

# The Valley Tribune

"Voice of  
the Caprock Canyons"



35¢

VOLUME 33 NUMBER 22

6 PAGES

BRISCOE COUNTY

QUITAQUE, TX 79255

THURSDAY, NOVEMBER 18, 1993

## Calendar of Events

**November 18**  
Quitaque Methodist Mexican Food Supper

**November 19**  
Valley vs Smyer @ Jayton 7:30

**November 20**  
Catholic Center Tamales  
Girls BB at Memphis 1:00 p.m.

**November 21**  
Attend Church of Your Choice  
Turkey Community Thanksgiving Dinner  
Quitque Community Thanksgiving Service  
FFA Turkey Shoot

**November 22**  
8th Girls & Boys @ Guthrie 5:30  
Turkey Lions Club  
Quitque Firemen  
News Deadline For Tribune

**November 23**  
BB@ Motley County 4:00 p.m.  
Turkey Senior Citizens  
Turkey Fire Department

**November 25**  
Thanksgiving Day

## Caprock Public Library News

by Arlene Hinkle  
Caprock Public Library continues to receive book donations and this week *Streets of Laredo* by Larry McMurtry was donated by Danny Mayfield. Danny reports that the character "Pea Eye" lives in Quitaque and that Quitaque is mentioned at least two dozen times. So all you local history buffs, come in and check it out!

*A Dangerous Fortune* by Ken Follett. The popular author of *Eye of the Needle* and *Night Over Water* has written another spell-binder. This one is set in Victorian England.

For Juveniles: *Sweet Creek Holler* by Ruth White. Set in a small town in Appalachia, this is the story of a girl's childhood and the effect that growing-up has on friendship.

*The Borrowers* by Mary Norton. A miniature family lives under a clock and exists by borrowing things from the humans who live in the house.

New videos will be here soon!

## THEN and NOW!

by Eunice McFall  
This week I have been thinking about the word different. It is one of those words that has many meanings, especially in today's society. We all rather like to be thought of as an individual and therefore to be different. We really do not like to be such an individual that our friends and acquaintances think of us as oddballs or freaks. Where do we draw the line between being a rare individual and being someone laughed at behind their back because of some style of dress, talk or action?

This is probably going to have a different answer at different stages in our lives. When we are very young, how we look and act is of no concern to us just as long as we can go about our own business without being thwarted by an adult. Then comes the school years and we decide we would like to be like all of our friends and do the things that they do, dress as they do and go to all the parties and shows that they go to. In short we want to be part of the crowd.

Later we get all grown up and most of us walk to a different drummer but mind you, we do not want to walk too far away from the rest of our contemporaries. So if we too have the urge to be "different", why can't we accept differences in others? Just because someone is not dressed as we are or is not the same color as we are, does not mean that this person does not have a lot of merit and would be a great asset to our lives with their input.

Each of us have different abilities and different talents which it is up to us to put to use in the best way that we know how. No one can do this for you--you MUST do it for yourself.

How dull our lives would be if everything stayed the same. We would only have one season. Everyone would paint their house the same color. The food on our plates would always taste the same. The clothes we wear would always look just like those that our neighbors are wearing. The flowers in our flower beds would be the same color as those in the yard next door. No one would have the ability to paint a beautiful sunset or a rainbow in the sky. So instead of looking at someone askance because they are different in some way, let us give thanks for all the many different things and people in our lives today.

## Patriots Into Regional Playoff Against Smyer November 19 Win Bi-District

by Coach Gilmore

The Valley Patriots won their third consecutive Bi-District Victory, Friday, with a 64-19 Win over the Higgins Coyotes at McLean. The scoring started in the 1st Quarter with a 45 yd run by Joe Valdez for a 6-0 Lead. Valdez scored again on Valley's next possession on a 33 yd TD run. The kick was good by Bubba Powell for a 14-0 lead. The Coyotes got on the scoreboard with a 5 yd pass to move the score to 14-6. Valley went to the air on their next drive as Ricky Hughes hit Bubba Powell on a 4 yd pass. Valdez then hit Chris Abram on a 26 yd TD pass for a 30-6 lead. Higgins then scored on a 12 yd pass. Valley scored three TD's before half, a 35 yd to run by Valdez, a 31 yd run by Valdez, and a 4 yd TD pass from Hughes to Powell. With 5 seconds on the clock, the Coyotes scored their last TD on a 44 yd kick-off return for a 52-19 score. Two scores in the third quarter ended the game, a 16 yd run by Danny House and a 1 yd run by Rollie Castillo.

Leading the offense was Valdez who rushed for 256 yd on 18 carries and 4 TDs; Dewayne Davis, 50 yd on 4 carries. In the passing department, Hughes was 2-3 for 8 yds and 2 TDs. Valley was 1-2 for 26 yds 1 TD.

On defense, Valley was lead by Donnie Calvert with 11 tackles, 4 for losses; Powell, 1 tackle; Davis 4; Hughes 3; Valdez 2; Hedrix 2; Abrams 5; Moore 1. Powell had 1 fumble recovery and Valdez had 1 interception. Valley defense held the Coyotes to 91 total offense.

Valley will face Smyer November 19 for Regional, Friday at Jayton, starting at 7:30 p.m. The winner of that game will face the Dell City-Lorraine winner.

## Methodist Serving Mexican Food

United Methodist Women will be having their annual Mexican Food Supper Thursday, November 18, 1993 from 6:00 p.m. until 7:30 p.m. The meal will consist of beef enchiladas, beans, hot sauce, chips, salad, cobbler, tea and coffee.

Take out orders are available. Please call 455-1439 Thursday to place your order.

Proceeds from this supper will go towards insurance premiums.

## Thanksgiving Holiday At Valley

Valley School will be turning out school at 2:48 p.m. on Wednesday, November 24, 1993 for the Thanksgiving holiday.

Students will return to classes on Monday morning.

## Garvin Speed Appointed New Hall Co. Sheriff

by Ann Coker  
Hall County commissioners, in a meeting last Friday, November 12, appointed Garvin Speed as new sheriff for Hall County. The appointment followed the resignation of Sheriff Kenny Schull.

Speed has been Chief Deputy Sheriff in Hall County for the past 8 years, and has been a law officer for 22 years. He is married to the former Lou Tucker, a Memphis native. She is the Physical Officer for the Probation office in Memphis.

In an interview with Sheriff Speed, he said he probably would appoint Deputy Sheriff Lonnie Blevins as his Chief Deputy. Blevins has been an employee of the Hall County Sheriff's Dept. for some time, has lived in Turkey, and at present lives 10 miles east of Turkey.

Steve Farley of Turkey has completed his education to become a law officer, and has been appointed by Sheriff Speed to be the Hall County Deputy Sheriff, stationed in Turkey. He will begin work as soon as his papers clear Austin, which should be in the next few days.

## Catholics Offer Tamales To Public

The Catholic Community will be selling tamales to the public on Saturday, November 20, 1993.

You may call 455-1458 during the day or 455-1273 after 5 before Saturday to order your tamales. Saturday, the number to call for the tamales is 455-1277.

If possible please call and reserve the number of tamales you would like to purchase.

## Valley FFA Turkey Shoot

Valley FFA will sponsor a Turkey Shoot Sunday, November 21, 1993.

This activity will begin at 1:30 p.m. at the Memphis Cotton Compress in Turkey.

## Turkey Proud Presents Dinner Of Thanksgiving

On Sunday, November 21, the Turkey Proud Committee will again host their annual Thanksgiving Dinner. This is an all community affair as everyone gets involved--either preparing food, serving, making deliveries or cleaning up.

They will be serving from 12 to 1:30 at the Bob Wills Cafeteria. The menu will consist of turkey, dressing, giblet gravy, vegetable and fruit salads, vegetables, rolls and drinks, also quite an array of desserts.

Adult plates will be \$3.00 and those under 12 will be \$1.50. This is obviously not a money making project. The Committee hopes to cover expenses and what profit is cleared will be added to the Turkey Proud Fund. Home deliveries will be made.

If you wish to order a carry-out, call one of these numbers: 423-1036, 423-1263, 423-1086 or 423-1333.

If you can, have your food there early. Please do this so that the workers can start their home deliveries.

Following the dinner the *Blue Grass Bunch* from South Plains College in Levelland will provide some great entertainment.

## Get Your Christmas Lights Ready To Light

The City of Quitaque will once again have beautiful lights for the Christmas season. The lighting date is set for December 1.

The Quitaque Lions Club will be sponsoring lighting contests to be judged the week of Christmas. All residents and businesses are encouraged to join the contest. Anyone who wants to enter the contest should call the Chamber office and sign up. Cash prizes will be awarded in two categories: resident and business.



## Tribune Will Go To Press Early

The Valley Tribune will be going to press on Wednesday instead of Thursday next week due to the Thanksgiving holiday. If anyone has articles or advertising for the paper for the week of Thanksgiving, the copy must be in the Tribune office by noon, Monday, November 22, 1993.

## Regional Game Broadcast by K96

The Valley Patriots will meet the Smyer team at Jayton on Friday, November 19, 1993 to decide which team will win regional.

K 96 of Childress will be broadcasting the game on Friday night. Broadcasting will begin at 7:00 p.m. with interviews with the coaches of both teams. They will be discussing previous games.

The action will start at 7:30 p.m. If you are unable to attend the game in person you can tune in to K 96 at 96.1 FM and get in on all the excitement.

Go Patriots!



The Valley FFA Dairy Foods team received the Silver Team Award at the National FFA Convention.

## Valley FFA Competes In National FFA Dairy Foods Contest

Members of the Texas State winning dairy foods team competed recently in the National FFA Dairy Foods Contest at the 66th National FFA Convention in Kansas City, Mo.

The team received a Silver Team Award Plaque and placed ninth in the team competition. In the individual competition Julie Clay and Audra House received Gold Medals, and Joni Hancock and Mandy Adams received Silver Medals.

Tina Clay Carson also received the American FFA Degree at the convention. The American FFA Degree is the highest honor an FFA Member can receive from the FFA. There were 1,276 of them awarded this year at the convention. The recipients represented the highest achievers in the FFA and were recognized for their success, personal development and establishment in agriculture and agribusiness careers.

The FFA members from Valley were among the 29,000 FFA Members from all over the United States and Puerto Rico, Guam and the Virgin Islands that attended the National Convention.

## Quitaque Community Thanksgiving Service

The churches of the community of Quitaque will be having their joint Thanksgiving Service on Sunday night, November 21, 1993 at 6:30 p.m.

Services will be held at the First Baptist Church with the United Methodist Pastor, Carlton Thomason bringing the Thanksgiving message.

Following the service there will be a sandwich supper.



Tina Clay Carson receives the American FFA degree from National FFA president Travis Park.

## Plans For Caprock Country Christmas Forge Ahead

A planning meeting for the Fifth Annual Caprock Country Christmas was held Tuesday afternoon at the bank room. Several plans have been finalized and others are still in the early stages.

The day will begin with the Arts and Crafts Show at 10 a.m. at the Senior Citizens Building on Main Street. All area people are invited to share their talents and display their wares at the show. Janice Henson is the chairman of the event and booths are still available on a first come first served basis.

Quitaque Chamber of Commerce will be serving the noon meal at the Community Center. Barbecue on a bun,rito pies, drinks and homemade desserts will be served from 11 a.m. until 2 p.m.

The WTU building will house We the Women's Bake Sale and Frozen Food Booth. The ladies will also be selling chances on a handmade quilt to be drawn for on December 18.

There will be a book sale at Caprock Public Library and the Post Office will host an open house. Glenna Rummel will not be receiving the Oath of Office as was previously reported.

Many local merchants will also be having open house and giving away door prizes.

Cow Pattie Bingo will be at 2 p.m. and squares will be available until that time.

The highlight of the day will be the arrival of Santa Claus at 3:00 p.m. that afternoon at the Community Center.

Make plans now to attend the fun-filled day in Quitaque.

## Show Date December 4

The Quitaque Chamber of Commerce will sponsor an Arts and Crafts Show on Saturday, December 4, 1993 during Caprock Country Christmas. The show will be from 10 a.m. until 3 p.m. at the Senior Citizens Building.

Eight foot by ten foot booth spaces will be available. Deadline for entry is Wednesday, December 1. Booths will be available on a first come first served basis.

For more information or to reserve a booth space, call Janice Henson at 455-1383 or Patti Whittington at 455-1100.

**GO PATRIOTS!  
BEAT  
SMYER!**



**MEMBER 1993**

**TEXAS PRESS ASSOCIATION**

**THE VALLEY TRIBUNE**  
 Successor to The Quitaque Tribune, Established at Quitaque in 1960  
 Published Every Thursday at Quitaque, Texas 79255  
 Jimmie C. Taylor, Publisher  
 Eunice McFall, Editor  
 Linda Purcell, Computer Typist  
 Judy Bearden, Advertising  
 Patti Whittington, Reporter  
 Earlyne Jameson, Reporter  
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**Happy Birthdays**

- November 18**  
 Marshall Glover  
 Danny Neil Trout  
 J. J. McCay  
 Justin Billegas  
 Brenda Cruse
- November 19**  
 Hannah Lackey
- November 20**  
 Nada Starkey  
 Tony Hinojosa  
 Marjorie Boyles
- November 21**  
 Vinnie Kimbell  
 Rene Martinez  
 Linda Morrison  
 Maurice Fuston  
 Garrett Mills  
 Whitney Jo Browning  
 Eugene Ferguson  
 Kathy Green
- November 22**  
 Michelle Wooten  
 Keith Lane  
 Glyn De Pigg  
 Denver Anderson
- November 23**  
 Wilburn Martin  
 Mary Davis  
 Gaby Fierro  
 Marjorie Bell
- November 24**  
 Michelle Ferguson  
 Therma Farley  
 Linda Hamilton  
 Brenda Coker  
 J. Kirk Garner  
 Dakota Smith
- November 25**  
 Kristi Morgan  
 Kathrin Karrass
- Happy Anniversary**  
**November 19**  
 Mr. and Mrs. Denver Anderson
- November 21**  
 Mr. and Mrs. Shorty Woods
- November 23**  
 Mr. and Mrs. Howard Rogers  
 Mr. and Mrs. LeRoy Hamilton
- November 24**  
 Mr. and Mrs. Wilburn Martin  
 Mr. and Mrs. David Wooten
- November 25**  
 Mr. and Mrs. James Green

**Briscoe Producers Receive CRP Checks**

Conservation Reserve Program (CRP) payments totalling \$1,795,000.00 have been made to qualified Briscoe County producers for the 1994 fiscal year, according to Earlyne Hutsell of the ASCS office. There are 46,133 acres of CRP land in Briscoe County. Under the CRP program, producers signed contracts to retire from production for 10 years eligible cropland that is highly erodible or contributing to a serious water quality problem. This acreage provides major environmental benefits by reducing soil erosion, improving wildlife habitat and enhancing water quality.

Permanent cover planted on CRP land substantially reduces the amount of nutrients, pesticides and runoff into rivers and streams. CRP land cannot be used for crop production for 10 years, and must be planted to trees, grass, or other permanent cover. In return, CCC makes annual rental payments to the producers and shares with them the cost of establishing an approved vegetative cover. To date, 36.4 million acres have been enrolled. This retired more than 23.2 million acres of program crop acreage bases, resulting in a significant reduction in deficiency payments which otherwise would have been made to producers with respect to those acres.



**FmHA Offer New Interest Rates**

The Farmers Home Administration announces that effective November 1, 1993, the interest rate for rural housing loans will be 6.5%. The interest rate is fixed and will never increase as long as the FmHA loan is outstanding, according to John Perkins, FmHA County Supervisor in Memphis.

Home ownership loans may be used to purchase existing homes that meet FmHA requirements, build new homes, or improve and repair homes. Many existing homes could meet the requirements with a few repairs such as the addition of insulation or storm windows. Home owners who have not been able to replace their roofs since the last hailstorm may also want to consider an FmHA loan.

Loans may be made for up to 100 percent of the appraised value of the home.

The major eligibility requirements include having income that is classified as low or very low, a good credit history, be unable to obtain credit from other sources, and have adequate and dependable income. For those who qualify, monthly payments can be subsidized, with the amount of the payment dependable on the borrower's income.

If you have any questions you may inquire at the Hall County FmHA office which is located at 1002 W Noel St. in Memphis.

**Yearly "Home Check-up" Time**

Summer heat is finally fading, but it's not too early to think about staying warm this winter. West Texas Utilities Company suggests a yearly checkup to get you ready for the chilly months ahead. Just a few home repairs can keep you comfortable all winter and keep your home at peak energy

efficiency. The best time for your home checkup is right now—every month you delay, your energy cost will be unnecessarily higher.

Here are the basic steps for a do-it-yourself home energy inspection:  
 -Check the caulking around doors, windows, and other parts of the house. Letting air leak through small cracks and holes in a home's exterior is a major reason for heat loss in winter. Don't think those tiny cracks and holes are no big deal. If you add together the area of all these small openings on a typical older home, you'd have a hole at least five feet by five feet.

-Check weather-stripping along sides and bottoms of doors. A 1/16 inch wide crack around a door is the same as a 4x4 inch hole, as far as your heating is concerned. Make sure storm windows and storm doors still fit tight, too. Replace cracked or broken window panes.

-Inspect your attic. Heat rising through the ceiling into the attic is a major source of heat loss. If your attic insulation measures six inches or less, you probably need to add more. Talk to an insulation contractor to learn the type and amount you need. Look for leaks in the roof. Wet insulation is less effective and the moisture can damage your home's structure. One place you don't want covered with insulation are eaves vents: the attic needs ventilation to prevent unwanted moisture.

-Check the duct insulation to see that all tears and separations are taped and the insulation is securely wrapped around the ducts. Ducts that aren't properly sealed and insulated leak as much as 20 percent of heated and cooled air into your home, and wasting energy and dollars.

-Check floors over unheated areas, such as crawl spaces, garages or basements. These areas can be major sources of heat loss in an otherwise well-insulated house. If you already have insulation in these areas, make sure the support rods or wire mesh is secure. Be sure and add insulation where needed. To help reduce the drain on fuels in short supply, and to help keep your monthly energy bill as low as possible, follow the above guidelines as advised by WTU.

**Texas Hunters Feed the Hungry**

With the help of several public and charitable organizations, including the Texas Parks and Wildlife Department, hunters can provide thousands of meals to hungry people across Texas by sharing their deer and antelope with the Hunters for the Hungry Program.

For the fourth consecutive year, hunters this fall and winter can donate freshly killed deer and antelope that will be delivered to one of several food banks in the state. The program, sponsored by the End Hunger Network-Houston, gives Texas hunters an opportunity to participate in their sport while providing hungry Texans an excellent source of low-fat red meat.

Those wishing to donate can bring their legally harvested deer to any of the approximately 200 participating processing plants across the state. A tax deductible donation of \$15 is required for processing and packaging. Two-pound frozen packages of meat will be distributed to the needy through Second Harvest Food Banks.

More than 100,000 pounds of venison was collected for the program last year, providing more than 400,000 low-fat meals to hungry Texans.

Hunters donated 50,000 pounds of meat in 1991 and 8,000 pounds the first year (1990).

"Something as nutritious and low-fat as venison meat is very important to the diet of those who go hungry," said Sister Frances Klinger, president of the End Hunger Network of Houston. "We hope to triple the 100,000 pounds collected last season."

"Texas Parks and Wildlife is pleased to lend its support to the campaign to involve Texas hunters in feeding the hungry," said Andrew Sansom, TPWD executive director. "This year, the department has designated a special deer tag for hunters wanting to participate. It is a way to call attention to the program, however, hunters should also know they can use any of the deer tags that accompany their license when donating to Hunters for the Hungry."

**Tourism Has Endless Possibilities**

by Ronda Alexander  
 Tourism is having a great economic impact everywhere and especially in Texas. However, it is up to each of us to do our part in keeping tourism growing. As we learned at the Texas Hospitality Training on Last Tuesday night, it only takes a few individuals to discourage tourists from coming. The training was sponsored by the Silverton Chamber of Commerce and the Executive Board of the Briscoe County Extension Service.

Mr. Joe Frank Wheeler, executive vice-president of the Borger Chamber of Commerce and Hospitality Training presenter, provided each of us in attendance at the training with much valuable information. We all need to be aware of the "Moment of Truth" tourists have when they visit us. The "Moment of Truth" is when the tourist decides if they want to return to your area again. All it takes is one bad experience to turn visitors away from our area. Don't be the one person who gives our area a bad reputation for not being hospitable to tourists.

This is the first article in a series on developing hospitality habits. Lets all do our part in developing our area into a tourist attraction. We will all benefit!

Hunters for the Hungry is sponsored by the TPWD and several other state agencies, private organizations and companies, including Bud Light.

Participants who complete a program registration form when their game is processed will receive a Bud Light Hunters for the Hungry lapel pin, a Texas hunting license holder and a window decal.

For more information about Hunters for the Hungry or a list of participating processing plants, contact Klinger at End Hunger Network-Houston, 1770 St. James Place, Suite 204, Houston, Texas 77056, or call 1-800-992-9767 from 9 a.m. to 5 p.m. Monday thru Friday.

The processing plant closest to this area is Swisher Meat Co., P. O. Box 41, Tulla, Tx. 79088

**OBITUARY**

**Cullen F. Taylor**

Cullen F. Taylor, 91, of Hedley, died Wednesday, November 10, 1993, in Quitaque at the home of his niece and nephew Christine and Allen Brummett. He had resided there since May.

Services were at 2 p.m. Friday, in the Hedley Church of Christ with Bright Newhouse officiating. Graveside services were at 4:30 p.m. in Dreamland Cemetery in Turkey.

Mr. Taylor was born in Bell County in 1902. He resided in that area until moving to West Texas in 1927. He married Leone Owens, October 3, 1936 in Memphis. She preceded him in death in 1987. He was a member of the Hedley Church of Christ. He was a retired farmer, rancher and a wolf hunter always.

Survivors include three brothers: Chester Taylor of Midland; Winfred Taylor of Ackerley; Jody Taylor of Arlington and one sister, Bessie Lee Woodard of Big Springs and numerous nieces, nephews and cousins.

The family requests memorials to be sent to the Hospice of the Plains, 4416 Olton Road, Plainview, Texas 79072



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# Turkey News Turkey News

## Things Seen or Heard by Ann Coker

An ex-Turkey resident was in town last week. Enjoyed visiting with Euman Lyles of Hereford. Mr. Lyles said his son, Charles, was a Principal in the Hereford School System.

Claudia Hawkins celebrated a birthday recently and it was done in a grand style. Her son, Kevin, of Amarillo appeared at the Valley Peanut Growers' Office with quite a spread from The Cattle Call of Amarillo. Not only did Claudia enjoy her birthday dinner but the employees and peanut truck drivers all enjoyed it.

Bonnie Hill had a special house guest last week-end. Her daughter, Carol Weatherly of Memphis came for the week-end.

A patient in Methodist Hospital in Lubbock last week was Mrs. Jack Barnhill. Mrs. Barnhill had surgery but was doing fine at last report.

Mrs. Charles Daniels had surgery last Monday. She stood the surgery fine and hoped to be home by Tuesday.

While visiting with Dona Browning recently, she said her great grandson, Cody Rich had had his cast on his leg removed after surgery several weeks ago. Now all Cody wants to do is ride his tricycle. Cody is the son of Del Ray (Browning) and Tony Rich.

The Gene Fustons enjoyed having all their children home last week-end. They were the Jeff Fustons and children, Kyle Fuston and daughter, and Cassie Fuston, a student at Texas Tech University.

Dessie Robertson has recently had her second eye surgery for cataracts. The surgery was successful and she seems to be doing great.

Jaclyn Bell of Amarillo, daughter of Linda Bell and the late Jack Bell, was in town the first of the week. She was visiting with her grandmother, Marjorie Bell.

A visitor in the home of Arlowen Williams last week-end was Arlie's sister, Lorene Rogers of Vernon. Mrs. Rogers also visited in the home of her brother, Jim and Willie Grace Majors. Lorene wasn't here only to visit but to purchase some of our local produce. She visited Lacy's to buy sweet potatoes.

Thelma Farley went to Amarillo to visit her sister Esther Butler for the weekend. They visited some of their friends and had a good visit.

Louise and Oleta Randell were in Amarillo Thursday and Friday, visiting relatives.

The Jack Moons and their family of Fritch, visited in the home of his sister, Rusty and husband, Allen Matthews last week.

While here the Matthews took the group on a tour of the town, visiting the Peanut Patch, Hotel Turkey, Leroy Stone's Clock Shop, the Hotel animals and the Valley Peanut Growers Ass'n.

Mrs. Matthews said the visitors really enjoyed the tour, especially the Moons' son, as he had never been to Turkey before.

### NUEVO STUDY CLUB

The Nuevo Study Club met in the home of Nadine Baisden on November 11.

President Ella Colvin opened the meeting. During business, gifts were given by members to be sent to Vernon State Hospital for patients' Christmas.

Mrs. Baisden, Turkey Librarian, announced that a new book "Voices of Triumph" by Henry Gates, Jr. is in the library to be checked out and read.

After interesting roll calls, Louise Meacham presented the program entitled, "A Jungle of Roses."

Hostess Mrs. Baisden served refreshments to Mmes: Bain, Colvin, Degan, Green, Meacham, Robertson, and Walker.

Next meeting will be Dec. 9, in the home of Virginia Deagan. Marjorie Bain will be program leader.

## On The QT

Ike Smith has returned to his home in Amarillo following surgery. His daughter-in-law, Janelle, who spent last week with the Smiths, reported that he is doing much better.

Howard Purcell has returned home from the Lockney hospital.

Bessie Sauls has also returned to her home in Lockney from the Methodist Hospital in Lubbock.



### STIR-FRIED PORK WITH COLORFUL MATCHSTICKS

- 1/4 cup Kikkoman Stir-Fry Sauce
- 1 teaspoon distilled white vinegar
- 1/4 teaspoon crushed red pepper
- 1/4 pound boneless pork
- 1 tablespoon Kikkoman Stir-Fry Sauce
- 3 tablespoons vegetable oil, divided
- 2 medium carrots, julienned
- 1 medium onion, sliced
- 1/4 pound fresh snow peas, cut lengthwise in half

Combine 1/4 cup stir-fry sauce, vinegar and red pepper; set aside. Cut pork across grain into thin slices, then into strips; coat with 1 Tbsp. stir-fry sauce. Heat 1 Tbsp. oil in hot wok or large skillet over high heat. Add pork and stir-fry 1 1/2 minutes; remove. Heat remaining oil in same pan. Add carrots, onion and peas; stir-fry about 4 minutes. Stir in pork and stir-fry sauce mixture. Cook and stir just until meat and vegetables are coated with sauce. Serve immediately. Makes 4 servings.



Natalie Burks and Lane Myers

## Natalie Burks and Lane Myers Announce Engagement

Mr. and Mrs. Bennie Reagan of Quitaque would like to announce the engagement and approaching marriage of their daughter, Natalie Burks to Lane Myers. Lane is the son of Mr. and Mrs. Deloy Myers of Quitaque.

Grandparents of the couple are Mr. and Mrs. Harry Patten of Roaring Springs, Mrs. Reba Burkes of Matador, Mrs. Jane Hamilton of Quitaque and Mrs. Jewel Myers of Hugoton, Kansas.

The couple is currently attending West Texas A&M at Canyon. They are planning a December 18, 1993 wedding at the First Baptist Church in Quitaque. All friends and relatives of the couple are invited to attend.

## FLOMOT NEWS

### by Earlyne Jameson OVERHEARD

A parent is someone who gives a lecture on good nutrition to a kid who's reached 6 foot 4 by eating potato chips!

\*\*\*\*\*

Mrs. Joe Ike Clay accompanied her daughters Mrs. Tina Clay Carson of Turkey and Julie Clay, a student at South Plains College to the 66th National FFA Convention held in Kansas City, MO November 11.

Mr. and Mrs. Wilburn Martin visited in Levelland Sunday, Nov. 7, with their son and wife Dr. and Mrs. David Martin and attended the Open House reception of Dr. Martin's new chiropractic clinic Sunday afternoon. Mr. and Mrs. Martin continued on to their vacation home in Ruidoso, NM, enjoying the scenic fall foliage tour. They returned home Tuesday.

Mrs. A.D. Moseley and daughter Mrs. Wanda Davis of Lamesa enjoyed a trip from November 8 to 14 that included tourist attractions in San Antonio and visiting in Houston with Mr. and Mrs. J.C. Bullin and in Beaumont with Mr. and Mrs. W.E. Williams and Mrs. Earnestine Clark. En route home, Friday, they visited in College Station with Jill David and Danielle Williams, students at A&M University.

Mr. and Mrs. Jack Moon, Terry Moon and daughter Deziree of Fritch and Dean Beck of Stinnett visited Mr. and Mrs. Jack Starkey Wednesday.

Mr. and Mrs. Wayne Hunter and his father, H.G. Hunter of Quitaque were in Lubbock Thursday to celebrate the birthday of daughter and granddaughter (respectively) Anita Hunter.

Tanya Starkey, daughter of Mr. and Mrs. Marvin Starkey, is under treatment for pneumonia at the clinic in Lockney.

Mrs. Lucille Monk and daughter and husband Mr. and Mrs. Lewis Cannon of Tulia were in Irving from Friday until Sunday. Mrs. Monk visited her granddaughter and family Sherri and Lonnie Robertson and daughters and Mr. and Mrs. Cannon competed in a bowling tournament.

Mr. and Mrs. Bob Hambright of Floydada visited Mr. and Mrs. Wilburn Martin Sunday.

Mr. and Mrs. Wayne Hunter were in Plainview Tuesday for Mrs. Hunter's medical checkup.

Mr. and Mrs. Morris Stephens and his mother Mrs. Juddie Stephens of Lockney had lunch in Plainview Sunday.

Recent guests in the home of Mr. and Mrs. Furman Vinson were her sister and husband, Lowell and Betty Schroeder of Santa Ana, CA.

### DO GOODERS CLUB FLOMOT

The Do Gooders' Club of Flomot met Tuesday afternoon, November 9, at the Community Center. Featured guest Mrs. Rhenda Bursen, co-owner of Caprock Floral Ranch in Silverton, presented a program on Back to Nature beauty.

Mrs. Bursen stated we do not have to go anywhere to enjoy the beauty of nature, because we live right in the midst of it. Homemade arrangements are easy, inexpensive and virtually foolproof and one of the nicest ways to enhance a rustic decor. She portrayed nature on a grand scale with her floral demonstrations using broom blooms, dried flowers and weeds. The plants were dyed, bleached, and those left natural were shades of green turning to yellow, gold, red, orange and brown. Each person attending made a small angel using bear-grass seed pods and completed the artistic endeavor with decorated hair and a crown.

The Thanksgiving theme was on display throughout the building with colorful decorations of pumpkins, autumn leaves and gourds. The table was laid with a yellow cloth and

centerpiece was an Indian Corn wreath encircling a honeycomb turkey. Hostesses, Mrs. Erma Washington and Mrs. Jimmie Hunter served chips and dips, pumpkin roll, cake and pie with whipped cream, coffee and spiced tea.

Presiding at the business meeting was president Erma Washington. Plans were made for the 1993 Christmas party to be at 2:00 p.m. Tuesday, Dec. 7 at the Community Center. Secret Pal names will be revealed.

Members attending besides those mentioned above were Mmes. Bernice Bond, Alma Shorter, Lucille Monk, Mildred Hulsey, and Judy Poulson True.

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 Afternoon or Evening

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FOR ONLY  
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**\$3.59**

**COMBO OF THE MONTH**  
**CHICKEN BREAST SANDWICH & A TALLSOP**  
FOR ONLY  
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TOM'S  
**CRACKER SANDWICHES**  
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**2 FOR 99¢**

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**ALLSUP'S BURRITOS**

**HAPPY 4th BIRTHDAY Whitney!**

Love You,  
Daddy, Mama  
& Jason

**HAPPY 3rd BIRTHDAY JASON!**

Love You,  
Daddy, Mama  
& Whitney



## November Subscriptions Due

### Local

City of Quitaque  
L. B. Monk  
Donna Pigg  
John Pigg  
Izell Proctor

### Library News

Each Week there will be a list of available books from Caprock Public Library. We hope there will be something that will interest you!

- Huxford's Old Book Guide
- Free Money For Small Businesses and Entrepreneurs by Laurie Blum
- Texas Family Law by Gaylord A. Jentz
- Dictionary of Technical Terms by McGraw-Hill
- Bartlett's familiar Quotations
- Genealogists' address Book
- Ultimate Cookie Book by Betty Crocker
- Encyclopedia Of Embroidery Stitches by Ann Butler
- Cowboy Spurs and Their Makers by Jane Pattie
- Ghost Towns Of Texas by T. Lindsay Baker
- A Field Guide to Stone Artifacts of Texas Indians by Ellen Sue Turner and Thomas R. Hester.



Tom and Wilma Eudy with a display of Santas at Two J's on the day of their Open House.

### Open House At Two J's China and Gifts

Approximately 50 people enjoyed the open house last Saturday at the Two J's China and Gift Shop in Turkey. Many out of town visitors attended.

There were many Christmas ornaments on display. Mr. and Mrs. Santa Claus were of every size you could think of. Especially beautiful were the tree ornaments, the Eudy's had made. Some were shaped as eggs and others were balls with beautiful Christmas designs. Some of the tree ornaments had been made to hold potpourri to give your Christmas tree a special scent. One small Christmas tree was decorated in white snowflakes, no two alike. The snowflakes were crocheted by Beth Lyles. Also seen were Christmas villages.

The Eudy's have a most unique assortment of bird houses. Some that were most impressive were "The White House", "Bubba's Fillin Station" and The Spanish type house.

These are just a few of the many things that Two J's has to offer. Delicious hot coffee, punch, candy, fruit bread and cake were served to those attending.



### Non Local

Beryl Blackhear, Forestville, CA  
Sam Browning, Miami, Texas  
Jimmy Burson, Silverton  
Jack Chandler, Santa Rosa CA  
Faye Cosby, Lubbock  
Gus Gibson, Jr., Lucas, Texas  
Alton Lane, Ruidoso, NM  
Birt Lane, Plainview  
Orville Lee, Flomot  
Lighthouse Electric, Floydada  
A. B. Lyles, Kress  
H. A. Martin, Flomot  
Sandy Perkins, Silverton  
Eric Scoggins, Anchorage, AK  
Clyde Smith, Wichita Falls  
Joe Taylor, Lockney

### Calcium - A Must For Adolescents

Calcium supplements cannot reverse bone loss caused by anorexia nervosa during adolescence, said a researcher at the USCA's Children's Nutrition Research Center.

"This news may come as a surprise to many anorexics who mistakenly believe they can take calcium supplements and sidestep osteoporosis, a well-known consequence of the disease," said Dr. Steve Abrams, an assistant professor of pediatrics at Baylor College of Medicine in Houston.

In a recent study of adolescent females, Abrams and co-investigator, Dr. Tomas Silber with Children's National Medical Center in Washington, D. C. found that anorexia nervosa severely hampers bone formation while breaking down existing bone.

They also found that, despite taking high levels of calcium, girls with anorexia nervosa did not absorb the calcium as well as healthy girls who were on their usual diets. Abrams noted that the anorexic girls excreted high levels of calcium in their urine because of the bone breakdown.

Abrams emphasized that the teenage years are critical bone-building years. Anorexia nervosa is particularly dangerous for young girls whose bones are forming.

To determine how anorexia nervosa affects the body's use of calcium, Abrams and Silber examined girls with and without the disease. The volunteers, ages 13-20, kept a dietary record, were measured for bone density and were given a stable isotope of calcium, a special "tracer" that tracks the rate at which bone is formed and broken down.

The girls with the disease were hospitalized at Children's National Medical center and received levels of calcium above the current daily recommendation of 1,200 milligrams.

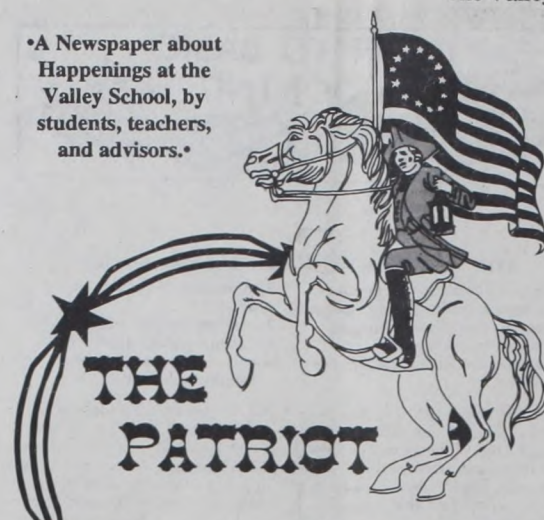
Abrams believes the results indicate that the patient's health must be improved before there can be any improvement in bone growth and development.

"There is no guarantee that the bone these girls lose as adolescents can be regained later," he said.

Abrams said a treatment program including nutritional and behavioral modification and, possibly, hormonal therapy may be the key to improving and anorexic's overall recovery.

Study findings were published in the August issue of the Journal of Pediatrics.

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



### 5th Grade News

Hello! It's us again 5th Grade. We have a lot of things in our minds this week. We had to show a play to We the Woman. It's about Thanksgiving, poems, and geography. We have been working on it for a long time now. We got better everyday. We really hope they liked it o they can let Mrs. Gilmore go back. We also made pretty good grades on our History test we took 2 weeks ago. We had to get our parents to sign it, and that was pretty hard. Most of us got in trouble and didn't get to go out for the weekend. We hope you have enjoyed reading the ad in the newspaper. Well, we got to go!

Sincerely,  
Gaby & Mary E.

### VALLEY BOOSTER CLUB

The Valley Booster Club met Tuesday, Nov. 16, at Valley School, and reviewed the film of the Valley-Higgins game.

Boosters are asking all fans to be at Allsup's at Turkey to see the boys off this Friday afternoon at 3:15 - 3:30. Everyone is invited to attend the game at Jayton.

Valley will play Smyer at Jayton for the Regional championship. Everyone planning to attend the game is urged to bring noisemakers and red, white, or blue rags to wave.

You are invited also to join the caravan at Dickens at 5:45 p.m. Meet at the intersection, and everyone is urged to wear red, white or blue on Friday.

THE TRIBUNE WILL GO TO PRESS EARLY (TUESDAY) OF THANKSGIVING WEEK. All items must be in early for that week's paper.

**6.9% FIXED FIVE YEAR RATE**

- Low down payment of 10%.
- Interest waived until March 1, 1994.
- First payment not due until March 1, 1995.
- Offer good through December 31, 1993.

### Valley Dominates The Field

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QUITAQUE, TEXAS  
Contact Kenneth Helms  
Phone: 806-455-1304  
Mobile Phone: 469-5230 over dial 776  
Certain restrictions may apply.

## 8th Grade English Writing Assignments

Teacher-Zelda Leeper

### School Dress Code

by Alex Hinojosa

There are many advantages and many disadvantages in having a school dress code. The advantages are that we learn more, and there aren't big distractions. Everybody more or less looks nice and clean cut. Everybody looks "normal", so nobody pays attention to anyone. It makes our school look good, if there is a strict school dress code.

There are many advantages, but there are also many disadvantages in having a school dress code, such as, you can't wear what you want to wear. The boy's hair has to be higher than your neck. Your shorts have to be at least an inch above your knees. Girls can't wear tight shorts. The boys can't wear tank tops.

There are many advantages and disadvantages in having a school dress code, but I think that all schools should have a school dress code because if there wasn't one, our school would look bad. Our kids would have long hair, tight shorts, boys would wear earrings, and our school would be a mess.

### School Dress Code - (Advantages and Disadvantages)

by Jeremy Taylor

Some students and parents believe there should not be a dress code in schools. There are both advantages and disadvantages. One advantage is that the students are well groomed. You would not have students with a look that is distracting to others while they work. The second reason is so students won't advertise beer and cigarettes on their clothes. You don't want your students to think that beer and cigarettes are cool. The third reason is that if you want your school to present a good impression, you need the students to look good and presentable. The last reason is you don't want your students to get out of hand with what they wear. You don't need a student wearing something a little too revealing.

However, there are also some disadvantages that need to be talked about. One disadvantage is that some people might not have enough money to abide by this code. The only clothes they might have could be the ones that advertise beer and cigarettes. The second disadvantage is that you are at school to get an education, and you shouldn't have to wear certain things or not wear certain things. My third reason is that some people might look presentable, but they might

want to let their hair to grow long. The last one is that you can't show your individuality as much if you can't wear what you want to.

These are the advantages and disadvantages of having a dress code. I believe that there are more advantages than disadvantages because the advantages are easier to see.

### Dress Codes

by Mandy Pigg

Some students and parents believe there should not be a dress code in the schools. There are several advantages and disadvantages to having a dress code. Some of the disadvantages would be that one cannot wear all of the trendy clothing. Due to some graphic designs in the hair, all types of outrageous styles are excluded for various reasons. Also, the short skirts and designs on T-shirts may disrupt the learning atmosphere of the classroom. Finally, the one last reason which occurs mostly in the larger schools, would be the cheating. This occurs when the young men's hair gets long enough to hide their wandering eyes during a test.

Although there are also disadvantages, there are also advantages to having a dress code as well. The first advantage would be that one would not be disrupted by the obscene words, pictures, and ideas on clothing. As a result of a dress code, the vulgar sayings on shirts would be avoided. Second, one would not have to worry about as much cheating. One final reason is that some children would try to come to school without shoes on, and with a dress code we can prevent this.

As you read there are disadvantages and advantages to having a dress code. I believe the advantages out-weigh the disadvantages by a greater margin, and as a result, this would enforce a cleaner society.



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# Valley Patriots Football - '93

## WIN REGIONAL!!



**1993 VALLEY PATRIOT FOOTBALL TEAM**

Back Row: Coach Jeffcoat, Coach Gilmore, Rollie Castillo, Paul Brittan, Bubba Powell, Josh Scoggins, Will Sperry, Jarret Pigg, Coach Saul, Jeremy Taylor, Manager;  
 Third Row: Walt Henson, Manager; Michael Lane, Matt Abram, Dewayne Davis, Joe David Valdez, Rickey Hughes, Donnie Calvert, Cris Abram, Michael Cruz, Bubba Cruz, manager;  
 Second Row: Alfie Clardy, Jason Payne, Steven Salinas, Danny House, Eric Dudley;  
 Bottom Row: Alex Hinojosa, manager; Andrea Gaddis, Reggie Hendrix, Shawn Stephens, Ruben Hinojosa, Jeremy Hughes, Brian Moore, Jeremy Castillo, Rene Martinez. *Photo Courtesy of Wilburn Leeper*

**VALLEY JR. HIGH FOOTBALL SCHEDULE**

DATE	OPPONENT	SITE	TIME
Sept. 9	Samnorwood	There	5:00 p.m.
Sept. 16	Miami	Here	5:00 p.m.
Sept. 23	Smyer	Here	5:00 p.m.
Sept. 30	McLean	Here	5:00 p.m.
Oct. 7	Chillicothe	Here	5:00 p.m.
Oct. 14	Groom	There	5:00 p.m.
Oct. 21	Patton Springs	Afton	5:30 p.m.
Oct. 28	Samnorwood	Here	5:00 p.m.
Nov. 4	Patton Springs	Here	5:30 p.m.

**VALLEY VARSITY FOOTBALL 1993**

DATE	OPPONENT	SITE	TIME
SEPT. 3	JAYTON	HERE	8:00 P.M.
SEPT. 10	GUTHRIE	THERE	7:30 P.M.
SEPT. 17	HIGGINS**	HERE	7:30 P.M.
SEPT. 24	SMYER	THERE	7:30 P.M.
OCT. 1	MCLEAN	THERE	7:30 P.M.
OCT. 8	CHILLICOTHE*	HERE	7:30 P.M.
OCT. 15	HARROLD*	THERE	7:30 P.M.
OCT. 22	PATTON SPRINGS*	HERE	7:30 P.M.
OCT. 29	NORTHSIDE*	THERE	7:30 P.M.
NOV. 5	SAMNORWOOD	HERE	7:30 P.M.

**\*\*HOMECOMING \*DISTRICT GAMES**

**VALLEY JV FOOTBALL 1993**

DATE	OPPONENT	SITE	TIME
SEPT. 2	GROOM	HERE	6:30 P.M.
SEPT. 9	SAMNORWOOD	THERE	6:30 P.M.
SEPT. 16	HAPPY	HERE	6:30 P.M.
SEPT. 23	SMYER	HERE	6:30 P.M.
SEPT. 30	MCLEAN	HERE	6:30 P.M.
OCT. 7	MEGARGEL	GUTHRIE	6:30 P.M.
OCT. 14	GROOM	THERE	6:30 P.M.
OCT. 21	HAPPY	THERE	6:30 P.M.
OCT. 28	SAMNORWOOD	HERE	6:30 P.M.
NOV. 4	LAZBUDDIE	THERE	6:30 P.M.

HEAD COACH - **Chiff Gilmore**  
 ASSISTANT COACHES - **Kirk Saul & Greg Jeffcoat**  
 SUPERINTENDENT - **Jerry B. Smith**  
 PRINCIPAL - **Jon Davidson**  
 COLORS - Red, White, Blue



**PATRIOT CHEERLEADERS 1993-94**

Bottom Row - **Tennille Morrison, Joni Hancock**  
 Middle Row - **Amy Payne, Julie Ess, Patriot Mascot, Kristle Digg**  
 Top Row - **Mandy Adams, Angie Pointer**  
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- JON, LAURA, MOLLY, MACY & MARY KATE DAVIDSON
- KEITH & BETTIE GREEN
- JACK, DEBBIE, JAMIE, RICHARD, RYAN & JESSICA WELLMAN
- CONSOLIDATED COTTON  
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- CAPROCK CANYONS CAFE
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RANDY, ALANA, BUBBA, CHAD & CARA
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# VALLEY PATRIOTS

## VS SMYER

FRI., NOV. 19 AT JAYTON  
 7:30 P.M.  
 REGIONAL CHAMPIONSHIP

# GO PATRIOTS!

K-96 Country Childress, TX  
 Ed Leary



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## SERVICES

**MONUMENT SALES AND SERVICES**, Call Myers-Long, Quitaque 455-1313, in Turkey, 423-1313 and Silverton 823-2121. **22 1tc**  
**TAMALES FOR SALE: MILD**, regular, hot. \$4.50 per dozen. Saturday, November 20, 1993. Call 455-1277 on Saturday. Call 455-1468 during day, 455-1273 after 5 before Saturday.

## FOR SALE

**FOR SALE: SWEET POTATOES** Located 4 1/2 miles south of Valley School. Joe Edd Helms 806/469-5387. **21 3tc**

## 6 LBS. OF Music at Olton

The 6 Lbs. of Music, The Pound Family, originally from the Plains of Texas but currently working out of the Branson Missouri area, will be appearing in Olton Texas at the Ag. Pavilion at 7:30 p.m. on November 26, 1993.

They will be bringing a full 2 hour show of fun, comedy and laughter for the entire family. The Pound Family has been known through the years for their strong support of civic events in the Plains area. They have performed with some of the greats in County Music, most recently, Jay Osmond of the Osmond Brothers. For the past six years, the Pound Family has been performing in the Ozarks and traveling across the U. S. A. They have been alot of exciting places, but they say the "Most Exciting," is being able to play for "Home Folks" again!!!

The 6 Lbs. of Music are looking forward to coming home again, and what a rare opportunity to see this great family at work. Let's all turn out and make them feel welcome.

For more information call 1-806-765-9848. There will be an admission charge at the door.

## REAL ESTATE SALES/RENTAL

**FOR SALE IN TURKEY:** 2 bedroom 1 3/4 bath house with steel siding, cellar and garage. For information call 839/2692 or 839-2975. **21 2tc**  
**HOUSE FOR SALE IN** Quitaque: 2 bedroom, bath and carport. Call 455-1241. Also metal storage house, 8' x 8'; refrigerator and gas cook stove. **21 4tp**

## TO GIVE AWAY

**TO GIVE AWAY:** Two peach trees, 3 years old. Dig them up and they are yours. 423-1078. **22 4tc**

## CARDS OF THANKS

*I want to thank everyone for your concern for me in the last year, for your cards, letters, phone calls, visits and especially your prayers. I am thankful I had the privilege to live some of each of my ninety years in Briscoe County with Quitaque being my home town and for the many friends I know I have.*

*Because of circumstance I must make a move, to be near doctors, hospital and have therapy to stay mobile. I plan to stay in touch with you by cards, letters, phone calls and visits the best I can. This has not been an easy move for me.*

*I have a nice two room apartment, bathroom and kitchen, easy to get to on the first floor at the Schneider House. First Baptist Church has singing and services here at nine o'clock each Sunday morning; services, Monday night, Wednesday night and Friday night. A group of eight to ten comes each Thursday night for music and singing. Had a very nice Thanksgiving meal today in the lobby with a very large group.*

*I want to graciously thank you for what you have done for my family during the years, Leroy, Dad, Mother, Myrtle, Gladys and me. What a joy and comfort to have such good friends.*

*A card, letter visit, phone call and a prayer will be greatly appreciated.*

*Have a good thanksgiving. Wishing each of you the very best in life. May God Bless You, Your friend, Jim Stroup Schneider House 120 S. Russell #209 Pampa, Tx. 79065 Phone: 806/665-4466 **22 1tc***

*Words cannot express the "Thank You" for what each and everyone has done for us in our loss of Jo Ann. A very special thank you to Billy Shannon, Jimmy Woods and Joe Ike Clay for helping us with our peanuts, and to the ladies that prepared food for us at home and at the church, for all the prayers, phone calls, letters, cards and flowers.*

*We will truly miss her and we will never forget everyone's kindness. God bless each and everyone of you.*

*Lonnie Cagle Family Robert Holtz Family Don Holtz Family*

## The Four F's For Avoiding Hurt

by Ron Trusler, M.Ed

We usually take one, of, at least, four positions to avoid being hurt in an argument. Each one offers short term gain. In the long run, they cause trouble. Dr. John Gray, in his book "Men Are From Mars", Women Are From Venus" lists:

1. **FIGHT**- When opposed, some couples move into an offensive stance. They begin blaming, judging, criticizing and making the other person look wrong. Their intent is to intimidate to make their partner back down. Intimidation always weakens trust in a relationship. People will gradually lose their ability to open up and be vulnerable. They close up to protect themselves and intimacy is gone.

2. **FLIGHT**- Couples retreat to avoid talking about an issue and nothing gets resolved. They walk on eggshells.

They may have peace on the surface but resentment will begin to build if feelings are not talked about. In the long run, they lose touch with the passionate and loving feelings that drew them together.

3. **FAKE**- To avoid being hurt, a person pretends that there is no problem. They are afraid to be honest about their feeling, so they try to make everything "all right, OK and fine". Over time these people may become increasingly resentful. They feel like they are always giving but they do not get what they need in return. Resentment will block the natural expression of love.

4. **FOLD**- Rather than argue, they will just give in. They will take the blame and assume responsibilities for whatever is upsetting their partner. They create what looks like a loving relationship, but they end up losing themselves. These people may, in time, become very depressed because they have molded themselves to fit everyone else's needs, ideas and goals and left themselves out. Any form of rejection is very painful because they are already denying themselves so much.

In any of the four stances, listed above, our intention is to avoid being hurt. However, it does not

## MAKING FAMILY LIFE MORE FUN

### Recipe For More Happiness



(NAPS)—Whether your next picnic is in the backyard or away from home, the trick is to spend as little time as possible in preparation and plenty of time in the open air savoring the weather, the company and the food.

What to have for dessert? For a change from the traditional picnic fare of cookies, brownies and watermelon slices, why not serve cake? Often reserved for the kitchen table, a sheet cake cut into squares is an excellent option for dining alfresco. Since 78 percent of families have a box of yellow cake mix on their pantry shelf, you may already have what it takes.

Just as a box of yellow cake mix is extremely versatile and can be the basis for an array of different kinds of cake, a can of vanilla frosting can be modified in many ways to concoct a wealth of topping flavors.

"In baking, we call this 'doctoring,'" says Cindy Young, home economist for Duncan Hines. "It's a quick and easy way to make the simple seem extraordinary and show friends and family that you've gone the extra mile. You're the only one who has to know that it took but a few short steps."

There is a new ready-to-serve frosting on store shelves that is smooth and creamy and prepared like homemade. Called Duncan Hines "Creamy Homestyle," the frosting is available in five flavors. Yet, by "doctoring" the Vanilla Creamy Homestyle Frosting, there are at least five more flavors at your fingertips. Cindy Young offers these delicious variations with cake flavors to match. Each

is based on one 16 ounce container of frosting.

**Lemon Frosting:** Add 2 teaspoons lemon juice, 1 teaspoon grated lemon peel and 3 to 4 drops yellow food color. Try it on lemon, orange or white cake.

**Caramel Frosting:** Place 1/4 cup butter or margarine, 2 tablespoons brown sugar and 1 teaspoon water in small saucepan. Bring to a boil on medium heat; boil 1 minute stirring constantly. Remove from heat. Cool 20 minutes before adding to frosting. Serve this with banana or chocolate cake.

**Cinnamon Frosting:** Add 1/2 teaspoon ground cinnamon. This tastes great on spice cake.

**Peanut Butter Frosting:** Add 1/3 cup peanut butter and sample this on chocolate or French vanilla cake.

**Toasted Pecan Frosting:** Place 1/4 cup butter or margarine and 1 cup coarsely chopped pecans in a skillet. Cook on medium heat, stirring until pecans are toasted. Stir into frosting. Cool until spreading consistency. Then spread it on yellow or chocolate cake.

## Did You Know?

(NAPS)—Envision Rigid Gas Permeable contact lenses may be right for your eyes. See your eye care specialist.

Research by Deere and Co. found women play a major role in managing many of the family farms in America.

The Salvation Army has set up a program to keep guns from children.

The National Rehabilitation Hospital in Washington, D.C. confers Victory Awards on individuals who overcome serious obstacles.



work. What does work is to identify the issues, discuss them calmly until the issue is settled. There are rules for "How to Fight and Do It Right". Maybe, that will be another column soon.

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