The Valley "Voice of the Caprock Canyons"

JUNE 30, 1995 BURNS MRS. LESLIE 10902 VAN RUITON S NORWALK CA 90650

VOLUME 34 NUMBER 3 6

QUITAQUE, TX 79255 BRISCOE COUNTY

**Calendar Of Events** 

#### July 7

Robbie Hill at Turkey Quitaque Sr. Citizen July 10 Attend Church of Your Choice July 11 Quitaque City Council Quitaque Firemen Valley School Board July 13 EMT's Quitaque July 14 Nuevo Study Club Turkey City Council

Quitaque Sr. Citizen

# **Dallas Summer Excitement Camp**

by Ann Coker

Stuart Smith, minister of the Turkey Church of Christ, his wife, Vivian and their children, sponsored a trip to Dallas last week to the Summer Excitement Camp. Nine young people from the Turkey-Quitaque area attended.

Those attending were, Katrina Stewart, Tiffany Woods, Karen Conner, Jamie Fuston, Chris Chelborne, Ashley and Aaron Adamson, Laurie and Cory Chandler. The group reported they had

a great time **Turkey Swimming** 

# **Lessons Offered**

Swimming lessons will be given at the Turkey Swimming pool beginning on July 5 through July 9 in the mornings and from July 11 through July 15 in the mornings.

For more information on the lessons, call Angela Clay at 469-5214

Tuesday evening and night the Quitaque, Turkey, Flomot area received very welcome rains. Reports of one and onehalf inches were given at Quitaque. Turkey residents said they received from 1.80 inches to 2 inches. Water was standing in the fields and pastures all the way to Paducah Wednesday morning as I drove there to prepare our paper for printing. The crops and farmers will certainly appreciate this nice cool

Dry, Hot Spell Past?

PAGES

# **Fire Fighters** Are Busy

by Ann Coker

Members of the Turkey volunteer Fire Department have not enjoyed much sleep recently Due to the extremely hot, dry weather every little cloud that appears has had dangerous lightning causing grass fires.

Last Friday night they were called on to help fight a fire in the Plaska Community. Saturday night they went to Memphis to assist in fighting the fire that was approaching the southern edge of town.

Also on Friday night when the men returned from Plaska, they were called out to the farm belonging to Mary Beth Adamson where another grass fire was started by the electrical storm. Firecrackers started a grass fire Sunday night, after the members had been at the Park, was started along the old railroad track in the northern part of town.

> Have A Great Summer

# allo ano by Eunice McFall

We are a very privileged group of people as a whole in the United States. We have life very easy when we compare it with the life that our forefathers lived or even the lives of most of the people who live in this twentieth century. Our forefathers and mothers had to work so very hard to just be able to exsist that it is very difficult for us to realize the time and energy that it took just to make enough to put food on the table, clothes on the body and to keep a roof on the

But do you think that we might be less privileged in other ways? We can go into the kitchen and turn the tap and fresh clean water comes out for us to drink or cook with. We go to the grocery store and have a very wide variety of food to choose from for our week's meals. Our ancestors had very little variety to choose from but in the summer they did feast on the fresh garden produce but when winter arrived, if they had not been very industrious and canned or dried the fresh garden produce in the summer they would not ety of foods for the winter months. Just think how hot

# **Guidelines For Waste Disposal In Quitaque**

There have been several questions recently about the dumping of waste in Quitaque. Also several instances of illegal dumping on city property lately in the Quitaque city barn area. To help clear up the rules, here are the latest guidelines by the Texas Natural Resource Conservation Commision: no trees, tree limbs; no grass clippings or other yard waste; no batteries, auto parts, or antifreeze; no building, wire, cable or fence materials; no metal items, appliances, or carpet; no motor oil, oil filters, or fuel filters; no tires--no asbestos or treated seed; no burning or smoldering materials; no infectious or medical waste; no hazardous, industrial, or toxic waste; and no chemicals or chemical containers may be put in the dumpsters

We would like to remind the residents of Quitaque that these are not local rules but are regulated by the State. The City of Quitaque is not permitted nor has the facilities to handle these Dumping these materials on City property is not an items. acceptable practice and illegal dumping charges may be filed for illegal dumping.

Although landfills may not accept these items here are some ways to help you reduce waste: Take old tires to be recycled at the safe tire disposal trailer located at the City barn; take used motor oil to a recycling center; do not catch grass clippings, mulch your lawn instead; ask installers of appliances or carpet to remove items they have replaced (there may be a charge for this service), the Tulia landfill will still accept composition shingles (contractors and homeowners must take shingles to the landfill).

There are also several people who live just out of the city limits using the facilities and dumping in town without paying for these services which constitutes illegal dumping. If you would like to get trash hauling services please call the City Hall to make arrange-

### Dear Editor,

Tribui

Recent news from the media headlines has been filled with violence and social injustice. Consequently, America has been shoved into the world's spotlight as a dangerous country to visit, yet the US remains to be the "dream" destination of many teenagers across the globe. As Americans it is our responsibility to show the people of the world that America is one of the most beautiful, wondrous countries on earth. Our citizens are kind, generous and anxious to share our cultural heritage with people of other countries

American Intercultural Student Exchange (AISE) has been placing foreign high school students with caring American families for over 13 years. By spending a school year with an American family, these students return to their countries with a deeper understanding of Texas, The United States and it's people, by opening our hearts, homes and lives to another culture, we will be fostering understanding, furthering education, enriching our own lives, and working together to strengthen ties with the future young leaders of foreign nations. This is an imperative step in the approaching peaceful relations between countries.

AISE places student in cities, and towns, ranches and farms, in urban area, mountain areas, desert areas, rural areas and every place between no matter how small or large the community is. AISE needs loving families who can volunteer to host an exchange student beginning in august 1994. There has been a tremendous response nationwide, but there are still students that have not been placed.

The United Nations has designated 1994 as "The International Year of the Family". If we could just show other nations that the spirit iof volunteerism and love across cultural boundaries still exist in the family of America as was intended when our constitution was drafted, the world would understand that the people of American still care. Become an "International Family". Call AISE at 1-800 SIBLING for more information.

Submitted by

Eleanor m Tats



This painting of the Caprock Canyons was done by Earnestine Payne of Quitaque, and hangs presently on the downtown corner of Main and First streets in Quitaque

#### Farmers Receive

Farmers in Briscoe County are advised of the opportunity to receive technical assistance through the local Soil and Water Conservation District to develop a site specific water quality management plan to pro minimize the potential of their operation contributing to further percolation of arsenic into the groundwater.

Arsenic acid is one of several chemicals identified in recent years suspected of polluting groundwater in the county.

"The advantage of participating in this program is that if farmer voluntarily develops and maintains a site specific water quality management plan (WQMP) though our district and has that plan certified by the Texas State Soil and Water Conservation Board (TSSWCB), the farmer will be compliant with state water quality law and exempt from other state regulatory processes regarding nonpoint source discharge of pollutants," said John Burson, chairman of the local SWCD." Of course the farmer will have to maintain his or her plan to retain their certification," added Burson.

In explaining a water quality management plan, Burson siad that a WQMP includes appropriate land treatment practises, production practises, management measures, technologies or any combination to achieve a level of pollution prevention or abatement.

S.B. 503, which was passed in

**Resource Plans** "As a result each WQMP de-

Caprock Canyons

=State Park

THURSDAY, JULY 7, 1994

veloped, maintained and implemented by a landowner or operator through a SWCD must meet rules and criteria adopted by the TSSWCB," said Burson.

"With a little fine tuning and certification of an existing soil and water conservation plan for a farm, a producer might find that his or her operation will adequately meet state water quality goals," said Burson.

Best management practice standards will be based on criteria in the current USDA Soil Conservation Service field office technical guide for our district Burson said.

# Fire Department Supper Successful

by Ann Coker The Volunteer Fire Department was quite pleased over the success of their hamburger supper last Sunday night in the

The Fire boys started serv-ing their delicious hamburgers at 7:00 pm and continued until the last customer wa served. They also sold home-made ice cream.

After dark, the Fire Department presented a vivid display of the fireworks. At the con-clusion of the fireworkds, there was a minor grassfire as a result of the fireworks. The members of the fire department were then able to exhibit their by quickly talents extinguishing the fire.

it must have been with no air conditioning in the kitchen and the wood stove fired up to can the good garden produce!

But privileged they were in the closeness of the families, the choice of their worship on Sunday, the choosing of their representatives to run the country for them for the coming years, the freedom to salute "Old Glory" in all of her splendor, and the right to choose what path that their lives and those of their children would follow!

We, too, have these same privileges! All we have to do to gain these privileges is exercise them and make the right choices for ourselves and our loved ones. We do have life easier in some ways than our forefathers but still tough choices remain for us to make ( and quite a few choices that our forefathers never even dreamed about)! We still must chose which road we will travel down. Will we choose to go and do the honest, honorable thing or will we choose the path of least resistance? We may think our choice will only effect us but there we are very wrong--our choice will effect mankind for the rest of time. Think long and hard before choosing the path that you plan to take--make it a path that will be profitable, not just money wise but human wise, not just for you but for your neighbor as well!

Webster states that privilege is a special right, or favor that is granted to some person or group. We are a privileged group blessed with special favors--let us try to make all the right choices so that we can pass this wonderful right on to those following us and perhaps one day the world will all be a privileged place for all peoples not just the chosen few.

4619 Clay court Lane Arlington, Texas 76017

#### **Library News Caprock Public** down the Allagash River by ca-

sea fans.

Happy Reading!!!

Stop by and see the sea-crea-

ture display in the window at

Caprock Public Library. There

are shells, coral, a starfish and

Swisher County

Tulia. Tx will be hosting the

"Pioneer Pride", Swisher

County's 104th Picnic Celebra-

filled week are the Washer

tion, July 9-17, 1994.

by Arlene Hinkle

Are you wishing for cooler temperatures? If you are a book lover, you can always" travel" to those cooler places -- at least in your mind. Caprock Public Library has several books by adventurous travelers such as:

Polar Dream:The Heroic Saga Of The First Solo Journey By A Woman and Her Dog to the Pole by Helen Thayer.

The Sinbad Voyage by Tim Severin. After months of research, Mr. Severin built a replica of an Arab sailing ship and sailed 6,000 miles in 7 and one half months.

For Juvenile: Kon Tiki For People by Thor Young Heverdahl.

A River Adventure by Patricia Morgan, This is about a trip the last regular session of the Texas Legislature names the TSSWCB as the lead agency in Texas for activities relating to abating agricultural and silvicultural nonpoint source pollu-

The TSSWCB is responsible for assuring that individual water quality management plans comply with state water quality standards established by the Texas Natural Resource Conservations Commisssion.

# **Celebrates 104th**

Tournaments, Rodeo performances, with stock from the Maverick Rodeo Company, Pic-

nic Day Breakfast, Tour of the Activites scheduled for the fun Museum, Parade, Sidewalk Sales, Classic Car Show, Water

Pitching Contest, the Match ropings, I.S.R.A. Single Steer Polo Contest, and many other Roping, E-B Fun Time Carnival entertaining events. Don't miss a good time!!!!!!! Rides, Community Wide Revival, Splash Day, Softball

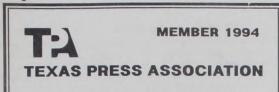
When the drawings were held Jessie Hernandez was the lucky winner of the microwave oven

Billy Wheeler and J. T. Mullins were the lucky winners of the two \$50.00 gift certificates. The Turkey Swimming Pool Association also had a very profitable night with their cake walk.





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#### THE VALLEY TRIBUNE

sor to The Quitaque Tribune, Established at Quitaque in 1960 Published Every Thursday at Quitaque, Texas 79255 Jimmye C. Taylor, Publisher Yall, Editor Linda Purcell, Computer Typist y Bearden, Advertising Patti Whittington, Reporter Eunice McFall, Editor

Judy Bearden, Advertising

Earlyne Jameson, Reporter Earlyne Jameson, Reporter SUBSCRIPTION RATES PER YEAR BRISCOE, HALL, MOTLEY, FLOYD COUNTIES .\$14.00 .\$17.00 ELSEWHERE ....

recovery

querque, during Corky's surgery and

replacement surgery on Tuesday. Truman Merrell has recently

Truman said he really wondered

now he could arrive by plane in

Albuquerque ten minutes before he

had left Amarillo

# Happy Birthdays On the QT Lon McKay reported that his son-in-law, Carl "Corky" Davis of Amarillo went to Albuquerque, New Mexico in early June, for heart

July 7 Jerry Brannon, Pauline Tiffin July 8 Ricky Hughes 
 July 9
 July 9
 related surgery. Lon's daughter, Doris Davis, recovering from a stroke, stayed with her sisters, Margie and Charlotte both of Albu a Cruse, Christeen Gilbert July 11 chard Castillo, Megan Hospital in Amarillo following hip Richard Whittington July 12 Mary Dowd, Guy Young, Atlanta returned from a trip to Albuquer-Shannon, Lynn Davis que, New Mexico. Truman flew from Amarillo. While there he vis-July 13 Billie Jeane Griffin, James Lynn ited the VA Hospital, seeing doctors 
 Automatical set of the set of th Happy Anniversaries July 7 nd Mrs. George R Colvin July 8 nd Mrs. Dennis Irby



Phone 455-1429 Lunch Buffet Sunday 11 a.m. - 2 p.m. and Mon. - Sat. 11 a.m. - 10 p.m.



# **OBITUARY**

#### Lois Bedwell Services for Lois Bedwell, 76, of

Plainview was held at 10 am Friday in the 11th and Amarillo Street Church with Dee Teel and J Henderson officiating.

Burial was held in Plainview Memorial Park under direction of

Wood-Dunning Funeral Home. Mrs.Bedwell died Tuesday, June 28, 1994, in Heritage Home. She was born on February 27,

1918, in Briscoe County. She mar-ried Lawrence Bedwell on December 25, 1935, in Turkey. The couple farmed near Quitaque and Plainview and moved to Plainview in 1970. She was a homemaker and a member of the Church of Christ. Two sons, Nathan Ernest and Murry Lawrence, died in infancy. Survivors include her husband; ason, Gerald of Plainview; a brother, Murry Morrison of Quitaque, two sisters, Dale Setliff and Pat Lane,

both of Plainview; and four grandchildren

Pallbearers were Tim Lane, Charles Lane, David Lane, Murry Wayne Morrison, Bobo Morrison and Joe Morrison.

The family suggests memorials to the 11th and Amarillo Street Church of Christ Building or to Hospice of the Plains.

## Thomas L. Cathey Services were held for Thomas Leon Cathey, 68, of Kress, at 2 pm Friday in Wood-Dunning Funeral Home Colonial Chapel with Merrill Pence, minister of Kress Church of

Christ, officiating. Burial was in Kress Cemetery. Cathey died Tuesday, June 28,

1994, at his residence. He was born on August 12, 1925, in Fanin County. He was a televi-sion repairman for Sears, Roebuck Co, and moved to Plainview from Tascosa in 1949. He moved to Kress from Amarillo in 1970. He moved to Kress from Amarillo in 1970. He married Leona Wilcox on August 14, 1946, in Clovis, New Mexico. She died on February 26, 1989.

Survivors include four sons, Steve of Austin and James, Michael and Roger, all of Amarillo; two daughters, Patty Barnes of Portales, New Mexico and Sherry Bulls of Lubbock; a brother, James C. Cathey of Quitaque; two sisters, Lozetta Bussey of Plainview and Sharlene Bivens of Tulia; 14 grandchildren; and three greatgrandchildren.

The family suggest memorials to Don and Sybil Herrington Cancer nter in Amari

#### Wendell Farley

Word was received early Tues day, July 6, 1994 of the death of Wendell Farley. Services are pending at press time. A complete obituary will follow next week.

# **Food Safety For Backyard Chef**

In the midst of this hot summer outside grilling has become even more popular. This allows the kitchen and the cook to stay a little cooler. Cooking out requires extra precautions though, in order to prevent food borne illness.

Careful grilling can prevent ex-cessive smoke and charring that may be unhealthy. Follow these simple tips to help keep your cookouts both safe and fun:

\*Select high quality meat and products for best results.

\*Keep meats at 40'F or less until right before grilling. Thaw frozen foods in the refrigerator and do not use the left over marinade on cooked

meat. \*Wash your hands before and after handling raw meats. \*Wash all work surfaces and

utensils thoroughly with hot, soapy water before and after preparations. Use a different cutting board for meats than fruits and vegetables. The Valley Tribune, Quitaque, Texas, Thursday, July 7, 1994

SWIMMING

LESSONS

at the Turkey

**Swimming Pool** 

Contact 469-5214

for information

Farley's Flowers

& Variety

• VIDEOS•

DRY CLEANING PICKUP.

•ELECTROLUX SALES

& SER VICE.

Quitaque,Tx

455-1410

#### Equine Career Day Local youths will have the opportunity to discover differnet career choices in the equine industry at a seminar hosted by Pigg Restaurant. There was much eating, hugging laughing, visiting and reminising by all. Saturday afternoon there was a "No-talent" the American Quarter horse Heritage Center and Museum, Thursday, July 14.

**McKay Reunion Held** 

A McKay Family Reunion was held at the Quitaque Community

Center on June 18 & 19, 1994. Lunch

on Saturday was catered by Roy

Talent show featuring several fam-

ily members. On Sunday everyone pitchd in and brought food and they had burgers, hotdogs, watermelon

The two day reunion was enjoyed by relatives who came from Amarillo, Kermit, Idalou, Quitaque, Lubbock,

Clarendon, Lorenzo, Spearman,

Turkey, Silverton, Stephenville and various cities in California, Colarado, Oklahoma, and New

McKay, Jimmy (Cooter) McKay, Marion Lee McKay, Gay and Ray

Sperry, Susan, Matt, Sarah and Lindsey Kirk, Clyde, Renee and Eric

Dudley, Mollie Chambers, Wilma Harvey, Jana, Adrienne and Andrew

Lane, Randy and Lisa Rogers. Vis-iting friends were: Mr. and Mrs.

Mary Wo

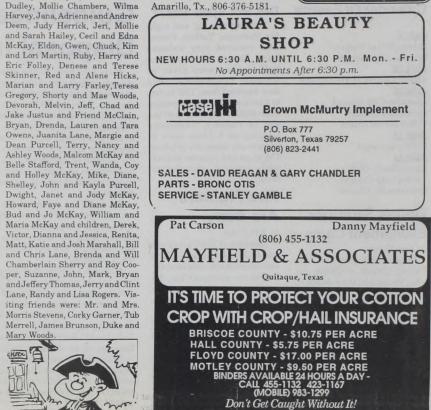
Those who attended were: Lon

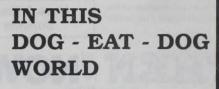
and all the trimmings.

Mexico.

"Exploring Careers in the Equine Industry" will feture information and advice from several industry professionals for youths, ages 12-19, who are interested in pursuing careers in the equine industry. Interested parents and youth organization leaders are invited to attend the seminar. too.

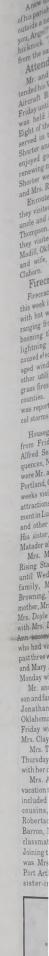
Registration is from 9:45 am to 10 am, followed by the seminar from 10 am to 2 pm at the american Quarter Horse Heritage Center and Museum, 1-40 East at Quarter Horse Drive in





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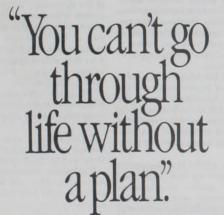
whenever you need us.



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You can't predict the future. But you can plan for it with Allstate Life Insurance. Together vou and I will work out a life insurance program. Providing the proper protection for you and your family. I want to be Allstate your agent for Life. You're in good hands

J & K Insurance Agency 806-652-3386 Lockney, Texas 79241

\*After meat is placed on the grill wash utensils and platters with hot, soapy water before using them again. Cooking kills bacteria, but cooked foods can be recontaminated with unwashed utensils.

Keep serving time after cooking to a maximum of two hours; refrig-

erate all leftovers immediately. "Poultry products should be cooked until the juices run clear or the temperature reaches 70°F.

\*Eating raw or rare meat is not recommended, especially for persons who have chronic illnesses, recovering from surgery or have comprised immune systems. Cook meat thoroughtly to kill bacteria. Remember these tips to keep your summer grilling safe and fun.



Lemon juice is six to seven percent acid



# FLOMOT NEWS

A new minister was visiting som of his parishioners when he stopped outside a newlywed's door. "Is that you, Angel?" he heard, in answer to hisknock. "No," he replied, "But I'm from the same department

Attend Army Reunion Mr. and Mrs. L. E. Shorter at-tended his World War II 168th Anti-Aircraft Battalion reunion from Friday until Sunday, June 24-26. it was held in Wister, Oklahoma, Eight of the original veterans who served in this battalion with Mr. Shorter and wives attended. They enjoyed good entertainment and renewing memories. Mr. and Mrs. Shorter were house guests of Mr. and Mrs. Roy Logan.

En route to Oklahoma, Thursday they visited in Cooper, Texas with uncle and aunt, Mr. and Mrs. Joe Thompson. On return trip home, they visited overnight Sunday in Madill, Oklahoma with her br and wife, Mr. and Mrs. Major

Firecracker Weather

Firecracker weather continued this week in Flomot and Whiteflat with hot winds and temperatures ranging from 102 to 106 degrees booming thunder and flashes of lightning throughout the week caused electrical outages and damaged windmill water pumps and other utilities. There have been grass fires in Motley and adjacent counties. Only sprinkles of rain was reported following the electri-

Houseguest of Wilson Barton from Friday until Monday was Alfred Seay of Truth or Conse-quences, N.M. Other recent guests were Mr. and Mrs. Pat Campbell of Portland, Oregon. During their two weeks visit, they toured historical attractions and enjoyed entertain-ment in Lubbock, Canyon, Quitaque and other South Plains locations. His sister, Mrs. Kathyrn King of

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Matador also visited. Mrs. Mary Ann Browning of Rising Star visited from Sunday until Wednesday with son and family, Mr. and Mrs. Lee J. Browning, Whitney and Jason, her other, Mrs. Viola Calvert, Mr. and Mrs. Doyle Calvert and in Turkey with Mrs. Dona Browning. Mary Ann accompanied home Whitney

who had visited in Rising Star the past three weeks. Mrs. Viola Calvert and Mary Ann visited in Lubbock, Monday with Mrs. Barbara Bush.

Mr. and Mrs. Victor Bond and son and family, Brett Bond, Joshua, Jonathan and Chris of Tulsa, Oklahoma visited Thursday and Friday with his parents, Mr. and Mrs. Clayton Bond. Clayton Bo

Mrs. Trula Martin visited from Thursday until Sunday in Borger with her daughter, Marilee Pilcher.

Mrs. Annie B. Cloyd enjoyed a vacation trip June 12th to 29th that included visiting in Center with cousins, Betty and Harold Robertson, Mr. and Mrs. Jack Barron, Mrs. Sue Massey and ex- Cook, grandson of Lubbock and Mr. classmate, Mrs. Joyce Bridges. and Mrs. Tim Mandrell visited Joining them for a cousins reunion was Mrs. Katherine Meadows of nied their children hom Port Arthur. She also visited her

er in Shelbyville. On return flight home from Shreveport, Loui-siana, she visited in Tyler with Mr. and Mrs. Norris Cloyd. Mr. and Mrs. Wilburn Martin met her at the Lubbock Airport, Wednesday and

Mrs. A. D. Moseley and Mrs. Laverna Tiffin accompanied Mrs. Lucille Baird and Mrs. Pat Tidwell of Silverton to Amarillo this weekend to attend the District Assembly of Jehovah's Witnessess. It was at the Civic Center and sessions were held on "Godly Fear"

Mrs. Moseley visited last weekend in Lamesa with daughter and husband, Mr. and Mrs. James Davis. She attended a baby shower in Lamesa honoring her granddaughter, Mrs. Shawn (Julie) Holliday, Saturday afternoon

Mr. and Mrs. Jean Pope and Mr. and Mrs. Lewis Cannon of Tulia visited their mother, Mrs. Lucille Monk and brother and wife, Mr. and Mrs. Don Monk, Saturday.

Mrs. Carol Ann Turner attended her 25th Silverton High School graduation class reunion, Saturday, aly 2 in Plainview. It was a day of good entertainment and reminisc ing with ex-classmates at the Conestoga Inn. Her children, Heather and Cobey have been attending a Basketball Camp on Saturdays in Childress. Mr. and Mrs. Morris Stephens

visited in Clarendon, Monday with daughter and family, Mr. and Mrs. Scott Martin and Shanon. they enjoyed the July 4th festivities inluding the rodeo, barbecue and art

Natalie and Brooke Rogers of Lindale are visiting with their fa-ther, Donnie Rogers and grandpar-ents, Mr. and Mrs. Howard Rogers. They attended the Flomot Baptist Vacation Bible School the past week and the Fireworks Show and entertainment in Turkey, Sunday night. Mr. and Mrs. Marvin Starkey

and Tanya visited in Fritch last Sunday with Mr. and Mrs. Gene Davis, Warren and Michael and ac-companied home son, Jackie who visited the Davis family the past week

Aleda Elaine Ross, granddaughter of Mr. and Mrs. Tom Ross, who was to be a featured performer at the Silverton Jamboree, Saturday night was unable to attend due to illness. She received medical treatment in Lubbock, Wednesday and they visited overnight with the Ross's daughter and husband, Mr. and Mrs. Stan Wigley before returning home Thursday. Aleda Elaine is receiving out-patient care at the Lockney Clinic and is reported to be improving.

Dustin and Shae, children of Mr. and Mrs. Tim Mandrell of Lubbock visited the past week with grandparents, Mr. and Mrs. Doyle Calvert and uncle, Glen Calvert. They attended the activities at the Flomot Baptist Vacation Bible School. Ke during the holidays and accompa-Robbie Helms and daughter,

sister-in-law, Mrs. Elizabeth Hayley of Houston visited from

Up at the crack of dawn . . .

5 hours back

5 hours on the road A 30 minute meeting

Road construction

The General Store

Main Street, Turkey

423-1252

°Handmade Clocks ° Greeting Cards °House Plants

Jewelry °Custom Orders on Clocks

Friday until Monday with his par-ents, Mr. and Mrs. Joe Edd Helms. Other guests, Sunday for a family luncheon were Mr. and Mrs. Jim Pearce, Katie, Shane and Brandi of Amarillo, Mr. and Mrs. Bobbie Phillips, Autumn and Kelvey of Brownfield, Johnny Helms of Little Rock, Ark., Mrs. Anetta Helms and Mr. and Mrs. Kenneth Helms and Callie of Quitaque and Art Green of

Mary Ellen Barton, Viola Stinson ad Wilson Barton had lunch in Memphis, Thursday. Before re-turning home, they saw the farmland cave-in located near Leslie unity that has received publicity. It is as large as three football fields, water is 140 feet deep and the sides are in a smooth carved verti cal line. They do not know the reason for the catastrophe. They remarked, You would have to see it to believe something like this could happen to farmland.

#### Workshops Address **Rural Issues**

The Center for Rural Health Initiatives is sponsoring workshops to help rural community leaders learn more about health care issues. The workshops are a part of the HealthFind program, a unique physician recruitment program eryone who works in rural health care, health administration, or is concerned about health care in rural communities is invited to at-tend. There is a registration fee to cover the cost of lunch. The workshop for this area is scheduled for July 25, in Plainview. Call the cen-ter at (512-479-8891 by July 8 for information or to register. Those who preregister will receive an in dividualized data packet about their

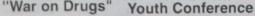
community during the wrokshop. The workshop will cover com munity assessment, physician recruitment and retention, and legislative and legal updates that may affect health care in rural commu nities. Participants will learn how to determine which model of com munity assessment will work best for their area by exploring different kinds of community assessments. Workhop participants will discover how to get everyone in the commu-nity involved in finding physicians through HealthFind, and how to keep physicians in the commu

In the last seesion of the day workshop participants will about recent changes in the Medical Practice Act, reimbursement regulation and state legislation as well as potential issues coming b fore the Texas Legislature in its upcoming sessison

# HEALTH

175,000 Texans To Lose Health Insurance

A recent study by Families USA shows that 175,000 Texans will lose their health in surance each month this year. Some will lose their insurance when they get sick and their insurance company cancels their policy. Others will lose their insurance because they change jobs, start a new business, get divorced, get laid off graduate from college. In 1994 and 1995, nearly 1 out of 4 Americans will be without health insurance at some poin



Texans' War on Drugs Youth Leadership program has been recognized by many national organizations as a model for the country, such as the National Crime Prevention Council, National Association of State Alcohol and Drug Abuse Agency Directors, Center for Substance Abuse Prevention, Southwest Regional Center for Drug Free Schools and communities, and Commission on National and Community Service. The pro-This summer, approximately, ference, July 6-9, 1994. 1,800 junior and senior high school students are expected to Drugs, the four-day conference

participate in several se throughout the state. As Mr. Heard says,"More than anything, these young people need to see they have their communities support. They need to be recognized for their efforts, as they are changing community attitudes toward drug abuse. For more information, contact

Bill Whitehead, Region 17 ESC, 806-793-4857 Over 350 area junior high and

high school students will gather gram began in 1984 with only 40 at Texas Tech University for the young people from across Texas. Drugs Youth Leadership Contenth annual Texans' War on Sponsored by Texans' War on

brings together groups of young people who are concerned about their future in a world filled with drugs. Many of them have seen first hand the devasting effects of drugs on their peers and family. These youth leaders come together over the summer

for a week of comprehensive training on preventing alcohol and other drug use in their schools and communities. They

share the pressures they face daily and publicly reaffirm their commitment to lead drug-free lives and help their peers do the same.

will hold a public hearing on a

#### NOTICE OF PUBLIC HEARING ON BUDGET

The proposed budget for the 19 \_\_\_\_\_ fiscal year.

The public hearing will be held on July 14 at 8:30 a.m. at the Appraisal District

A summary of the appraisal district budget follows: The total amount of the proposed budget is \$69,000.

> The total amount of increase over the current year's budget is -0-

> The number of employees compensated under the proposed budget will be TWO (2) (full-time equivalent).

The number of employees compensated under the current budget is TWO (2) (full-time equivalent).

The appraisal district is supported solely by payments from the local taxing units served by the

If approved by the appraisal district board of directors at the public hearing, this proposed budget will take effect automatically unless disapproved by the governing bodies of the county, school districts, cities, and towns served by the appraisal district.

A copy of the proposed budget is available for public inspection in the office of each of those governing bodies. A copy is also available for public inspection at the appraisal district office.





21¢ 0F

#### Wind Rain Getting late now And my wife is probably worried sick!

REASSURANCE

A 21¢ call to let her know I'm okay?

RoadRoamer Cellular Network

#### Is it worth it? Is she worth it?

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You can make that call for as low as 21¢ a minute\*. It could mean a world of reassurance to someone who is Digital Cellular makes staying in touch easy with quality cellular service at a price you can afford. Digital Cellular service features:

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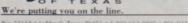
Take a minute. It's important. It's worth it. And it's only a call away. Call 1-800-662-8805 to find out how Digital Cellular can put you on the line for less. \*This rate subject to minutes of use and time of day restrict

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Expanded Toll-Free Long Distance Calling Area

# Page 4 **Retirement and** Social Security

by Terry Richardson How much money is needed to assure a comfortable retirement? Many financial analysts recommend that middle-income Americans need a replacement rate of about 80

a replacement rate of about of percent of pre-retirement earnings. Too often, people never think about where that money will come from until it's too late to do much about it.

Social Security retirement benefits replace about 42 percent of an average earner's pre-retirement earnings. Social Security is a finan cial base on which most retirees can build.

Some critics of the program say they could do a lot better than Social Security in providing for their re-tirement. I would encourage them to make the effort, because a partnership with each worker is what

nership with each worker is what was originally intended. When the original Social Secu-rity Act was passed almost 60 years ago, Social Security retirement benefits were thought of as part of a "three-legged stool." The other two financial "legs" were (1) personal savings and investments and (2) employer pensions

What if an individual is either wise enough or lucky enough, through investments and pensions, to duplicate Social Security's re placement rate of 42 percent of earnings for an average individual? He or she would then reach an 84 percent figure and assure them-selves a comfortable retirement.

If you do a little less well, the effort is still all to the good because you will have more than just Social Security to rely on.

A good starting point for any analysis of what you will or need for your retirement years is a Personal Earnings and benefit Estimate Statement that is available free from Social Security, Just call 1-800-772-1213 and one of our representatives will be happy to help you.

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Immunize Your Little Texan By Two

Now's the time to have your child immunized. Immunizations are an important part of preventive health because a number of infectious diseases are almost completely preventable through routine immuniza-tions. Texas leads the nation in the number of reported cases of vaccinepreventalbe diseases. Estimates show that while 95 percent of Texas' school-age children are properly immunized, only 30 to 40 percent of the state's preschool-age children have received recommended vaccines. As late as 1990, Texas was home to about 18 percent of the nations cases of

easles, one such preventable disease. Efforts to improve the health of Texas children are underway. A easure passed last year by the Texas Legislature and supported by Texas Medical Association provides that every child in the state be immunized against vaccine-preventable diseases, regardless of ability to pay. Shots Across Texas, the statewide immunization initiative, recently kicked off its efforts to assure children are-appropriately immunized. The physi-cians of TMA play an active role in Shots Across Texas' immunization efforts to make Texas children healthier

To prevent dangerous and potentially life-threatening diseases, Texas Medical Association usrges you to make sure you and your children have current immunizations. Because these immunizations need to be received by age 2, waiting until your child is ready to start school needlessly puts

them at risk of exposure to disease. Routine childhood immunizations protect against eight diseases. The following immunization schedule is recommended as a guideline by the Texas Department of Health and the Texas Medical Association: \*DTP (diphtheria, tetnus and pertussis)-a series of five shots at 2

months, 4 months, 6 months, between 15 and 18 months, and a booster shot between ages 4 and 6.

\*Polio-a series of four oral doses at 2 months, 4 months, 15 to 18 onths, and 4 to 6 years.

\*MMR (Measles, mumps and ruebella)-- two shots, one at 15 months and a booster at 11 to 12 years of age. \*Haemophilus influenza type B--two different vaccines available, both given at 2 months, 4 months and 15 months; one also requires a dose at 6

onths \*Tetnus-diphtheria--between ages 14 and 16 and every 10 years

thereafter Hepatitis B -- three shots, given at 2 months, 4 months and 15 months. An additional recommendation was issued by the Center for Disease Control in November 1991 about Hepititis B. Although it is an adult

disease, Hepititis B has not been controlled by adult immunizations becquue of the difficulty in reaching much of the population at risk. To help eliminate Hepatitis B, the CDC now recommends immunizing for the disease at birth, a 1to 2 months, and at 6-18 months.

Although some risks are associated with immunizations, they are outweighed dramatically by the benefits of disease prevention. If you are

oncerned, speak with your physician about vaccine risks and benefits. The recent increase in outbreaks of infectious diseases, combined with renewed emphasis on preventive health, makes immunizations more important than ever. Check with your physician about immunizations you

and your family need. Texas Medical Association is a professional organization of more than 33,000 physician and medical student members. It is located in Austin and has 118 component county medical societies around the state. The Association represents 84 percent of the doctors of medicine licensed and residing in Texas and 96 percent of the stat'e allopathic medical students.

The TMA's key objective is to improve the health of all Texans.



Unlimited Care, a professionally regulated agency, offers the alternative to nursing home care by providing its residents with a safe, secure residential home staffed with qualified caring people. We are conducting a survey at this time to determine if it is feasible to open a private care home in the Quitaque, Turkey or Silverton area. If you or someone you know is interested please call 806/455-1132 and speak to Mary.

reserveseseseseseses you are invited to a reception at Elizabeth June Birins' Home for aged 311 Tee Anchor 2 p.m. to 4 p.m. Saturday, July 9th, 1994 in honor of Mary Ellen Jowin on her 90th birthday. your presence is the only gift we coret. If you are unable to attend.

overweight is caused by overeating. This belief is supported by the endless amount of calorie-restricted diets, diet books, chemical appetite suppressants and other weight programs. However, many of us are familiar with the fact that lowcalorie diets alone rarely work. Research shows that of the persons who are successful at losing weight,

Today's society had ingrained in

their minds the beliefs that being

When a man is wrapped up

-John Ruskin

more that 95 percent will regain the weight loss within a year. That is why it is imperative to combine exercise with weight management. "Why is exercise important?" you ask. Here's just a

few reasons: The more calories you burn, the

more weight you lose If you exercise daily, a higher

proportion of the weight you will lose will come from fat deposits. Exercise also has an effect on your appetite. If you exercise hard before a meal, you will decrease

your appetitie. Physical activity speeds up your

metabolism while you are exercising.

As you lose weight, your body will feel firm because your muscles are toned.

Your cardiovascular system will improve its ability to respond to

stress and exercise. Physical activity added to a dull routine will relieve some of the boredom and lonliness that will

# The Valley Tribune, Quitaque, Texas, Thursday, July 7, 1994

# Pre-"Texas" Entertainment Each Night

Visitors to the "Texas" musical drama this year are being entertained by two groups that each possess a unique musical style Tisra Til ascends the patio stage at 6 p.m. Monday through

Thursday evenings. This welltraveled musical duo consists of Stephen (Tupe) and Janey Kenyon. During the past 15 years, Tupe and Janey have shared their imaginative stage show with audiences across the United States and around the world.

Crowds visiting "Texas" on Friday and Saturday nights tap their toes to the friendly sounds of The Prairie Dogs. The band has been a crowd-pleaser prior to weekend performances for

each of the last three years.

The band, comprised of Dane Williams, Byron Williamson, Greg Meador, Mike Borger and Dennis Garvey, is gaining recognition for a new brand of music they affectionately dub "Cow Jazz." The band's performances are filled with original music written by band members. They consistently cross the traditional lines between folk, rock, country, bluegrass and jazz.



3 Million To Get **Drug Benefits** 

Three million Texans have health insurance that does not cover prescription drugs. They would get those benefits under President Clinton's proposed health reform.



· Keep canvas covers on chil dren's recreation equipment taut to eliminate standing water.

• Keep lawn and shrubs well maintained. Also thin overhead foliage to promote sunny conditions

• When applying OFF! Skintastic For Children, put it on evenly but not heavily. Follow label instruc-tions and use common sense. Keep away from hands, mouth, eyes and open cuts

• Apply repellent more frequent-ly if children are physically active or if conditions are hot and humid.



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andle her di Museum. Le filling in for resume her jo to see Veta ou Visiting w Fuston this Freida's sist

children, Ju Amarillo. Al son, Kyle F Linda Fer two of her ch lies home last Connie and Ike and Fran Michelle and remained for grandparents The Dvora Albuquerque with Bob's pa Jarret Pig Methodist Hi kidpouter kidney transp 4th. His suri June 29th. Hi who was the

leased from th Jarret and and Clinton, a bock Inn whe kitchenette a be there for so

number is 79

Turkey with h

The Pigg's

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DAILY

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Far



make you want to eat.

You will be in a better mood, have more fun and enjoy life more. Many people think that training causes body fat to turn into muscle and that when you stop training for a while, the muscle turns back to fat. This is misconception. Muscle and fat cells are completely different, both structually and function ally. However, training can help you lose body fat by burning calories (metabolic rate) since muscle is very active tissue that requires lots of energy.

As you gain muscle through weight training, you may lose body fat if you maintain your normal intake.. a desireable change in body composition that will make you look thinner, whether or not you lose weight. The main idea is to exercise, start out slow and build up. You will feel better immediately. As with any major weight loss pro-gram, see your doctor before you begin in order to avoid any possible health problems.

# Things Seen or Heard

#### Things Seen or Heard by Ann coker

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Dennis and Peggy Irby and daughter, Alana, were week-end visitors in the homes of their par-Fuston. Peggy and Alana will be spending a few extra days in Turkey after Dennis returns home.

Lewis and Mozells Eudy returned home last week after an extended visit in Austin with family mem-bers. They stayed a few extra days to be with their son and wife, Ron and Kay Eudy, following Kay's

surgery Our daughter, Brenda Coker of Harper, and Linda Hamilton and sons, Zach and Josh, of San Antonio visited with us for a few days last week. They left Friday for Lamesa week. They left Friday for Lamesa where they met Mark and for a visit with Mark's parents. They will re-turn to Turkey and leave the boys with us for a few days. There may be scant news, if any, from us next weak where such of the toron toron it.

week, unless each of you turns it in. Visiting with Virginia Degan last week was her granddaughter and her children, Lisa McKnight of Amarillo. Also Virginia's sister, Totsy Bain of Lockney, visited in

Billie and Maurice Fuston have recently returned from a trip to Knoxville, Tennessee, They visited

with their son, Danny and his boys. Visiting with Dot Arnold over the weekend was her daughter and husband Karen and Wes McDougall of Amarillo. Karen and Wes brought Mary Loury's travel trailer and they pulled it home. Bonnie Hill spent a restless night

last Saturday night. She received word her granddaughter's home, Lynn Davis, was in danger from the grassfires in Memphis. Lynn and her husband, Wiley Davis had to vacate their home but the fire was under control as it reached their yard. Also the same night a grassfire at Claude was spreading close to Bonnie's son's home, the Rod Hills. However, both homes and families escaped any damage.

Enjoyed visiting with Jack Case one day last week while he was in town. Jack and Jeanette have bought a home in Matador and will be moving from Amarillo to Mata-dor soon. While visiting with Jack, I had my two grandsons with me. Jack said I needed to take them to Fun Valley- at South Fork, Colo-rado. South Fork was a favorite vacation spot for several familie many years ago and our kids all oved to visit Fun Valley.

Ever since Veta Colvin was hospitalized she has been unable to handle her duties at the Bob Wills Museum. Loren Setliff has been filling in for her. Veta plans to resume her job this week. It is good to see Veta out again

Visiting with Gene and Frieda Fuston this past week-end was Freida's sister, Sue Parish, and children, Justin and Amanda, of Amarillo. Also visiting was their son, Kyle Fuston and family of Amarillo. Silver

Linda Ferguson enjoyed having two of her children and their fami-lies home last week-end. Daughter, Connie and Bob Dvorak and son Ike and Frances Reid and children Michelle and Cory, of Graham. Cory remained for a longer visit with his grandparents, the E. G. Reids. The Dvorak family traveled on to

The Dvorak Tamily traveled on to Albuquerque, New Mexico to visit with Bob's parents. Jarret Pigg was released from Methodist Hospital following his kidney transplant on Monday, July 4th. His surgery was Wednesday, June 29th. His father, Clinton Pigg, who was the kidney donor was re-leased from the hospital on Friday

Jarret and his parents, Joanie and Clinton, are staying at the Lubbock Inn where they have a small kitchenette apartment. They will They will be there for some time. Their phone number is 792-5181-Room 180 by Shawn Wade

and Joy Turner, and preparing to attend a 4-H Camp. Shannon and Lisa Cruse and children drove to Bakersfield, California to visit with Lisa's parents, Wayne and Beverly Childers. The Cruse family were gone for a week. Cotton Growers (PCG) boll wee Whilein Bakersfield, the Turkey vils may be a significant prob Cotton Growers (PCG) boll wee-

group and Lisa's parents spent one day on the beach. Lisa reported that the temperature was 71 de-

The Cruse family attended church on a Sunday with Lisa's parents. While at church they met a former Turkey resident, Harold Parker andhis wife and son. Harold was quite excited over meeting some Turkey residents Turkey residents. Harold went to school in Turkey

through the 8th grade. He gradu-ated from high school in Arizona. Harold shared with the Cruses that he was in a class with Delores (Lacy) Price and Ricky Fuston. Even though he has been gone many years, he told the Cruses he still called Turkey home. He was inter-ested if there were any class renions coming up and wanted the Valley Tribune.

Harold now owns a portable

Yesteryear

#### Taken from The Quitaque Tribune, Melvin Carter Receives Lone Star Farmer Award by Bob Saul

On Tuesday morning, July 19th, at 4:30 a.m., four future Farmers and their Advisor embarked on a and the Advisor emanded on a really great adventure. Their desti-nation was the gigantic, hot and humid Houston. It was the 32nd annual Texas FFA Convention they were journeying so far to attend. One of these FFA boys was going

to receive his Lone Star Farmer Degree, the highest degree conferred upon any boy by the Texas FFA, This boy was Melvin Carter. The other three boys were going as dele-gates of the Quitaque Chapter. They were Bob Saul, Sammy Johnston, and Lee McDonald. Their Advisor was Mr. Elmer Berryhill.\*\*\*\* Mrs. J. O. Davidson, Mr. and

Mrs. Jimmy Davidson, and Jimmy Don spent the day Sunday at the Stewart McCracken home in Tu-lia.\*\*\*\*\*

Last Wednesday Mrs. H. B. Fin-ney, Mrs. Tracy Drake, Mrs. Johnny Brummett and Mrs. Bob Patrick drove up to Hereford to pick some onions and potatoes.\*\*\*\* Twenty years ago, the American

farmer was producing enough for himself plus 10 others. But today he is producing enough for himself plus 23 others.\*\*\*\*

Mrs. Margaret Tipps, daughter of Mr. and Mrs. Kelly Tipps of Den-ver, Colo., spent the week-end visiting with Mr. and Mrs. N. V. Hamil-

Alicia and Jamie Washington, daughters of Mr. and Mrs. Son Washington of Springlake, are here visiting their grandparents; the Edgar Morrisons.\*\*\*\*\*

Mr. and Mrs. A. C. Barrett and Mrs. Slug Ramsey drove to Tulia last Wednesday evening where they met the Barrett's children from Amarillo and all enjoyed a picnic in Bank To Observe 40th

# Anniversary

The First National Bank of Quitaque will hold an Open House next Tuesday afternoon between the hours of 3 and 6 o'clock.

The occasion will mark the ob-servance of the Bank's 40th anniersary. On August 2, 1920 the First National Bank of Quitaque opened ts doors for business with the following force: Amos Persons, Presi-dent; J. B. Russell, Vice President; Orlin Stark, Cashier; and Miss Gladys Persons, Bookkeeper. The

lem in some areas this year.

everyone's mind.

weevil treatments.

age in the Southern High Plains

Early treatment decisions

should be based on the 'trap in-

dex' using pheromone traps

says PCG Boll Weevil Program

Coordinator Roger Haldenby.

"At this time we are advising

producers to talk to their crop

consultant, entomologist or Ex-

tension personnel for advise on

ers in the following counties

should be especially watchful:

Andrews, Bordon, Briscoe,

Crosby, Dawson, Dickens, Floyd,

Gaines, Hall, Howard, Kent,

Lynn, Martin, Midland, Motely, Scurry, and Terry.

The Fall Diapause Boll Wee-

vil Control Program is going to

have a hard time addressing

widespread weevil infestations in this newly infested area with

the limited funds that are avail-

definitley consider spraving.

ALUMAX

Haldenby adds that produc-

Some Areas See Weevil Pressure

The PCG run boll weevil pro-Lots of boll weevils survived gram has been very successful the Southern High Plains fourth for 30 years because of help from mild winter in a row and accordthe environment, mainly in the ing to Lubbock-based Plains form of cold winters which compliment the programs goal of reducing the number of weevils entering overwintering habitat. With most of the cotton acre-

Without this help the last few years, the weevil has made a major push into normaly wee-vil-free of the High Plains.

Producers in these areas are also being encouraged to look further down the road in order to manage this year's crop so that the highest level of weevil control possible is achieved.

"It may seem a long time to harvest when we haven't even seen blooms, but producers in high weevil areas need to give some thought now to early termination of this crop," says Dr. Don Rummel, Research Scientist and boll weevil expert from the Texas Agricultural Experiment Station in Lubbock Regultaing growth later in the

season, knocking off squares and terminating a mature crop can possibly so as much good (for boll weevil control) as a pesticide application. For more information about

the status of weevil populations producers can contact their county Extension personnel or look for the "High Plains Boll Weevil Report" in the Cotton/ Rice Segment of the DTN sys-



first dog licensing law in 1894



Marriage Announced

Twila Clark is pleased to announce the marriage of her mother, Mildred Hulsey of Quitaque, to Mr. T. L. Hulcy of Lockney. They were married June 24, 1994 in Floydada, Tx., and are making their home in Lockney, TX.

# Clean Sweep Sale! Select Merchandise **1/2** *Price*

To make room for new Fall items!

FAMILY PHARMACY

Aluminum Ro Mobile Hom

6.99 29.99

200 SO. MAIN, FLOYDADA, TX 79235 PH: 983-5111 /1-800-345-7961 Denice Payne, RPH.









The Valley Tribune, Quitaque, Texas, Thursday, July 7, 1994

POLITICAL CALENDAR

FOR RE-ELECTION

State Senator

State of Texas



### REAL ESTATE **RENT/FOR SALE**

FOR SALE: 3 BEDROOM, 2 bath house located at 204 Jones Quitaque. Scotty Stark, Realtor 455-1287 1 4tn FOR SALE: IN TURKEY, 2 FOR SALE: IN TORRET, 2 bedroom, 1 1/2 bath, steel siding, cellar and garage, lots of trees. For information call 806-839-2692 or 806-839-2975. 2 2tc

#### WANTED

WANTED: ABLE-BODIED senior citizen to help with lawn needs and other outside jobs. Call 455-1261. 2 2tc

#### FOR SALE

FOR SALE BY SEALED BID: 1985 Dodge Diplomat 4-door sedan. Good condition. Can be seen at Briscoe County Courthouse. mit bids to the Briscoe County Judge July 11, 1994. FOR SALE: 1977 MERCURY Monarch, 2 door, auto-air-powersteering, good tires. \$750.00. Call FOR SALE: SEARS RIDING lawn mower and Sears push mower Call Karol Pigg at 455-1174. 3 2tc

### NOTICE

GERMAN HIGH SCHOOL exchange student, boy 17, needs host Likes basketball, cycling family. and track. Arriving in August. For more information call Eleanor 817-467-1417 or 1-800-SIBLING.

GARAGE SALE CAR PORT SALE: 2 FAMILIES

on Saturday, July 9 from 8-12 at Bill Rucker Home at 304 Wilson Street in Quitaque. No sales before 8 a.m.

GARAGE SALE: CORNER OF 2 and Jones, Quitaque, Saturday, July 9 & Sunday July 10 from 8 til—. No sales before 8 a.m. Linens, clothes, knick knacks. 2 weed eaters, 1 electric and 1 gas. 3 ltp EVERYTHING GOES: ALL

contents of house, machine shop, and gas station. Lots of tools, junk and antique autos. Saturday, July 9, 1994, only, from 8 to 5 at Quitaque, one block west of Allsups. 3 1tc

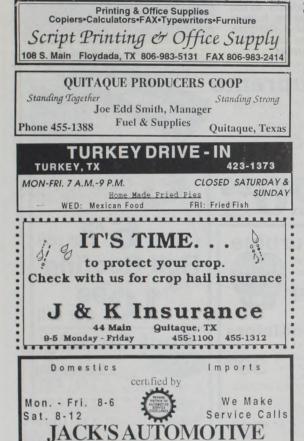
HUGE 5 FAMILY GARAGE sale: clothes, dishes, toys, bikes, spurs, etc ..... This Friday and Saturday, July 8 and 9 from 8 a.m.-? at 410 E. Morris Street in Quitaque. 3 1tp

CARD OF THANKS

The Turkey Swim Club would like to thank everyone for helping to raise money for a new heater. Spe cial thanks to all those who m ice cream, donated cakes or helped with the basketball tournament. also to the Quitaque Chamber, the Flomot Community Center and the Turkey Fire Department for allow-ing us to use their facilities for fund raisers. We have almost reached our goal and appreciate your assistance 3 1tc

Wherever public spirit prevails, liberty is secure.

-Noah Webster



### No Bake Strawberry Shortcake

Creating great ummer desserts summer desserts needn't require long in a hot hours in a hot kitchen if you know what short-cuts to take. The secret to Strawberry Short-cake Sandwiches is prepared pound cake. Simply as-semble triple layers of pound cake, sliced strawberries and a cream cheese and a cream cheese and nut spread, and you've got a quick, no-bake dessert perfect for summer-time patio parties, poolside brunches or a spontaneous after-noon rea

noon tea. Nutritious straw-

Nutritious straw-berries served sim-ply by themselves make healthy des-serts or summertime snacks too. With only 70 calories, one serving of 8 medium-sized strawberries is fat-free, high in vitamin C and folic acid, and a good source of fiber. California strawberries are available in good supplies now through November. Because they do not ripen after picking, look for red-ripe berries with bright-green caps. Store in the refrigerator, loosely wrapped with plastic, until ready to use. Then gently rinse with caps still attached to preserve flavor, texture and nutritional value. nutritional value

#### Strawberry Shortcake Sandwiches

 Strawberry Shortcake Sandwiches

 6 ounces light cream cheese, soft-ened (3/4 of an 8-ounce
 1 prepared pound cake loaf (10 3/4 to 12 ounces), thawed if frozen

 2 tablespoons frozen orange juice concentrate, thawed
 2 pint baskets California straw-berries, stemmed

 1 tablespoon honey
 1/2 cup whipping cream, whipped and sweetened to taste

 1/3 cup chopped toasted nuts
 Mint sprigs, for garnish

Ó

CAKE MIXES ......

89

HURFINE

99¢

Dill Ch

FROSTINGS

PRINGLES

It's cup chopped toasted nuts Mint sprigs, for garnish In small bowl beat cheese, orange juice concentrate and honey to blend thoroughly; mix in nuts. Cut cake into 12 equal slices. Slice 1 basket of the strawberries. Spread 4 slices of cake, on one side, with some of the cheese mixture. Top with half of the strawberry slices, dividing equally. Spread 4 more cake slices, on both sides, with more cheese mixture; place on first 4 cake slices. Cover with remaining sliced strawberries. Spread remaining cake slices, on one side, with remaining slices were each with a sandwich pick. Serve sandwiches. Cut diagonally into halves; skewer each with a sandwich pick. Serve sandwiches with remaining strawberries, halved. Dollop with whipped cream; garnish with mint sprigs. Makes 4 servings.

Nutritional Information Per Serving: 595 calories; 12g protein; 37g fat; 57g carbohydrate; 183mg cholesterol; 500mg sodium.

## Farm Safety For **Kids Seminars**

Children live, play and work on farms where they are exposed to a number of health and safety hazards. How can this issue be ad-dressed effectively? What can you do to help prevent farm-related tragedies to children?

Farm Safety 4 Just Kids Semi-nars are planned for July 15th in Dumas, Texas at the Lions Club and on July 16th in Plainview, Texas at the country club. These seminars will explore opportunities to convey farm safety issues related to chil-Participants will broaden dren. their skills to expand farm safety education and also receive materials to conduct purposeful programs. Sessions will be offered on topics such as Reducing the Risk: Age and Ability Appropriate Tasks on the farm; Working with Key Organizations; and Resources and Activities. Everyone who has an interest in the future generation of farmers is invited to attend. Registration fee for the one day seminar includes lunch and seminar materials. To register, call Farm Safety 4 Just Kids at 1-800-423-KIDS.

Farm Safety 4 Just Kids is a national non-profit organization dedicated to preventing farm-re-lated childhood injuries, health risks and fatalities.

The organization was founded in 1987 by an Iowa farm wife whose 11 year old son suffocated in a gravity flow of corn. Farm Safety 4 Just Kids has 1900 members and 41



The following candidates have ced their intent to run for Trim and pare carrots. Cut

into thin, long diagonal slices. Add carrots to 1 quart boiling water, return to boil and gently boil 5 minutes or until tender-crisp; drain and flush with cold water. Bring 2 marts water to hoil in kettle quarts water to boil in kettle

Cold Chinese Noodle and

arrot Salad is a dieter's delight.

State of Texas Steven A. Carriker FREE ININGS TO SEND FOR (NAPS)—Until September a) (1994 you can get a free copy of the educational pamphlet on pro-tecting children's skin, For Every Child Under The Sun, by sending your name and address to: Combine soy sauce, taking and the second to the second to the second to the second your name and address to: Combine soy sauce, sugar and sesame seeds in bottom of salad bowl. Mix to bottaste. Cover salad and chill at least 4 hours to let avors develop. Makes 4 servings, 2 cups ach. Brochure Offer For free carrot recipes write:

CREAM CHEESE ...... 8 OZ 89°



Germania Insurance Homeowners, Auto, Personal & Farm Liability and Life Lee's Insurance Agency Flomot, TX 79234 (806) 469-5370 STAPP Paint & Body Shop 120 N. Main Lockney, TX Phone 652-2354 'In Business Since 1952' There are three things I always forget. Names, faces-the third Specialize in Hail Damage, Hard Hits, Glass Work I can't remember. "We do it all!" -Italo Svevo Our Best WE RESERVE THE EIGHT TO LUMIT MERRELL FOOD STORE to you PRICES EFFECTIVE JULY 8 & 9, 1994 . FOODS INC. FOODS Facial Tissue 12"X 25' 3.\$2 REYNOLDS 1 99 WRAP 89 FRUIT DRINKS .... 99 79¢ POTTED MEAT ....... 3 Pon \$100 99 BOUNCE .... \$22 ASSORTED / ASING BOFTEMEN DOWNY ULTRA Scotlissue DAIRY Wisk Vienna Sausage ScotTissue CHEESE SPREAD ...... \$389



-49

Potato Chips

89¢