time.

The VFW and its Auxiliary meet

The VFW Post 8187 no longer has

* All members are urged to attend

every second and fourth Monday at

7:00 p.m.

l teaspoon butter l teaspoon soda l teaspoon vanilla Cook peanuts or pecans, salt, sugar and syrup in microwave on high 4 minutes. Remove, stir, cook 3-5 minutes or until light brown. Remove and add

butter and vanilla. Cook 1-2 minutes Remove and stir soda in gently until light and foamy. Pour onto greased cookie sheet. Work quickly. Cool about 30 minutes.

> Нарру Easter!



smooth. Pour over hot cake. Let cool

and cut.

The Lonesome **Dove Cafehwy.** Hwy. 271, Deport will be CLOSED Easter Sunday, April 12

The following financial institutions will be closed Friday April 10 for Good Friday ***********************************

> - - -COMMUNITY NATIONAL BANK Member F.D.I.C. Detroit (903)674-4355

Guaranty Bank - Talco

Member F.D.I.C. (903)379-3611 Talco

Guaranty Bank-Deport Member F.D.I.C. (903)652-3615

Guaranty Bank - Bogata Member F.D.I.C. (903)632-5269

the meetings the second and fourth Monday of each month at 7:00 p.m.

Bingo on Saturday p.m.

*The ladies are starting a pool tournament on Tuesday nights starting at 7:30 p.m. No strict rules. Just come and have fun.

Fish Fry April 10 from 5:30 until 7:30 p.m. All you can eat for \$5.00. Come out for some good catfish with all the trimmings.

Attend The Church Of Your Choice Every Sunday

Card of Thanks

Our hearts were warmed by the outpouring of consideration we received during the illness and loss of our loved one. If you sent a card or food or a memorial, if you came by to visit and gave us a hug and shared a happy memory, if you sent flowers or sent up your prayers, Thank You.

A special thanks to Udell Morrison and Evan Butler for your loving kindness and to the ladies of the Blossom Church of Christ who prepared and served our lunch. Thanks to all of you for your compassion and many kindnesses.

The Family of Tom Garrett

OPPORTUNITIES What Shall I Do With Jesus?

This is a wonderful time of year. Spring always presents a new look and many people turn their thoughts to religion. From all we can find and learn about the scriptures the savior was resurrected this time of the year. This was the end of an era and the beginning of a new covenant of righteous living. However, I am reminded of the decision made by Pilate. You remember Pilate, the Roman ruler that tried to wash his hands of the entire situation. He hated his position at this time. His wife warned him not to have anything to do with this man called Jesus. The multitude wanted to release the thief. Their wishes were granted because it was the popular thing to do. Then a haunting question comes from the lips of Pilate, 'What shall I do with Jesus?"

This could be an important question in your life! WELCOME TO THE SERVICES OF THE **BOGATA CHURCH OF CHRIST** SERVICES: SUNDAY BIBLE CLASS 9:45 A.M. WORSHIP 10:30 a.m. Evening 5:00 p.m. Wednesday 7:00 p.m.

RELICS

225 Main Street - Deport, Texas

Antiques - Collectibles

903 652 6052 - Wed. - Sat. 10-5

Friday til 9 pm

much for these many "extras". We feel blessed to have so many friends and to be a part of the caring communities of Talco, Bogata and the surrounding areas. Thank you again for helping us during this difficult time. Love.

Derrell and Jean Stockton

Card Of Thanks

We would like to thank you for the food, flowers, memorials, prayers and all the kindness shown to us during the loss of our loved one. Thanks also to Donna Robinson, Joyce Smith and Anava Phillips for the beautiful music.

The family of Cleone Sullivan

Card Of Thanks

Thank you to all friends and family for all your prayers, cards and friendship during the recent illness and passing of our mother, Neva Whitten. A special thank you to all her friends at the Bogata Community Center and to the Methodist Church for their loving hospitality. May God Bless you all for loving her as God loves us.

The family of Neva Whitten John & Pat Horn & family Forrest & Sue Whitten & family Ronny & Freida (Whitten) Welch & family

Cunningham Owings and her stepfather, Elton Tennison.

Surviving are a daughter and sonin-law, Pam and Lynn Matthews of Mt. Pleasant; sons and daughters-inlaw, Danny and Mandy Smith and Ricky and Kim Smith, all of Cookville and Ronny and Brandy Smith of Sugar Hill; brothers Freddy Owings of Garland and Marvin Owings of Pittsburg; and eight grandchildren.

Card of Thanks

The family of John Good would like to thank their many friends and family for their love and support at the time of his death.

A special thanks to the Deport Fire Department, Donnie and Laura Wright and to all who came to assist.

For the calls, cards, flowers, prayers, food and words of encouragement, we gratefully appreciate each and every deed.

To Rev. Chief Warden, Dr. L.C. Stout, Tim Wood and Abby Strickland, thank you for a beautiful memorial service.

To the staff of Wood Funeral" Home, thank you for making this difficult time easier.

In your time of need may you be blessed with loving friends and family as we have.

Rena Good **Denise and Jerry Brooks** Tommy and Kim Good



Thursday, April 9, 1998



CONGRATULATIONS-to Lady Rebel Kristi Hines, Deidre Brown, Missy Carroll and Katie Hare who are members of the Academic All District Basketball team. Kristi also received 1st team All Region , Offensive Player of the Year and All Red River Valley. She will play in the All Star game in Pairs on April 25. Deidre was also named Second Team All District. Kristi and Deidre are Seniors at RHS and will be missed next season. Katie will return next season as a Senior and Missy as a Junior.

Staff Photo Nancy Brown



HAPPY BIRTHDAY DAY AND GOING AWAY-The Rivercrest High School Junior Varsity girls basketball team and the Varsity basketball team presented Coach Ben Connell with a watch in honor of his birthday and as a going away present. Coach Connell will be going to Ector as head coach next season. He will be missed by the teams, his math students and in the community. He is pictured with some of the girls (back row from the left) Shelly Hollis, Jennifer Hays, Coach Ben Connell, Cheryl Griffin and Missy Carroll; (front from the left) Cassie Wilcox, Jill Foster, Kim Ross and Kim Exum. Good Luck Ben!!!

Staff Photo Nancy Brown

RHS teams travel to Commerce April 4

Rebel track and field teams traveled to Commerce on Saturday, April 4 to compete. The Lady Rebels cross entered in different events at the meet which means they competed against girls from much larger schools. Girls placing for the team were; Tiffany Prentice- 3rd in the triple jump, 6th in the 100 meter dash; Candias Nickerson-4th in the 100 meter dash-Division I, 3rd in the long jump and 1st in the 200 meter dash, Kristi Hines-3rd in the 100 meter dash. Also competing were Debra Janes, Cassie Wilcox and Ashley Moles who all participated in the shot put and discus. The Rebels took 4th place in the overall competition for the day. Placing for the team were; Hollis Grimes-6th in the 3200 meter run with a time

.

;

.

The Rivercrest Lady Rebel and bel track and field teams traveled Commerce on Saturday, April 4 to mpete. The Lady Rebels cross entered in they

wont

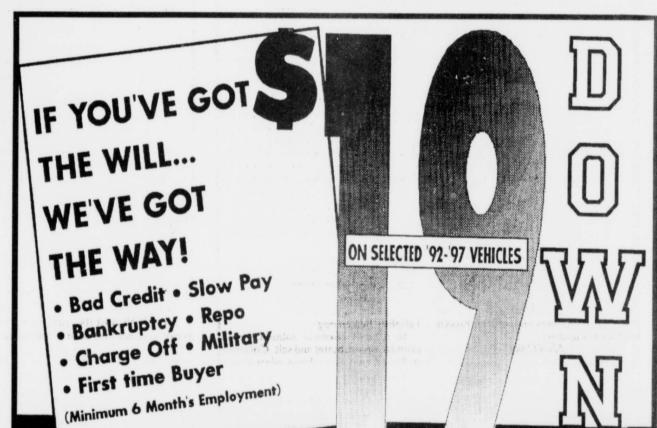


Preston Crump were Mr. and Mrs. Duane Crump and children of Irving. Recent visitors of Worth and Karen Baker were Mr. and Mrs. Gene Hill of Longview, Mr. and Mrs. Lee Little and Cole Murdock of Mesquite, Mr. and Mrs. Dewayne Jenkins and Howard Reeves of Paris, James C. Watson of Bogata and Donna Townes of Clarksville.

Hurley Stevens died Monday in a Dallas hospital. His home was here with his daughter, Katie and Clovis VanDeaver. Services were Wednesday at 11:00 a.m. in First Baptist Church in Fulbright. We extend synmpathy to the family.

Monte Rodgers and Melissa Arriaga and Marcella Wright visited Sunday with Betty Rodgers. Melisssa and Gilbert Arriaga attended a birthday dinner for Monte Sunday in the home of Mr. and Mrs. Larry Cope in Direct.





Page 3

with a time of 17:50, Jody Gray- 3rd in the 400 meter dash with a time of 54:16:4, Cody Wolfe-4th in the 300 meter hurdles with a time of 45:23, Jody Gray- 3rd in the 200 meter dash with a time of 23:53, Hollis Grimes- 6th in the 1600 meter run with a time of 5:19:2, Keith Hines-6th in the triple jump with a jump of 38:4. 75, Andy Poellien- 6th in the discus with a throw of 110-2, Dustin Wolfe- 5th in the shot put with a throw of 40-6, Andy Poellien- 2nd in the shot put with a throw of 41-6 and the Rebel 1600 meter relay team took first place with a time of 3:43:17. Great job teams!



APPLIANCES, CARPET, VINYL & FURNITURE At Money Saving Prices 127 N. Locust St. - Clarksville, Tx. (903) 427-2005 Thunder Prairie Publishing Publishers of the Deport Times, Blossom Times, Bogata News, Talco Times & Jackson Detroit Weekly Now has a Separate FAX Number FAX 903-652-6041 Phone : 903-652-4205 41 Acre Playing Field! Duck and Dodge Paint Ball Field Chad "Tattoo" Evans Gun Repair CO² Fill 903-982-6410 Need Help Getting Your Easter Eggs In the Basket? WE MAKE LOANS FROM \$100°° TO \$446°° **CONGRATULAIONS TIGERS!** ECURITY FINANCE 102 East Main St. **Clarksville, Texas** 427-2373

SLATON FURNITURE

Page 4



Tired of feeling like a stepchild to Red River County??? Vote for someone who cares!!

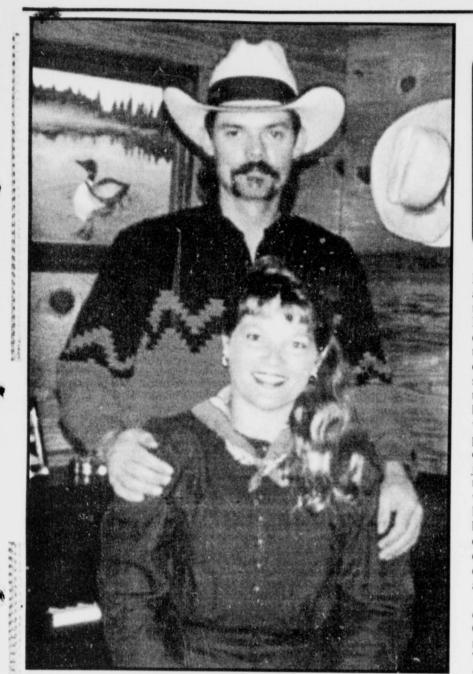
Vote

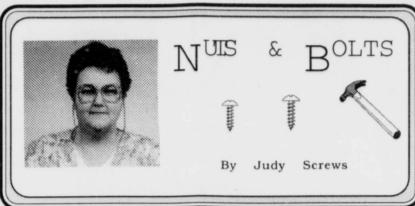
for

. (



DONNA TOWNES for Red River County Judge. RUNOFF APRIL 14!!! GET OUT AND VOTE!!! Pol. Adv. Pd. by Democratic Candidate Donna Townes, RR 4, Box 474, Clarksville, TX 75426





When my children were in school I was involved in PTA. In that group, as in most organizations, members made their wishes known by voting. I remember once when a really crucial vote which made a big difference to a lot of people was being conducted, I noticed two of my friends sitting a few rows ahead of me. When the votes were counted by a show of hands, they didn't raise their hands to vote for or against the proposal. The proposal lost by one vote. Those ladies could have made the difference just by raising their hands. When the meeting was over and we asked them why they did not vote, one of the ladies said," Well, everyone knew how we felt." If we don't vote it doesn't matter how we feel. When the election is over and the votes are counted it is too late to do anything about it.

In our last general election, according to records from the County Clerk's Office, less than 1/3 of the registered voters in out county voted. That is really sad. We as citizens should become informed voters and

make sure we vote for the best possible candidate for the office. An area newspaper recently en-

dorsed one of the candidates, and suggested that readers vote for that candidate. They thought one of the candidates was better suited for the job that the other two. We don't endorse candidates, but we try to be informed voters and unbiased reporters. In some cases the incumbent is doing a really good job and doesn't need to be replaced. In some cases the incumbent is doing a mediocre job or worse and needs to be replaced. If we don't investigate and try to make informed choices we continue to vote back into office mediocre or worse candidates and leave well qualified folks out because we are afraid to change.

There will be a run off election for County Judge and for Precinct 4 commissioner on April 14. Please try to make it to the polls to vote. Voting is our duty and our privilege, and nobody will know how we feel if we do not express our feelings in the way given us by the Constitution; the vote.



Bogata School Homecoming this week end

Bogata Bulldogs will rally at the gymnasium Saturday night for the celebration. Dinner will begin being served at 5:30 p.m. in the gym and immediately following dinner, which is to be catered by Coleman's Bar-B-Q, the program will start at 7:00 p.m.

Reservations have kept on coming in right up until the last minute, and many are expected to pay at the door. If you want to eat, the cost will be \$9.00 (\$2.00 for the membership fee and \$7.00 for the meal.) If you don't eat, you will only have to pay the \$2.00. So come on out and enjoy all the festivities. There will be many people there you'll be glad to see.

Class reunions planned for the day are as follows:

* The class of 1958 will meet at Duane and Martha Jo Bryson's at

Well, the time is finally upon us. Rosalie beginning at 2:00 p.m. For more information call Ann Duffee at 632-4440 or Jean Taylor at 379-2553. *The Classes of 1941 and 1942 will meet at Rosalie Community Cen-

ter from 2:00 p.m. until 4:00 p.m. *The class of 1943 will have lunch at Lonesome Dove Cafe in Deport at noon

*The classes of 1952 and 1953 will have a reunion at the Bogata Methodist Church educational building from 3:00 p.m. until 5:30 p.m. All the classes who are having reunions have asked that family, friends, members of other classes and teachers come by and visit with the group.

The host class (1962) will be working in the gym Friday, April 10 and Saturday morning, April 11. All help will be appreciated.

Mr. and Mrs. Raymond (Buck) Knight

Knight-Collins marriage vows exchanged

Raymond (Buck) Knight and Barbara Gail Collins were united in marriage Saturday night, April 44, at 6:15 p.m. at Buckeye's Moonlight Jubilee by Judge James Watson. Mr. Burl Moore escorted the bride and gave her away. Her bride's maid was Mrs. Kathy Allums. The groom's best man was Monte Allums.

Food for the reception was provided by the Hog Removal Service Co. (Charlie Hines, Dale House, Randy Smith, and Rabbit Wisinger) Refreshments were furnished by the groom's father, Raymond H. Knight,

Jr. The wedding cake was made by Betty Mullins. Cooks for the evening were James M. Puckett and Donnie Strain. Music was provided by Mike Benningfield and the Cross Fire Band. Special Entertainment was by Mr.

and Mrs. Sam Alsup and Donnie Smith and their dancing horses. A specialty guitar act was provided by J.R. Primm with a special appearance by Mr. and Mrs. Wade White.

Members of the bride's family attending the wedding were: her mother; Mary Collins of Dodge City, KS, Sisters and brothers in law; Johnny and Mary West of Henderson, David and Kay Haywood of Kilgore and Elizabeth and Danielle Modisette of Laird Hill.

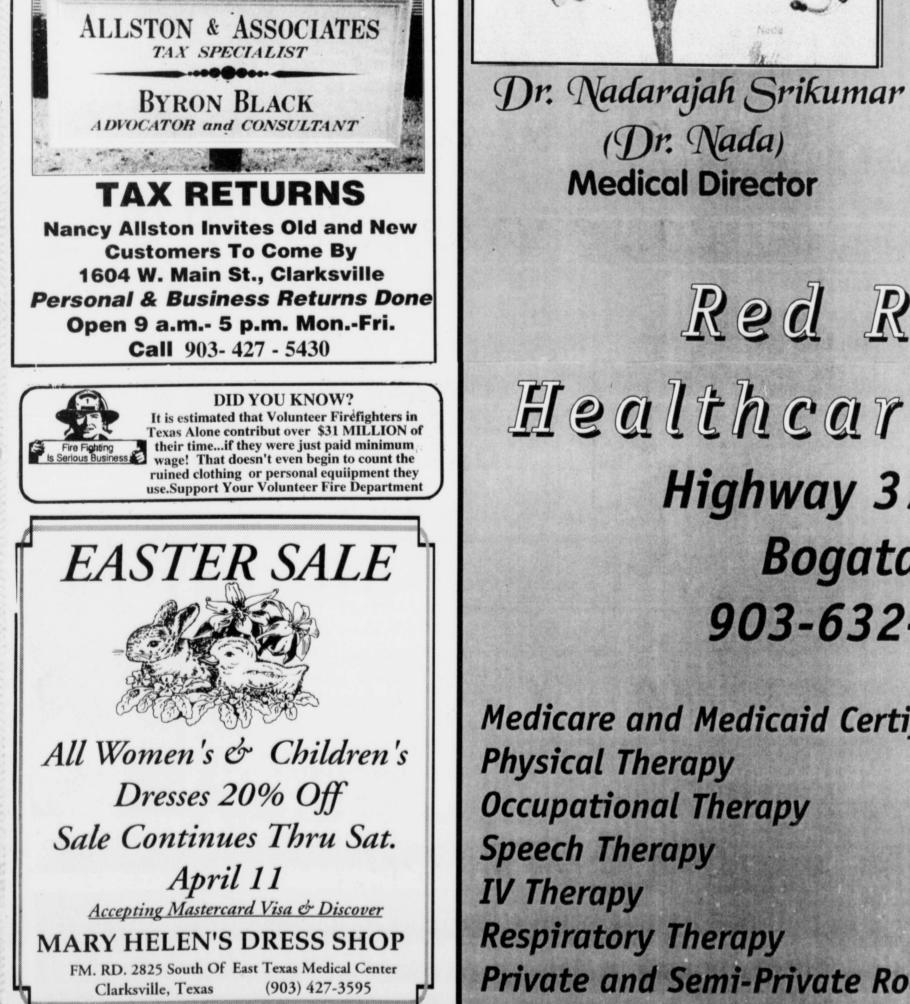
Members of the groom's family attending the wedding were: his mother and father; Mary J. and Raymond H. Knight, Jr. of Krum, sisters and brother in law; Bonnie and Dave Kohn of Richardson and Betsy N. Knight of Denton.



(Dr. Nada)

Medical Director

"Our commitment is to help our residents reach the highest level of functioning and quality of life they deserve."



Red River Healthcare Center Highway 37 & 271 Bogata, TX 903-632-5293

Medicare and Medicaid Certified **Physical Therapy Occupational Therapy** Speech Therapy **IV** Therapy **Respiratory Therapy Private and Semi-Private Rooms** Page 6

Thursday, April 9, 1998



Watch for future activities that will be sponsored by the nursing home



Attend The Church of Your Choice This Easter Sunday

Easter Egg hunt

The Bogata area Christian Women in Action group sponsored an Easter Egg Hunt at Thomas Park in Bogata Saturday, April 4. One hundred twenty five children competed for 1500 eggs.

The children and the sponsors all enjoyed the hunt.

Aubrey Herring made an eexcellent Easter Bunny.

9

.

.

Merchants making donations for the hunt were The Video Store, Main Street Florist, Bogata Hardware, Buckman Pharmacy, Red River Healthcare Center and Postmaster. Danny Efaw.



Star Online Systems

The three standards which have made Star~NET the premier Internet provider in Northeast Texas and Southeast Oklahoma-availability, reliability and qualityare a wise investment. When you want to enter cyberspace, you want on now, not later.

phone line, fast access speed, and it only costs pennies more a day than some other Internet service providers. Your time is precious...and our service is worth the difference!

Call Technical Support Specialist Larry Rhea, Jr. to learn more about Star~NET's

commitment to you-365 days a year!

LOTATET

Larry Rhea, Jr. **Technical Support Specialist**

10

108 Lamar Avenue Paris, Texas (903) 785-5533 • 800-739-2271 www.1starnet.com



ily

At-

ey, las

en

nd

nd

at

ns

le,

bs

nd

na

a :S-

da

nt

S-

:y

rs

h

er

n-

2d

1e

e-

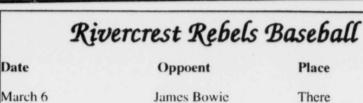
1-

rs.

1

1

CHEERLEADERS-Chosen as 1998-99 Junior Varsity Cheerleaders for Rivercrest High School from the Talco campus were; Kendall Stansell, Brittany Bull and Laci Edge. Congratulations girls!!! Staff Photo Nancy Brown



James Bowie

Honey Grove

Como-Pickton

Alba-Golden

Honey Grove

Como-Pickton

Alba-Golden

Lone Oak

The Talco-Bogata Lady Rebel 7th

Placing for the team were; 2400

P.O. Box 1137

4 Years 4.9%

Mt. Pleasant, TX 75456

Lone Oak

Prairiland

Cooper

Chisum

Prairiland

Cooper

Chisum

There Here Here There Here There Here Thre Here There Here There Here There Here There **Bold print dontes District games**

Danielle Easterling-3rd place, Becky Belcher-6th place; 300 meter

hurdles-Michelle Bryant-1st place;

200 meter dash- Molly Hare-2nd

place, Tina Carder-4th place and

Krystal Valenzuela-5th place; 1600

meter run-Nikki Jones-1st place,

Erica Williams-2nd place and Alli-

son Foster-4th place; 1600 meter re-

lay-1st place team Rachel Case, Krys-

tal Valenzuela, Shari Wisinger and

Sara Alsup; Shot put- Erica Will-

iams-6th place; Discus-Michelle Bry-

ant-5th place; Long jump-Michelle

Bryant-3rd place, Jazz Barnett-5th

place; Triple jump-Michelle Bry-

ant-2nd place, Jazz Barnett-3rd place;

High jump-Jessica Rose-5th place.

Great job Lady Rebels!!!!!

TEXAS TIMBER GROUP

PURCHASERS OF PINE AND HARDWOOD TIMBER

JAMES A. HENNIS

Time

4:00

4:00

4:00

4:00

4:00

4:00

4:30

4:30

4:30

4:30

4:30

4:30 4:30

4:30

4:30

4:30

asultants "Established in 1982" Your Profoessional Travel Agency * Airline Tickets *Cruises *Hotels Marlene Pendleton, C.T.C. 3615 Lamar Ave., Paris, TX 1-800-642-1149 785-0017



Cristie Henson Teller

Celebrate the season! Spring is HERE and the fish are biting!

Stop by Liberty National Bank in Super 1 Foods and sign up to win a fishing rod and reel. There is no purchase necessary to win. While you're here, check our our friendly service, convenient location and extended hours.

> Monday through Friday 10:00 to 8:00 Saturday 10:00 to 6:00





903-577-8733 Office

888-905-8733 Toll Free





CHEERLEADERS-Chosen as cheerleader from the Talco campus for the Talco-Bogata Junior High for 1998-99 are; (top) Candias Davis, (on bench) Shari Wisinger and (front from the left) Danielle Easterling and Tiffani Cooksey. Congratulations girls!! Staff Photo Nancy Brown

Subscribe To The

Talco Times

If You Live In Lamar, Red River or Titus Counties Your Subscription For A Year Is \$17.00 Out-Of-County Is \$20.00 For A Year

N	an	m	10		
TA	a		C	•	

Address: _

Return to: **Talco** Times P.O. Box 157 Talco, TX 75487

Locally Owned and Operated By The James Wood Family 414 N. Main St. 508 Monroe Bogata Deport 632-5614 652-3195 ROLL-BELT BALERS **TOP- QUALITY BALES** ANY SIZE YOU NEED New Holland Roll BeltTM round balers make high-quality hay in four convenient packages. Model 644 Model 654 Model 664 **Bale size** 4' x 5' 4' x 6' 5' x 6' Max. Bale Weight 1,000 Lbs.. 1,500 Lbs. 2,000 Lbs. Roll-Belt™design **High-capacity** pickup Auto-WrapTM twine Bale Command[™] Twine **NEW HOLLAND** Fastnet[™] & Twin No matter what type of operation you run, we can put you in the right baler. A New Holland Roll-BeltTM round baler. **NEW HOLLAND LaRue Ford Tractor** Credit Company Makes it easy to own the best. 3380 N.E. Loop 286 (Check out these interest rates) 2 Years 2.9% Paris, Texas 3 Years 3.9%

903-784-7627

61 PJC students inducted

Sixty-one Paris Junior College students were inducted into the Phi Theta Kappa honor society at ceremonies held in the PJC Ballroom.

To be eligible to join Phi Theta Kappa, a student must have completed one regular semester at PJC, must have accumulated 12 semester hours and have a GPA or 3.5 and be in the upper 10% of the enrolled

104 E. Main

Repos, Foreclosure,

Bankruptcy?

student body.

Help is closer than you think.

(So is April 15th.)

A timely reminder that no one has more experienced preparers

Our rates are reasonable, we stand behind our work. So while

tax time is just around the corner, the good news is, so are we.

H&R BLOCK®

at more convenient locations than H & R Block.

Students inducted and their hometowns include: James Gatlin, Bagwell; Glenda Davis and Alecia Harbuck, Blossom; Norma Jasso and Mandy Williams, Bogata; Mahona Brown and Brandon Shelby, Detroit; Charles Osborne and Helena Walters, Pattonville.

2306 S. Jefferson

Election Alert!!!

Have you ever heard the saying "What if you had a party and no one came?" Well, that is almost what happened on March 10. The election was held and only 2,493 people voted. This may sound like a lot of votes, but when you consider there are 8,561 voters in the county, this was a very poor turnout.

Please remember the run-off election on April 14 to elect a County Judge and a Commissioner in Precinct 4. These are important races and everyone should take the time to

tion Day, you can vote early in the County Clerk's office. Early voting starts April 6 and ends April 10. Even though Friday, April 10 is a holiday, the Clerk's office will be open for citizens to have the opportunity to vote. The voting boxes will be consolidated for the run-off election on April 14 with the following locations open:

If for some reason you cannot go to

your regular polling location on Elec-

Clarksville Box 1 ... College Avenue Baptist Church Clarksville Box 2 St. Paul Methodist Church ... Bagwell Box 14 and Negley Box 15 will vote at this location Clarksville Box 4 Clarksville City Hall Cuthand Box 31 will vote at this location Bogata Box 5Bogata City Hall Detroit Box 13...... Detroit Community Center North Avery Box 19 Methodist Church North Annona Box 20 Annona Baptist Church South Avery Box 27..... Avery Housing Authority Lydia Box 30 will also vote at this location South Annona Box 28 Annona Methodist Church .. Boxelder Box 29 will also vote at this location

If it is inconvenient for you to go to and a privilege to be able to vote. these locations on election day, please Please vote early April 6 through 10 take advantage of the early voting in or on election day, April 14. Office the County Clerk's office. It is a right hours are 8:30 a.m. to 5:00 p.m.

Clawson selected as Senior Sailor

Navy Petty Officer 1st Class Harold aboard the guided missile destroyer A. Clawson, son of Elizabeth J. USS Barry, homeported in Norfolk, Vaughan of Bogata was recently se- VA. lected as Senior Sailor of the Quarter

Free seminar on customer service

Development Center will facilitate the video seminar "How to Give Exceptional Customer Service" Wednesday, Aril 15, from 10 a.m. to 3 p.m. in the Alford Center at PJC. Participants will learn the basic of

Pat Bell with the Small Business customer service, keys to active listening, how to recognize the four basic customer needs, three skills for handling customer criticism, five qualities that keep customers coming back and much more.

Call 784-1802 for an appointment.

VanDeaver recognized for safety record

their dedication to preventing work Dr. Gary VanDeaver, Superintendent, Talco-Bogata CISD, was rerelated injuries. cently recognized for their outstand-Talco-Bogata CISD was a Diaing safety record by the East Texas mond award recipient, with actual Educational Insurance Association at

losses for the district amounting to the Annual Appreciation Luncheon 8.97% of funds reserved for poten-tial claims expenses. Savings for the The district has saved \$166,493 1996-97 school year totalled since September 1, 1992 because of \$24,763.

.

ha

A NOT A REAL PROPERTY OF

1



Keep your child safe on the internet

You, like most parents, probably have rules on hoe your children should deal with things that influence them, such as dealing with strangers, what TV shows to watch, what stores they are allowed to enter and where and how far from home they are allowed to travel. It is also important to make similar rules for your children's Internet use and be aware of their online activities.

Without even trying, your children can come across materials on the Internet that are racist, obscene, pornographic, violent, hate-filled or offensive in other ways. There are types of materials that are illegal, such as child pornography, but there are other offensive materials that are not illegal. Steps you can take to keep offensive materials away from your children and out of your home are, make sure your children understand what you consider appropriate for them. What kind of sites are they allowed to visit? What areas are off children are doing.

in Auston.

Pay attention to games your older child might copy or download because some are violent or contain sexual content.

Check into software or on-line service that filter out offensive materials and sites. Options include stand alone software that can be installed on your computer and devices that label or filter content directly on the web. Many Internet Service Providers and commercial on-line services offer site-blocking, restrictions on incoming e-mail and children's accounts that access specific services. Often, these controls are available at no additional cost. However, be aware, children are often smart enough to get around these restrictions. Remember, nothing can replace your supervision and involvement. You can also ask about the Internet use policy at your local library or child's school.

Just as we tell our children to be limits? How much time and money wary of strangers they meet we need can they spend? Set out rules that are to tell them to be wary of strangers on the Internet. Most people behave reasonably and decently on-line, but some are rude, mean or even criminal. Teach your children that they should never give out personal information, including their name,

home address, phone number, age, race, family income, school name or location, or friend's name or use credit card on-line without your parents permission. Never share their password, even with friends. Never arrange a face-to-face meeting with someone they meet on-line unless you approve of the meeting and go with them to a public place. Never respond to messages that make them feel confused or uncomfortable. Never use bad language or send mean messages on-line. Also, make sure your children know that people they meet on-line are not always who they are and that information is not necessarily private.

Encourage information literacy. Help children understand the nature of commercial information, advertising and marketing, including who created it and whit it exists. Encourage them to think about why something is provided and appears in a specific way. Steer your children to noncommercial sites and other places that don't sell products specifically for children. It is important to be aware of the potential risks involved in going on-line, but it is also important to keep them in perspective. Common sense and clear guidelines are the place to start.



(903) 572-2107 Over 250 Approvals Since 1997!



601 South Jefferson • Mt. Pleasant

3365 Lamar Avenue · Paris, TX 1-888-200-2797 · 903-785-4593 · 903-784-1259 fax **SUPER PENTIUM SPECIAL**

COMPUTER SUPERCENTER

Intel Pentium_® 233MMXTM Processor

Intel TX Chipset Motherboard w/512k Pipeline Burst Cache 32 Mb SDRAM • 4.3 Gb Hard Drive • 24X CD-ROM Drive Multimedia Stereo Sound Card • Stereo Speakers Internal 56k Flex Digital Data/Fax Modem 2-Button Mouse and Pad • 104-Key Win 95 Keyboard 14" Super SVGA Color Monitor • 4Mb PCI 3D Video Card Microsoft Windows 95 CD and Authentic License Toll-Free Local Technical Support • 2 Year Limited Warranty Year 2000 Hardware Compliant

SPRING 1998 SALE

ONLY \$1299

Add More Power With These Options: Upgrade to 64Mb SDRAM add \$75 • Upgrade to 6.4Gb Hard Drive add \$99 JpSize Your SVGA Digital Monitor • 15" add \$88 • 17" add \$299 • 21" add \$899

Special Printer Bundle Purchase With Computer

Hewlett Packard DeskJet Color InkJet Printer 6' IEEE Parallel Cable • A Ream of Printer Paper • Surge Protector Only \$299

Add A Color Flatbed Scanner For Only \$179

Computer SuperCenter is a Proud Sponsor of the Think Child Safety TM Program

clear and reasonable and the consequence for breaking them.

Make on-line exploration a family activity. Put the computer in the living room or family room. This arrangement involves the whole family and helps to monitor what your

RE - ELECT					
L. D. W	JILLIAMSON				
A CONSERVATIVE DEMOCRATIC					
COUNTY JUDGE					
EARLY VOTING AT THE COUNTY CLERK'S					
OFFICE APRIL 6th / 10th					
RUN OI	FF ELECTION				
APRIL 14, 1998					
MARK YOUR DE	EMOCRATIC BALLOT FOR				
X	HONESTY				
X	INTEGRITY				
X	EXPERIENCE				
X	DEPENDABILITY				
X	LEADERSHIP				
X	BEST INTEREST FOR ALL OF RED RIVER COUNTY				
X	L. D. WILLIAMSON				
	COUNTY JUDGE OF RED RIVER COUNTY				
	AND VOTE OF CONFIDENCE REATLY APPRECIATED				
Political ad paid for by L.	D. Williamson, 303 Kay Dr. Clarksville, Tex. 75426				

Thursday, April 9, 1998



Thunder Prairie Publishing Photo By Thomas Nichols

MANY YEARS OF SHADE GONE- This big tree in front of St. Joseph Family Clinic in Bogata was downed recently. The inside appears to have been hollow for quite some time. Luckily the sign for the clinic escaped being destroyed from the fall.

.

.

.

,

ŧ.



PLAYOFF BOUND-the 1998 Lady Rebel softball team clinched a playoff spot with a win over Chisum on Monday. The girls will host Cooper on Saturday and travel to Detroit on Monday to end their district play. Team members are; (from the left back row) Coach Keith Brown, Laci Taylor, Jennifer Hays, Jamie Daniels, Joanie Swarts, Courtney Jones, Missy Carroll, Cheryl Griffin, Kim Shilrey and Coach Ben Connell; (middle row from the left) Sissy Meredith, Jill Foster, Kim Ross and Cara Morgan; (front from the left) Erin Stansell, Tasha Brown and Amanda Cruise. Way To Go Ladies!!

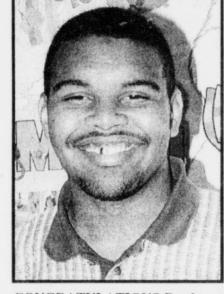
Staff Photo Nancy Brown



LOVELY DIFFERENT COLORS NEW DRESSES

We Specialize in PLUS SIZES-14-32

Millie's Boutique



CONGRATULATIONS-Broderick Fulbright was named to the First Team All District basketball and Second Team All Region. Broderick is a Senior at RHS and will be missed next season. He is the son of Mr. and Mrs. Willie Fulbright of Bogata. Staff Photo Nancy Brown



MENUS SUBJECT TO CHANGE

Cunningham News **By Linda Anderson** 652-3502 or 652-2059

Velma Cox visited Walker and Willie Devlin of Minter Thursday and spent the day with Dora Hester Monday in Paris.

Vicki Davis, Andy Syrus and Tracy Norwood took their children and friends on a camping and fishing trip Saturday in Sulphur Bluff.

Johnny, Jamie and Jennifer Syrus and Jennifer's friend, Becky, went to Canton on Saturday.

Landon Syrus, Robert Bills, T.L. Ladd and Sweed went to the Ft. Worth Motor Speedway Sunday.

Chrissy Hume is spending a few days with her dad, Erbert Hume.

Suzie Norwood, Ida Mae Norwood, Deloise Norwood and Sue Spann spent Sunday at Canton.

Susan, Kristi, Kaden and Gerrie Dale Bankhead went to Canton this weekend.

Rusty, Cindy, Kerri and Susan Anderson spent Saturday night at Lake Bob Sandlin.

Due to the pretty weather, the farmers got back in the fields. There was

no news from them except a bunch of tired ladies from plowing and plantinf from daylight until after dark.

Remember the Easter Egg Hunt and weiner roast to be held at the Community Center on Saturday, April 11 at 6 p.m. Contact Neva Oats for details.

There will be a sunrise service at the Cunningham Baptist Church on Sunday morning at 7 a.m.

Toni Baker's cousin from Sherman with her children visited Toni and Jason Baker during the weekend.

Rickey and Marty Anderson and Carlos Ordorica went to Lake Tawakoni this weekend.

Lucy Fowler spent Wednesday through Friday with Carol and Jennifer Dorsey. Bob Allen of Blossom visited her Friday and Saturday visitors were Delano and Barbara Dunlap, Talma and Margaret Fowler and Melanie and Colt Moore. She visited in Pattonville Sunday with T.J. and

Margaret Fowler.



American & Foreign **Collision Repair Free Estimates Unibody Alignment** Frame Straightening **Insurance Work** Paint Mixing System

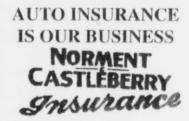
> 120 NE 25TH ST. **PARIS, TX 75460** (903)784-7455



Sims Norment **AUTO INSURANCE**

For good rates and credits for clean driving records, air bags, anti-lock brakes, seat belts, and mature drivers (ages 56-69) call us. Coverage to protect if that accident happens &

prompt effective service.



115 S. Main Paris, TX 903-784-3323



Sims Norment **Bob** Norment Edmond Castleberry



WITHOUT NOTICE Monday Holiday Tuesday Cereal & Toast Fruit or Fruit Juice & Milk Lunch McRib Sandwich Potato Salad Coleslaw Chocolate Cake Milk Wednesday Breakfast Sausage & Biscuits Jelly Fruit or Fruit Juice & Milk Lunch Mexican Lasagna Whole Kernel Corn Salad with Crackers& Dressing Garlic Sticks Fresh Fruit Milk Thursday Breakfast Oatmeal with Toast Fruit or Fruit Juice & Milk Lunch Chicken Nuggets Cream Potatoes Mixed Vegetables Hot Rolls Peaches Milk Friday Breakfast Cheese Toast Graham Crackers & Peanut Butter Fruit or Fruit Juice & Milk Lunch Corn Dogs Black-eyed Peas Salad with Crackers & Dressing Cream Style Corn Milk

Q

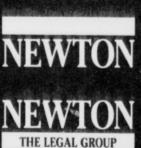
Pre-

Vehicles

to

Cho

FEDERAL LAW ALLOWS YOU TO CONSOLIDATE AND LOWER YOUR BILLS. \$20,000 DEBT AS LITTLE AS \$24.00 PER WEEK.*



You know the Creditor. He's the monster who's after you when your bills get to be too much.

Newton & Newton has helped thousands find freedom from the Creditor through bill consolidation.

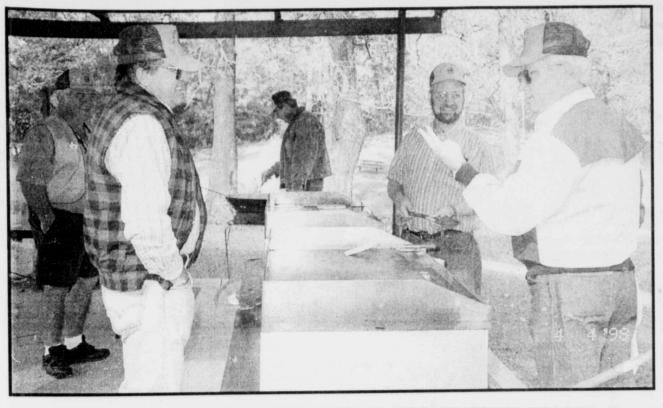
Consolidate cars, furniture, credit cards, IRS taxes, student loans, and almost any debt imaginable.

Call to learn more. Just listen. No one will bother you.

TYLER • LONGVIEW • TEXARKANA • DALLAS **Call Our FREE 24 hr Automated Information Hotline** 1 - 800 - 444 - 4632

Not certified by the **Texas Board of** Legal Specialization

Thursday, April 9, 1998



BOGATA LIONS CLUB MEMBERS COOK SAUSAGE AND PANCAKES TO SERVE TO - the public at the Bogata Lions Club Pancake Day.

Emergency loans being accepted

loans for damages and losses caused in business or \$500,000, whichever by drought that occurred from July 1 is less. For farmers unable to obtain through September 10, 1997 in Oklahoma, which is contigous to Red River ers, the interest is 3.75% County and eight other Texas coun-Service Agency in Mt. Pleasant.

Page 10

Farmers may be eligible for loans of up to 80% of their actual losses or 5:30 Monday through Friday

Applications for emergency farm the operating loan needed to continue credit from private commercial lend-

Applications will be accepted unties are being accepted at the Farm til November 2, 1998 but farmers should apply as soon as possible. The FSA office is open from 8 to



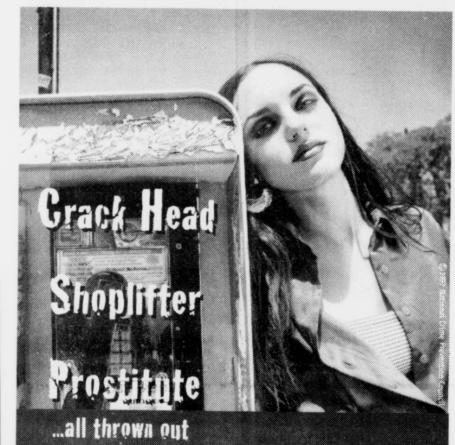
NORTHEAST TEXAS RANCHES

812 Acres - 3 barns, 10 ponds, working pens, 7 wire fence, utils. 3 sides County Rd. Frontage

789 Acres - 7 ponds, fenced, creek, utils.

408 Acres - 12 Ac. Lake House, Barn, Shop





Bogata Lions Club will sponosr flag program again this year

Please enroll me in the Bogata Lions Club Flag

Program. Enclosed is my check for \$15.00.

For only \$15.00 per year you can have an American Flag put in your yard in Bogata and the surrounding areaas on the major holidays. The Lions Club members will come to your home early in the morning on the day of the holiday and put up your flag. Then again at night that same day they will come and remove it.

The holidays that will be celebrated

Name Address

Phone Mail to:

Box 697

Bogata Lions Club

Bogata, Texas 75417

with a flag are Memorial Day, Flag Day (June 14), Independennce Day (July 4), Labor Day (September 7) and Veteran's Day (November 11). Please mail your check to Bogata Lions Club, Box 697, Bogata, Texas

75417. The coupon below is for your convenience.

Band Boosters to have bake sale

The Rivercrest Band Boosters will hold a bake sale in front of Guaranty Bank-Bogata Thursday, April 9 beginning at 9:00 a.m.

Proceeds will go for the Sandy Lake competition entry fees and meals for the trip.



Red River County Commissioner's report

By Commissioner Ricky Daniels

March has been a fairly good month for us. We were able to accomplish more than we had expected with all the rain we've had. There is, however, a lot more that is in bad need of being done, but we are making progress.

This month we hauled 16 loads of railroad rock, 27 loads of red rock and 5 loads of white rock to different roads We also hauled 10 small loads of white rock off the yard and 1 big load to the yard. We also were able to receive some material from the State over at Clarksville and hauled 27 loads out on county roads. We installed 2 culverts this month. We also were able to use a total of 64 man hours of inmate labor and 62 hours of community service workers patching and cleaning up limbs out of ditches. This was a tremendous help to us. Se we did make some improve-

In commissioner's Court this month we accepted bids on two parcels of

ments with a lot left to do.

"struck off" property , one in Detroit and one in Clarksville. We also accepted bids on a new car for the Sheriff's department. We received a grant to pay for half of this car. We also accepted an offer from Cecil Anderson for .58 acres of land owned by Red River County, approved a resolution designating Phase II Golf Balls as an Enterprise Zone project, approved proclamation designating April as Fair Housing Month.

We also approved a resolution designating and and authorizing L.D. Williamson, Shirley Anderson and Kathy Cheyne as authorized signatories for financial documents and transactions of the County's Texas Community Development Program.

٠

٠

Please feel free to call or come by if I can help you in any way.

Former Deport native is nuts over pecans!

Boyd Reece has been featured in at county, regional and state pecan the Midland Reporter-Telegram. shows has become somewhat of a Reece is a Deport native, the son of passion, if not an obsession with him. Boyd and Opal Griffin Reese and the Reece said in the article "It's a

259 Acres - \$500 / AC 4 Ponds, N. of Detroit 1-800-659-1333 Broker

WHEN YOU MUST MAKE **WISE DECISIONS ABOUT INVESTING** YOUR INHERITANCE... Sally Sheppard 785-8834 1-800-267-4830

Offering General Service through Brokers' Transaction Services, Inc. Member N.A.S.D./S.I.P.C. (214)443-0189, 1201 Elm #3500, Dallas, Texas 75205. An Affiliate of Southwest Securities, Inc. J Member NY Stock Exchange

with the help of kids like me. -Ana, age 16

Everybody loves to trash teenagers, right? Maybe they don't realize that we do care. That we can make a difference. Get involved in Crime Prevention. Clean up parks. Teach younger kids. Start a school or neighborhood watch. And help make your community safer and better for everyone. Together, we can prove them wrong by doing something right.



Following the success of the pairing of Gene Kelley with Judy Garland in "The Pirate", MGM cast them again for the 1948 classic film "Easter Parade". Kelly broke his ankle shortly after rehearsals started however, and was replaced by Fred Astaire. now could you imagine anyone besides Astaire singing Irving Berlin's theme song.

Deport.

The feature article is by Ed Todd who says "if you know Boyd Reece, you'd have to agree that he's a real Texas character and is wild about pecans"

The article deals with his "affair" with pecans. He is amazed by them and says that their cyclic resilience and seasonal affirmation of God's creation is wonderful.

He and his wife, Norman, have a 21-acre place called Reece's Pond.

Reece loves taking care of 90 plus pecan trees, with 19 varities, including WEsern, Mohawk, Tejas, Burkett, Comanche, Mahan, Podsednick and a new variety named Reece.

From root stock, there cropped up at Reece's Pond a new seedling variety that won statewide recognition. The Texas Agricultural Extension Service told Reece he could name the new variety and he opted for Reece.

Another pecan variety is named after a Texan, the "Cactus Jack", named after Red River county native who was vice president of the United States from 1933 to 1941.

Nuturing pecan trees is Reece's avocation and winning blue ribbons

nephew of Ruth Griffin Skaggs of hobby and I love it and I pursue it. If I playe doglf I'd be a fanatic".

Reece has won at least 100 ribbons, seven pecan-wood plaques and 10 rosettes. Since 1985, when pecan fanciers Morris and Lura Davis got him interested.

In 1997 he won 19 awards, including one for his Champion Native Pecan at the regional show in San Angelo.

"I'm not bragging, but I did real well...Not I," he corrected himself, "but God and the trees".

reece just took care of the pecan trees and did the work to ensure their health despite weather setbacks, such as the drought and the late freeze.

Reece came to West Texas from Deport in an old Model LA Ford Coupe.

For his work life, Reece was in the petroleum industry and ended up as a drilling superintendent.

In 1974 he and his wife started planting their pecan grove on two acres.

Showing the pecans "makes you take optimum care of your pecans," Reece said. "I love to see the miracle of nature through the pecan trees. My wife loves to make pecan pies".

Your hometown health care professionals...



632-9102

Ad

Members of the staff at St. Joseph's Family Clinics in Deport and Bogata live right in the area. They're your friends and neighbors; the folks you see at ballgames, at church, or at school.

But in addition to being good neighbors, they are qualified health care professionals, bringing quality medical care to residents of the Deport-Bogata area.

Conveniently located, the Bogata Clinic is open weekdays from 8 a.m. to 5 p.m., with the exception of Thursdays when hours are from 8 a.m. until noon. The Deport Clinic, located in the center of town, is open Mondays from 9 a.m. until noon and from 1-6 p.m. On Tuesdays through Thursdays, the clinic is open from 7 a.m. until 6 p.m. Friday hours are from 7 a.m. to 2 p.m.

Appointments are requested, but not required.

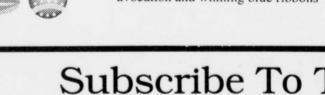
Medicare, Medicaid and Most Other Forms of Insurance Accepted



Deport Clinic 143 Main St. 652-4040

Bogata Clinic Members 605 N. Main St. of the Incarnate Word Health System





Subscribe To The **BOGATA NEWS**

If You Live In Lamar, Red River or Titus Counties Your Subscription For A Year Is \$17.00 Out-Of-County Is \$20.00 For A Year

Name:

Address:

Return to: **Bogata News** P.O. Box 310 Bogata, TX 75417





.

.

.



Colton Gene Simmons

Colton Simmons celebrates birthday

Colton Gene Simmons celebrated his fourth birthday on March 14, at his home in Hale Center. Colton is the son of Ronald and Susan Simmons formerly from Cuthand.

A Rugrats theme was used on all the decorations and cake. After cake and punch were served Colton opened his gifts from family, friends and classmates in his pre school. The children enjoyed breaking a pinåta and were given party favors at the end of the party. Colton and his father, who shares his birthday with his son, received many phone calls from family to wish them a Happy Birthday.

Grandparents are Mr. and Mrs. Ray Tabb of Cuthand and Mr. and Mrs. Tommy Simmons of Hale Center. Great Grandparents are Mr. and Mrs. J.W. Newton of Lubbock, Mrs. Delene Tabb and Mrs. Lila Simmons, both of Cuthand. Great Great grandmother is Mrs. Lorene Hinsley of Quanah.

Talco Locals By Nancy Brown Call in Your News To 379-4445

Charles Graf and Katherine en- visited Mary and Bill Straton in Forejoyed the Canton Trade Days Satur-

Carl Antone and friend visited Jeremy Weatherall in Dallas Sunday. Mr. and Mrs. T.G. Temples of Mexia visited Mr. and Mrs. Bobby Cox and family over the weekend.

Mary Lou Collins was hospitalized at Mother Francis in Tyler this past week. She returned home Thursday and is reported doing well.

Bruce Case was honored with a birthday lunch Sunday by his parents, Mr. and Mrs. Buster Case. Present were wife, Tammie, children, Ryan and Rachel and Judy and Laura Stevens

Maurice (Logan) Bell was hospitalized at Titus County Regional this past week. She is reported doing well.

Visiting Eddie Brown in Mother Francis Hospital in Tyler were; Bro. Leslie Rhea, Bobby Jack Brown, Carla Minor, Carl E. Smith II and friend Angie, Katherine Graf and Mr. and Mrs. Bill Green.

Enjoying an early Easter Egg Hunt at the home of T.J. Williams and Tommie in Kilgore this past weekend were; Judy Easley and Tim of Sugar Hill, Mr. and Mrs. John Easley, Tyler and Austin of Bogata, Mr. and Mrs. Craig Easley and Callie of Sugar Hill, Joyce Richards, Candy Shotz and Aleister all of Friendswood. Mr. and Mrs. Johnny Mack Easley



man, Arkansas Sunday.

Celebrating April birthdays are; Ben Connell, Jacob Wright, Crystal Rivers, Laramie Lum, Jentry Jaggers, Bruce Case, Jesse Haley, Torrie Grissom and Molly Hare.

Eddie Brown returned home Friday following a weeks stay at Mother Francis Hospital in Tyler. He is reported doing well. Visiting the Brown's and Jack over the weekend were; Mr. and Mrs. Dale Grissom and Torrie, Zonetta Hawkins and Ashley Cline, Rhonda Taylor, Wanda Graf and Katherine, Jana Weatherall Kenneth Johnson and T.G. Temples of Mexia.

Mr. and Mrs. Johnny Jones returned home Tuesday from a vacation which took them through Colorado, Kansas and Oklahoma.

Visiting Mr. and Mrs. Roger Hall Saturday were Chasity and Clay Francis of Bogata.

Bruce, Tammie and Ryan Case attended the surprise birthday party for Jesse Haley Saturday, April 4 at the Hagansport Community Center. Mr. Haley, Tammie's grandfather, turned 80 years young.

Katherine Graf was treated and released at the Kilgore Hospital Sunday night. She is reported returning to college on Tuesday after recuperating at home.

Mr. and Mrs. Mike Fenner and Jessica, Misty Rodden and Trevor and Mr. and Mrs. Donald Poterfield spent the weekend camping at Lake Cypress Springs. Jessica had the big catch of the weekend with a 2 1/2 lb.

Altering recipes: Heart Healthy Cooking

Most people know one of the best ways to get heart healthy is to change eating behavior. What they don't always know is how to do that without giving up some favorite recipes. Cutting fat, cholesterol, calories

and salt can actually be pretty easy, said a nutrition specialist at Texas A&M University.

"The Texas Agricultural Extension Service has a new guide called 'Altering Recipes for Good Health." With a little planning and experimentation, many of our favorites can become better for us," said Dr. Mickey Bielamowicz.

One thing chefs should remember is that recipes are chemical formulas, Bielamowicz said. All changes are experiments. Some work very well, others are less satisfactory.

"Recipes for combined foods, like casseroles and soup, are more flexible than others. A cookie recipe is more adaptable than a cake recipe. Recipes for most baked products can be altered, but recipes for any preserved product, such as pickles, salsa, jellies or candies shouldn't be

changed," she noted. Most people don't notice much difference in their foods when the following kinds of changes are made: 'Reduce sugar and fat by one-

third," Bielamowicz said. For example, if a recipe calls for 1

cup of sugar, use two thirds of a cup instead. As a general rule, try using half-cup of sugar per cup of flour in cookies and cakes. For quick breads and muffins, use 1 tablespoon per cup of flour. To enhance the flavor when sugar

is reduced, add vanilla, cinnamon or nutmeg." Bielamowicz suggested. Fats constitute lard oils, shorten-

ing, margarine, butter and beef fat. If a recipe calls for a half cup of fat, use one-third cup instead. This works best in gravies, sauces, pudding and some cookies. For cakes and quick breads, use 2 Tablespoons of fat per cup of flour.

Herbs, spices or salt free seasoning mixes will help eliminate salt from recipes while adding flavor. Another suggestion is to reduce salt by one half.

Don't eliminate salt from your yeast bread or rolls - - it is essential for flavor and helps texture," Bielamowicz warned.

By substituting whole grain and bran flours for all purpose flour, new flavors, textures and fiber are added to food

For example, whole wheat flour can replace from one-fourth to onehalf of the all purpose flour in a recipe.

Oat bran or oatmeal can replace up to one-fourth of the all-purpose flour ... "Make sure it"s ground to flour's consistency in a food processor or blender.

Bran cereal flour is made by grinding ready to eat bran cereals in a food processor or blender for 60 to 90 seconds, Bielamowicz said. "It can replace up to one fourth of the all purpose flour.

Not all products are interchangeable. Bielamowicz does not recommend substituting margarine for solid shortening when baking.

"Just because an ingredient is fat, it doesn't necessarily make it interchangeable with another," she said. For example, oil is 100 percent fat. Margarine is an emulsion containing 80 percent fat and 20 percent water. Substituting 1 cup of oil for 1 cup of margarine adds more fat to the recipe intended. "The cookies would feel and taste greasy," Bielamowicz explained.

Though it is possible to substitute the lite margarine type spreads for solid shortening when baking, Bielamowicz offered another solu-

"Rather than substituting reduced fat margarines, try using less margarine. You won't have to alter the amount of liquid in the recipe and you'll save calories. "Lite or diet margarines have more water in them, so the amount of liquid ingredients would also have to be reduced.

Alternative sweeteners may be used instead of sugar. According to a maker of a non nutritive saccharin sweetener, its product can replace up to half of the sugar called for in a cookie or cake recipe.

Here's where experimentation comes in. This product's literature states that in a cake recipe liquid ingredients may have to be increased or dry ingredients decreased. For cookies, dry ingredients should be reduced 25 percent. If the batter is still stiff, an extra egg white may be added.

Sweeteners made with aspartame are not recommended for cooking or baking.

Dairy products offer a variety of choices for making a recipe leaner.

You can use reduced fat sour cream, low fat or non fat yogurt, or cottage cheese instead of regular sour cream in sauces and dips. Skim milk can be used instead of whole milk in most recipes," Bielamowicz said.

For example, heavy whipping cream has 832 calories, 90 grams of fat and 336 milligrams of cholesterol. Using evaporated skim milk as a substitute cuts calories down to 200, with 1 fat gram and 9 milligrams of cholesterol.

"Altering Recipes For Good Health" also contains ideas for fiber substitutes. One suggestion is to use brown rice, barley or wheat kernels as a substitute for white rice in casseroles, soups, stir fry and side dishes.

"This guide has it all. It also contains an herb and spice guide, recipes and all kinds of ideas for substituting foods. It even works for persons with diabetes who follow the food guide Pyramid." Bielamowicz said.

The "Altering Recipes For Good Health" is available through county Extension offices. For more information, contact your county Extension agent.

