



## The Clarendon Press

Dedicated To Fair And Impartial Representation


Funeral Services held for P.C. Messer

Funeral services for Alvin Andrew 3 p.m. Saturday, November 21, 1987
in the First Baptist Church with Rev. ing. Intermbetter, Pastor, officiat tery in Hedley with arrangements under the direction of Robertson
Funeral Directors. Mr. Messer died at 11:45 a.m. on
Thursday, November 19, 1987 at his residence in Clarendon following a short illiness. He was born October in the Mck night Community most of his life before moving to Clarendon
in 1941. He married Opal Monroe on ctober 28, 1939 at McKnight. He had served as Donley County Clerk
and District Clerk from 1955 until his etirement in January 1987. He was a eteran of World War II having served in the U.S. Navy. Throughou
his lifetime he had been involved in many civic and church organizations

Clarendon EMS
nominated as
Service of the Year

Clarendon Emergency Medical Services was notified on Thursday
November 19, 1987 that they have been nominated as "Texas Panhan
die EMS Service Of The Year" hrough the Panhandle Emergen
Medical Services System. Inc. PEMSS has received a similiar
nomination on the state level. Of the he final choice will be made o December 8, 1987. The prestigous
award will be presented at the
PEMSS PEMSS annual banquet and meetin Lindsley. Paramedic who is the Texas Department Of Health, EMS Bureau Field Representative for the
southern Texas Panhandle. It is southern Texas Panhandile. It
important to note that so fa Clarendon has only been nominated tion, local area citizens will need to
show their support. If you, a friend show their support. If you, a friend,
or any member of your family has
benefited from their services or if you just wish to show your support for
their nomination, send a letter in their nomination, send a letter in
your own words stating why you think they deserve to win to: Pa
handle Emergency Medical Service Inc.. 4101 Mockingbird. Amarillo,
Texas 79109 . Address the envelope Texas 79109. Address the envelope
to Attention: Awards Committee. to Attention: Awards Committee.
Letters should be mailed no later than Saturday, December 5, 1987 in
order to be of any benefit. order to be of any benefit.
Suppor your EMS by writing a
letter today. The more support letter today. The more suppo
shown, the better their chances
winning. With a good deal of loca winning the award and bringing County. Clarendon EMS has the only two Mobile Intensive Care Equipped
units with 24 hour Advanced Life Support staffing between Vernon an
Amarillo There are currently personnel affiliated with the service
18 of which arc volunteers including

| Clarendon Lions Club where he was presently an officer and had held member of the First Baptist Church. Messer of Clarendon; one daughter, Katrina Hutson of Vanderbilt; one son, Tommy Messer of Amarillo; one sister, Lillian Walker of Hedley; sister, Lilian Walker of hedey, three brothers, L.D. Messer of Hedley, Carroll Messer of Hedley, Shack Messer of Wellington; and three grandchildren, Clay Messer of Balko, Oklahoma, Holly and John Mark Hutson of Vanderbilt. He was preceeded in death by one grandson Michael <br> Casket bearers were Bob Trout, Alvin Hicks, Darrell Leffew, Dave Croslin, Johnny Leathers, Norris Spurgeon, Gene Alderson and Sherman Cosper. Honorary bearers were Deacons of |
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Thanksgiving driving

Commander of the Texas Depart ment of Public Safety, Lubbock highways will mean more exposure to accidents this Thanksgiving hol day. Usually alcoholic beverages are consumed in large quantities during individuals will atteny intoxicate motor vehicle." The Major reminds the motoring public that the intoxiated driver is one of the highest
danger factors on the roadway con fronting the Texas motorist. "Much of this needless highwa slaughter could be prevented with
he use of a seat belt. It's use is abit and probably the best habit anyone can have. Besides being a
good habit, it is the law!" Major Cawthon said. In the past Thanksgiving, people up lost time. It is a known fact tha you can't make up time with exces sive speed. In the end, there is Wways a loser. Be a winner this
Thanksgiving and remember, the next mile you drive is the mos
dangerous mile you will ever drive. The Texas Department of Public good safe and bountiful Thanksgiving, this 1987. Remember, if you

## Announcement 0

 appraisal district board Charles SoRelle, Chief Appraiseror Donley County that five new directors have been lected to serve on the Appraisal District Board for 1988 and 1989. on January 1, 1988. The vommence ast from the City of Clarendon, City chool Dey, Clarendon Independent School District, Hedley Independent The new directors are Jack Eads. teve Reynolds, Don Robinson, Von Press to close for Thanksgiving

Wednesday, November 25 th at noon and will be closed Thursday and their employees can enjoy the Thanksiving Holiday with their
families. We hope everyone has a ramilies. We hope ever
happy and safe holiday

## Hedley to hold

 ex-students and teachers banquetHedley ex-students and teachers
banquet will be at the Hediley High
Schul wifl Schoo! cafeteria. It will begin at $7: 00$
p.m. on November 28, 1987. This
year's year's banquet will be hosted by the
graduating class of 1973


Dolls 'N Things

| Judith Sanders started making | Ceramics are fired at a lower |
| :--- | :--- |
| dolls about 4 years ago in her home |  |
| temperature and painted ten sprayed |  |

## Museum party plans <br> progressing

Ticket sales have been brisk. If inclination and want to help out in
you have not been contacted please anyway, please call Betty Boston or call your favorite ticket seller before Chris Matthews. They will appre
your the deadline. These people can take ciate your time, talent and/or money. care of you--Jane Gilkey 2228, Fran- All of the committees are working
kie Henson 3517, Chris Matthews kie Henson
3225, Jamie Deyhle 3707, Cindy
Shelton 2554. Tandy Boston ever. Remember the date is James Owens 2191, Wes Henson Skelton 2546. Polar Bear Scramble During the cold winter months the
museum will not be open unless you call in advance. You and/or your
guests can call Ruth Hancock 3863 , Phebe Buntin 3655, Frankie Henson
3517 or Willard Sketon 2546. We will be happy to give a free guide tour anytime. escheduled for A party as large as the Muserm Dec 12 and 13 Party requires a huge amount of
detail. Should you have the time and
party Clarendon Co with the Museum

## Junior High Basketball

| On Monday, November 16, the Jr. | Other team players |
| :---: | :---: |
| High Basketball teams played their | Edwards, Lani Douthit, Kim H |
| first game of the season hosting | Scharla Leeper, and Lydia |
| Valley. | Chrissie White. |
|  | The eighth boy |
| first. The score was 10 to 32 with | super game coming out |
| Valley coming out on top. Scoring for | score of 29-23. Scoring |
| Clarendon were Kelli Keown four | were Stanley Wilso |
|  | Gage five points, Nathan Low |
| and Alissa Walker two points. Ot | Jimmy Milhoan both had |
| team players were Kim Altm | and high scorer for the boy |
| Stacy James, Bobbie Havens, Tracy | Matt Mooring with ten points |
| Shadle, Krista Percival, Sherri Hall, | team members are Luis Ca |
| Stacy Thomas and Sonja Wright. | Robert Lee, Scott Har |
| The eighth grade girls pla | Ashcraft, Micky Nunn, |
| good ballgame all four quarters. | pher, Stevens Bivens, |
| Clarendon girls coming out on top | and Hugo Vaq |
| 35-22. Scoring for Clarendon were | These kids would |
| Cindy Hermesmeyer two points, Jodi | e to come out and suppo |
| Kidd four points. Christy Smith | High bask |
| fourteen points and leading scorer |  |
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SWCD taking orders for seedling

| The Donley County SWCD is |  |
| :---: | :---: |
| king orders for seedling trees. | Golden Willow, Hackbe |
| otect your home and farm from | locust, Russian olive, and poplar |
| st storms and harsh winter winds. | For more information on |
| Plant an evergreen windbreak | reet, come by and Soil and |
| lds and home |  |
| ating and cooling costs. Re |  |
|  |  |
| shelter for livestock, suppl |  |
|  |  |
| as, prevent wind damage to nes. Trees available from the | ksgiving |
| xas Forest Service are: |  |
| Ash, Bur Oak, Cottonwood, Desert Service |  |
| Willow Green Ash. Honeylocu |  |
| n Olive. The Evergreens ar |  |
|  |  |
| Spruce, Scotch pine, Redcedar, Pon derosa pine, Austrian pine, Arizona |  |
| Cypress. Arborvitae, Afghan pine. | ch, Clarend |
| They are providing a new wildlife packet of trees this year. \#1 Quail and Pheasant - Russian Olive, Native | Rev. Bill Hodges of |
|  |  |
|  | choir will be made up of sis |
| Plum, Skunkbush Sumac, Sand cherry, Fourwing salftbush, lilac. \#2 | the Ministral Alliance |
|  | They are asked |
| Deer - Flameleaf sumac, Bur oak. Fourwing saltbush, Pecan. "3 Tur- |  |
|  | Churches which bel |
| key - Cottonwood, Bur oak. Pecan, | First |
| Mulberry. \#4 Squirrel - Osage orange, Little walnut. Pecan, Cottonwood. The Forest Service will choose | Church, Howardwick Baptist ${ }^{\text {C }}$ |
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|  | rene and the First United Met |
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| Mtn. Juniper, Scotch pine, Pinion |  |
| pine. Caragana. Honeysuckle. Chokecherry. Lilac. Plum, Sumac. |  |
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| hanksgiving holiday | The First United Methodis Church of Hedley will meet Sunday |
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| for schools | for their evening worship serv |
|  | will |
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| e Clarendon Schools will ob | Irst United Methodist |
| and Friday Novem | don. Everyone in Hedle |
| th for the Thanks. | invit |
| ay |  |
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Leeper-Whitten exchange vows in double ring ceremony
and Mrs. Wilburn Leeper of Quita.
que, Texas. Grandparents of the
bride bride are Mr. and Mrs. E.W. Clarto of Cyystal City, Texas and Mrs. Eunice groom is the son of Mr. and Mrs.
Ren
gen Rroym ind Whiten of Mur. asd Mrs. Gras.
parents of parents of the groom are Mr. and
Mrs. Cecil Whitten of Memphis. Texas and Mr. and Mrs. M.J. Hodge of Gainessille, Texas.
Martiage overs were pleded
before before a fan-haped candelabra,
decorated with
greenery, baby's
 flanked by two seven-candie candef-
abras decorated in similar fashion. abras decorated in similar fashion.
Large baskets of liliac flowers led the way to the alter. V ocalist, Ralph McCormick of Moore, oklahoma, provided select-
ions and accompanied bim ions and aceompanied himserfif on
classical guitar for one selection.
Organits
 Quitaque, Selections included "Tove
Me Tender", "You and Me Tender", "You and I", "There
is Love", "nd "First Time Ever I Saw
Your Your Face,
Presented in marriage by her Presented in marriage by her
father, the bride chose Aormal gown
that was designed and made by her that was designed and made by her
mother. The gown was of candelelight ivory silk sheer crystal organza over peau-de-soie. It had a fitted bodice
featuring beaded and pearled featuring beaded and pearled re-
embroidered sill organas
venise lace with cut work on the edges. The skirit of the pown featurued four layered skirts of ruffles sweeping to form a
chapel-l-ength train on the stirt The chapel.-1ength train on the stirit. The
bact bodice featured an Elizabethian bact bodice fraturect an lilizbethian
collar and princess-lite fitted sle. eves of open cutuw-wrot reembrodidered
silk organza venise lace. silk or oranza Venise lace. Her
mid back veil was attached to hat
 cecil Brock Whiten were read at of the Cuitiaque First Baptist Church
p.m. on Saturday, October 24 , officiated.

Pearied reembroidered dill organza
Venise
othe that matched the bodice of the dress. II featured a silk fower
arrangement on one brim of the arrangement on one brim of the hat. candilelight silk roses and bstephanot of atop a Bible. She wore a strand of pearls worn by her mother in her
wedding thirty years ago. She wore wedding thirty years ago. She wore
wedding bands from three generawedding bands from three genera-
tions for luck. One had belonged to
her maternal great-grandmother, her maternal great-grandmother,
Mrs. Lucy Pruett; another belonged to her maternal grandmother, Mrs.
Nell Clark; and the other belonged to Nell Clark; and the other belonged to her mother, Mrs. Zelda Leeper.
Completing her ensemble werp Completing her ensemble were ivory
bridal ballet slippers. The bride carried out the traditiona something old--this being her mother's pearls; something new--
which was her wedding gown; somewhich was her wedding gown; some-
thing blue--which was a blue garter made by her Grandmother Clark for the bride's mother for her wedding day; and two lucky six-pence in her
shoe--which were given to the bride shoe--which were given to the bride
by Miss Penny Mars of Turkey, $\underset{\substack{\text { Texas. } \\ \text { Brenda } \\ \text { B }}}{ }$
Brenda Byrd of Amarillo served as
Matron of Honor, Matron of Honor, and Bridesmaids
were Sharon Brodus of Amarillo, and were Sharon Brodus of Amarillo, and a sister of the groom. They wore petal pink tea-length dresses of
moire taffeta designed with princess fitted bodices, flared skirts, and pouffed elbow-length sleeves. The heart necklines were accented with
silver hearts on narrow pink ribbon silver hearts on narrow pink ribbon
which were gifts from the bride. The honor attendants carried white pleat-
ed lace fans accented with pink, 1 lia ed lace fans accented with pinke, lilat-
and white roses and pink and lilac and white roses and pink and lilac
bows. The girls wore bows made of

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## Bring back the "Good old days"

 ...with GTE CLASSIC SERVICE.gTE TURNS BACK THE CLOCK WITH CIASSIC SERVICE Remember "the good old days?" Whatever problems you had with your phone service,
pou'd ust call GTE and we'd take care of it Vo second thoughts. No repair bill. Your regular phone bill covered everything. Now, under recent FCC rulings, you're
responsible for the cost of responsible for the cost of repairs to the
wiring and jacks inside your home or wiring and jacks inside your home or
business. This makes things a little more complicated.

CIASSIC SERVICE HELPS KEEP THINGS MORE LIKE THEY USED TO BE
We can't bring back "the good old days" enurely but, with new CLASSIC SERNICE, we can make things more like the way they were With CLASSIC SERVICE, you pay only \$1.25 wiring and jacks during normal working hours, at no additional charge Just $\$ 1.25$, per telephome number, on your
monthly phone hill (slu, tav) covers
 ncan avoid t:
Heres how ....
vo service call charges Without CLASSIC SERVICE, if you have a prohlem with your phone service, and able
serice call is needed to locate the trouble, you will be charged for the visit if the problem
turns sult to be in your wiring, jacks, or curns oun to be in your
telephone instrument.
Aih CASNG SERICE, there is no servic

GTE
CLASSIC SERVICE


NO REPAIR COSTS
With CIASSIC SERNICE there is no additional charge for repair or replacement subscribe to CIASSIC SERVICE oud et not to inside wiring or jack repairs, you have three options:

- As a full-service telephone company, GIE will be happy to make the repairs. But under the new FCC ruling, if you have not
subscribed to CIASSIC SERIICE, you will be charged.
- Or, you contract with a third party for repairs, but rates and qualifications vary widely
- Or you can make the repairs yourself, but you'll have to supply your own materials. With CLASSIC SERVICE, there is no servic Chats why we call it "ClAASSIC."

IERES WHAT CIASSIC SERVIC COVERS

- Identification of the problem
- Repair or replacement of inside wiring nd jacks

Like anything else, your telephone wiring can deteriorate with age and exposure to air and humidity. CLASSIC SERVCE covers this lamage, as well as *Coverage does not include

- Williul damage

Damage due to negligence

- Telephone instrument repair

AND NOW, NO SIGN-UP CHARGE UNTIL JANUARY 1, 1988.
Whatever problems you may encounter with your phone service, we urge you to call GTE first, even if you don't have CLASSIC SERVICE, because in many cases we can
correct the problem from "our end." But if the problem does turn out to be inside your premises, won't it be nice to have CIASSIC SERVICE protection?

Sign up for CLASSIC SERVICE before IANUARY 1, 1988 and avoid a sign-up charge.

GTE General
General
Telephone
ed with small rosettes and pearl
sprays in their hair completed with petal pink roseembellished hosiery and pink roseslippers which were designed with
pink and lilec pink and liliac
tied ribbons.
Pati Ceniceros of Clarendon, cou-
sin of the bride served sin of the bride served as Junior Bridesmaid. Hee tea-length dress of
dilly-lilac moire taffeta had candlelight lace ruffles overet the shoulders and around the hemlines. The dress lilac. The botton skirtt in the back was covered with candlelight lack
ruffles from the hemline to waist. ruffles from the hemline to waist.
Her headpiece was a flower-coverd Her headpiece was a flower-covered
wreath with a dilly-lilac bow with cascading rubbons and flowers down
the back. She carried the back. She carried a closed,
bow-covered parasol which was filled bow-covered parasol which was filled
with lilac and pink flowers. Matching lilac hearts completed her attire. She also wore a smallited silver heart on
narrow liliac ribbon which narrow lilac ribbon which was a gift
from the bride. Lakenna Ellis of Clarendon, and
Staci Ceniceros of Clarendon, bo Staci Ceniceros of Clarendon, both
cousins of the bride, served an flower cousins of the bride, served as flower
girls. Their dresses were identical to girls. Their dresses were identical to the Junior Bridesmaid's dress. They identical to the Junior Bridesmaid's. They carried baskets of lace with
ribbons and flowers cascading from the sides. They dropped tiny flowers
and scented potpourti as they came and scented potpourri) as they came
down the aisle. Their attire was own the aisle. Their attire was
completed with lilac ballet slippers. whiteted with lilac ballet slippers, silver hearts on narrow lilac ribbon around their necks. The hearts were gifts from the bride.
The candies were lig
Scharla Leeper of Clarendon, by Miss oharla Leeper of Clarendon, cousin
of the bride, and Chad Ellis of Clarendon, cousin of the bride.
Scharla wore a dress of Scharla wore a dress of petal pink
moire taffeta fashioned along the moire taffeta fashioned along the
game line as the honor attendants. She wore a bow of petal pink moire
taffeta a ccented with resettes and taffeta accented with rosettes and
pearl sprays in her hair, a silver heart on narrow pink ribbon around her neck, a gift from the bride, a silk pink gardenia corsage, pink rose embel-
lished hosiery, and pink ballet slip pers with rosettes of pink and lilac and pink ankle ties.
Chad wore a classic black tuxedo white pleated shirt and lilac cum-
merbund and tie. His attire was completed by a white carnation outonniere.
The bridegroom's father, Ray-
mond Whitten of Dumas, served his son as best man. Groomsmen her Brad Whitten, twin brother of the room, of Dumas, and Scott Leepe of Plainview, brother of the bride.
The groomsmen also served a The groomsmen also served as
ushers. The men in the wedding party and the men in ite's father wore
classic black tureding classic black tuxedos with lilac
cummerbunds and ties, and white
pleated-front shirts
The Clarendon Press is published
every Thurrady at 106 . S. Keerney
and entered as Second Class MMill at
the post office at Clarendon, Texns.
J.C. and Helen Woody, publishers
by white carnation boutonnieres.
A black cut-away tuxedo with tails,
a white pleated shirt, lilac tie and a white pleated shirr, lilac tie and
cummerbund was worn by the groom. His boutonniere was a candlelight slik rose and stephanotis from the bride's bouquet.
Mrs. Leeper, mother of the bride, tunic jacket and matching tunic jacket and matching accessor-
ies. Mrs. Whitten, the groom's
mother mother, was attired in a teal blue street-length dress and silver acces-
sories. Both mothers wore corsages of pink silik gardenias and baby
carnations. carnations.
Serving at Serving at the registering table
was Crystal Atchley of Amarill was Crystal Atchley of Amarillo.
Fellowship hall of the church was the site for the wedding reception where a three tiered wedding cake
covered with garlands of sill and lilac flowers, arranged with a fountain of lilac water bubbling
beneath the cake was served Three beneath the cake was served. Three heart-shaped cakes surrounded the
cake and were attached with tilac satin ribbon. The cake was topped with a white wicker basket in which a bride and groom were seated and
kissing on a bench. They were kissing on a bench. They were
surrounded by varying shades of lilac flowers. The bride's bouquet and the honor attendants fans decorated the table. Table appointments were of
silver and crystal. Also served from the bride's table were melon balls, cheese bits, crackers, and mints.
Alternating between Alternating between the bride's
table and the groom's table as table and the groom's table as
servers were Margaret Cook, Phylifis Hawley, Sherry McAlister, and Rita Montes of Amarillo.
Brass
Brass table appointments decor-
ated the groom's table. Hot spiced ated the groom's table. Hot spiced
tea and coffee were served from the groom's table as well as chocolate cake, grapes, and mixed dried-fruits and nuts.
Passing
Passing out miniature champagne
glasses filled with bird seed and glasses filled with bird seed and
covered with pink tulle tied with
black ribbon black ribbon were Lakeena Ellis,
Staci and Pati Cinceros all of Clarendon, cousins of the bride. The couple was honored with two
miscellaneous showers. On miscellaneous showers. On Sunday, October 4, one was given in the First where the theme was "countrythingss.". Anothe shower was hosted
by fellow employes by fellow employees at Bivins Mem Home Center in Amarillo on Tues. day, October 6.
On Sunday, October 18, Mrs
Zelda Leeper, the bride's, mother Zelda Leeper, the bride's mothe
treated the honoree treated the honoree, bridesmatrons
and Mrs. Beverly Whitten and
herself to herself to a luncheon at casa ole in Amarillo.
Mr. and Mrs. Raymond Whitten
were hosts for a rehearsal dinner wrid hosts for a rehearsal dinner on
Friday evening, October 23, in the Fellowship Hall of First Baptist Church in Quitaque. The meal was
catered by Ole' Smokey's Barbeque of Dalhart and Dumas. The bride is a graduate of Valley
High School and Clarendon Junio Coilege. She was employed by Bivins
Rehabilitation and Nursing Center in Amarillo.
the post office at Clarendon, Terass.
J.C. and Helen Woody, publishers
and editors
and edilors.
Any erroneous reflection upon the
character of any person or firm
appearting in these columns will be
appearing in these columns will be
gladly and promptly corrected upon
beling brought
being brought to the attention of the
management. Memphis High School and attended McMurry University and TSTI. He
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Press wich are not the property of
The Clarendon Phen Press wich are not the property off
The Clasendon Press must be plcked
up in 10 days after publishing date


NOTICE TO BUSINESSES If you have not plcked up you Donley
County Dollars you need to do so NOW. Just come by the Chamber
office at your convenience.
TEXAS PRESS ASSOCIATION

Christmas cards by
Margaret Smith . . ..
Christmas cards by


> THE
> PRINT SHOPPE

Tax planning tips aired

The time to do something about your 1987 income tax situation is n -- not after the end of the year. Agricultural Extension Service eco-
nomist, says there is a number of nomist, says there is a number of
things an individual things an individual can do now to
ease the 1987 income tax burden as ease the 1987 income tax burden as
weili as to better deal with recent changes in tax laws.
-If you think your tax rate will fall
next year, postpone 1987 ill next year, postpone 1987 income
until after January 19 and shift
itemized deductions from 1988 to
1987.

- Be sure to get a Social Security number for any child over five
because you will need it to claim the child as an exemption on next year's tax return.
If you have a home-equity loan,
keep home improvement receipts as keep home improvement receipts as
such expenses increase the amount of interest you can write off on the loan. -Set up separate bank accounts for
money borrowed for different purposes, such as personal, business
and investment, and investment, so you can prove
the IRS how the money was used. or Treasury bills maturing in 1988 if
you expect your tax rate will fall next year. If you are self employed and
don't qualify for an IRA deduction,
open a Keogn account before open a Keogn account before
December 31.
- Short-term capital gains (from investments held six months or less) will be taxed only up to 33 percent in - Take long-term - apital gains in 1987 if you will be in the 33 percent bracket next year; no more than 28
percent of the profits will be texed percent of
this year.
- You ca
- You can no longer defer taxes on a late-December transaction, so avoid selling stocks for a gain during
the last five business days of December unless you plan to pay 1987 taxes on the profits.
- Ofset gains with capital losses
this year; you can use up to $\mathbf{\$ 3}, 000$ of this year, you can use up tiscome and
losses to reduce regular incol carses to reduce regular income anses into 1988. - Wait until after a mutual fund pays taxable capital-gains before
investing: otherwise, investing; otherwise, some of your
money is returned to you to be taxed. - Since 65 percent of consumer
interest, is sdeductible this year, pay off fredit cards and personal loans.
- If you plan to borrow investmet. capital, set up a margin account;


Aspartame contributes to weight loss


The Clarendon Press, Thurs., Nov. 26, 198

| , such as meals and entertain iness travel may be 100 percen ductible, as a miscellaneous ense. Keep all receipts. To be deductible, medical expen must exceed 7.5 percent of usted gross income. <br> Pay state or local income anc perty taxes before year-end unyou will owe the alternative imum tax; in that case, the taxes Consider buying ipment; you can write off up to , 000 or begin depreciating pur ses in 1987 as long as deductions 't exceed business income. <br> A bank or brokerage custodial ount for your child will reduc es on earnings if the child is 14 or than $\$ 1,000$ in taxable interest or idends this year, earnings will be ed at the youth's rate, if at all. EE savings bonds for a child int 4 and 14 can deler taxes on er age 14, taxation will be the d's rate. <br> For any child who earned 1987 me, consider a tax-deductible <br> If you pay more than half of your |
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diet, exercise, and behavior modific-
ations for losing weight," said Blackburn.
Aspartame, commonly sold unde the brand name NutraSweet, is ased in diet drinks and other foods as a
low-calorie sweetener. Iow-calorie sweetener.
In this study, the subjects receiving aspartame had favorable res-
ponses, i.e. perceptions of increased ponses, i.e. perceptions of increased
energy level, well-being and activit energy level, well-being and activity
level. In the past, there have been
allegations that aspartame consumpallegations that a aspartame consump-
tion has been under-reported to the tion has been under-reported to the
FDA. This study provides indepenFDA. This study provides indepen-
dent confirmation of the data repordent confirmation of the data repor-
ted to FDA with regard to average consumption. The amounts
used by the diet group on aspar. used by the diet group on aspar-
tame-containing products are far tame-containing products are far
below the FDA's allowable daily below
intake.
The ot
The other members of the Harvard
ind research team working on this study
include Beatrice Kanders, Ed. D., R.D., Phil Lavin, Ph.D., Issac Greenberg, Ph.D., and Marilyn
Kowalchuk, M.S., R.D.
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giv on the job at some point.
It's likely that you'nl f on the phone.
For that reas evenings, work over the
or come in on a weekend.
To reduce the ?

| 1987-1988 |  |  |
| :---: | :---: | :---: |
| DATE OPPO | OPPONENT | logation a time |
| Nov. 6.7 | Southern mazarene | bethany, ok. tba (men) |
| Nov. 10 | WESTERN OKLAHOMA |  |
| Nov. 12,13,14 | barton county | CLAREAT BEND, KS TBA (WOMEN) |
| Nov. 17 | WESTERN OKLAHOMA |  |
| Nov. 23 | EL RENO OKLAHOMA | EL RENO, OK. 6 \& 8 pm ( DH ) |
| NoV. 27,28 | NEW MEXICO CLASS | albuoueroue, new mexico tba (DH) |
| Nov. 30 | (AT WEST MESA HIGH SCHOOL) |  |
|  | midiand college | Clarendon, tx 7:30 pm (men) |
| DEC. 1 | SEWARD COUNTY | Clarendon, tx 648 pm ( ${ }^{\text {d }}$ ) |
| ${ }^{\text {PDEC. }}{ }^{3}$ | howard college | BIG SPRING, TX $6{ }^{4} 8 \mathrm{Pm}$ (DH) |
|  | WESTERN OKLAHOMA CLASSIIC |  |
| . DEC. 11,12 | PIzZA HuT Classic |  |
| -JAN. 11 | SOUTH PLIAINS COLLEGE |  |
| -JAN 18 | odessa college | CLARENDON, TX ${ }^{6} 488 \mathrm{Pm}$ ( DH ) |
| -JAN. 21 | NEW MEXICO JC | HOBBS. NEW MEXICO $6^{6} 88 \mathrm{pm}$ (D) |
| OJANS. 28 | WESTERN TEXAS |  |
| JAN. 28 | WAYLAND BAPTIST | PLAINVIEW, TX. 5:00 pm (WOMEN) |
| ${ }^{\text {FPEB }}$. | howard college | Clarendon, TX 648 pm ( DH ) |
| EB. | NEW MEXICO MILIT | Clarendon, tX 7:30 pm (men) |
|  | EL RENO OKLAHOM |  |
| ${ }_{- \text {FEBB }}{ }^{\text {FES }}$. ${ }^{18}$ | SOUTH PLAINS CDESS College | CLARENDON, ODESSA, TX |
| ${ }^{-F E B}$. 22 | NEW MEXICO JC | CLARENDON, TX 6.88 pm ( ${ }^{\text {d }}$ ) |
| ${ }^{*}$ FEB. 25 | WESTERN TEXAS |  |
| ar. 1,2,3 | REGIONAL TOURNMMENT (WO | MIDLAND, TX |
| MAR. 3,4,5 | REGIONAL TOURNUMENT (MEN) | MIDLAND, TX TBA |
| DH DENOTES DOUBLE HEADER WENS COACH: JOE MONDRA <br> - denotes conference games |  |  |



Parent care and the working woman
relative is a second full-time iob that
demands nearly as much time, or
more, than many working women
spend at their place of employment.
Contrary topopular belief, numer-
ous studies show that families pro-
vide 80 percent of the care for their
elderly relatives. Only 5 percent of
those 65 and over live in nursing
homes, usually because they are too
iil to be cared for at home.
The responsibility for this care
falls primariliy on women . the wives,
daughters and other female relatives
in the family, and many of these
women work outside the home.
According to Dr. Juditit Warren, a
specialists with the home economics

According to Dr. Judith Werren, a
program of the Texas A\&M Univer-
sity, Agricultural Extension sity, Agricultural Extension Service,
caregiving tasks range from providing companionship, shopping, trans-
portation and household chores to portation and household chores to dressing or giving medicine.
Whether
Whether a woman provides care-
giving herself, or manages the giving herself, or manages the
caregiving services by hiring others caregiving services by hiring others
to perform some chores, the strain of caring for an aging relative while managing a family is likely to impact having to take phone calls at work or take time off to deal with problems or
appointments that can't be hend appointments that can't be handled
on the phone.
talk to your sapervisor at the
beginning, to describe beginning, to describe your situatio and how your |plah' to la handle the
problem. Since work situations vary widely
you will need to explore the you will need to explore the options
open to you. open to you.
According to the specialist, on According to the specialist, one
possibility is to offer to make up for time away from work. You can take work home, work. late on some
evenings, work over the lunch how Talls, reduce the distraction of pho calls, establish a "telephone hour" when you can most conveniently call
and receive calls from doctors, hom and receive calls from doctors, home
health aides, nursing-home staff o others. Wh When the demands on your time
are excessive, it may be helpful arrange for a four-day work week if possible. This lets your employer
hire ext hire extra help to deal with this

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- 6 Month Certificates
- Passbook Savings

Just call for one of our officers and set up an appointment to discuss the best plan for you!

First Bamhtruust
FDIE

 Thanks to Chuck Rogers for dona- Holiday. See you again on Mon
ting a box of Christmas cards - they
are on the shelf in the dining room are on the shelf in the dining room - $\begin{aligned} & \text { Calendar of Events } \\ & \text { take a few if you need them. } \\ & \text { Monday night Dance Practice } \quad \text { Tharsdey and Friday } 2 \text { Closed }\end{aligned}$ Monday night Dance Practice Tharsdey and Frday Closed for
crowd was a little short. Seems we Thankgiving. Happy Thanksgiving. crowd was a little short. Seems we Thanksgiving. Happy Thanksgiving.
have a lot of folks sick, We had a Mondey Exercise 11 a.m., Dance
house fulf for the red Tuesday Dance Practice 7.9 p.m.
at the Community Building on No- Tuesday Exercise 11 a.m., Blood at the Community Building on No- Tuesday Exiercise 11 a.m., Blood Offbeats made some real good Wednesday Exercise 11 a.m. Carmen checked forty-two for Carmen checked forty-two for
blood pressure on Tuesday, November 17th. Next Blood Pressure Clinic will be Tuestay, December 1, 1 1i87.
Two tables of Bridge and Sip-Bo Two tables of Bridge and Skip-Bo were enjoyed at Game Night
Thursday, November 19th.

Since we are going to press early
this week YIl say we anticipate a
 day, November 20th. Hope you are

The Center will be closed on
Thursday and Friday, November 26 and 27, 1987, for Thanksgiving

GTE Foundation growth initatives for teachers

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|  |  | Homemakers Club met November

9th, 1987 at Howardwick City Hall President Lela Whitehead opened
the meeting and asked Sherrie the meeting and asked Sherrie
Martindale to give the inspiration. Moll call was answered by sharing
Role a favorite method of getting rid of a
persuasive salesman either over the phone or at the door.
per Mhone or at the door.
Minutes of the October meeting
were read by Secretary were read by Secretary, Madelyn

The Clarendon Preese, Thurrs., Now,
treasurer s report was given.
Polly Sarich gave her report Polly Sarich gave her report on
November 2nd Council Meeting. November 2nd Councir Meeting.
Lela Whitenead stated that our
postmaster had asked her to tell our postmaster had asked her to tell our
members to change our Route from
"Ster Rent "Star Route 2" to HCR 2 (Highway correct. Anyone receiving mail in a box in Howardwick should begin
notifying those they correspond with notifying those they correspond begin Terry Floyd brought a very informative program on "Home Safety Accident Prevention"; her three objectives being: A. to learn ways to
make our homes safer, B. to recog. nize and correct potential hazards and C. to learn and to use safe
working habits in the home working habits in the home. Terry
cautioned each of us to be especially cautioned each of us to be especially
careful during the upcoming holiday careful

## Thursdey and Fridey Closed for

 Monday Chicken fried steak, cream potatoes, green beans, tossedsalad, peaches and cookies, hot rolls. salad, peaches and cookies, hot rolls.
mill, tea, coffee. milk, tea, coffee.
Tuesday Beef onions, potatoes, tomatoes, peas and
with celery, rice salad, cherry peobbler cornbread/crackers, milk, tea coffee.
Wednesday Baked ham with raisin Wedce, swayy Baked ham with raisin
sautatos, fried okra, ambrosia salad, chocolate pudding
dinner rolls, milk, Winona Hennigh and Sherrie Mar-
tindale served delicious refreshtindale served delicious refresh-
ments. ments.
The bus
with the with the nominating committee report and recommendations as fol-
lows for officers for the lows for officers for the new vear:
President: Joyce Combs; Vice PresiPresident: Joyce Combs; Vite Presi-
dent: Edna Bowen; Secretary: Polly dent: Edna Bowen; Secretary: Polly
Sarich; Treasurer: Rosemary Winters; Council Delegate: Nora Hart-
wick; Reporter Winal wick; Reporter: Winona Hennigh;
and Museum Representatives: Joyce Combs and Madelyn Jones. There being no nominations from
the floor, these were elected by the floor, these were elected by
acclamation, acclamation,
It was decided that our December
meeting would be a salad luncheon meeting would be a salad luncheon
beginning at $11: 30$ a.m. with the exchange of gifts in the form of
Cristmas ornaments, not to exceed Christmas or
$\$ 3.00$ each.
Wanda Rogers voluntered to represent the Laker's Club as to representative to help plan the
Annual Christmas Annual Christmas Dinner given
jointly each year by the Lakers jointly each year by the Lakers
Homemakers Club, the Friendship Homemakers Club, the Friendship
Club, the Lions Club, and the First
Baptist Church Baptist Church.
After concluding last minute
reminders about the upcoming County Homemakert's Bazaar the meeting
adjourned. adjourned.
Sixteen members of Lakers
Homemakers

## Les Beaux Arts Club

Les Beaix Arts Club met November 6 at Patching Cluub House to
celebrate its 60 th birthday, having celebrate its 60 th birthday, having
been organized in 1927. Hostesses been organized in 1927. Hosiesses
for the occasion were Lucy Saye and
Zell SoRelle. Zell SoRelle.
Anna Morre
Anna Morres Simmons was in
charge of the historical part of the charge of the historical part of the
program, and Jamie Deyhle the style program, and Jamie Deyhle the style
show showing fashions of the era.
Anna Moores had articles copied Anna Moores had articles copied
from 1927 newspapers showing signs from 1927 newspapers showing signs
of the timess.autos for $5400-5600$, of the times-autos for $\$ 400-5600$
dresses for 99 cents, tires for $\$ 2.65$ and very cheap groceress Another
was an article about a Les Beaux Art Club exhibit of etchings. Maxinc
Hardin read the article about the Hardin read the articce about the
exhibit sent here by a friend of a charter member, Mrs. Homer Glas
coe. This friend lived in North coe. This friend lived in North
Carolina and made many trips to Europe gathering objects to exhibiti. Maxine showed etchings by famous etchers Fritz Lach, Wolf, and others purchased by her mother, Elizabeth
Ellis, at these exhibits. Also on
display were chils display were children's books of tr:
1920s. Jamie Deyhle dressed in a long wine velvet dress and match-
ing hat belonging to a dred ing hat belonging to her grand-
mother was commentator for mother was commentator for the
style show. Accompanied by lively mysic show. Accompanied by lively
music and showing clothes of "the 20 's" were: Cinda Courtney, Anne
Beth McNabb Beth McNabb, Donna Knorpp, Pam
Fletcher, and Bobbie Thornber Thecher, and Bobbe belong to Jamie's stwo
The grandmothers, Bernice Cooke Wood
and Eula Mae Ross Avant, and to
Virginia Browder. Styles ranged Virginia
from a
tennis outhit, "flapper
dresses.
"schoot dresses, "schoolmarm", fancy
afternoon dresses to elegant evening gowns of velvet, beaded materials, gowns of ver
silks, etc.
A short bu
A short business meeting was held
following the progam. Refreshments including a 60 th birthday cal
were served to nineteen members.

Junk Mail

A Davenport, lowa household kept
A Davenport, lowa household kept
their junk mail for one year to see
what the results would be. It towered over 6 feet and weight
pieces of third class mail. He and his worth of goods and services which they could have received from their
local merchants.



## Commissioners Court

Oct. 31, 1988 *Gave Wilma Lindley authority to make contract with KMK Enterprises, Inc. for 10 months, starting
December 1, 1987 Canvassed the Nov Canvassed the November 3 , voting on amendments and made two
corrections. Proposition 7 in box 7 , Precinct 4 . chopould have read 10
against and 32 for instead against and 32 for instead of 27 for.
In Box 9, Precinct 4 the talley sheets
were not totaled.

Monday is a hard way to spend



SERVING THE LORD WITH "JOY"... TODAY AND EVERYDAY - "ALWAYS GIVING THANKS UNTO GOD FOR ALL THINGS $---\operatorname{IN}$ THE NAME OF OUR

LORD JESUS CHRIST" Eph. 5:20 (c) 3
$8{ }_{\text {The church of Christ }}$
(3rd and Carhart) Box 861 Clarendon, Tx 79226 Ph: 874-2495 Sunday Bible Class Sunday PM Assembly Wednesday Classes (attended nursery available)



Philip 1. Stnoud -evangel ist-

## THE MAILBOX <br> Thin iyoub ingeation comfont and convenience of youn own

 TEACHER practical, exciting, "adult" Bible Lessons sent dinectly to youthnough the mail... Simply fill out the information below and mail this coupon back in to us: NAME: ADDRES:




Pie Filling $\stackrel{\text { Pat }}{[T}$ Wesson oil $\$ 129$
ien Broth


From Our House To Yours ppy Thanksgiving

## ACK \& SHIRLEY CLIFFORD

저N road $2 / 49^{\circ}$ staxd man man


offee
7


Pümpkin Pies
Orange Juice


WE WILL BE CLOSED
Thanksgiving
cooking，the whole meal，a take out
lunch or just dessert，for yourself or
for a friend，give her a call－she for a friend，give her a call－she
needs 1 day notice for holidays and needs 1 day notice for holidays and
30 minutes notice during serving
time． time．Golden Acorn is located in
The Gest a historical home orginally built by
the the Murphy Family in 1906 and is locally known as＂The old Murphy
Townhouse＂．This beautiful story home boasts beautiful two story home boasts stained glass，
marble，wood paneling and a fire－ place mantel brought from England to Boston，Massachusetts on a
steamship and carried across country steamship and carried across country
by a horse drawn wagon．Golden acorns adorn the yard fence with
was built in 1912 by a fence company from Denton，Texas．A $71 / 2$ pound
solid Mahogany acorn hangs prom solid Mahogany acorn hangs from a
chain by the front door and is a gift chain by the front door and is a gift
from Judy＇s inlaws from Cape Cod． A large wooden acorn is also corved
on the stairway and cast iron on the stairway and cast tiron oak
leaves and acorns frame the sign at leaves and acorns frame the sign at
the front entrance．The cast iron art work one decorated the frost porch of a stately home in Waxahachie，
Texas．The home has been restored Texas．The home has been restored
and decorated from antique stores ranging from Maine to Colifornia．
Every item in Every item in the house has a special
meaning for Judy as many of them meaning for Judy as many of them
were gifts from friends an were gifts from friends an customers
who bring her things from their whavels．When asked where she got
the name Golden Alt the name Golden Acorn she said that
the acorn is a sign of hospitality and that is what she strives for－to serve good home cooking in a friendly
atmosphere with good old Souther The local people here will vouch for that．They will tell you to go to The Acorn for old time favorites that
（1）SJemaysinitans



## $\Leftrightarrow$ € First Banhatrust



## Golden Acorn opens Bed and Break fast room




| 4－H <br> News |  |
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| $\begin{aligned} & \text { DUNHA } \\ & \text { esday Nov } \end{aligned}$ |  |
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Sale Eads November 30， 1987 Don＇t miss it！ Christmas Only 36 shopping days left！ 25\％

## Wake up！

 SaleC． c 3


Mens \＆Ladies Watches Bulova Longines Ceneve

Crystal Gifts

## Costume Jewelry


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－41 Years Service－
冒ranigan＇s Jewerry


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All classified ads must be paid for in advance.


 store, choose from: jean/sportswear store, choose from: jean/sportswear
ladies apparel, mens, children/ma-
ternity, large sizes, petite, dance ternity, apare, sesess, setide, dance-
wear/aerobic, bridal, lingerie or accessories store. Add color analysis.
Brands: Liz Claiborne, Gasoline, Brands: Liz Claiborne, Gasoline,
Healthex, Levi, Lee, Camp Beverly
Hils, Hills, St. Mischele, Chaus, Outback
Red, Genesis, Forenza, Orgatichty Red, Genesis, Forenza, Organically
Grown, over 2000 others or $\$ 13.99$ Grown, over 2000 others or $\$ 13.99$
one price designer, mult tier pricing discount or family shoe store. Retail
prices unbelieveable for discount or family shoo store. Retail
prices unbelieveable for quality
shoes normally priced from $\mathbf{S 1 9}$ to shoes normalily y priced for qual $\mathrm{s19}$ to to
\$80. Over 250 brands 2600 styles. $\$ 80$. Over 250 brands 2600 styles.
$\$ 14,800$ to $\$ 26,900$ : inventory, train ing, fixtures, grand opening, airfare,
etc. Can open 15 days. Mr. Keen etc. Can open 15 days. Mr. Keenan
(305) $366-8606$.

> MEMPHIS SINGER SEWING MACHINE SEWING MACHINE For contacts call
Stavenhagen Furiture Stavenhagen Furniture I am in Clarendon every
two weeks on Thursday

##  <br> THIS 5 ROOM HOUSE AT 410 Barcus, Clarendon, in top conditlon, on four elty lots carport, storm cellar, storm windows, carpe- ted, alr conditioned, 6 " cased water will, city water and sewer. Some fruit and shade trees, small tool house. <br> $\mathbf{\$ 2 5 , 9 5 0}$ with reasonable credit - Owner Financed. <br> Cash Sale Price is Negotiable. <br> Agent 806-874-2533 <br> wner 505-587-2254 THE BEST <br> IN PRINTING \& office supplies Regular \& Select Quality Paper Above All-Experienced Workmanship <br> THE MOST COMPLETE LINE OF OFFICE SUPPLIES IN THIS AREA <br> CLARENDON OFFICE SUPPLY \& PRINTING

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$\begin{array}{ll}\text { AIRLINE JOBS AVALLABLE NOW! } & \text { FOR SALE OR TRADE: } 2 \text { bedroom } \\ \text { Earn up to } \$ 50,000 \text { Mechanics }\end{array}$
AIRLINE Jobs AVallable now:
Earn up to $\$ 50,000$. Mechanics Earn up to s50,000. Mechanics,
Flight Attendants, Customer Service
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## FOR SALE OR LEASE: 2 bedroom, 1

 bort country home on 5 acres, 1 mileeast of Hedley. Central air and heat, east of Hedley. Central air and heat,
built in stove and microwave. 259 -

FOR RENT: Complete trailer hookups facing FM road 2162,9 blocks south of tighway 287, just outsid
city limits. $874-3355$ H.L. Bond.

FOR SALE: Cable tool drilling rig
FOR SALE: 1976 Oldsmobile, nice




47-2tp
 Angel, living room, dining room, REQUEST FOR BIDS ON TEXAS
den, large family room, garage
HIGHWAY CONSTRUCTION den, large family room, garage
$874-5150$. FOR SALE: nice-2 corner lots $\begin{aligned} & \text { 43-ff } \\ & \text { cellar, trees }\end{aligned}$ cellar, trees, and garage Hedley

$856-5436$. FOR SALE: Nice 2 bedroom $47-2 \mathrm{tc}$ FOR 13,900 call $874-2213$ K.M. Windom. | FOR SALE: Savage bolt action-1ifle |
| :--- |
| $3006-110 \mathrm{E}, 22-250-110-\mathrm{CL}$ |
| 243 | 3006-110E, $22-250-110-$ CL, 243 - 110 -

CL Phone $874-3260 \ldots$


## $\begin{array}{r}\text { Kermilt Hopper } \\ 47-2 t \mathrm{p} \\ \hline\end{array}$

WANT TO BUY FARM. 80-160 acres, irrigationable, call Lynne 874-
3595 or Bob $874-2414$ -

FOR SALE: 66 Chevy $1 / 2$ to $47-4 \mathrm{tc}$ bucket seats, nice interior, straight 6 , 81250.00 or best offer. 874-3243 or
874.293. GOVERNMENT HOMES from $\$ 1$ (U-Repair) also Tax delinquent and
foreclosure properties. Available
now. For listing. Call 1-315-733. $\begin{array}{lr}\begin{array}{l}\text { foreclosure properties. Available } \\ \text { now. For listing. Call } \\ \text { 6062 EXT G1823. }\end{array} \\ & \\ & 48-315-733 \text { - }\end{array}$ buy anything is 30 years ago.


Greenbelt Dry Cleaners
Professional Dry Cleaning


Thanks to our friends and neigh bors for all the cards, letters, phone
calls and visits while I was in the I'm not completely well yet but I'm on the way. Ted and Imogene Glass

## 48-1tp

Lost and found: In the tropical
forests of eastern forests of eastern Brazil, a biologist
recently rediscovered an unusual animal known as the thin-spined porcupine. The species was previous-
ly feared extinct because scientists ly feared extinct because scientists
had not seen it for 30 years. According to Intermational Willdllfe magazine, the animal is of particular
interest because it appears to lie interest because it appears to lie
somewhere between the porcupine family and spiny rats.
REQUEST FOR BIDS ON TEXAS
HIGHWAY CONSTRUCTION HIGHWAY CONSTRUCTION
Sealed proposals for constructing 11.947 miles of/ asphaltic concrete pavement overlay from Armstrong
County Une, SE to SH 70 In
Clarendon on US 287, covered by CSS $42 .-6-43$ in Donley County, will
be recelved at the State Department he recelved at the State Department
of Highways and Pablic Transporta-
tion, Austin, untll $1: 00$ p.m., Decemof Highways and Pubic
tion, Austin, untll 1.00 p.m., December 8, 1987, and then publlicly opened
and read. Plans and specifications including
minnimum wage artes asp proviled by
Law are avaliable for inspection at Law are availiable for Inspection at
the office of Glemn $\mathbf{W}$. McIatin
Resident Engineer, Wellington, Resident angineer, Welmagton,
Texas, and at the State Deparment
of Highways and Publle Transportaof Highways and Public Transporta-
tion, Austin, Texas. Bldding protion, Austin, Texas. Bidding pro-
posals are to be requested from the Cosntruction Divislon, D.C. Greer Cositracign Hyy Bullding, 11th and
Brazos Streets, Austin, Texas 78701 . Brazos Streets, Austin, Texas 78701 .
Plans are avallable through commerPlans are avallable through commer-
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Ame

American learn biscuit basics as they re-discover down-home cooking

## Americans are discovering what West Texans have known all along the best kind of cookin' is home Though women today don't spend as much time cooking as they once did, home cooking - beginning with did, home cooking - beginning with the traditional, sit-down family din- ner on Sundey ner on Sunday - is back in style. According to a recent survey by Lhadles Home Jouman), the women According to a recent survey by Ladtes Home Jounnl, the women who microwave on weekdays are who microwave on weekdays are spending hours in theer kitchens on weekends. "Families know that home-style cooking ins worthw wating for all week long," says Bettie Lee Wilson, home economist for Plioneer Flour Mills in Women are preparing home cook. ed meals for weekend company, too. The return to down-home cooking is the start of a trend that is to grow even stronger as we enter the City-based BrainReserve, an established marketing reséarch organizacloser to home. The backbone of down-home cook- ing is tender, homemade biscuits. uood the sell of us can forget the smell of freshly baked biscuits hot from the oven." said Wilson. <br> people the secrets of baking of people the secrets of baking the world's best biscuits through her

## RDA for vitamins

often more
than needed
 or supplements that provide $100 \%$ of
the RDA for essential vitamins is the RDA for essential vitamins is
probably going for vitamins you probably go
dont need.
Fobels list the nutrient con-
tent of food in terms of RDA, or tent of food in terms of RDA, or
"Recommended Dietary AliowRecommended Dietary Allow-
ances." Yet, according to Dr. Alice ances." Yet, according to Dr. Alice
Hunt, a nutrition specialist and Registered Dietitian, few people understand exactly what RDA measure.
"The RDA adequate to me dietary standards practically all healthy persons, which practicaly all heaithy persons, which
means they are set very high," says Hunt.
differ among people according to their size and genetic makeup, actual
individual needs for essential nutriindividual needs for essential nutri-
ents range from about $50 \%$ below to ents range from about $50 \%$ below to
$50 \%$ above the population average," she explains.
"The RDA are set high enough to
include a safety margin even for the people with the highest require. peopie
ments."
Hunt, who is with the Texas A\&M University Agricultural Extension
Service, says that this means about half the population should require less than $75 \%$ of the RDA. According to the specialist, RDA are established by the Food and
Nutrition Board of the National Research Council/National Academy of Sciences primarily to give food service personnel who prepare large
amounts of food a set of values for amounts of food a set of values for
desirable intakes of essential nutrients calories.
The quantities of these essential nutrients in the food prepared each
day can then be compared with the day can then be compared with the
RDA to assure that nutrients are being provided in large enough amounts to prevent any nutritional
inadeguacy. inadequacy.
"For individu to try and plan ind it isn't necessary to try and plan a diet around the
RDA," Hunt maintains. "lt's much easier, and probably more accurate, to focus on eating a balanced diet from ",
day."
She
She advises eating a variety of
foods from the foods from the basic food groups: $\mathbf{2}$
servings of lean meat, poultry, fish or servings of lean meat, poultry, fish or
protein alternate; 2 servings of dairy protein alternate,
products; 4 servings of fruits and vegetables; and 4 servings of breads,
Miss your paper?
Almost every week The Claren-
Press receives letters or calls from subscribers saying that they
either did not receive their paper or either did not receive their paper or
they get if from 5 to 10 days late. The circulation director of an Indiana newspaper received alarming results when he surveyed about 400 mail
subscribers. Here are some of the findings of the survey designed to determine if customers are receiving prompt delivery of the newspaper:
${ }^{\text {M }}$ More than one-third of the subscriMore than one-third of the subscriof the newspaper each month of the newspaper each month
"More than one-half of distant subscribers believe they miss at least
one copy each month. ${ }^{\text {one copy each month. }}$ More than one-third receive their
newspaper more than three days newspaper more chan ciree days varied so much they could not tell
how long the typical delay was.


The Clarendon Prose, Thers., Nov. 26, 1987

having regular medical Page 11 having immunizations, losing weight and stopping smoking.

1926 Book Club
The 1926 Book Club met at the Patching Club House Tuesday after noon, October 13, 1987. with Mary Thornberry as the lished with Mary Thornberry as the honor ed member.
house is requested to contribute $\mathbf{\$ 1 0 0 . 0 0}$ to the maintenance fund for the Club House. Hostesses were Mary Hazel Van
Zandt, Susie Shields and Pauline Zandt, Susie Shields and Pauline
Heath. They served pumpkin pie with whippoys crvea, pumplkin pie
coffee to fourteen members and and two coffee to fourteen members and two
guests: Elvie Shields and Stella
King guests:
King.
The
The Membership Committee re-
ported Evie Shields as a candidate for membership. She was welcomed
$\qquad$
Our guest speaker, Preacher Tru-
man Ledbetter, Minister of Fitst man Ledbetter, Minister of First
Baptist Church survey of the Old Testament book of
Our next meeting was November
10th, 1987.

CLARENDOO CONSOLTDATED INOPPENDENT SCHOOL DISTRICT
SUMMARY OP REVENUES AND EXPENDITURES Year ended aucust 31, 1987
revenues

state Program Revenues
ederal Program Revenues Total Revenues EXPENDITURES Instructional Administration nstructional Resources and Media Service Curriculum and Personnel Development
Gurdance and Counseling Services Guidance and Coun
Mealth Services Pup11 Transportation - Regular Food Services General Administration ebt Services

Total Expenditurea
other resourcbs and (uses)
$\begin{aligned} & \text { other Resources } \\ & \text { other Uses }\end{aligned}$
rotal other Resources and (Uses)
EXCESS (pRPICIENCY) of revenus and other resources
OVER RXPENITTURES AND OTHER USES
FUND BALANCE, SEPTEMBER 1,1986
FUnd ballance, august 31, 1987

| Ceneral <br> Rund | Special <br> Revenue | Debt <br> Servine <br> Fund | Capital <br> Profects <br> Fund | Totals |
| :---: | :---: | :---: | :---: | :---: |


$\begin{array}{lllll}1,936,712 & 45,608 & 50,078 & 34,592 & 2,066,990\end{array}$


| $1,608,378$ | 49,120 | 47,783 | $1,705,281$ |
| :--- | :--- | :--- | :--- |

(3,512)
299,712 338,955

| 434,511 | 3,512 | 6,850 | 504,372 | 949,245 |  |  |
| ---: | ---: | ---: | ---: | ---: | ---: | ---: |
| $\$ 474,971$ | $\$$ | -0 | $\$$ | 9,145 | $\$ 804,084$ | $\$ 1,288,200$ |

## THE CHOICE IS SIMPLE.

## THEIR "FREE" CHECKING.

As long as you maintain a $\$ 1,000$ to $\$ 1,500$ minimum balance, this account is free. Go below $\$ 1,000$ but over $\$ 900$ and it's no longer free but it's not as much as when you go below $\$ 900$ but over $\$ 800$. And that's less than when you go under $\$ 800$ but. . . well you get the picture. Now then - write more than the allotted number of checks and you pay for each check over the specified number: 20 but less that 25 is one fee. 26 but less than 30 is another. But, if you'd rather, you can be charged a teensy-tiny fee for each and every check you do write. And, no, your checks aren't returned with your statement. If you need one, just go in, take a number and hope for the best. Oh, there is a charge of $\$ 2.50$ for each check you request. But you do receive a lovely toaster - a $\$ 5.99$ retail value - when you open your account. Just be sure to ask for the ChexPlusSuperEconomy Checking Account. Or is that the SuperChexEconomyPlus Checking Account. Or maybe.

## OUR "FREE" CHECKING.

Free with a $\$ 300$ balance. Go below $\$ 300$, pay only $\$ 7$ /month. $5.25 \%$ Interest, $5.39 \%$ Yield. Unlimited checking - No per check fees. Free Checks. Just ask for \$300/Checking.


