



EVALLEYTRIBU

Voice of the Rolling Plains

Volume 43 Number 9

Quitaque, Texas 79255

Serving ~Briscoe~Hall~Motley~ Counties •

Thursday, August 21, 2003



The Valley Patriots are ready to start off another successful year as they scrimmage Lazbuddie tonight at 6 p.m. at the Valley field.

Texas Plains Trail Presentation To Be September 15 In Tulia

The Texas Heritage Commission's recent announcement of plans for future development of the Texas Plains Trail will allow for a multitude of opportunities for local communities

to expand on their quest to bring tourism into their towns.

This meeting, for the official presentation, will be in Tulia at the Senior Citizen Activity Center, 619 S.E. 2nd, on Sep-

tember 15, @ 1:30 p.m. This will be a very important presentation and the THC would like to have a large turnout. All media, local officials, business individuals, or anyone else that is interested in development of the tourism industry in our area is invited to attend. Refreshments will be provided by the Tulia

Valley 9 Day Extended Forecast

	AND DESCRIPTION OF THE PERSON NAMED IN	COLUMN STREET	
DATE	FORECAST	HIGH/LO	PRECIP.
Thur. Aug. 21	Sunny	990/710	0%
Fri. Aug. 22	Iso. T-Storms	95°/66°	30%
Sat. Aug. 23	Sunny	95°/66°	20%
Sun. Aug. 24	Sunny	95°/66°	20%
Mon. Aug. 25	Mostly Sunny	930/640	20%
Tue. Aug. 26	Iso. T-Storms	890/640	30%
Wed. Aug. 27	Mostly Sunny	90°/65°	20%
Thur. Aug. 28	Partly Cloudy	910/650	0%
Fri. Aug. 29	Mostly Sunny	920/660	0%

BROUGHT TO YOU BY THE VALLEY TRIBUNE **VOICE OF THE ROLLING PLAINS**

Everyone Invited To The Texas Plains Trail **Development Presentation**

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THE CAPROCK CAFE SUNDAYS STARTING AUG 3 455-1429 CHECK OUR SPECIALS ON PAGE 3 ABOVE



The Original TEXAS CROSSWORD

The Valley Tribune 3rd Annual Ruidoso Vacation Give-A-Way September 29th **Watch For Details!**

Kid's Ranch Rodeo New To Old Settlers

sized. But when the kids and Pokey the Clown take over the \mbox{Old} Settlers Arena at Roaring Springs on August 30, the audience will be the winners.

These rodeos are planned for the entertainment of the children, to teach them the ways of working ranch hands,&rdquo according to Doug Smith, the rodeo clown who perfected the concept of a junior ranch rodeo. &ldquoit is designed for them to have fun and to learn about teamwork with children of different ages. Along the way everyone who gets involved, or merely watches, will have a really fun time! Smith hails from Panhandle, Texas, but goes all over the

state to organize and produce the popular event that sends winners to compete at the Working Ranch Cowboys Assn. finals at Amarillo in November. He walks the teams through four stick-horse contests, Pony Express, Steer Doctoring, Wild Cow Milking, and Calf Branding.

Each team has four members. There will be three age groups, 3-7 (with no more than two age 7); 8-11 (with no more than two age 11); and 12-16 (with only one age 15 or 16.). Age as of January 1, 2003 is used for the entire year.

The entry fee will be \$20 per team and the proceeds go to the Old Settlers organization. The pre-entry and practice session will take place at 2p.m. on Saturday, August 30, under a shade tree at the Old Settlers grounds in Roaring Springs, but the real fun starts at 4:30. Don't you dare miss

Several more sponsors are needed for a stick horse auc tion. A donation of \$50 will secure a stick horse airbrushed with the sponsor's name. Up to ten will be auctioned off during the junior ranch rodeo, with proceeds serving as a fund raiser to defer the cost of Pokey's expertise

For more information call Secretary Marisue Potts, 806

Kids, Get Your Turtle Tuned Up For Old Settlers' Snappin' Turtle Race

It's lime for kids and parents to scour the rolling plains and caprock for snapping turtles. The Old Settlers Snappin' Turtle Race will commence on Saturday, August 30 at 3p.m. at the rodeo grounds. At a recent Clarendon rodeo, over 300 turtles were located for the race and then relocated in the

With numbers on their backs, the turtles will race across a hot dance floo rfor Motley and Dickens Counties bragging rights. Three age divisions for the kids, up to 4; 5-9 years; and 10-14 years will compete for a \$50 prize in each class

For more information call Russell Alexander at 806 348-

Hall County Judge Comments On County Budget

Hall County is experiencing increased costs, as all the other counties in the State of Texas, with a loss of revenue of approximately \$74,000 for the 2003-2004 budget. This is due in part to the loss in property valuations of\$ 12,577,005. The budget for the year ending September 30, 2003 totaled \$1,413,899, and with many budget cuts proposed by the County Judge and approved by the Commissioners Court, a lesser budget of \$1,401,644 is recommended, a reduction of \$12,255 from last year's budget. Preparing a budget with increased

costs and less income is a difficult task. "I want to thank Milton Beasley, Commissioner Precinct No. 1, Terry Lindsey, Commissioner Precinct No. 2, Buddy Logsdon, Commissioner Precinct No. 3, and James Fuston, Commissioner Precinct No. 4, for their assistance to me in presenting a balanced budget for the county. Thanks, also, to the elected officials of Hall County for their assistance and cooperation in cutting their department budgets. Members of the court voted to place a freeze on hiring and a freeze on pay raises for the next budget year. These cost cutting items will allow us to be able to come in with less budget and still be able to maintain the availability of essential county services at the current level with only a minimal tax instated Jack Martin, Hall County Judge. The judge also expressed appreciation to Helen Crisman for her willingness to share her knowledge and expertise gained in her neteen years service as Administrative Assistant to the County Judge

16 Teams Line Up For Ranch Rodeo At Old Settlers

The Bridle Bit Ranch and fifteen other teams have lassoed their position in the Ranch Rodeo sponsored by the Matador Cattle Co. at the 80th Motley-Dickens Counties Old Settlers Reunion and Rodeo. The action will take place at 7 p.m. on Friday and Saturday, August 29 and 30, with eight teams competing each night at the Roaring Springs arena.

The regionally scattered teams radiate in a circle around Roaring Springs, from Seymour, Stanton, and Spade to Clarendon. Competing on Friday night will be the ranch teams of the Bridle Bit of Turkey, Hart Ranch, Bateman Ranch of Dickens, Foster's, Parramore, NT of Stanton, High Card of Clarendon, and Cross O of Matador. Those competing on Saturday night will include Le Mejor of Seymour, Mastersons of Guthrie, Guitar of Dickens, Spade near Lubbock, Four Sixes of Guthrie, Tongue River of Dumont, Rafter S of Clarendon, and a host team captained by J. D. Russell.

The competition is expected to be tough and the action exciting as these working cowboys compete for prizes and money in six events: Bronc Riding, Wild Cow Milking, Team Doctoring, Calf Branding, Team Sorting, and Double Mugging.

The action on Saturday night will be preceded by a kid's version of a ranch rodeo, Pokey the Clown's WRCA Jr. Ranch Rodeo. Pre-entry and practice will take place under the elms at 2:00 p.m. on Saturday, with the stick horse rodeo starting at 4:30. Doug Smith of Panhandle serves as coach, announcer, referee and clown for the fun-filled afternoon event. Three age divisions will compete with the winner advancing to the finals at Amarillo in November. Parents are urged to bring their cameras to catch their kids in the act. Pokey promises that the best photograph of a Plains Milk bottle used in the wooden cow milking contest will gamer prizes to the winner of four tickets to the WRCA's ranch rodeo finals, dinner for four, and lodging in Amarillo.

For more information, call Marisue Potts, OSA Secretary, 806 787-0592.

Watch Out For School Buses & School Children

Calendar of Events

August 21

Patriots vs Lazbuddie @ 6 m. Here

Briscoe Co. Veteran's Memorial organizational meeting @ 7 p.m at Briscoe Co. Court-

August 22

Football Scrimmage: Valey JV vs Spade/Cotton Center @ 6 p.m. Here

August 23

Caprock Canyons State Park: Wildscaping With Na-

August 25 Quitaque Fire Depart-

ent meeting Turkey Lions Club meetng @ 7 p.m.

August 26

Turkey Senior Citizens neeting @ 6 p.m.

August 28

Turkey Economic Board eeting @ 7 p.m. Drivers License Office at

Briscoe Co. Courthouse 30 a.m. - 12 N & 1-3 p.m

Gasoline Reunion Celebrates 100 Years Of Community

The Gasoline reunion was held at the Quitaque Community Center on Sunday August 3, 2003, with approximately 50 attending. Attendees' began assembling around ten o'clock and were registered by Johnnie Morrison and Lina Whittington. At noon, Duke and Mary Woods catered a delicious meal of brisket and all the trimmings, Johnnie Helms said the invocation.

After lunch, time was given to each person to say what he or she remembered best about Gasoline. Maynard (Fish) Wilson, who is 95 years old, received the prize for being the oldest man-there. Amy Bedwell, wife of the late Henry Bedwell, received the prize for being the oldest woman there; she is 98. The prize for traveling the farthest was given to Gus Gibson, Jr. and his wife, of Plano. There were two present that had graduated from Gasoline School: Opal Bedwell Broxson-1932, and Frances Dorsey Hackney-1935.

It was decided that the next reunion would be held in August 2004. Everyone enjoyed visiting, taking pictures, reminiscing, and renewing old acquaintances. Those attending the reunion were: Bob & JoBitta Morris; Elva Brogdon; Frankie Keeny; Imogene Bethel; Henrietta Price; Glenn & Mildred Gibson; Mary Joyce & Marion Wilson; Opal Broxson; Donna Broxson; Johnnie Helms; Henry & Nadine Hasty; Hazel Marshall; Frances Hackney; Leo & Helen Reed; Joe & Owayne King; Mary Jo Polk; Linda Bass; Horace McDonald; Lee McDonald; Mr. & Mrs. Gus Gibson Jr.; Amy Bedwell; Mr. & Mrs. Herman Bedwell; Robert & Henrietta Taylor; Murry Wayne & Judy Morrison and granddaughters Rachael, Julia & Laura; Cloie Hamilton; Fish Wilson; Jo Edd Helms; Joyce Price; Ruby King; Delene Tyler; Johnnie Morrison; Lina Whittington; Alvie & Glenda Francis; and Slug Ramsey.

Murry Wayne & Judy Morrison and granddaughters Rachael, Julia & Laura; Cloie Hamilton; Fish Wilson; Jo Edd Helms; Joyce Price; Ruby King; Delene Tyler; Johnnie Morrison; Lina Whittington; Alvie & Glenda Francis; and Slug Ramsey.

Those who passed away during this past year are: Annetta Helms; Jueta Blevins; Thurman Rogers; Morris Wilson; Stewart McCracken; Lawrence Bedwell and Leon "Son" McCracken.

Gasoline began settling in 1903, so this was the 100th anniversary of that beginning. At one time Gasoline had a General Store, grocery, hardware, gin, blacksmith, barbershop, dry goods, car dealership, Post Office, restaurant, and a doctor for a while.

In 1903 the life expectancy was 47 years. Only 14% of the U.S. homes had bathtubs and 8% had telephones. There were 8000 cars and 44 milles of paved roads. Maximum speed limit was 10 miles per hour. The average wage was 22 cents an hour. More than 95% of all births took place at home. Sugar was 4 cents a lb., eggs 14 cents a dozen, and coffee was 15 cents a lb. Most women washed their hair once a month and used borax and egg yolk for shampoo. Canada passed a law prohibiting poor people from entering the country for any reason. There was no Mothers Day or Fathers Day. The five leading causes of death were: I. pneumonia or influenza 2. tuberculosis 3. diarrhea 4. heart attack 5. stroke. One in ten adults could not read or write. Marijuana, heroine, and morphine were available over the counter at drugstores. There were 230 murders reported in the entire U.S. reported in the entire U.S.

By Martha Bradshaw

Bill and Margie Pinkerton have been on the road again. On the 5th, they met Leland and Linda Pinkerton in Halfway at their daughters home to show off their granddaughter.

On Friday the 7th, Margie had to attend a workshop on Hepatitis C before leaving for Lake Brownwood State Park for the G. A. Moore Family Reprints.

The family had 188 to attend from areas across the state of The family had 188 to attend from areas across the state of Texas. Tommy Pinkerton was the only out of state this year. One of Margie's cousin's son was injured in a skateboard accident and was taken to Brownwood by ambulance and air lifted from there to Austin. He had two fractures on his skull but is doing well and may be released from the hospital this weekend. He will be a Sr. in High School and was not wearing a helmet.

The Pinkertons returned home Wednesday, the 13th after staying over to take Margie's mother to the eye doctor.

Louis and Oleta Randell attended the 50th Wedding Celebration of Tom and Nellie Langford in Lubbock August 10th. They enjoyed Sunday dinner in the lovely home of Jo Beth Smith. Also joining them for dinner were Vaudine Lusk, Larry and Joanie

Louis and Oleta Randell along with John and Maebelle Francis of Silverton enjoyed a catfish dinner at Lake McKenzie Friday night. Afterwards the 2 couples had a 'Jam Session' in the Fran-

Saturday night Louis and Oleta Randell, Marie Cruse and J.M. Dickson, of Panhandle, attended the concertin Muncy with Jimmy Burson and his Texas In The Swing Band.

Benefits Of Tourism To Be **Presented At Turkey EDC Meeting**

Seth Davidson, President of the Texas Panhandle Tourism Marketing Council is scheduled to give a presentation to the Turkey Economic Board on Thursday, August 28 at 7 p.m. at the Turkey Community Center.

This presentation will provide information to local residents on the benefits of joining this regional tourism group to both local businesses and to Turkey in general.

Everyone is encouraged to attend this presentation to see the possibilities available to increase tourism into this area. With tourism comes tourisim dollars, a much needed boost

OBITUARIES

Octavio Trevino

Octavio Trevino, 61, of Silver ton, passed away August 15, 2003 in Lubbock. Services were held Monday, August 18, 2003 at the Rock Creek Church of Christ in Silverton. The Rev. J.D. Nance officiated the ceremony, burial was in the Silverton Cemetery. Service were provided by Myers-Long Funeral Directors of Silverton. Octavio was born November

28, 1941 in San Juan, TX to Pedro and Rosa Trevino. He and his wife Esther wer married in Silverton. They had 2 sons and 5 daughters.

Survivors include daughters: Katy Villarrea, Sylvia Walls, Estella Trevion, Rose Cabrera, and Norma Jones; sons: Abel Lazos and Peter Trevino. He was also survived by 6 brothers and 3 sisters, all of the Rio Grande Valley; 11 grandchildren and 1 great-grandchild.



August 21

Ginny Farley, Natalie Wheeler, Joe Edd Smith, Karol Pigg August 22

Derek Mullin, Lisa Fuston Clinton Pigg, Clayton Pigg

August 23 Tony Galvan III August 24

Martha Yorston, James Earl House, Zack Mills, Callie Fuston, Ed Hamock

August 25 Delores Price, Kodie Saul, Donie Calvert

August 26 Kristie Leal, Curtis Scrivner

August 27 Ronald L. Mullin August 28

Hayden Meyer, Seth Fuston

Turkey Senior Citizens

By Oleta Randell

We had 24 members and 2 visitors, J. and Martha Bradshaw. We are hoping they will become regulars. We really missed Billy and Margie Pinker ton , James Brunson (in hospi tal), Ruby Mae Woods, Nadine Davis (ill), Elwayne and Barbara, Mabel Morse, Annie Shan-non, Tootsie Mullin, and Rudy and Bobby Mullin (ill). Maybe all of these can be back next

Don Turner did the blood pressure checks. Bob Warner led the prayer for the food. Our next meeting will be Tuesday, August 26 at 6 p.m.. So come on and join us for a time of Fun! Food! & Fellowship! Blood pressure come early for that.



Scholars who believe that "Mother G

80th Motley-Dickens Counties OLD SETTLERS REUNION & RODEO August 28, 29 & 30, 2003 Roaring Springs, Texas

10:00 a.m. - Parade 11:00 a.m. - Memorial 1:00 p.m. - Business Meeting

4:00 - 6:00 p.m. – Dance Free 4:30 p.m. – Books open, Counties Events 5:00 p.m. –Cutting, Flag Race, Open Age Barrel Race, Jr. Team Roping, Team Roping

8:30 - Weldon Turpin's Texas Fiddle Band

9:00 a.m. - Books open, Ranch Cutting 10:00 a.m. - Ranch Cutting Horse As 4:00 - 6:00 p.m. - Dance Free 6:00 p.m. - Cowboy Church

6:30 p.m. - Jr. Flag Race 7:00 p.m. Ranch Rodeo sponsored by Matador Cattle Co., 8 teams compete 8:30-Weldon Turpin's Texas Fiddle Band

9:00 a.m. - Books open, Team Roping

10.00 a.m. – Team Roping
11:30 a.m. – Team Roping
11:30 a.m. – Matador Cowboy Reunion, Open
House & Reception at Matador Cattle Co.
2.00 p.m. - Pre-entry & Practice for Pokey's
(Stick Horse) Jr. Ranch Rodeo

2:30 p.m. – Books close, Washer Pitch 3:00 p.m. – Washer Pitch Tournament 3:00 p.m. – Kids Turtle Race

4 00 - 6 00 p.m. - Dance Free 4 30 p.m. - Pokey The Clown' Ranch Rodeo, ages 3-16 's WRCA Jr.

6:30 p.m. - Jr. Flag Race

7:00 p m. Ranch Rodeo sponsore Cattle Co., 8 teams compete

8:30 - Weldon Turpin's Texas Fiddle Band Texas fluy, 114 Country Western Band

Frances Crass

Frances Lenior McMurtry Crass, 94 died Sunday, August 17, 2003 in Amarillo. She was a resident of Ware Memorial Care Center for the past eight years. Services were held Wednes

day, August 20 at Silverton Cemetery. Bob Crass of Amarillo, a nephew, assisted by Rance Young, minister of Silverton Methodist Church officiated. Mrs Crass was born in Silverton, Texas on November 7, 1909. She married Theron Thomas Crass on September 4, 1934. They resided in Silverton where she was partner and bookkeeper at

Crass Motor Company. She was a graduate of CIA in 1930, an accomplished musician, artist and teacher. Mrs. Crass was a longtime member of the Silverton United Methodist Church having received her 50 year certificate in the 1980's. She was Past Worth Matron of the Order of the Eastern Star and also served as a Grand Officer. She was a member of March of Times Study Club and a charter member of the LTD Club.

Mrs. Crass was preceded in death by her husband in 1982. Survivors by two nieces and a nephew, and three half sisters.

Memorials may be made to Silverton Methodist Church, Silverton Cemetery, or a favorite charity.



August 21 Greg Ramsey August 22 August 24 Mr & Mrs Brad Schnitker August 26 Mr & Mrs Mark Allen August 27 Mr & Mrs I.D. Mullin

MEMBER 2003 **TEXAS PRESS ASSOCIATION**

THE VALLEY TRIBUNE

Successor to The Quitaque Tribune, Which was Established at Quitaque in 1960 Published Every Thursday at Quitaque, Texas 79255 Vince F Taylor, Owner/ Publisher Laura Taylor, Editor

Earlyne Jameson, Reporter SUBSCRIPTION RATES PER YEAR

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then 15 cents a word after the first 30 words

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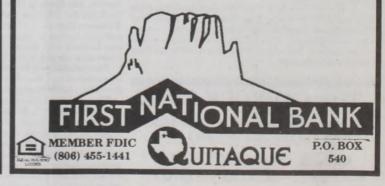
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Jere Kendan e filled party of ga trimmings at Chu Tim and Melissa happy occasion v and his brother, J and Chancey Kendall, Chancey

The Valley

Mrs. Darrell (
Work Shop held
overnight with he
Enjoying the
Saturday night w
"Dude" Barton.
With Mrs. Nac
beside her husbar
and Mrs. Bessie R
Mrs. Chad (Cir
parents, Mr. and)
L.T. Starkey C

Thursday. Mr. and Mrs. J the past week, me of Clifton in Abile Charles Tanne Thursday.

George Calver his brother and fa Ruth and Orv Mr. and Mrs. Ro and Ernie Lee of

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Shop wit ALL MAJO (Except Ame

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TO

BY: EARLYNE JAMESON

OVERHEARD

My spirit was almost broken Misery was all I could see But somehow I was encouraged

But somehow I was encouraged
Because today someone prayed for me.
Someone prayed for me today,
Giving me the strength to see it through,
I may never know who it was,
But perhaps it was you.
Has Happy Birthday

Jere Kendall celebrated his fifth birthday, Saturday with a fun filled party of games, amusements, decorated cake and all the trimmings at Chuck E Cheese's Restaurant in Lubbock. His parents,
Tim and Melissa Kendall hosted the party. Others enjoying the happy occasion were his grandparents, Travis and Linda Kendall and his brother, Jacob of Flomot; uncle and family, Cory and Janet Kendall, Chancey and Conner of Midland. Kendall, Chancey and Conner of Midland.

* * * * * * *

Mrs. Darrell (Brenda) Cruse attended a Region lo Teacher's Work Shop held in Lubbock, Thursday and Friday. She visited overnight with her daughter, Leah Cruse.

Enjoying the Chamber of Commerce banquet in Matador Saturday night were Wilburn and Trula Martin and Mary Ellen "Dude" Barton.

With Mrs. Nada Starkey during surgery Wednesday in Dimmitt beside her husband, Jack, was children, Michael Starkey of Canyon and Mrs. Bessie Reid of Amarillo.

Mrs. Chad (Cindy) Calvert of Warrenton, Virginia is visiting her parents, Mr. and Mrs. Clois Shorter.

L.T. Starkey of Rails visited his mother, Mrs. C.W. Starkey, Thursday.

Mr. and Mrs. Joe Ike Clay and grandson, Kyler, who visited here the past week, met his family, Len and Kevon Kleibrink and Karlee of Clifton in Abilene, Sunday for his return trip home.

Charles Tanner of Tulia visited his sister, Mrs. Geneva Martin,

George Calvert of Quitaque visited T4ednesday in the home of his brother and family, Doyle Calvert. Ruth and Orville Lee visited in Amarillo, Sunday in the home of Mr. and Mrs. Robert Lee. Other guests were Joey and Brenda Lee and Ernie Lee of Clarendon and Jason Lee of Amarillo.

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Cooks Corner

By Virginia Sailsbury

Texas Hot weather continues, and has many of us looking forward to fall. But for these last few weeks of heat, these last few weeks of heat, let's cook some cool food. With any meat you decide to grill outdoors, try Confetti Cottage Cheese, Tangy Cucumber Salad, and the ultimate frozen dessert, Banana Split Supreme. These dishes will keep the heat out of the kitchen and satisfy a hungry family. Enjoy every cool bite!

Confetti Cottage Salad.

Confetti Cottage Salad
1 carton (24 oz.) small-curd
cottage cheese 1 large tomato, diced 1 cup diced cucumber 1 small sweet red pepper, diced 1 small sweet yellow pepper,

2 green onions with tops, sliced 1/3 cup sunflower kernels, toasted In a bowl, combine all ingredients; toss lightly. Serves

Tangy Cucumber Salad cucumbers, thinly

ı teaspoon salt, divided usage 2 medium tomatoes, chopped I medium onion, chopped 1/4 cup cider vinegar 2 tablespoons vegetable oil 1 tablespoon honey 1/2 teaspoon celery salt 1/2 teaspoon dried basil

1/2 teaspoon ground mustard 1/4 teaspoon garlic powder 1/4 teaspoon dried oregano

1/4 teaspoon dried oregano Dash cayenne pepper Place cucumbers in a strainer; sprinkle with 1/2 teaspoon of salt and toss. Let stand for 30 minutes. Rinse and drain well. Place in large bowl; add tomatoes and onion. In s small bowl, whisk together the remaining ingredients; pour over cucumber mixture and toss. Cover and refrigerate. and toss. Cover and refrigerate for several hours. Serve with a slotted spoon. Serves 8.

Banana Split Supreme 3/4 cup butter or margarine, divided usage 2 cup powdered sugar 1 cup evaporated milk 3/4 cup semisweet chocolate

24 Oreo cookies, crushed 3 to 4 medium firm bananas cut into ½ inch slices
2 quarts vanilla ice cream,
softened, divided usage

1 can (20 oz.) crushed pineapple, drained 1 jar (10 oz.) maraschino cherries, drained and halved 3/4 cup chopped pecans Whipped Topping

In a saucepan, combine 1/2 cup butter, sugar, milk and chocolate chips. Bring to a boil over medium heat; boil and stir for 8 minutes. Remove from heat and cool completely. Meanwhile, melt the remaining butter; toss with cookie crumbs. Press into a greased 13x9x2 inch pan. Freeze for 15 13x9x2 inch pan. Freeze for 15 minutes. Arrange banana slices over crust; spread with 1 quart of ice cream. Top with 1 cup chocolate sauce. Freeze for 1 hour. Refrigerate remaining chocolate sauce. Spread the remaining ice cream over dessert; top with pineapple, cherries and pecans. Cover and freeze several hours or overnight. Remove from the freezer 10 minutes before serving. Reheat the chocolate sauce. Cut dessert into squares; sauce. Cut dessert into squares; serve with whipped topping and chocolate sauce. Serves 12-

While you are cooking, enjoy a glass of this Strawberry Lemonade, guaranteed to keep

the cook happy.
Strawberry Lemonade quart fresh strawberries 3/4 cup sugar 3/4 cup lemon juic

2 cups cold club soda
Place water strawberries and
sugar in blender; cover and
blend until smooth. Stir in lemon juice. Blend in soda; serve immediately. Makes 2

Next week, I'll have some more cool meal ideas for you. Meanwhile, stay as comfortable GOD BLESS AMERICA!

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The Original



- over"
 6 TXism: "sounds like a dry ____" (bad singer)
 7 TXism: "useless as panty ____ to a nio"
- to a pig"

 8 TX Charley's "___ Losing You?"

 9 Reba's "__ Life Out There?"

 16 NASA drink

 18 TXism: "popular as
- daughter* 21 TCU All American
- 21 TCU All American center Charles
 "_" Aldrich
 22 1st female TX Sec. of State, Meharg
 23 TXism: "smart as a bunkhouse ____ 24 "____ work"
 30 TXism: "____ better, I 59 news wrangl (abbr.) 60 TXism: "twonag"
 61 TXism: "___ some gravel" (fell)
- 30 TXism: "_____better, I couldn't stand it"
 34 Tony McGee's position on the Cowboys (abbr.)
 35 TXism: "tall hog at the _____"(VIP)
- the ____* (VIP) "Star __ "
 37 a daughter of TX
 Gene Tierney
 39 TXism: "beats a
- with a sharp stick*
 43 Guif fish
 44 Houston Building
 45 tree chopper
 46 Winnsboro FM
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ON V QUALITY FOODS

Packer Trim Boneless 99€ Beef Briskets..... 1 lb. Pilgrim's Pride Boneles Skinless \$199 Breast Strips.... 1 lb.... Market Trimmed Whole Boneless Beef Brisket 1 b... Family Pack Preferred Trim Boneless Sirloin Cut Pork Chops.....1 lb.....\$199 nall Pack Preferred Trim Boneless Sirloin Cut Pork Chops.....1 B.... \$219 Decker Meat Franks.. 12 oz.... Decker Regular Meat Bologna...12 oz...... Breast of Turkey..1 lb..... Cello Wrapped Iceburg Lettuceeach Plums.....1 lb White Flesh .59¢ Peaches...1 lb White Flesh ..59¢ Nectarines...1 lb.... ...3 for \$1 Corn. Yellow or Zucchini Squash...1 B... ...99¢ Tomatoes...1b... White Onions....2 lbs..... Dole Assorted Complete2 for \$5 Caesar Salad....10 oz......

Lenture FOOD STORE PRICES EFFECTIVE AUGUST 22-23, 2003 ALL ITEMS AVAILABLE AT ALL STORES WE RESERVE THE RIGHT TO LIMIT BLE FOR TYPOGRAPHIC OR PICTORIAL ERROR

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PAPELIATED FOODS INC.

\$139 Hot Links.. 1 b. Shurefine or Shur Saving Premium Quality Homogenized or Lowfat All Varieties Milk gallon. Cocoa/Fruty Pebbles...13 oz ...2 for \$3 Post Cereal Honeycomb.....14.5 oz..... .. 2 for \$3 2 for \$3 Raisin Bran 20 oz Hills Bros. FAC Regular \$399 Coffee 34.5-39 oz. Spaghetti Sauce.....26-26.5 oz. 79¢ 100 oz Liquid or 84 oz Powder \$399 Fab Detergent.... Assorted (Reg. \$3.29) Doritos Chips9-13.5 oz.........2 for \$5 Biscuit Mix 7.75 oz pkg... 79¢ . 99¢ Gatorade Drink.....32 oz btl... Assorted Cocktails V8 Juice 6 pk 6 oz... .2 for \$5 .3 for \$1 Burritos 5 oz pkg... Kraft American \$299 Singles.....16 oz pkg... Tostitos® Assorted .2 for \$5 Salsa....16 oz jar2 for \$5 Queso...15.5 oz jar..... Hormel Assorted Chunk Meats....5 oz.... \$129 Honey Boy ..2 for \$3 Pink Salmon....14.7 oz..... Trappey's Whole or Sliced

.\$129 Jalapenos 12 oz jar

Assorted Antiperspirant Invisible Solid \$169 Degree 1.6-1.7 oz

Select Extra Strength or Back/Body Pain \$299 Bayer...40-50 ct.....

Complete Allergy \$199



SCHOOL LUNCH MENU

Monday, August 25 Breakfast: Blueberry

Muffins, OJ/Milk Lunch: Meat & Cheese Nachos, Pinto Beans, Salad, Hot Sauce, Orange Slices, Milk

Tuesday, August 26 Breakfast: Cereal, Toast,

OJ/Milk Lunch: Baked Chicken, Ranch Potatoes, Green Beans, Biscuits, Honey, Milk

Wednesday, August 27 Breakfast: Biscuits, Sau-

sage, OJ/Milk Lunch: Spaghetti with Meat Sauce, Ceasar Salad, Mixed

Fruit, Garlic Bread, Honey, Milk Thursday, August 28 Breakfast: Breakfast on a

Stick, OJ/Milk Lunch: Fish Sticks, Tartar Sauce, American Fries, Hush Puppies, Peaches, Milk

Friday, August 29 Breakfast: American Toast Sticks, Syrup, OJ/Milk Lunch: Hamburgers, Let-

tuce, Tomatoes, Cheese, Pickles, Chips, Ice Cream, Milk Go Patriots!!! THE LUNCHROOM LADIES

4-H TRAP SHOOT

Four Trap Shoots will be held this Fall sponsored by Briscoe County 4-H and the 4-H Adult Leaders. The goal is to raise money for a 4-H trap and skeet range that would help Briscoe County 4-H shooting sports participants prepare for District and State competitions.

The Trans Shoots will be held this Fall sponsored by Briscoe County 4-H shooting sports participants prepare for District and State competitions.

competitions.

The Trap Shoots will be held 2 miles West of Silverton on Highway 86 on August 23rd, September 27th, October 25th, and November 22nd. Cost is \$5.00 per person with a 40% payout. There will be two age divisions: youth 18 & under and adults 19 and over. Bring your own guns and shells.

For more information, contact Brandon McGinty at 823-2522 or Shawn Barbour at 847-7297.

Pride Of The Valley The Valley Patriots

The Valley Football achievement sign at the entrance of the Valley Football Stadium is in need of being replaced and updated. However, the money for this project is going to have to come from friends and fans of the Valley football program and Valley School.

This sign recognizes each football team that has been in the playoffs ever since Turkey and Quitaque consolidated in

1972. Gifts of \$25.00, \$50.00, and be greatly so on would be greatly appreciated. The goal is to have the new sign unveiled on Homecoming night, September 26, 2003. The cost of the new updated

sign has been estimated at around \$800.00. Your gift will be greatly appreciated. THANK

You may remit your gift to: Valley Boosters C/o Brenda Yeary P.O. Box 355 Quitaque, Texas 79255

Tune To KFLP 106.9 FM Every **Friday Night** 10 p.m. For **Valley Patriots** Highlights On State Farm



It all starts with Newspapers

Scoreboard Show

PEOPLE WHO READ **NEWSPAPERS ARE**

etters To The **Editor**

Valley Tribune,

I felt like I was sitting in a
theatre in Branson, MO August
9th instead of the
Gem Theatre in Turkey, Texas
enjoying the "Texans" concert.
This show was by far the
best show I've seen this
summer(and they have all been
good).

good).

The singing was superb!
Chills went through me when
they sang "Peace In The
Valley" and I think Tennesse

Valley" and I think Tennesse Earnie Ford had to be smiling when Jamie Jameson sang "Sixteen Tons". When Curtis Ray sang "Mississippi Squirrel Revival", I couldn't help but think of Ray Stevens' video and thought of the squirrel running up and down dresses and pant legs in the church pews.

pews.

The comedy by Brenda and Sam Ray had me laughing until

Sam Ray had me laughing until tears ran down my face. I hope this group will come back to Turkey soon. Thank you Lawana for doing an outstanding job in bringing such quality talent to Turkey at an affordable price. Only those that attend the concerts will know what those that don't are missing.

Martha Bradshaw Turkey, Texas

Dear Valley Tribune, There are two young men I would like to commend, for the

would like to commend, for the work they do, in Turkey. Both of them work at Turkey Automotive, and always give one hundred percent.

Whenever I go in the parts store, I know I'll get the service I need. The two young men I'm talking about are Bobby Silva and Eddie Jouett. These young men do all they can to young men do all they can to get what the customer needs, and it's always service with a smile. They know how to make a person feel good, and appreciated. You can go in there with a frown and leave with a smile. with a smile

Eddie always has something funny to say and can turn a

desperate moment into something that don't seem quite as serious.

Bobby is always smiling no matter what's going on, and is always quick to help out however he can. You'll often find Bobby moving wards. find Bobby mowing yards, working somewhere, helping someone even if it's someone someone even It it's someone-he don't know. Eddie also works at Allsups where you can get service with a smile. It seems to me I'll leave the parts store, where Eddie is working, and go to Allsups, and there he is again; always ready to serve is again; always ready to serve the public. He has told me "I like to make people laugh or smile, because everyone needs

These two young men always give it all they have, so next time you see them let them know how much you appreciate them, for all they

P.S. I'll be looking out for others who give their all, and report it to you. I'm not going to say who I am, but I've been around the area for quite a while. So take care, and I'll be Name Withheld By Request

ON THE

Imogene Bethel of Lamesa came to visit Ruby King and to attend the Gasoline Homecoming. Also visiting were the Glen Gibsons' of Junction, the Gus Gibsons' Jr. of Plano, Opal Broxson and daughter-in-law, Donna Broxson and the Joe Kings' from Dumas. Joyce Price also came for the homecoming.

Iva Barefield spent a few days at her home in Quitaque. Iva lives with daughter, Ann at Big Spring. While Iva was in Quitaque her daughter, Patricia vis-ited with her.

Hall County Approved For 2001 **Livestock Assistance Program**

The Valley \$\$\$\$\$\$\$\$\$

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Chihuahua sale. 1 male, 1 fe

shots. Call 455-15

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size Waterbed; Bl. Wooden Barstools; ing Table. Call 425

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HEGARI and Can. Call 455-1342.

The Hall County FSA Office has been notified that livestock producers in Hall County are eligible to apply for assistance through the Livestock Assistance Program (LAP) for 2001. Payments will be on a per head basis of eligible livestock, including beef and dairy cattle, buffalo, beefalo, sheep, goats, swine and certain equine animals. A producer must have control of adequate grazing land to support the eligible livestock.

LAP payments to a producer will be reduced by the amount of assistance received by that producer under previous Livestock Compensation Programs (LCP- I and LCP-IJ). This program has a nation wide appropriation of money and after all applications are submitted a factor may be applied to payments. A \$40,000 payment limitation also applies to LAP assistance. Eligible livestock must have been owned for at least 3 months before the LAP payment period.

For more information come by the office or call 806-259-3579.



Education Takes Many Forms As International

Visitors Travel To Texas High Plains

Visitors Travel To Texas High Plains
By Shawn Wade

Slamming the U.S. Cotton industry and U.S. agricultural support programs has once again become the sport of choice at home and abroad as a new round of international trade talks approaches.

With few of the critics ever taking the time to do more than just scratch the surface of the issues involved, the end result is almost always an unfavorable representation of the typical U.S. cotton producer and U.S. ag policy. It is usually based on the completely inaccurate assertion that U.S. farm and trade policy is root of all evil when it comes to the problems plaguing the global cotton industry. Combating these assertions has become a daily battle for the U.S. cotton industry. An opportunity for Plains Cotton Growers to meet that challenge arrived on the Texas High Plains earlier this month in the form of two English journalists researching a story about the global cotton industry.

When reporter James Meek and photographer Sean Smith of the London-based newspaper The Guardian received their assignment to research and report on the global cotton industry an opportunity to educate was created on the Texas High Plains.

The fact that they let their story lead them all the way to the cotton fields of West Texas shows a willingness to see and hear about the U.S. cotton industry firsthand. With PCG's help the pair were introduced to the cotton industry and a number of producers who typify the average American cotton operation.

Through hours of conversation with PCG staff and participating producers the two were given a crash course in U.S. farming practices and how U.S. cotton support programs really work.

PCG officials acknowledge there are no guarantees about which direction the story will finally lean. If everything the two heard and experienced simply "went in one ear and out the other" the story will likely be no worse than it would have been had they not traveled to West Texas.

If, however, the information they were given is used fairly and accurately, and prese

traveled to West Texas.

If, however, the information they were given is used fairly and accurately, and presented in the proper context, the opportunity that a more favorable picture can be painted certainly exists.

PCG officials are hopeful that the final product will be significantly better, and provide a more favorable opinion of the U.S. cotton producer, than what has recently been written by those intent on distorting the facts to advance their own interests in advance of September's WTO Trade negotiations in Cancun, Mexico.

Mexico.
Switching Gears
On a different education front, a group of Indian textile representatives recently completed a swing through West Texas as part of a trade promotion effort conducted by Cotton Council International.

The Indian contingent were given the opportunity to see and hear about what West Texas cotton has to offer them and were encouraged to take advantage of the broad range of cotton fiber available for purchase within 100 miles of Lubbock, Texas.

The group also had an opportunity to meet and visit with West Texas cotton producers and merchants in order to build a better understanding of the advantages of using West Texas cotton.

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at Old Settlers' Arena in Childress, TX · September 6, 2003 with proceeds going to Childress Healthcare Cer

Books open at 11:00A.M. • Roping starts at 12:00 Noon Entry fee: Three head for 330 The roping will consist of a 21 and a 11 For more information contact Tom Whitaker at Childress Healthcare Center 940-937-8668

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tribed by Secretary of State one 4.004, 83.010, 85.004, 85.007, Texas Election Code NOTICE OF SPECIAL ELECTION (AVISO DE ELECCION ESPECIAL) To the registered voters of the County of BRISCOE BRISCOE Notice is hereby given that the polling places listed below will be open from 7:00 a.m. to 7:00 p.m., on 9-13-2003 XXXXXXXXX for voting in a special election to Adopt or reject the proposed Constitutional Amendments as submitted by the 78th Legislature, Regular Session, of the State of Texas Septembre, 2003

reales sirades abagio se abrirán desde las 7:00 a.m. hacea las 7:00 p.m. el 13 avanta pora vola:

las cersimi carela : m Especial para o rechazar las enimienda: de La Constitución que son entregados por la legislatura 78, sesion regular del Estado de Texas LOCATION(S) OF POLLING PLACES (DIRECGON(ES) DE LAS CASILLAS ELECTORALES) - Pioneer Room, City Bank, Silverton Voting Precincts 1, 3, 4 and 5 Voting Precincts 2 and 6 - Community Center, Quitaque Early voting by personal appearance will be conducted each weekday at:
(La vosción adelantada en persona se llevará a cabo de lanes a viernes en:) Office of the Briscoe County Clark
(location) pins If the county clerk is not the early voting clerk, the information in the block is required between the hours of 8:00 a.m. and 5:00 p.m. beginning on August 28, 2003 (coure las 8:00 de la matana y las 5:00 de la sarde emperando el 23, Augusto, 2003 (fecha) 9 de Septembre, 2003 and ending on ___September 9, 2003 (date) Applications for ballot by mail shall be mailed to: Bena Hester (Name of Early Voting Clork) (Nombre del Secretario de la Votación P. O. Box 555 Silverton (City) (Cutal) Issued this the 1.3 day of August pomonio cere dia 13 de augusto

CLASSIFIEDS GET THE JOB DONE! BUY ~ SELL ~ TRADE ~ RENT ~ HIRE Do it all in the Valley Tribune Classifieds! Call or Fax 806-455-1101 Deadline for Classifieds is Tuesday Noon. FOR FARM SALE RANCH Chihuahua Puppies for RANCH 11800 ACRES.

21, 2003 2001

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Chihuahua Puppies for sale. 1 male, 1 female, Carmel Color 4 months old have 1st shots. Call 455-1260.

8-4tf

Round Bales For Sale. HEGARI and Cane 3 Way Cross. Call 455-1342.

Furniture For Sale: King size Waterbed; Blonde Hutch; 2 Wooden Barstools; Wooden Dining Table. Call 423-1366.

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Beck's Home Care II is looking for someone who is willing to work, and is dependable. Job duties include light housework, some cooking, and caring for elderly bedridden man. I need someone who can go to work now! If interested call me at 423-

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Last Week In Texas History!

Aug. 15, 1959

A steam locomotive left Dallas for the Greenbelt Bowl Football Classic in Childress, Tx. It was the only steam locomotive "fan trip" ever operated by the Fort Worth and Denver rail line and

worth and benever rail line and the last time a steam locomotive was used by the line. Aug. 16, 1789 Mirabeau Bonaparte Lamar, the second president of the Republic of Texas (1838-1841) was born near Louisville, Ga

Aug. 17, 1786 David Crockett was born in Greene County, Tenn.

Aug 18, 1846

NOTICE

leading to the name or names of the vandals responsible for tak-ing 34 street signs off of the street poles in town. These signs had

been recently put up by the city at the request of our 911 emer-

gency system to help aide in emergency situations. The ma-terials were provided by the 911 system, all of the labor for the making and erecting of the signs

was provided by the Lions Club and city employees. Any one with information is asked to call

City Hall Monday through Fri

day or see city employees at any

time to relate any information. Your name will be kept confiden-

tial and the reward will be paid upon conviction of the vandals.

House For Sale in Matador, Texas. Approximately 2699 Sq. Feet. LR, DR, Den, 2 BR, 2 Bath, Large basement, 2 car garage, covered patio, blond brick.

Home For Sale: 2 Bedroom, 1 Bath, 2 Car Garage Home. 305 Jago in Quitaque. Call 806-455-1341.

DRIVE-WAY

MATERIAL

FOR SALE

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Norman Strange

823-2571 or

Bill Strange 847-2273

General Stephen W. Kearney and his US forces captured Santa Fe from the Mexican

Aug. 19, 1895 The City of Quitaque is offering a reward for any information

John Wesley Hardin died when he was shot in the back of the head by Constable John Selman while Hardin was playing dice in the Acme Saloon in El Paso.

Aug. 20, 1866 President Andrew Jackson declared the Confederate rebellion had ended.

Constitutional Amendment Election

Saturday, September 13, 2003 has been selected as Election Day to adopt or reject twenty two proposed Constitutional Amendments as submitted by the 78th Legislature, Regular Legislature, Regular Session, of the State of REAL ESTATE

Hall County Precinct 4 will be voting at the Bob Wills Center in Turkey. Briscoe County Precincts 2 and 6 will be voting at the Community Center in Community Center in Quitaque. Briscoe County Precincts 1, 3, 4, and 5 will be voting at the Pioneer Room of the City Bank in

Silverton. Early Voting by personal Fage, covered patto, blond ortex.

6 lots. Brick fence and metal outbuilding. \$229,500 replacement cost. Asking Price \$90,000. Excellent condition. Great retirement home. Low taxes. Call

Kate Jurt at 806-347-2326.

Stine

Early Voting by personal appearance in your County Clerk's office will begin a discovered patterns and the condition on September 9, 2003.

Ouglified voters may

Qualified voters may request an application to vote by mail by contacting your County Clerk's Office or you may print one off the web

www.sos.state.tx.us. Last day to apply by mail is September 5, 2003.

Good Guy Award!

Recently, Lisa Campbell, of Turkey, came to the aid of Laverne Hamner, also of Turkey, at the Beauty Shop. Laverne's car had a flat tire and Lisa took it to the station to be repaired. LaVerne was very grateful for her help.

SCRIPT PRINTING & OFFICE SUPPLY 108 S. MAIN Floydada, Tx. PHONE 806-983-5131 FAX 806-983-2414 printing- office supplies - copiers calculaters - fax - typewriters - furniture





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Observations On Life From A Fellow Texan By Bill Sperry

Always Be Careful What You Ask For

I just couldn't help it, I was always curious about everything. If I wasn't in the doghouse, I was just getting out or just getting in. We really didn't have a doghouse, not for the dogs we had. Punishment, like maybe a misdemeanor was served by having to spend time in the dirty clothes closet or under the bed with the dust bunnies or some real bunnies. While plowing, you would uncover a rabbit's nest with young jack-rabbits in them. If you could catch one, you could take one home and feed it with an evedropper. They would grow up in the bouse much to my eyedropper. They would grow up in the house, much to my Mother's dismay, and get so big that when they ran from one bed to the other, you could hear their long ears hitting one bed to the other, you could hear their long ears hitting the bed slats. I got pretty well acquainted with some of them as we would be eyeball to eyeball at times, under the bed. If you committed a real crime, a felony, then it was switch time. This is where I learned about psychology and it's application. If you were sent to fetch a switch, get a big one. Either it would be too big for Mother to brandish or she would think you felt so guilty that she thought it was punishment enough. That worked a couple of times, then she wised up and would send my oldest sister after one. She was always able to find one just the right size. My She was always able to find one just the right size. My oldest sister and I were not the best of friends. I think she would keep an eye out in that big Elm tree for one just the right size as she knew before long, usually shorter than long, she would be sent after the element of my adjustment. I ran one time, just once, from my Mother, and my oldest sister, the troll, was sent after me. She chased me across those lister ridges and just couldn't catch me. I knew that sooner or later I would have to give up, as me. I knew that sooner or later I would have to give up, as the punishment would get worse. I finally let her catch me but I gave her a run for her money. I took the whipping but later told the troll that I let her catch me. That really ground her gears and almost made the whipping worthwhile. If you really committed a class A felony, then it was "Wait until your Dad gets home." The fat was in the fire then as you dreaded all day for the Lord High Executioner to get in from the field. That man had the hardest hands and would hold you up by one arm and warm you up in a pendulum effect. A few of those would certainly hold you for a spell. certainly hold you for a spell.

I came in the house one day and the troll was dipping

I came in the house one day and the troll was dipping something white out of a large container and putting it in a smaller one. I ask what it was and she said, "Ice cream, want some?" That's when I should have become very suspicious, as this was a nice gesture from a mortal enemy. Since young and gullible seem to go hand in hand, I said "Sure, that would be great!" Did you know that it takes about two days to get the taste of lard out of your mouth? I was off my feed for a while but swore revenge. I let the air out of her bicycle tires. She never knew who did that but

she had her suspicions.

Being curious, I knew all the things that were in the pantry. I didn't know what that brown liquid with that label of the pretty roses on it was. It had been sitting in there for ages and when Christmas came around I found there for ages and when Christmas came around I tound out that the grown men all sat around and tasted that stuff. They all smacked their lips and really got my interest. I ask Dad for some of that wonderful stuff and he told me to get lost. Not to be pushed aside lightly, I made another appearance a bit later with another request. He said, "O.K., but if you take it, you gotta' drink it." I didn't see any problem with that so I took that pretty gold lid full of that stuff and got ready for the delight of my life. When that stuff started burning. I was looking for a place to spit that stuff started burning, I was looking for a place to spit it. It tasted terrible! He said, "Drink it!" I swallowed that stuff and didn't feel too chipper for the rest of the day. figured those guys must have done something terribly bad to have to drink that stuff. To this day I see bourbon and I think of that time. Like I said, be careful what you ask for

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Longtime Chevy Dealer Ranks At Nation's Top For Customer Satisfaction

Arvis Davis Chevrolet at 1010 9th Street, Paducah, is ranked #2 in the nation for customer satisfaction. The taking combination hormone announcment was made recently by General Motors, makers of Chevrolet. Arvis Davis Chevrolet was less than a percentage point behind the top dealer, in Jasper, Florida. Other dealers in the top ten were from Ohio, Arkansas, Illinois, Minnesota and North Carolina.

The award was made after a survey conducted by General Motors to determine how each dealership takes care of their customers. The CSI survey involved customers of each dealership.

Arvis and Jo Anne have operated the new andused car dealership in Paducah for more than 41 years, and new Chevrolet cars and pickups all over the country bear the Arvis Davis Chevrolet insignia. In addition, they have operated a used car dealership in Childress for the past 19 years, and also have a used car dealership in Crowell

> The 3rd Annual **Valley Tribune Ruidoso Vacation Is Coming!**

Watch For Details In The Coming Weeks

In Association with the Motley-Dickens County Old Settlers Reunion & Ranch Rodeo We are proud to announce the:

FIRST ANNUAL WASHER PITCHING TOURNAMENT

Saturday, August 30, 2003

A Double Elimination Tournament Starts at 3:00 p.m. at the Roaring Springs Old Settlers Rodeo Grounds. Books will close at 2:30 p.m. to complete brackets.

Entry Fee is \$30.00 Per Team **CASH PRIZES!**

ALL MONEY FROM ENTRY FEES WILL BE **RETURNED IN PRIZE MONEY TO THE FIRST THREE PLACES!**

For more information please contact David or Cynthia Stafford (806) 347-2087 or Russell Alexander (806) 348-7958 If there is enough time and interest, a Single Elimination Jackpot Tournament may be held after the competition.

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Maintain Bone **Density After** Hormone Therapy

By quitting combination hor mone therapy, postmenopausal women avoid the drug's risk for breast cancer, heart attack, stroke and dementia.

However, since estrogen in-creases bone mass, women also increase their risk for osteoporo sis when they quit taking the combination of estrogen and progestin. Fortunately, it is not necessarily the end of the line if you cannot take estrogen said Dr. Ronald Young an associate pro-fessor of obstetrics and gynecology at Baylor College of Medicine and a co-investigator of the Baylor Clinical Center of the Women's Health Initiative. There are many options for women to maintain their bone density.

Many medical experts advise therapy only for short-term relief of the symptoms of meno-pause, based on the results of the Women's Health Initiative study, which found health risks associated with the use of estrogen and

Short-term estrogen use, however, does not offer the body's bones enough protection. Drugs designed specifically to protect bone density, such as bisphosphonates, in addition to a healthy diet rich in calcium, vi-tamin D and vitamin K and weight-bearing exercise, can help fill in the gap.

Doctors recommend the fol-lowing tips to prevent bone loss: Eat right: Consume foods that are high in calcium includ-

ing dairy products like milk and cheese. Leafy green vegetables also help build strong bones. Exercise: Weight-bearing ac-

tivities strengthen bone and can include anything that forces the body to work against gravity. Ex-amples include walking, jogging, stair climbing, even dancing and weight lifting, either by using free weights or an exercise machine. Walking and just moving your body more are primary ways to strengthen bones, said Dr. Jennifer Hays, director of the Center for Women's Health at Baylor and principal investiga-tor of the Baylor Clinical Center of the Women's Health Initiative. If you don't have a set of weights you can use things around the house, like a can from your pantry, and do some curls. A weight training program doesn't have to

be expensive or difficult. Know your risk: Caucasian and Asian women, women with small bone structures and women with a family history of osteoporosis are most at risk for osteoporosis. But all women approaching menopause will lose bone density. One in two women will have an osteoporosis-related fracture in their lifetime, accordng to the National Osteoporosis

Foundation. Get scanned: A bone scan is an accurate way to determine a oman's bone density and is offered by gynecologists, internists, primary care physicians and gerontologists. Women with factors for osteoporosis, which includes getting off hor-mone therapy, should start getting bone scans after age 50.

More on treatments for os teoporosis can be found in the July issue of Baylor College of Medicine's online research newsletter, Findings

www.bcmfindings.net)

Garden

(NU) - Riding mowers, lawn tractors and garden trac-tors are engineered to mow lawns of different sizes, designs and terrain, as well as perform other landscaping and gardening tasks. The experts at Sears, which sells more lawn mowers and tractors than any other retailer, can help you se-lect the right Craftsman ma-

Food

(NU) - No time to make dinner? Think again. Rather than spending more time than you like waiting for take-out, pay-ing for an expensive delivery ing for an expensive delivery or eating ready-prepared foods that may not be very nutritious, you can put a healthful, economical, home-cooked meal on the table in a jiffy. With a skillet supper like Red Beans, Rice N' Eggs, all you need is one pan, five main ingredients and just a little time. For easy, fast egg ideas, visit www.geb.org. egg ideas, visit www.aeb.org







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