

The Valley Patriots are ready to start off another successful year as they scrimmage Lazbuddie tonight at $6 \mathrm{p} . \mathrm{m}$. 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 tember 15, @ 1:30 p.m.
THC would like to have a large turnout. All media, loca officials, business individuals, or anyone else that is inter ested in development of the tourism industry in our area is invited to attend. Refresh
Chamber of Commerce.

| DATE | FORECAST | HIGH/LO | PRECIP. |
| :---: | :---: | :---: | :---: |
| Thur. Aug. 21 | Sunny | $99 \% 71^{\circ}$ | 0\% |
| Fri.Aug. 22 | Iso. T-Storms | $95 \% 6{ }^{\circ}$ | 30\% |
| Sat. Aug. 23 | Sunny | 95\% $/ 66^{\circ}$ | 20\% |
| Sun. Aug. 24 | Sunny | $95 \% 66^{\circ}$ | 20\% |
| Mon. Aug. 25 | Mostly Sunny | $93 \% 64^{\circ}$ | 20\% |
| Tue. Aug. 26 | Iso. T-Storms | $89 \% 64^{\circ}$ | 30\% |
| Wed. Aug. 27 | Mostly Sunny | $90^{\circ} / 65^{\circ}$ | 20\% |
| Thur. Aug. 28 | Partly Cloudy | 91/65 ${ }^{\circ}$ | 0\% |
| Fri.Aug. 29 | Mostly Sunny | $92 \% / 66^{\circ}$ | 0\% |

Everyone Invited To
The Texas Plains Trail
Development Presentation
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 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 Hff would like to have a large turnout. All media, loca ested in developess individuals, or anyone else that is inter invited to attend. Refreshments will be provided by the Tulia Chamber of Commerce
(20tw
THE CAPROCK CAFE SUNDAYS STARTING AUG $3 \quad 455-1429$ CHECK OUR SPECLALS ON PAGE 3 ABOVE

## Check our specials on pace <br> CROSSWORD

## 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 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 yaluations 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 mended, 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, Commis-
sioner Precinct No. 2, Buddy Logsdon, Commissioner Precinct No. 3, and James Fuston, sioner Precinct No. 2, Buddy Logsdon, Commissioner Precinct No. 3, and James Fuston,
Commissioner Precinct No. 4, for their assistance to me in presenting balanced budget for 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 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 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 increase," stated 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

## 16 Teams Line Up For Ranch

 Rodeo At Old SettlersThe 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 SetAugust 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 he 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 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, Wid 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
he 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, contest will gamer prizes to the winner of four tickets to the WRCAs ranch
dinner for four, and lodging in Amarillo.
For more information, call Marisue Potts, OSA Secretary, 806 787-0592.


## Kid's Ranch Rodeo

 New To Old Settlerssized. But when the kids and Pokey the Clown take over the 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 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 send winners to compete at the Working Ranch Cowboys Assn four stick-horse contests, Pony Express, Steer Doctoring, Wild Your stick-horse contests, Pony Exp
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 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. 16.). Age as of January 1,2003 is used for the enteceds go to
The entry fee will be $\$ 20$ per team and the proce the Old Settlers organization. The pre-entry and practice ession will take place at 2p.m. on Saturday, August 30 , un
der 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 auction. A donation of $\$ 50$ will secure a stick horse airbrushed with the sponsor's name. Up to ten will be auctioned off dur ing the junior ranch rodeo, with proceeds serving as a fund
raiser to defer the cost of Pokey's expertise. For mo
$787-0592$.

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 wild.
Wit
With numbers on their backs, the turtles will race across
a hot dance floo rfor Motley and Dickens Counties braggin 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 806348

## Watch Out

 For School Buses \& School Children
## Valley

 Calendar of Eyents Aucust 21 Football Scrimmage: ValleyPatriots vs Lazbuddie 6 p.m. Here * Briscoe Co. Veteran's Memorial organizaBriscoe Co Court house

Aucust 22 Football Scrimmage: Val
ley JV vs Spade/Colt Center © 6 p.m. Here August 23 Park: Wildscaping With Na tive Plants

Aucust 25
Quitaque Fire ment meeting

* Tarkey Lions Club meet ing © 7 p.m.

August 26 * Turkey Senior Auqust 28 *Turkey Economic meeting e 7 p.m. * Drivers License Office at
Briscoe Co. Courthouse Briscoe Co. Courthous
$9: 30 \mathrm{a} . \mathrm{m} .-12 \mathrm{~N} \& 1-3 \mathrm{p} . \mathrm{D}$

## Page 2

Gasoline Reunion Celebrates 100 Years Of Community


TURKEY TALK


Benefits Of Tourism To Be Presented At Turkey EDC Meeting Seth Davidson, President of the Texas Panhandle Tbur-
Marketing Council is scheduled to give a presentation ism 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 to our area economics.


August 21
Jugust 22
Derek Muil
Derek Mullin, Lisa Fus
Clinton Pigg, Clayton Pigg
August
$\frac{\text { August } 23}{\text { Tony Galvan I }}$
Auguavt 24
Martha Yorst
Martha Yorston, James Earl
House, Zack Mills, Callie Fus-
ton, Ed Hamock August 25

Calvert
August 26
Krstie Leal, C
August 27
Ronald L. Mul
August 28
August 28

## Turkey <br> Senior

## Citizens

By Oleta Randell We had 24 members and 2
visitors, J. and Martha Bradvisitors, J. and Martha Brad-
shaw. We are hoping they will become regulars. We reall
missed Billy and Margie Pinker ton, James Brunson (in hospi-
tal), Ruby Mae Woods, Nadine tal), Ruby Mae Woods, Nadine
Davis (ill), Elwayne and Bar Davis (ill), Elwayne and Bar-
bara, Mabel Morse, Annie Shannon, Tootsie Mullin, and Rudy and Bobby Mullin (ill), Maybe all of th
time.
Don Turner did the blood
pressure checks. Bob pressure checks. Bob Warmer led
the prayer for the food. Our next
meeting will be Tuesdey 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
checks are done before 6 p.m., so checks are done befor
come early for that.



| FLOMOT |
| :---: |
| NEWS |
| Bx: Eaunve Jantson |

## Cooks Corner 

 these last few to weeks of of horat,let's cook some cool fool heith let's cook some wooks of heod. With
any meat you decide to grill
outdoors, try Coret outdoors, try Confetti Cottage
Cuese, Tangy
Cucumber
Sala, and the ultimate frozen
dessert, Banana Split Supreme.
These dishes will keept These dishes will keep the heat
out of the kitchen and satisfy a
hungry family. Enjoy every hungry family. Enjoy every
cool bite!
Confetti Cottage Salad Contetti 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, 1 small sweet yellow pepper,
diced
2 green onions with tops, sliced
d $1 / 3$ cup sunflower kernes,
toasted
In a bowl, combine all ingredients; toss lightly. Serves
8. Tangy Cucumber Salad 2 small cucumbers, thinly
sliced
1 teaspoon salt, divided usage teaspoon salt, divided usage
2 medium tomatoes, chopped
I medium onion I medium onion, chopped
$1 / 4$ cup cider vinegar $1 / 4$ capp cider ns vegetable o
2 tablespooon honey 1 tablespoon honey
$1 / 2$ teaspoon celery salt $1 / 2$ teaspoon dried basil
$1 / 4$ teaspoon ground mustard
garlic powder 1/4 teaspoon garlic powder
Dash caspoon dried oregano Dash cayenne pepper in a
Place cucumbers in a
strainer, spunkle with $1 / 2$
teaspoon of salt and toss. Let teaspoon of salt and toss. Let
stand for 30 minutes. Rinse
and drain well. Place in large
bowl; add tomatoes and onion. and drain well. Place in large
bowl; ; dd tomatoes and onion.
In s small bowl, whisk together
the remaining ingredients In s small bowl, whisk together
the remaining ingredients;
pour over cucumber mixture
and toss. Cover and refrigerate and toss. Cover and refrig
for several hours. Serve win
slotted spoon. Serves 8 . Banana Split Supreme
3/4 cup butter or margarine $3 / 4$ cup butter or marga
divided usage
2 divided usage
2 cup powdered sugar
1 cup evaporated milk $3 / 4$ cup semisweet choce
chips
24 Oreo cookies, crushed 24 Oreo cookies, crushed
3 to 4 medium firm bananas
cut into $1 / 2$ inch slices s quarts, vanilla ise cre
sofened, divided usage
1 can ( 20 oz Turkey Medical Clinic City Hall ~ Turkey, Texas 79261~423-1324 Dr. Ontai, MD Open: Mon. - Fri.
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1 jar (10 oz) marasching
cherries, drained and halved
cherries, drained and halved
$3 / 4$ cup chopped pecans
$3 / 4$ cup chopp
Whipped Topping
In a saucepan
In a saucepan, combine $1 / 2$
cup butter sugar, milk and
chocolate chips Br,
cup butter, sugar, milk and
coocolate hips. Bring to a boil
over mediul
over medium heat; boil and stir
for 8 minutes. Remove frel
for 8 minutes. Remove from
heat and cool completely
heat and cool completely.
Meannhile, melt the remaining
butter; toss with cookie
butter; toss with cookie
crumbs. Press into a greased
$13 \times 9 \times 2$ inch pant
$13 \times \times \times 2$ inch pan. Freeze for 15
minutes. Arrange banana slices 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 hour. Refrigerate remaining
chocolate sauce. Spread the
remaining ice cream over remaining ice cream over
dessert; top with pineapple,
cherries and pecans. Cover and
freeze several hours or
oveze, Several hours or
overight. Remove from the
freezer 10 minutes befor
frezer. 10 minutes before
serving. Reheat the chocolate
sauce. Cut dessert into squares;
serve with whipped topping
and chocolate sauce. Serves 12 -
15. While you are cooking, enjoy
a glass of this Strawbery
Lemanade, guaranteed to keep
the cook happy.
Strawberry Lemonade
Scups cold water
1 quart fresh strawberries
1 quart resh ser
$3 / 4$ cup sugar
$3 / 4$ cupmon
$3 / 4$ cup lemon juice
2 cups cold club soda
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Hall County Approved For 2001 Livestock Assistance Program


Education Takes Many Forms As International
Visitors Travel To Texas High Plains
Visitors Travel So Texan Wade
Shigh Plains programs has once e gain become the sport of choice at home and
alroad as a new round of international trade talks approaches 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 scratch the surface of the issues involved, the end result is almost
always an unfavorable representation of the typical U.S. cotton
producer and US. as policy It is usually based on the completely producer and U.S. ag policy. II is usually based on the completely
inaccurate assertion that U.S. farm and trade policy is root of all evil naccurate assertion that L.S. farm and trade policy is root of all evil
when it comes to the probems plaguing the lobal coton 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 Jam
When reporter James Meek and photographer Sean Smith of the
London-based newspaper The Guardian reeeived 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 cotto were introduced to the cotton industry and a number of producers
who typify the average American cotton operation. who typity the average American cotton operation.
Trivouh hour of conversation with PCG staff and participating
producers the two were given a crash course in U.S. farming protlucers 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 PCG officials acknowledge there are no guarantes about which
direction the story will finally lean. If everything the two heard and
encrienced simpl went in 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.
II, however. the information they were given is used fairly and
accurately, and presented in the proper context, the opportunity accurately, and presented in the proper context, the opportunity
that a more favorable picture can be painted certainly exists.
pec PCG officials are hopefol that the final product will be
significantly better, and provide a more favorable opinion of the 1.S. cotton producer. than what has recently been witten by those
intent on distorting the facts to advance their own interests in advance of September's WTO Trade negotiations in Cancun, Mexico
Switching
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 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 available for purchase within 100 miles of Lubbock, Texas.
The group also had an opportunity to meet and visit with West 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. Texas cotton producers and merchants in order to build a be
understanding of the advantages of using West Texas cotton.

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The Valley Tribune, Quitaque, Texas, Thursday, August 21, 2003

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Last Week In Texas History!
Aug. 15, 1959
A steam locomo
for the Greembelt Boot Foothal
Classic in Childress, Tx It was
the only steam locomotive "fan
trip ever operated by the Fort
Worth and Denver rail
trip ever operated by the Fort
Worth and Denver 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 Re-
public of Texas (1838-1841) wa
born near Louisville, Ga.
Aug. 17, 1786
David Crockett was born in
Greene County, Tenn
Aug 18, 1846
General Stephen W Kearney and his US forces captured
Santa Fe from the Mexican Aug. 19, 1895
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 while Hardin was playing dice
in the Acme Saloon in El Paso.
Aug. 20, 1866 President Andrew Jackson de-
clared the Confederate rebellion

## Constitutional Amendment

 Election Election Day to adopt or

reject twenty to Constitutionaly Amendmenents | $\begin{array}{l}\text { Legislature, } \\ \text { Session, of the State of }\end{array}$ |
| :--- |

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| Bill Strange |
| $847-2273$ | Hall County Precinct 4

will be voting at the Bob
Wills Center in Turkey Briscoe County in Precincts 2
and 6 will be voting at the Community Center in
Quitaque. Briscoe County Precincts $1,3,4$, and 5 will
be voting, at the Pioneer
Room of the City Bank in Room of
Silverton. Early Voting by personal
appearance in your County appearance in your County
Clerk's office will begin Clerk's office will begin
August 28, 2003 at $8: 30$
a.m. and end at $5: 00$ p.m. a.m. and end at 5:00 p.
on September 9, 2003. Qualified voters may
request an application to 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 Key, at the Beauty Shop.
Kavernes car had a fat tire and Lisa took it to the station to be
repaired. LVaverne was very
grateful for her help.

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## " TEXUN TAWK"

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 abou 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 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 rabbit's nest with young jack- rabbits in them. If you could 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 the bed slats. I got pretty well acquainted with some of bed. If you committed a real crime a felony, under the 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 she would think you felt so guilty that she thought it wa she wised up and would send my oldest sister after the 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 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 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.
I came in the house one day and the troll was dipping
something white out of a large 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?
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 didnt know what that brown liquid with that there for ages when Christas out that the grown men all sat around and tasted that stuff They all smacked their lips and really got my interest ask Dad for some of that wonderful stuff and he told me to get lost. Not to be pushed aside lightly, I made another ${ }^{\text {a }}$ - Oper.,., but if you take it, you gotta' drink it" ${ }^{\circ}$. He said, 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 it. It tasted terrible! He said, "Drink itt" 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 figured those guys must have done something terribly ba
to have to drink that stuff. To this day I see bourbon and 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
announcment was made recently by General Motors, mak ers of Chevrolet. Arvis Davis Chevrolet was less than a percentage point behind the top dealer, in Jasper, Florida. Othe dealers in the top ten were from Ohio, Arkansas, Illinois Minnesota and North Carolina
eral 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 used car dealership in Childress for the past 19 years, and also have a used car dealership in Crowell.

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Maintain Bone Density After Hormone Therapy By quitting combination hor-
mone therapy, postmenopausal 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-
is whe 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 Ronald Young an associate professor of obstetrics and gynecol-
ogy at Baylor College of Medicine and a co-investigator of the
Baylor Clinical Center of the Women's Health Initiative. women to maintain their bone Many medical experts advise
density. 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 associprogestin the use of estrogen and progestin.
Short-te
owever does not offer the body's bones enough protection. Drugs bone density, such as
bont lisphosphonates, in addition to $\operatorname{tamin} D$ and vitamin $K$ and eight-bearing exercise, can help fill in the gap. Doctors recommend the fol-
lowing tips to prevent wing tips to prevent bone loss:
Eat right: Consume foods that are high in calcium including dairy products like milk and cheese. Leafy green vegetables Exercise: Weight-bearing activities strengthen bone and can include anything that forces the body to work against gravity. Examples include walking, jogging, 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 pan-
try, and do some curls. A weight try, and do some currs. 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 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 bone density. One in two women
will have an osteoporosis-related fracture in their lifetime, according to the National Osteoporosis Foundation.
Get scanned: A bone scan is an accurate way to determine a
woman's bone density and is offered by gynecologists, internists, primary care physicians and gerontologists. Women with
risk factors for osteoporosis risk factors for osteoporosis,
which includes getting off hormone therapy, should start getting bone scans after age 50 . More on treatments for os-
teoporosis can be found in the teoporosis can be found in the
July issue of Baylor College of Medicine's online research newsletter, Findings
(www.bemfindings.net).

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

Food (NU)-Notime to make din-
ner? Think again. Rather than
spending more time than you spending more time than you
like waiting for take-out, paying for an expensive delivery
or eating ready-prepared foods or eating ready-prepared foods
that may not be very nutritious,
you can put a healthful, ecoyou can put a healthful, eco-
nomical, home-cooked meal on the table in a jiffy. With a skil-
let supper like Red Beans, Rice N' Eggs, all you need is one
pan, five main ingredients pan, five main ingredients and
just a little time. For easy, fas
egg ideas, visit www.aeb.org.


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