
hunter's safety coursé, cought by Ronnle. McAnear, wes

We hope the New Year rings in the very best for you. Good luck, good health and good times to all!


PAULA BURROW, Patsy Fondren, $\quad$ graduated from Medical Center
Take precautions with alcohol, warn TCOM Scientists

Celebrating the holidays with an
alcoholic beverage is a tradition in our culture, but society's attitude toward drinking has changed over the years. Today, according to Michael Emmett-Oglesby, Ph.D., 0 the pharmacology faculty at Texas
College of Osteopathic Medicine, people are expected to act res ponsibility when they serve or con me alcohol
Being publicly intoxicated is not
ceeptable today. Alcohol is the main drug of middle America, but the trend in this segment of society is towards responsible drinking," he
said. To aid responsible drinking, $\mathrm{Dr}_{\text {r }}^{\text {rid. }}$

Emmett-Oglesby
food be available ood be available with the first round absorption of alcohol ind delays the A hostess should always have food available, and guests should eat when they drink." Another recommendation offered by Gary Wimbish, Ph.D., of TCOM's
pathology faculty is to consume only pathology faculty is to consume only
one drink per hour. "One beer or one ounce of whiskey in a mixed drink per hour is usually a safe limit.
Two drinks per hour can Two drinks per hour can lead to
intoxication," he said. "If you do intoxication," he said. "If you do
overdrink -. say six drinks over a three-hour period ... you're coming close to being legally intoxicated." "If you do exceed the limit, be sure to ask someone else to drive you
home," added Dr. Emmett-Oglesby. "In Scandinavian countries it's a common practice to designate one member of a group of partygoers as a non-drinking driver." But sticking with the one drink per
hour can be difficult. "Alcohol impairs our ability to make sound decisions," Dr. Wimbish explained.
"If a person commits to one drink per "If a person commits to one drink per
hour before the party, that commithour before the party, that commit-
ment is weakened after the effects of the first drink. Sometimes people need loving s.upport to honor their

Both men caution drinkers not to mix medication with alcohol, specifically sleeping pills, tranquilizers and antihistamines, which can cause a complications.
Also, alcohol stronger than a light beer inhibits acid and gastrin production in the stomach. It can compound the effects of overeating
by causing an upset stomach as well ay causing an apset stomach as well
as $200-300$ calories to a dieter's daily intake with just one
mixed drink or full-bodied beer mixed drink or full-bodied beer.
Both scientists confirm that Both scientists confirm that only
time can eure a hangover, although time can cure a hangover, although
over-the-counter medication, such as over-the-counter medication, such as
an antacid to relieve gastric irritation or pain reliever, can help you feel better while you're waiting.
If you're going to drink through
the holidays. Dr. Wimbish suggests providing yourself with a good nutritional (food supplement) sup-
port. "Any drug or port. "Any drug or chemical that
produces stress in your system can produces stress in your system can
reduce your resistance to illiness. Alcohol is a stress factor
The TCOM faculty members are not preaching "no drinking." plained Dr. Emmett-Oglesty. "It drinking alcohol) is part of our
tradition and culture and when done properly, it really does enhance,
holiday spirit."

Lady Broncos take 2nd place in
Samnorwood Tournament

The Lady Broncos opened the new season with a slow start, but have
been improving and progressing ever since. Their current record is 4-6. This year's team may have only two
seniors, but they are finding that the key to success lies in team work. The Lady Broncos are: Gayla
Clifford, Muzzy Hayes, Shay Newand, Tammie Chambless, Janet Amanda Page, Gwen Bohanon, Kami May, Shanna Cole, and Stefan Graham.
In the season opener against the Panhandle against the Panhandle
Panthers, the Lady Broncos had tough time as the game came to a
close with a score of Panhandle 59 , close with a score of Panhandle 59,
Clarendon 28. Tammie Chambless Clarendon 28. Tammie Chambless
was high-scoring player with a total was high-scoring player with a total
of 12 points. She was also "player of the game'
Next, the Lady Broncos stopped he Valley Patriots with a score of Broncos 34, Patriots 23 . Janet Risley
ed in scoring with 8 points, and Muzzy Hayes had 6 . They also had 9 and 7 recoveries, respectively. Jane as "player of the game".
On November 27 , the Lady Broncs
traveled to Claude where they were raveled to Claude where they were
defeated. Muzzy was high-point player with 4 points and Tammie was 'player of the game"
The Lady Broncs competed in the Spearman Tournament where they
played Spearman and Perryton. In played Spearman and Perryton. In
the first game, they played Spearman and were finally defeated $54-37$. Janet scored 9 points for high-point player and Tammie scored 8. f 7 . Tammie was also "player of the of 7 . Ta.
game."
In .

In their next game of the tourna-
ment, the Lady Broncs played class
3-A Perryton. Clarendon played tough game but were finally defeated
by a 12 point margin of $50-38$.
Muzzy was high-pointer with 11
points and was also "player of the recoveries. Gayla Clifford led all recoveries with a total of 7 .
The Lady Broncs next played The Lady Broncs next played
Hedley at home. The Clarendon girls Hedley at home. The Clarendon girls
played very well as the game came to played very well as the game came to
a close with Clarendon 42. Hedley 35. High-point girl was Janet with a total of 10 , while Muzzy scored 8 points and Gayla scored 7. Janet was 'player of the game
Clarendon, then entered into the Samnorwood tournament where they
played some excellent games to finish with second place.
In the first game, their opponen
was McLean. The Lady Broncos was Mctean. The Lady Broncos le almost the entire game and defeate
McLean $38-28$. Kami May was high-point player with 8 total points. while Gwen Bohanon, Shay Newland and Janet Risley added to the win with 6 points each player of the game
The Lady Broncos
eeded into the winners bracket ate, against Shamrock Cest game to played a control ballgeck. Clarendon entire game. Although the competition was toulgh, the final score was: Clarendon 40, Shamrock 37. Almost every member of the team scored
with Tammie 10 , Muzzy 8 , Shay 6 Gayla 6, Kami 4, Janet 3, Kristen ${ }^{2}$ Gayla 6, Kami 4, Janet 3, Kristen 2
and Christi 1. Muzzy also had 6 recoveries, and Shay had 4. "Players of the game" were Kami and Janet.
Ine championship game, the Lady Broncs played Samnorwood. The score was close throughout the
aame, and the two teams battled to he end, but the Clarendon girls were inally defeated by a slim 3 point
margin. The score was Clarendon margin. The score was Clarendon scoring were Janet, Shay and Gay

## New recordkeeping

 rawienensFor 1985 and later years, taxpayers must keep adequate contem-
poraneous records, as required section $274(\mathrm{~d})$ of the Internal Revenue Code, to substantiate any
investment tax credit or deduction with respect to the business use of certain listed property (including passenger cars and computers), and Pravel, entertainment, and gift ex-
penses. If the taxpayer does have adequate contemporaneous
records, no credit or deduction allowed for that item (unless the lack Donley County Building Committee meeting Dec. 28

You are invited to attend the annual meeting of the Donley County
Program Building Committee on Friday, December 28, 1984, at 12 noon. The meeting wil be held in
courthouse in Clarendon.
The basic function of the committee is to provide program direcFarmers Tax Guide Extension office
Copies of the Farmers Tax Guide for use in preparing 1984 tax returns are available at the County Extension
office. according to Ronald Gooch, County Extension Agent. This booklet explains how the federal tax laws apply to farming and
ranching. It gives examples of
tion and suppty
beyond the taxpayer's control, in
which case the records can be reconstructed).
Tax return preparers must advise their clients of these recordkeeping requirements, obtain written certifirequirements, obain
cation from their cliens that ade-
quate records exist to support quate records exist to support
amounts claimed, and sign the return or claim. (Return preparess are not to sign the return or claim if the written certification has not been received.) Penalties are provided for
failure to comply with these preparer
the committee is composed of the Executive Committee and the
members of the $4-\mathrm{H}$ and Youth Family Living, Field Crops, and Beef Cattle and Range Committees They need your help in planning programs that will benefit the people Anyone interested in planning benefit all of the people of Donley available at ypical farming situations and dis-
cusses the kinds of farm and ranch cusses the kinds of farm and ranch
income you must report and the different deductions you can take.
For your copy of the Farmers Tax For your copy of the Farmers Tax Guide. go by or call the County
Extension office at $874-2141$. Gooch said. nts claimed, and sign the return ten certification has not been

Shay played a super game, while bringing down a total of 15 rebounds. Shay was also "player of the game".
Lady Broncs brought home a second lady Broncs broug In the final the Lady Broncs traveled to Valley where the Patriots skimmed over Clarendon with Valley 37, Clarendon
36. The Clarendon girls led throughout the game, but the Patriots came back late in the second half tootie up Lady Broncos, they lost in orvertime by 1 point. Janet had 11 points, and

Muzzy had 8. Shay led in rebounds with 10 , and also led in assists with 4. Amanda and Janet were "players of the game".
The Lady
The Lady Broncos next home game
is against Panhandle on December is against Panhandle on December
29. Come out and support these



## Cannon-Refermat Wedding



## Let's compare <br> Maybe I can save you some money on insurance: Allstate <br> Youre in good hands.

Life Homeowners Auto/ Boat/RV :Business Health EMYBTT 0. SIMMONS Smsurance

IM sammone
a7Le9106 bouquet.

For her daughter's wedding, Mrs For her daughter's wedding, Mrs.
Cannon chose a floor-length plum
taffeta dress featuring a bateau neck, taffeta dress featuring a bateau neck, modified dolman sleeves, belted
waist, and full skirt, Mrs. Refermat waist, and full skirt. Mrs. Refermat,
mother of the groom, wore a chammother of the groom, wore a cham-
pagne pink silk floor-length gown featuring a high ruffled neck, full sleeves gathered into a cuff at the
wrists, a blouson bodice, belted wrists, a blouson bodice, belted
waist, and full skirt
Both, mothers waist, and full skirf. Both mothers
wore silk roses to match their dresses.
Wedding guests were registered
inserts of lace accented with mothe of-pearl sequins and pearls. braceful skirt at the hemline that swept to a back fullness to create a
chapel-length train. The headpiece designed by Chloe' was a crown of Alencon lace trimmed with mother of-pearl sequins and pearls, and from it fell a chapel-length veil of
illusion with fingertip blusher. Her illusion with fingertip blusher. He gypsophelia, freesia, ming fern and Comosum-vittatum trimmed with streamers of white satin picot ribbon.
Maid of Honor was Miss Lisa Maid of Honor was Miss Lisa
Cannon, sister of the bride; brides maids were Mrs. Aaron Morris of Austin, cousin of the bride, and Mrs. Ron Olderag of Austin, friend of the
bride. Junior bridesmaid was Miss Kride. Junior bridesmaid was Mis niece of the bride. The bridesmaids wore formal length burgundy gowns featuring velvet bodices with poet
sleeves and full moire taffeta skirts. sleeves and full moire taffeta skirts.
Kim's dress was of the same style in Kim's dress was of the same style in
pink moire taffeta. The four carried silk arm bouquets of pink and
burgundy roses and phlox trimme burgundy roses and phlox trimmed
with gypsophelia and eucalyptus. with gypsophelia and eucalyptus.
Tom Refermat of Hartland, W Tom Refermat of Hartiand,
consin, brother of the groom, served as Mike's best man. Groomsmen were Jerry Kemp and Jack Moceri of San Diego, and Greg Schwartz of
Mesa, Arizona. Joey Refermat, Mesa, Arizona. Joey Referma
nephew of the groom, served ringbearer. Mike chose grey Bill Blass tuxedos with black cummerbunds and bowties for the men in the wedding party. He wore a grea
cutaway with matching vest and cutaway with matching vest and bowtie; his bou to match the bride's
rose trimmed to

heqular or assorted flavors

sister of the groom. Members of houseparty were Mrs. Dee Goodman, Mrs. Sheilah Prihoda, Mrs. Jan Murphy, Mrs. Randee Cannon, Miss Mrs. Marcie Lenihan.
Following the ceremony, a recep-
tion was held at Washington-on-the tion was held at Washington-on-theBrazos where the guests enjoyed
barbecue and dancing. The bride's barbecue and dancing. The bride's
three-tiered white cake was accented with burgundy and pink roses and greenery and topped with a music box featuring a bride and groom
dressed identical to Mike and Hulda. The groom's cake was chocolate decorated with frosted grapes and wreenery. Decorations for the hall were baskets of silk English garden
flowers designed and presented as a flowers designed and presented as a
gift to the bride by Mrs. Susan gift to the bride by Mrs. Susan
Boudreaux, who also made the bridesmaids' bouquets, the mothers' corsages, and the groomsmen's
boutonnieres. Burgundy candles and boutonnieres. Burgundy candles and
English Ivy completed the decor. English lvy completed the decor.
Out-of-town guests for the wedding were Mrs. Rose Richards of Depew, New York and Mrs. Anna
Refermat of Phoenix, Arizona Refermat of Phoenix, Arizona,
grandmothers of the groom; Mrs. grandmothers of the groom; N
Marie Patryyk of Lancaster, New York; Mr. David Richards of Rochester, New York; Mr. and Mrs. Thomas Refermat, Joey and Mark of
Hartland, Wisconsin; Mr. and Mrs. Tony Gonzales of Glendale, Arizona; Miss Lynn Refermat and Mr. and Mrs. Mike Refermat of Phoenix,
Arizona; Mrs. Marcia Jack Moceri, and Mr. Jerry Kemp of San Diego; Ms. Alison Buffington and Mr. and Mrs. Robert Walters of Houston; Mr. and Mrs. J.F. Cannon
of Crowell, grandfather of the bride of Crowell, grandfather of the bride;
Mr . and Mrs. Kerry Cannon; Kimberly, Mike and Robbie of
Oklahoma City; John R. Olivery Lt. Col. and Mrs. John R. Oliver of Lampasas; Mr. and
Mrs. David Chase of Odessa: Mr and Mrs. Ron Olderag, Mr. and Mrs. Ross Oliver, Kyle and Carrie; Mr. and Mrs. Mark Swope and family, Mr. Paul Cobb, Mr. Chuck Johnstone, Ms. Thelma Crawford; Mr. Corrie; Dr. and Mrs. W.E. Dolman Morris, Jacob and Joshua; Mr. and Mrs. Paul Guyton, Erica and Angela
and Mr. and Mrs. Robert Harrison Austin; Mr. and Mrs. W. Dennis Austin; Mr. and Mrs. W. Dennis
Harrison of Clarendon; Mrs. J.D.
Jones of Dalhart: Mr. and Mrs. Jerry Lane and Lauren of Brenham; Mr. and Mrs. Mike Murphy of San
Antonio; Mrs. Marcia Lenihan of Antlas; Mr. and Mrs. B.H. Patterson and Mrs. Roy Turner of Lubbock; Miss Ginger Sisson and Mr. Blake Cannon of Oakland, California; Mrs.
Peggy Crittenden, Mrs. Sue Ash Peggy Crittenden, Mrs. Sue Ash
burn, and Dr. and Mrs. John Mason of College Station; and Mr. and MRs. George Galloway and Mr. and Mrs.
Don Becker of Bryan Don Becker of Bryan, The couple is at home at 300 South moon to Europe is planned for the spring.
avery Tharnder Proese is published every Thurrchy, at 106 S . Kearnay and entered pe Second Clase Mail at
the post offye nt Carendon, Yexas.
J.C. and Holen Woody, pubJuhers and Edito Sabertption ritesi $\$ 13.00 \mathrm{a}$ yeaz your in Donley County.
Any erroneous reflection apon
the charactor of any perion or firm
appearing fin these columne will be
appearing it these columne will be
glidyly and prompty corrected upon
belng broaght
management.

PRENUPTIAL COURTESIES Friends and co-workers at General
Dynamics honored Hulda Dynamics honored Hulda with a
party/shower at Old Town Mexican Cafe in San Diego on October 11 A mis
A miscellaneous shower was given by Susan Gauer, Marcia Lowe and San Diego on October 17. Hulda was honored with a mis-
laneous shower in the home of
The Star Spangled Ban-
ner"" bore another name
when it was first published
when it was sirst published
in 1814 it was called
The Defense of
"The Defense of Fort Fort
McHenry.

There are about 326 million
cubic miless of water on
earth. Each cubic mile con. earth. Each cubic mile con-
tains over a million million gallons of water.

Mrs. Dee Goodman in Navasota on ovember 2; Dee, Darla Butler, and
usie Pool were hostesses Carol Jean Falco hosted a rice lower party in her home on the evening of November 7 . On November 9, out-of-town
friends and friends and relatives joined the wedding party for a rehearsal dinner Approximately fifty people attended. "Boyex will be boys, and so
will e. lot of midde-aged

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Cary Don \& Pamela Noeloy Income Tax Proparation Individual Returns
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## Senior Citizens

| December 27-January 2 <br> Thursday-Baked Ham with cherry | English peas, carrot and raisin salad, cherry cobbler, hot rolls, milk, tea, |
| :---: | :---: |
|  | Thursday-Baked Ham with cherry coffee. |
|  |  |
|  |  |
| coffee. Friday-Fist sticks, tarter sauce |  |
|  |  |
| french fries, stewed tomatoes, coleslaw, pear halves, hushpuppies, milk, tea, coffee | Monday-Spaghetti and meatballs |
|  |  |
|  |  |
| Monday-Pork cutlets, green beans, potato salad, fruit cocktail, hot rolls, milk, tea, coffee. | Clos |
|  | esday-Large lima |
| Tuesdery-Beef tips on noodles, yellow squash, red Jello with fruit, plain cake with lemon sauce, byead, milk, tea, coffee | spin |
|  |  |
|  |  |
| Wednesday-Salisbury steak on rice, sweet peas, pineapple and cheese salad, cherry cobbler, dinner rolls, | Senlor Clitzens Calendar of Events |
|  | Thursday-Exercise |
|  | Thursday-Exercise |
|  | Friday-Exercise 11 a.m., Birthday/ |
|  |  |
|  |  |
|  |  |

## Statistics show newspapers outdistance other forms of

 communication

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de
in
deniable proof of newspap
in all other He cited the high readership interest in local news as an example of "Newspaper wallop for a better informed community and state."
Williams pointed out the followin Williams pointed out the following
additional facts that were revealed by the survey date:
${ }^{*} 82.8$ percent of Texans read all local news in their newspapers; 70.3 percent read the specia ${ }_{*}{ }^{\text {sections; }}{ }^{2}$ percent read the editorials, and
*54.3 percent read the state news. Williams also cited local merchant
ads as the most thoroughly read ads as the most

advertising matter. Those figuad | read: |
| :--- |
| 49 |
| 8 | 89

percent of Texas newspaper readers usually or at least sometime read aill local merchant advertising
$* 85.4$ percent usually or some times read all grocery ads; *85.8 percent usually or some-
times read all the inserts in newspapers, and
papers, and
\&85.59 percent usually or some-
times read department store advertimes read department store adver-
tising. tising.
The survey also outlines the The survey also outlines the
strengths and weaknesses of direct strengths and weaknesses of direct
mail along with radio and television. Direct mail advertising in Texas,
much of it conducted by out-of-state much of it conducted by out-of-state firms, is usually read by 43.7 percent
of the addresses, with only 31 percent of that number reading all of a single mailing.
Radio and television while being
listened to by as much listened to by as much as 73 percent
of Texas consumers and seen by at of Texas consumers and seen by at
least that many people, nevertheless. must divide those numbers by dozens of station and channels.

Jonn Taylor, Director of the Texas "Our newspapers represent major (TNAB), explained that an analysis local payrolls and substantial taxof the massive survey easily reveals payers to the local, county and state numerous additional newspaper glance.
Every Texas newspaper is a dues payer to its community and state, as wely/s a major contributor to a better
society. Texas newspapers society. Texas newspapers, their publishers and staffs have spent
lifetimes creating communities that

School Menu

## Tueslay-New Years

Wednesday-Beef pot pie with vegecheese wedge, pears, milk. Thursday-Chip 0 Pie with cheese. buttered corn, tossed salad, cookies, Friday-Hamburger on bun, sliced Priday-Hamburger on bun, sliced
cheese, onions and pickles, French fries, plum cobbler, milk.


In the 1400 s , people began to mount their shoes on sep
arate wooden blocks to pro arate wooder blocks to pro
tect their footwear from mud and water. These were
the forerunners of heeled

Page 3

Texas business and a solid wallop for munities alike...far outdistancing all
other forms of communication Results of Texas Consumer Survey 4, the largest and most comreadership, listening conducted on sopping habits, heavily documents exas newspaper superiority newspaper every week, with 80 ercent reading their local comminity newspaper; ds, and
ad local merchant that the percent of the readers say re important to them personally, These are just three of the dozens of highiights revealed by the stateConsumer Date Service (CDS) by oklahoma City.
supervision of Dr. Ernest Larkin, director of the Journalism Research Center, University of Oklahoma.
The study also provides in depth detail of the vast audience appeal of Texas newspapers. This portion of the date emphasized:
(A) 69.6 percent re (A) 69.6 percent read at least five

As many as 90 couples of At rican social weaver birds
may join to build a huge community nest-a nest
versionof the modern apart-

## Chamberlain moron courame

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sion channels of all don't even accept
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$\Theta$ First Brmitatrust
OF CLARENDON

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

from visiting her clily dren. She spent three weeks in St. Louis, Missourt with her son and daughter-indaw, Bob and Barbara Henry and her Bob Levergood. Then she joursyed Boo Levergood. Then she jourayyed
to Los Angeles to the home of hef ther son and daughter-in-law. Eugene and JoAnn Henry where she
spent a pleasant week. JoAnn is just spent a pleasant week. JoAnn is just and had a few days off so they drove down the coast. The sun shone and he weather was lovely. She got home Wednesday. She said she most of the way from California to Amarillo.
Mother and Nettie Alexander shopped in Clarendon last week. happen to me if they didn't read about it in the PRESS. So here it is: Lola Brown and Nettie Alexander shopped in Clarendon last week 1 III
Shanna McCrary is on the sick list. It's bad anytime a child is sick, but it's especially bad when they're sick at Christmas. Hopefully she'll be Ceeling better before Santa gets here. Paula Clendennen of McClean last week. She and Opal shopped in Clarendon Thursday.
Nell Land and Mollie Dictson Pauline Bridges is Clarendon Mast week.
Dorothy Johnson is in California visiting her children. If she's smart, she'll stay until spring. The weather as it is here. We've had abour four inches of rain during the last week. Im not complaining, mind you. I'd rather have mud anytime than snow.
Most of the time, when it snows, it Most of the time, when it snows, it
blows into the road and makes them impassable.
Virgil McPherson is still poorly.
He's been to the doctor several times He's been to the doctor several times
and has had several sets of ma has had several sets of $x$-rays she said he had to go back for more week. Becky and Tom Edmond-

## INSURANCE CAN BE AFFORDABLE

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Carendon, Texas

## boen here and Kathy Risharidson of Lawton and Carolyn Kirkland Lawton and Carolyn Kirkland of Opal moral support. <br> Fred, Su-San, and 1 went to Hartley Tuesday and Hartley Tuesday and spent the night with Hubert and Pauleen Green with Hubert and Pauleen Green. We attended the Eastern Star Chap ter in Channing Tuesday evening then During the meeting. Fred's cousin, Alleen McCants Ledbetter received Alleen McCants Ledbetter received her certificate for fifty years of her certificate for fifty years of membership in the Eastern Star Fred also received a watch which belonged to his uncle. Houston Akers was a conductor Akers was a conductor on the Fort Worth-Denver Railroad. He was also Worth-Denver Railroad. He was also a Mason and at the Grand Lodge Session in Galveston in 1903, he had his watch converted to contain the 12 Masonic Emblems instead of numbers. Shortly after the Session of Grand Lodge, the flood which almost destroyed Galveston occurred and also a train wreck near Channing took the life of Houston Akers. His will stipulated that the watch His will stipulated that the watch to be given to a male relative that was be given to a male relative that was active in Masonry. After about fifty years, the watch has been given to Fred. He was very surprised when he was presented with it. 1 knew he was going to get it, but didn't tell was going to get it, but didn't tell him. So much for the theory that woman can't keep a secret1 On Wednesday, December 19 the First Baptist Church in Hedley had its annual Christmas party. Charla Crump read the Christmas Story an the children of various Sunday school classes acted out the story wearing traditional costumes. Some of them were very original versions of the traditional ones. Santa made a visit and was ably assisted by Kay Skaggs. Everyone received a gift from him. The children voiced their from him. The children voiced their wishes to Santa. One little girl who is wishes to Santa. One little girr who is fortunate enough to be bilingual used ortunate enough to be bilingual uased both her languages to talk to Santa. I understand he speaks all lan. guages. R.H. an <br> R.H. and Tommie Alexander of Denton came Wednesday and took Denton came Wednesday and took his mother, Mrs. Nettie Alexander

spend Christmas in Waco with their
daughter, Sharon. Before she comes home, Nettie intends to go to Houston and visit with her daughter, Pat Leslie. Mother will probably be
too busy to miss her very much too busy to miss her very much.
They visit regularly by phone acros They visit re
the street.
A.E. Rans
A.E. Rans

Thursday night escaped serous injury volved in night when he was inThe fog was bad, and he was struck by ano
off.
We
We enjoyed an early Christmas at
Mother's house Sunday, Mother's house Sunday. You know
how mothers are. She said she didn't how mothers are. She said she didn't
intend to go to much trouble since only the family would be there. When we got there after church, she had enough cooked to feed an army
or two. My brother, Leonard Mullins or two. My brother, Leonard Mullins
of Pampa was there along with $T$. and Nancy Mullins, Bill, Steve and Danny. My daddy, Curtis Mullins
came. Fred and I had came. Fred and I had our kids, Leon,
Su-San, Keith, and Guy. Thunde! Su-San, Keith, and Guy. Thundet
missed it. Leon brought Linda Ivy. We let mother open her gifts early, sence she will be in Amarillo with
William and William and Margie Mullins and
Chris on Christmas Day Chris on Christmas Day.
Josh and Matthew Tall
Josh and Matthew Talley and their
mother, Kay, sang at chy Sunday. They sang 'Away in a Manger'. Matthew is a little shy, but Josh sings right out. He has a clear,
find voice. ind voice.
I talked to
Itaiked to Elloise Spalding and she
said both she and Alfred were feeling better. Since she's expecting gell her
daughters home for Christmas. sure she's better. Roy and Juanita Brown got an
early start on the Christmas cele bration. Their grandchildren started arriving Sunday. By the time I was
there that night, the house was full there that night, the house was full.
Grace Burkhatter and Ricky, Rhonda Burkhalter, Pat and Sherrie Gallant, Brian, John and Nita of Oklahoma
City, R.L. and Marie Nortor, Melvin City, R.L. and Marie Norton, Melvin
and Joy Guinn. Billy and Reging 3nd Shanna of Memphis, Helen Crump and Karen and Kim of Clarendon, Mike and Dee Nutt and Tosha of Borger, Doug and Debbie Stitzel and
April of Amarillo, and Max Crump of April of Amarillo, and Max Crump of
Memphis were there. Roy and Memphis were there. Roy and
Juanita expect Roy Jr. and Les and
Kay Miller and Sidney Ketchum, Kay Miller and Sidney Ketchum,
John and Sarah Chitwood and Nicole John and Sarah Chitwood and Nicole
of Childress will be there later. of Childress will be there later.
1 hope I get to visit with Grace before she goes home. We started to school together and have been friends
since. Her kids are about the age of since. Her kids are about the age of
mine. I saw Randy
here last week.
here last week.
Robert Stafford was with Flossie Wood Sunday afternoon. I guess Jean is here with him. They live in Carlsbad, New Mexico wrote LaRay Shaw's letter to Santa
Claus! Claus!
By the time you read this, Christmas will be over. I hope everyone children will be with me, so if there aren't any presents under that huge tree Guy put up, my Christmas will
be merry. be merry.
How fo.
How fortunate we are here in
America. We have the privilege to worship the birth of our Savior in any church we want to. Most of us have more than plent of food and money to
buy all the gifts we want to for our buy all the gifts we want to for our
loved ones. We tend to take these privileges for granted. Most of the peoples of the world can neither
worship in the church of their choice worship in the church of their choice
nor do they have food enough to feed nor do they have food enough to feed
their children. We can travel the length and the width of this great land to be with family and friends at Christmas. Most people in the worls
must get permission from the ofmust get permission from the of-
ficials of their country to ficials of their country to go from one
city to another. How thankful we

Saf. Dec. 29

Johnny Woodard a Country Plus Mombors and Guests Welcome The Nuggett Too
should be.
As we begin a new year, I wish for or or you God's richest blessings.
HAPPY NEW YEARI
Les Beaux Arts
Club met Dec. 7

On Friday, December 7, 1984, Le: Beaux Arts Club members met at the
Patching Club House for a Christma tee and tree ornament exchange. A delicious variety of hors d'oourses,
finger sandwiches, and desserts finger sandwiches, and desserts
created by weated by Hostess Pam Fletcher
werved by Hostesses Betty Boston and Gladys Sawyer.
Members
Members
altending were: Baldwin, Marjorie Benson, Jo-
monette Bivens, Betty Boston, Kath ryn Cain, Pam Fletcher. Theda Hardin, Janice Knorpp, Tennet Rhode, Ruth Robinson, Gladys Saw-
yer, Lucy Saye, Anna yer, Lucy Saye, Anna Moores Sim-
mons, Bobbie Thornberry Thns, Bobbie Thornberry, Mary
Thornberry, Thornberry, Pat Thornberry,
Dorothy White, Edythe Carter, Vir$\xrightarrow{\text { ginia Browder, and guest Tonya }}$ Moreland.

PROFESSIONAL PLAY
PROFESSIONAL PLAY
For those loking for a new carer, pro-
sional beach volleyball is now an option.
fessional beach volleyball is now an option.
In 1984 the Pro Beach Volleyball Tour In 1984 , the Pro Beach o olieyball sour
cludes 13 tournaments in six states with
ctal prize money approaching $\$ 200,000$. he pro volleyball tournament series has
icked up sponsorship by Jose Cuervo equila and other products, and is no longer confined to the California beaches
Tournaments are held in such unlikely
beach"locations as the Arizona desert each"locations as the Arizona desert and

VOLUNTEERS GET GRANTS
VOLUNTEERS GET GRANTS
One adulf from each state, the District of
Cumbia and Puerto Rico has been named Columbia and Puerto Rico has been na med
he outstanding $4-\mathrm{H}$ volunteer in their state nd has received a $\$ 1,000$ grant from R. eynolds Industries, Inc. to help other
volunteers in their state. Most of the grants
will $b$. will be used to upgrade training for adults
who are voluntering time to the $4-\mathrm{H}$
'MERRY CHRISTMAS, TO THE GLORY OF GOD" The Bibie instructs us that what-
ever we do, "Whether, therefore, ye eat, or drink, or whatever ye do, do all to the glory of God." (I Corin-
thians 10:31) Even though many of the things
that we use to celebrate Christmas that we use to celebrate Christmas
have a paganish background,
believe we can still celebrate Christbelieve we can still celebrate Christ mas "to the glory of God."
Christmas is a wonderf I like Christmas. It is a time of excitement, decorations, a generous spirit of buying and giving gifts, of
singing Christmas carols, of family singing Christmas carols, of family
get-togethers. I like the joy it bring get-togethers. . like the joy it brings
to children and the pleasant memories it leaves forever in their minds.
Ilike the story of Christmas about the 1like the story of Christmas about the
baby Jesus, about the angels and baby Jesus, about the angels and
shepherds and stars and wise men.
From The
PEN of
PASTOR 苵
PINION


I like the symbolism of Christmas. Everything about Christmas points us to Jesus Christ. The TREE speaks of the humanity of Christ and also
points us to the cross. The decorapoints us the the cross. The decora-
tions on the tree all have wonderful symbolism. The GOLD speaks of His diety, the BLUE His heavenly character, the PURPLE of His royal-
ty, and the SILVER His redemptive work. The RED speaks of His blood and the WHITE at the bottom of the tree reminds us of His perfect righteousness. The STAR at the top
speaks of the star of Bethlehem and speaks of the star of Bethlehem and
the LIGHTS of the light of the world. The GIFTS around the tree remind us that every good and perfect gift
comes from God, and that we should knew from God, and that we should know how to give and especially to
give the Gospel message to those in need of it. This year may we truly celebrate
Christmas, "To the glory of God!"


Chamberlain noron cournur
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## FRED CLIFFORD



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ANTIBIOTICS WITHOUT PRESCRIPTION?

Many persons think of the antibiotics as prescription mesicines which can be obtained
only after visiting a physician or dentist Not so. Several antibiotics are available in
Not nonprescription ointments and creams in
tended for application to the tended for application to the skin.
Combining two or mo to incrass in one product tends to increase infection-
fighting effectiveness. One of the most popular preparations contains three different antibiotics and is sold under several trade name
ointment). Antibiotics often used in com bination include gramicidin, neomycin, baci-
tracin, and polymyxin-B. If the type of bacteria that is producing an infection is known (Gram negative or positive), use of only one antibiotic may be effective. Furthermore, there is
usually less chance of skin reaction if only one usually less chance of skin reaction if only on tetracycline and chlortetracycline are effective against several different bacteria, these antibiotics are not usually used in combination with
others. others.

Mike Wants
To Be Your
Pharmacist!



Prices Good At Gibson's - Clarendon Store Only
All Christmas Lay-a-way must be out by Dec. 24th

Recipe Roundup

Holiday illness a special case

While the family is gathered mas dinner, enjoying a ChristChristmases past the joy of giving and receiving the gins wily waiting under the tree, one
fame participate to the fullest bot able to chronic or serious the family and the patient cope wio this situation?
Coping with a chronic illness places a tremendous strain on the family unit as a whole," explained James Hall, Ph. D., a psychologist a
Texas College of Osteopathic Me, Texas College of Osteopathic Medi-
cine. "Under this pressure, relationships disintegrate, and there is a high rate of divorce.
But some families do cope well,
and Dr. Hall credits three and Dr . Hall credits three character-
istics that contribute to their istics that contribute to their success.
"First. the individuals within the family have a high level of flexibility to adjust and adapt to the changes in the family structure. Second, the family develops a lifestyle that takes into account the illness but does not
focus on it. so that the family can maximize its level of function. And third, the relationship is a long
standing one: People standing one: People are more apt to
bail out of a relationship that is bail out of a relationship that is not
well established." Dr. Hall said. He stressed the need for family members to find out what the patient is feeling. "Be aware of where that person is psychologically at that time. Let him express it in a socially
acceptable way. We don't allow people to be themselves. People don't just go through stages of accepting a disease without developing coping mechanisms. If a coping mechanism is working, for example use it to some extent," Dr. Hall suggested.
As for the holidays, Dr. Hall recommended keeping the celebra "Don't over-dramatize and make it more than you usually make it. If the iillness is very serious, the idea of our 'last Christmas' together can make the experience sad and disappoint-
ing. Put things into perspective. ing. Put things into perspective.
Everyone does not have to be Everyone does not have to be
distressed. Function in terms of what the holidays mean to the family and the patient today," Dr. Hall said.

OF SAFETY

Off-road driving and other
safety tips from the experts safety tips from the experts
at Isuzu, manufacturers of
the Isuzu P P P UP Pickup and he Isuzu P'UP Pickup and Offroading with a fourwheel drive vehicle can be a
great experience. It's a safe great experience. It's a safe
experience, however, only if you prepare for it, properly.
Go slow until you learn your Go slow until you learn your
vehicle, the terrain and your own abilities. Here are some -Plan. Leave your itiner ary with a friend or neighbor. amiliarize yourself with the area you are going to travel cordingly. When possible, travel together. Make sure you have enough fuel and -Buckle Up and Thumbs Up! Always-that's alwaysfeepen your thumbs and fing ers on the outside of the steering wheel. Potholes or rocks rip; it really hurta if a spoke catches you on the way -Anticipate. Look ahead, expect the unexpected. Watch
or others and remember that off pavement roadd are narvisibility. Be careful cresting hills. When in doubt check - Handling Hills. Plan. Use high range and low gears. traight up and straight straight up and straight
lown; avoid turning on steep


When climbing hills, drive When
straight up and straigh down. Always avoid turning on steep grades. grades. Stay away from
slopes. greater than 30 de slopes greater than 30 de
grees; they're not worth the adventure. Use four-whee -Snow. Use four-wheel dain momentum but reduce speed and take turns slowly and with caution.

## Hapy Mew Yeni

We Will be CLOSED Tuesday, January 1, 1985
$\Leftrightarrow$ First Banlhtirust
2) SLecurity STATE BANK
othoolor



The U. S. census bureau reported that the $19 / 0$ census missed about $5,300,000$ people.


Dependability's one reason more and more professional
farmers and ranchers rely on Production Credit for operating capital. And because making farm and ranch production loans is their only business. PCA is there when you Dependability help you need.
in the old west $\ldots$ and mighty important today at Production Credit ... your First Class, First Choice Ag Lender.
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Stamford
Matador
Spur
Munday



Recipes tailored to single lifestyle
by Donna Higgins
Del Monte Test Kit
EDITOR'S NOTE: Higgins is director of consumer services for Del Monte Corp. and heads the corporation's test kitchens. Despite the fact that single households increased 64 percent during the 1970 s and are expected to grow an additional 33 per-
cent in this decade, most cookbook and recipes still do not provide single-serving recipes still do not provide single-serving
instructions. However, since single households represent the fastest growing segment of the population according to the U.S.
census, that situation is bound to change.
singles are interested in a healthy lifestyle, and cook accordingly.
The following recipes have been adapted
to feed either one or two - depending on to feed either one or wo - depending on
your appetite. Although a loaf of raisinyour appetite. Although a loaf of raisin-
zucchini bread sounds like a lot, you"ll be tucchini bread sound like a lot, you'll be
surprised how fast it goes when served toasted in the morring and spread with
butter or creaina chese. And the chicken butter or creai, cheese. And the chicken
parmigiana and vegetable medley can be parmigiana and vegetable medley can be
whipped up quickly - in time to impress a guest. A cool salad, fruit and cheese for dessert, and crisp white wine would roun out the meal.
 small clove garlic, mince 2 teaspoons crushed basil 1 small carrot, cut in strips $1 /$ small red or green pepper, cut in strips Green Beans (No Salt Added), drained
soft. Add carrots; saute 5 minutes. Add pepper, saute 2 to 3 minutes. Stir, in green
beans; heat through. Serves one or two. where it averages .03 inches of rain per year


## PASY CHICKEN PARMIGIANA

 $1 / 2$ cup sliced onion1 clove garlic, minced 1 cilave gatric, mincen olive oil or sweet butter
1 can ( $14 / / 2$ ounces) Del 1 can ( $14 / / 2$ ounces) Del Monte Stewed Tomatoes (No Salt Added) 1 tablespoon corn
2 half chicken breasts, skinned and boned $1 / 3$ cup shredded mozzarella che

Saute onion and garlic in oil. Stir in omatoes, cornstarch and basil. Cook, stir-
ing constantly, until thickened St ing constantly, until thickened. Slightl) baking dish. Cover loosely with foil; bake at 425 degrees 15 minutes. Remove foil and pour tomato mixture over chicken; top
with cheese and heat through. Garnish with parsley. Serves one or two.


UNDERGROUND STOREHOUSE

 the winter. 4

The ruins of the world's oldest known building were discovered in 1960 in Tanzania,
Africa. The circular walls of lava blocks were eonetrueted about $1,750,000$ years ago.




