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 JUNE 30, 1995
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The Valley Tribune

"Voice of the Caprock Canyons"



Caprock Canyons
 State Park

35¢

VOLUME 34 NUMBER 28 8 PAGES BRISCOE COUNTY QUITAQUE, TX 79255 THURSDAY, DECEMBER 29, 1994

Calendar Of Events

December 29
 Groom Tournament
December 30
 Groom Tournament
December 31
 Groom Tournament
 New Year's Eve
January 1
 New Year's Day
January 2
 Valley School 4th Sixth Weeks
January 3
 Silverton BB 4 H
 Masonic Lodge
 Turkey Fire Department
 Briscoe County Hist Society
 Quitaque Chamber of Commerce
January 5
 Silverton Tournament
 Quitaque Senior Citizen
 Robbie Hill @ Turkey

Quitaque City Hall
 Turkey City Hall
 Closed
 Monday
 January 2, 1995

Santa Claus Visits Turkey Homes Saturday

Santa Claus, aboard a fire red fire truck visited approximately 150 excited children Christmas Eve night. Members of the Turkey Volunteer Fire Department assisted Santa. Santa passed out gifts and a sack of candies and fruit to each child he visited.

The firemen that played Santa's helpers were Gary Clinton, Russ Yates, Shannon Cruse, Travis Carnes, Albert Green, Gerald Carnes, Don House, Steve Farley, Melvin Clinton, Jim Weeks and Danny Stewart. They were assisted by Cody Yates, Devin Clinton and Brandon Stewart.

A visitor to Turkey from New Mexico, Billy Farley, was persuaded to don the Santa suit this year. He was quite a jolly Santa.

After Santa had passed out all his gifts and bags of candy, he and the crew from the Fire Department visited the Turkey Drive-In for a well earned late meal. Owner of the Drive-In, Linda Ferguson, provided the facilities and all the food for the late meal. Firemen Jim Weeks and Danny Stewart performed the chef duties and they were assisted by Brandon and Katrina Stewart.

Crandall Attends Symposium

Dora Crandall, M. D., of Turkey, Texas recently returned from the 44th Annual Obesity and Associated Conditions Symposium of the American Society of Bariatric Physicians (ASBP), which was held in San Antonio, Texas. The symposium covered new advances in the treatment of obesity and related eating disorders. The ASBP is the only national medical society whose physician members deal with the medical management of obesity.

At the symposium, some of the leading authorities in the country lectured on the subjects of obese patients treatment including: nutritional habits, lifestyles, new pharmaceutical approaches, gene theory update and new behavioral modification techniques. In addition, the physicians were updated on the latest health implications of obesity.

THEN and NOW!

by Eunice McFall

The brand spanking new year is about to descend upon us. Are you ready? Are you ready to put 1994 behind you and embrace 1995? Do you have anything left undone that must be finished by December 31, 1994? Have you accomplished all that you wanted to with your life in 1994 or are you still frantically running around trying to finish up two dozen projects and not getting any one of them finished?

Are you satisfied with the legacy that you are leaving behind this year? Are you happy that 1994 is on the way out and a clean slate with 1995 is approaching? What will you do different in 1995 from what you did in 1994?

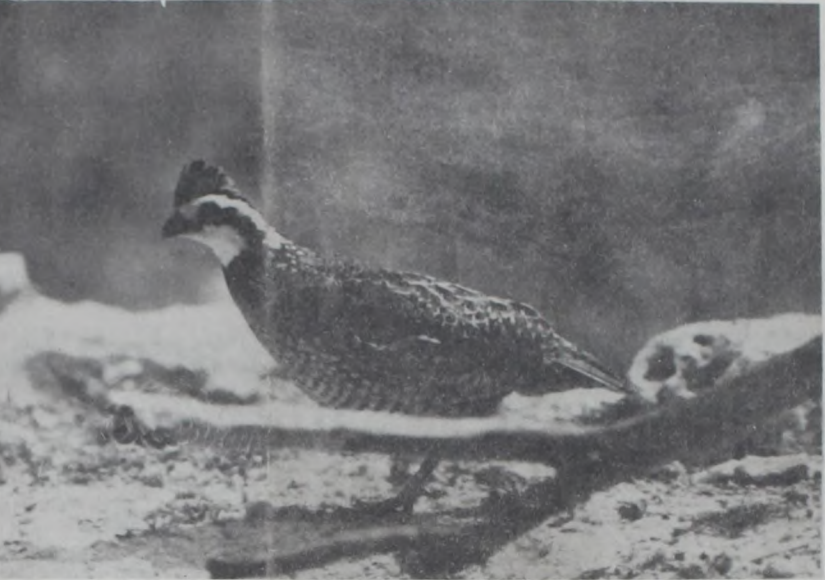
Do you have resolutions made or do you put them off until the last minute? Do you think it is a good idea to write down some resolutions every year or do you think it is just a waste of time? True we do not always keep those resolutions that we make but at least if we make them it will make us aware that we do have some areas in our life that we could improve upon!

Improvement, that is what it is all about. We should try each day to make our lives and the lives of those that we love a bit better. What better time to try to make an improvement than at the beginning of a new year. Even if we do not keep our resolution but a couple of weeks, we are the better for having tried, not to mention that others around us gain by us trying to improve ourselves.

All of us hate to look closely at our faults. All of us hate to try to erase the bad habits that we have but if we never try to get rid of those engrained habits, they can only grow worse with age. By the time we get to be up in age we could possibly be a person so embittered by circumstances that we ourselves have caused that NO ONE will want to be around us. How sad! "If only" (the two saddest words in our language!) we had tried to be a nicer person when we were younger then today we would still have family and friends who love us waiting in line to keep us company.

As always, the choice is ours to make—to do—or to let slide and never improve! Of course to do nothing is the easy way out but stop and think if you can really gain anything by doing nothing! When we think of it in that frame of mind, we really do not have any choice but to make a few of those resolutions to improve ourselves so that we will be a better person to be around. Hurry and find that pencil and paper and go to work on at least one bad habit for the new year. Do yourself a favor do not overload yourself—try to do a couple of things well instead of trying to do everything mediocre.

Have a New Year filled with lots of friends and happiness and may it also be a prosperous one.



Quail forecast in the entire state is poor. Hunters may take 15 quail per day, 45 in possession.

Briscoe County Offices at Courthouse, Silverton, Texas Closed January 2, 1995 To Celebrate The New Year, 1995.

News Briefs From WTAMU

Defensive Driving: WTAMU will offer a course in defensive driving from 9 am-noon and 1-4 pm Saturday, January 7 in Old Main Room 220.

There is a preregistration fee. The course is approved by the Texas Department of Public Safety and the Texas Education Agency and may be used to void traffic citation fines or reduce automobile liability premiums. For more information, contact the Office of Continuing Education at 806/656-2037.

New Student Registration: New students can register for spring semester classes from 8 am-4pm Friday, January 13 in old Main on the Lower Level. For more information, contact the Office of Admissions at 806/656-2020 or 1-800-99-WATAMU.

Late Registration: Currently enrolled WTAMU students can add and drop courses for the spring semester by calling 806/656-1222. This service will be closed from 4-5 pm every day. Students can add and drop courses through 4 pm Monday, January 23.

Holiday Closings: The University will be closed for the Christmas and New Year holidays from 5 pm Friday, December 23 to 8 am Monday, January 2. All University offices will be closed during this time. Cornette Library will be closed throughout the University break. The library will reopen from 8 am-5 pm Monday-Friday, January 2-15.

Quitaque 1995 Birthday Calendars Are In

Texas Driver Licenses To Have New Look In 1995

Texas Driver Licenses will have a new look beginning early in 1995.

The new licenses will be more convenient for Texas' 15.6 million license and identification card holders and will provide more security features, according to the Texas Department of Public Safety.

"We're always looking for new ways to prevent criminals from using driver licenses for illegal purposes," said DPS Director Col. James R. Wilson. "The new licenses and identification card will be much harder to forge or alter. A real bonus is that the same technology that makes the new licenses more secure will greatly reduce the time it takes to get the card into the hands of the owner."

The DPS will begin phasing in the new technology in January. New licenses will be available in all 243 towns and cities with driver license offices later in the year.

Current licenses need not be replaced. They will continue to be valid until their expiration date. Fees will remain the same.

The new licenses will have a look similar to a credit card, but will be easy to distinguish because of the colorful images of the Texas flag and Texas seal against a beige background. New digital imaging technology also will enhance the licensees' photographs.

"The new format will include a magnetic stripe, a bar code and a special laminate to maximize security," said Judy Sibert, DPS project manager for the digital image driver license system. "Licenses issued for Texans under the age of 21 will look different from regular licenses, making it easier for merchants to determine a customer's age."

Turkey Quitaque Post Offices Closed January 2, 1995 Mail As Usual December 31, 1994

The application and renewal procedures will change very little. Applicant's thumb prints will be taken using imaging equipment, eliminating the mess of ink. Photos will be taken with video cameras linked to computers, allowing technicians to better assure a good likeness of the applicant.

"A real benefit to licensees is that the new system will allow us to get the license in their hands in fewer than 10 days, instead of the current four to six weeks," Sibert said. "And as merchants adopt equipment capable of reading the magnetic stripe, these new cards will speed up check acceptance."

Sibert said another security feature will be a laminate embossed with the word "TEXAS" in lines on the front. The "TEXAS" will glow under ultraviolet light.

Drivers with good records will continue to be able to renew for a second four-year period without returning to a license office.

The last major change in licenses was made in 1968, when pictures were added and the use of paper licenses was discontinued except for temporary licenses, learners' permits and certain special needs licenses.

Winter Microterm Begins at Wayland

Wayland Baptist University's winter microterm begins January 4, with registration from 8-10 am and classes beginning at 10 am.

There are 18 classes offered in the 12 academic areas of Computer Information Systems, Criminal Justice, Education, English, History, Math, Physical Education and Recreation, Political Science, Physical Science, Psychology, Religion, and Sociology.

Most classes meet daily from 8:30-1:30 am. Students may earn three hours of college credit in only three weeks of class.

Information regarding any of these courses can be obtained by calling the Registrar's Office at 296-4706.

Turkey Birthday Calendars For 1995 Now Available

Fiddler Bateman Dies At Kemp

J. C. "Jody" Bateman, a former fiddler in the famed western swing group *Bob Wills and the Texas Playboys* died Tuesday, December 20, 1994.

Bateman of Kemp, Texas was found at his home having died of natural causes.

He started playing the fiddle when only 6 years old. At the age of 13, according to his daughter, Jona Mills of Wills Point, Texas, Bateman was heard playing by Bob Wills at a store in Corsicana. A few weeks later Bateman had signed a contract to play with the Texas Playboys.

Bateman wrote the famous "Faded Love" song, along with many other well loved songs.

1995-99 Briscoe Issues Identified

Twelve issues have been identified as problem areas which are in need of being addressed by the Briscoe County Extension Service. The issues were identified by persons representative of each segment of the Briscoe County population, at a study group meeting which was held in March of 1994. The Briscoe County Extension Service will be addressing each of these issues during the next five years through educational programs and opportunities.

There were three issues identified in the State Goal of Health, Safety and Well-being. These included: Health Care Facilities and Services; High Risk Behaviors of Youth; and Care and Support of Elderly Needs. There were four issues identified in the State Goal of Environmental Stewardship and Natural Resources. They were: Soil and Water Conservation; Agriculture and Home Chemical Usage; Range and Wildlife Management

and Conservation; and Solid Waste Management. Under the State Goal of Economic Competitiveness, Viability and Stability, the issues identified were: Business and Tourism Development; Employment and Educational Opportunities; and Ag Profitability and Policy. Two issues were identified relating to the State Goal of Development of Life Skills and Leadership Qualities. These included: Improve Parenting Skills for Enhancement of Family; and Positive Youth Values.

These issues and a process for addressing them have been compiled in the 1995-99 Long Range Extension Office (LREP). A free copy of the LREP is available at the Briscoe County Extension Office. For more information about the LREP or any of the issues identified, please come by the Extension Office located in the Briscoe County Courthouse basement and visit with us.

MEMBER 1994

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POSTMASTER: SEND ADDRESS CHANGES TO
THE VALLEY TRIBUNE, BOX 478, QUITAQUE, TEXAS 79255

Yesteryear

Taken from The Quitaque Post, Thursday, December 25, 1958

Willson and Son took top honors this year in the yearly store decorations contest sponsored by the Lions Club. Over their store front a huge Santa rode in a sleigh pulled by equally large reindeer through a forest of green trees. The large front window on the left was filled with a solid white Christmas tree, adorned by twinkle lights.

In the resident window decorations contest, the Bill Wood home was judged as No. 1. A large blue star adorned the front of their house with rays of blue extending along the eaves in both directions.

The Wendell Farleys captured first prize for the yard contest with a large Santa, a chimney, and a fireplace with "burning logs". They used a well shaped cedar at the corner of their house for a Christmas tree, and it glittered with lights and decorations.

Willson and Son will receive a large pot plant for their first prize. Both the Bill Woods and Wendell Farley's will get a table lamp for their wins.

Wednesday evening the Pastor of the Methodist Church of Flomot, Rev. Tommy Gleaton, showed a film "The Best Gift of all" at the regular monthly fellowship hour. Christmas gifts were exchanged and the group gave the pastor a useful present.

Refreshments of sandwiches, Christmas candies and fruit were enjoyed by about 50 persons.

Verlon Hamilton, son of Mr. and Mrs. Leroy Hamilton has arrived home from Texas Tech, Lubbock.

Mrs. Ruby Folley will spend Christmas in California.

Tommy Baird of New Mexico Military Institute, Rosewell, is home to spend Christmas with his family the J. B. Bairds.

Mr. and Mrs. Dick Pittman and baby will spend Christmas with relatives here: Mrs. Mary Pittman

Happy Birthdays

- December 29**
 Barbara Saul
 Peggy Irby
- December 30**
 Ty Barclay
 Billy Don Hughes
 Neil Guest
 Hollie McKay
- December 31**
 Dianne Washington
 Tiffany Woods
 Koree Price
- January 1**
 Rick Mullins
 Johnnie Morrison
- January 2**
 Connie Franks
 Elizabeth Monk
 Landon Trey Price
- January 3**
 Chambray Smith
 Jan Lane
 Frank Lane
- January 4**
 Jennifer Longbine
- January 5**
 Billy Joe Roys
 Amy Fuston

Happy Anniversaries

- December 29**
 Mr. and Mrs. Frank Lane
- December 30**
 Mr. and Mrs. Rex Fuston
 Mr. and Mrs. Michie Maupin
- January 3**
 Mr. and Mrs. Walter Wayne Taylor
- January 5**
 Mr. and Mrs. Billy Shannon

and Mr. and Mrs. James Barefield.

Yvonne Powell went, to church Sunday night—her first excursion from home since her recent surgery.

Mr. and Mrs. W. T. Ross visited relatives at Crowell over the weekend.

OBITUARY

Vivian Merrell

Services for Vivian Lavern Merrell, 91, were at 2:30 p.m. Tuesday, December 27, 1994 in the Quitaque Church of Christ with J. D. Nance officiating.

Burial in Resthaven Cemetery was directed by Myers-Long Funeral Directors.

Mrs. Merrell died Sunday, December 25, 1994 at Lockney.

Vivian was born October 2, 1903 in Burnett County. Willard Merrell and Vivian were married in 1925 at Floydada. He preceded her death in 1960. She was a member of the Church of Christ. She was a rancher. She lived in Silverton from 1934 until 1972 when she moved to Quitaque.

Survivors include two daughters, Eula Dewittz of Kennewick, Washington and Gay McPherson of Lockney; a son, Billy D. Merrell of Quitaque; three grandchildren and six great-grandchildren.

The family suggests memorials to Resthaven Cemetery Association.



An old custom involves opening a page of the Bible at random on New Year's Day and predicting the coming year based on the passage discovered.

On QT

Guests of Odis and Jessie Reagan for the Christmas Holiday were their daughters and families, Elaine Boggs, her daughter and family, Dawn, Eddie, and Courtney, and Eddie's son, Danny, all of Plainview; Stan and Elois Price and family, Chriss, Chastity, Crystal, and Landon and Micheal, and John D. Harmon all from Quitaque; Danny and Eva and family, Tiffany, Destinie and Danny; Jessie's sister, Mary and Leon Turner all of Childress; and Mrs. Ella Mason, Jessie mother of Tulia.

Others dropped by to visit during the holidays. Jessie said they had a house full of happy and "full" people. They had five generations together for Christmas with Jessie's mother who is in her eighties and two granddaughters with their babies there.

The Weldon Griffins had as guests for the holidays, their son, Rusty and his children, Rhiannon and Jonathon Griffin of Dallas who arrived on Wednesday and remained until Saturday. Their daughter, Cindy, and family, Steve Venable, Emily and Ben of Bovina who came on Thursday and returned home on Saturday.

The group celebrated Christmas on Thursday night with Johnny Griffin joining them for the evening.

Weldon and Billie Jeane drove to Red River Saturday to spend the

week-end, returning home late Monday afternoon, reporting a good restful time.

Ethylene McCay of Amarillo came Friday to spend Christmas with J.J. McCay. She returned home on Monday afternoon.

Mary Polk of Austin came on December 17 to visit her mother, Lockwood McCracken for Christmas. She returned home on December 27, 1994. On Saturday, December 24, Russel and Linda Bass came to visit with Lockwood until the 27th.

Lonnie D. and Linda Richmond of Houston accompanied his mother, Maudine Richmond of Turkey to visit in the McCracken home on Christmas Eve. Lonnie and Linda will be visiting with Maudine for the rest of this week.

Mrs. S. L. McKenzie, her son Ronnie and his daughter, Brittinary of Fort Worth visited her brother and family, the Leroy Hamiltons Monday and Tuesday of last week. They also visited Mrs. Jane Hamilton.

The Leroy Hamiltons had all their children and grandchildren home Christmas Eve and Christmas day. They were Verlon and Tweedle Hamilton of Roanoke, Sammy and Laurie Hamilton of Arlington, Miss Vickie Hamilton of Denton, Joe and Sydna Hamilton of Lubbock, Dean and Brandie Kessler, Edy Ngarnkhaio, Hoss Hamilton and Katie Hamilton of Amarillo and Butch Hamilton of Quitaque.

Bruce, Ann, Becky, and Nesa McFall and Roy Shepperd, of Matador and Beth, Gene, Paula and John Whitener of Paducah celebrated Christmas with Sid and Ennice McFall on Christmas Day. Bruce and family returned to Matador for a Barton family get-together Sunday night. Beth and family remained for a longer visit. They returned to Paducah on Monday evening.

Guests during the Christmas holidays of the Pete Blakenships were Kirby and Tammy Chandler and family of Mesquite, Texas; Ken and Lesa Chandler and Kaci of Sweetwater and Snow Grundy of Tulia.

Mrs. Paul Leal reported that her daughter, Helen, who is in the service is at present in Spain. Helen reported that it is a beautiful country and she is having a very good time there.

Caring Is Ageless

The Adopt-A-Nursing Home program matches groups of volunteers with nursing homes to help enrich the lives of residents.

Who may participate?

Any group-civic, school, business, religious, scouts friends or other-made up of at least three people. Volunteers of all ages are welcome.

What does my group have to do?

Commit to help with resident activities at least four times a year. Activities range from simply visiting with residents to organizing parties or outings. Why should my group support this program?

To help break the cycle of loneliness. On average, 50 percent of Texas nursing home residents don't have families or surviving spouse and about 60 percent have no regular visitors. Your participation can enhance the quality of life for residents. In addition to the personal satisfaction of helping those in need, volunteer groups are formally recognized by the Texas Department of Human Services for their efforts.

Where do I sign up?

Contact your local nursing home, or call the Texas Department of Human Services at 1-800-889-8595.

RING IN THE NEW YEAR

ALLSUP'S Your Holiday Party Headquarters!
 "Have a safe and happy New Year. We appreciate your business!"

PRICES EFFECTIVE DEC. 29- JAN. 4
 TURKEY & QUITAQUE

ALLSUP'S SAUSAGE, EGG, & BISCUIT FOR ONLY **99¢**

Enjoy Coca-Cola CLASSIC SAVE ON COCA-COLA 6 PK. CANS **\$1.59**

MADE TO ORDER BAR-B-Q BEEF SANDWICH FOR ONLY **99¢**

MELLO CRISP SLICED BACON 1 LB. PKG. **99¢**

ALL VARIETIES FRITOS CHIPS REGULAR 99¢ **79¢**

DECKER SANDWICH BREAD 1.5 LB. LOAF 99¢ EACH OR **2 FOR \$1**

DECKER MEAT FRANKS 12 OZ. PKG. **69¢**

30 MED. OR 20 LG. SHURFINE DIAPERS FOR ONLY **\$4.49**

SHURFINE BLACK EYE PEAS 15 OZ. CAN **39¢**

SUGARLESS TRIDENT GUM VAL-U-PAK **69¢**

VALLEY FARE PAPER TOWELS **50¢**

FOLGERS 13 OZ. CAN COFFEE **\$3.99**

79¢ QT. VALLEY FARE 4 ROLL TOILET TISSUE **79¢**

GENESIS FINA

THE FORMULA FOR THE FUTURE

WE WILL BE CLOSED

FOR NEW YEAR'S

MONDAY, JANUARY 2, 1995

Have a SAFE & HAPPY NEW YEAR

FIRST NATIONAL BANK

Quitaque, Texas

"Dependable Services Since 1920"

MEMBER FDIC

The Valley Tribune Runaway H Is Now Stat

The first nation which was started Dolph Biscoe twenty ago, became the Texas Hotline on November

"In Texas, more children run away states Jay Smith, ho tor. "Most are not something, but rather ning from overhel lems that often inclu and sexual abuse. alcohol and drug a tributing factor. wide hotline we will focus all of our en sources towards Texa

The Texas Runaway is a toll-free, 24 ho hotline answered by 100 volunteers and s bers who offer crisis tion and peer counsele able to callers who are shelter, counseling m legal assistance, as w vices that provide free tation home.

A message relay s also provided to help contact their families.

Over the next few Smith and his staff w promoting the hotline tion from a nationwid wide program. The hot free number and servi promoted through p nouncement on televis and in print

CHOCOLATE CHEESE
 Makes 12 servings

24 chocolate wafers, 1 crushed (1 1/3 cups) 2 to 3 tablespoons w 12 ounces light cream cheese (Neufchatel softened) 1 cup sugar 1 cup nonfat cottage 1/2 cup Egg Beaters R Egg Product 1/2 cup cocoa 1/4 cup all-purpose flo 1 teaspoon vanilla ext

3/4 cup nonfat dairy so cream 3/4 cup confectioner's s

In small bowl, toss crumbs with water, spoon at a time, until are moistened. Press o tom of 8-inch springfo set aside.

In large bowl, with mixer at medium spe cream cheese and sug smooth. Meanwhile, in blender or food pro blend cottage cheese product until smoo cocoa, flour, vanilla tage cheese mixture to cheese mixture, beati well blended and smoo

*** Nature is visible thoug —Heinrich

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SALES-DAVID REAG PARTS-GARY CHAN SERVICE-STANLEY

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Runaway Hotline Volunteers Sought For Free Tax Assistance Training

The first nationwide hotline, which was started by Governor Dolph Biscoe twenty-one years ago, became the Texas Runaway Hotline on November 1, 1994.

"In Texas, more than 120,000 children run away each year," states Jay Smith, hotline director. "Most are not running to something, but rather, are running from overwhelming problems that often include physical and sexual abuse. Many times alcohol and drug abuse are contributing factors. As a statewide hotline we will be able to focus all of our energy and resources towards Texas youth."

The Texas Runaway Hotline is a toll-free, 24 hour a day hotline answered by more than 100 volunteers and staff members who offer crisis intervention and peer counseling. Information and referrals are available to callers who are in need of shelter, counseling medical and legal assistance, as well as services that provide free transportation home.

A message relay services is also provided to help runaways contact their families.

Over the next few months, Smith and his staff will be busy promoting the hotline's transition from a nationwide to statewide program. The hotline's toll-free number and services will be promoted through public announcement on television, radio and in print.

CHOCOLATE CHEESECAKE Makes 12 servings

- 24 chocolate wafers, finely crushed (1 1/3 cups crumbs)
- 2 to 3 tablespoons water
- 12 ounces light cream cheese (Neufchatel), softened
- 1 cup sugar
- 1 cup nonfat cottage cheese
- 1/2 cup Egg Beaters Real Egg Product
- 1/2 cup cocoa
- 1/4 cup all-purpose flour
- 1 teaspoon vanilla extract
- 3/4 cup nonfat dairy sour cream
- 3/4 cup confectioners' sugar

In small bowl, toss cookie crumbs with water, a tablespoon at a time, until crumbs are moistened. Press onto bottom of 8-inch springform pan; set aside.

In large bowl, with electric mixer at medium speed, beat cream cheese and sugar until smooth. Meanwhile, in electric blender or food processor, blend cottage cheese and egg product until smooth. Add cocoa, flour, vanilla and cottage cheese mixture to cream cheese mixture, beating until well blended and smooth.

Nature is visible thought.
—Heinrich Heine

If you want to extend the spirit of giving beyond the month of December, the IRS wants to hear from you. "We're looking for people who want to learn to prepare federal income tax returns to help those who aren't able," said Bobby E. Scott, IRS District Director.

The IRS Volunteer Income Tax Assistance (VITA) program is entering its 25th year of providing free tax help to the public. Beginning and advanced income tax classes will be offered at no cost to those who volunteer for the program. Day and evening classes are scheduled at locations throughout North Texas beginning this week through January 13, 1995.

VITA offers free tax assistance and return preparation for low income, disabled, non-English speaking and elderly people. Those completing the classes will be certified to provide free tax help during the upcoming filing season—mid January through April 17, 1995.

"A tax background isn't necessary," says Scott. "The only requirements are an interest in learning about taxes and a desire to help others by putting that knowledge to use."

Last year, 47,000 north Texas residents were helped with tax returns by 811 volunteers at 160 VITA locations. "The VITA program was, and has been successful," says Scott, "because people care enough to volunteer."

If you are interested in becoming a VITA volunteer, want more information, or want to sign up, contact the IRS now. In the Dallas calling area, call 742-2440. Outside of Dallas, call 1-800-820-1040. Or you can write to Taxpayer Education, 1100 Commerce Street—Stop 6610 DAL, Dallas, Texas 75242.

"Help us help others," says Scott. "Become a VITA volunteer and make taxes less taxing for you and others in your community."

A New Year's Resolution

A New Year's resolution to exercise should include three things: stretching, strengthening and cross training.

"Before exercise begins, decide what level of fitness you want to reach," said Dr. John Cianca, an assistant professor of physical medicine and rehabilitation at Baylor College of Medicine in Houston. "Then work the three key elements of exercise into a basic fitness regimen."

Stretching should be done every day for 10 or 15 minutes, concentrating on all of the major muscle groups.

Cianca, director of sports medicine at the Medifit Human Performance and Rehabilitation Center, suggests stretching the buttocks, thighs and calves. Also the back, chest and abdominal muscles in the trunk area and the shoulders and arms should be stretched daily, even if no other workout is planned.

Strengthening exercises should be done two or three times weekly says Cianca, depending on the type of activities you enjoy.

"Resistance, or weight training, should focus on making you stronger for the activities you enjoy," Cianca said. "For example, a runner's performance may be impaired

by a power lifting program, but enhanced with a total body strengthening program."

The final aspect of a basic fitness regime, cross training, improves overall muscular coordination. Find two or three activities you enjoy that combine strength and coordination and rotate them through your workout schedule. The result will be better health and more skill doing things you enjoy.

"Cross training is a popular phrase that also happens to be a valuable tool in a workout regimen," said Cianca. "Choose several activities that challenge you physically and will keep your interest in working out for a longer period of time."

For example, a runner may bicycle on "off days." An aerobics buff could swim occasionally.

A physician, personal trainer or fitness instructor may be helpful in deciding which exercises and stretches will be most effective for you.

Cianca says any fitness regimen should begin with a visit to a physician.

POPPY SEED POUND CAKE Makes 16 servings

- 1/3 cup poppy seed
- 1 cup lowfat buttermilk
- 3/4 cup Egg Beaters Real Egg Product
- 1 teaspoon vanilla extract
- 2/3 cup margarine, softened
- 1 1/4 cups sugar
- 2 1/2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 cup firmly packed light brown sugar
- 2 teaspoons ground cinnamon
- 2 teaspoons water
- 1/3 cup confectioners' sugar

In small bowl, stir poppy seed into buttermilk; let stand 5 minutes. Stir in egg product and vanilla.

In large bowl, with electric mixer at high speed, beat margarine and sugar until creamy. Combine flour, baking powder and baking soda. Alternately blend milk mixture and flour mixture into margarine mixture until smooth.

Mix brown sugar and cinnamon; set aside. Pour half the batter into a greased 12-cup fluted tube pan. Sprinkle with cinnamon mixture; top with remaining batter.

Bake at 350°F for 40 to 45 minutes until toothpick inserted in center comes out clean. Cool on wire rack 10 minutes; remove from pan. Cool completely on wire rack. Gradually blend water into confectioners' sugar until smooth; drizzle over cake.

Nutrition Information per serving: 266 calories, 9 g total fat (30% of calories from fat), 2 g saturated fat, 1 mg cholesterol, 266 mg sodium.

Good Cents Tips

- Set the thermostat at 78° or more in summer, 68° or less in winter.
- Clean or replace heating and air conditioning filters monthly.
- Take five-minute showers—they use less hot water than do tub baths.
- Use your dishwasher rather than wash by hand, but wait till it's full.
- Fill empty spaces in your freezer with ice.
- Use the microwave as frequently as possible.
- Cover cooking pots and fit pot size to burner size.

Turkey News

THINGS SEEN AND HEARD
by Ann Coker

Visitors in the home of Vera Guest during the Christmas week-end were her son, Don and Sue Guest and their son Cory, their daughter, Tammy and Steve McLaughlin all of Arlington. Also Don's son, Greg Guest of Texas Tech; Vera's grand-daughters, Jan and Ellis Augsburg and their children, Alicia, April and Austin of Benson, Illinois; also Cindy and Dave Reid and Matthew and Katie of Illinois. Others were Joyce Guest of Hurst and Harvey Don Mullin and Lewis and Mozelle Eudy.

Byron Young spent Christmas with his son and family in Colleyville. Those there were son, Gary and Jane Young and daughter Jennifer from Texas A&M. Also daughter Audra and Mark Miller from Houston joined the group. Byron returned home on Monday.

Harold and Frances Wheeler accompanied his mother, Dovie Wheeler, to Pampa last Tuesday. Dovie had a cataract removed from her eye. Janice Wheeler took Dovie to Childress this past Tuesday for a check-up.

John Eudy of Artesia, New Mexico was injured in a motorcycle accident recently. He was flown by helicopter from Artesia to Albuquerque for extensive surgery on his face. He is at home now. John is the son of Ken and Shelia Eudy and grandson of Hugh and Juanita Eudy of Midland.

Arville and Lorene Setliff drove to DeSota last Wednesday and spent Wednesday and Thursday night in the home of their son and family, Kenny and Rhelda and their two boys. On Friday they drove to Dallas to the home of their son, Rod and Millie Setliff and their daughters. The Kenny Setliffs joined them over the week-end for Christmas. The Arville Setliffs returned home Monday night. Scotty Setliff of Ft. Worth also joined the group.

Last week, Rita and Tracy Guest spent a couple of days in Midland. They visited in the home of Rita's brother, Olen and Margaret Lane and daughter Lee Ann.

Visitors in the homes of Dot Arnold and Janice Wheeler over Christmas week-end were Sherrod and Nelda Arnold, their daughter and grand-daughter, Kelly and Brook; Karen and Wed McDougal and Lance Denton all of Amarillo.

Coming from Tulsa was Lavern Mullin and local guests were Roger Denton and Jessica.

Our daughter Brenda recently mailed us an article she had taken from *The San Antonio Express News* with a Quitaque date-line. It was quite a lengthy article about the *Sportsman Restaurant and Club* in Quitaque. Brenda thoroughly enjoyed the article and read it to several of the personnel at Sabinal High School. Brenda enclosed a note that said, "Tell Roy thanks for the laugh—it made my day!"

Arriving at our house a week ago Wednesday was our daughter Linda and Mark Hamilton and sons Zach and Josh from San Antonio. Joining us on Saturday was daughter, Brenda Coker from Sabinal. It surely does spice up Christmas to have a 4 and 6 year old in the house.

Joining us for a Christmas Eve dinner on Saturday night was Tink and Estelle Lane, Frank and Cindy Lane, Laurie Harp, Robyn Lane, Michael Lane, Brian Martin from Silverton and Chasity Price from Quitaque.

Billy Farley from Almagorda, New Mexico visited in the home of his mother, Therma Farley and with his brother's family, Steve Farley over the Christmas holidays.

Charlene Randell and Oleta Randell were in Quitaque Tuesday.

Buddy and Veta Colvin spent Christmas with their son and family, Tom and Cathy Barr of Sulphur Springs. Joining them were the Barr's daughter, Jennifer and her family; son, John Barr; daughter, Suzie Ham and family from Alabama; and the Colvin's daughter Linda Whitley and family, Destiny and Ryan from RoundRock. The Colvins drove to Burk Burnett on Wednesday and spent the night with Veta's sister Merle Trivillon. Thursday they drove on to Sulphur Springs. Buddy and Veta returned home Monday of this week.

Visiting in the Melvin Clinton home from Saturday until Wednesday for the holidays were Guyretta's mother and sister, Helen McClun and Brenda of Ponca City, Oklahoma. Helen's daughter and family, Deborah, Mark and Miranda Zarni of Amarillo and Walt, Karen, Taylee and Dustin Rice of Clarendon joined the group for Christmas Day. Local residents, Theresa, Gary, Jessica, Kevin and Krystle Clinto also enjoyed Christmas with the family.

There is an unseemly exposure of the mind, as well as of the body.

—William Hazlitt

Believing marriage to be ordained
by God

Robyn Michelle
and
Brian Dana

together with our parents
Mr. and Mrs. Frank Lane
and
Mr. and Mrs. Dana Martin

invite you to worship with us and witness
our vows as we are united in Christ
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nineteen hundred and ninety-four
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Turkey, Texas

Reception following

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Flomot News

by Earlyne Jameson

TINA CLAY CARSON RECEIVES BS DEGREE

Commencement exercises for the College of Agriculture Sciences and Natural Resources of Texas Tech University were held December 17, 1994, in the Lubbock Municipal Coliseum. Degree recipients included Tina Jo Clay Carson, daughter of Mr. and Mrs. Joe Ike Clay of Flomot.

Tina received her Bachelor of Science degree in Food Technology. She and her husband Pat Carson live in Turkey.

OVERHEARD:

Looking on the bright side of life will never cause an eyestrain. HAPPY NEW YEAR!!

COMMUNITY HOLIDAY COFFEE

Mrs. Leona Degan was hostess of a community holiday coffee in her home Friday morning December 23. Christmas cheer was on display with beautiful decorations throughout the home.

She served spinach dip with Hawaiian bread, assorted cookies, hot fruit punch and coffee from a table centered with a colorful poinsettia arrangement.

Attending were Mes. Mary Jo Calvert, Christeen Gilbert, Sylvia Lee Marti, Trula Martin, Annie B. Cloyd, Viola Calvert, Geneva Martin, Nada Starkey, Tommie Jo Cruse, and Mrs. Jackie Lynn Davis of Fritch.

CHRISTMAS EVE CELEBRATION

The holiday spirit enveloped the home of Mr. and Mrs. Joe Ike Clay at a Christmas eve celebration. Adding to the festivities were the colorful traditional Christmas decorations and a buffet supper.

Friends and relatives attending were Mr. and Mrs. Kevon Kleibrink and Kyler and Julia Clay of Lubbock; Mr. and Mrs. Pat Carson, Mrs. Margaret Lane and Bro. and Mrs. Les Hall of Turkey; Mr. and Mrs. Curtis Metcalf of Panhandle; Mrs. Carolyn Ewing of Matador; Mrs. Lillie Tanner of Tulia; Clay Ewing of Stephenville.

Loyal residents attending were Mr. and Mrs. Herb Martin, Mr. and Mrs. Billy Shannon, Mr. and Mrs. Bly Shannon, Mrs. Peggy Woods, Tiffany, Emily and Kimberly, and Mr. and Mrs. Larry Clay, Kelsey and Tanner.

Holiday visitors of Mr. and Mrs. Clayton Bond were Mrs. Marian Jackson and daughter, Mrs. Myrna Lancaster of Irving, and Mrs. Lucille Monk of Flomot.

Guests in the home of Mr. and Mrs. Ray Cruse Christmas day were Mr. and Mrs. Donnie Cruse of Flomot and their holiday houseguests Mr. and Mrs. Chad Seward of Goldthwaite, Mr. and Mrs. Chancy Cruse of Canyon, Brand Cruse of Clarendon; Mr. and Mrs. Mark Patton, Thor and Tory of Silverton; Mr. and Mrs. James Gwinn, Fannin and Danielle of Whiteflat; Mr. and Mrs. Larry Clifton, Monica and Skylar of Matador; Mrs. Dona Browning of Turkey and Mr. and Mrs. Darrell Cruse, Leah, Keane and Derrick and Roegan and Talon Cruse of Flomot.

Visiting from Dec. 24-25 with John Barton and Mrs. Jane Cartwright were her daughter and family, Mr. and Mrs. Jerry Riley, Cylenna and Chris of Amarillo.

Mr. and Mrs. Pete Moreno visited during the holidays in San Angelo with her family.

Holiday guests of Mr. and Mrs. D. M. Gilbert were Dr. and Mrs. Gilbert of Jacksonville, Alabama; Mr. and Mrs. Neal Blanton, Loren and Christopher of Graham; Mr. and Mrs. Leland Heiskell of Dalhart; Lance and Christi Heiskell, Texas Tech students at Lubbock; Marilee Pilcher of Borger and Mr. and Mrs. Wilburn Martin, local residents.

Visitors of Mr. and Mrs. Howard Rogers during the holidays were natalie and Brooke Rogers of Lindale; Mr. and Mrs. Richard Rogers and Ronnie Rogers of Lubbock; Mr. and Mrs. Stanley Degan, Shay and Dane of Calgary and Donnie Rogers of Flomot.

Holiday guests of Mrs. C. W. Starkey were Mr. and Mrs. Homer Cypert of Lockney; Clint and April Hale of Dickens; Mr. and Mrs. L. T. Starkey and Mr. and Mrs. Floyd T. Starkey and Vanessa of Ralls; Mr. and Mrs. Z. D. Starkey of Amarillo; Mrs. Jackie Lynn Davis, Warren and Michael of Fritch; Mr. and Mrs. Kenneth George of Lewisville; Mr. and Mrs. Monty George, Emily and Chad of Lubbock; Lola Jewell Starkey of Clyde; Mr. and Mrs. Roy Gladson and Rhonda of Austin; Mr. and Mrs. Michael Starkey of Can-

yon, and Mr. and Mrs. Jack Starkey of Flomot.

Holiday guests of Mrs. Leona Degan were Mr. and Mrs. Morris Degan and Brian of Medicine Mount; Mr. and Mrs. Bradley Fisher and Shawn of Chillicothe; Mr. and Mrs. Mark Melton, Tye and Brittany of Rockwall; Mr. and Mrs. Stanley Degan, Shay and Dane of Calgary, and Dr. and Mrs. Jerry Gilbert of Jacksonville, Alabama.

League Clay visited during the holidays in Clovis, NM, with son Coley Clay and family.

Visiting during the holidays with Mr. and Mrs. Doyle Calvert and Glen Calvert were Mr. and Mrs. Alvia Jo Calvert, Justin, Ashley and Christopher of Dumas; Mr. and Mrs. Dan Foster and Keith and Mr. and Mrs. Tim Mandrell, Dustin and Shae Lynn of Lubbock.

Davis Takes Part In Ceremonies

Navy Fireman Recruit Nathan O. Davis, son of Joe M. and Cheri K. Davis of Turkey, Texas, recently participated in the 50th anniversary of the liberation of the Islands of Guam and Saipan in the Western Pacific Ocean with the tank landing ship USS San Bernardino.

While off Saipan, Davis took part in several ceremonies honoring those who died during the World War II battle. A drill team from the ship's crew marched in a parade to honor the anniversary of the initial landings.

Accompanied by other ships in its Amphibious Ready Group, Davis and USS San Bernardino also traveled from the ship's homeport of Sasebo, Japan, to Guam to take part in another commemoration similar to those on Saipan.

After its liberation in World War II, Guam became the forward headquarters of Fleet Admiral Chester Nimitz until the end of the war.

Davis is one of 690 crew members stationed overseas aboard the forward deployed USS San Bernardino projecting a positive American image. While building international coalitions and demonstrating U. S. power and resolve from the sea, the crew of the tank landing ship is uniquely capable of conducting sustained operations in remote areas of the world.

The 1993 graduate of Valley High School joined the Navy in July 1993.



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If you use your cellular phone regularly then Option 2 could be just the thing for you! With Option 2, after you have talked just 120 minutes from your home system in a given month, every home minute for the entire month, from the first minute to the last, is charged to you at only 25¢! That's big savings to you. You also get free services, like 6-Second Billing (one-minute minimum on completed calls), Detailed Billing, Call Forwarding and Call Waiting, 3-Way Calling and many, many others! Plus, Option 2 customers get Voice Mail free! Also free to Option 1 customers are 6-Second Billing, Call Forwarding and Call Waiting, and 3-Way Calling!

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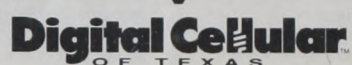
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- Myers-Long Funeral Directors

"...hail; snow, and vapour; stormy wind fulfilling his word."
-Psalms 148:8

GOD PUT ENCHANTMENT IN THE WHITENESS OF WINTER



When autumn colors fade from sight
And Arctic storms invade the night,
A splendid scene to gaze upon
Will greet the slanting rays of dawn;
Where barren branches are aglow
And weighted down with clumps of snow,
While sparkling drifts adorn the land
With beauty that the Lord has planned,
To illustrate the year grown old.
The earth that slumbers in the cold
Is silent as the frozen pond
And snow-clad hills that stretch beyond;
But lessons in your faith portray
A promised spring not far away,
Beneath God's most enchanting sight:
The sleeping winter world of white.

-Gloria Nowak

UNITED METHODIST CHURCH

Quitaque, Texas
Pastor: Les Hall
Weekly Schedule of Meetings
SUNDAY:
Church School 9:45 a.m.
Morning Worship 10:50 a.m.
Evening Worship 6:00 p.m.
WEDNESDAY:
Bible Study 7:00 p.m.

CHURCH OF CHRIST

Quitaque, Texas
Minister: Delos Johnson
Weekly Schedule of Meetings
SUNDAY:
Morning Worship 10:30 a.m.
Evening Worship 5:00 p.m.
WEDNESDAY:
Bible Study 7:00 p.m.

FIRST BAPTIST CHURCH

Flomot, Texas
Pastor: Nathan Mulden
Weekly Schedule of Meetings
SUNDAY:
Sunday School 10:00 a.m.
Worship Service 11:00 a.m.
Church Training 5:30 p.m.
Worship 6:30 p.m.
WEDNESDAY:
Prayer Meeting 7:30 p.m.

FIRST BAPTIST CHURCH

Quitaque, Texas
Pastor: John W. Hall
Weekly Schedule of Meetings
SUNDAY:
Sunday School 9:30 a.m.
Morning Worship 10:30 a.m.
Training Union 5:00 p.m.
Evening Worship 6:00 p.m.
WEDNESDAY:
Missions Program 5:00 p.m.
Prayer Meeting 6:00 p.m.

JEHOVAH'S WITNESSES

First & Jago
Quitaque, Texas
Weekly Schedule of Meetings
SUNDAY:
Public Meeting 10:00 a.m.
Watchtower Society 11:00 a.m.
FRIDAY:
Congregation Study 7:30 p.m.
Ministry School 8:30 p.m.
Service Meeting 9:15 p.m.

CHURCH OF CHRIST

Flomot
SUNDAY:
Worship 10:30 a.m.

Enter Heritage Essay Contest

Calling all tall Texas Tales: Wolf Brand Chili announces first national Texas Heritage essay contest with Texas Monthly and Justin Boot Company.

Texans have a penchant for anything big, including big trucks, big hair, big Texas pride and even bigger stories. A Texan's knack for telling tales is as common as knowing how to dance the Texas Two-Step or assess the attributes of a good bowl o' red. In fact, some even say the ability to "spin a good yarn" is an unwritten prerequisite to being a native Texan.

To celebrate this time-honored Texas tradition, Wolf Brand Chili, Texas favorite canned chili for 99 years, announces the first annual Wolf Brand chili Texas Heritage Essay Contest—a test of words, wit and wisdom that celebrates the practice of telling tall Texas tales.

Now Put it In Words—

Here's how the contest works. Story tellers 18 years and older are encouraged to pick up a November or December '94 issue of Texas Monthly featuring contest call for entries explaining complete contest rules. Then, con-

test participants are called upon to use their own special flair of Texas humor to highlight or exaggerate some aspect of Texas life in a 500 word or less essay (good thing "Y'all" counts as one!).

Essay subjects are fair game, from Texas history, current events, and famous Texans, to the time your great great grandfather skinned a coon with his bare hands. You name it, anything goes. And, in the true Texas spirit, don't let the truth stand in the way of a good story.

Oh and before we forget, all essays must include the words, "Wolf Brand Chili," at least once (nicely, please, the good folks at Wolf Brand add), mailed to Wolf Brand Chili Texas Heritage Essay Contest, P O Box 941551, Plano, Texas 75094-1551 and postmarked no later than December 31, 1994 so participants can hit the New Year's Eve party circuit.

Contest entries will be judged by a four-member judging panel, including well-known Texas humorist and author Wallace O. Chariton (This Dog'll Hunt, Texas Wit and Wisdom, and numerous other books) and other Texas editors and authors.

One grand prize winner and two runners-up who display creativity, originality and the ability to convey a true sense of Texas heritage will win a trip to Austin for an award presentation on March 2, 1995 (Texas Independence Day, of course!).

Prizes will include \$500 cash and a Texas Hill Country Bed and Breakfast getaway (\$250 value) grand prize, and a pair of authentic Texas-made boots (\$150 value) from Justin Boot Company for the two runners-up. Wolf Brand and Justin figured they could use a good pair—the stories are liable to get pretty deep!

So, c'mon, all you Texans with a tale to tell. Put on your thinking cap (preferably one with a brim) and pen a little of your own Texas lore. After all, simply being a Texan is a statement in itself. Wolf Brand Chili is just giving you the opportunity to express yourself in a contest that could give you that much more to brag about.

Resolution Workout

The American College of Sports Medicine suggests any man more than 40 years old or woman more than 50 years old should undergo a cardiovascular stress test prior to starting a new exercise routine.

Did You Know?

(NAPS)—Bread machines can do a lot more than just bake plain bread, reports Glenna Vance, Consumer Services Administrator at Red Star Yeast & Products.

Dogs and cats can enjoy great gifts from Hartz Mountain.

Innovations in acrylic outerwear fashions are meeting lifestyle demands and providing top sellers in cold weather clothing.

The second annual American Express Corporate Gift Cheques survey revealed that almost one in three employed Americans receive a bonus or other form of cash incentive as part of their on-the-job compensation.

The meeting of two personalities is like the contact of two chemical substances; if there is any reaction, both are transformed. —C. G. Jung

MDA Offers Free Shots

The Muscular Dystrophy Association will again offer free flu shots in Amarillo to people who have any of the 40 neuromuscular diseases in its program. MDA has provided the shots each year for more than 20 years.

The association will pay for flu shots for all those it serves, whether inoculations are administered by personal physicians or by physicians at one of MDA's 240 hospital-affiliated clinics. In Amarillo, the MDA clinic is located at St. Anthony's

Hospital. To contact the local MDA office, call (806) 359-3141.

Beverly Twing, District Director, said, "It's important that patients be protected. Adults as well as children with neuromuscular diseases can be at risk of serious illness if infected by highly-contagious flu viruses."

Throughout the United States and Puerto Rico, MDA provides services and quality health care ranging from diagnosis and support groups to summer camps and assistance in the purchase

of wheelchairs—all at no direct charge.

MDA is a voluntary health agency working to defeat 40 neuromuscular diseases through programs of worldwide research, comprehensive patient and community services, and far-reaching professional and public health education. The Association's programs are funded almost entirely by individual private contributions.

A good marriage is that in which each appoints the other guardian of his solitude.

—Rainer Maria Rilke

Karol's Kountry Korner
Quitaque, TX

AFTER CHRISTMAS SALE

MANY ITEMS 1/2 PRICE

Did You Know?

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If You Drink And Drive Your Time Could Be Up!

Christmascime. Time for celebration. Time for partying. And unfortunately, time for accidents and fatalities on the road.

But what's most unfortunate of all, is that many of these traffic accidents could have been avoided if the drivers had exercised good judgement about alcohol.

That's why we're taking the time out to remind you to use common sense this holiday season. Whether this involves appointing a designated driver, calling a taxi, or hosting an alcohol free gathering of your own, taking a few moments now to plan a safe evening can save a lifetime for you and others.

HAVE A HAPPY AND SAFE HOLIDAY SEASON.
Please Don't Drink And Drive.

This timely message is brought to you by:

110th JUDICIAL DISTRICT

THE PEOPLE WHOSE NAMES APPEAR BELOW SPONSOR THIS MESSAGE WITH THE HOPE OF PROMOTING A BETTER CHRISTIAN COMMUNITY

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Myers-Long Funeral Directors


The Valley Tribune

"Let thine ear now be attentive... that thou mayest hear the prayer of thy servant"

—Nehemiah 1:6

When you need to see your doctor, you must make an appointment; and when you call, you must first talk to his nurse or receptionist. Even then, you might spend a lot of time in the waiting room before he is able to see you. Also, like other people he takes an occasional day off and may even go on an extended vacation. By contrast, when you need to talk to God, you know that He is on call day and night, and that no appointment is necessary. You can speak directly to Him and He is always available to you, even for a house call, because He is everywhere. Moreover, He is already aware of your problems, and He will prescribe the best remedy for you according to His infinite wisdom. You can have a consultation with Him wherever you may be, at your House of Worship or elsewhere. It's called prayer, and He will never be too busy to listen.

ANY TIME YOU DECIDE TO PRAY, GOD IS READY TO LISTEN



CHURCH OF CHRIST
Turkey, Texas
Minister: Stuart Smith
Weekly Schedule Meetings
SUNDAY:
Morning Service10:30 a.m.
Evening Service 5:30 p.m.
WEDNESDAY:
Evening Service.....8:00 p.m.

FIRST BAPTIST CHURCH
Turkey, Texas
Pastor: Melvin Clinton
Weekly Schedule of Meetings
SUNDAY:
Sunday School.....9:45 a.m.
Morning Worship.....11:00 a.m.
Singing.....5:00 p.m.
Training Union.....6:00 p.m.
Evening Worship.....6:00 p.m.
MONDAY:
Women's Missionary Society.....4:00 p.m.
WEDNESDAY:
Prayer Meeting.....8:00 p.m.

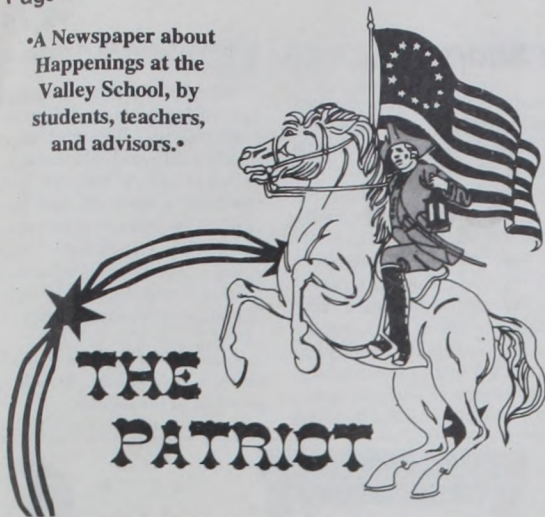
MT. OLIVE BAPTIST CHURCH
Turkey, Texas
Pastor: Samuel Holloway, Plainview, Texas
Weekly Schedule of Meetings
Pastoral Days1st & 3rd Sundays
MONDAY:
Mission.....4:00 p.m.
WEDNESDAY:
Prayer Meeting.....8:00 p.m.

UNITED METHODIST CHURCH
Turkey, Texas
Pastor: Les Hall
Weekly Schedule of Meetings
SUNDAY:
Morning Worship.....9:30 a.m.
Church School.....10:30 a.m.
Evening Worship
1st & 3rd Sundays.....6:00 p.m.
MONDAYS (1st & 3rd):
United Methodist Women.....4:00 p.m.

ST. ELIZABETH ANN SETON CATHOLIC CHURCH
Turkey, Texas
Sister Joyce Blum, F.S.P.A.
SUNDAY:
Sunday School.....11:00 a.m.
Mass.....12:00 p.m.

Fairmont Missionary Baptist Church
Fairmont
Pastor W. J. Richey
SUNDAY:
Worship.....11:00 a.m.

•A Newspaper about Happenings at the Valley School, by students, teachers, and advisors. •



4-H'ers Compete At District

Five 4-H'ers represented Briscoe County at the District 1 4-H Food Show which was held at Caprock High School in Amarillo on Saturday, December 10.

Hannah Boedeker, Valley 4-H club member participated in the Junior Main Dish category with her version of Chicken Ravioli. In the Intermediate Fruits and Vegetables category, Silvertown 4-H club member Katy Hester entered her Cauliflower Bermuda Salad for competition.

Silvertown 4-H club members Carrie Baird, Molly Brooks and Jeremiah Brooks participated in their respective categories in the Senior division. In the Main Dish category, Carrie entered her recipe for Chicken Enchiladas. Molly entered Yellow Squash Gingerbread in the Breads and cereals category; and Jeremiah entered Chewy Oatmeal Fruit Bars in the snacks and desserts category.

All 4-H'ers were recognized for their participation at the District level. Parents accompanying the group for the day were Robin Boedeker and Bena Hester.

Lifestyle Choices Program Offered

by Ronda Alexander

If you're trying to lose a few pounds; eat fewer foods that are high in fat, sugar and salt; or get in shape through regular exercise, the Lifestyle Choices are for you. Developed by the Texas Agricultural Extension Service, the program is now being offered by the Briscoe County Extension Service. The series will begin in January and continue through May. There is no cost to attend the sessions.

Lifestyle Choices focuses on adults who are interested in improving through healthy weight management. The series will consist of 6 lessons on healthy weight management and 12 follow-up support sessions to encourage weight management. The lessons are about one hour each and may be conducted during lunch or after work.

Coronary heart diseases, strokes, high blood pressure, cancer, Type II diabetes, osteoporosis, obesity and atherosclerosis are the leading causes of illness, disability and death in Texans. Additionally, these diseases reduce productivity within the labor force and increase insurance health care costs. Lifestyle choices teach the basic principles of nutrition, food selection, exercise and fitness, ways to modify recipes, menu planning at home and tips for eating "on-the-go."

Valley Jr. FFA Members Attend Swine Show

On Saturday, December 10, 1994 three Valley Jr. FFA members traveled to Abilene to compete in the Big Country Jackpot Swine Show.

Molly Davidson placed first with her Medium weight Cross, she placed second with her Heavy weight Duroc. Cliff Yeary placed third with his Heavy weight York. Macy Davidson also exhibited two Cross pigs at the show.

Zack and Dusty Burson from Silvertown also traveled with the Valley group. Dusty exhibited the second place light weight Hampshire. Zack showed the first place light weight Chester and won Breed Champion Chester.

Horses Featured In AQHA Calendar

Twelve equine members of the American Quarter Horse Hall of Fame are featured in a 1995 wall calendar. The new product is sure to increase awareness of the American Quarter Horse Hall of Fame housed in the American Quarter Horse Heritage Center & Museum, along Interstate 40 at Quarter Horse Drive in Amarillo, Texas, and increase recognition of the already legendary horses.

The calendar features information about the Heritage Center & Museum, the American Quarter Horse Association and its official publications, The Quarter Horse Journal and The Quarter Racing Journal. Each monthly section includes a large photo of a Hall of Fame horse, a short biographical sketch and a full page of roomy date boxes which make the calendar functional as well as attractive. The calendar is printed on heavy stock and shrink-wrapped to insure quality for mailing and gift-giving.

Horses featured include: Wimpy, Leo, Three Bars, King, Old Sorrel, Top Deck, Poco Bueno, Go Man Go, Poco Lena, Depth Charge, Jet Deck and Peter McCue.

To order this first AQHA Collector's Calendar or other AQHA logo merchandise, call Quarter Horse Outfitters, (800) 806/583-8897.

It is his reasonable conversation which mostly frightens us in a madman. Anatole France

Junior High Boys Split With Motley County

by Coach Satterwhite

On December the 19th the Valley Junior High Basketball Teams traveled to Motley County. The Seventh Grade boys defeated the Matadors 36-31 while the Eighth Grade boys fell 34-26.

The Seventh Grade Patriots played one of their best games this season. Everyone contributed to the victory whether scoring, playing good defense, or recording an assist. Chris Price led Patriot scorers with 13, followed by Stephen Ortiz with 9, B. J. Price 8, Morgan Payne 4 and Teal Bennett added 2.

Despite a 20-15 half-time lead the Eighth Grade boys would fall to the Matadors. The Patriots found themselves in foul trouble early in the third quarter and could not play aggressive basketball in the second half. Valley scored only 6 points in the final twelve minutes of the game while Motley County put in 19.

Offensively Cory Chandler poured in 18 points for the Patriots while Vance Lemons added 6 and Michael Silva 2.

Next up for the Patriots will be Spur in Spur on January 9. Games will start at 4:00 p.m.

Boys Beat Paducah

by Coach Satt

On Tuesday, December 20th, Valley traveled to Paducah to take on the Dragons and avenge a loss to Paducah from two weeks earlier. Valley jumped out to a 17-9 first quarter lead and never looked back as they defeated the Dragons 78-58.

Leading the Patriots in scoring was Josh Scoggins with 32 points. Also scoring in double figures was Michael Cruz with 11 points and Alfie Clardy with 10 points.

In the JV game, Valley gave Paducah all they wanted but came up 3 points short in the end, 38-41. Walt Henson scored 13 points and Jeremy Taylor scored 12 for the Patriots.

The Varsity record stands at 10-2 while the JV is currently 1-6.

Advice Social Security Office of Changes

by Manager in Plainview

Do you know that if you receive Supplemental Security Income (SSI), you have a responsibility to report changes in your living arrangements to us? This is not difficult at all. All you need to know is what to report, when to report, and how to report.

The changes in your living arrangements you need to report include:

*If you move or change your address;

*If someone moves into or out of your household, someone in your household dies, or if someone in your household has a baby;

*If you get help with food, utilities, rent, or mortgage; or

*If you enter or leave a residential institution, hospital, skilled nursing facility, nursing home, intermediate care facility, halfway house, jail, prison, public emergency shelter or any other kind of institution; and/or

*If you leave the United States.

You must report a change in your living arrangements within 10 days after the month it happens. You should report a change even if you are late. If you don't report a change, you may miss out on money you need if the change will mean you can get a bigger check, or you may get too much money and have to pay it back.

If you don't report a change or if you make a false statement and get money you aren't supposed to, Social Security will make you pay back any money. You may also have to pay a fine, face imprisonment, or both.

You can make your report by calling Social Security's toll-free number, 1-800-772-1213, from 7 am to 7 pm any business day. The best times to call are later in the week and later in the month to avoid busy telephone lines.

You can also report by mail or in person. If you mail your report, be sure it shows:

*The name of the person the report is about;

*The Social Security number of the person who gets the SSI checks;

*The change being reported;

*The date the change happened; and

*Your signature, address, and phone number.

Nearly 40 percent of all small businesses will be woman-owned by the year 2000 if the current trend continues.

Reasonable arrangements for persons with disabilities will be made, if requested in advance.

For more information or registration contact Ruby Abarca at (806) 743-7462 or 1-800676-1005.

BRISCOE COUNTY CLINIC ASSOCIATION NEEDS YOUR HELP!

Briscoe County Clinic Association is committed to providing you with the finest health care services in a timely and cost effective manner that is responsive to your needs as an individual and as a family. As a result, we would like to ask your help in determining if the community could support a rural health clinic. High Plains Baptist Health Systems in Amarillo is performing a health assessment in the community to determine the feasibility of a clinic.

Please answer this survey, place it in an envelope and mail or hand deliver by January 3, 1995 to:

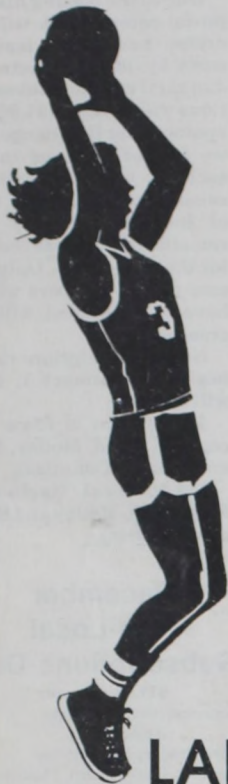
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For Assistance Call ANTHONY KINGERY OR
LYNN FRIZZELL
QUITAQUE CITY HALL
MERRELL FOOD
TURKEY CITY HALL
CC'S VALLEY MARKET
JAMES DAVIDSON

Survey form with sections: Your age (optional), Town, Hospital Emergency Room (ER) Services, All Other Hospital Services, Community Physician Services, and various Likert scale questions (Agree, Disagree, No Opinion).

Advertisement for Dorothy's Plainview Annual Clearance Sale, featuring a woman in a dress and text: 'LADIES DON'T MISS THESE GREAT BUYS ON OUR BIG SALE OF THE YEAR!', 'RETURN WITH US TO THE GOOD OLD DAYS!!', 'Starts Tuesday, January 3 9:30 A.M.', 'A Whole Store Full Of Merchandise To Choose From. Lots & Lots Of Good Buys.', 'Sale Prices You Have To See To Believe', 'Excellent Selection To Choose From', 'Gabriel-Wayland Shopping Center'.

Vertical advertisement on the right edge of the page, partially cut off, mentioning 'The Valley Tribune' and listing names like 'LACY D', 'WEST T', 'SILVER', 'JERRY', 'TURKE', 'GRIFFI', 'PAYNE', 'LIGHTE', 'MYERS', 'MAYFIE', 'JON, LA', '& MARY', 'FRED T', 'LAURA', 'CAPRO', 'JERRY', 'CITY A', 'JACK, DE', 'CITY OF', 'QUITAQ', 'CHARLES', 'PAYMAS'.

VALLEY PATRIOT BASKETBALL



LADY PATRIOTS



KATRINA STEWART



VALARIE HOUSE



HILARY FLOWERS

**DEC. 29-31
GROOM TOURNAMENT
JAN. 3
SILVERTON HERE 4:00**



PATRIOTS

1994-95 VALLEY PATRIOTS BASKETBALL SCHEDULE

DATE	OPPONENT	TIME	SITE	VG	VB	JVG	JVB
Nov. 22	Krasa	4:00	There	X	X	X	X
Nov. 29	Krasa	4:00	Here	X	X	X	X
Dec. 2	Lakeview	6:30	Here	X	X	X	X
Dec. 6	Paducah	4:00	Here	X	X	X	X
Dec. 8,9,10	Valley Tourn.	4:00	Here	X	X	X	X
Dec. 13	Memphis	4:00	There	X	X	X	X
Dec. 16	Patton Springs	6:30	There	X	X	X	X
Dec. 17	Motley Co. JV Tourn.		There			X	X
Dec. 20	Paducah	4:00	There	X	X	X	X
Dec. 29,30,31	Groom Tourn.		There	X	X	X	X
Jan. 3	Silverton	4:00	Here	X	X	X	X
Jan. 5,6,7	Silverton Tourn.		There	X	X	X	X
Jan. 10	Spur	4:00	There	X	X	X	X
Jan. 13	Lorenzo	4:00	Here	X	X	X	X
Jan. 14	Valley JV Tourn.		Here			X	X
Jan. 17	Petersburg	4:00	There	X	X	X	X
Jan. 20	Vernon Northside	5:00	There	X	X	X	X
Jan. 24	Motley Co.	4:00	Here	X	X	X	X
Jan. 27	Spur	4:00	There	X	X	X	X
Jan. 31	Lorenzo	4:00	There	X	X	X	X
Feb. 7	Petersburg	4:00	Here	X	X	X	X
Feb. 10	Open						
Feb. 10	Motley Co.	4:00		X	X	X	X



COY MCKAY



RUSSELL RAMSEY



MICAH STARK

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FIND YOUR WORLD IN THE CLASSIFIEDS

Notice of Sale

NOTICE OF EXECUTION SALE

Notice is hereby given pursuant Rule 647 of the Texas Rules of civil Procedure that I will sell the following real property at execution sale:

Authority by virtue of which the sale is to be made: "Alias" Writ of Execution dated November 8, 1994, issued by the District Clerk of Harris County, Texas, pursuant to a judgment of the 55th District Court of Harris County, Texas, on October 29, 1993, Cause No. 90-63310, in favor of Plaintiff, Lerion Properties, Inc., against Defendant, Harry E. Blair, Jr., for the sum of \$269,554.40, together with post-judgment interest at the rate of ten percent per annum from the date of judgment until paid; plus all cost of said suit.

Time of levy: December 8, 1994.

Time and place of sale: January 3, 1995, between the hours of 10:00 a.m. and 4:00 p.m., at the courthouse door, Briscoe County Courthouse, Silvertown, Texas.

Description of the property to be sold: That portion of Section 24, Block 3, Certificate 2/874, Abstract No. 1175, T & P Ry. Co. Survey, situated in Briscoe County, Texas, containing 230 acres, more or less, generally known as the Blair Ranch.

This Notice of Execution Sale shall be published once a week for three consecutive weeks preceding such sale.

Richard Roehr, Sheriff,
Briscoe County, Texas

FOR SALE

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Call 455-1104. 28 1tc

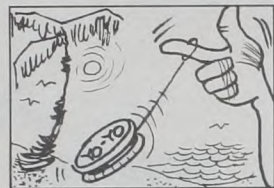
CARD OF THANKS

I would like to send special thanks to everyone who helped the United Methodist Women with the Lions Club Christmas party. We can never repay those of you who give so generously of your time to help us with all of our projects. I would also like to thank all the women of the church who put in hours of thought, preparation, time and labor to make the party a success for the Lions Club. Thank you!

Eunice McFall

WANTED

WILL WHOEVER HAS MY whirlpool borrowed please return it. Weldon Griffin 28 1tc



The yo-yo is said to have originated in the Philippines and means "come-come."

Conserve Water In The Bathroom

by Ronda Alexander
Water Conservation: making the most efficient use of the state's precious water resources. The first step in conserving water is to realize that each of us has an obligation to be water conscious. This means recognizing and participating in the various ways that we can save water.

65% of an individual's water usage is in the home, while 35% occurs outside on the lawn and garden. 49% of home water use occurs in the bathroom. Let's go to the bathroom to take our first step towards water conservation.

Installing a low-flow showerhead is the single most effective conservation step that can be taken inside the home. Taking a shower, instead of a bath will usually save about one-half of the water currently being used in the shower, while still providing a refreshing and cleansing shower.

The second most effective conservation step that can be taken inside the home is the installation of a water displacement device in the toilet. The purpose of this device is to reduce the volume of water used in each flush without affecting the water height in the tank. There are three different types of displacement devices, they include the toilet dam, toilet bag and the plastic bottle.

Toilet dams reduce the amount of water used and save 1/2 to 2 gallons of water per flush. They are available from plumbing supply stores, as are the toilet bags. A displacement bag can also be used in place of a dam and will save between 1.2 and 1 gallon of water per flush. The third device is a plastic bottle which is filled with water and weighed down with a few stones; it will save 1.2 to 1 gallon per flush. The bottle should be placed in the tank so that it will not interfere with the flushing mechanism. Any displacement device used should be checked periodically to make sure the device has not moved out of place. Bricks should not be used in the tank because small pieces can break off and permanently damage the plumbing system.

Stay tuned until next week to learn more ways that you can save water or call the Briscoe County Extension Office.

Hints on Water Conservation

by Ronda Alexander
Outside the Home
35% of household water use goes to the lawn and garden. We are all just as guilty of wasting water outside the home as we are inside, sometimes more so.

Some basic water conservation tips to consider for the lawn and garden are:

*Water during the early morning hours or late evening to reduce evaporation losses

*Avoid watering during high winds or in the heat of the day

*Water only when needed, don't over-water

*Use a sprinkler that throws large droplets to reduce evaporation losses

*Water slowly for better absorption

*Don't water the street or sidewalk, it won't grow

*Don't sweep walkways with a water hose, use a broom

Make plans now to attend the "Conserve Our Water", water conservation program on November 28, to learn more ways that you can conserve water. If you have an idea for conserving water, write it down and enter it in the contest sponsored by the Executive Board of the Briscoe County Extension Program Council. Categories include: a youth essay contest, home use, agriculture management practices, and lawn/garden management practices. All entries are due to the Extension Office by November 23. For more information, please call 823-2131, ext. 12.

Inside the Home

Have you ever thought about how much water you use per day? Or how much you waste per day? I am sure that if each of us looked at our daily water usage, we would see many ways that it could be conserved.

The average person uses between 123 and 176 gallons of water per day. 2-7 gallons of water are used to flush a commode and 2 gallons are used to brush your teeth. Believe it or not but a dishwasher actually uses less water than hand washing.

The following are some very simple ways to cut down on water usage in the home. I hope that you'll try some of them. *Repair all leaky faucets; a slow drip of 100 drips per minute will waste up to 360 gallons per month

*Keep a container of drinking water in the refrigerator

*Run the washing machine and dishwasher only when full

*Do not use the toilet to dispose of trash

*Install a low-flood showerhead that restricts the flow of water

Water is used in many ways: from processing food to making plastic and processing steel. As our water supply lessens, there may be some things that we have to learn to do without. It is up to each of us to start conserving now.

Conserving Water In The Kitchen

by Ronda Alexander
Water conservation must begin with each individual. Even just a 10 to 15% reduction in personal water use can save Texas water and sewer rate payers, billions of dollars over the next 50 years. The effort to conserve must begin now!

There are numerous ways to conserve water in the kitchen, most of them are just small changes in how we do things. Never run the dishwasher without a full load. This practice will save water, energy, detergent and money. Using a pan of water or placing the stopper in the sink for rinsing pots, pans and cooking utensils, rather than leaving the faucet running will also help save water. Try keeping a container of drinking water in the refrigerator. Running water from the tap until it is cool is wasteful. Better still, both water and energy can be saved by keeping cold water in a picnic jug on a kitchen counter to avoid opening the refrigerator door frequently. Use a small pan of water for cleaning vegetables, rather than letting the water run over them. Consider using a small amount of water in the pot with a lid on it for cooking most food. Not only will this method save water, but food is more nutritious since vitamins and minerals are not poured down the drain with the extra cooking water.

Always keep water conservation in mind, and think of other ways to save in the kitchen. Small kitchen saving from not making too much coffee or letting ice cubes melt in a sink can add up in a year's time.

Manners are like the cypher in arithmetic—they may not be much in themselves, but they are capable of adding a great deal to the value of everything else.

—Freya Stark

Subscription Rates For Valley Tribune To Go Up In 1995

Due to the coming hike in postal rates, which will increase newspaper mailing costs by 14%, beginning in January, rates for subscriptions will be raised \$1.00. We apologize for the change, but we cannot continue to absorb the increases without raising our rates as well. Cost of individual papers will remain the same—35 cents—for the time being. Only the cost of those papers which have to be mailed will increase.

New subscription rates, beginning January 1, 1995, will be:

\$18—all out of town (except for Floyd, Motley, Hall and Briscoe Counties);

\$15.00 local (including Floyd, Hall, Motley and Briscoe Counties).

December Non-Local Subscriptions Due

\$17.00 per year
American Cancer Society, Amarillo

Rick Braden, Nacogdoches
Caprock-Plains FLBA, Plainview
James Elkins, Garland
Ike Ferguson, Graham
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Karen Wells, Amarillo
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Local December Subscriptions Due

\$14.00 per year

Jackie Barker
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Clinton Pigg
Barbara Reed
Barbara Saul
Glenn Smith, Silvertown
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The ancient Inca Indians of Peru used knots to keep records of sums and figures.

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