



FIND YOUR WORLD IN THE CLASSIFIEDS

THANK YOU

Thank you dear family, friends and neighbors for all the lovely cards, good visits and most of all for your prayers since I have been hospitalized.
Bill Griffin 40 1tc

Thank you Jenny for getting the papers to us before we go to work each day. We really appreciate it. Some of your appreciative customers
40 1tc

Thanks to all of the people that supported me and voted for me.
Fred A. Strange 40 1tc

We would like to say a big "thank you" to the Turkey Fire Department for their excellent help in controlling and putting out our fire. Your quickness to respond and all your hard work was greatly appreciated.
Danny Davidson
Mike Davidson
David Davidson 40 1tc

REAL ESTATE SALES/RENTALS

FOR SALE: 5 1/2 ACRES IN Southwest Turkey, Texas. call 915/698-2252. 39 tfn

FOR RENT: BUILDING across the street west of the First National Bank in Quitaque. Call Lola Jemison at 817-624-4575 or 455-1388. 40 tfn

March Local Subscriptions Due

City of Turkey
First National Bank
Ora Lee King
Ruth McKay
Berene Maupin
Bill Pigg
Lisa Price
Doyle Proctor
Turkey Branch Memphis State Bank



IT'S FIVE AFTER SIX OR YOU OWE ME \$6.50.
The first model of the cash register resembled a clock. One hand indicated dollars and the other indicated cents.

Farley's Flowers & Variety
455-1410 Quitaque, Tx.
• VIDEOS •
• DRY CLEANING PICKUP •
• ELECTROLUX SALES & SERVICE •

TURKEY DRIVE - IN
TURKEY, TX 423-1373
MON-SAT. 7 A.M.-9 P.M. CLOSED SUNDAY
Home Made Fried Pies
WED: Mexican Food FRI: Fried Fish

New Construction Roofing Remodeling Concrete Additions Painting
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Electronics Fuel Injection

LOST AND FOUND

LOST: BIRD DOG WITH collar. William T. Wilson, Covington, Virginia on collar. Reward offered. Call 806/455-1239. 39 2tc

WANTED

WANTED: MATURE INDIVIDUAL capable of acquiring CDL Haz-Mat. license and license for RR commission propane exam. Call Dewey or Jim Estes. Home phone 806/823-2148 or 1-800-216-0007. 37 tfn

WORK WANTED: WILL DO custom plowing and chemical application. Call 455-1240 after 7 p.m. and during day 847-2295. 38 4tc

FOR SALE

FOR SALE: SHELLED PECANS at \$3.25 per pound. Call 423-1252 or 423-1122. 38 4tc

LIMOUSIN BULLS FOR SALE Call 423-1102. 40 3tc

NOTICE

Would the lady from Turkey that called LaVern Benton about the exercise bike please call her back as she missed your name and number. 455-1146. 40 1tc

HELP WANTED

HELP WANTED: EXCELLENT pay, experience preferred but not necessary. Call Caprock Canyons Cafe at 455-1379. 40 1tc

March Non-Local Subscriptions Due

Hubert Brooks, Wellington
Henry H. Buchanan, Deer Park, TX
R. E. Hunter, Dimmit
Leigh Ann Lane, Midland
Robyn Lane, Canyon
Alpha McFall, Watsonville, CA
Bud McFall, Seattle, WA
Roger B. Montgomery, Dallas
Suzanne Thomas, Spearman
Mrs. Berry Wood, Plainview

WHEN THAT'S 1 CALORIE!
A runner burns up about 100 calories per mile.

Social Security Benefits News

by Terry Richardson
"What a difference a day makes," according to a song written several years ago. The song probably wasn't written to address a Social Security issue, but it does. If you were born on the first or second day of the month, one day could make a difference and mean an extra month of Social Security benefits when you retire.
How can this be? Consider how being born on the first or second day of the month would affect someone who is just turning 62. You must be at least 62 to receive Social Security retirement benefits. And the earliest that you can be eligible for a retirement check is the first full month you are 62. That means that most people cannot receive a benefit for the month in which they turn 62. But the law also says that you "attain" your age the day before your birthday. So, if you were born June 2, for example, you legally attain your age on June 1 and you would be considered 62 for the entire month. Of course, if you were born on June 1, you also would receive benefits for June because you are 62 the entire month. (Even though you legally turned 62 on May 31, you couldn't receive any benefits for May because you weren't 62 for the whole month.)
The "born on the first or second" rules also apply to Medicare, with one important difference. Unlike Social Security, where you must be eligible for the whole month to qualify for benefits, you can get Medicare coverage for a month even if you're eligible for only one day of the month. That means if your 65th birthday is on June 1, you should be entitled to Medicare for the month of May because you legally became 65 on May 31. If your birthday fell on June 2, you would be entitled to Medicare for June.
If you have questions about Social Security, call our toll-free number, 1-800-772-1213, or visit your Social Security Office.

Shellac comes from the lac scale, an insect that clusters on plants.

Beef Cook-Off Set For June

Texas amateur cooks have until June 1 to enter the National Beef Cook-Off and be selected as one of 15 finalists who will compete for \$45,000 in cash prizes and the title of the nation's top beef cook. Each of the 15 finalists also will receive an all-expense paid trip to the national competition September 22-23 at Little Rock, Ark.
Entries must be postmarked by June 1, 1994, and received by June 7, 1994. Anyone except food professionals is eligible to enter. For more specific rules, contact the National Beef Cook-Off at P O Box 3240, Chicago, IL 60654.

The rules for entries must be followed exactly. A recipe must be original. It must use no more than eight ingredients (excluding salt, black pepper and water). Garnishes must be made from those ingredients. Preparation and cooking times, including marinating time, must be less than 60 minutes. The beef cut selected must be appropriate for the recipe. It must use at least 1 pound and no more than 2 pounds of beef.

"As one judge says, the key to success is to test the recipe over and over," Brown says. "Get other person's opinions too, and then send the recipe to BIC. While you're waiting on the national competition, work on the food's presentation. Judges see the food both as individual portions and on a large platter, so make sure it looks good."

"Remember that the idea has to be original," says Brown. "But don't overlook sources of ideas for your recipes like cookbooks, magazines and restaurants. Then develop them into recipes with award-winning potential to send to the National Beef Cook Off."

The grand prize "Best of the Beef" award will receive \$25,000, second place, \$10,000, and third place, \$5,000. Two honorable mentions contestants will receive \$2,500 each.

No one from Texas has ever won the National Beef Cook-Off. Even though it is the nation's largest beef producing state. "It's time to bring the Championship to Texas" says the Texas Cattle Women, one of the contest's sponsoring organizations.

1-800 Number For MS Survey

Area residents with multiple sclerosis can take part in a new 1-800 hotline survey sponsored by the Multiple Sclerosis Association of America.

By dialing 1-800-860-7922, participants can leave a one minute message to describe new services or ideas MSAA can add to its list of patient care programs. Officials indicate the survey will run until mid-April, and anyone with the disease is welcomed to respond.

"The focus of MSAA is to bring immediate care and relief to those with MS," said MSAA President John Hodson, Sr. "This survey is an excellent way of achieving this goal by reaching out to MS patients from coast to coast and getting a direct pulse on their needs. Once we tally the results, we'll work on implementing many of the most popular requests."

The MS Association of America, headquartered in New Jersey, offers current members a wide variety of patient care programs including peer counseling, support groups, free loan of equipment, barrier-free housing, symptom management through micro-climate cooling, newsletter and a host of referral services. MSAA is not affiliated with the National Multiple Sclerosis Society, but according to MSAA officials, welcomes Society members to respond to the survey with their particular needs or interests.

Multiple sclerosis is a disease of the central nervous system, affecting over 300,000 American men and women. Its symptoms range from blindness to complete paralysis. At present, there is no known cause, cure or prevention for MS, which strikes those mainly between the ages of 20 and 40.

POLITICAL CALENDAR

The following candidates have announced their intent to run for political office.

FOR RE-ELECTION

County & District Clerk
Briscoe County
Bess McWilliams

County Judge
Briscoe County
Jimmy Burson

Commissioner Precinct 2
Briscoe County
J. L. (Jack) Chandler

Justice of Peace Precinct 2
Briscoe County
Dale Ramsey

Justice of Peace Precinct 4
Hall County
Byron Young

County Treasurer
Briscoe County
Janice S. Hill

Commissioner Precinct 4
Hall County
U. F. Coker

County Judge
Hall County
Kenneth Dale

State Senator
State of Texas
Steven A. Carriker

FOR ELECTION

Sheriff
Hall County
Garvin H. Speed

County Clerk
Hall County
Raye Bailey

FARLEY'S WELL SERVICE

Pumps/Windmill Service-Stripper/Basket Installation
Call 423-1100, leave message or B.B. Farley 423-1272
Mobil #423-1427, ring & beep 729

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Script Printing & Office Supply
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Turkey, Texas 423-1101
Lunches Everyday But Saturday
OPEN WEEKLY 6-10 SUNDAY 10-4
- AFTERNOON SPECIALS -
WEDNESDAY: SHRIMP
THURSDAY: TACO & TACO SALAD
FRIDAY: CATFISH
SATURDAY: MEXICAN FOOD
Tommy & Vernie Beck - Owners

Caprock Canyons Cafe
WEDNESDAY NIGHT PIZZA BUFFET
WITH SALAD BAR \$3.99
All You Can Eat!
SATURDAY NIGHT
MEXICAN FOOD \$4.95

SILVERTON OIL COMPANY
Gas - Diesel - Propane - Tires
Now in Turkey Community
Call 423-9903 or 1-800-216-0007

QUITAQUE PRODUCERS COOP
Standing Together Standing Strong
Joe Edd Smith, Manager
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Phone 455-1388

STAPP
Paint & Body Shop
120 N. Main Lockney, TX Phone 652-2354
"In Business Since 1952"
Specialize in Hail Damage, Hard Hits, Glass Work
"We do it all!"

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MONUMENTS - GRAVE SLABS
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Contact: Lewis Eudy
423-1295 Turkey Texas
Drawer N Clarendon, Texas 79226

Germania Insurance
Homeowners, Auto, Personal & Farm Liability and Life
Lee's Insurance Agency
Flomot, TX 79234 (806) 469-5370

The Valley Tribune

"Voice of
the Caprock Canyons"

Tribune

Caprock Canyons
State Park

35¢

VOLUME 33 NUMBER 40

6 PAGES

BRISCOE COUNTY

QUITAQUE, TX 79255

THURSDAY, MARCH 24, 1994

Calendar Of Events

March 24

Triple L Club

March 26

Plainview Jamboree

March 27

Palm Sunday

Attend Church of Your Choice

Turkey Methodist Luncheon

March 28

Turkey Lions

Quitaque Firemen

March 29

Bike Club Meeting

Briscoe County Stock Show

Board

March 30

SBA Meeting

March 31

End of 5th Six Weeks

BOB WILLS DAY

LAST WEEKEND

IN APRIL

Silverton Hosts Public Hearing

Central Plains Center for Mental Health Retardation and Substance Abuse, has scheduled a public hearing in Silverton, April 5, 1:30 p.m. at the Pioneer Meeting Room of First State Bank.

The Center is interested in receiving comments concerning the unmet needs of the citizens served in Briscoe County in the areas of mental health, metal retardation and substance abuse. All comments will be used in planning services for fiscal year '95 to begin September 1, 1994.

For additional information contact the Center at 293-2636.

All interested individuals are encouraged to attend.

THEN and NOW!

by Eunice McFall

Have you been surprised lately? Do you, like me, think of surprises as happy events, something to look forward to? Webster defines surprise as to come upon suddenly or unexpectedly; take unawares; to attack without warning; to amaze; or astonish. In Webster's Thesaurus surprise is connected with astonishment, wonderment, shock, something unexpected, sudden attack, unexpected good fortune, sudden misfortune, unawaited event, or unexpected plot; as a verb unsettle, stun, electrify, stagger, stupefy, dazzle, perplex or flabbergast.

All of us love happy surprises, such as birthday surprises, a surprise visit from someone we do not get to see very often or a surprise letter or package from someone far away! What about the surprises that we have to cope with every day. The surprise of getting to the office and not having your keys to unlock the door? Not a pleasant one when you have to return home to be able to start your work day! The unpleasant surprise of getting caught in a hail storm in your new car? The unexpected call that tells us of the death of a loved one that we did not even know was sick? The astonishment you feel when you come out of the doctors office on a beautiful spring day (at least it was when you entered his door) and find that snow has covered all the windows of your car and you must drive 90 miles home with only one lane of traffic open and the snow knee deep!

How do we manage to handle these surprises and keep our lives on even keel? Do we hold our feelings inside and just add a bit more stress to our lives? Do we find someone to share with to relieve the pressure? Do we get a little bit harder to live with and bit more bitter with what life has handed us as a "surprise"? Each of us must find some way of handling these not so pleasant surprises because everyone is going to have to face some that are not pleasant in their life time. How we go about making the best of the "surprise" is what will determine how we face ourselves each morning in the mirror.

Not one of us would intentionally become a griping, whining, selfish, cantankerous person for our families and friends to put up with every day, now would we? But when we let life's little surprises hit us in the wrong way and react very selfishly we get a bit closer each day to being the type person that we do not like to be around!

So let's try to handle all of life's surprises in the most efficient manner possible—with a smile on our face, hope in our heart and faith that life will hand us a better day tomorrow. And who knows if we truly believe that tomorrow will be better, it just might be that way!!

Quitaque Chamber Banquet April 7

The Quitaque Chamber of Commerce Banquet on April 7th is now less than two weeks away, and final details are being completed for the big event.

A capacity crowd is anticipated this year, for Reagan Brown, one of America's most popular speakers, will be on hand to entertain visitors and guests.

With over 7,000 platform appearances from the Palmer House in Chicago to Cat Springs, Texas, Reagan Brown assures us that members will laugh and laugh, but will also leave the meeting inspired and cheering.

New 1994-95 Officers and Directors for the Chamber will be introduced at the Banquet, and information will be given on projects now underway and those which have been completed over the past twelve months.

New Officers For Quitaque Chamber of Commerce

Officers for the 1994 Chamber of Commerce for Quitaque were elected on Monday, March 21, 1994. Accepted to serve on the Board of Directors were Rusty Sargent, Arlene Hinkle, Patti Whittington, Jimmy Davidson, Jo Ann Reagan, and Jim Saul. Also serving on the Board of Directors for the Chamber are Randy Stark, Delene Tyler, Bob Ham, Vinita Hrnrcir, James Cathey and Guy Young.

Make your plans now to attend the banquet on Thursday, April 7, 1994 and become an active participant in some of the exciting things that are taking place in Quitaque and our surrounding area.

Membership Drive by Chamber of Commerce

The Quitaque Chamber of Commerce has begun its annual membership drive with Randy Stark as this year's drive chairman.

All area businesses and individuals are encouraged to pay their dues, which will include tickets to this year's banquet to be held on April 7.

Dues may be paid to Randy or to Patti Whittington or Karol Pigg. Maria, at City Hall will also have tickets or memberships available.

Bike Club Being Organized

Anyone interested in organizing a bicycle riding club is encouraged to attend a meeting next Tuesday, March 29, 1994 at 6:30 p.m. at the First National Bank in Quitaque.

Interest in bicycle riding is high and enjoyed by a number of enthusiasts in the Quitaque and Turkey Area. It is anticipated that a number of club riding events will take place through the bicycle club activities.

Quicken Course In Muleshoe

Computer record keeping for beginners will be taught at Muleshoe on April 1. The Texas Agricultural Extension Service and Farmer's Home Administration will sponsor the one-day course designed to make book-keeping easier.

Quicken7 for DOS is an easy to use, inexpensive software program that produces reports, keeps a check register and categorizes by type of income and expense. Jackie Smith, Extension Service economist at Lubbock, will teach participants how to enter transactions, write checks with Quicken and split and memorize transactions.

The class will be from 8 a.m. to 4:30 p.m. Participants must bring their own computer and printer. There is a registration fee which will include lunch and materials and is due March 25.

Contact Curtis Preston, Bailey County Extension Agent, if you need more information or would like to sign up.



The Texas Playboys who will be coming to Turkey in April to help celebrate BOB WILLS DAY.

Raye Bailey Appointed Hall County District-County Clerk

Hall County Commissioners, in regular meeting Monday, March 14, 1994 approved the votes tabulated in the Democratic Primary Election held on March 8.

Helen Crisman's resignation as County-District Clerk was accepted effective March 14, 1994.

Raye Bailey was then appointed for the unexpired term of County-District Clerk.

Helen Crisman was appointed to serve as Chief Deputy Clerk to finish out the month of March. She will also be serving as secretary to the Hall County Judge.

FmHA Accepting Turkey Church Nominations

The Farmers Home Administration (FmHA) is accepting nominations for County Committee elections for Swisher and Briscoe Counties. This notice is issued to inform eligible voters of the right to nominate candidates by petition. Copies of the petition and instructions on its completion can be obtained from your local FmHA Office.

Persons nominated should have an interest in a farm as an owner, tenant, or sharecropper within the county or area in which activities of the county or area committee are carried out. They must be citizens of the United States or aliens lawfully admitted to the United States for permanent residence, and be well qualified for committee work. Spouses of those persons who meet the eligibility criteria are also eligible for nomination for election to the county committee.

Nominations must be received in the Farmers Home Administration Office, 219 NW 2nd St., Tulia, TX, no later than May 19, 1994. FmHA Committee elections are open to all eligible voters without regard to race, color, religion, national origin, age political affiliation, marital status, sex, and/or handicap.

Seniors Sponsor Volleyball Games

The Silverton Senior Boosters of 1994 are sponsoring a volleyball tournament April 7, 8, and 9. There will be an entry fee per team. To sign up or for more information call Kayla Ramsey at 823-2230 or Christi McWaters at 823-2498.

Turkey Church To Host Lunch

The United Methodist Church at Turkey will be serving a turkey dinner with all the trimmings on Sunday, March 27, 1994. Serving time is from 12:00 to 1:30 p.m.

A fee will be charged. If you would like to have a plate delivered to your home, please call 423-1036 or 423-1086 or 423-1263.

Proceeds from the dinner will go toward church repairs.

Stock Show Board Meeting

There will be a meeting of the Briscoe County Stock Show Board on Tuesday, March 29, at 7:00 p.m. in the Vo-Ag classroom of the Valley School.

Superintendents, judges, rules, schedules, dates and other items related to the 1995 stock show will be discussed.

All 4-H & FFA supporters and parents are welcome to attend.

Quitaque Lions Assume New Job

The Quitaque Lions Club has recently assumed responsibility for maintaining and putting up the Christmas lights for downtown Quitaque.

A number of Lion members took down the lights Monday, March 21, 1994 so the lights could be better preserved for future use.

Workshop For SBA Financing

There will be a morning workshop on "SBA Financing For Small Business," Wednesday, March 30, in the SBA Conference Room, 1611 10th Street, Suite 200, Lubbock. The workshop is being sponsored by the U. S. Small Business Administration. Registration begins at 9:00 a.m. and the program will conclude at 10: a.m.

Bob Wills Day April 30, 1994

Saturday, April 30, 1994 Turkey will once again be host to thousands of people who gather from all over the United States to celebrate Bob Wills Day. The festivities will be kicked off at 9 p.m. on Friday, April 29, 1994 with a dance played for by the Texas Playboys. This will be the twenty-third annual event.

Thirty-five or forty talented musicians are expected to be present this year. The program will consist of all former Texas Playboys who can make arrangements to be in Turkey for the big event. This will be the fourteenth annual reunion of the former group of musicians.

Dr. Charles R. Townsend will once again be present to MC the afternoon program.

Caprock Public Library News

During the month of February, Caprock Public Library had 300 visitors and 385 books in circulation. We also had a great group of volunteers who processed 900 books. Our goal is 7500 books.... only 1400 needed to reach it!

New books for adults: *Love Can Build a Bridge* by Naomi Judd. This is the biography of a mother and daughter who were county music's most top-singing women selling over fifteen million albums.... the Judds.

Basketmaking by Kay Johnson. Just in time for Easter, make your own... and let the Easter Bunny use it.

For Juveniles: *Giants In The Land* by Diana Applebaum. The giant pine trees once grew two hundred feet tall and were four feet across...do you know what they were used for?

The Egg Tree by Katherine Milhous. A story of a Pennsylvania Dutch Easter complete with an Easter egg tree. Thanks Volunteers!!!

Winner At Quitaque

LaVern Benton stopped at Tulia recently. While in the store, she decided to purchase a couple of Blue Bonnet Lottery tickets. One of the tickets was worth \$1,000 to her. Congratulations LaVern!

MEMBER 1994

TEXAS PRESS ASSOCIATION

THE VALLEY TRIBUNE
 Successor to The Quitaque Tribune, Established at Quitaque in 1960
 Published Every Thursday at Quitaque, Texas 79255
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 Eunice McFall, Editor
 Linda Purcell, Computer Typist
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 Any erroneous reflection upon the character, standing or reputation of any person, firm or corporation which may appear in the columns of The Valley Tribune will be gladly corrected upon its being brought to the attention of the publisher. The publisher has the right to accept or refuse any article brought to the newspaper for publication. Publisher reserves right to cancel any advertisement at any time.
POSTMASTER: SEND ADDRESS CHANGES TO
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OBITUARIES

On The QT

Happy Birthdays

- March 24**
Janice Henson, Nancy Price, Eunice McFall
- March 25**
Jerry Green, Larissa Payne
- March 26**
Ceil McKay, Johnnie Rogers, Lee Trice Bursan, Christy Pays, Debra Zanardi
- March 27**
Roy Beavers, Twila Clark
- March 28**
Shawn Stephens, Graci Eudy, Rita Guest, Lonnie Cagle, Zeola Taylor, Phil Lemons
- March 29**
Marie Ramsey, Mark Butler, Christopher McBee, Vance Lemons
- March 30**
Lucille Monk, Lisa Farley, Brandon Gilmore, Tom Eudy, Adam Seymour
- March 31**
Sylvia Lee Martin, Brenda Yeary, Kye Fuston, Aaron James

Area Women Sought For Award

Local and area women's organizations will be receiving information and nomination forms for the Girl Scout Women of Distinction Award. Ten area women will be honored as Women of Distinction at a dinner on November 20 at the McInturff Conference Center, University Medical Center and Caprock Girl Scout Council are co-hosts for the event.

Outstanding women throughout the South Plains are eligible for the award. They must have been active with Girl Scouting either as a girl or an adult; have had a direct and powerful impact on the lives of women in girls in the communities; and have made significant contributions to society.

Nomination deadline is May 1. For more information about the Women of Distinction program, call Caprock Girl Scout Council 1-800-530-4957 or 745-2855.

Nuevo Study Club News

Nuevo Study Club met in the home of Dessie Mae Robertson on March 17th. Ella Colvin, president, opened the meeting and asked Nadine Baisden to give the opening prayer.

During the business meeting, minutes of the previous session were read, and the treasurer gave her report.

Nadine Baisden gave a summary about the repair of Turkey street signs.

After interesting roll calls, Virginia Degan presented the program "The White House." The White House was built in 1792. Eighteen acres of land is included in the area. It has 123 rooms and 148 windows. The article included the children of the White House through the years.

The hostess, Dessie Robertson served refreshments to Mmes. Bain, Baisden, Colvin, Degan, Green and Meacham.

Next meeting will be on April 14th in the home of Louise Meacham with Dessie Robertson as leader of the program.

Did You Know?

(NAPS)—Your eye doctor can detect more than vision problems; he or she can see if you have Multiple Sclerosis, Diabetes and other conditions.

One of the most sophisticated diagnostic imaging tools, the laser imager, was introduced by 3M ten years ago.

An optically-bright, whiter-than-white fiber that stays soft, wears long and feels great, Fortrel's Spunnaire, is an important part of fleece apparel from Santee by Pluma.

To celebrate Clairol Professional Hair Color Month in May, over 900 JCPenney Styling Salons offer free, in-depth haircolor consultation.

A tasty beverage that's completely free of lactose, cholesterol and animal fats is Vitamite non-dairy milk alternative from Diehl Specialties International.

Sharon A. Trout

Services for Sharon A. McGee Trout, 54, were on Tuesday, March 22, 1994 at 4 p.m. in the Childress Church of Christ with Doyle Wells officiating.

Burial was at Childress Cemetery under the direction of Johnson Funeral Home.

Sharon who had been a resident of Childress since 1963, died Saturday morning in High Plains Baptist Hospital in Amarillo.

She was born May 1, 1939 in Turkey to Chlorene and Don Freeman McGee. On April 3, 1963 she married Neill Trout in Turkey. She was preceded in death by her father in 1971. She was a dispatcher for the Childress Police Department. She was a member of the Church of Christ.

Survivors include her husband of the home; two sons, David L. Trout of Savannah, Georgia, and Danny Neill Trout of Wedby, Washington; her mother, Mrs. Chlorene Melton of Turkey; a sister, Jo Ann McFall of Silverton and five grandchildren.

Pallbearers were Kevin Ralston, Randy Wadley, David Thorn, Scott Cultr, Joel Hassell and Ralph Freeman.

Honorary pallbearers were Vernon Cawthone, Jerry Hassell, Doug Griffin and Robert Grimes.

Ravenel Grewe

Services for Ravenel Grewe, 75, were at 2 p.m. Tuesday, March 22, 1994 in the First Baptist Church of Silverton with the Rev. Bryan Donahoo, pastor, officiating.

Burial was in Silverton Cemetery under the direction of Myers-Long Funeral Directors.

Mrs. Grewe died Sunday, March 20, 1994, in Northwest Texas Hospital in Amarillo.

She was born on December 22, 1918 in Wise County and moved to Floyd County in 1925 with her family. She attended Fairmont Schools and married Raymond Grewe on June 12, 1951 in Quitaque. He preceded her in death on July 14, 1992. She was a member of First Baptist Church.

Survivors include a brother, Woodrow Cobb of Hale Center.

Memorials to the Silverton Cemetery Association are suggested.

Pallbearers were Bud Couch, Jake Merrell, Rex Johnson, Arnold Johnson, Wayne Nance and Jack Pigg.

Honorary pallbearers were Bob True, Fred Strange, Grover Thomas, Freeman Tate and Virgil Crow.

Caprock Library Lending List

- Nothing But Net by Bill Walton
- Cow People by J Frank Dobie
- Historic Ranches of Texas by Lawrence Clayton
- Earth Shock: Hurricanes, Volcanoes, Earthquakes, Tornadoes and Other Forces of Nature by Andrew Robinson
- Be Good To Eddie Lee by Virginia Fleming
- Coyote Steals the Blanket by Janet Stevens
- Lilies, Rabbits and Painted Eggs by Edna Barth
- Fascinating Baseball Facts by David Nemece
- The Wedding Dress: Stories From the Dakota Plains by Carrie young



Nylon stockings went on sale for the first time in 1939.



The first U.S. automobile patent was granted to George B. Seiden in 1895.



The Morning Glory opens in the morning, but closes in the sunlight later in the day.

Norean Tyler Clark

Services for Norean Tyler Clark, 83, were at 1 p.m. Thursday, March 17, 1994 in Clarendon at the Robertson Funeral Directors Chapel of Memories with Dr. J. R. Chaney, pastor of Inglewood Baptist Church of Grand prairie, officiating.

Burial was in the Claude Cemetery at Claude, Texas under direction of Robertson Funeral Directors.

Mrs. Clark died on Monday, March 14, 1994.

Mrs. Clark was born in Alba and had lived in Grand Prairie 18 years before moving to Mansfield two years ago. She married James McGowan Clark in 1939 at Amarillo. He preceded her in death in 1981. She was a retired registered nurse and a homemaker. Mrs. Clark was a member of Inglewood Baptist Church in Grand Prairie.

Survivors include a son, J. T. Clark of Mansfield; four sisters, Hazel Campbell, Luceil Jones and Nell Vitarelle, all of Clarendon, and Margaret Taylor of Rockwall; five brothers, Miles Tyler of Fowler, Colorado, Grady Tyler of Quitaque, Dub Tyler of Clarendon, Frank Tyler of Garland and Gene Tyler of Rockwall; two grandchildren; and three great-grandchildren.

Nephews served as pallbearers.

Arline Campbell

Private graveside services for Arline Campbell, 82, of Lubbock were at Houston in Forrest Park Cemetery Tuesday, March 22, 1994 under the direction of Myers-Long Funeral Directors of Turkey.

Mrs. Campbell died Sunday, March 20, 1994 in St. Marys Hospital.

She moved to Lubbock from the Huffman and Baytown area in 1990. Her husband, Farqua Campbell, preceded her in death.

Survivors include an aunt, Zona Lane of Turkey.

Happy Anniversaries

- March 24**
Mr. and Mrs. Scotty Starks
- March 25**
Mr. and Mrs. Jerry Green
Mr. and Mrs. Ross Herrington
- March 29**
Mr. and Mrs. Jim Majors
- March 31**
Mr. and Mrs. Bob Myers

Guests in the home of Jessie and Odia Reagan from Wednesday until Saturday were their grandchildren, Destinie and Danny Jouett of Childress. They are the children of Eva and Danny Jouett. The Reagans took the twins home Saturday in time watch their other granddaughter, Tiffany, play basketball. During the game she fell and broke her arm. She is recuperating nicely at home. **

Amanda and Slater Simmons of Nolan spent their spring break last week with their grandparents, Mr. and Mrs. Grady Tyler. With the help of Dude Barton and Viola Stinson, (due to car trouble) Grady and Delene met their daughter, Gail, Sunday at Roaring Springs for the grandchildren to return home. **

Corkey Garner was transported to the V.A. Hospital at Albuquerque, New Mexico from the V.A. Hospital in Amarillo last week to await heart surgery. He had open heart surgery on Monday of this week. It is reported that he is doing well. His address is Corkey Garner, Room 128 Ward 5A, V. A. Hospital, 2100 Ridgecrest Drive SE, Albuquerque, New Mexico 87108. **

Ruth Hooks enjoyed a visit from her grandson and wife, Kim and Kenneth Patum of San Ramon, California from last Thursday until Sunday morning. **

Billie Jeane and Weldon Griffin drove to Denton and visited her aunt, Bernice Thurman, on Saturday morning and their son and family, the Rusty Griffins at Dallas. They spent the remainder of the week-end with her brother and family, the Earl Lee Woods of Arlington, returning home late Sunday evening. **

Ruby King and Imogene Bethel of Lamesa were in Lubbock over the

weekend for Jean Grundy's surgery at St. Mary's Hospital. **

Guests in the home of Mr. and Mrs. James Kimbell from Saturday until Tuesday were her sisters, Bea Strain of Portales, New Mexico and Ann McBee of Amarillo.

Others joining the group Saturday night for supper were Patty and James Lynn Kimbell and Travis of Estelline, Betty and J. C. Mabry of Tulia, Bobby and Virtia Jane Brunson of Plainview, Mary Helen Berry of Stanton, Danna Forbes of Tulia, Connie Cantwell, Kimberly and Justin of Plainview and Butch McBee and Christopher.

Sunday afternoon visitors were Janice McBee, Christopher and Randa, James and Patty Kimbell of Estelline and granddaughter, Natacha Kimbell of Plainview. **

FREE THINGS TO SEND FOR

(NAPS)—For free visitor information about the Ryman Auditorium in Nashville and its many performances, concerts and museum tours, call (615) 889-6611.

For a free copy of the 1994 France Discovery Guide, write: France Discovery Guide, French Government Tourist Office, Box 2658, Ronkonkoma, NY 11779.

For free information on snacks and nutrition, contact Daryl Thomas at Herr Foods, Inc., 800-344-3777.

For a free brochure on seasonal allergy relief with CLARITIN tablets, call 1-800-CLARITIN.

For free help, advice and counseling on child abuse and other domestic violence, call the Childhelp-IOF Foresters National Child Abuse Hotline: 1-800-4-A-CHILD.

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Back To Basics With Nutrition

The American Dietetic Association celebrates its annual Eat Right America Campaign and National Nutrition Month by putting the right foot forward on America's eating habits. It's campaign to help us focus on our long term dietary habits and get back to the basics of healthy food choices.

Sometimes its hard for the average person to know the basics of eating right because things are changing right before our eyes. Here are some of what's in and what's not in eating for the 90's:

What's Out: Guilt ridden eating
What's In: Enjoying good, healthy food and applying moderation to your eating habits. We often tend to be extreme about restrictions, then we swing to the opposite extreme to forget the restriction. The result is the yo-yo effect. RELAX! Allow some flexibility while remembering to find a happy medium between the two.

What's Out: Compulsive exercise

What's In: Making exercise and activity easy, enjoyable and an important part of everyday life. Physical fitness does not have to be expensive, torturous or boring. Two of the easiest forms may be walking more and maybe even a little dancing.

What's Out: Temporary diets and counting calories.

What's In: Lifelong changes and monitoring fat intake. Temporary diets usually lead to temporary weight changes. Try making smaller, but permanent changes. For example, lower the fat in your diet by increasing your fruit, vegetable and whole grain intake. Remember, your goal is not only an end result, but a process—for a lifetime.



Advertising, on average, fills about 60 percent of the space in U.S. newspapers.

Language is part of a man's character.

Plainview Holds Monthly Jamboree

The Plainview Musical Jamboree will be on March 26, 1994 at the Ollie Linder Center. Admission is free but donations are needed for the continuance of the Jamboree.

A door prize of \$25.00 will be given at the conclusion of the show.

Entertainers for March will be Gene Bailey & Associates from Nashville, Gwen Cason from Lubbock, Gospelheirs from Amarillo, Lonesome Cowboys from Lubbock, Johnny Contreras from Plainview, Marshall Henderson from Hereford and Valerie Moss & Lost River from Amarillo.

The show will begin at 6:30 and go until about 10:30 p.m.

Come and enjoy an evening of hand-clappin', toe-tappin' good music.

Day To Benefit Muscular Dystrophy

Tired of being professional and in uniform? Tired of the same old things day after day?

Well MDA has a solution for you!!!

Why not get Cool & Casual for MDA? It's simple, all you do is get your company and employees to cheerfully give their \$5.00 donation and receive a stylish emblem that proclaims their right to wear cool duds for the day of April 14, 1994 MDA's Nationwide "Cool & Casual" promotion.

If you would like more information, please contact the MDA Panhandle Area office at 806/359-3141.

Plainview YMCA Softball League

Games will begin the week of April 12th for the men's women's and co-ed softball leagues in Plainview. Games will be scheduled through the month of June. The registration deadline will be April 12th and registration forms and rosters may be picked up at the Plainview YMCA at 313 Ennis Monday through Sunday.

For more information or costs call 293-8319.

—Francis Bacon

FLOMOT NEWS

by Earlyne Jameson

OVERHEARD:

Let your light shine with love, service and a smile.

HEALTH SCREENING

The Do Gooders' Club of Flomot is sponsoring a Health Screening Clinic conducted by the Texas Department of Health, Tuesday, April 5 at the Community Center in Flomot. The screenings will be open to the public from 9:00 a.m. to 3:30 p.m.

The personnel of the Texas Dept. of Health will charge a fee for cholesterol screening and the many other medical tests will be free of charge.

Everyone in the area is urged to take advantage of this medical service.

Mr. and Mrs. C. R. Brandon of Kingston, OK, and Mrs. Juddie Stephens of Lockney visited during the week with Mr. and Mrs. Morris Stephens. Mr. and Mrs. Brandon also visited in Roaring Springs with his brother and wife, Mr. and Mrs. Fred Brandon.

Mr. and Mrs. Johnny Turner, Heather and Cobey visited in Lockney Saturday, with her grandmother Mrs. Laverna Sams. Heather and Cobey enjoyed a skiing trip with friends to Wold Creek, CO this past week.

Mrs. Gwen Reed and Tim Mandrall of Lubbock visited the weekend with Mr. and Mrs. Doyle Calvert and Glen. They accompanied home her children, Dustin and Shae Lynn who visited the Calverts the past week.

Mr. and Mrs. Wayne Hunter were in Lubbock last Tuesday for Mr. Hunter a dental appointment. They visited daughter, Anita Hunter Carter before returning home.

Mr. and Mrs. Richard Rogers of Lubbock visited during the weekend in the home of Mr. and Mrs. Howard Rogers.

Mr. and Mrs. Joey Lee and son Jason of Clarendon visited Mr. and Mrs. Orville Lee Sunday. Other visitors were Mr. and Mrs. R. R. Skinner of Quitaque.

Mrs. Billy Morris and daughters, Dodie and Rebecca visited from Tuesday until Thursday in Spur with her parents, Mr. and Mrs. Glenn Martin. They enjoyed entertainment in Lubbock, Wednesday. Mr. and Mrs. Grady Tyler of

Quitaque visited Mary Ellen Barton and Viola Stinson, Sunday.

Mrs. Sharon Gabbard and Dugan Wickliffe of Odessa visited Mrs. Lillie Sperry, Tuesday and Wednesday. Her son, Elbert Sperry of Idalou accompanied her to Lubbock Thursday for medical treatment. Another son Terry Sperry of Lubbock visited her Saturday.

Visitors Sunday with Mr. and Mrs. D. M. Gilbert were Cappy Wise of Plainview and Tubb Merrell of Quitaque.

Art Green visited in Matador Saturday with Mr. and Mrs. Billy Green and children and Mr. and Mrs. Jack Green.

H. G. Hunter of Quitaque and son, Wayne Hunter attended to business at the Central Plains Vet Clinic in Plainview Friday. Mr. and Mrs. Wayne Hunter visited recently in Floydada with Mr. and Mrs. John Speer.

Visiting Mr. and Mrs. Clois Shorter during the spring break were daughters Cindy and Christi, students at Texas Tech, and niece, Salina Shorter of Floydada. Their other daughter, Keri Shorter enjoyed a ski trip with friends to Wolf Creek, Colorado during the spring break.

Did You Know?

(NAPS)—Visine A.C. eye drops can relieve itchy, sticky "allergy eyes."

One of the country's largest and most progressive registry services is the Nationwide Gift Registry at Service Merchandise.

A leading consumer rating magazine named the Avia 382 walking shoe for women number one in comparison tests of 18 leading brands.

Animals and their owners can enjoy effective flea and tick collars in attractive colors with the new Scratchex "Color-Full" All-Season Flea and Tick Collars now available at local stores.

In conjunction with its new Books "R" Us department, Toys "R" Us is introducing an exciting new program to encourage children to read called "Geoffrey's Reading Railroad."

March Is National Nutrition Month

March is National Nutrition Month, time to overhaul your diet, especially if you don't eat balanced meals that include at least five daily servings of fruit and vegetable.

Theme of this year's observance, sponsored by the American Dietetic Association, is "Eat Right America: Nutrition Fuels Fitness."

"Balance is always the key to good nutrition. Consuming a variety of nutritious foods helps ensure a healthy life style," said Agriculture Commissioner Rick Perry. Perry said Texas produces foods from all the major food groups. "Texans can eat only foods that we raise here and have three perfectly balanced meals a day," he said.

Texas is a leading producer of wheat, rice, meat-rankng first in beef and lamb-fresh produce, peanuts and pecans. The state's farmers and ranchers also produce ample supplies of pork, poultry, eggs, dairy and many other food items.

The U.S. Department of Agriculture's Food Guide Pyramid recommends eating six to 11 daily servings of bread, rice cereal and pasta, three to five servings of vegetables, two to four servings of fruit, two or three servings of milk, yogurt and cheese, and two to three servings of meat, poultry, fish dry beans, eggs and nuts. Fats, oils and sweets are to eaten sparingly.

Perry said nutritionists emphasize that Americans should eat more fruits and vegetables to improve their diets. Leading health authorities agree that increased produce consumption is essential for better health.

To encourage people to eat more produce, the National Cancer Institute and the Produce for Better Health Foundation launched the "5 A Day-for Better Health!" effort in 1991. Since then awareness of the importance of eating at least five servings of fruit and vegetables each day has risen from 8 to 29 percent.

"Getting your 5 A Day is easier than you think," said Texas Department of Agriculture Nutrition Coordinator Belinda Boshell. "One serving equals one-half cup of fruit or cooked vegetables, one cup of leafy greens or one fourth cup of dried fruit. "Eat a half grapefruit at breakfast, a handful of carrot sticks at lunch, an apple or orange at snack-time, and one-half cup each of cooked broccoli, sweet potato or other vegetables for supper, and you've done it," she said.

Boshell recommends choosing selections rich in vitamins A and C and high in fiber—at least one each day. Cruciferous vegetables—members of the cabbage family—should be eaten several times a week.

"And when you're buying fresh produce, be sure to look for and ask for Texas-grown fruits and vegetables," Perry said. "They're miles fresher."



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Texas Cotton Ginners Trade Show/Convention

The largest gathering of Texas Cotton industry associates will be at the 87th annual Texas Cotton Ginner's Association (TCGA) Convention & Trade Show. It will bring over 5,000 people to Lubbock, April 8-9. The convention will be held at the Lubbock Memorial Civic Center.

The show's theme, "Technology: Key to Advancement into the 21st Century" will be prevalent in the exhibit hall. Over 175 exhibitors will be at the trade show with the latest technology in the cotton industry.

According to Tony Williams, Executive Vice-President of TCGA, "this was a good year for cotton production in Texas. This year's trade show will promote this and the technology for future years." The show officially opens at 9:00 a.m. Friday, April 8 and will run through Sunday evening, concluding with an awards banquet. The banquet will salute the past officers and welcome the new officers into the role of leaders in our industry.

A tour of Lubbock, with transportation and lunch courtesy of TCGA, will begin at 10:30 a.m. Friday. Antique shopping, lunch at Lakeridge County Club and a tour & tasting of LLano Estacado Winery will be the highlights of this tour.

Saturday afternoon, the 22nd annual Natural Fibers Fashion Design Competition will be held at Allen Theater on the Texas Tech University campus. This event is sponsored by Texas Food and Fiber Commission.

Also on Saturday, a workshop titled, "Understanding Tax Exemptions for Cotton Gins" will be conducted at the Civic Center. Regulations on sales tax for gins are undergoing changes and this will be covered in the workshop.

This convention is open to the public and admission is free.



The world's largest dome is the Louisiana Superdome in New Orleans, which has a diameter of 680 feet.

Farm Credit Bank Releases Video

The challenge to individual property rights is the focus of a new Farm Credit Bank of Texas video released this week.

In the 20-minute video "Who Owns This Land?" landowners, government officials, environmentalists and lenders explore the complex issues surrounding property rights, particularly as they are affected by the Endangered Species Act and other environmental laws. More than 20 individuals were interviewed for the documentary.

Copies are available to community, civic and professional groups, youth clubs, schools and other interested organizations. Copies may be ordered by calling 512-465-0620 or writing Public Affairs, Farm Credit Banks of Texas, P.O. Box 15919, Austin, Texas 78761.

With \$3.6 billion in loans outstanding to farmers and ranchers in Alabama, Louisiana, Mississippi, New Mexico and Texas, the Farm Credit Bank of Texas is the largest agricultural lender in the five-state region.

Turkey News

A. C. Buchannon of Amarillo visited last Saturday in the home of Louis and Oleta Randell.

Gary Johnson of Paragould, Arkansas visited in Turkey last Tuesday and Wednesday with his mother, Clema Johnson. Gary went on to Arizona to a photography workshop. He returned to Turkey last week-end and returned to his home Monday. For his return home he flew out of Lubbock. While in the air he called his mother. Clema said it was the most unusual phone call she had ever received!

H. E. and Lillian Mullin, Louis and Oleta Randell and Joyce Guest of Euleas were in Plainview Thursday with H. E. who had cataract surgery.

Therma Farley has been visiting her sister Esther Butler in Amarillo for the past two week-ends. Her sister from Big Springs, Bernice Arnold was also a guest of Esther. Esther is doing fairly well. She will go for a check up on Wednesday 23, 1994. A good visit was had by the sisters. They also got in a few hours of shopping.

Louis and Oleta Randell were in Amarillo on Tuesday and Wednesday shopping and visiting relatives.

Yesteryear

Taken from The Quitaque Post Jan. 8, 1959

Five Below Zero Recorded Here

Quitaque suffered one of the worst cold spells in many-a-year during the past week when temperatures reached, according to some thermometers, 8 below zero. According to James Brunson, official weather man for Quitaque, the lowest temperature was 5 degrees below. Broken water pipes were evidence of the severe cold weather, and frozen autos were numerous. Many business place, as well as numerous homes were without water for several hours during the first part of the day, until pipes thawed.

Progress is continuing on the new food store planned by Jake Merrell, as pipe is being laid, and foundation remedied for the building. ***

College students returning to their schools Monday were: Jerrell Rice, Teddy Bedwell, and Felix Johnson to Clarendon Junior College; Dottie Wise to A&M, Las Cruces, New Mex.; Murray Wise to Howard Payne at Brownwood; Barbara Taylor and Bill Mayfield to West Texas at Canyon and John Lynn Johnson to Texas University at Austin. ***

NOTICE!!

The Clinic at Turkey opens at 9 a.m. and closes at 5 p.m. Mondays through Saturday. Mrs. J. B. Bray is in charge.

The clinic at Quitaque opens at 9 a.m. and closes at 5 p.m. Mondays through Saturday. Mrs. James May is in charge. ***

Mr. and Mrs. Leroy Hamilton and boys and Mrs. Joe Woodruff visited Mr. and Mrs. Clint Hicks and children of Lubbock Christmas Eve. ***

Mrs. Earnest Morrison had her children home for a Christmas Eve visit. Those present were Mr. and Mrs. Hubert Setliff, Martha and Myra, Mr. and Mrs. Lawrence Bedwell and Gerald, Mr. and Mrs. Bert Lane, Tim and Charles of Plainview, Mr. and Mrs. Murry Morrison, Murry Wayne, BoBo and Neva Dale of Quitaque. ***

Jim Ross left Friday for Dallas to attend the TCU-Air Force, Cotton Bowl Game. ***

The following speech was delivered by Margaret Graham Yarbrough in Canyon, Texas in May of 1936 in the "My Home Town" speech contest. It was written by her mother, Lucille Ross Graham.

Down below the caprock's sheltering rim lies a fertile valley, where peace and happiness have walked hand and hand, lo these many years. Nestled in the bow of this valley is builded the little town of Quitaque, a shining jewel in a case of green velvet. We call it the "Queen City of the Valley". To me it is the grandest place on earth, because it is "My Home Town".

It is not famed for wealth, it is not noted for scenic grandeur; neither is it a place of great business enterprise. No celebrated person has yet marked this place as his birth place. It is just a simple country town filled with kindly people who are interested in making it a goodly place in which to live. The clean well-kept streets, modern up to date buildings, and a civic pride in all things of public interest denotes a wide awake, up and doing people. The Chamber of Commerce plays a vital part in the life of our town today. Many of our most serious problems have been solved by this body.

Quitaque is my birth place, and in it's environs I have grown from babyhood to womanhood, and from the joyous romps of childhood play I have shared the ecstasy and merry making of the gang--our gang! We have studied, worked and played together and are so intertwined with each other as the old town, that to tear us away would bring a feeling of loss and desolation.

The older people of the community, our fathers, mothers, friends and neighbors, have been true to the young lives entrusted to them. They have built the best of schools for our mental development; they have thrown about us the spiritual influence of the churches; they have given us kindly counsel and high ideals, and without them, our town could not be what it is today. And, out on the hillside in the City of Silence, lie many of our town fathers in their last long sleep. They spent Godly useful lives and their influence still lives on.

Sometimes I go away for a short season to enjoy the scenes and amusements that other cities have to offer, but there always seems a tugging of home-sickness at my heartstrings, and when I am homeward bound, the turning wheels that

TIPS FROM THE HARDTIMES GAZETTE

The Money-Saving Newsletter From Texas...For Texas

✓ The best time to buy furniture is in June.

✓ Cut down on your magazine subscriptions costs. Trade your magazines with your neighbors and friends and split the cost.

✓ Trade your extra unwanted discount coupons with your neighbors and friends, or form a group for that purpose that meets weekly.

✓ You can curtail hospital expenses if you try to avoid being admitted on a Friday. Friday admissions result on longer stays than admissions on other days. For the shortest length of stay, try to have yourself (or family member) admitted to a hospital on a Tuesday.

✓ Stagger the medical and dental checkups of family members so that too many family expenditures don't happen at the same time.

bear me onward seem to sing, "Home again home again," and when I behold the dear familiar streets of the old home town once more, there comes the exultant happiness that only homecoming can bring!

I love Quitaque; I love it's people and I treasure the memory of each experience of my life, as it has been built step by step--here. These have made me a part of the town, and the town a part of me. Life may call me away some day to other towns or cities, but my home town will always be a part of me, just as surely as my mother and father are a part of my being, and I shall cherish ever, the memories of my own home town!

NEWS

OF HEALTH

Food: Your Miracle Medicine?

(NAPS)—Here's an idea you may find easy to swallow: Scientists say you can eat your way to good health.

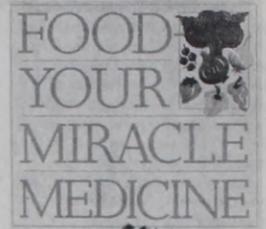
Researchers at Harvard, the National Cancer Institute, MIT, Johns Hopkins and other major institutions have done hundreds of thousands of studies tracking down the connection between diet and health.

Now, you can read all about it in a new book, **Food—Your Miracle Medicine: How Food Can Prevent and Cure Over 100 Symptoms and Problems** (HarperCollins, \$25.00), by best-selling author Jean Carper, a noted medical writer.

Diet, she says, can help prevent and treat numerous diseases, not only alleviating suffering and postponing death, but saving millions of dollars a year in health costs. "Overwhelming scientific evidence finds food a remarkably effective and inexpensive preventive medicine and remedy, often equal to, or superior, to expensive and hazardous drugs," she adds.

Here are some hints from the book:

- Eating a cup of yogurt a day can cut cold symptoms 25 percent.
- Two daily garlic cloves cut heart attack risk in half.
- Half an avocado a day improves cholesterol more than a low-fat diet.
- Spinach can prevent depression.
- Celery can dramatically lower high blood pressure.



HOW FOOD CAN PREVENT AND CURE OVER 100 SYMPTOMS AND PROBLEMS

JEAN CARPER

A new book offers advice on what to eat to promote health and save money.

- Too much fat impairs immunity.
 - Eating oats may help you stop smoking.
 - The fat found in seafood may incite cells to make chemicals that break up undesirable blood clots, fight off joint pain and frustrate cancer cells.
- While your doctor is your best advisor about preventing and curing diseases, a healthy diet, which can be achieved with the aid of this new book, can be a tremendous help.

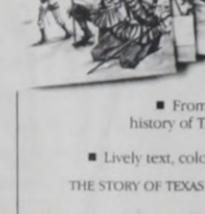
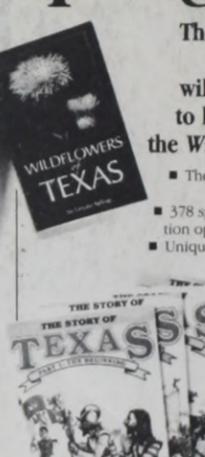
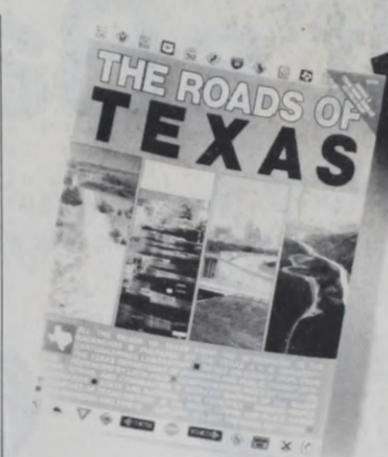
FREE THINGS TO SEND FOR

(NAPS)—For facts about seasonal allergies, write to Allergy Information, PO Box 964, Cleveland, TN 37364-0964.

Toby Jugs, ceramic jugs that look like people, are rarely sold in stores, but you can find out about them by writing to: Kevin Francis Ceramics, P.O. Box 1267, Warren, MI 48090.

For information on cancer prevention, detection and treatment; to learn how to find low-cost or free mammography; or for free publications about other cancer issues, call the Cancer Information Service, toll-free at 1-800-4-CANCER (1-800-422-6237).

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I would like to thank the voters of Hall County for their vote in the March 8 Democratic Primary

I will continue to perform the duties of the office of Treasurer to the best of my abilities.

Again thank you for your vote of confidence.

Marion Bownds

Pd. by Marion Bownds

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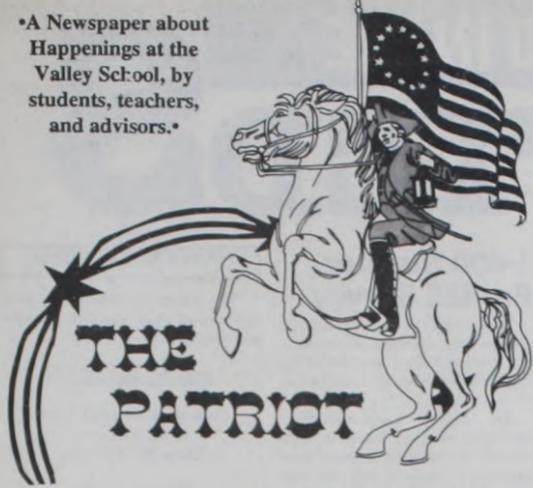
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A Newspaper about Happenings at the Valley School, by students, teachers, and advisors.



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Macaroni/Cheese
Fruit Jello
- Tuesday**
Corn Dog
French Fries
Pickle
- Wednesday**
Meat and Cheese Taco
Bean-Hot Sauce
Cake with Fruit
- Thursday**
Barbeque on a Bun
Onion Rings
Fruit
- Friday**
School Out

Third Grade News

Hi People of all ages!!!! It is the third grade reporter and secretary Natalie and Randa. In social studies we are studying about transportation. In write to write we are writing about three different animals. Did you know koalas are born the size of a lima bean? Did you know passenger pigeon is extinct? We just got back from spring break and we had a blast.

by Randa and Natalie

4th Grade News

Hey, guys and gals. It's us again the fourth grade reporters. We have been really busy this week.

In Social Studies we have just finished our chapter on World War II and taken a test. We don't know how we did on our test but we think that we did great. In English we have started back on our Writing to Write on the computers. In science we are learning about all 206 bones in our body and all of their different names. In math we are doing different things everyday. In Reading we are doing different things every day. Thanks for reading fourth grade news.

Megan, Missy & Emily

PINEAPPLE-HONEY FRUIT POPS

1 can (15 1/4 ounces) crushed (or chunk) pineapple in its own juice, undrained
3 3/4 cups canned unsweetened pineapple juice
1/4 cup clover honey
Process undrained pineapple in blender until smooth; mix with pineapple juice and honey in large measuring cup or pitcher. Pour fruit mixture into 24 small paper cups (4-ounce size). Place paper cups on a cookie sheet; place in freezer. Freeze until fruit mixture is slushy, about 4 hours; insert popsicle sticks into mixture. Freeze for about 8 hours or until firm.



VALLEY 1994 SENIOR SPOTLIGHT

Sammy Ortiz is the 17 year old son of Amanda and Severino Ortiz. He was born at St. Anthony, Idaho on May 14, 1976.

My Best Physical Characteristic: Smile.
My Favorite Pastime: Sleeping.
Style of Dress: Casual.

Hobby: Playing basketball.
Pet Peeve: People touching my hair.

Favorite Food: Mexican.
Best Subject: Government.

Favorite Sport: Basketball.
Favorite Movie: Free Willy.
Last Good Book Read: Macbeth.

My Heroes: My parents.
I Always Fall For: Blondes.

Someday I Want To: Travel around the world.
A Great Night Out: Riding around town with friends.

If I Were President: Try to keep peace.
My Favorite Memory: Becoming a senior.

My Worst Habit: Cursing.
Nickname: Spike.
My Most Valued Possession: Hair.

If I Could Change Something: Height.
If I Could Do Anything I Wanted I Would: Go watch the Dallas Cowboys.

Best Advice: Never Quit.
Worst Advice: No one will find out.

Greatest Fear: Breaking one of my bones.
What I Like Most In High School: Friends and teachers.

What Makes Me Mad: People touching my hair.

5th Grade News

Hi!!!! It's us 5th grade class. We went on our field trip Friday afternoon. We went to the State Park. We stayed there till 3:00 o'clock. Then after that we went to go pick up Mrs. Gilmore's daughter. At the park we ate hot dogs and collected clam shells. But we left them on the table. They played baseball, and went down by the water. It wasn't much fun because we didn't get to get in the water. We really liked it, we acted pretty good. Our class wanted to have another trip but we really don't deserve it because in our class we haven't been acting very good. We try to act good but we are not use to it. Most of the school think we are the worse class. Well, that's all we have to say this week!!
Your pals 4/ever,
Gaby & Mary E.

How's Your Cat's Fashion Fancy?

(NAPS)—How do you know which color is right for your pet? This short cat color quiz may be right down your alley.



True blue is the color for devoted loving cats.

Q. Neon pink is just for female cats. True or False?

A. False. Surprise! In the language of color psychology, neon pink implies that a pet is wild, smart, superior, unique and whimsical. Experts at Scratchex Pet Skin Care Center who make those "Color-Full" Flea Collars, point out that neon pink looks terrific on white-coated cats. Pink also looks wonderful on Calicos and black cats.

Q. Blue is for a cat that's loyal. True or False?

A. True. Blue has stood for loyalty since the days of the Roman Empire. True blue is the color for devoted loving pets. It's considered a knock-out on Siamese cats or cats with green or blue eyes.

Facts on Fat

Ronda Alexander

The following information was provided to me by the American Cancer Society. I hope it will help you to better understand fat and how it affects your diet. If you would like further information about this subject or others, please feel free to come by the Briscoe County Extension Office of the Texas Agricultural Extension Office.

*Studies indicate that high fat consumption could play a role in cancers of the colon, rectum, prostate and breast. Fat might have an initiating effect on some cancers and a promoting effect on others. Researchers have not pinned down the roles of different kinds of fat (e.g., saturated, mono-unsaturated, polyunsaturated, and cholesterol), but total fat intake seems to be the most important factor.

*High-fat diets are likely to be high-calorie diets. Fat-loaded calories most likely will mean a weight gain, especially if a person is not getting much exercise. Obesity, defined as being 40% or more overweight, could increase the risk of colon, breast and uterine cancers.

Reducing fat intake means eating fewer high-fat foods. Many of these, such as dairy products, meats, nuts and seeds, contain vital nutrients for good health and need not be avoided completely. Fats carry fat-soluble vitamins A, D, and E, fatty deposits serve as reserves of energy and protectors of vital organs.

*Fat should account for only 30% or less of daily calories. For a person consuming approximately 2,000 calories a day, 49% of them fat, reducing intake to 30% fat would involve only 200 calories or 22 grams of fat, the same amount

Sweeten the Season with Easter Treats

Celebrate Spring with sweet treats that combine fresh-baked goodness with the colors and candies of Easter. Home economists at E. J. Brach Corporation have developed Easter Cookie Pops and Chocolate Marshmallow Nests. Children will enjoy decorating these treats and they'll love finding them in their Easter baskets.

- Easter Cookie Pops**
- 1 c. butter or margarine
 - 3/4 c. sugar
 - 1/3 c. brown sugar
 - 1 egg
 - 1 tsp. vanilla extract
 - 2-1/4 c. flour
 - 1 tsp. baking powder
 - 1/4 tsp. salt
 - 18 wooden popsicle sticks
- Confectioner's Glaze (recipe follows)
Assorted unwrapped Brach's Easter candy

Preheat oven to 350°. In large mixer bowl, cream butter and sugars until fluffy; add egg and vanilla. Gradually add flour, baking powder and salt, beating until thoroughly blended.

Divide dough into 18 pieces, roll each into a ball. Press 1 wooden stick into each ball of dough. Place 3 inches apart on ungreased baking sheets;

contained in one tablespoon of butter or one tablespoon of mayonnaise.

*Reduce fat intake by choosing lean meats, trimming away all visible fat, and serving 2-3 portions.

*Use less butter, margarine, and oils. Instead, use more herbs and spices to flavor meats and vegetables.

*Cook foods by steaming, poaching, broiling, microwaving, baking or stir-frying them. Use vegetable cooking sprays instead of frying fat. Avoid cooking in fatty sauces and gravies.

*Rich desserts can be the largest contributors of fat in diets. Choose low-fat alternatives such as fruit or frozen yogurt.



flatten each ball to a 2 1/2-inch circle. Bake 16 to 18 minutes or until edges begin to brown slightly. Let cool on pans 2 to 3 minutes. Carefully remove to wire racks to cool completely. Frost with Confectioner's Glaze and decorate with Brach's candy before glaze hardens.

YIELD: 18
Confectioner's Glaze
3 c. sifted powdered sugar
3 tbsp. milk
Food coloring (variety of colors)

Mix sugar and milk until smooth. Divide mixture into several bowls and tint each with several drops of food coloring.

Chocolate Marshmallow Nests
24 Brach's Chocolate Covered Marshmallow Eggs, unwrapped
3 tbsp. margarine
4 c. crispy rice cereal
1/2 c. green Tinted Coconut (recipe follows)
Assorted Brach's Jelly Bird Eggs

Melt marshmallow eggs and margarine in 3-quart saucepan over low heat about 10 minutes, stirring frequently. Mixture will be smooth and pull away from sides of pan. Stir in cereal until well coated. With greased hands, pinch off small handfuls of cereal mixture. Shape into 15 3-inch nests on greased baking sheet. Fill nests with Tinted Coconut and Brach's Jelly Bird Eggs.

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