Mre. Loalia O.Burno 10902 Van Ruition Norwelk, Oalle. 90650

# $\mathscr{T}_{h e}$ <br> $\mathscr{V}$ alley 

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T:| MEmaER |
| :---: |
| 1305 | TEXAS PRESS ASSOCIATION

## Eleven Inches of Snow Estimated Falling in Valley

According to City Secretary James Brunson, the Valley has received approximately eleven inches of snow and a total of 1.60 inches of moisture.
The last moisture that Quita-

## Snow, Snow, Snow

Who said we wouldn't have any snow this winter? Well, we Snow be
Snow began falling Friday and has melted some and fallen again some persons estimated that we some persons estimated that we 12 inches in all in Turkey. Temperatures have turkey. very low also. There were reports of 10 degrees below zero in the early morning hours Tuesday.

The moisture will be good for the country, so maybe we can all endure the discomforts of the cold and the snow, and later on the slush.

## Conner is Guest <br> Speaker for Turkey <br> Fire Department

Elgin Conner was guest speak er at the last Turkey Volunteer Fire Department meeting. He spoke on fire insurance coverage and how fire insurance rates are Insurance. He explained in detail why cities have different rates and things that influence the change in the rates. The information was interesting and very educational to the department members. The department wants to thank Elgin for his time and speech.
The Turkey Fire Department is trying to begin an Emergency Care Attendant class. The ECA course consists of forty hours of class work in bandaging, splinting, oxygen equipment operation, taking vital signs, ambulance operation, CPR and other ques. After completing the ques. After completing the student will become a certified Emergency Care Attendant.
If enough citizens are intere ed, an instructor can come for three hours for two nights a week or four hours two nights a week, or eight hours on Saturdays. The cost will be the instructor's fee, which is set by the instructor, and a $\$ 12.50$ state certification fee.
Fire Department members will be waived of the state ertification fee
The department is encourato take the class. Everyone in
que had received, before the snow began falling, was Decemsnow began falling, was December 12, 1985. Although the deeper underground moisture was fine, about two or three hard to do much with.
The rain began falling early Wednesday morning of last week and the editor was in Plainview on business when the rain turned

## Turkey Fire <br> Department Elects

## New Officers

At a recent meeting of the Turkey Volunteer Fire Department, new officers were elected for 1986. They are LaVon Gafford, fire chief; Ray Calvert, assistant; Doyle Proctor, president; Rex Fuston, vice-presiand secretary-treasurer; Danny Stewart, hose captain No. 1; Jim Weeks, hose captain No. 2; Smitty Guest, fire police No. 1; Frank Lane, fire police No. 2; Jerry Bob Smith, reporter, and Mack Seymour, tail twister.

Mr. and Mrs. Jack Moon of Borger visited in the home of his sister, Mr. and Mrs. Allen til Thursday of last week unWednursday of last week. On Mr. and Mrs. Jack Starkey of Flomot came for a visit.

Mr. and Mrs. Keith Green left Saturday for Amarillo to attend the Amarillo Hardware Show at the Civic Center. They stopped enroute at Canyon to visit with James and Tammy Green and since the weather turned so bad they did not try to go on to
Amarillo, and returned to TurAmarillo, and returned to Tur-
key on Monday. key on Monday

## NEW ARRIVAL

Mr. and Mrs. Felix Villarreal of Turkey are the proud parents of a baby girl born Friday, February 7, at Lockney General Hospital. She has been given the name of Amanda. She weighed 7 lbs. $61 / 2$ ozs., and has a brother Jason, who is three years old Grandparents are Mr . and and Mr. and Mrs. Octavio Trevino of Silverton.

Turkey and surrounding comTurkey and surrounding com-
munities interested in taking the class may contact Turkey City Hall. If enough people are interested, there will be more information published in a later article.
o snow about noon. When she arrived back in Quitaque, it was still raining, but about $4: 00 \mathrm{p} . \mathrm{m}$. The ground was so warm from. such a warm January that the snow melted as it fell all day Wednesday, all night Wednesday Wednesday, all night Wednesday of the week until Saturday night when an accumulation of two nches was deposited on the ground. Sunday was cold and cloudy, but Sunday night another five inches of beautiful snow covered the ground. It snowed intermittently all day Monday, melting as it fell.
As we go to press Tuesday morning, the sun is shining brightly, but the temperature Monday night was zero degrees much melting today.

## Volleyball Tourney <br> Set For March 6-8

A Volleyball Tournament will be held March 6-7-8 at the Matador Gym on the weekend of
March 6-7-8. Deadline for the entries will be March 1 .
The proceeds from this tournament will be used to defray expenses when the Wagon Train comes through Motley County as a part of the Sesquicentennial for Texas.
For more information, contact Rickey Lawrence. Call (806) $348-7546$ or night (806) 348-7576.

Dennis Farley is working out of Amarillo with the railroad at present. His wife and children joined him to spend the weekend with Mr. and Mrs. Larry Farley and family. They were stranded due to the heavy snow and Larry accompanied them back to Quitaque in his four-wheel drive vehicle to get Mrs. Farley and the children home for school Monday. The weather was so bad Monday that Valley didn't have
school. Mr. a
Mr. and Mrs. Dale Ramsey and children were in Amarillo visiting Mr. and Mrs. Johnny Chadwick and children, and they were family. They all made it home fine and Larry returned to Amarillo.

There is no tree at traditional Greek Christmas celebraGreek Christmas celebra wrapped with herbs is kept in a bowl to protect the house from prankster goblins.

## Valley Teams Cinch District Titles

The Valley basketball teams, both boys and girls, cinched the Hedley there Tuesday
The girls will play Happy in a bi-district match Thursday, Feb-

## With the Sick

Mrs. Elgin (Ruth Ann) Conner was taken to Lockney Hospital early Saturday morning, according to report. She was transierLubbock Thosdist hospital in Quitack She underwent surgery there Tuesday

Mary Ellen McCracken mains in intensive care at Lubbock General Hospital, and her sister-in-law, Mrs. Leon McCracken, reports her condition remains about the same.

Mrs. Thetis Rogers was to be transferred from Lubbock General Hospital back to the nursing home where she resides early his week.

Mr. and Mrs. Guy Smith are reported to be doing well at St. Mary's Hospital in Lubbock, according to Steve McClean of the Turkey Church of Christ Sunday Mr Smith had surgery and Mrs, Smith is being treated for a heart ailment. They were scheduled to return home as soon as the weather permits, if all goes well.

Chad Calvert was injured in a three wheeler accident in Turkey last week. He was taken to the Memphis hospital and later he began to have double vision and severe headaches, so was transferred by Turkey ambulance to High Plains Baptist Hospital in Amarilo. He was treated and has son of Ray and Wanda Calvert.

Loetta Ferguson became ill Wednesday morning and was taken by Turkey ambulance to Central Plains Hospital in Plainview where she was treated and released. She is reported to be doing well at this time.

Mrs. Tom Salem was taken by Turkey ambulance to Hall Couny Hospital in Memphis Sunday morning about 11:30. When Cindy and Frank Lane delivered papers had not been picked up. They called Hal and Janet House, and they went over and had to break down the door to enter. They found Mrs. Salem on the floor by her bed where she had
ruary 13 , at the West Texas Field House in Canyon. Game time is $7: 00 \mathrm{p} . \mathrm{m}$
The Valley
The Valley boys played Roby in a practice game at Spur Friday, February 7. Valley was
victorious in this match, 62.53 . Score by quarters was 18-10, $29-18,40-32$ and $62-53$. High scorers were Will Williams with 22 and Kirk Saul with 21.
A warm-up game for Valley boys is scheduled for Saturday, February 15, with River Road of Amarillo in Canyon. Game time is $3: 00$ p.m.
The boys bi-district opponent has not been determined at this time.

## Sweet Potatoes,

Peanuts Donated

## To Boys Ranch

Two young men from Cal Farley's Boys Ranch came to Turkey last Wednesday and got Ronald Mullin and Rick Fuston donated approximately 40 bushels of sweet potatoes, and E. J. Browning donated three large sacks of peanuts.

## Chandler Announces

## For Commissioner

J. L. (Jack) Chandler authorized the Valley Tribune to announce he is a candidate for Commissioner of Precinct 2 of Briscoe County, subject to action of the May 1986 Primary of the Democratic Party.
In his statement to the Valley Tribune, Chandler made the following statement: "I will do my best to represent you fairly
and honestly. I will appreciate and honestly. I will appreciate 1986 Primary. I will contact each of you personally between now and that time if at all possible."

Mr. and Mrs. Ralph Carter attended the funeral services for Frank Jones in Lockney on Friday of last week. Mr. Jones was a brother-in-law of Ralph.
fallen possibly Thursday night, and was unable to get up. She is reported to be doing well at this time.
Mrs. Gene Fuston received word Friday that her father's condition had grown worse and
that he was being taken to St. Anthony's Hospital in Amarillo. He is J. D. Anderson of Dimmitt. She has been at his bedside since that time. He was scheduled to have surgery about the middle of the week, it was reported.

Mr. Jones died Wednesday at 5:25 p.m. at Plains Convalescent Center in Plainview
Born December 4, 1898 in Wise County, he moved to Floyd County as a teenager and was a farmer by profession. He married Hazel Orr October 11, 1938 in Amarillo. He was a member of the Church of Christ.
Survivors include his wife; one son, F. G. of Plainview; three daughters, Flora Lee Jack of Lockney, Laveta Morren of Floy dada and Othelia Clark of Amarillo; two step-daughters, Lynna Wavis of Del Rio and Wanda four orandehildren and 14 great four grandchildren and 14 great
Mr. Jones wa of Ralph Carter of brother-in-law of Ralph Carter of Quitaque.

## JAMES BAKER

James S. Baker, 72, retired Jayton farmer, died January 29 at an Abilene hospital.

Funeral services were conduc 2:00 Church in Jayton with Rev Truett Kuenstler and Rev Den nis Teeters officiating.
A Fisher County native, he was a resident of Fisher and Kent counties all his life. He was a World War II veteran and a member of First Baptist Church in Jayton.
Survivors include his wife, Christine White Baker, Jayton: four sons, Charles Ray Baker Snyder, James D. Baker, Can yon, Phillip Wayne Baker, Tye and Joe Bob Baker, Merkel; four daughters, Mary E. Pigg, Quitaque, Linda Jay Conaway, Can yon, Debbie Kay Gray, Shreve


Familiar
Fragrances

## Unfamiliar Prices

The
INTELLIGENT ALTERNATIVE
Donna Stark 455-1260
here in 1958. She attended college in Denton and met her husband there. They were mar ried in 1961. He taught school in several places before going as superintendent to a large consol
dated school in Lovelady. Mrs dated school in Lovelady. Mrs. their two youngest children attend school there.
She is survived by four children, Sherry Cross of near Trini dad, Brad of Denton, Don and Sandy of the home; two grand children; two aunts, Clema John son of Turkey and Ellen Smith of Memphis; and several cousins, among whom are Mrs. Smith Guest of Turkey; also her father Vernor Bradshaw Care Center in Lockney, and near Dallas. Mr. and Mrs. Elsom near visited her father on Sunday had visited her
February 2 .
Mr. Elsom is survived by his parents
brothers.

FRANK JONE
Funeral services for Frank Funeral services for Frank
Garner Jones, 87, were conducted at $3: 00$ p.m. Friday, Febru ary 7, at the Third and College Church of Christ with Frank Duckworth, minister, officiating Burial was in the Lockney Cemetery by Moore-Rose Funer al Home.

## Farley's Flawers \& Uariety

Flowers Express What Canno

Be Said
Wendell - Roberta - Johnnie - Judy 455-1410

Quitoque

## JAMES S. VAUGHAN, DDS and Staff

Are Pleased to Announce
We Have Moved to Our New Office at 1644 N. 18th
Memphis, Texas
South of Hospital, directly across from Stevenson Clinic Phone 806-259-3291
port, Louisiana and Barbara L.
port, Louisiana and Barbara L.
Weatherholt, Amarillo; two broWeatherhoit, Amarilo; two bro-
thers, Charles Baker, Dallas, and Bob R. Baker, Forney; three Bob R. Baker, Forney; three
sisters, Emma Jo Baker, Rotan, sisters, Emma Jo Baker, Rotan,
Essie Copland, Mineral Wells, and Ellen Gregory, Dallas; and ten grandchildren.
Burial was in the Jayton Cemetery under direction of Weathersbee Funeral Home of Rotan.

Mr. and Mrs. Lynn Ray Smith and her mother, Mrs. Johnson, of Lockney were guests for lunch Sunday with Mr. and Mrs. Ralph Carter. Mr. Smith spoke at both services of the local Church of Christ. Sunday was the regular day for J. D. Nance of Rock Elgin Conner, but Mr. and Mrs. Elgin Conner, but Mr. and Mrs. a group in Old Mexico.

Mr. and Mrs. Dick Taylor were in Amarillo Tuesday of last week for her regular checkup on the

THURSDAY, FEBRUARY 13,1986
leg that was broken in Septem ber. She has graduated from crutches to a walker now and can put more weight on the leg. she reports. She says healing well. Her leg was splintered in a fall and it has ween very slow to heal.


A Christmas poster can be created with construction paper and cutouts from old
Christmas cards. Let your imagination dictate the picture

Tired of peeling carrots? Drop them into boiling water. Let stand five minutes then drop
them in cold water. The skin should slip right off.

## 0/0/07070

Box 278
Turkey, Texas 79261
Phone: 423-1459
Box 418
Quitaque, Texas 79255 Phone: $455-1100$

CONNER INSURANCE AGENCY
Elgin, Ruth Ann, Jana and Brenda
Striving to Serve You Better


THURSDAY, FEBBUARY 13,1986 Do You Remember . from the files of The Turkey Eaterprise February 7, 1940-Mr. and Br. Bun Farley and family and Ha. Hannah Cagle were in lainview Sunday $\ldots$ is attendmenette Barnhill who is attendcollege in Canyon spent the ing college in cith her parents, weekend here J. E. Barrhill . . . A Mr. and Mrs. birthday part 31 , in honor of little Miss Vernaleta Bradshaw's sixth birthday. The party was given in the home of her parents, Mr. and Mrs. Vernor Bradshaw. Guests were Ronald and Donald Lacy, Janice and Sherrod Arnold Claudia Lane, Judy Clay, Bettye Lynn Chandler, Jarrell Rice, June and Sandra Wilson, Jo Beth Lusk, Frances Cowart, Rebecca Holcomb, Hilda Gay MeKay Anita Sue Smith, Paulette Meacham, Caroline Whittington and Gary Johnson...... B. Castleberry and Mr. and Mrs. Howard Castleberry and Chan visted relatives in Quilaque Sunday .......r. and Mrs. J. R. Nall and daughter, Erma Lorene and Jeanetle Meacham visited with Mr. and Mrs. ©ne Nan? Saturday and Sunday on the Mrs. Ranch near Midand ... Mrs. visited Mr. and Mrs. D. C. Powell ver the weekend . Pf. Burl over the weekend ... Pic. Burl Paducah visiting Neilon Majors Miss Lorene Richardson and Miss Edna Shannon spent the weekend in Memphis with Edna's parents, Mr. and Mrs. Joe Shannon
rebruary 14, 1946-Gus Eudy driving Lewis Eudy's gasoline transport, figured in a highway crash early Wednesday morning near Quanah. The truck driven cus and another truck crashed during the slippery weather. Neither driver was seriousty injured . . . Mr. and Mrs. Doc Wliams are the proud Thurscay a baby girl born Stanley Hospitalury 8, at the young ladgta in Matador. The young lady has been named Mrs. E. B Br. Auorey and Matador Friday were in Bradshaw went to .. Vernor Plainview on busine tulia and - Mr. and Mrs. Bill Guesday children spent Sundey west and and Mrs. Dan Gibson with Mr. ran Gibson.



QQ:Q:QQ

## Do You Remember from the files of

## The Turkey Enterprise

 February 7, 1946-Mr. and Mrs. Bun Farley and family and Mrs. Hannah Cagle were inPlainview Sunday Plainview Sunday
Jeanette Barnhill who is attend Jeanette Barnhill who is attend-
ing college in Canyon spent the ing college in Canyon spent the
weekend here with her parents, weekend here with her parents,
Mr. and Mrs. J. E. Barnhill...A A birthday party was given Thursday, January 31, in honor of little Miss Vernaleta Bradshaw's sixth birthday. The party was given in the home of her parents, Mr. and
Mrs. Vernor Bradshaw. Guests were Ronald and Donald Lacy Janice and Sherrod Arnold, Janice and Sherrod Arnold, Claudia Lane, Judy Clay, Bettye Lynn Chandier, Jarrell Rice, Lusk, Frances Cowart, Rebecca Holcomb, Hilda Gay McKay, Anita Sue Smith, Paulette Mea cham, Caroline Whittington and Gary Johnson . . . Mr. and Mrs. J. B. Castleberry and Mr. and Mrs. Howard Castleberry and Chan visited relatives in Quitaque Sunday ... Mr. and Mrs. J. R. Nall and daughter, Erma Lorene and Jeanette Meacham visited with Mr. and Mrs. Olie Nal Saturday and Sunday on the Mrs Audrey williams of Memphis Audrey Williams of Memphis
visited Mr. and Mrs. D. C. Powell visited Mr. and Mrs. D. C. Powell Robison spent last week in Paducah visiting Neilon Majors. .. Miss Lorene Richardson and Miss Edna Shannon spent the weekend in Memphis with Edna's parents, Mr. and Mrs. Joe Shannon.
February 14, 1946-Gus Eudy driving Lewis Eudy's gasoline transport, figured in a highway crash early Wednesday morning near Quanah. The truck driven by Gus and another truck crashed during the sippery weather. Neither seriously seriously injum. Mr. and parents of a baby the prour Thursday, February 8, at the Stanley Hospital in Matador. The young lady has been named young lady has been named
Bridget.... Mrs. Aubrey and Mrs. E. B. Baisden were in Matador Friday . . . Verno Bradshaw went to Tulia and Plainview on business Tuesday Mr. and Mrs. Bill Guest and children spent Sunday with Mr and Mrs. Dan Gibson

A fruit Ay's eye has many tiny
lenses. Each lens sees only lenses. Each lens sees only what is directly in front of it.


Do Dr Susan Schiffman Taste When it comes to questions of taste, do you have the an.
swers? Here's a quiz that swers? Here's a quiz that
may wet your appetite to learn more:


1. People who prefer crunch as opposed to smooth food items may be unconsciously enting frustration. a) True 2. As
2. As people grow older
hey 're more likely to try new foods a) True b) False 3. The preference for diet beverages in the United States
is much higher than it is much higher than it was 4. The flavors of many foods, like chocolate, coffee roasted nuts and some fruits are perceived through smell hot taste. a) True b) False Answers. 1. (a) Some studies Generally, when people pre fer smooth-textured food, it means they are feeling good about themselves and the world. 2. (a) They are more
willing to experiment with willing to experiment with children who find something they like and stick to it. 3 . (a) Until now, diet beverages have been desired by a wide number of people in this country, but they just haven
tasted right. Now we have NutraSweet Brand Sweeten. er Blend, a sweetener which ${ }^{15}$ used in popular diet colas, such as new, improved Diet
Pepsi It astes Pepsi. It tastes delicious and
has only one calorie 4. Wedistinguish between raspberry and strawberry pri marily through sense of smell, not taste; without their distinctive odors, they'd tast much alike.
Dr
Susan
Dr Susan Schiffman is
Medical Psychologist. Duke University and taste consul. ${ }^{\text {tant on new. improved Diet }}$
YOUR FLOWERS NTAND PLANTS 210 Helpful Hints

By Merlin Olsen
Flowers are wonderful things to give, receive and buy for ourselves, but lots of us have trouble making them last as long as we'd like. FTD florists suggest helpful ideas.
The most popular flow

VALLEY CLEAN LAUNDRY Main Street In Quitaque Coin Operated
Rayford Hewett, Owner-Manage
Quitaque, Texas

## B. J.'s BEAUTY SHOP

 Open Tuesday-Saturday Your Business Appreciated Redken ProductsBarbara Mayfield, owner 455-1370 (home) 55-1305 (shop)

6 Types of Candy 6 Flavors of Peanuts Honey, Peanut Butter
Gift Baskets
Gitt Baskets
BROWNING PEANUT PATCH Turkey, Texas 23-1436

## This Bank <br> Will Be Closed Monday, February 17 in observance of PRESIDENTS' DAY

Please arrange your banking business so you will not be inconvenienced by this closing.

gift is an arrangement of mixed cut flowers in a vase,
so let's talk
 type of bouquet
first first.
Arrangements
hould be washould be wa-
tered daily with tepid water, not too hot and not Olsen too cold. They should be displayed in a cool
place, out of sunlight but not place, out of sunlight but not
in drafts, either. The top of the TV set is a bad place to put flowers because it gives off heat even when it's not on. Ledges and sills near heating and air conditionin
should be avoided

## should be avoide Some flowers

Some flowers in arrange-
ments may droop before others and should be removed immediately so they don't
affect the rest of the blooms affect the rest of the blooms.
Still another way to exStill another way to ex-
tend the life of cut flowers is to add a preservative to the water. Packets of commercial preservative are available from florists at low cost. You also can use sugar - a table-
spoon to a quart of water Aspirin dissolved in water. contrary to what you may have heard, isn't much help at all. As one flarist said, we rec-


On the average, a city dog lives longer than a country dog-eleven years compared to eight

$$
\begin{aligned}
& \text { TAX RETURNS } \\
& \text { DONNA STARK } \\
& \text { Participating in the } 1985 \text { General Practitioners } \\
& \text { Workshop, sponsored by the } \\
& \text { Texas Board of Accounting }
\end{aligned}
$$

## Holistic Wellness Service

 Box 367The Superintendent's Corner

## by Wilburn Leeper

One time each year the State Property Tax Board (SPTB) estimates the total taxable value of all property within each school district. The information derived from the estimate is used by the Texas Education Agency to figure the distribution of state education aid to local school districts.
In Texas, allocations of state aid are based, in part, on the
wealth of a school district in wealth of a school district in tricts. The figures from the reported SPTB values are very reported
important and school districts have been given the right to protest if the estimated values seem to be incorrect.
Taxable property values in Texas are developed into eleven property classifications. Categories of property range to include residential property, lots, acre age, commercial, minerals, and other tangible types of property. The largest category in the Turkey-Quitaque district is iden-

THE VALLEY TRIBUNE
tified as land or acreage, followed by single-family residences.
by single-family residences.
Other properties in large amounts in the school district ounts in the school district
include utilities, commercial property, and farm and ranch improvements.
Total market values for the Turkey-Quitaque ISD, according to the Property Tax Board, is $\$ 75$ million. The local appraisal district valued the property within the school district at $\$ 64$ million or $86 \%$ of actual market value. The report from SPTB last year showed the comparison to be $82 \%$ ratio, placing the school district closer to the goal of
$100 \%$. The Property Tax Board values the taxable Tax Board within the district at $\$ 41$ million while the appraisal district valued the same property at $\$ 34$ million. The school district values taxable property at $83 \%$ of what it is valued by the state. Eightythree percent appears to be above the state average. State education aid is based upon state property values.
The SPTB figures show a decrease of $\$ 30$ million in the value of land in the school district. The decrease is due in part to a reduction of "net return
to land" through the loss of productivity over the past five productivity over the past five market value, but rather on the productivity of the land. The productivity of the land. The district is $\$ 49$ million but only a value of $\$ 16$ million is taxed.
Other than loss of property value due to land productivity, the school district property values are reduced $\$ 1.4$ million for other exemptions. State homestead, veterans, and over 65 homestead account for the $\$ 1.4$ million.
The Valley School Board has called an election to be held April 5 to elect two members to the Board of Trustees. Current members who are completing their terms of office are Jarrell Rice and Jerry Morgan. Morgan has served on the board four years The terms of service by Morgan and Rice are greatly appreciated. Anyone wishing to become a candidate for school trustee may file at the school business office. The deadline for filing is March 5 .
The next student holiday is
scheduled for March 6-7-10.

March 5 originally was scheduled to be a teacher in-service day but 10 date.

The following is an excerpt taken from the school district Discipline Management Plan concerning the range of disciplinary actions available to the school for serious first offenses: Student guilty of serious first offenses may be placed in an alternative education program (as opposed to expulsion) including home-bas ed instruction, for any period of time up to and including the end of the semester. A student may
be expelled for assault on first be expelled If the serious first offense occurs in the last grading period of a semester the removal may extend to the end of the following semester. Subsequent serious offenses of other violations of the code of conduct can result in expulsion.

The day lost due to bad weather will be made up March 31. This will shorten the Easter holiday to a three-day weekend.
Hummingbirds are the onl birds that can fly backwards.

## February's Birthstone is the Amethyst

## February Specials

 Save up to 65\% below normal retail!

## SHAPE UTI HOW TO CONTROL YOUR WEIGHT

man Triathlo Millie Brown Even athletes have to watch weight down. Here's the unstructured food plan that works for me. If your doctor says OK, maybe you'll find weight too:

- Eat a diet that's 50 to 65 percent complex carbohydrates (fruits, vegetables, है
 who
15
cen
and
per whole grains
15 to 20 pe
cent protein and 20 to these satuBrown these satucarbohydrates and fats act as fuel, while the protein re places and builds body tissue.
$\bullet$ - Hav
- Have six small meals or snacks throughout the day find this keeps my body fueled with food for energy without overworking my diestive system, which makes me feel tired and sluggish. fing herbs and spices for flavor.
- Make sure you have a good scale so you can know with certainty how you're doing. I ake my Norelco digital scale along whenever I travel for mportant to have a weight measurement I can trust. - Drink six to eight glasses of water a day. Often we fee hungry when we are reall ust thirsty
amin and mineral upplements in case each balanced.
balanced. - Stay away from fad diets. -1 reward myself for eating by occasionally having a sweet or dessert-home-made only!

Good News Department
Kany communities save using a series of holding la goons lined with Hot Mix As phalt to treat sewage by aera-
tion This saves them the exion. This saves them the ex pense of a $\$ 500,000$ tertiar
treatment facility and as sociated costly chemicals.


Asphalt is also used as a Asphalt is also used as a
iner for landfills. It's not porous like clay and, unlike fab rics, is relatively puncture proof
Examples of major landfills lined with Hot Mix Asphal can be found in Pennsylvania It has been used extensivel here for more than ten years According to the National As
phalt Pavement Association no other material can match the unique combination of its properties in strength, dura bility, flexibility, resistance and pollutants. and its impermeability.



PAGE SIX
The first human cannonbalf act was performed in Londo back in 1877 by Zazel, billed as "the beautiful lady fired
from a monstrous cannon." She did her act every day for two years without mishap and earned about $\$ 600$ a week.

## SWEETHEABT Food Savings

Specials for February 14-15
BLUE
-MEAT MARKET SPECIALS-
Bone-In

| ROUND STEAK lb. | \$1.79 |
| :---: | :---: |
| Boneless Fully Cooked HAM SLICES | \$2.69 |
| 16 oz. pkg. Oscar Meyer WIENERS | \$1.69 |
| Boneless Roast <br> SIRLOIN TIP | \$2.39 |
| 12 oz. pkg. Hormel <br> LIL SIZZLERS | 99 c |
| $\qquad$ <br> -GROCERY SPECIALS <br> 15 oz . can Regular/Hot HORMEL CHILI ea. | 99 c |
| 6 pak 12 oz. cans Reg/Diet COCA-COLA <br> DR. PEPPER | \$1.79 |
| 16 oz. can Del Comte CUT GREEN BEANS | 49c |
| 1H pkg. Reg/Unsalted Keebler ZESTA CRACKERS (Reg. \$1.40) ea. | 89 c |
| Big Roll Reg/Decorated SCOTT TOWELS | 79c |

Fresh Combination/Pepperoni
EXPRESS DELUXE PIZZA
2 for $\$ 4.99$
2\# jar Welch

| GRAPE JELLY | ea. | $\mathbf{\$ 1 . 4 9}$ |
| :--- | :---: | :---: |
| $\begin{array}{l}\text { Plastic jug Rich and Ready Boden }\end{array}$ |  |  |
| ORANGE DRINK | $\$ 1.29$ |  |

$141 / 2$ oz. can Hunt's
WHOLE TOMATOES
32 oz . bottle Blackburn's
CRYSTAL WHITE SYRUP
ea.
59c
ea.
$\$ 1.19$
42 oz . Regular/Scented (25c off label)
GIANT TIDE
ea.
$\$ 2.19$
-FRESH PRODUCE SPECIALS-

## South American

NECTARINES
lb.
1\# cello bag
ROASTED PEANUTS ea. 89c
Central America Del Monte
GOLDEN BANANAS
3\#
YELLOW ONIONS

## lb.

 $\frac{99 c}{15 c}$C \& L FOOD
Turkey, Texas

## THE VALLEY TRIBLN

## Texas Agriculture Abundance, But No Prosperity

Communications Speciali Texas Agricultural Extension Service
Texas farmers and ranchers will look back at 1985 with mixed motions. It was a year marked prosperity.
Abundance came by virtue of rood crop yields resulting from good weather-timely rains for the most part and no major losses from hailstorms, hurricanes or similar wraths of nature.
Mother Nature generally was the farmer's ally in 1985. It was this ally that probably got a lot of
farmers and ranchers through the year because little else went right for them. While they "put their shoulder to the wheel" and produced in abundance, the rewards they reaped were minis-cule-barely enough to eke out a living and to keep them in business for another year. It was all the result of an agricultural economy gone bad.
Many Texas farmers farmed for the last time in 1985. Caught up in dire financial straits, an estimated 2,700 were forced out of farming. This compares to some 1,364 farm and ranch 1983 and that shut down in closed down in 1984.
While receipts from agriculturWhile receipts from agricultur1984 levels due to the large crops, profits again tumbled because of continued high production costs. Net farm profits in Texas will likely be down 25 to 30 percent from the $\$ 2$ billion level of 1984.
1985 Predicted as "Tough
Economists had predicted at the beginning of the year that things would be tough on the arm front during 1985-and the culprit was large surpluses of furm was large surpluses that's been nagging at this country's agricultural a for a number of years.
In past years, however, there often had been an outlet for these large supplies of farm produce-the export market. Alas, farmers have looked over seas to solve their marketing problems. Slowly but surely however, these markets have faded due to a number of factors including trade policies, the strong U. S. dollar abroa and ncreased agricultur in other countries.
Farmers faced the realities of the marketplace going into 1985 hoping something would happe ment programs for some com modities offered a little help providing an opportunity for armers to sell a crop to the overnment (loan p offering deficiency payments (target price minus loan rate

Bountiful Harvests
As the year progressed, farmers began to reap bountifu Gilley and then northward over alley and then northward over Cotton
Cotton yields in the Valley age of about 600 pounds of lint per acre-and yields of three bales per acre on irrigated cotto were common in the Uvalde area
A lot of cotton over the state little excitement, with many facors playing a part. shy away from beef and turned to the more plentifu' and cheaper poultry. (Currently, beef is $\$ 1.50$ o $\$ 2.00$ per pound higher than poultry.) This decline in beef demand forced prices lower ghter.
In the wake of low prices and Ineap grain, feediot operators before toving the longer hoping prices would improve.

## THURSDAY, FEBRUARY 13,1986

This pushed animals past their prime slaughter weights, resulting in overfinished carcasses and price discounts. Beef supplies normal animals moved to slangter In addition, catted to slanglow prices, continued to trim their herds. This brought more their herds. This brought more further adding to the supply problem.

A Late Cattle Rally
The 1985 cattle market in Texas might have been a total bust except for a changed attitude among feedlot operators as profitability returned in early fall. Also, the demand for stocker cattle increased as good rains in late September and early October gave a boost to pastures and ranges and to grazing prospects oats. At the same time, fed cattle prices rose sharply as overfinsih ed cattle disappeared from the market. This sparked a modest increase in feeder and stocker cattle prices and brought a muchneeded turnaround in the cattle market.

Any Change in ' 86 ?
Where does that leave farmers and ranchers as they look toward 1986?
The scenario might well be the same in the year ahead. Farm rs, in particular, will face nother tough year-one domin ated by continued surpluses of gricultural commodities and reasing foreign competicion
While talks on trade
While talks on trade policies and negotiations with this na tinue, major changes that might have a significant impact on U. S commodities seem highly unlike ly. On the domestic front, new farm legislation is about to become a reality
It was once believed bad
luck to transplant parsley.

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## IN THE HOSPITAL BUILDING



THIUSSDAY, FEBRLARY 13,1956

Anutritious atternoon snack can provide a youngster with needed energy and prevent the fatigue hat might prevent enjoyment of a n

POLITICAL ANNOUNCEMENTS
Subject to Action of the Democratic Primary
FOR DISTRICT JUDGE, 110th Judicial District of Texas DAVID CAVE Spur, Texas
GEORGE W.MILLER Floydada, Texas [Re-election]
POR COUNTY \& DISTRICT
CLERK, Hall County, Texas:
PHYLLISDUNN
[lleelection]
FOR COUNTY TAX COLLECsherpr
SHERRI SMITH
FOR COUNTY TREASURER,
Hall County, Texas:
SANDRA BRADDOCK
[Re-lection]
POR COUNTY COMMIISSION
Cin Corecinet 4:
U.E. COKER, JR.

Dalegarner
[Reelection)
DOYLE PROCTOR
County, Texas: JUDGE, Briscoe
Coly
JMMY BURSON
FRED W. MERCER
[Realection]
POR COUNTY \& DISTRICT
MARSHA Brunson
BESSMCWLLLAMS
[Reelection]
POR TREASURER,
County, Texas: Javice hill
SANDITOMLIN
POR COUNTY COMLIN
ER, Briscoe County Precinet 2:
J.L. $\left[J_{A C K}\right]$ CHANDLER

AL RAMSEYLER
[Re-election]
POR JUSTICE OF PEACE
Briscoe County Precinet 2:



