

VOLUME 28 NUMBER 6

6 PAGES

BRISCOE, COUNTY



Members of the Memphis Compress Farm League team. Top row: Bubba Cruz, Jeremy Taylor, Coach Gary Chandler, J.R. Reyna, Walt Henson, Coy McKay, Coach David Brunson, Alex Hinojosa, T-ball player, Vance Chandler. Bottom row: Cory Chandler, Derek Brunson, Nathan Chestnut, P'Jay Merrell, Micah Stark, Russell Ramsey, not pictured, Dustin Brunson.

Farm League To Host Baseball Tournament Nathan Chestnut, Bubba Cruz,

The Memphis Compress Baseball consists of 7-8 year team finished in 2nd place in

olds. Team members are Derek Brunson, Dustin the Farm League in Memphis Derek Brunson, Dustin this summer. Farm League Brunson, Cory Chandler,

Senator Sarpalius To Speak In Turkey

citizens invited to attend a "Meet the Candidate" get-together at 8:00 p.m. Saturday, July 16, at the Bob Wills Cafeteria. A salad supper will be provided

Class of '38 Reunion This general public and everyone is invited to attend. Weekend

by those attending. Refreshments will be furnished. The purpose of the affair is

to meet with Democratic Party Candidate Bill Sarpalius for the office of U.S. Repre-sentative of the 13th Congressional District.

This meeting is open to the

Walt Henson, Alex Hinojosa, McKay, P'Jay Merrell, Coy Russell Ramsey, J.R. Reyna, Micah Stark, and Jeremy Taylor. David Brunson and Gary Chandler were coaches. The Farm League will be hosting a tournament in Quit-

aque this weekend. It will start Friday afternoon, July 15, and continue on Saturday, July 16. You are invited to come and

support these youngsters in their baseball league.

Murder Suspects Immunization Caught

Hall County Hospital Head May Resign Doris Morgan, Admin- Bill Combs of The Memphis Mrs. Morgan said.

istrator of Hall county Hospital, Tuesday morning notified Board Chairman Pat Godfrey of her intent to resign, but Mrs. Morgan dd not submit her letter of resignation at that time.

"I have been offered a job opportunity too good to pass up,

working with a consultation and management firm in health care services on a national scope," Mrs. Morgan said Wednesday Mrs. when interviewed by Editor

Water Rates **To Increase** In Turkey

The City of Turkey council met on Thursday, June 7th, and voted to increase water rates \$1.00 on minumum bill and ten cents (.10) per each thousand gallons over the minimum of three thousand gallons. This increase is due to increase in prices of operating the city.

Yard Of Month Award Given **To Harmons**

Lolla Belle R.J. and Harmon were the receipients of the June Yard of the Month recognition by We the Women. The Harmons have managed to turn an unused, unkept and neglected yard into a lovely lawn, neatly trimmed with numerous plants blooming.

Their backyard is an inviting spot with a seating area enclosed by climbing on trellises

Democrat. "I wanted to let the Hospital

Board know as soon as possible to give them time to plan for securing a

replacement, because I don't want to create hardships,"

The regular meeting of the five-member Hall County Hospital District Board will be July 12th, at which time Mrs. Morgan may submit her letter of resig-nation which possibly could have a termination dat of the

Holly Gafford Saves Life Of 15 Month Baby

Holly Gafford, 10 year old daughter of Lavon and Thelma, is credited for saving the life of her 15 month on her bravery, and commend old cousin last Saturday night in Jacksboro. The family was attending a family swimming party.

As Holly was heading for the diving board, she noticed the baby bobbling in 10 ft. water. She pulled the child out of the pool, and was forcing

Buffalo Flat Reunion Set For Weekend

A reunion of the Buffalo Flat school and community is set for this Saturday and Sunday, July 16 & 17 at the Bob Wills Cafeteria in Turkey.

A covered dish picnic lunch is planned for the noon meal. Registration will begin at 8 a.m.

Everyone is invited to come and join in on all the are being readied for printing.

Miss Tana Saul Named Area Supreme Princess

Miss Tana Denise Saul ecently competed in the 2nd

ups got to her. Holly is to be congratulated

on her bravery, and commend her for knowing what to do.

Mrs. Ramsey Has Recipe Published

Jan Ramsey was surprised recently when she found out she had another of her recipes published. Progressive Far-mer magazine printed her strawberry pie recipe complete with picture in their July issue. This makes the third recipe Jan has had published.

Community Calendars To Be Readied

Contact Cindy Lane or Tami Lucero if you have anything to add <u>or</u> change on the Turkey Fire Dept. 1989 Birthday Calendars, as they

honored in the Turkey High School reunion July 22-23-24, being held in the Fifth Season West, Amarillo, and the Bob Wills Center, Turkey. Class members, family,

teachers and schoolmates are invited to join in the fun, which will include a poolside barbecue and Friday at the Inn. Then the group will attend the musical Texas" in Palo Duro Canyon.

Saturday's schedule cludes breakfast at the Inn, then at 2 p.m., registration at the Bob Wills Center in Turkey.

dinner anniversary An will follow at the Center, and a farewell coffee, (also at the center) Sunday morning will conclude the reunion weekend.

Clinic To Be This Month Immunization clinics

offering vaccines that give protection against several childhood diseases are scheduled for July. Protection is against Polio, Diptheria, lock jaw (Tetanus), whooping cough (Pertussis), Measles, Rubella, and Mumps.

The clinic will be held in Silverton at the Silverton Elementary School on Thur-sday, July 21 from 10 a.m. to 12 noon. The Texas Department of Health is charging money to help with the cost of keeping the clinic open. The amount of money charged will be based on family income and size, and the ability to pay.

Buck

Childress Asst. Chief of Police Bill Hinton Friday morning captured two suspects in the Thursday night stabbing death of an Amarillo woman. attractive.

Vernie B. McBride, 30, and Willie Mae Coleman, 31, also known as Willie Mae Watson, were arrested on suspicion of killing Gloria Joy Smith, and elderly motel man-

Hinton arrested the pair near Murphee's Restaurant on U.S. 287 as they walked east. Hinton recognized them from a description received via teletype from Amarillo.

Complaints for both suspects, alleging capital murder with a knife during the course of a robbery have been filed in Potter County Courts Building by Friday afternoon.

There are many beautiful yards in Quitaque and our

people deserve a pat on the back for their efforts in West making our community so

A special recognition and appreciation goes to David

Brunson and his crew at City Hall for keeping the parks and Community Center looking so well kept. The recent rains truly makes Quitaque a garden spot and we are proud of our communty.

Chadwick has managed to make Valley School one of the most

attractive in the state with the trees beginning to get a lot of growth and the well manicured grass. It's worth winner. drive out by the school to see it

in it's "Sunday Best".

annual Panhandle Area Baby Pageant, benefiting the North Hospital Texas Neonatal Unit.

There was approximately 950 children in the pageant from 1 month of age to 6 years of age. Tana competed in two

photogenic divisions, and beauty. She placed first in the beauty division and second in the photogenic division of her age group. For the photogenic division Tana received a red ribbon and a certificate. During the crowning cere-

mony held on June 28 at the Amarillo Civic Center, Tana was awarded a first place trophy for being a beauty

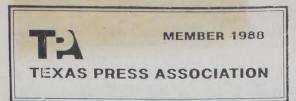
Also, Tana had the seventh highest overall score of every



Panhandle Princess

girl in the pageant. Therefore, she received a large trophy, a fifty dollar savings bond, and the title of 'Panhandle Area Supreme Princess'

PAGE 2



THE VALLEY TRIBUNE THE VALLEY TRIBONE Successor to The Quitaque Tribune, Established at Quitaque in 1960 Published Every Thursday at Quitaque, Texas 79255 Frank and Patty Adams, Publishers Barbara Mayfield, Editor

SUBSCRIPTION RATES PER YEAR

BRISCOE, HALL, MOTLEY, FLOYD COUNTIES. Advertising rates upon readest. Classified advertising 10 cents per word; mini charge is \$2.00 per week for 20 words or less. Any erroneous rellection upon the character, standing or reputation of any person.

per working download (EG), as reflection upon the character, standing or reputation of any person, firm, a which may appear in the columns of The Valley Tribune will be gladly in its being brought to free attention of the publisher. The publisher has the to refuse any article encepties to the newspaper for publication. Publisher to enced any devisionment at the first sector of the publisher to the sector of the sector

POSTMASTER: SEND ADDRESS CHANGES TO THE VALLEY TRIBUNE, BOX 478, QUITAQUE, TEXAS 70255

cation



With everyone going on vacation, I couldn't help but remember ours. We had planned all year long to go camping, live among the wild, fish and hike to our heart's content.

There's a lot of work goes into just getting ready for a vacation, on the woman of the house, I mean. Besides the planning and juggling, you have to keep the washer and dryer going 24 hours for two days before leaving. The mowing is done between cycles. You're trying to keep everything done up, yet it piles up instead.

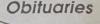
You know the exact time you plan to leave . . . early, early. I've never known why we always have to leave EARLY, but we do. Anyway, the night before, everyone is running around the house almost naked, because the last load of laundry is going. No one can cook, because Mom won't have time to clean the kitchen in the morning, so we all eat snacks. For two days, we eat junk food. Forget sleeping in the beds, no one has time to wait for you to straigh-

It finally arrives, the morning to of all the times to get up late. That's worse than oversleeping the first day of school. But not to worry, everything is done up, the house is all clean, we slept on the floor, so the beds are all made, the yard is mowed, and all the laundry is caught up, even the ice chest is acked and ready. We're running late, everyone is racing around trying to get the old truck loaded. A light sprinkle begins to fall.

and wait. . . you can't find the strings to tie the bed rolls, someone (certainly not me) had left open the plug on the ice chest. Mud is being tracked through the clean house as everyone is still trying to load all the stuff. The shower turns into a downpour, everyone changes clothes and shoes, because they're drenched. The cat and dog are scared of the storm, so

the kids bring them in and wrap them in the sleeping bags, so not to dirty your clean house. Finally the rain stops. It's early

A.X.



Edith Aplin

Word has been received here that Edith Aplin, 85, of Dumas passed away following surgery Sunday, July 10, at Northwest Tex-

Suntay, out y to, at Northwest Tex-as Hospital, Amarillo. Funeral services were held Wednesday, July 13, at the Dumas Church of Christ, with burial at the Sunray cemetery. Survivors include two sons, and a daughter. She was a sister-in-law

to Dow Aplin of Turkey. Edith Wellman Aplin was born

in Oklahoma and was baptized into the Turkey Church of Christ several years ago



Do You Remember

From the files of The Quitaque Post, July 15, 1948

early afternoon. The food in the

basket has been eaten, the Cokes are all gone, but we're finally ready to go. We piled in the old truck and drove three long miles to

the state park for our weekend va-

POTATO SURPLUS

The government is offering suprlus potatoes to farmers and ranchers as stock feed and Cleat Miller braved the red tape encircling them to give them a trial. So many papers to sign, it gives one writer's cramp- and then he had to teach the stock to eat the potatoes, for which they do not have a natural taste.

REGISTER FOR DRAFT

That time has come again-President Truman has issued a proclamation ordering all American men 18 through 25 to register for the draft between August 30 and September 18.

FLORIST SHOW

Mrs. Orlin Stark and Miss Patsy, and Mrs. Watson Douglas and daughter have returned from the florists convention at San Antonio, where they enjoyed several delightful days, seeing the many sights of interest in the city and getting lots of new ideas on flower arrangements for every

From the Turkey Enterprise

From the Turkey Enterprise July 22, 1948 Mr. and Mrs. David Guest and family, Mr. and Mrs. Roy Russell and Peggy, and Mr. and Mrs. Bud-dy House and family left Sunday morning for a vacation in Colora-do and other points west do and other points west.

Donald Lacy, one of the twins of Mr. and Mrs. Jake Lacy was taken to Plainview Saturday by Dr. Achor and his parents, where he was diagnosed as having rheumatic fever.

Harry Barnhill left Wednesday for Temple where he will have a medical checkup. He will return home on Saturday, coming through Dallas, where he will book e feature pictures for the Gem Theatre.

Those enjoying a picnic at Plainview last Tuesday were Mr. and Mrs. Houston Browning and fam-ily, Mr. and Mrs. John Lane, Nita and Bob, Mr. and Mrs. Josh Lane, Nita and Bob, Mr. and Mrs. Jess Brown-ing and E. J., Mr. and Mrs. Ray Cruse, and Donnie; Mrs. James Andrew and children, and Mr. and Mrs. Lawis McGuidren, and Mr. and Mrs. Lewis McGuire

Joe Bob Barnhill, Harold Wheeler, and Ben Wiley went to Roaring Springs last Sunday.

Jacqualyn Barnhill and Rebec-ca Holcomb are sick with the measles this week.

Bar None Rodeo At Plainview Set July 21-23

The KKYN/Bar None Rodeo is set for July 21, 22, and 23 in Plainview. Nightly performances begin at 8:00 in the Bar None Rodeo arena on South FM 400, C Rodeo arena on South FM 400. C & C Rodeo Company of Childress is the stock producer again this year. Books for entries will open July 18 from 10 to 6 p.m. The phone number is 817-937-8401. Merchants will be having sidewalk sales all three days. The Rodeo parade will begin 2:30, Saturday, July 23 in downtown Plainview Area riding clube float

Plainview. Area riding clubs, floats and bands are encouraged to

and bands are encouraged to participate. July 22, the Maines Brothers Band of Lubbock will play for the dance beginning at 9:00 p.m. and Slow Motion of Plainvew will perform at the dance Saturday night. Both dances will be held at the north end of the rodeo arena. For more information on any of



1st Lt. Payne Gets Wings At Graduation 1st Lt. Neil Payne after three

years as an Air Force Serviceman, years as an Air Force Serviceman, received his wings in graduation ceremonies, July 1st and Reese AFB, Lubbock. He trained as a pilot for the past year in the T-37 and T-38 aircraft. He received the citizenship award, from the Lubbock Armed Forces Commit. Lubbock Armed Forces Committee for civic activity the past year He will now go to Castle AFB, California for training in the KC-

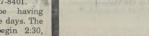
135 aircraft, a refueling tanker. In January, he and his wife, Denee, will leave for K-I Sawyer AFB in upperstate Michigan, near Markette. This will be their permanent base. Neil is the son of Joe and Jan

Pa;yne of Plainview, the grandson of Mrs. Coye Payne of Quitaque and Mrs. Goldie Russell of

Named To Dean's List

Kaylene Morrison was recently named to the Dean's Honor Roll at Texas Tech. Kaylene had a 3.67 average. She is majoring in nursing at Tech.

Kaylene is the wife of Criss Morrison and the daughter of Mr. and Mrs. Keith Green.



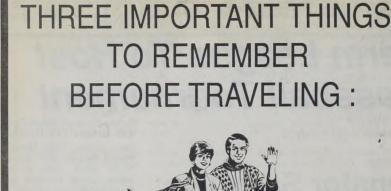
the events, call 806-293-2661

OUT OF ORDER

James Garfield was the first U.S. president to use a telephone.

0.0

MA



The Valley Tribune, Quitaque, Texas Thursday, July 14, 1988

"Sew For The Gold" **Fashion Show Theme**

Judy-Johnnie

Box 418

AGENCY

AUTO, PROPERTY, LIFE & HEALTH

"Working Together for Better Service"

Elgin, Ruth Ann & Jana

"Sew for the Gold" is the theme for the 1988 county 4-H Fashion Show set for Monday, July 18, in the Silverton High School with judging at 3:00 p.m. in the library and the public fashion show at 7:00 p.m. in the auditorium.

Eight adult leaders have conducted clothing project

meetings with 35 4-H members to teach wardrobe planning, clothing care, fabrics and textiles, buying, grooming, clothing and construction. Leaders working with this

project are: Janinne Brooks, Dorcas Garrison, Cathey Weaks, Martha Cavitt, Sheryl Weaver, Bena Hester, Margie Pinkerton, and Debra Tur-

Junior entry divisions are:

casual, dressy, sports, specialty, and buying. Senior 4-H members may enter

455.1410

Phone: 455-1100

tailored daywear, tailored daywear, evening, or active sports and specialty wear in either the construction or buying division.

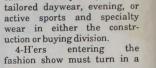
narration form to the County Extension Office no later than noon on Thursday (today).

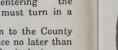
The public is invited to the fashion show at 7:00 p.m. in

the school auditorium. There

is no charge. The 4-H program is open to boys and girls from third grade to 19 years of age regardless of race, socio-economic level, color, religion, handicap, or national origin.

Bald eagles have a wingspread of about seven feet and weigh from eight to 13 pounds. Female eagles are slightly larger than males. Wild bald eagles generally live from 20 to 30 years and there are about 50,000 of them in the United States.





or head for for a late night snac It's easy to fal putines, but you ca flex habits. First

The Valley Tribune, Tips For D



Real World Di Total calories





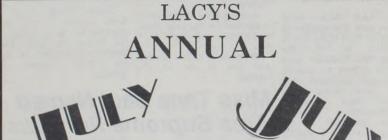


107-Chan Easy-to-L

VHS HQ With On-Screen Pr ⁸⁸ 299

> Value-Pack With HQ ;

TEN 88 249





(2) Travelers Checks

(1) Lock Box for Valuables

(3) Credit Cards

All Available At FIRST NATIONAL BANK QUITAQUE, TEXAS FDIC Dependable Services Since 1920

Tips For Dieting In The Real World How To Stop "Unconscious" Eating

neme by Audrey Blumenfeld, R.D., M.P.H.

y, July 14, 1988

"bld

wear,

tering

to the County

no later than (today).

invited to the

7:00 p.m. in

orium. There

am is open to

from third rears of age

race, socio-color, relig-

or national

e a wingspread and weigh from Female eagles han males. Wild ly live from 20 are about 50,000 are about 50,000

Tiety

ique, Texas

as 79255

NCE

ALTH

ice"

S

DIC

ď

Want to know my secret for stay-ing slim? Stop dieting! Instead, be aware of when you eat, what you eat, how much you eat and why you eat. Then you'll be on the way to permanent weight control. Be sure you are eating only when it's around r, evening, or and specialty the constr-livision. ust turn in a only when it's appropri-ate and not when you feel sad, lonely or bored.



Learn to recognize the "cues" that put your appetite on automatic pilot. For example, do at when you're worked you always eat when you're watch-ing TV, taste test while making dinner or head for the refrigerator for a late night snack? It's easy to fall into these

It's easy to fall into these routines, but you can break these reflex habits. First, become aware of the activities or moods that set off your emotional appetite. Then find activities that can take the place of eating. And when you just can't resist the urge to munch, eat less fattening foods: chew a crisp apple, eat unbuttered popcorn or try an appetite suppressant gum, such as Stay Trim'' Diet Gum. It will help curb your appetite while it satisfies your urge to chew. Tew of us can pass up the dessert cat at a fine restaurant or say no to a friend's birthday cake—and you shouldn't have to. If you eliminate the foods you eat "uncon-sciously." you can enjoy a special treat without feeling guilty.

If you're trying to lose weight but find most diet plans too restricted, try my "Real World Diet." You'll enjoy taco salad, sweet & sour chicken, even French toast—all for just 1200 calories a day. A sample day's menu follows.

If you would like a free copy of the seven-day plan, write to Stay Trim Diet Plan/DPN, 303 East Wacker Drive, Suite 1214, Chicago, IL 60601. Real World Diet Plan (Total calories: 1200)

BREAKFAST 1 medium fresh grapefruit 1/2 bagel (raisin or whole wht. preferred)

Topping: 1 Tbsp. low-cal. cream cheese

1 1/2 oz. smoked salmon (lox) 2 slices fresh tomato

(optional) 1 cup skim milk LUNCH Vegetable Omelet

2 medium scrambled eggs (made with skim milk)* Sauteed Vegetables* 1 cup raw zucchini

3 large raw mushrooms 1 scallion (green onions) 1/4 whole sweet

red pepper 1 1/2 slices dark rye or pumpernickel toast 1 tsp. low-cal. jelly

1/2 cup canned unswt.

pears DINNER Stuffed Baked Pork Chops 2 oz. lean pork chops (cooked wt.)

1/2 cup prepared bread stuffing with herbs

Low-Cal Coleslaw 1 cup shredded raw

cabbage 1 medium shredded

raw carrot 2 Tbsp. non-oil Italian dressing

teamed Vegetable Medley (1 cup total): carrots, broccoli,

cauliflower 1/2 cup canned unswt.

applesauce o 1 medium baked apple

(no sugar) Use non-stick spray coating on

pan. Audrey Blui nfeld is a registered dietician and consultant to Plough, Inc.

Fingernails grow faster than toenails. The average growth rate of nails is 1 1/2 inches a year.

Minimum Wage For Hoe Hands Applicable Now

Chemical herbicides and advanced tillage systems not withstanding, hand hoeing remains a necessary expense in High Plains cotton production. And that leaves producers with

the formidable task of under-standing a maze of ever changing

standing a maze of ever changing federal and state laws regulating farm labor, including hoe hands. Dominating the many ques-tions reaching Plains Cotton Growers, Inc. (PCG), Lubbock officials note, are those related to minimum ware requirements minimum wage requirements, social security, unemployment compensation and compensation coverage. and worker's

We answer as best we can by telephone," says PCG executive vice president Donald Johnson, "then follow up by mail with an updated two page written sum-mary prepared last year by the Texas Cotton Ginners Association.

Also answering the demand for information on farm labor laws is the Texas Agricultural Extension Service (TAEX). State extension economist Dr. Richard A. Edwards of College Station has just compiled a Texas Farm Labor Handbood spanning 52 pages.

The TAEX publication offers expanded explanations of the subjects mentioned earlier plus 17 others including housing, transpor tation, income tax withholding, requirements under the Immigra-tion Reform and Control Act, and the new Texas "Right to Know" law concerning chemical usage.

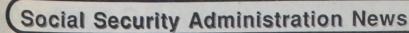
Copies are available to produc-ers from PCG or through county

extension agents. Meanwhile, PCG offers the following unofficial guidelines on the most salient issues.

The minimum wage, \$3.35 per hour is applicable to virtually all Texas employers of farm labor. Federal law exempts users of fewer than 500 man-days of labor

exempt from overtime under both

The Orangutan gets its name from a word in the Malay language meaning "man of the woods."



There are special provisions in the Social Security law designed to encourage blind and disabled supplemental security income (SSI) recipients to try to work. These provisions allow recipients to attempt to work without fear of losing all their SSI checks or Medicaid Medicaid coverage. Also, recipients whose SSI checks were stopped because their earnings made their income too high to receive checks may be able to receive checks again if they find

they no longer are able to work. Recognizing that a disabled recipient's return to work may not follow a steady progression, the law allows the recipient to use SSI as a stepping stone

employment. Recipients may continue to receive some money from SSI while testing their ability to work. The amount received depends on the amount of of earnings- as earnings increase, the SSI payments decreases or stops. A recipient who finds his or her work attempt is unsuccessful, however, may have payments started again- often without filing

a new SSI application. In addition, many blind and disabled recipients can keep their eligibility for Medicaid coverage even when their checks stop because their earnings make their Decause their earnings make their income too high to continue receiving checks. To keep Medicaid coverage, a recipient must continue to be blind or disabled, meet all other non-earnings SSI eligibility require-ments, depend on Medicaid coverage to continue working, and be unable to purchase similar medical care.

who work also are encouraged to develop a "plan for achieving self-support." This plan allows them to set aside income and/or resources for a work goal and can mean an increased SSI payment. Some examples of work goals include education, vocational training, starting a business, or purchasing work-related equipment.

Many people wait longer than necessary to get payment from their Medicare medical insurance because they fail to submit

itemized bills with their request for

Medicare that helps pay for doctor bills, out patient hospital services,

does not provide enough information about the services provided and, therefore, a decision cannot be made as to whether they are covered. As a result, the patient must be contacted for more information and payment is delayed.

shown. For more information or to file

benefits get them, and we even help applicants establish their right to them.

to be represented in his or her dealings with Social Security may arrange for this. The repre-sentative may be a lawyer or any other qualified person. Social Security personnel are prepared to assist by providing a list of legal service organizations, such as the Legal Aid Society or the State or local bar association, from which the names of attorneys may be obtained

There are some limits on who may represent a person in his or

her dealings with Social Security. First, the representative must be an individual, not a corporation or organization.

PAGE 3

Second, a person cannot act as a representative if he or she has been prohibited from engaging in such activities because of having violated provisions of the Social Security law. Third, under certain conditions

a current or former employee of the Government may not be able to act as a representative. Further details about this restriction may obtained from any Social Security office.

Once a representative is decided upon, the appointment must be made in writing. A form for this prupose is available at any Social Security office. The representative's authority ends when final action is taken in the case or when the person being represented asks that it end.

For more information or to file a claim you may call us at 293-9623.

SSI CHANGES

Recent legislation has made a number of changes in the supplemental security income (SSI) program that can help people with little income and resources, according to Frances Braden, Social Security representative in Vernon. "One of the changes makes it

easier for people to get emergency help and to move in and out of institutions without losing SSI

payments," Braden said. As of July 1, 1988, recipients who enter certain institutions for temporary stays of up to 3 months may continue to receive their full payments. These institutions are public medical treatment facilities and public or private facilities which receive Medicaid payments on behalf of the SSI recipient. Under prior law, people in these situations were ineligible for SSI or could receive only a personal needs allowance.

Another provision increases the personal needs allowance for an SSI recipient in a medical institution where Medicaid pays half or more of the care from \$25 to \$30 a month. It is effective July 1,1988

C. & L. FOOD SPECIALS FOR JULY 15 & 16 HEAVY GRAIN FED **BONELESS CENTER CUT** ROUND ROUND STEAK \$1.891b. STEAK \$1.79 Ib. COOK'S SMOKED HILLSHIRE FARM SMOKED SLICED HALF OR WHOLE PICNICS SAUSAGE \$1.99LB. 79¢ Ib. HUISKEN ALL FRESH SLICED BEEF **BEEF LIVER** PATTIES \$1.49 LB 79¢LB. ASST. PILSBURY SHURFINE ORANGE BISCUITS JUICE 10 CT. 64 OZ. \$1.69 EA 5/99¢ 7.5 OZ. SIZE HORMEL **KRAFT VELVEETA** SHELLS & CHEESE TAMALES DINNER 15 OZ. CAN 12 OZ. 69¢ EA \$1.29 ea. REG. 96¢ REG. \$1.66 FRITO LAY SANTITAS **REG. OR BUTTER** TORTILLA REG. \$1.79 FLAVOR REG. \$2.99



VHS HQ With Remote and **On-Screen Programming**

1, 1987, provides no such exemp-tion. Farm labor, however is

federal and state statutes.

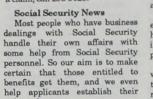
during any quarter of the previous But a Texas law effective Sept. payment form.

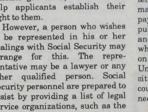
Medical insurance is the part of and other items and services not covered by hospital insurance.

To receive payment under medical insurance, a person generally submits a request for payment form and the doctor or other supplier provides an itemized bill to send with the form. The trouble is, that often the bill

To prevent this delay, the person should be sure that each bill shows: a description of each service provided, the date the service was provided, the place the service was provided, the charge for each service provided, the doctor or supplier who provided each service and the person's name and health insurance claim number exactly as they are shown on the person's medicare card. It is helpful if the diagnosis is also

a claim, call 293-9623.





medical care.

Blind or disabled recipients

For more information or to file a claim call 293-9623.

Footnotes The Eyes Have It

Do your dress shoes wear out faster than a marathon runner's? Maybe you aren't spending enough time inspecting your selection carefully before your purchase. Footwear is a fashion investment, so check the

construction of the shoes carefully to make sure you're getting the best your money can buy. Here are some tips from The Italian Shoe Center: • Look for quality leather with an even smooth texture, free of ir-regularities in color and finish. Test to see if the leather is soft and pliable by flexing and touching the

An inner layer of fabric absorbs moisture and keeps the foot comfortable

 Check the smoothness of the stitching, which should be fine and regular, especially above the toe

SPORTSMAN RESTAURANT LUNCH SPECIALS JULY 14-20 \$4.00 (SALAD BAR INCLUDED) THURSDAY PORK CHOPS & GRAVY CREAMED POTATOES GREEN BEAN CASSEROLE JELLO SALAD

00 The world's largest lake is the Caspian Sea with an area of 143,244 squa



i

Caprock Comments

What a Change! We have people hollerin' "I don't need any more rains"! Two weeks ago, the same was hollerin' "It ain't ever gonna rain," but that's the way it goes in West Texas and the low rolling Plains. . . we'd better be glad for every drop we get, we've still got half of July and all of August ahead!

The National Football League is getting underway with their train-ing camps and the first thing we hear is strike-strike-strike.... I thought that was a baseball term, but the NFL uses it more than a baseball umpire . . . unsigned play ers, hold-outs, lawsuits, million dollar salaries, agents, pensions, soaring ticket prices. . . everything except playing football . . . someday the fans may get a belly-full and write the whole thing off and start playing marbles!

A young man from the old school was asking the father of his school was asking the father of his girlfriend for her hand in marriage. The father, also from the old school, asked, "Can you support a family?"

"I think I can," said the young man, "May I ask how many is in her family?"

The elderly lady, riding a bus, was very anxious not to pass up her destination, so she poked the bus driver with her umbrella..."Is this the First National Bank?" she

"No ma'am," he replied, "That's my backbone!"

A man suffering from anemia found a new Doctor who loaded him up with Iron Pills and Iron Shots and was asked how he was feeling. . . "Oh, I'm feeling much better," he said, "so long as I am facing the North!"

LOCKNEY MEATCO.

nspected. Kill days Monday through Friday Custom processing. Wholesale and retail meats. Haives and quarters cut, wrapped, frozen and fully guaranteed.

Sam & Kelly Fortenberry Owners-Managers

one 652-3305 Corner of U.S. 70 & arm Road 378 Sout

All Hell will break loose in about a week when the Democrats get to Atlanta for the Convention . . . Dukakis, Jackson, Gore, Kemp, Bentsen, Dole, N.O.W., MADD, Haig and a dozen others, some of whom we have never heard. . . It's being called the "Jackson Express" tune in your TVs, you'll have fun!

We may not be getting along as well as we are led to believe . . Coca Cola still outsells cham pagne.

The Democrats rate Reagan's Foreign Policy as "fair to meddlin"!

"Now" said the TV announcer, "before I bring you tonight's cost-of-living report, we'll take time out for you to take a sedative!'

Things are different nowadays. .. recently when the teacher infor-med her young class that, tomorrow we will learn to draw . the next day, 16 kids showed up with pistols!

The sexes will never be equal and menfolk might just as well get used to it!

The Town Loafer says his life is an open book, and his wife is the editor!

"Are you the barber who cut my hair the last time?" asked the teenage boy

"It couldn't have been me," said the barber, "I've only been here three months!"

A local golfer said he had a holein-one on the eighth hole the other day . . . the only trouble, he was playing the seventh!

That's -30- for this time, rememer, everything in this world is subject to gravity except prices!

Receives"Wings Of Gold"

Fourteen Naval Flight Officers undergoing training at UT-86 were awarded their Navy "Wings of Cold" in the training of Cold" of Gold" in a recent winging ceremony at the Naval Aviation Museum on the Naval Base in Pensacola, Florida.



Friday Night DESSERTS DAILY



Happy Birthday **County Agents To Participate** to July 15 - Inetha Blankenship, Ruby King, Ora Lee King, Doyle In State Ag Conference Dean Proctor.

Briscoe County Extension Agents Lynda Fogerson and Curtis Preston will be participating in the State Conference of the Texas Conference of the Texas Agricultural Extension Service this week at Texas A&M University in College Station.

"Extension Education Addressing Issues for

Changing Texas" is the theme for the professional development conference aimed at updating the more than 900 faculty members thr-oughout the state on issues facing Texans. Some 40 technical courses.

special sessions, and professional development trainings

McCracken Reunion Held At Daughter's Home in Silverton

All of the children, grand-children and great-grandchildren Michelle, Jared, Nathan, Andrew, Caleb, and Jacob Francis of of Floye McCracken met for a reunion on July 1, at the home of her daughter and husband, Glenda and Alvie Francis of Silverton. This was the first meeting for many of the grandchildren-in-laws and great grandchildren. Volleyball, basketball and "42" were enjoyed by many and in the late afternoon Benny Young delighted everyone by playing selections on his fiddle. Those attending were Joe and Paulita Young, Silverton; Stanley

Young, Benny, Brenda, Heather, Zachary and Jeremy Young, Marc, Connie, Jessica and Tyler Gold, Steve and Jill Brown, all of Arizona; Stewart and Lavada McCracken of Tulia; Richard, Jo Beth, Chris, Kevin and Kimberly Edwards of Olton; Ronnie, Sharon, and Travis McCracken, Clyde and Alma Monk of Lubbock; Barry,

Cheese Cut-Outs

Cut sliced American, Swiss, Muenster, Cheddar or Colby cheese using cookie or hors d'oeuvres cutters. Stack different sizes and types of cheese on warmed apple or Dutch apple pie,

The ceremony marked the culmination of many weeks of

P.W. White Recognized **By Government**

Former Quitaque resident P. Wayne White has been recognized the United States Department by of Agriculture for outstanding accomplishment as a USDA Forest Service employee. As Admin-istrative Officer for the Rocky Range Mountain Forest and Experiment Station in Fort Collins. Colorado, White received a Superior Service Award for developing a computerized system for processing and managing procurement programs within the Government Agency. The new method is more efficient and cost effective than the previous system, and has been adopted for use throughout the Forest Service and

other Government Agencies. White personally received his ward from Agriculture Secretary

will be conducted for staff members during the week. Featured speakers

include Dr. Perry Adkisson, Chancellor of the Texas A&M System; University Dr Charles Arntzen, de Chancellor and dean deputy agriculture at Texas A&M; Dr. Charles Black, director of the North Carolina Extension Service; Dr. Zerle Carpenter, director of the Texas Agri-cultural Extension Service; Doc Blakely of Wharton, an internationally known lecturer and humorist; and state senator Kent Caperton of

conclude July 15, with the presentation of the Knapp-Porter award to three longtime supporters of Extension

Joe Degan Celebrates 75th Birthdav

Joe Degan of Flomot was sur-prised with a birthday party in his honor Thursday, July 7, 1988, at his home in Flomot.

Present to help him celebrate ere his wife Leona, and their children Stanley, Donna, Shay and

Dane Degan of Kalgary, and Lou, Brian and Kristi Degan and Brittney Melton of Quanah. Other relatives and friends pre-

man, Jana Boyles and Tuny, Danny and Judy Barrett of Quita-que; and Mr. and Mrs. Howard Rogers and Mr. and Mrs. Donnie Rogers of Flomot

July 16 - C. L. Smith, Amber Stark, Penny Mars, Joe McKay, Mack Seymour July 17 - Sandy Taylor, Delene Tyler, Sam Pierce, Royce

Lyles July 18 - Christene Brummett July 18 - Charley Grundy, Heather Gray, Billye Loudermilk, Lavonia Mullin, Bill Lane. July 20 - Carol Stephens, Coye Payne, Rick Price, Kim Cloyd

Anniversary Wishes to . .

July 15 - Mr. and Mrs. Mark Butler, Mr. and Mrs. Jerry Morgan

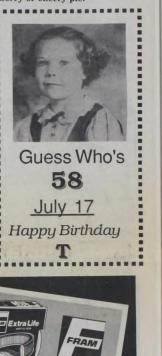
July 16 - Mr. and Mrs. Rusty Henson, Mr. and Mrs. Ricky Willi-

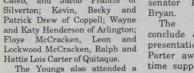
July 18 - Mr. and Mrs. Danny Mayfield July 19 - Mr. and Mrs.

Tommy Waldrop, Mr. and Mrs. Byron Young. July 20 - Mr. and Mrs. Bill

Clary.

Ice Cream Ball Scoop ice cream or lemon or pineapple sherbet; roll scoops in choopped nuts, flaked excount or chocolate sprinkles. Serve with warm apple, Dutch apple, blue-berry or cherry pie.





The Youngs also attended a Young family reunion while in Texas. They did lots of sight-seeing while enroute including Carlsbad Caverns and White Sands in New Mexico. Several of Youngs visited the old racken home place at

McCracken

The Valley Tribune, Quitaque, Texas Thursday, July 14, 1988







tereo, dining table WANTED: Resp to assume sn payments on pianu Call credit manag 4266

FOR SALE: Mill E AC-DC arc welder

WORK W

NEED BABYS

NEED CRP

Contact Brandon or Scotty Stark 423-

CRP SHRED

WANTED: Lav

*Good Supply

Goo

GARDE

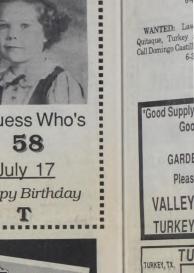
Pleas

VALLEY

TURKEY

Johnny Monk 455-11

Trish Farley, 455 455-1116 day.



will

conference will

programs.

sent were April Farley of Amarillo; Chris Barrett of Stamford; Kayla Ramsey of Silverton; Virginia De-gan of Turkey; A. B. and Marie

Ramsey; Wendell and Roberta Farley; Jack, Debbie, Jamie, Richard, Ryan and Jessica Well-

Brian and Dane stayed in Flomot to spend the week with their grandparents!

intensive classroom and airborne training in which the fledgling Richard E. Lyng in Washington, DC on June 21

NFO's applied their classroom knowledge to practical airborne During the aerial protion of the training, the newly winged NFO's intercept

Linda Coker Hamilton pinned



The Valley Tribune, Quitaque, Texas Thursday, July 14, 1988

FOR SALE: Used furniture,

6-2tp

WANTED: Responsible party to assume small monthly payments on piano. See locally. Call credit manager 1-800-447-

5-3tp

FOR SALE: Miller Bluestar 2-

5-2tc

NEED BABYSITTING? Call

6-1tp

NEED CRP SHREDDING?

6-2tc

CRP SHREDDING: Call

6-4tc

6-3tp

TURKEY, TEXAS

TURKEY, TX.

OPEN MON. - FRI.

For Current Problems

HEWETT CAN DO -- ETT

806-445-1295

Good Supply of Purina Products

ALSO

WED. Mexican Food

HEWETT ELECTRIC

455-1324

Fishing - Camping - Hunting Supplies

B.J. 'S Beauty Shop

STIFF STUFF"

\$4.50

HUNTING & FISHING LICENSES

ARCHERY SUPPLIES Firewood - Balt Let Us Take A Picture Of Your Big Catch

At the entrance of Caprock Canyon State Park

FRI.

Fried Fish

WANTED: Lawns to mow, Quitaque, Turkey and Silverton. Call Domingo Castillo, 455-1484.

Contact Brandon Stark 455-1260

or Scotty Stark 423-1417.

Johnny Monk 455-1112.

Trish Farley, 455-1174 night or

WORK WANTED

E AC-DC arc welder, 423-1230.

cheap. Dining table and four chairs, divan, black and white TV, stereo, dining table. Call 423-1273.

... a Lee King, Doyle . L. Smith, Amber Mars, Joe McKay Sandy Taylor, Sam Pierce, Royce istene Brummett Charley Grundy, Billye Loudermilk, Bill Lane. arol Stephens, Coye e, Kim Cloyd

rsday, July 14, 1988 Birthday

rsary sto.. r. and Mrs. Mark Mrs. Jerry Morr. and Mrs. Rusty I Mrs. Ricky Willi-. and Mrs. Danny

4266.

455-1116 day.

Mr. and Mrs. p, Mr. and Mrs. Mr. and Mrs. Bill am Ball

am or lemon or bet; roll scoops flaked coconut or kles. Serve with atch apple, blue-y pie. pie.



8 y 17 Birthday C



illating

00

OFF

ELASSIFIEDS MISCELLANEOUS **CARD OF THANKS** FOB SALE

We wish to express our heartfelt thanks and appreciation to everyone for your every act of love and kindness during Bill's stay in the hospital and since his return home

The visits, phone calls, cards, food and especially your prayers meant so much. We pray that we may in some way touch your lives in time of need.

May God Bless You All, Bill, Juanita & family 6-1tp

opportunity to say thank you to everyone who has shown Lee concern during his hospital stay and recovery. Words cannot express our gratitude. We never provided We would like to take this We never realized what great friends we have until you need

them. You'll have all proven to be the very best. I know thank you seem quite

inadequate, but it seems to say what we feel. Thank you again and may God shower his many blessings on each of you.

Lee Seymour, Mack, Brenda & family, Irvin, Lynda & family, David, Brenda & family

6-1tc

HELP WANTED

HELP WANTED: Get Paid for reading books! \$100.00 per title. Write: PASE-C2653, 161 S. Lincolnway, N. Aurora, II 60542. 6-4tp

SERVICES

SINGER SEWING MACH-INES, Vacuum Cleaners, Smith Typewriters, Adding , Kirby Sales and Adding Corona Machines, Service. Also Eureka Sales and Service. Buy here, service here. Call in Quitaque 455-1101, or call 423-1155 in Turkey. Call 259-2716 in Memphis. Office located at 620 Noel in Memphis. Here every two weeks on Thursdays

COMMERCIAL PRINTING of all kinds: Letterheads, envelopes and business cards, newsletters, invitations, etc. We will get you a cost estimate on any job. None too large or too small. The Valley Tribune, 455-1101.

FOR MONUMENT SALES and service, call Schooler-Gordon, Quitaque, 455-1313, Turkey 423-1313 and in Silverton, 823-2121. tfn

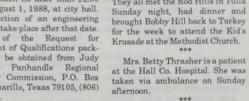
PUBLIC NOTICE

REQUEST FOR REQUEST FOR STATE-TMENT OF QUALIFICATION ENGINEERING SERVICES

The City of Turkey has recently been awarded funds under the FY87 Texas Community Development Program. The funds will be used to make improvements to the city's water system. Engineering services will be required to complete detailed project plans and specifications, assist the city in construction contracting proced-ures, construction supervision, and interim and final project inspections

tions. The City of Turkey is hereby requesting statements of qual-ifications from engineering firms interested in performing the above mentioned tasks. The statements will be taken no later than 12:00 p.m., August 1, 1988, at city hall. The selection of an engineering firm will take place after that date. Copies of the Request for Statement of Qualifications package may be obtained from Judy Munden, Panhandle Regional Planning Commission, P.O. Box 9257, Amarillo, Texas 79105, (806)

engineering firm will be made by the City Council of the City of Turkey. The City of Turkey is an affirmative action, equal oppor-



Kim and Lisa Coker of Sugar Land and Brenda Coker of Junction spent Father's Day weekend with their parents, U.F. and Ann Coker. Kim and Lisa also ottended Kim's clease reunion at attended Kim's class reunion at Valley. Brenda then accompanied her mother to Pensacola where

they will help spoil their new grandson and nephew. Mr. and Mrs. Blue Brown of Quitaque spent the weekend in Lubbock visiting family and friends. While there they visited Mr. and Mrs. Billy Frank Rhoderick; Jim and Melanie Camp of Wol-forth; Mrs. Pearl Stanley of Matador; Kay Thrasher and Ruth Marie Stanley, Charles Whitaker of Oklahoma City.

Dennis and Lisa Farley and children spent last week in Clarendon visiting Burl and Linda Sain and family. July 4th they were joined by Billy Joe, Marcy and Derik Roys of Flomot; Mr. and Mrs. Vance Childress and Karen and Brandi Rice of Silverton.

* Larry and Deb Farley of Amar-illo spent the weekend visiting Wendell and Roberta Farley in Quitaque. Other visitors were: Junior Farley; Jack and Debbie Wellman and family, and Dennis and Lisa Farley and family; April Farley who has spent the past three weeks in Quitaque visiting, returned home with her parents

on the **G**T Tootsie Mullin has returned

home, after being hospitalized for eight days in the Memphis

hospital. Her daughter, Gleena

Elmore, is staying with her for this

Mr. and Mrs. Lavon Gafford and Holly traveled to Jacksboro, Texas over the weekend for Thelma's family reunion. Her sister, Jolene McBee said tell all

Mr. and Mrs. Johnny Perry traveled to Bowie over the weekend to return their granddaughter, Rhenda, to her home. Trey Ziegler is spending this week with them.

Sherice Price, of Austin, visited her parents , Hubert and Delores Price, over the weekend.

Carol and Jess Weatherly of Memphis, and Janis Payne of

Plainview spent the weekend with the E.L. Hills and other relatives.

They all met the Rod Hills in Tulia

her friends here 'hello'

....

eight

week.

Sunday. Jamie Wellman went with them to spend this week.

PAGE 5

Visiting Velma Price Sunday afternoon were her son Joe Ed and Janice Price of Amarillo, and her grandchildren Vance and Lisa Price of Turkey and Sherice Price of Austin

A. B. and Marie Ramsey of Quitaque spent Sunday in Claytonville visiting Gary, Glenna, Kevin and Michelle Jameson.

Rural and Ellen Skinner recently spent 11 days visiting in Carls-bad, NM with their son Walter and Kay Skinner and family. They then traveled to Weslaco, Texas, where they visited another son Glen and Pam Skinner and family, and Pam's mother, Pat Harrison. While there they enjoyed a short trip over the border into Old Mexi-

Kayla Ramsey of Silverton spent last week visiting Tuny, Danny, and Judy Barrett, and her grandparents A. B. and Marie Ramsey in Quitaque.

Mr. and Mrs. B. F. Rhoderick of Lubbock visited in the home of Blue and Austella Brown over the weekend.

Mr. and Mrs. J.C. Maybry and Cindy of Tulia spent the weekend with Mr. and Mrs. James Kimbell. Sunday visitors were Mrs. Cathryn Setliff of Turkey, Mr. and Mrs. Bobby Brunson of Plainview, Mr. and Mrs. Benny Cantwell and children of Plainview, and Mr. and Mrs. James Lynn Kimbell, Shorty and Travis of Turkey.

Kid's Cooking School Slated At Silverton

Boys and girls in the county are invited to a Kid's Cooking School at the Silver-ton School Home Economics kitchen on Monday, July 18 at 11:00 a.m.

This activity, sponsored by the County Extension Service, will be conducted by Joy Parnell, Southwestern Public Service home economist from Lubbock.

Kids will receive a recipe booklet of foods demonstrated and be able to taste the dishes prepared. There is no charge for this program which will conclude by 12:30 p.m.

have Families who children visiting from out of town are encouraged to the bring the children to the cooking school.

tfn 372-3381. final selection of The

tunity employer.

RCA SALES & SERVICE

CALL

652-2435

IN LOCKNEY

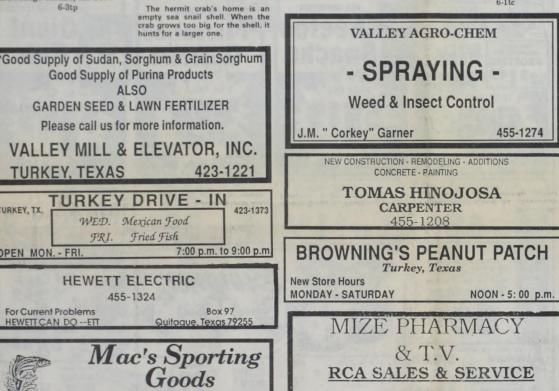
SERVING THE PANHANDLE SINCE 1930 WALLACE MONUMENT

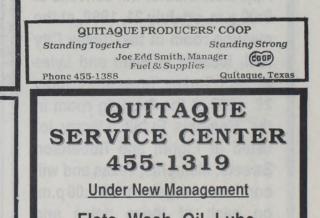
COMPANY

MONUMENTS - GRAVE SLABS SURFACE BURIAL VAULTS & CURBING

Contact: Lewis Eudy

423-1295





6-1tc





Flats, Wash, Oil, Lube, Minor Repair, Brakes, U - Joints, Water Point, Tune Up VALLEY FARM STORE QUITAQUE, TX 455-1105 MAIN ST. * FARM & RANCH SUPPLIES ***TIME TO CHECK FLEAHOPPERS*** 1. Fleahoppers do more damage to cotton than any other pest 2. Cheap - about \$1.00 per acre cost of chemical. 3. Control flehoppers now and might, not spray as often for worms. 4. The cotton you save now from fleahopper damage is Guaranteed HAYGRAZER \$7.00 BAG HYDRALIC HOSE REPAIR LAWN & GARDEN SUPPLIES FEED VET. SUPPLIES CHEMICALS **FISHING TACKLE & BAIT** GROWN & MADE IN THE U.S.A. **IT MATTERS!**

Neighborhood Watch Programs Encouraged

College Station - - Think prevention to reduce cattle rustling and other types of rural

This advice comes from Tommy Valco, agricultural engi-neer- safety with the Texas A&M University Agricultural Extension Service

"Cattle rustling is big business and it is on the increase. So are thefts of other rural property, ranging from tractors to ranch gates, trailers, saddles and bale carriers," Valco said.

The Texas and Southwestern Cattle Raisers Association announced that during the fiscal year which ended March 1, field inspectors who are certified peace officers had recovered 4,050 head of cattle - - including steers, bulls, cows, heifers, calves and yearlings -- valued at \$1,844,000.

Jody Henderson of Fort Worth, head field inspector with the Cattle Raisers Association, said that other stolen property recovered this past year by TSCRA inspectors include 97 horses with a value of \$94,000; 19 trailers worth \$40,000, and 94 saddles valued at \$56,000.

"Total value of all the livestock and equipment recovered by field inspectors with assistance of brand inspectors of TSCRA was \$2,034,000," Henderson said. Measures can be taken to

prevent or reduce thefts, said Valco and Henderson.

"Rustlers choose a target by looking for isolated pastures or feedlots, unlocked corrals and loading chutes, unbranded animals and animals and absent owners," Valco cautioned. "Profes sional thieves may spend weeks observing a potential site, so when they make their move it may take less than 10 minutes," Valco said.

Valco recommended that owners check their livestock that frequently and mark their animals. A permanent brand, tattoo or other marking system is essential for identification of stolen livestock. Report missing stock immediately, Valco said, since rustlers move stolen property fast. "The criminal who steals farm

equipment, supplies and products is always on the lookout for easy opportunities. By causing the thief take more time, make noise and become more visible as he attempts to steal items will greatly reduce his opportunities,

Identifiable belongings make less desirable targets, so Valco advised stamping, engraving or welding identificaton on farm and ranch equipment and supplies. Advertise the fact with "Operation ID stickers, he added. "Chain it disable it or enclose it

to prevent theft. If a thief wanted to work, he'd get a job," Valco said. In addition, make farm and

ranch belongings highly visible by lighting, location to the farmstead, or where a neighbor can keep an eye on the materials. Highly visible belongings make for highly visible crimes, Valco said.

"Organize a Neighborhood Watch Program. One or two memmonitor suspicious bers can activities and keep in touch with a base station and police through citizen's band radios," Valco said.

In communities that have adopted a "citizen's watch pro-gram," crime has been greatly

reduced, Valco reported When cattle are reported stolen, Henderson requests a color description, identification number or brand, class - - whether purebred or crossbred, age and sex - whether of the animal, and the owner's name, telephone and mailing address. This information is put in the computer and sent immedi-

ately to auction markets of the

entire area "Generally, the stolen animals often are found at an auction barn several hundred miles from the theft site. Sometimes, they are discovered at a sales barn in an adigining state " Headen

adjoining state," Henderson said. "It is vital to get information about the stolen animals to field inspectors with the TSCRA of the immediate area as quickly as possible,"Henderson said.



By Ann C. Grandjean, Ed.D. Director of The International Center For Sports Nutrition Is There A Right Diet

For Young Athletes?

Just as there is more than one way to tie a knot, there is more than one way to eat. Since no one food or group of foods contains all the nutrients the body needs, it is im-portant to eat a variety of foods. Diets can yary greatly As long as Diets can vary greatly. As long as the diet provides adequate energy (calories) and supplies the 50-plus nutrients the body needs—it's the right diet for you.

Young athletes who eat a varied diet on a daily basis may find they decrease their "down time," feel better, train harder and are in better condition than those who do not eat properly. Since active children and teens

need more calories for their body size than their parents, several meals and snacks a day will provide the calories, vitamins and minerals they need to be strong and healthy. For further information on sports nutrition, write to ICSN, 502 S. 44th St., Suite 3012, Omaha, Neb. 68105

The Valley Tribune, Quitaque, Texas Thursday, July 14, 1988

baked one and omit or reduce the butter and sour cream.

Lines from Lynda

"Eating on the Road"

Are you planning a

and worrying about all the "junk" food your family may eat while traveling? Fast foods are not all

bad. Many so-called "fast foods" provide a balanced meal which

includes all of the four food groups. It's up to you to make wise

choices among these foods to help reduce total calories, fats, sodium,

Some of the foods which provide servings of all four food

groups - meat/protein, milk, bread, and fruit/vegetable- are tacos,

pizza, cheese burgers, and seafood salads with crackers. Get in the

habit of looking at a meal from the

standpoint of the four food groups, and make sure you have a balance

of these foods during the day. Reduce fats and calories by

reducing or omitting salad dressings or mayonnaise from

burgers. If you receive a pre-packaged salad dressing with a

alad, don't use all of it. There may

be several hundred calories in that

to drink, buy lemonade, fruit juice, or just plain water instead of carbonated soft drinks.

strikes, try ice cream, fruit, nuts, or peanut bettur crackers for a more

When you stop for something

When the urge for candy bar

you have the choice of a

sandwiches or ham-

and sugar while getting

balanced diet.

salads,

little package.

nutritious snack.

If you are traveling through an area which has fresh fruits or vegetables, stop at a roadside stand and take advantage of these low-calorie, nutritious foods. On our recent trip, we bought vine ripe tomatoes and fresh peaches -DELICIOUS!

Eating out on a vacation can be expensive, so make your food dollars buy the most nutritious food possible

I see all ages- from babies to senior citizens- at the fast food the fast food chain restaurants. Most of us are getting in the habit of having "food in a hurry". Many of these restaurants also realize that Americans are demanding more nutritious food choices, and they are making more options available to meet the consumer's needs.

Have a healthy, happy vacation by eating wisely as you travel down the road.

During the Middle Ages, the year began at various dates in different times and places. In England it was not until 1751 that January was re-stored to its place as first month, as it had been during the Roman era.

BUTLER DRIVE IN Quitaque, Tx. SPECIALS Hamburger, French Fries SUNDAY \$2.00 & MONDAY & Small Coke Chili Cheese Burrito \$2.25 TUESDAY (with homemade chili) Chili Relleno, Taco, Enchilida \$5.00 WEDNESDAY Rice & Beans Served w/ Chips & Hot Sau **Chicken Strip Plate** THURSDAY \$3.75 or Shrimp Basket Catfish, Cole Slaw, HushPuppies FRIDAY \$4 25 **Toast & French Fries** MEXICAN FOOD SATURDAY **BEGINNING AT 5:00**

TRY OUR NEW SHRIMP BASKETS!



APPRAISAL REVIEW BOARD FOR THE HALL COUNTY, TEXAS **APPRAISAL DISTRICT**

Notice of Public Meeting of the Appraisal Review Board:

Notice is hereby given that a public meeting of the Appraisal **Review Board of the Hall County** Appraisal District will convene at 9:00 a.m. on July 21, 1988, at the meeting room in the Turkey City Hall, located at Sixth and Lyles Streets, Turkey, Texas and on July 22, 1988 at the meeting room in the Memphis Public Library located at Eighth and Robertson Streets, Memphis, Texas and will continue in session until 5:00 p.m. on each of those dates and places.

The board will examine and equal-

PAGE 4

PAGE 6

ize the appraisal records of the chief appraiser, taxpayers and taxing units having matters permitted before this board should contact the chief appraiser by July 20, 1988 to give notice of intent to meet with the board.

Hall County Appraisal District 721 Robertson Street Memphis, Texas 79245