

Three ${ }^{5} 50^{00}$ certificates to be given away by Chamber of Commerce Saturday


Edie Robertson's students present
Christmas recital
Dec. 16
Mrs. Edie Robertson will presen regital Sunday, December $16,2: 30$ at Calavary Baptist Church. Everyone is
invited to attend and hear beautiful invited to attend and hear beautiful
Christmas songs played on the piano. Christmas songs played on the piano.
There will be a reception following the recital in honor of the students.
So everyone come and join in with So everyone come and join in with
the fun. All students remember practice Saturday, Decem.
10:00 a.m. at the church. The students who will be playing are: Rachel Lovell-Jingle Bells Dorina Plummer-It Came Upon a
Midnight Clear; Shawna Travis-Jolly Old St. Nicholas; Scott Travis-We Three Kings; Kimberly. Staven-
hagen-Good King Wencelas, I Heard the Bells on Christmas Day; Esther Wish You a Merry Christmas; Clay Wrighto Come All Ye Eaithaut; Jona
Hill-Angels from Realms of Glory Away in a Manger; David Ward-Joy
othe World; Rachael Chapman-The First Noel; Greg Collins-O Christmas
Tree, Up on the Housetop; Brandy ree, Up on the Housetop; Brandy
Strickland-God Rest Ye Merry Gen

The Adult Choir of the First
Baptist Church of Clarendon will present their annual Christmas canata on Sunday night, December 16 at $7: 00 \mathrm{p}$ p.m. They are presenting a
Christmas cantata for congregation and choir by David Danner,
"And We Beheld His Glory." "And We Beheld His Glory."
The choir is presently under the direction of interim choir director, Beth Walker. Members of the choir
are Earl Hartman, Eddie Helms, Jim are Earl Hartman, Eddererers. MeRoy Leathers. Mike Graham, James Thomas, Roy Lee Helms, Phoebe Heil, Valorie Ash
craft, Julie Hartman, Eloise Ash craft, Jan Campbell, Joburta Helms,
George Guinn, Cula Jo Trout, George Guinn, Cula Jo Trou,
Janette Dean, Betty Veach, Wilma Leffew, Shonda Swinney, Tiny Alderson and Shirley Wise.
Featured in the production will be Featured in the production will be
Joburta Helms, Mike Graham, Joburta Hers, Phoebe Heil, Shonda
James Thomas Jan Campbell. Assisting the choir with narration and speaker's chorus will be Paul Heil,
Shaun Heil, Lynn Alderson, Janet Services to be held at

First United Methodist

## Church

The Littlest Angels Choir of the
First United Methodist Church,
First United Melthodist Church,
Clarendon, would like to invite you to Clarendon, would like to invite you to
the Royal Birthday Party on Sunday the Royal Birthday Party on
morning, December 16 at $10: 45$ morning, December 16 at 10.45 working very hard on their Christmas program, "the Birthday Party" and
you. The Adult, Children and Cherub
Choirs will be presenting their Christmas program at 7 p.m., December
service.
There will be a "come and go" communion service December 24 from 7 until 9 p.m. This is an
extremely meaningful service. extremely meaningful service.
If you would like to If you would like to participate in
our "Sharing Our Love" you may do so by bringing canned goods to the church and placing them in the container in Fellowship Hall for the needy families in our community.
Brother Watson, pastor of the First Brother Watson, pastor of the First
United Church, extends a cordial weleome to the community to attend
these services.

Walter.
Int peresenation will be pen to
the phbic, and everyone is is intited to
atend
Six Students
named to
Who's Who

A total of 6 students from this area
have been in included in the 18 th annual edition of WHO's WHO
AMONG AMERICAN HIGH AMONG AMERICAN HIGH
SCHOOL STUENTS, 1983-84. WHO's WHO, published by Educational Communications, Inc.,
Lake Forest, Illinois, is the largest high school recognition publication in
the country Students the country. Students are selected
by high school principals and
guidance counselors, national youth groups, churches or by the publish-
ing company based upon sudents ing company based upon students'
performance in scholarship award contests or extra-curricular activities.
Final selection is determined on
the basis of criteria which include the basis of criteria which include
high achievement in academics and leadership. in school activities, ath-
letics or community service. Tradi-
tion tionally, $99 \%$ of WHO's WHO
students have a grade point average of "B" or better and $97 \%$ are college The 18 th edition of WHO'S WHO,
published in nine reginal published in nine regional volumes,
features 392.000 students, or $6 \%$ of the nation's $6,500,000$ high school
juniors and seniors. They represent juniors and seniors. They represent
18,000 of the 22,000 public, private
and parochial high schools in the and parochial high schools in the
country. country.
WHO's WHO students also compete for over $\$ 50,000$ in scholarship
awards and participate in the publication's annual popinion poll of
teen attitudes. The book is distributed on a complimentary basis to
over 15,000 high schools, colleges. over 15,000 high schools, colleges,
universities. and public libraries uhroughout the country.
Local students selected for this
year's volumes are: Lynn Alderson year's volumes are: Lynn Alderson.
Gayla Clifford, Dalyn Croslin, Weyne Chambliss. Tim Cole, and Terri Chamb



Xi Lambda Xi Party
Xi Lambda Xi of Beta Sigma Phi holiday, each AUE member was hosted Alpha Upsilon Epsilon greeted by English chambermaids
Sorority Sundy. with a High Tea Christmas Ornament as english chambermaids) and esGift Exchange Party in the home of corted to the powder room and then Doris Ekleberry at 4:00 p.m. to parlor for their tea. Xi Lambda $\mathrm{X}_{\mathrm{i}}$ AUE members, Dariene Mooring, members poris Slebere Meckurne Eads. Sandra Shields, Connie Barbara Cosper, Carol Hinton, Carol McKinney, Kitty Proctor, Melody Grady, Betty Veach, Pat McCombs, Price, Terry Floyd, Patsy Leffew, Genella Eads, Nancy, Watson, Stacy Mooring and Lestie Schnaufer
were met at their cars by Doris Ekjeberry's son, Dan and his friend, The ladies were served tea, wasExieberry s son, Dan and his friend, sail puncs, tea cakes, cookies,
Dale Mclure, dressed in turecos; they parked the cars. In the house,
which was deoorated for the festive 4 local students make National

Dean's List

A total of four students from this area have been included in the
seventh annual edition of THE seventh annual edition of THE
NATIONAL DEAN'S LIST, the largest recognition publication honoring college students, published
by Educational Comen Inc., Lake Forest, Illinois. Students are selected for recognition by their registrars or deans and are on their school's Dean's List.
The 85,000 students included in The 85,000 students included in the
current edition are from 2,500 colleges and universities nationwide and represent one half of one percent of the more than $8,000,000$ college
students in the country. students in the country Dee A. Cook, West Texas State University; Howard Texas State
West Texas Sardin, West Texas State University;
Evonnda L. Sharp, Chadron State Evonnda L. Sharp, Chadron State
College; Ken K. Slavin, Texas Tech University.

## Xi Lambda Xi News



## Fire

## Reports

11-28-84 Grass fire north and we of Greenbelt at Frasier Ranch. 6 along with 1 unit and 2 firemen from Howardwick Fire Dept. 12-4.84 Burlington Northern had
railroad car on fire within city limer railroad car on fire within city limits.
units and 10 firemen repponded units and 10 firemen responded.
12-4.84 House fire south of Lelia Lake, 2 miles. 4 units and 13 firemen responded.
$12.7-84 \mathrm{G}$
12-7.84 Grass fire along FM 247 north of Lelia Lake
firemen responded.
with Santa C
Some the it was decided progressive dinner during Decen on the and it was decided to be postponed December date. for seceret sisters at Frankie Henange home.
A meeting to mas ornament party was our Christ.
December for 3 ( December 3 (Monday), if you can
come, please come and help Becky Hill gave a very interesting
( program on "Child Rearing",
Ideals, needs Needs and Rwards" She handed a questionnaire to each Kind of Mother ARe You?", "What and
Alt wards she went over each sheet witt $\begin{aligned} & \text { themselves. } \\ & \text { Refreshments }\end{aligned}$ Carol Hinton. Attending were Carol Hinton, Barbara Cospere, Pat
McCombs, Doris Ekleberry, Maur McCombs, Doris Ekleberry, Maurine
Butts, Becky Hill, Beth Walker. Butts, Becky Hill, Beth Walker,
Frankie Henson, and Betty Veach.

## Turkey Shoot

 Dec. 16th. 1:00 P.M. $51 / 2$ miles west of Clarendon South of highway 287 Come win a turkey Shells Available
## Benefit Dance

 Sponsored by Al Morah Shrine ClubDec. 15th. 8:00-12:00 P.M. Featuring
Cecil \& Alyce Munden \& the Saddle Pals
s800 Per Couple Everyone Invifed


## FREE

14K Gold Heart with jewelry purchase of $\$ 50^{\circ 0}$ or more
! JM ( M M
Jewelry Dept.

## Out of Town and Out of Cash?

With your Bank 24 card you can have cash instantly. As a service for our customers
Bank 24 cards are available this month from First Bank and Trust. Bank 24 is your link with First Bank and Trust when you're outside Clarendon. Make withdrawals from your checking or savings account. Transfer funds. Or check your balance at any of the eleven Bank 24 locations in Amarillo or the 1,800 Pulse automated teller locations in Texas, Oklahoma and Louisiana. All with the press of a button. Now you'll never be out of town and out of cash again. For



## White Reunion



## Beta Sigma Phi Christmas party



## Bridal shower honors Carrie Moss

Wednesday afternoon, December
5. 1984 a miscellaneous bridal
shower was given for Carrie Moss, shower was given for Carrie Moss, Lake Community Center. Guests registered in the bride's book at a table underlaid with a
peach cloth and covered with an ecru peach cloth and covered with an ecru
crochet cover. crochet cover.
The guest of honor, Miss Moss, her grandmother, Mrs. Buscher, and
Mrs. Lacy Lee Noble, mother of the intended groom were given lovely
corsages of white carnations with corsages of wh
peach accents.
peach accents.
Refreshments were served from a
table spead table spead with a white damask
table cloth centered with silk flow table cloth centered with a silk flower
arrangement of white and pastel arrangement of white and pastel
flowers. Peach colored punch was
dispensed from the crystal dispensed from the crystal punch
bowl and coffee was served from a silver service.
Squares of
Squares of cake decorated with
peach colored from a crystal plate. Nuts and mints
in crystal servers completed the in crystal server
refreshment table.



Guests enjoyed their refreshments
at quartette tables and admired the variety of beautiful and useful gifts
displayed. displayed.
The lovely shower was hosted by Mesdames Susie Shields, Barbara Helms, Alena Nelson, Nadine Hastey, Patsy Hill, Sonja Curry, June
Davis, Mary Castner, Bertha EmLitt
Little Miss \& Master
Donley Co. Pageant
Jan. 19
Children and parents get ready for
this year's Little Miss and Master this year's Little Miss and Master
Donley Cunnty Pageant to be held on
Saturday, Jan Saturday, January 19, 1985 at $7: 30$
p.m. at the Harned Sisters Fine Arts p.m. at the Harned Sisters Fine Arts
Center on the Clarendon College campus. Alpha Upsilon Epsilon
Chapter of Beta Sigma Phi is again sponsoring this annual event. This year's theme will be, "A Winter being made for Mr. and Mrs. Frosty Snowman to be on hand for this
special event. Contestants must be special event. Contestants must be 4,5 , or 6 years old on January 19 ,
1985 and must be residents of Donley County. Each contestant must pay an entry fee of $\$ 10.00$ when they turne in their application to enter
This entry fee may be paid by parents, grandparents, or other
individuals or the contestant may be sponsored by a Donley County
business.
Sponsors will be announced when their contestant is on
stage. Contestants are responsible stage. Contestants are responsible
for getting their own sponsors. Also, cortestants must be present on
January 18, 1985 at $7: 30$ p.m. for January 18, 1985 at $7: 30$ p.m. for
rehearsal in order to be in the pageant. Winners will again receive
crowns, trophies and savings bonds and will appear in several area pageants and parades.
Each contestant Each contestant will receive
momentos from the pageant. momentos from the pageant. Ap-
plications for entry can be picked up plications for entry can be picked up
at The Grocery Store, The Nook,
Hensons, Greene Dry Goods, Sayes, Hensons, Greene Dry Goods, Sayes,
Bivens, or Sandy's Drapery in Bivens, or Sandy's Drapery in
Clarendon. Deadline for Clarendon. Dearline for entry is
Saturday, January 12, 1985. Make plans now to get in on this fun-filled evening either as a contestant or
spectator. This is truly fun for all spectator. This is truly fun for all
ages. If you have questions you may call Fuzz Mooring, pageant chairman, or Terri Floyd, A.U.E. president. Look for more informatio
Project HAP'N
continues to help

Lone Star Gas Co. Manger Mark Winsor announced the company is
again sponsoring Project HAP'N again sponsoring Project HAP'N, Needy. Assistance Program for th Needy
Win winter Lone Star has participated in the program by seeding the fund
with a donation. We encourage customers and the general public to

Cub Scout Meeting

The monthly Cub Scout Pack meeting was held November 15,
the First Methodist Church. The boys were encouraged to bring new members into scouting and
those who do will receive a "Fall Roundup", patch.
Den I, fifth grade Boy Scouts won
Contribution to this worthwnue
program."
Lone Star started the program in the $1982-83$ heating season to help persons living in the company's servi
area who were having difficulty paying their heating bills. During the two years it has been operating. Project HAP'N has channeled nearly
$\mathbf{5 3 5 4 , 0 0 0}$ to help pay all types heating bills for the needy Locally, Texas Community Action Corp., P.O. Box 32150, Amarillo, Texas 79120 will provide assistance in Donley County. The coordinating
agency is Community Council of Greater Dallas, which will oversee assistance provided, based on case-by-case determination of need.
Project HAP'N assistance funds Project HAP'N assistance funds can
be used for any type of heating bill. used for any type of heating bin
An estimated 18,400 people.-4,60 families with an average size of four--were helped during the
program's first two winters. Public program's first two winters. Public program have increased during the time it has been in operation, with private donatioins growing from 35
percent of the total amount raised the first year to 52 percent the second. Persons who wish to contribute to Project HAP'N should make checks payable to "Project HAP'N. Com "Project HAP'N . Community Coun cil, P.O. Box 243, Dallas, Texas 75221 .. All contributions are tax deductible.
"We will
will continue to work with various other social service agencies and through government programs to assist our customers," said Winsor. "Project HAP'N expands thes
efforts." Roundup patci.
Den I, fifth grade Boy Scouts won
the trophy agin this month for the
largest attendance by parents and
relatives to the pack meeting. Den IV, led by Helen and Allen Estlack, sang an entertaining song,
"Knick Knack Paddy Wack Give the Cub a Chore" I
From Den IV, Greg Holland re From Den IV, Greg Holland re-
ceived his Wolf Badge. From Den I Sportsmanship Badges were pre sented to Stephen Bivens, Rober ee, Scott Myers, Brad Allen, Shane Ashcraft, Nathan Lowry, Lee Gage, obcat Badge.
The Pinewood Derby was held onlowing the meeting, when the boys aced cars they had made on a track Madfett won I. In Den II-III Brendon scond place; and Maet; Wraser, third place. From Den I, Robert Lee won lirst place; Stephen Bivens, second rendon Mace, and Lee Gage, third place. raced Robert Lee from Den II and he big winner of the pack for the

Young
Homemakers
met Nov. 26
The Clarendon Young Home-
makers met Monday, November 26 makers met Monday, November 26
in the home of Tammy Taylor. Minutes from the October meeting were read and approved. After the treasurer's report it was decided to
send $\$ 100.00$ to Girrs Town. send $\$ 100.00$ to Girrs Town. The election of officers for 1985
was held with Missy Kidd being elected president, Debbie Hollan, Vice-President, Tammy Taylor, treasurer and A
secretary-reporter. After the meeting, refreshments
were served to members: Fay Vargas, Debbie Hollan, Edie Robertson, Nancy Kidd, Missy Kidd,
Wanda Smith, Debbie Blackburn, Wanda Smith, Debbie Blackburn,
Kathy Holland, Annette Osburn, Kamy Holiand, Annette Osburn, Blackburn.
If anyone
If anyone is interested in joining
Young Homemakers Young Homemakers they meet the
fourth Monday of each month with their new year beginning January 28 . For more information call Missy
Kidd at $874-2467$.

> Buddy Ford Commercial Building and Concrete Work of all types 874-9975 Clarendon

## Rainbows \& Lollipops

## INSURANCE CAN BE AFFORDABLE

YOU MAY BE ELIGIBLE FOR A BETIER PRICE OR BROADER COVERAGE THAN YOU ARE GETTING. CALL US TODAY AND COMPARE YOUR POLICY COVERAGE AND PRICE WITH OURS. WE STRIVE FOR QUICK, EFFICIENT, FRIENDLY SERVICE AT THE LOWEST POSSIBLE PRICE.

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Jusurance Agency, Juc.


# Watt's Happening in Hedley <br> <br> By PEGGY WATT 

 <br> <br> By PEGGY WATT}

You probably noticed the ad
supporting the Hedley basketbal supporting the Hediley basketball
teams. If anyone would like to have their name added. get in toiuch with
me or call me or call the Clarendon; Press
Office. Fred and 1 were in Wellington
Thursday for me to see my doctor. Mhurscay for me to see my doctor.
always dread that needle in the bact of my hand, but it's a lot better than having the lab technician try to find a
vein in my arm. vein in my arm. It's funny the
difference in the way the different technicians get the blood. Some of and seem to use dirty, dull needles You noticed make it almost painless. You noticed 1 said almost.
Alden White of Amarillo stoppe by and had breakfast with us Saturday morning. He has some land adjoining the boys north of town.
Rita and R.L. Stone visited her mother. Pie Adamson, Friday and Pie didn't make it to church Sundav morning, so I don't know if she'
home or not. home or not.
Helen Lamb
She still has trouble talking, and to Helen, that's bad!
Elloise Spalding was taken to the
hospital Sunday, but I understand hospital Sunday, but I understand
she's home.


## REGISTER STARTINE

Wednosday Dec. 12
Thru Thursday Dec. 20
Drawing
Friday Dec. 21 at 10 A.M.
Noed Nof Be Prosent To Win NO PURCHASE NECESSARY

## MIIKES <br>  PHARMACY <br> 874-3554

Mail Orders Receive Prompt Service

Senior Citizens Receive 15\% Discount on Prescriptions
just ask

taking the same arug product under more than
one name; [2] talking more or less medicine that
was actually prescribed; [3] experiencing side effects and drug interactions; [4] confusion regarding two drags having similiar names; [5]
taking medicines at the wrong tme of day; [6] laking medicines at the wrong time of day; $[6]$
taking old medicines wth explred dates; and [7] not knowing the use of medictines.
The pharmacist-researchers The pharmacist-researchers concluded that some level of professlonal help." You don'
need to walt for a "brown bag" study to obtaln Information and help from your phar
When you need assistance, Just ask.

Mike Wants
To Be Your


Mike Butts
 mea
the
have help entertained. Sis and Marty have two of the cutest kids around.
Kendra is so feminine and Matt in all Kendra is so feminine and Matt is all
boy. Neither child is like their grandfather, Blackie.
The Hedley FFA Chapter attended
the Greenbelt District Banquet at Clarendon Junior College on Decem
ber 4th. The Chapter Sweethear cor 4 th . The Chapter Sweetheart
competed in the sweetheart contest but didn't win.
Mr. Pickard, Hedley FFA Advisor, attended along with eight students.
Those attending were Chapte Those attending were Chapter
Sweetheart, Scheli Holland, Amy
Osborne and Carol Glover, voting Osborne and Carol Goover, voting
delegates, Stephanie Holland, Tam delegates, Stephanie Holland, Tam-
my Osborne, David Phelps, Tina
Shieldso Shields, Shawn Bright. There was a
talent contest, but the team from talent contest, but the
Hediey wasnn't entered.
On December 4, 1984 the Lady
Owls J.V. team played in Clarendon.
The Lady Owls The Lady Owls won a close one
$32-28$, with Scheli Holland leading all scorers with 12 points and Susan
Phelps and Gina Smith had 9 and 8 respectively.
The Lady Owls varsity team also
played in Clarendont"Tuesday night. plaỳd in Clarendon'Tuesday night.
The Lady Owls were defeated by the
Clarendon weam $35-42$ This was Clarendon team $35-42$. This was a
much closer game than the score much closer game than the score
indicates with the half time score
being 10-12 in favor of Clarendon. The team felt it could have gone
either way and we feel with the more either way and we feel with the more
experience we get, the close games
will start turning our way. In this will start turning our way. In this
game Stephanie Holland was the
high with 13 points and Tonya Moore high with 13 p
had 9 points.
The Lady Owls traveled to the
Samnorwood Tournament on ThursSamnorwood Yournament on Thurs-
day., December 6 and played Wel-
lington. The Lady Owls played very aggressive on defense and scored a
year high of 50 points. The Lady year high of 50 points. The Lady
Owls also came out on top in a close, hard fought game 50-49. High for
the Lady Owls was Carol Glover and Tammy Osborne with 12 points each
and Stephanie Holland had 11 points. and Stephanie Holland had 11 points.
This game put the Owls in the This game put the Owls
winners side of the bracket.
On Friday night Lady Owls played
the host Samnorwood Eagles and played another close game, but
losing this game 45-53. All ten girls got a lot of playing time in this game
due to our aggressiveness, and foul trouble. High for the Lady Owls wa Carol Glover with 12 points and Amy
Shields had 7 points. This loss put us in Saturday's game for third place against the Shamrock Irish. The Lady Owls played a good game but
lost to the larger Irish team $63-49$. lost to the larger Irish team 63-49.
High for the Lady Owls was Karon
Harmon with 11 points and Amy Harmon wad 7 points. The teams
Shields hais travel to Briscoe Tuesday night and entertain Channing here on Friday
night.
The feature player for this week is the last of our three seniors, Tonya Moore. Tonya is $5^{\prime} 3^{\prime \prime}$ and has
lettered the last three years in high lettered the last three years in high
school. She is captain this year and has been a team leader on and off the floor. Tonya is a very good point
guard and plays solid defense every guard and plays solid defense every
game. We think Tonya's team
leadership and experience will help leadership and experience will help
us as our district play begins in January.
The Owls visited Clarendon on December 4th to play the Broncos.
We came expecting to have to play well to win. The guys played hard and really wanted to win, but
suffered from a night of cold shooting and lost. We shot only $19 \%$ from the
field making only 9 field goils all field, making only 9 field goals all
night long. One bright spot was nree-throw shooting. We made 20 of our points for the night. The scor

The Senior Citizens have been
playing ganes at the cener on

 Hedile Seoreror Culuzen Men Thursday-Oven fried chicken, whole Thursday-Oven fried chicken, whole
potatoes, summer squash, carrotpotatoes, summer squash, carrot-
raisin salad, corn muffin, butter,
butterscotch pudding mill, juice, butterscotch pudding, milk, juice, coffee, tea. Frlday-Steak and gravy, AuGratin Friday-steak and gravy, AuGratin
potatoes, buttered beets, Waldorf salad, corn muffin, butter, peach cobbler, milk, juice, coffee, lea. cottage cheese and pineapple, corn cottage cheese and pineapple, corn
müffin, butter, chocolate pudding, milk, juice, coffee, tea. Tuesday-Ham, sweet potato pattie,
mixed mixed vegetables, buter, apple salad, corn mufin, buter,
cobbler, milk, juice, coffee, tea. Wednesday-BBQ beef, mixed
greens, pinto beans, lettuce-tomato greens, pinto beans, lettuce-tomato
salad, corn muffin, butter, banana salad, corn muffin, butter, banana
pudding, milk, juice, coffee, tea.

Beware of hollday goodles,
TCOM nutritlonist warns
The holiday season can be dangerous trying to lose weight this
people people trying berare! Irresistible, high-calorie foods lie ahead. If you can't take a detour and avoid
exposure to over-eating, it may be exposure to over-eating, it may be
necessary for you to take steps to reduce your risk of "plumping-up." Ann Blankenship, Ph.D., nutritionist and director of a 16 -week
weight-loss program at the Institute for Human Fitness at Texas College of Osteopathic Medicine, has a variety of helpful dieting tips to help
weight-conscious people get through weight-conscious people get through
the difficult holiday period. the "Enjoy the season, the friends, family and conversation. Let this be your focus. Pause from eating to
enjoy the people at the table, and let your eyes do part of the feasting," The nutritionist warned dieters to avoid extreme eating patterns. "Try to eat at regular mealtimes during
the holidays. Going many hours between meals increases your likelihood of over-eating. So never skip a
meal. If you are hungry, eat with When cooking at home for a party, against tasting, which can add up to $200-300$ calories. She suggests
sipping low-calorie drinks or chewing sugar-free gum when in the kitchen.
Other tips Dr. Blankenship *Get support from family men *iet suppor
and friepds.
$*$ Coffee *Coffee and alcohol stimulate
hunger - sip low-cal drinks instead, hunger -- sip low-cal drinks instead,
*Load up on salad but skip the dreessing.
*Skip the bread entirely
$*$ When two appetizers instead of a large main course.
*Taste a teaspoon of everything and leave the rest.
*Eat slowly and you will feel
satisfied with satissied with less.
Dr. Blankenship reaffirms that the
dieter is in control. "Don"t et other dieter is in control. "Don't let others
try to influence ouu. No one can
make you eat. You are the sole
determiner of what goes into your determine
mouth."

 participated in the Childress JV
Tournament December 6 and 7 . In
the first game the Broncos were
defeated by the Childress Bobcats defeated by the Childress Bobcats 26-41. A tough Childress defense
controlled the smaller Broncos but the hustle of the Broncos remained excellent throughout the game. Russell Alexander led the Broncos in rebounhding with 8 . Clay Sharp was
the leading scorer with 10 points the eading scorer with 10 points.
The outstanding players of the game were James ARiola, Russell Alexan-
der and Clay Sharp. der and Clay Sharp. In the final game of the tourna-
ment, the Quanah Indians dealt the Broncos their second loss $37-44$. The Broncos were out-manned by the taller Indians but the hard work and
determination of the Clarender determination of the Clarendon team
came close to pulling off another cronco victory. Wes Hatley led all
Bcorers with scorers with eleven points. James
Ariola led in reboud Ariola led in rebouding with six. The
defensive players of the game were Clay Sharay. James Ariola, and
dite gate Clay Sharp, James Ariola, and
Russell Alexander. players were Clay Sharp and Wes
Hattey. The Clarendon boys junior varity play Claude Friday. December 14 in
Clarendon and at Valley Tuesday



 s.ards

4-H Club members from 20 area
counties received the Gold Star include Doug Hawkins and
Lesia Fuston from Donley County, Sabrina Kile and Adrian Garza from. $\begin{array}{ll}\text { Award at the Panhandle District 4-H } & \left.\begin{array}{l}\text { Schiltree County and Stacie McDon- }\end{array}\right]\end{array}$
Lakers Homemakers met Dec. 10
> dat, jolly old man who lives at the North Pole with his wife, several dozen elves and nine reindeer and
delivers gifts to children all over the delivers gifts to children all over the
world once a year? If you don't believe it now, chances are you probably did believe it when you were a child. And it was good for you, too.
"Fantasies serve many purposes." explained Jerry McGill, Ph.S., a psychologist at Texas College of Osteopathic Medicine. "It is
part of a child's normal growth part of a child's normal growth.
Children use fantasies as a way of actin © to a fear and coming to terms with it."
Dr. McGill explained that young children do not understand the
difference between fantasy and difference between fantasy and
reality. "Children 3 to 6 have a fluid reality. They don't make a distinction between what is imaginary and
what is reality

## Howardwick News



## Cancer Board meets

The Donley County unit of the American Cancer Society was called
to order by Genevieve Caldwell president, the November 19, 1984 meeting held in the Hospitality Room of the First Bank \& Trust Company in
Clarendon. Pam Scott, the new Clarendon. Pam Scott, the new
representative from Amarillo was introduced by Mrs. Caldwell.
and reports on the 1984 Grea
American Smoke-out with YAC American Smoke-out with YAC
(Youth Against Cancer) assisted Youth Against Cancer) assisted
the Public Education were made. Mary Katheryn Hayes is the YAC Edairman and Kay Hayes is Public Education Chairman. Mary
Katheryn reported plans for fund Katheryn reported plans for fund
raisers to be held after the first of January 1985. Johnny Leathers is
the Junior High School Public Edu-
cation chairman.
The Golden Act
The Golden Achievement Award was presented to Jeff Walker for his
continuing contribution of great efcontrinuing success in in the Bike-A-Thon,
fort held in the spring each year during
the Cancer Crusade. Also certif.the Cancer Crusade. Also certificates plus pins for ten years of
service to the Cancer Board were presented to Dr. Richard Gilley, Barbara Cosper, Pauline Heath, Redell Henson, and Frankie Henson.
Redell Henson, Redell Henson, chairman of
Services and Rehabilitation, received a plaque for his devotion to that

## 2

 SAVE ${ }^{5} 1000$. ' 1800Year End Clearance Sale
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Amarillo's Biggest Little
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650 Tractor, 17 H.P...... $\$ 5229$
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|  | Finance $/ \mathbf{m o}$ | Lease/mo. |
| :--- | ---: | ---: |
| $\mathbf{6 5 0}$ | $\mathbf{\$ 8 5}$ | $\$ 93$ |
| $\mathbf{7 5 0}$ | $\$ 96$ | $\$ 105$ |
| 850 | $\$ 107$ | $\$ 118$ |
| 950 | $\$ 129$ | $\$ 142$ |
| 1050 | $\$ 146$ | $\$ 160$ |

This Offer Will Not Last Long So Buy Now And SAVE! TEXAS TRACTOR AND EQUIPMENT CO.


## WELCOME TORJ's

Come try our fine food and friendly atmosphere


Hours 5 a.m. to 11 p.m. 7 days a week


MINI-CAR

TO BE GIVEN AWAY BY A DRAWING, Wednesday Dec. 19th. 4 P.M.
You must be 18 years old or over to registor. Registrafion must be on an official entry blank. No substifutations will be allowed! [No parchacee necesasarl]

[Employees and familles of Saled's Inc. Gibeon's - Clarendon - Childras
patients that the Does
equipment and services unit has these persons if they will contact
him . Helpis is him. Helping is the purpose of the Cancer Board Medical Director, Dr. Richard L. Gilkey, presented an excellent program on cancer. He
gave an update on the cancer situation in Donley County reporting that there were 22 cases of the disease reported in 1984. The
response of the cases to response of the cases to medical
treatment is encouraging but the reambent of cases of cancer is not.
number The number of cases of lung cancer is rapidly approaching the number of
breast cancer cases in breast cancer cases in women and is
directly linked to smoking. The two directiy linked to smoking. The two
kinds of cancer, lung and breast, are expected to be equal in number in women by next year. Breast cancer
has for many years been the has for many years been the most
frequently diagnosed type in women. An excellent number of members received this timely information. They were Onita Thomas, Melinda McAnear, Leona Henson, Naomi
Phelan, Barbara Cosper, Mary Hazel Phelan, Barbara Cosper, Mary Hazel
VanZandt, Imogene Brumley, Martha Jo Scholenbarger, Diane Chamberlain and Dr. R.L. Gilkey. Also present were Darlene Spier,
Margaret and Joe Wells, Jeff Margaret and Joe Wells, Jeff
Walker, Pauline Heath, Johnny Leathers, Mary Ruth White, Pam Scott of Amarillo, Frankie and Redell Henson, $\begin{aligned} & \text { Roxanne } \\ & \text { Genevieve } \\ & \text { Caldwell }\end{aligned}$ Strickland, Grady Book Club

The 126 Book Club held its annual Christmas party December 4, in the

Christmas party December 4, in the
home of Hazel Brandon. Assisting
Mrs. Brandon as hostesses Mrs. Brandon as hostesses were
Jessie Adams and Oressa Delaney. Jessie Adams and Oressa Delaney.
They served fruit cake, assorted Christmas candy and cookies, hot punch and coffee from a beautifully decorated table.
Glenda Hawki
Glenda Hawkins presented the
program which was a delightful program which was a delightful
story, "Pappa Panov's Special Day", This was followed by a gift exchange. Attending were Mary Thornberry,
Mary Hazel VanZandt, Rachel ButMary Hazel VanZandt, Rachel But-
ler, Jessie Adams. Viola Bones, Norma Jones, Glenda Hawkins,
Dikki Howell, Oressa Delaney, Hazel Dikki Howell, Oressa Delaney, Hazel
Brandon and Frieda Tucker. Brandon and meeting is January 15.
The next mater


## Senior Citizens News

## Thank you, thank you, thank you, our volunteers are the greatest, we Alta Adkins, Della Allen, Barney Baten, Thelma Behrens, Linda Kay Bell, Viola Bones, Ann Bunyan, Anna Gay Ceniceros, Norma Corgill, Lillian Eudy, Doyle Goebel, Amy Lawson, Pat McCombs, John Montgomery, Marie Sides, Oscar and Sharon Thamas, Verdie Tipton and Fred Russell. Fred Russell. Thanks to the f <br> Thanks to the following for putting up our Christmas decoratiois. It looks so nice. Skinnie and Gwen low Putman, Woody and Louise Argo, Truett and Thelma Behrens, Tenie Truett and Thelma Behrens, Tennie Smith, Barney Baten and Pat

Monday-Exercise Practice 7.9 p.m. Tuesday-Blood pressure clinic 9 a.m. $\begin{array}{ll}\text { love them for their super services. Tuesday-Blood pressure clinic } 9 \text { a.m. } \\ \text { Volunteers for November } 1984 \text { are: } & \text { to } 1 \text { p.m., Exercise } 11 \text { a.m., Art and } \\ \text { Alta Adkins, Della Allen, Barney } & \text { Crafts } \text { i p.m., Dance } 8 \text {-11 Com- }\end{array}$ MeCombs.
Thanks, thanks, thanks to the Arts \& Crafts for the lovely party on
Tuesday, December 4, 1984. The gifts presented to all the employees gils presented to all the employees
was truly appreciated. The punch and cookies was delicious, the felWhhip wonderful. Carmen didn't get out on Tuesday,
December 4th, so Anna Gay December 4th, so Anna Gay took
blood pressure. Only twenty-three came by, it was a cold, rainy, snowy
day. The Center is open for Game Night on Thursday, so while you are out
shopping during the shopping during the merchants late
night shopping night gignt shopping night on the 13 th,
come by for a cup of coffee or tea to rest and visit awhile. Arts \& Crafts
till have 4 few still have a few items on their table for sale.
Southwest "Airlines once again presents the "Hore for the Holiday program, where they provide the
complimentary airline transportatio within their designated area of service for a set number of senior
citizens. This is Southwest Airline citizens. This is Southwest Airlines
gift to some of these special people. gift to some of these special people.
Donley County Senior Citizens As. sociation received two of these tickets to be awarded to our people.
This year the awards to go Della This year the awards to go Della Calendar of Events Calendar of Events
December 13-19 Thursday-Exercise 11 a.m., Game
Night $6-10$ p.m. Night $6-10$ p.m.
Friday-Exercise
$\qquad$ Senior Clitizens Menu
December 13-19 Thursday-Fried fish, baked potatoes, buttered beets, coleslaw, apple cob bler, hushpuppies, milk, tea, coffee.
Frdday-Oven fried chicken, cream gravy, peas and carrots, Waldor salad, vanilla pudding, hot rolls. milk, tea, coffee.
Monday-Liver and onions, cheese
grits, brussel sprouts, lettuce tomato salad, fruit and cookies, hot rolls, milk, tea, coffee. Tuesday-Steak patties, mashed pota oes with cream gravy, green beans.
ime Jello with pineapple, hocolate chip cookies, dinner rolls, milk, tea cofffee.
Wednesd
Wednesday-Pork roast with natural gravy, sweet potatoes, broccoli,
English pea salad, purple plum, Engish pea sala, purple plu
dinner rolls, milk, tea, coffee. PTA Stew Supper success supper was held Tuesday, December 4 th with over 275 persons in at-
tendance. The total sales for the supper was $\mathbf{\$ 7 3 0 . 0 0}$, netting a nice profit for the PTA finance budget. The third grade classes of Mrs
Jones and Mrs. Land were ones and Mrs. Land were the
classes to sell the most advance tickets with each class selling over 100.00 each. Those two classes will be treated by the PTA to chocolate
sundaes for their efforts in the fund raising project. President Elmonette Bivens expressed her thanks to all those who brought desserts and worked on the
project, helping make it a great project, helping make it a great
suucess. The funds raised will be used for projects of the PTA for our
students in Clarendon Schools.

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