

HIGGINS (Q)	14	37	44	64
GRUVER	11	23	34	50
H—Wright 19, Dextricks & Ashbaugh 15; G—				
Morris 12, Booth 8.				
HIGGINS	13	22	28	33
GRUVER	20	38	52	70
H—T. Black 13, E. Burt 10; G—Morley 20,				
Kip Pittman 18.				

FOLLETT HERE FRIDAY

24 hr. prayer
service, 659-2911

THE GRUVER STATESMAN

Volume 14 Number 15

THE GRUVER STATESMAN, GRUVER, TEXAS 79040

Thursday, January 17, 1985

Oil industry employs 396 in Hansford Co.

THE SALE OF CRUDE OIL AND NATURAL GAS from Hansford County wells made an important contribution to the county's economy in 1983 and accounted for \$80.4-million of the \$38.3-billion wellhead value of Texas petroleum production last year.

In its annual survey of the economic impact of oil and gas industry operations in the significant producing counties of Texas, Texas Mid-Continent Oil & Gas Association reported that the county ranked 115th among Texas' 254 counties on the basis of the value of its marketing petroleum production. These production figures included condensate and casinghead gas.

The county's wells produced 557,569 barrels of crude oil, valued at \$16.3-million, and 28.5-billion cubic feet of natural gas,

valued at \$64.1-million. Owners of royalty in the county received \$10.1-million as their share of the output, the Association noted.

The chairman of the Association, J.C. Walter, Jr., of Houston, said: "These figures give evidence that again last year the petroleum industry was of great importance to the economies of those counties throughout the state with significant production."

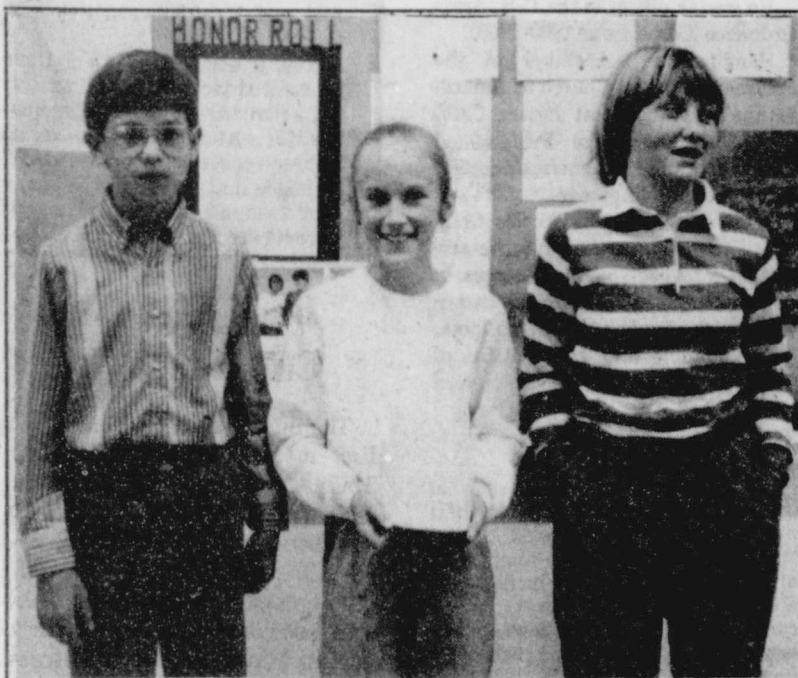
In addition to paying property taxes to cities, counties, and school districts, producers in the county supported state government through production tax payments estimated at \$5.6-million, according to the Association survey. Crude oil taxes amounted to \$749,183, while natural gas levies totaled \$4.8-million.

Based on Texas Employment Commission figures, some 396 oil and gas industry employees in the county received wages of about \$10.6-million in 1983.

In the search for new petroleum reserves in the county, oil and gas producers spent a reported \$17.9-million in the drilling of 30 wells, including one wildcat, or exploratory, well. This effort resulted in the successful completion of eight oil wells and 11 gas wells, although some \$6.6-million was lost in the drilling of 11 dry holes. As of April 1, 1984, there were 910 producing wells in the county; 201 oil and 709 gas.

Petroleum processing also contributed to the county economy, with three natural gasoline processing plants, having a total daily capacity of 339.9-million cubic feet of natural gas, in operation.

Sixth Graders Receive Certificate



Pictured above [L to R] is Kyle Haensch, Katie Williams and Jennifer Hart. These students directed the "Save The Lady" contributions in Gruver. The Gruver Junior High 6th graders received a certificate stating their contribution had been officially

recorded and their name entered on a permanent Register of Contributors to be displayed at the Museum of the Rebuilt Statue of Liberty, Port of New York, U.S.A. They also received a thank you from the Statue of Liberty, Ell's Island Foundation Chairman.

Generals Coming to Spearman

Johnnie Lee, manager of the PDWA, announced that two generals will come to Spearman, Monday, January 21, to look at the PDWA dam site north of Spearman.

The generals had originally planned to be in Spearman at an earlier date to view the proposed dam site.

Johnnie Lee announced that he would meet with the Moore County Commissioners on Monday, January 14. Moore County will vote on the Palo Duro Dam, January 19, to see if they want to come into the water authority. He also met with Stinnett this past week, and they will also be voting on whether or not to join the Palo Duro Water Authority.

Two officials from the Corps of Engineers out of Tulsa were here Tuesday of last week to view the Palo Duro Dam Site.

Greyhound Boys Lead Race

The Gruver Greyhounds split games with the Higgins Coyotes at Gruver, Tuesday night. The Higgins girls defeated the Lady Greyhounds 64 to 50. Morris scored 12 points for the Lady Greyhounds and Booth scored 8.

In the Boys game the fantastic Greyhounds blasted Higgins 70-33 to win the important District Game. Morley scored 20 points to lead the Hounds, followed by Kip Pittman with 18 points.

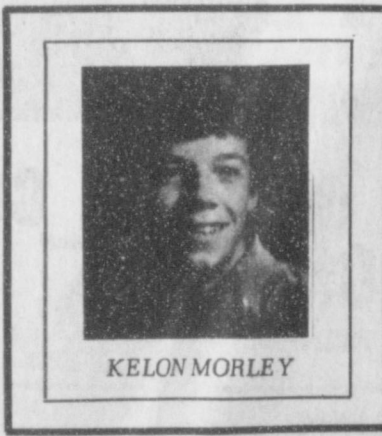
Schedule is completely different from the 1-A football schedule. The Greyhounds are in 3-A in basketball which again includes Booker, Darrouzett, Higgins, Follett, and Gruver. In the conference A Basketball Championship playoff's the Greyhounds will probably play the runner-up of District 4. Members of District 4 include Allison, Briscoe, Miami, Mobeetie, Kelton, and Wheeler.

On Friday, January 18, Gruver will host the Follett Panthers with the JV games beginning at 5:30 P.M.

Members of the District 3-A basketball teams include Booker, Higgins, Follett, Darrouzett, and Gruver.

On Tuesday, January 22, the Gruver Boys and Girls will play at Darrouzett beginning at 7:00 P.M. There will be no JV games at Darrouzett.

The District Basketball



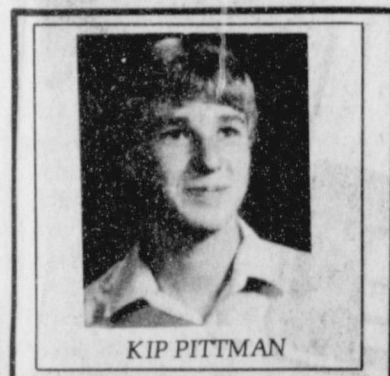
KELON MORLEY



DENNETTA BOOTH



MELANIE MORRIS



KIP PITTMAN

The Class A Regional will be held at Levelland this year. The Girls Regional will be February 22 and 23. The Boys Regional (also at Levelland) will be March 1st and 2nd.



Studies Show Beef Can Prevent Cancer

For 20 years, scientists have debated the cancer risk of chemicals in cooked beef. Now a University of Wisconsin, Madison, professor has experimental results that turn that debate around. He says he has found chemicals in fried beef that actually protect against cancer.

Dr. Michael W. Pariza made his announcement at a meeting of the International Chemical Congress of Pacific Basin Societies (PAC CHEM '84). He says that chemicals isolated in fried ground beef prevented formation of tumors in mice exposed to a known cancer-causing compound called DMBA. (DMBA is the standard carcinogen for a well-studied and widely-accepted cancer model.)

Dr. Pariza notes that this is the first time chemicals that actively protect against cancer have been found in meat or any other animal tissue. The findings are some what surprising because initially Dr. Pariza was looking for cancer-causing, or carcinogenic, compounds.

"There's been a lot of interest in carcinogens in beef since 1964 when eating a well-done charcoal-broiled steak was equated to smoking 600 cigarettes," he says. "Though it was found that those cancer-causing compounds were formed by fat dripping on hot coals, a problem you can solve by putting aluminum foil between the meat and the coals, other researchers started looking into the subject."

"They found potential carcinogens were formed even in beef fried away from charcoal, though the levels were very low. We were continuing research on this topic, actually looking for cancer-

causing chemicals, when we found the chemicals that protect against cancer."

The protecting chemicals, which have been only partially purified, appear to work by interfering with the biological processes that activate the known cancer-causing chemical. That is, the beef chemicals apparently do not allow the cancer-causing chemical to be changed into a form that leads to cancer. Normal body processes then remove the cancer-causing chemical before it causes trouble.

"There's no question that the beef chemicals prevent cancer in the mice, but the process of tumor prevention hasn't been demonstrated yet," Dr. Pariza says. "We plan to investigate that after we isolate and identify the specific chemicals involved."

While the levels of carcinogens in hamburger are not considered significant by most scientists, Dr. Pariza notes that, based on activity, the levels of protecting chemicals are high. He says "Very dramatic results" were obtained from extracts of even small amounts of beef.

The protecting chemicals also differ from the carcinogens in their origin. The protecting chemicals appear to be present in the beef before it's cooked, according to Dr. Pariza, while the carcinogens are formed as the beef is cooked.

"At the least, we have some good news to balance out the bad news about fried hamburger," Dr. Pariza says. "At the most, we may come up with recommendations on more healthful ways of preparing food and leads on new drugs to treat cancer patients."

Four Qualify for All-Region Choir



Pictured above are Andrew Burgoon, Allen Taylor, Dubson Zapata, and Kenny Virden. These 8th grade boys qualified for the Junior High All-Region Choir. Gruver Junior High Choir. The Director is Connie Burgoon.



Let's talk.

Information about your changing telephone service from Gary Stevens, Manager-Community Relations

Southwestern Bell Telephone representatives will be at the La Casita Room of the Gruver State Bank Friday, January 25, 10:00 a.m. until 2:00 p.m. to visit with their customers in the area. You are invited to come in and discuss any of your phone problems with him.



Southwestern Bell Telephone

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GARY STEVENS

Gary Stevens
SW Bell Telephone
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Amarillo, TX 79101

Henry Hamilton promoted to manager



Henry Hamilton

Henry H. Hamilton has been promoted to manager of production for Southwestern Public Service Company (SPS).

Hamilton will oversee the operations, maintenance, and staffing of all of Southwestern's power generation plants. The plants, located in New Mexico and Texas, have a combined capacity of 3,706,000 kilowatts. They produce electricity for approximately one million people.

Hamilton will join the management committee of SPS, and report to the utility's executive vice president, Bill Esler.

Esler, announcing the promotion, said, "Southwestern is proud of employees such as Henry. He's a man of proven competence and managerial ability, and he is committed to providing the best possible service to

our customers."

Hamilton, of 4614 Matador Trail, Amarillo, assumes the duties of Roy Thomas, formerly vice president, production. Thomas has become vice president, corporate services.

Hamilton began his career with SPS in 1963 as a plant engineer at the SPS Cunningham Station, a natural gas-fueled power generation plant near Hobbs, N.M. He was promoted to supervisory engineer at Cunningham in 1965, and to plant manager in 1968. He transferred to the company's Nichols Station, near Amarillo, as plant manager in 1972, and became the manager of SPS' first modern coal-fueled power plant, the Harrington Station northeast of Amarillo, in 1975.

In 1976, Hamilton was named production superintendent for SPS; in 1977, he was promoted to group manager-production.

He is a native of Carlsbad, N.M. He holds a bachelor of science degree in mechanical engineering from New Mexico State University.

He was an officer in the U.S. Army Ordnance Corps from 1960-1963.

Hamilton is a member of the Paramount Baptist Church in Amarillo, the Amarillo West Rotary Club, the Texas Society of Professional Engineers, and the American Society of Mechanical Engineers.

Southwestern Public Service Company primarily provides electric service in a 52,000-square-mile area in parts of four states: southwestern Kansas, the Panhandle of Oklahoma, the Panhandle and south plains of Texas, and eastern and southwestern New Mexico.

CARPET CAPERS — Advance preparation is essential if you're planning home carpet cleaning. Remove as much furniture as possible room by room; pre-stain carpet and cover what furniture is still present with plastic cloths. Put bits of foil under chair and sofa legs. Vacuum first, then use cleaning equipment. After carpet dries, brush it with a new, fairly stiff brush or broom to set pile in a single direction. This eliminates shading and clumps of fibers.

OUTLET IN — Love to shop at outlets? To find out how to get the best buys and where they're located, look for "SOS: Save on Shopping," a compilation of single outlets and outlet malls by Iris Ellis. It's available at bookstores, or you can send \$8.95 plus \$1 postage and handling to: S.O.S., 9109 San Jose Boulevard, Jacksonville, FL 32217.

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Hounds place seven on District 7 academic team

Seven Eastern New Mexico University Greyhounds were recently named to the NAA District 7 All-Academic football team, the district information office announced.

Wide receiver Rodney Griggs, offensive tackle Mark Dominguez, and punter Eddie Clement were first-team selections, while offensive tackle Phil Fry, linebackers Rusty Ray and Will Wright and kicker Rosli Hussein were honorable mention picks.

Griggs, a 5-11 senior from Sweetwater, Texas, has compiled a 3.47 grade-point average while at ENMU, majoring in Computer Science. Griggs had 27 catches for the Greyhounds this season, four for touchdowns and led the team in kickoff returns with a 24.9-yard average. He was fourth in scoring with 28 points and is the son of Mr. and Mrs. Hilton.

Dominguez, a 6-5, 250 senior from Ft. Worth, was a three-year letterman and starter for the Greyhounds and was an All-Academic selection last year as well. A finance and marketing major, Dominguez carries a 3.512 G.P.A. and is the son of Mr. and Mrs. Louis Dominguez.

Clement, an NAA academic All-American last year, was a two-year letterman for the Hounds. He carries a 3.359 G.P.A. with Accounting as his major. He punted for a 38.7-yard average during the 1984 season and is a native of Canyon, Texas. His parents are Mr. and Mrs. Elmer Clement.

Fry, a 6-6, 240 lb. senior from Gruver, Texas, was a two-year starter for the Hounds at tackle. A Business Administration major, Fry is the son of Mr. and Mrs. Edward Fry, and carries a 3.165 G.P.A.

Ray, a 6-2, 210 lb. junior from Odessa, had 30 unassisted tackles, 75 assists, three passes broken up, a fumble recovery and 2½ quarterback sacks in the 1984 season. The defensive signal caller, Ray is a three-year letter winner and is a two-year starter at inside linebacker. Ray's major is Business Administration and he carries a 3.017 G.P.A. His parents are Mr. and Mrs. Bob Ray.

Wright, an All-American academic selection last season, is a native of Lamesa, Texas and was a three-year starter and four-year letter winner for the Greyhounds. In 1984, Wright has 12 unassisted tackles, 46 assists, two interceptions and a fumble recovery.

A math major at ENMU, Wright has a G.P.A. of 3.089 and is the son of Mr. and Mrs. Billy Jack Wright.

Hussein, a 5-9, 155 lb. junior from Malaysia, is a three-year letterman for the Greyhounds and holds several school records for kicking. He is a Physical Education major and carries a 3.029 G.P.A.

Here is the District 7 All-Academic team:
First Team — Kelly Cook, quarterback, Colorado Mines; Rodney Griggs, wide receiver, Eastern New Mexico; Alan Nielson, tight end, Adams State; Mark Dominguez, offensive tackle, Eastern New Mexico; Kevin McCauliffe, center, Adams State; Andy Dietz, defensive back, New Mexico Highlands; Darren Warren, defensive back, Colorado Mines; Joe Mahoney, linebacker, Colorado Mines; Sal Noriega, linebacker, Western New Mexico; Jim Wiley, defensive end, Southern Colorado; Eddie Clement, punter, Eastern New Mexico.

Honorable Mention — Nick Pannunzio, quarterback, Southern Colorado; Dirk Lopour, tight end, Southern Utah; Kevin MacLennan, wide receiver, Western State; Nick Susnjak, wide receiver, Southern Utah; Jeff Bibbey, offensive tackle, Colorado Mines; Phil Fry, offensive tackle, Eastern New Mexico; Mike Martinez, offensive tackle, Western New Mexico; Tom Collet, defensive back, Southern Utah; David Human, defensive back, Adams State; Tom Trujillo, defensive back, New Mexico Highlands; Mark McAnich, linebacker, Adams State; Rusty Ray, linebacker, Eastern New Mexico; Will Wright, linebacker, Eastern New Mexico; Andy Flynn, defensive tackle, Colorado Mines; Brett Drobney, kicker, Western State; Rosli Hussein, kicker, Eastern New Mexico.

Keenagers Met

The Keenagers met Jan. 8, 1985 with 33 present. They were Faye Cluck, Eva Boyd, True & Frankie Leatherman, Martha Kauffman, Henry & Velma Wyatt, Alma Ward, Jessie Spivey, Herb & Maude McClellan, Steve, Brenda, Lori and David Ellis, Bill Eting, Maude Alexander, Lillian Murrell, Harvey Johnson, Rebecca Westerfield, Leo Frazier, Kelly & Jim Kate Garrett, Ralph & Buelah Ben Bort, Fred Davidson, Don & Cleo Cross, Marie & Ben Arthur, Edna Marie Williams, Venita Womack and Gary Gumbory.

Ben Arthur led in prayer for the delicious pot luck dinner. Steve Ellis led in singing Happy Birthday to those having birthdays in January. They were Bill Eting, Ben Harris, Edna Marie Williams and Steve Ellis. Venita Womack played "Amazing Grace". "There's Something About That Name" and "He Looked Behind Our Thoughts and Saw Our Needs" on the piano.

Steve Ellis asked for prayer each day for those going to India, January 15.

Mrs. Bort gave a very informational account of the book of Habakuk.

Kelly Garrett led in the closing prayer.

HOSPITAL

Patients in Hansford Hospital are: Ben Arthur, Opal Beck, William Branstetter, Ruth Kirkland, Bonnie Bonham, Grace Bennett, Limmie Russell, Alma Ott, Thabathe Wyrick, Sonya Nitschke.

Dismissed were Joy Wyrick, Reba Bennett, Larry Yancy, Sharon Reynolds, J.C. Phillips, Barbara Cook, Phil Jenkins, Samuel Baldarma, Ann Guzman and daughter.

Men have used artificial devices to keep cool for centuries. Ancient Egyptians soaked the walls of their homes with water, while Roman slaves brought down mountain snow to pack in the hollow outer walls of their master's villas.

Busy Hands Club Meets

The Busy Hands Club had their first meeting for the new year Thursday afternoon, Jan. 10th, with Louise Evans. The eight members present had an enjoyable afternoon working on different projects that weren't finished in 1984; and visiting with our 2 guests, Mattie Layton and Rosemary McKee. Our next meeting will be with Frankie Leatherman in two weeks.

Museum needs your help

Stationmaster's House Museum has had lots of hustle-bustle of late. Museum Auxiliary members have made some progress on furnishing the bedroom. Mrs. Idella Close Randall furnished the 1900's iron bedstead; Rubyjo Wilbanks fitted it with springs and mattress. Virginia Barkley furnished a beautiful counterpane and pillow cover made and used by her mother while her parents

(Judge A.F. Barkley) lived at Old Hansford.

MUSEUM NEEDS wash stand pitcher and bowl set bedside tables library table dresser oil lamp pictures for wall

Call Buena Lyon 659-3462 (or) Sybil Miller, 659-2338.

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WANT ADS

SERVICES

SERVICES: Pits cleaned, wet or dry. Dragline or loader. Also, dozer, grader, carry-all service. Lee Roy Mitchell, 806-733-2384, Gruver, Texas 79040. 9-rtm

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FOR SALE: Pies, desserts, breads and Birthday cakes. New novelty pans available. Cabbage Patch, Rainbow Brites. Also "Mr. T" pattern for cakes. Plan special novelty cakes for Christmas place orders early. Call Joy at 733-2517. 6-nc

Piano For Sale

Wanted: Responsible party to assume small monthly payments on piano. See locally. Write: [include phone] Credit Manager, P.O. Box 327, Carlyle, Illinois or call Mr. Powers, 618-594-4242. 13-1tp-2tc

Repossessed Piano-Medium Brown Finish-Will Show Locally. Low Monthly Payments Can Be Assumed With Good Credit. For Complete Details Ph. 316-624-8422 & Ask For Piano Credit Manager Brier & Hale Music Co. Liberal, K.s. 15-2tc

PUBLIC NOTICE

Guyton Elks Supper Club is open to the public. Our hours are Wednesday-Thursday 6-10 p.m. Friday-Saturday 6-10:30 p.m. We have a prime rib special every Friday. 51-rtm

AUTOS FOR SALE

FOR SALE: 1981 Corvette-good condition-Rec exterior and interior. Call 659-3621 or 659-2859. 15-3tc

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REAL ESTATE

FOR SALE: 3 bedroom house, 2 baths, attached garage. Call 659-3096 after 5:00 P.M. 15-1tc

CARD OF THANKS

HOOT ARNOLD, this kind, gentle, loving man is no longer with us. He will be missed by many, many people. We as a family would like to express our thanks and appreciation for all the prayers, love and kindness shown to us during the illness of our loved one and at the time of his death. The churches for all the prayers, food, and kind thoughts. The many memorials, cards, letters, calls, visits, flowers, food and your concern. Whatever you did to console our hearts, we sincerely thank you.

The family of
Robert L. 'Hoot' Arnold



**Jolly
Green
Thumb**

BY MARY FUREY CRYMES

Coming in from the cold, you smell a hearty winter stew or pot of soup simmering on the back of the stove. Chances are that extra piquancy is garlic. The redolent bulbs were just made for cold weather dishes. Or, they were created for garlic. And, that odor is ambrosial to garlic lovers.

If you're one of the group, you know that garlic belongs to the large Allium family and that they're kissing cousins of onions and chives. Non-garlic lovers give the bulbs plenty of bad press; prejudice is rampant. On the plus side, garlic is easy to grow and is, as mentioned, the thing for which there is no adequate substitute in many famous recipes. The problem is, sides are so sharply defined that many cooks are forced to poll prospective eaters about their preferences, and the garlic lovers lose out more often than not. There is hope, however: new and gastrically-useless strains are being introduced. One source of garlic for the finicky is S & H Organic Acres of Montgomery Creek, California. The place is known far and wide as purveyors of garlic extraordinaire.

Elephant garlic is S & H's main crop. If you're a lover who has to be careful, chances are you can enjoy elephant ear. Cal and Carol Slewing who own the ranch, use the large pods in a variety of ways. You know it's mild when they tell you they slice elephant raw and use bits atop cheese on the hors d'oeuvre tray. And they "home-try" the large pods and serve them with steak. Another favorite way is to steam it like a vegetable and serve as a side dish topped with buttered crumbs.

**Tree Trimming, Handy
Man. Phone 659-3115.
Bill Hopper**

Registration for Winter Museum School Begins

Blustering winds and freezing temperature can make for long, boring Saturday mornings. If you have to be indoors, why not register for several of the action packed museum school classes at the Don Harrington Discovery Center, 1200 Streit Drive in the Medical Center Complex.

The eight-week session starts Sat. Jan. 26 and ends Sat. March 16. Registration begins January 14. All classes are one hour in duration and meet Saturday mornings.

"We have five classes that have never been offered before - they're totally new, and to my knowledge, have not been taught in this area before," said Melody Parker, director of the museum school. "The classes have a scientific slant, but incorporate plenty of hands-on participation and crafts."

A special offering, **COSMIC QUEST**, will feature elements of the DHDC exhibition, "Space Shuttle: America's Space Truck" and **NASA Space Shuttle Food Galley**. Participants will explore the Shuttle program through projects, films and planetarium shows, as well as study the research and development of the Shuttle, missions and payloads, on-board experiments, repairing satellites and astronaut training. Students will construct miniature Shuttles and a Space Base. The

class is for children ages 10-12, but interested individuals will be considered for enrollment.

Other classes include: **I, ME, OURSELVES**, ages 6-7, designed for children to learn what makes them tick through experiments and projects; **KID KRAFTS**, ages 6-7, a craft class for making spinning star wheels, African drums, papier-mache strawberries and other delightful crafts; **MYSTERY OF SOUNDS**, ages 8-9, an experimentation with various household tools and musical instruments to make and record sound effects and perform a puppet show.

Also offered are **PRINTMAKERS**, ages 8-9, featuring block printing, silk screening and crayon batik among the various printing techniques to be learned; **CLOCKS, CAMERAS & THINGS**, a scientific craft class for making pinhole cameras, shoebox motion picture machines, water clocks and numerous other projects.

Computer classes are offered for children 8 and over and include **LOGO FOR KIDS**, ages 8-9; **BASIC GRAPHICS**, an intermediate course in BASIC, ages 10-12; and **INTRODUCTION TO PROGRAMMING**, for ages 13 and over.

To register, visit the Discovery Center between 9:00 a.m. and 4:00 p.m. Monday through Friday.

TLC helps shoes weather winter

Well-heeled men and women know that even shoes without a tongue tell plenty about the wearer. Winter doubles the challenge of keeping shoes and boots looking their best, but according to the shoe care experts at National Presto Industries, a few extra maintenance steps can help ward off the demons of snow, rain, ice and salt before they possess your soles.

Before stepping out in new leather boots or shoes, take time to water proof them properly. Don't assume that the manufacturer has already done this. The time spent in shipping and storage can take its toll on a factory treatment, so it's better to be safe than sorry. Use a transparent oil-based paste for oil tanned leather and a silicone spray on dark-colored chrome tanned leather. (Ask the salesman how your footwear has been treated.) Silicone will stain light colors and suede, so use specially made waterproofing products for these materials.

Shine your shoes every week to maintain a barrier between them and the elements. These frequent shoe shines also help keep shoe leather soft and supple.

Though the mess associated with do-it-yourself shines used to be enough to make you want to kick the habit before it started, an electric shoe polisher does the job neatly, effortlessly and professionally. By maintaining a light pressure with the edge of the rotating brush, the polisher buffs and polishes in one operation. Buffing brushes attach to and release from the polisher automatically, so fingers never need come in contact with the wax or polish. In fact, the operation is so neat and simple that the shoe polisher can be kept in a desk drawer at work for quick touch-ups. This compact shoe polisher kit usually contains a power handle, two brushes, two polish applicators, and a convenient storage tray to hold the complete kit and polish.

While regular polishing is probably the single most important maintenance step, there are a few other shoe care tips to remember: ● shoes do get wet, let them dry naturally. Leather is a skin, and will become dried and cracked if placed in direct contact with a heat source.

● Be sure shoes and boots are completely dried before waterproofing. Don't waterproof too

frequently; a good waxing is sufficient.

● If shoes come in contact with salt or chemicals used to melt snow, clean immediately with an equal-parts vinegar/water solution. Clean mud-caked shoes with a good lather of saddle soap.

● Use the tools of the trade. Shoe trees and a shoe horn will help keep footwear true to its original form. Shoe trees also help absorb excess perspiration and moisture.

● If linings become damp, sprinkle a little baking soda, borax or corn starch inside and let it sit overnight.

● Wipe shoes with a soft cloth after each wearing and before polishing.

When it comes to shoe care, give bad habits the boot. Proper maintenance makes shoes and boots look their best, last their longest, and reflect beautifully on the wearer.

For a free brochure containing more information on how to care for shoes write "Shoe Care Tips," Presto, P.O. Box 1212, Eau Claire, WI 54702.

A Layered Mixed Vegetable salad is the perfect company salad for the working mother. It's easy to prepare, it's colorful, the taste is zesty, and most important - it can be prepared the night before. No last minute rushing home to the kitchen! The key to its fresh and zesty flavor is the addition of slightly thawed peas, the type found in your grocer's freezer section. Be sure to use only frozen peas in this recipe!

LAYERED MIXED VEGETABLE SALAD

- 1 head lettuce, torn into bite-size pieces
- 1/2 cup chopped green or red onion
- 1/2 cup (1 stalk) chopped celery
- 1/2 cup (1 small) chopped green pepper
- 10-oz. pkg. (1 1/2 cups) frozen peas, thawed and drained
- 1 cup mayonnaise or salad dressing
- 2 tablespoons sugar
- 2 cups (8 oz.) shredded Cheddar cheese
- 10 slices bacon, fried, drained and crumbled or 1/2 cup imitation bacon bits
- 8-oz. can (3/4 cup) water chestnuts, drained and sliced

In large bowl or 13 x 9-inch pan, layer lettuce and onion. Spoon 1/2 cup mayonnaise evenly over top. Layer celery, green pepper and peas; spread remaining mayonnaise over top. Sprinkle sugar, cheese and bacon over top. Cover and refrigerate at least 8 hours. Add water chestnuts. Toss before serving. 10 to 12 servings.

There's nothing like a big bowl of chicken soup to make you wish you'd ordered a small bowl of vegetable.

The Gruver Statesman

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Any erroneous reflection upon the character of any person or firm appearing in these columns will be gladly and promptly corrected upon being brought to the attention of the management.

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MEMBER

Texas Press Association

7 Who Care winners to be selected

Designed to pay tribute to the tri-state area volunteers who donate thousands of hours of their time to others, K VII-TV Channel 7 and the Volunteer Action Center of the United Way have launched the First Annual 7 Who Care Awards.

Channel 7's General Manager Jim McCormick described the response to the program as "gratifying and overwhelming."

Over 200 nominations are expected to be submitted for the 1985 awards that culminate in a prime time telecast from the Sheraton Inn of Amarillo on April 23, 1985 at 7 P.M. on Channel 7.

At this time, the seven winners, who are selected by the 7 Who Care Board of Governors, are given a \$500 for the organization(s) of their choice from the station.

"The 7 Who Care winners," McCormick said, are not super-human; we look for people who exemplify the spirit of volunteerism in the tri-state area.

"The Outstanding volunteer," McCormick said, covers the entire viewing area of K VII; requests for nomination forms have been received from outlying areas such as Clovis, Liberal, Spearman as well as from the Amarillo metropolitan area.

An additional 1,000 nomination forms have been sent to service organizations throughout the area.

"It's very important to us to find a cross section of individual interests and locations," McCormick said, adding "We are extremely proud of this unique effort to say 'thank you' in a way that distinguishes our commitment to community involvement from all others."

Nomination forms are available by calling 376-6714, or by writing: 7 Who Care, P.O. Box 3069, Amarillo, Texas 79116, and can be submitted by groups or individuals. They must be returned to the Volunteer Action Center no later than January 31, 1985.

PERSPECTIVES

BY CHARLES A. SALTER, PH.D.

COMMUNICATION PITFALLS TO AVOID: Faulty communication causes many of the problems in human relationships. Often two people would agree if they understood each other correctly, but they don't. It's hard to make communication perfect. But each of us can practice using correctly the tools of communication - thoughts, words, and physical expressions. And we can endeavor to avoid the more common pitfalls to effective communication.

PITFALL #1: Excessive babbling. Sometimes we just rattle on and on as if each word earned us points in a contest, as if mouth exercise were good for the health, or as if quantity of communication ensured quality. People under stress may need extra talking time, but that is to relieve their own emotional pressure rather than to communicate as such. When actually trying to send a communication, we should put our brains into gear before revving up the motors of our mouths. The listener can better pay attention to and understand 100 relevant words without 1,000 irrelevant ones to cloud the issue.

PITFALL #2: Not meaning what we say. Sometimes we say things we don't mean. We tell "little white lies" or even big ones. We exaggerate things which put us in a better light or downplay things which make us look bad. In all such instances, we more or less deliberately miscommunicate for our own reasons. We may or may not achieve these other goals, but meanwhile we've opened ourselves up to further communication problems.

PITFALL #3: Not saying what we mean. Sometimes we don't make an effort to speak accurately. We don't stop to think that our carelessly chosen words may be understood in a different way from what we intended. Speaking loosely does not help us reach our communication goals any more than an off-handed toss helps us win a basketball game. To achieve in either area, we must concentrate on the target, focus our words and actions, and endeavor to make our points.

PITFALL #4: The same words have different meanings to different people. Sometimes we can say exactly what we mean and the other fellow still gets it wrong because our words mean something different in his frame of reference. For example, if a mother says to her child, "I love you," probably both of them have the same basic understanding of the word *love*. But if a teenager says to a girl on the third date, "I love you," then she may rightly wonder if he means the same by that word as she does.

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your gas company.

City of Gruver
will then mark their underground gas lines with yellow stakes, flags or spray paint.

Make request 48 hours in advance. This service is available at "no charge".

733-5037

SPS names vice presidents



Kenneth Ladd



Carl Jeans

Southwestern Public Service Company (SPS) has named Carl E. Jeans and Kenneth L. Ladd, Jr., vice presidents of the company.

Jeans, director of management systems since 1982, was elected vice president, management systems. Ladd, director of fuel acquisition and administration since 1984, was elected vice president, fuel acquisition and administration.

Jeans oversees both the computer system that meets the business and engineering requirements of the electric utility, and the development of the company's business systems.

Ladd's responsibilities include planning for the company's fuel needs, negotiating fuel contracts, and working with fuel suppliers.

The two were elected to their offices by the SPS board of directors on January 9, 1985.

Jeans began his career with SPS in 1966 as an engineer in the utility's rate and budget department. He has also served as manager of management information systems, manager of business systems development, and general supervisor, management systems.

Jeans is a native of Independence, Missouri. He holds bachelor's and master's degrees in industrial engineering from Kansas State University.

He is a member of the Goodwill Industries Advisory Board and a deacon of Paramount Baptist Church in Amarillo.

Ladd joined SPS in 1961 as a power plant operator. He worked as a chemist in power plants in Amarillo, Amherst, and Hobbs, N.M., and as a staff chemist for SPS' in-house generation plant design group. Later, he became manager of licensing and environmental affairs. In 1981, Ladd left SPS to join the federal Environmental Protection Agency. He rejoined SPS in 1983 as manager of fuel acquisition.

Ladd has a bachelor's degree in chemistry and mathematics from West Texas State University, and a master's degree in chemical engineering from Texas Tech University. He is a member of the American Chemical Society and is a registered Professional Engineer in Texas. Ladd is a native of Amarillo.

Southwestern Public Service Company primarily provides electricity service to a population of about one million in a 52,000-square-mile area in eastern and southeastern New Mexico, the south plains and Panhandle of Texas, the Oklahoma Panhandle, and southwestern Kansas. The company's headquarters is in Amarillo.

Scholarship deadline

Junior and Senior Class high school students who are interested in applying for \$1,000 college scholarships should request applications by March 15, 1985 from the Educational Communications Scholarship Foundation, 721 N. McKinley Road, Lake Forest, Illinois 60045. To receive an application, students should send a note stating their name, address, city, state and zip code, approximate grade point average and year of graduation. Fifty award winners will be selected on the basis of academic performance, involvement in extracurricular activities and need for financial aid.

New Arrival

Gary and Gail Breland of Paris, Texas (former residents of Gruver), announce the birth of their new son, Cody Blake. He was born Dec. 12 at 3:23 A.M. and weighed in at 8 lbs., 2 oz., 21 inches long. He joins a proud sister, Lexie. Proud grandparents are Bernard and Peggy Breland, formerly of Gruver, and the Owen Montgomery's of Spearman.

See a pin and pick it up, and all the day you'll have the feeling you've joined the slipped disc brigade.

Show us a man who is fashion-conscious and we'll bet he can afford not to be knocked out by the price of his wife's new ensemble.

What's the charge? When a complaint was registered against a New York couple, police searched their apartment and found \$130,000 in cash, 94 pounds of marijuana, one pound of cocaine and three loaded weapons, including a .44 caliber Magnum handgun. The couple, who were not at home, were later apprehended. The complaint filed? They hadn't paid their \$160 monthly rent. Penny wise, pound foolish.

Sweets for the sweet: Laree Linder and Carolyn Clayton broke a 507-vote tie for City Council in Eagle Point, OR, by participating in the drawing of a lollipop to determine the winner. Linder chose the green lollipop and won. In nearby Cave Junction, the incumbent, picked the correct candy-covered peanut. His opponent probably shouted, "Oh nuts!"

A gallon of nectar can provide enough energy for a bee to cruise four million miles at seven m.p.h.

FREE HEALTH FAIR
JAN. 25th
 9 a.m. to 4 p.m.

Visual Dental Examination
 Eye Examination (Glaucoma)
 Blood Pressure
 Blood Sugar
 Respiratory Exam
 Hearing Exam (call 659-3866 for appt.)

This is for everyone (all ages).

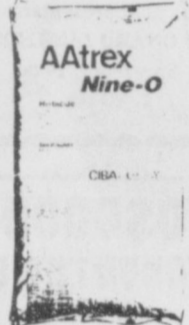
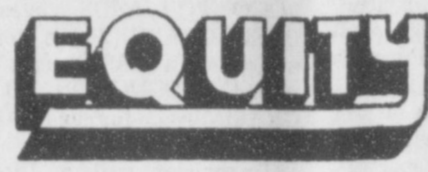
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 Spearman, Texas

MARKETS

WHEAT	\$3.23
MILO	4.25
CORN	2.95

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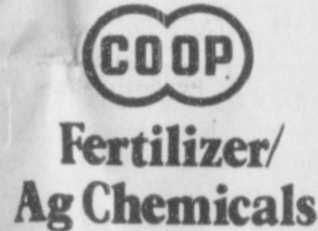
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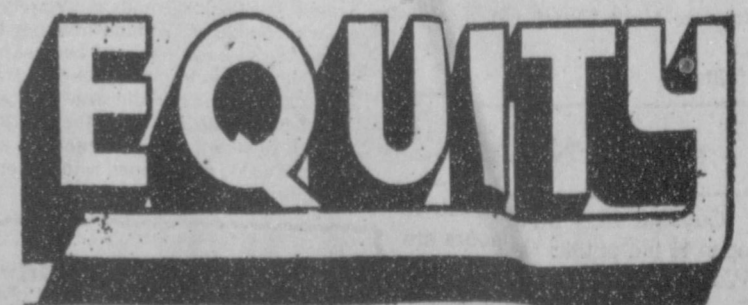
Feed

COUNTY BARN
 January 24th

10 a.m. to 3 p.m.
 Lunch Will Be Provided

Lunch Will Be Provided
 Free Of Charge

Truck load mineral sale during the Expo sale.



Cross Stitch Corner is now open

- ★ Complete line of DMC Floss.
- ★ Large selection of evenweave fabric.
- ★ Books, Books, Books!!
- ★ Lots of finishing accessories.
- ★ Supplies for all your counted Cross Stitch needs.

Located in the country home of Marilyn Cline 1 mile east of the High School in Spearman Call for directions if you need to!

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 Gary Cobb - General Manager
 Res. Phone 1-405-545-3470

Bill Blackmore - Field Representative
 Res. Phone 1-405-349-2254

New Company formed

Ron Roesler takes pleasure in announcing the formation of a new company, Option Education Services. The company was formed to meet user needs of the newly introduced Agricultural Options.

Roesler indicates his company will provide educational services ranging from professionally lead seminars to written and audio-visual materials and consulting services for both hedge and investor users of Ag. Options.

With the advent of Ag. Options in late October, users of the new marketing tool have been dependent on Futures Brokers for help in learning how Ag. Options may benefit them. Unfortunately, very few Futures Brokers have an adequate understanding of Options, and even fewer have any trading experience.

Option Education Services boasts nearly two years of experience in real time trading in Options on Futures. (References are gladly provided to potential clients.) This trading experience

coupled with experience in the educational field allows our company to offer a broad range of services.

Option Education Services anticipate that farm organizations of all kinds, cooperative members, gin members, and other groups will take advantage of the seminar services. Individual users of Ag. Options will benefit greatly from the audiovisual and written materials available. The consulting services will become very important as trading strategies are developed to meet user needs. It will be possible for users to continue to clear trades through their usual Broker and still have experienced Option consulting available.

To receive more information, contact Ron Roesler.

Option Education Services
1001 13th
Lubbock, Texas 79401
Phone 806-765-6661
Tx. Wats 1-800-692-1348

Yucca Girl Scout Council To Renew Charter

The Yucca Girl Scout Council will be conducting a self-evaluation in conjunction with renewing its charter of the Girl Scouts of the USA. The charter is renewed every six years.

Yo Sato, Management Consultant, GSUSA, was recently at the Yucca Council, Guymon, to begin working with a task force for the Council evaluation. Girl Scouts of USA chartering procedures stipulate that within each chartering period the council reviews its own accomplishments and its state of progress. "Although, the self-evaluation is a chartering procedure, it also helps to establish the Council goals and annual operating objectives," stated Executive Director, Earlene Schaefer.

Interviews, questionnaires and

letters will be going out soon to communities throughout the council. Leaders, girls, community leaders and other volunteers in Girl Scouts will be assisting in the evaluation process.

First Vice-President Gaynell Riffe, Stratford will be serving as Chairman for the Task Force. Members of the task force that will be meeting through May include Margaret Duckworth, President; Earlene Schaefer, Executive Director; Kay Hay, Liberal; Norland Strawn, Guymon; Lynn Wells, Kerrick; Serafin Ramon, Goodwell and Bill Sladek, Stratford.

Yucca Girl Scout Council
J. Biddle,
Public Relations

Joyce Johnson wins second

Two of Jo Dunham's (of Guymon, Ok) watercolors took top honors in the judging of the artwork at the Artist's Studio Northwest 4th Annual Juried Show.

Her painting "Mountain Respite, Southfork, Co" received Best of Show and "Bill's Calf" won first place in the professional class. R.T. Hicks of Guymon placed second with his photograph "Rounder". Third place went to Bryon Test on "Wood Duck" a watercolor and Jane Savage, also of Guymon, placed fourth with "God's Gift", an oil painting.

Merit awards went to Ruth Atkins, of Optima, Bryon Test and Wilma Akers, of Hooker, Ok.

In the amateur class Paul Farrell, of Guymon, received the first place rosette on a pastel titled "Muffin and a Friend". Second place went to Guymon's Joyce Johnson for her pastel entitled "Springtime in the Canyon". She also received a merit award on her oil. Third and fourth place ribbons were placed on Guymon's Eleanor Faris' oil painting of "The Stone Bridge" and "October Festival". Corene Shafer, of Texhoma, Ok, won two merit awards.

Tula Harland, of Texhoma, and Dee Johnson, of Guymon, also received merit award ribbons.

Marlin Adams, head of the Art Department of Frank Phillips Jr. College, Borger, Texas, judged the 47 entries on Jan. 5. A reception tea was held Jan. 6 for the public.

The artwork will be on display throughout the month of January at No Man's Land Historical Museum in Goodwell.

Neither rain nor snow ... China plans to build a post office in Antarctica that will appeal to collectors of exotic postmarks. The project will begin when a 500-member Chinese Antarctic expedition arrives on the ice for a 150-day stay. A copper sign reading, "The Post Office of the Chinese Great Wall Station on the South Pole," will be placed on the spot, officials said. Sounds like a "dead letter" office to me.

Appraisal District Meets

The Board of Directors of the Hansford County Appraisal District met in regular session Wednesday, January 9, 1985, at 9:00 a.m., in the conference room of the appraisal district offices located at 13 West Kenneth Avenue, Spearman, Texas. Members present were Jimmy Shieldknight, Lynn Hart, Thane McCloy, Roy Bulls and Chief Appraiser Alice Peady. Member absent was Gene Fletcher.

Chairman Shieldknight called the meeting to order and presented the Agenda for the meeting.

1. Call to Order.
2. Approve Minutes.
3. Organize Board for 1985.
5. New Business:
 - a. Appoint One ARB Member.
 - b. Establish Resolution Adopting \$1000 Minimum Value on Notice of Appraised Value.
6. Pay Bills.
7. Chief Appraiser's Reports.
 - a. Financial Reports.
 - b. Current Collections.
 - c. Construction in Progress.

Minutes of the regular meeting held December 12, 1984, were approved as read.

Each director reaffirmed his oath of office for his 1985 term which was administered by Chief Appraiser Alice Peady.

Nominations for the 1985 officers were as follows:

Motion was made by Lynn Hart and seconded by Thane McCloy to elect Roy Bulls as chairman by acclamation. Motion carried 3-0.

Chairman Bulls assumed the duties of the Chair.

Motion was made by Jimmy Shieldknight and seconded by Thane McCloy to elect Lynn Hart as vice-chairman. Motion carried 3-0.

Motion was made by Lynn Hart and seconded by Jimmy Shieldknight to elect Thane McCloy as secretary. Motion carried 3-0.

Motion was made by Lynn Hart and seconded by Thane McCloy to amend Resolution #1 to authorize the chief appraiser to co-sign vouchers with any one of the following directors: Roy Bulls, Chairman; Lynn Hart, Vice-Chairman; Thane McCloy, Secretary; Jimmy Shieldknight, Director. Motion carried 4-0.

Two bids on the telephone system were opened and read aloud from Pathandle Telecommunication Systems Inc. and General Telephone Company. The bids were as follows: PTS \$3,521.25 and \$181.35 second year maintenance. GTE \$3,668.15 and \$243.20 second year maintenance.

A discussion was held on the advantages of purchasing equipment from a locally operated company and the nominal difference in the two bids. Motion was made by Jimmy Shieldknight and seconded by Lynn

Hart to award the bid to General Telephone Company in the amount of \$3,868.15. Motion carried 4-0.

Motion was made by Thane McCloy and seconded by Lynn Hart to appoint Austell Burrus as a member of the appraisal review board for 1985-86. Motion carried 4-0.

Motion was made by Jimmy Shieldknight and seconded by Thane McCloy to adopt Resolution #14 to dispense with the notice of appraised value if the amount of increase is \$1,000 or less according to the provisions of Chapter 25, Section 25.19 (g), Property Tax Code. Motion carried 4-0.

Motion was made by Jimmy Shieldknight and seconded by Lynn Hart to approve the 1984 accounts payable in the amount of \$80,132.42 as per attachment to the Minutes of this meeting. Motion carried 4-0.

Motion was made by Thane McCloy and seconded by Jimmy Shieldknight to approve the budget reports as presented by Chief Appraiser Alice Peady. Motion carried 4-0.

Chief Appraiser Alice Peady reported on the current collections and progress of construction.

There being no further business to bring before the Board, meeting adjourned at 10:00 a.m.

MENU

Jan. 21- Jan. 25

- Monday
Spag. w/Meat
Tossed Salad
Applesauce
Homemade Bread
Milk
Tuesday
Pig-In-Blanket
Pork & Beans
Tater Tots
Cake
Wednesday
Fried Chicken
Mashed Potatoes w/Gravy
Corn
Jello
Biscuits
Milk
Thursday
B-B-Q Beef
Pinto Beans
Cole Slaw
Peaches
Corn Bread
Milk
Friday
Sloppy Joes
French Fries
Tossed Salad
Peanutbutter Cookies

Now is the time for all good men who value their leisure to become allergic to spring garden catalogues.

Snippets

During a five-year period, more than two out of every five American families change their homes, the Conference Board notes. Although many only move down the street or around the block, one out of five moves to a different state.

The Golden Kite Award is a recognition of achievement given by the Society of Children's Book Writers.

THE CUPBOARD
502 DAVIS
SPEARMAN, TEXAS
659-2767

For the week of Jan. 14-18

- MONDAY
Stir-Fry Pepper Steak
over Wild Rice
Wacky Devils Food Cake
TUESDAY
Steak Soup
Cornbread
Cherry Cobbler
WEDNESDAY
Chickent Fried Steak
Mashed Potatoes-Pan Gravy
Hot Rolls
Chocolate Cream Pie
THURSDAY
Homemade Vegetable beef Soup
Cornbread
Hershey Bar Dessert
FRIDAY
Mexican Casserole
Tortilla Chips
Cajon Swamp Cake

For the week of Jan. 21-25

- MONDAY
Spaghetti & Meatballs
French Bread
Eclair Cake
TUESDAY
Stuffed Potatoes
Golden Peach Pie
WEDNESDAY
Steak Diane
Scalloped Potatoes
Homemade Rolls
Chocolate Cherry Upside Down Cake
THURSDAY
Cabbage Rolls
Oven Fried Potatoes
Hot Rolls
FRIDAY
Texas Style Chili
Cornbread
Old Fashion Bread Pudding

Our meals include salad bar, coffee or tea for \$4.95. We also offer sandwiches and homemade soups daily.

"The Cupboard" menu will only be printed once every two weeks. Clip and save!

Sale

Tuesday, Jan. 15 through
Tuesday, Jan. 22

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HOURS:
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9 a.m. - 5 p.m.
Saturday
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SEARS

★ NATIONAL HOME APPLIANCE

SALE

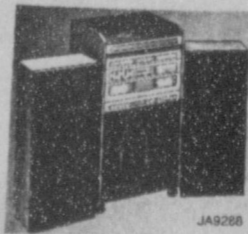
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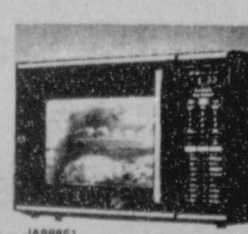
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1.4-cu.ft. microwave with temp. probe
\$329.99



Built-in Kenmore dishwasher
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Hansford Hospital Board Meeting

The Regular Meeting of the Board of Directors of Hansford County Hospital District was held on Jan. 10, 1985 at 7:00 A.M. in the Hospital Board Room.

Present: Jack Oakes, President; Leslie Barkley, Sec. Tres.; Dwight Hutchinson, John Trindle.

Administration: Albert LaRochele, Hosp. Adm.; Ray Wasil, Manor Adm.; Dan Powers, Y.D.P.

Medical Staff: David McClellan, M.D.

Guest: Mrs. Mary Arnold, Mr. Perry Arnold, Mr. John Hutchinson.

Absent: Alton Ellsworth, Vice-Pres.; Jerry Hunt.

The meeting was called to order by Jack Oakes.

The minutes of December 13, 1984 were read and approved in a motion made by Leslie Barkley and seconded by John Trindle.

Mrs. Arnold addressed the Board on a personal matter concerning patient care. The Board members thanked Mrs. Arnold for her input and will take the appropriate action.

Mr. John Hutchinson gave the Board an update of the Jason Frye Lawsuit. After a general discussion, John Trindle made a motion that John Hutchinson be instructed to file a suit

against Jason Frye for Breach of Contract. Seconded by Leslie Barkley, approved by all Board members present.

The monthly financial statement was presented for the Board's consideration. Dwight Hutchinson moved to approve the bills for payment. John Trindle seconded and the motion was passed by all present.

Next submitted to the Board was two different proposals for Hansford Hospital and Manor on its Professional Liability. One from Texas Hospital Insurance Exchange and the other from Brock Insurance Agency. Leslie Barkley made a motion to accept the proposal from Brock Insurance. Seconded by Dwight Hutchinson and passed by all present.

A general discussion as to the possibility of expansion of Hansford Manor was held next. No definitive action taken at this meeting. To be discussed further at the next meeting.

A Medical Staff recommendation was submitted to the Board. After review of Dr. Stanton Cobb's staff application and letters of reference Dr. Earl Novak made a motion that Dr. Cobb be accepted to the Medical Staff of Hansford Hospital, seconded by Dr. Muthali. Motion was

made by Dr. Viola and seconded by Dr. Muthali that he be granted the privileges which he requested as to his staff application, with all privileges set forth by the Medical Staff Bylaws and that the Medical Staff recommendations be forwarded to the Board of Directors for approval. All medical staff members present voting for this resolution.

Dwight Hutchinson made a motion to accept the recommendation of the Medical Staff, seconded by John Trindle, and passed by all members present.

Next on the agenda was the Hospital update. The Board was advised of the necessity of having to cut the staff of Hansford Hospital due to the low census during the past three months. The Board, as a whole, agreed and instructed the Administrator to take the appropriate measures necessary.

Mr. Ray Wasil gave the progress update on the current affairs of Hansford Manor.

There being no further business the meeting was adjourned.

History book may be republished

Volume I of Hansford County History, published under the auspices of the Hansford County Historical Commission in 1979-80, is being considered for reprint in a small number, if there is enough response. Cost per book will be \$60.00, and must be ordered and paid in advance by Feb. 15, 1985, no later. Date of delivery will be about 60 days following that deadline, probably in May.

Those reading this who may know of anyone interested in Hansford County History are urged to relay the message of the reprint of Volume I Hansford History.

Books may be ordered by sending checks/money orders to: Hansford County Historical Commission 30 S. Townsend, Spearman, TX 79081. (If there is not enough response, money will be returned to those ordering.)

Houston Rodeo Entertainment Lineup

HOUSTON, Jan. 3, 1985

Go Texas Days were kicked off tonight when the Houston Livestock Show and Rodeo announced its 16-star rodeo entertainment line-up for the 1985 Show, which runs February 20 through March 3.

"We're especially excited about this years star entertainment because of two Houston rodeo firsts," said show president Dr. Joseph T. Ainsworth. "Continental Airlines, a long-time show supporter, will be our first corporate sponsor when they join with us in presenting the Oak Ridge Boys at both matinee and evening performances Sunday, March 3."

Ainsworth said that in addition to sponsoring the Oak Ridge Boys live performance, Continental Airlines will also be a major sponsor of the Show's television special.

"This substantial contribution greatly enhances our charitable programs that benefit young people," said Ainsworth.

The Houston Livestock Show presently has 885 students in school on show sponsored scholarships with a commitment of more than \$1.8 million.

Ainsworth also announced the Show's first full-length, two-hour concert following uninterrupted rodeo action. Superstar Willie Nelson will perform Monday night, February 25, after the rodeo is over. That night's regular priced rodeo ticket allows admission to both events.

In addition to Willie Nelson and the Oak Ridge Boys, other star entertainers will be Billy Ocean, Wednesday, Feb. 20; the Judds,

Thursday, Feb. 21; George Strait, Friday, Feb. 22; Ronnie Milsap, Saturday, Feb. 23, matinee performance only; Charley Pride, Saturday, Feb. 23, evening performance only; Exile, Sunday, Feb. 24, matinee performance only; Janie Fricke, Sunday, Feb. 24, evening performance only; Ricky Skaggs, Tuesday, Feb. 26; Jose Luis Rodriguez, "El Puma", Wednesday, Feb. 27; Conway Twitty, Thursday, Feb. 28; David Frizzell and Shelly West, Friday, March 1; Lee Greenwood, Saturday, March 2, matinee performance only; and Larry Gatlin and the Gatlin Brothers Band, Saturday, March 2, evening performance only.

Seven of these stars will also appear in the 1985 Houston Livestock Show and rodeo television special to air in the spring and summer. The Oak Ridge Boys will host the show, which will feature George Strait, Larry Gatlin and the Gatlin Brothers Band, Charley Pride, Lee Greenwood, Conway Twitty and Janie Fricke.

City council member Eleanor Tinsley also presented the mayor's proclamation of Go Texas Days. Go Texas Weekend activities begin Feb. 16 with the big rodeo parade in downtown Houston.

Rodeo performances begin Feb. 20 in the Astrodome. All evening performances are at 7:45 p.m., with Saturday matinees at 11 a.m. and Sunday matinees at 1 p.m. Ticket prices are \$4.00 and \$8.50 and are on sale at all Ticketmaster and Ticketron locations and the Astrodome. All activities conclude March 3.

Teresa Miesner ministers in music



Teresa Miesner of Spearman ministered in music at the First United Methodist Church in Hooker, Okla. Sunday night. It was in honor of the music department of the church. She sang in Stinton, Texas at the Lutheran Church on her way to San Antonio to attend the Texas Farm Bureau meeting.

Teresa is a freshman at Frank Phillips College and was on the honor roll for the fall semester. To achieve honor roll status, you must complete 12 or more credit hours with a grade point average of at least 3.25 of a possible 4.0. She had 14 hours and 3.50 average.

Teresa is the daughter of Mr. and Mrs. Louis Miesner.

Pre-registration for TSTI to be January 28 through February 1

TSTI - Amarillo will be holding pre-registration for the Spring Quarter January 28 thru February 1, 1985, from 8:30 p.m. to 3:30 p.m., in the Resource Center on campus.

Programs enrolling new students will be: Aircraft Mechanics, Auto Body Repair, Auto Mechanics Technology, Boot and Shoe Operations, Commercial Art in

Advertising, Computer Electronics Technology, Computer Science Technology, Construction Technology, Cosmetology, Diesel Mechanics Technology, Drafting and Design Technology, Industrial Instrumentation Technology, Interior Design Technology, Laser Electro-Optics Technology, Machine Shop Operations, Meat

anical Electrical Technology, Professional Truck Operations, Saddle and Tack Making, Technical Office Training, Transport Refrigeration Technology and Welding and Fabrication.

For more information contact the Admissions Office, 806-335-2316, ext. 268.

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Double Ring Ceremony Unites Couple



Mrs. Tim Peddy

Mr. and Mrs. Tim Peddy are at home in Amarillo after a honeymoon trip to the Inn of the Mountain Gods in Ruidoso, N.M., following their December 29 wedding.

The formal, double-ring ceremony was performed in the Holy Family Catholic Church of Nazareth, with Father Harold Waldow, pastor, officiating. Assisting Father Waldow in the ceremony was Darryl Birkenfeld, brother of the bride.

The bride is the former Karen Birkenfeld, daughter of Herman and Marilyn Birkenfeld. The groom is the son of Byron and Alice Peddy of Gruver.

Given in marriage by her father, the bride wore a white formal floor length wedding gown of Point D'Esprit, Venise and Wedgewood

laces over bridal taffeta, designed with a high neckline, natural waist, long bishop sleeves and full skirt. Tiny seed pearls enhanced the neckline. The back of the gown was complimented with tiny covered buttons which extended from the neckline to the waist. Rows of ruffles on the skirt fell in waterfall fashion, and the full back ended in a sweeping chapel length train. She wore a small picture brim hat covered with silk venise motifs, seed pearls, and crystal beads. A waist length illusion veil draped from the back of the hat. In keeping with tradition, the bride wore pennies minted in the years of the couple's births. Entwined in her cascade bouquet of assorted blue rosebuds and white roses she carried her paternal grandmother's rosary as

something old, her gown was something new, pearl earrings were borrowed from her sister, and she wore a blue garter.

Serving as maid of honor was Renee Ball. Bridal attendants were Gail Birkenfeld, sister of the bride, Heather Peddy of Guymon, Okla., cousin of the groom, Mary Beth Hoelting of Salina, Kan., cousin of the bride, and Liz Burcham of Canyon. Sara Birkenfeld, niece of the bride and Karis Ratcliff of Salina, Kan., served as flower girls and carried the rings. All wore floor length gowns of smoke blue chiffon over an underlining of vermeese in the same color. The dresses featured self jackets trimmed with ribbon over narrow tucks and the tucks were repeated in the chiffon overskirts. The attendants carried arm bouquets of assorted smoke blue and navy blue flowers. Each wore a matching flower cluster in her hair.

Cary Shackelford of Mart, Tex., served as the best man. Groomsmen were Clifton Peddy of Austin, brother of the groom, Bob Birkenfeld, brother of the bride, Rick Cazares, and Buster Davis, both of Gruver. Keith Birkenfeld, Clyde Birkenfeld, Davin Winger, and Toby Bagwell served as ushers. All the men were handsomely dressed in navy blue tuxedos.

Candlelighters were Alan and Shana Birkenfeld. Bringing the offertory gifts to the altar were Darlene Schulte and Margaret Peddy. Danelle Schmucker registered guests.

Dwayne Kleman and Patti Jones accompanied Greg and Glenda Birkenfeld as they sang "Nobody Loves Me Like You Do", "Theme from Ice Castles", "Father's Call", "Flesh of My Flesh", "Hail Mary, Gentle Woman", and "The Powers in the Love", a song written by the bride's brother, Keith.

Following the ceremony, the bride and groom were chauffeured in little red wagons drawn by a John Deere tractor to the reception and dinner in the Community Hall. After dinner a dance was held, with the Rough Riders Band entertaining.

The bride is a 1982 graduate of Nazareth High School and is employed by the American Quarter Horse Association in Amarillo. The groom is

a 1978 graduate of Gruver High School and is employed by The Ruthart and Williams Company in Canyon.

This 'n That

BY BARBARA ALLISON

In pursuit of trivia: A free 65-page report containing thousands of historical facts is being offered by the West Virginia Library Commission in the state's 163 libraries. The commission is hoping trivia-minded citizens will take advantage of the report and the libraries. Among facts to be gleaned from the report: Did you know that Charleston had the first brick streets in the United States? Or that the largest shipment of matches in the country — 180 million — left Wheeling, W. Va., for Memphis, Tenn., on August 26, 1933? Maybe that'll fire you up to read a book.

Limiting the limitless: David Weeks, a restaurant owner in Dover, N.H., will serve only two drinks to a customer. He said it is time to "do something to stop the killing" caused by drunken drivers. The two-drink rule has been going on for months, and Weeks said there had been no serious complaints. "It's time people who serve liquor started to do real good policing job," he said. No more one for the road.

Nearly 15,000 species of insect life, 80 percent of the world's total, have been found and classified in the Amazon River Basin.

Look on the bright side before it tarnishes.

Karen's Kozy Korner

Water, frost or ice on the inside of windows is a chore to clean up and can produce conditions for the growth of mildew in your home.

Homeowners may not realize that it takes only four to six pints of water to raise the relative humidity of a 1,000 square foot house from 15 to 60 percent.

For example, a person breathing produces 1/8 pint of moisture per hour and mopping a 150 square foot floor will release 4 1/2 pints of moisture into the air.

In addition to normally generated moisture, certain heating methods can contribute to moisture in the home. In very tightly sealed homes with good insulation and storm windows, the use of an unvented kerosene space heater can double the amount of moisture vapor generated in the house each day.

The presence of continuous condensation on windows is a good sign of excess moisture. If frost or ice forms on a glass or metal frame and sash and if paint peels and wood rots, there is certainly excess moisture.

If a single pane of glass gets so cold that moisture condenses and runs down it in the winter, then double glass and/or a heating vent located beneath the window can eliminate the problem.

But sometimes condensation will occur on windows even when the relative humidity in the house

is low. In this case, condensation on windows results more from the cold window surface than from excessively high moisture in the room. Adding storm windows or polyurethane film to the windows, or placing heated air vents can solve the problem.

If moisture condenses between the permanent window and storm window, or polyurethane film and the window, the warm, moist air from inside the house is leaking to the airspace between the two. To correct this problem, seal the leaking spaces or ventilate the two windows. Ventilate the windows by drilling two three-eighths inch holes at the top and bottom of the storm windows or loosening them slightly.

When mildew or dampness is present on the ceiling or on the outside walls near the ceiling, there is a possibility that the insulation is not properly installed.

In this case reposition the insulation in order to prevent cold wind from chilling the area where vapor will condense in your house.

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A.W. Razor on growers panel

Amarillo-New ideas for improving irrigation efficiency will highlight the annual High Plains Irrigation Conference set for January 17 in Amarillo.

Participants will hear how growers are using surge and LEPA irrigation systems to improve efficiency and cut fuel costs. Exhibits of the improved irrigation equipment will be on hand and shown by manufacturers and area dealers.

The conference will be held at the Texas A&M Agricultural Research and Extension Center, 6500 Amarillo Boulevard, West.

Registration and display of equipment starts at 8:30 a.m. and the program concludes at 3:00 p.m.

The conference is sponsored by the Texas Agricultural Extension Service and Panhandle Economic Program.

A new feature of the conference this year is a discussion by a panel of equipment dealers.

James Mitchell of Wolforth will discuss the development and use of surge valves and control units. Mitchell who farms and operates Controlled Surge Irrigation, Inc. will also discuss the

value of furrow dikes in his farming operation.

Dick Cook, manager of Ulysses Irrigation in Dumas and Stratford will tell how to properly design center pivots for convenient use and maximum efficiency.

Dick Laursen who operates Southwestern Irrigation Equipment Supply House in Stephenville will discuss nozzle and LEPA packages for center pivots.

Also a highlight of the conference this year will be a discussion of water issues in Texas by S.M. True of Plainview and President of the Texas Farm Bureau. True is a Hale County farmer who understands the value of irrigation to West Texas growers.

Managing furrow irrigation will be addressed by Jack Musick, a veteran agricultural engineer headquartered at the USDA Research Station at Bushland.

Leon New, Extension agricultural engineer and coordinator of the conference will discuss Low Energy Precision Application (LEPA) with center pivots.

The conference will conclude with a trio of High Plains growers who will share their irrigation and soil moisture practices with the

audience.

The growers panel is always popular at the conference, say New, and the group this year will be good, too. They are Willie Wieck from Moore County, A.W. Razor of Gruver, and Tom Dennis of Panhandle.

Letter to the Editor

I would like to express my appreciation to the people of Hansford County for all of the help and support given me as your District Attorney. I enjoyed serving the citizens of the 84th Judicial District for the past eleven years. It was a particularly rewarding experience for me.

I would like to express my special thanks to R.L. McFarlin and the Hansford County Sheriff's Department for all of the help and co-operation they gave to the District Attorney's office. The efficient and effective operation of that department certainly made my job easier.

As I leave office to enter private practice, once again many thanks.

Sincerely,
Stephen F. Cross
District Attorney

Suburbia



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Isaiah says that the Lord will sift the nations with the sieve of vanity. Sieves used to sift grain were made of reeds, horsehair or strings. Nations may be sifted with other sieves, such as injustice, self-indulgence, etc.

"And his breath, as an overflowing stream, shall reach to the midst of the neck, to sift the nations with the sieve of vanity..."

— Isa. 30:28

FEE SIMPLE — Bank fees have escalated recently, so be on guard for extra charges for services at your bank. By right, they should inform you if fee schedules change; however, you may find extra amounts added to your statement. One way to save is to consolidate accounts at a single financial institution; another is to close accounts you no longer need. Also, think before you call for services like check stopping and getting your exact balance. Sometimes the cost makes these unnecessary.

Shrimp swim backwards, pushing themselves with their fan-shaped tails.

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Fun & Fitness

The Chrome and Polish Syndrome

In the 1960s and early 1970s, the United States was afflicted by the Chrome and Polish Syndrome in the health spa world. Many money-hungry businessmen decided to market exercise and health clubs that they termed effortless and easy. These establishments promised miracle results using vibration belts, steam baths, saunas, and virtually nothing to raise one's heart rate above 100. They were characterized by high prices, chrome machines, attractive attendants with no formal training, and contracts to sign which would lock a person legally into payments for a specified period of time. These health clubs and their operators caused many problems. Besides wasting their customer's hard-earned money on big promises and no returns, it caused great difficulty for respectable operators trying to obtain business from those disenchanted by the Chrome and Polish Syndrome.

Out of the bad usually arises the good. Luckily, the health and fitness industry survived. But in the last few years, there has been a resurgence of Chrome and Polish establishments once again promising big things and returning little. The promises sound much like before, "No difficult or hard exercises, no diets, just easy exercises and results." Gone are the vibrating exercise belts, but now these operations sport electronic wizardry that promises everything but saving you money. Many claims are being made so let's examine a few:

Easy Exercise: One need not be schooled in exercise physiology to realize that you reap what you sow. Intensity and duration correlate directly to the results obtained. If the intensity is low, then the results will be low.

Massage: Many techniques have been around since the early Greeks. Massage has many benefits that athletes around the world enjoy, but it doesn't reduce stores of body fat. Some establishments claim that, by massaging fatty areas of the body, this fat is then broken down. Where does it go? Even if this were possible, breaking up fat deposits under the skin would cause hemorrhaging and possible peripheral nerve damage.

The only way to reduce body fat is by using it up. This means using fat for energy to move the body. This is best accomplished by a combination of exercise and a sensible diet.

There are many ways that the unscrupulous operator will promise effortless results. Most are simply advertising tricks that use words in a way that will keep the operator out of legal trouble. Before signing a contract or paying for treatment, ask questions of the management. If they give vague promises and offer no explanations on how or why their methods work, you may be wasting your time and money.

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NIGHTLIFE *by George Soren*

HELLO, JOE'S DRY CLEANERS?... SEND THAT SUIT WITH THE "S" ON IT OVER TO THE PHONE BOOTH ON MAIN STREET



"The Theater," erected in 1576, was the first such structure built in England exclusively for the performance of plays.

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The Ronald McDonald House of Amarillo, front entryway.

RONALD HOUSE OPERATIONAL EXPENSES TOP \$65,000 PER YEAR

Sixty-five thousand dollars a year! That's what it will take, at a minimum, to keep open the doors to "the house that love built."

The Ronald McDonald House of Amarillo has been open nearly a year. Funds were raised to build and furnish the facility, and to see it through the opening phase. But, now that the Ronald House is fully operational, more funds are needed to maintain the building and grounds, as well as to cover utilities and other operational expenses.

The Ronald House is owned and operated by the Children's Oncology Services of the Texas Panhandle, a nonprofit organization created to build and operate the facility. That organization has set up an endowment fund for the purpose of funding the operation of the Ronald McDonald House of Amarillo.

Right now, the principal of the endowment fund is being tapped to cover the expenses of the facility, expenses that mount at a rate faster than the fund grows. But there is a bigger plan for the endowment fund, a plan with a goal in sight. That goal: to build the endowment fund to a point where the interest generated alone will be enough to cover the

operational costs of the Ronald McDonald House of Amarillo. To cover utilities, supplies, building and grounds maintenance. To cover a manager's allowance and volunteer program needs. To cover insurance and Ronald House van expenses. To cover the estimated \$65,000 a year needed to adequately fund the entire operation of this Ronald House.

\$65,000 dollars a year generated as interest from an endowment fund... it's a lofty goal. But through the generosity of the caring people in the Texas Panhandle, people like you, it's a goal that is in sight. And for all the benefits the Ronald House of Amarillo has brought already to the families who have stayed there... as well as for the benefits to families yet to come... it's a worthy goal.

But your help is needed to reach that goal. Please offer your assistance with a tax-deductible donation to the Ronald McDonald House of Amarillo. Use the enclosed reply envelope, or send your contribution to: The Ronald McDonald House of Amarillo Endowment Fund, 1501 Streit Drive, Amarillo, Texas 79106. ♥

Agriculture related businesses may be eligible for loans

LUBBOCK, TX, Jan. 10 • • •

Small, agriculture-related businesses in 51 Texas counties are eligible to apply for disaster loans for economic injury caused by the 1983 Payment-in-Kind (PIK) Program, the U.S. Small Business Administration announced today.

Eligible small firms may apply for up to \$500,000 at 8 percent interest, the Agency said. The loans may only be used to meet financial obligations the business would have met had the PIK program not been used.

To qualify for a loan, a business must be small by SBA's standards; be unable to obtain credit elsewhere; provide a reasonable assurance of repayment ability;

be located in one of the designated counties, and prove that the substantial economic injury was a direct result of the PIK Program, said Philip J. O'Jibway, Lubbock District Office Director.

"These loans are meant to provide working capital for businesses and not to replace lost profits or lost sales," said O'Jibway.

O'Jibway said that the counties designated today were requested by Governor Mark White using a list of qualified counties supplied by the Department of Agriculture.

"Congress has appropriated a total of \$100 million for the PIK and currency fluctuation disaster loan programs, and loan applications will be funded on a first-

come, first-served basis," O'Jibway said.

O'Jibway cautioned that not every business will be able to qualify for a loan. "These loans are not intended to be the end-all to the problems in the farming communities," he said.

Business owners interested in applying for the economic injury disaster loans should contact the SBA Disaster Area 3 Office in Grand Prairie, Texas by using the toll-free telephone lines or the commercial lines if the toll-free numbers are busy.

"These lines have been especially set up for this program. The person who answers the phone at the SBA Disaster Office will be an experienced loan officer who can

explain the program and mail the loan application," said O'Jibway.

The toll-free number is (800) 442-7206. The commercial number is Area Code 214, 263-9924.

O'Jibway said the designated counties which are covered by the Lubbock District Office are:

Andrews, Armstrong, Bailey, Briscoe, Carson, Castro, Cochran, Crosby, Dallam, Dawson, Deaf Smith, Floyd, Foard, Gaines, Gray, Hale, Hansford, Hardeman, Hartley, Haskell, Hockley, Hutchinson, Jones, Lamb, Lipscomb, Lubbock, Lynn, Moore, Ochiltree, Oldham, Parmer, Potter, Randall, Roberts, Runnels, Sherman, Swisher, Terry, and Yoakum.

Panhandle Head Injury Foundation, Chapter To Meet

The Panhandle Chapter of the Texas Head Injury Foundation will meet on Saturday, January 19, 1985, at 10:00 A.M. at the Amarillo Speech & Hearing Center, 1300 Wallace Boulevard, Amarillo, Texas.

Rolf Habersang, M.D. will present the program on "Health Promotion of the Head Injured Child with Disabilities".

Dr. Habersang is Chairman of the Pediatric Department at the Texas Tech Health Sciences Center. He is a General Pediatrician with special training in therapeutics and intensive care and is Medical Director of the Pediatric Intensive Care Unit at Northwest Texas Hospital.

In the United States this year, over 250,000 children will be admitted to the hospital with a head injury and 15,000 children will require prolonged care; 50 percent of those comatose for more than twenty-four hours will die or have a serious permanent neurological deficit.

The causes of head injury in children include automobile accidents as both passengers and pedestrians, motorcycle accidents,

falls, moving objects striking the stationary head, child abuse, near drowning, and birth injury. Many children are needlessly injured while riding in cars because they are not secured by seat belts. More than 40 percent of patients who die as a result of automobile accident do so as a primary result of head injury.

Head injury, whether it be a child or adult is devastating to the victim and their family. The ability to adjust to a difficult situation or life change requires empathy from others far more than it does sympathy. In support groups there can be a special bond among people who share the same troubling experience. Knowing that someone truly understands, realizing that you are not alone and someone cares, shares the sorrows, fears and frustrations; from there they can begin to communicate more openly, view their problems more objectively, and find more effective coping strategies.

For further information you may call 806-359-6652. Anyone interested is invited to attend the monthly meetings.

Animal Sciences Teach 4-H's Responsibility, Caring

Helping young people to develop a sense of responsibility and caring is basic to 4-H animal science programs—programs in agriculture, beef, sheep, swine, commodity marketing, dairy, dog care and training, horse and veterinary science.

These programs give young people a chance to explore many areas of the animal industry and to place special emphasis on areas of individual interest, points out Karen Harruff, county 4-H program coordinator with the Texas Agricultural Extension Service, The Texas A&M University System. The programs offer opportunities to 4-H members whether they live in rural areas or in major metropolitan areas.

4-H'ers in animal science programs are exposed to everything from simple pet care and training to marketing, breeding, research, nutrition and careers. These programs can be an integral part of their learning and living exper-

iences and can offer young people an almost limitless array of opportunities for education and exploration.

Objectives common to programs in animal sciences are these:

1. To develop leadership activities, build character and assume citizenship responsibilities.
2. To explore career opportunities.
3. To develop skills, knowledge and attitudes for lifelong use.
4. To share knowledge gained with others.

4-H members who excel in animal science programs can reap a host of awards, including some scholarships and trips to the National 4-H Congress in Chicago awarded each fall.

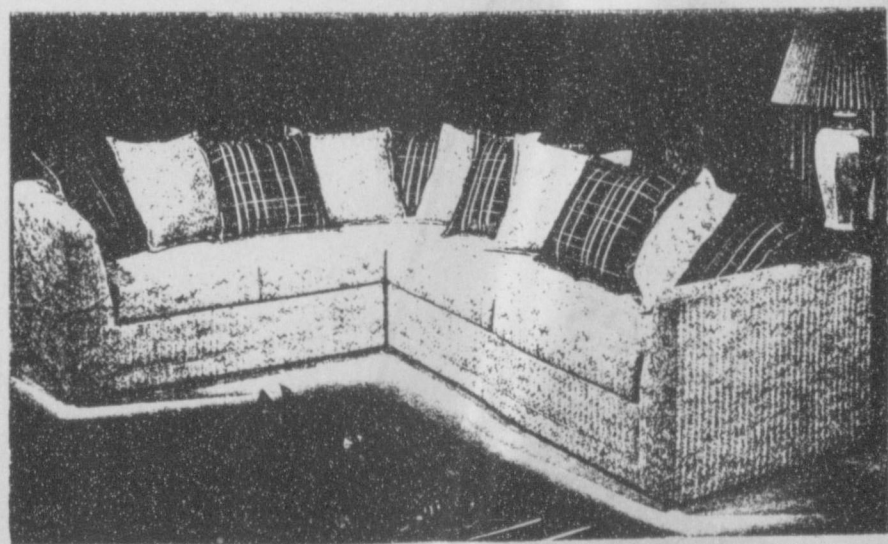
Projects in animal science can open an exciting world to 4-H members, says Harruff. To find out more about these programs, contact the county Extension ofc.

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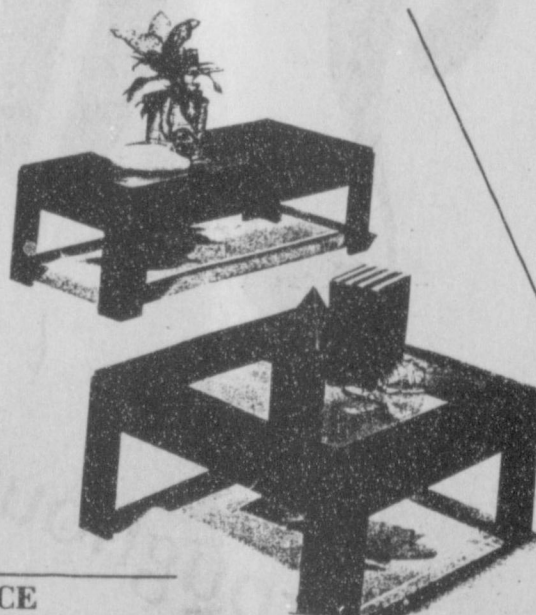
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Three Hansford County highways to be repaved

High Plains Pavers Inc. of Plainview is the apparent low bidder to seal coat 119 miles of Texas Panhandle highways, including sections of three state highways in Hansford County.

State Highway 207 will be seal coated from SH 15 north 19 miles to the Oklahoma state line. SH 15 will be seal coated from Spearman northeast 7 miles to the Ochiltree County line.

The seal coat material will also be placed on SH 136 from SH 15 north, west and north 18.4 miles to the Oklahoma state line.

High Plains' bid of \$1,281,179 was the lowest of six submitted on the contract to the State Highway and Public Transportation Commission.

"Texas' recent growth has put pressure on the State's roadway system" according to A.L. McKee, Amarillo District Engineer of the State Department of Highways and Public Transportation (DHT).

In the state agency's efforts to upgrade the deteriorating network, McKee said the DHT has

mobilized its staff to design and construct improved highway facilities as rapidly as possible.

McKee said forty projects designed by the department are being let for bids to construction this month. The seal coat work in the Panhandle is expected to begin late this spring and conclude by the end of the summer.

Statewide, the majority of the projects involve some form of maintenance and rehabilitation, rather than new construction. Included are such things as resurfacing, resalting, rehabilitation of existing bridges and upgrading of sign systems.

"A seal coat rehabilitates and protects the riding surface of a highway and extends the useful life of a roadway," McKee said.

In the Panhandle a total of 236 miles of highways will be seal coated at a cost of \$2,525,879. While the statewide projects are estimated to total over \$58 million in construction costs, two-thirds of the jobs are in the less-than-one-million dollar range.

Scotland occupies the northern 37 percent of Great Britain plus the outlying Hebrides, Orkney and Shetland island chains. Three-quarters of the population of more than 5 million resides on one-tenth of the land — the industrial lowlands just north of the English border. Scotland was a separate kingdom from 1018 until 1707, when it united with England as the United Kingdom.

Manufacturers rarely operate their plants at full capacity. The preferred rate of output is 85 percent to 90 percent of capacity. But this goal is often unattainable due to high prices for raw materials and goods, wage demands, shortages of supplies or lowered demand for the products being manufactured.

The General Assembly of the United Nations meets in regular annual sessions. Special sessions are convoked by the secretary general at the request of the Security Council or a majority of U.N. members. One president and 17 vice presidents are chosen at each regular session.

Thinking Slim

BY JEAN NIDETCH

THE ATTACK OF THE DREADED MUNCHIES!

They can attack at any time: in the middle of a ball game, while you're doing algebra homework, on a long car trip, at a cocktail party — even in the middle of the night. They are insidious, sneaky, merciless. Just when you think you have everything under control just when you think you've seen the last of them, there they are, insistently making their dreaded presence felt: the horrible Munchies! In their wake, they leave behind the unmistakable signs of their presence: a trail of candy bar wrappers, cookie crumbs, grease splotches... and excess weight!

How to fend off an attack of the "Munchies"? The first thing is not to be over-confident. It's always when we least expect them that they show their ugly heads, so be prepared. Keep on hand an ample supply of permitted snack foods, such as raw vegetables, bouillon cubes, fruit, skim milk, low calorie gelatin or soft drinks and unbuttered popcorn. Second, don't let yourself get too hungry. Eating regular meals and planned snacks at sensibly spaced times will keep you from succumbing to that irritable, light-headed, famished feeling you get when you go too long without eating.

Keeping busy during your vulnerable times can also help keep the "Munchies" at bay. Anything pleasurable that absorbs your attention and keeps your hands busy will do the trick: knitting, woodworking, macrame, gardening, throwing a frisbee, cleaning the closets. Happy, active people rarely have time or the inclination to munch.

Finally, if the "Munchies" do attack, there are some strategies which may help defeat them. If you crave something sweet, crunch a large dill pickle instead. Or brush and floss your teeth, and use a strong, mint-flavored mouthwash. Read over your food diaries for the past few weeks, and note how virtuous you have been. Remember: the "Munchies" aren't inde-fAT-igable: YOU are!

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Equity to hold Expo

Spearman Equity has announced plans for a big, special One-Day-Only EXPO SALE to be held January 24 from 10:00 a.m. to 3:00 p.m. at Hansford County barn in Spearman.

Jim Turner, manager of the Spearman Equity, and all of the Equity personnel extend an invitation to all area farmers and ranchers to come out to the sale, check out the bargains offered, see demonstrations and hear talks by Ag-business experts in various fields, visit with Company sale representatives and enjoy lunch free of charge.

The special sale will include bargains on Fertilizer, Chemicals, Feed, and Fencing supplies and many other supplies. An action paced agenda is planned. There will be demonstrations, talks on topics of interest to the Agricultural Community and Chemical Company representatives will be on hand to answer any and all questions farmers and ranchers may have.

Animal health products, Fencing Material, COOP Feed Banvel Herbicide, COOP ORO Hybrids, Roundup Herbicide, COOP bal-

impulses occur regularly at a preset speed, so that the pulse is regular.

Modern pacemakers are quite sophisticated, in that they send out the signal for the heart to contract only if it is needed. Should the heart be beating properly on its own, the pacemaker doesn't trigger a beat. The batteries in them last for years and the pulse rate can be set from the outside without additional surgery.

Q Almost every time I get some minor injury, I faint. Even pinching my finger in a door or turning my ankle a little can cause this to happen. Is there something I can do to prevent this?

A The normal heart has unique nerves in it which trigger off each heart-beat. This system responds to the need for oxygen in the body so that, for example, when you exercise, the heart beats faster and more oxygen-carrying blood is supplied to the body.

With certain diseases and most often with aging, the normal pacemaker may start to function erratically causing the heart to beat too slow or too fast. When this happens, fainting or heart failure may occur. Placement of an artificial pacemaker will cause the heart to beat more normally.

A pacemaker is a small electronic device about the size of a package of cigarettes. It can be placed under the skin usually just below the collarbone. Tiny wires lead from the pacemaker to the wall of the heart and the electrical impulse generated by the pacemaker causes the heart to contract. These

ed mineral feed, Ralgro implants, Texas sadderly, Anhydrous Ammonia, Dupont, COOP Fertilizer, and Ag Chemicals, Pay-Master seeds, Pioneer brand seed, ASGROW, Milo guard, BLOAT GUARD, AATREX Nine-0, and many other interesting displays.

Jim Turner, local manager, urges you to attend this EXPO sale on Thursday, January 24.

The Equity will feature a "truck load mineral sale" during the expo sale. Special discounts if picked up during the day of the expo sale.

likely to be injured from a fall. I've known many people who at one time had been bothered with this problem but who gradually lost the tendency to faint with minor pain, so you may get over it.

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Family Physician

BY DR. JAMES G. PRICE

Q My Grandfather has just had an operation to install a pacemaker. Can you tell me what this surgery involves and why it is done?

Tee Vee Laffs



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