THURSDAY, JULY 6, 1995

Caprock Canyons -= State Park

Calendar Of Events

VOLUME 35 NUMBER 3

July 6 Quitaque Senior Citizens Robbie Hill @ Turkey July 7 Summer Excitement July 9 Attend Church of Choice

July 10 Quitaque City Council Quitaque Firemen Turkey Lions Club Turkey Baptist Bible School

July 11 Matador Masonic Lodge Quitaque Chamber of Commerce Turkey Baptist Bible School July 12

Turkey Baptist Bible School July 13 Turkey City Council Nuevo Study Club Quitaque Senior Citizens Lunch Turkey Baptist Bible School

July 13 Valley School Board Meeting

Let's Help The Quitaque Senior Citizens

The Quitaque Senior Citizens are in need of some financial aid to help them pay for the new roof that had to be put on their building

A lunch has been planned for the Sunday of July 23, 1995 to help with this project.

Members of the surrounding area are encouraged to help by bringing food for the lunch, eat ing lunch with the group or with cash donations. Any help will greatly be appreciated.

The lunch is to be from 11:30 a.m. until 2:00 p.m.

For more information about this project, call Ruth Anderson at 455-1461, Delores Pigg at 469-5317, Mary Woods at 455-1264, Ann Chadwick at 455-1248 or Florene Cobb at 455-1249.

Swimming Lessons To Be Held At Turkey

Swimming lessons will be held at the Turkey Swimming Pool on July 10—14 in the morning for ages 2 years and

For infomation, please contact Angela Clay at 806/469-5214.

Tornado Gives Flomot Residents

Fire Department trucks sounded a warning to the community of Flomot around 7:30 p.m. Sunday, July 2. A tornado was sighted and swirled to the ground in a pasture one and a half miles northwest of the community. No damage was reported, but residents were urged to take cover, as Flomot was in the path of the twister.

Tiffin, who live due north of Flomot, reported .70 of an inch of rain, and hail. No moisture was reported in town (Flomot)

Mrs. Tommie Cruse, NWSV, five and a half miles east . northeast of Flomot, reported .57 inch of rain during this storm, with a mass of pea-to-golf size hail. Early Sunday morning she registered .50, and on June 27th, .64; on the 29th, she mea-

Residents east of the Whiteflat community experienced flooding rains during the heavy thunder and extreme lightning storm, with 1 to 1.75 inches of moisture. From June 27 to July 2, total rainfall for Whiteflat was reported 1.80 to 2.50 inches of rain.

Summer Excitement Friday At Turkey Pool

Summer Excitment is spon-

All youth are encouraged to

A Sunday Scare

6 PAGES

by Earlyne Jameson

Wailing sirens of the Matador

Joe Edd Helms and Glen D.

sured .5 inch of rain.

Summer fun is getting a great send-off for the youth of Quitaque-Turkey-Flomot area on Friday, July 7, 1995. Youth are asked to come to a Pool Party at the Turkey Swimming Pool and have a good time swimming and enjoying a pizza and coke refreshment time.

sored by the local churches. A small fee will be charged the youth to help pay for the use of the pool and the refreshments.

come to the Turkey Swimming Pool at 7 p.m. for a fun filled evening. Party is over at 9 p.m.

The Valley Little League Padres were the 1995 Pee Wee Division Champions of the Memphis Little League. Shown in the picture—Back Row: Coach Greg Ramsey, Matthew Reyna; Cody Payne; Randy Farley; Rueben Ramos; Jose Pozos; Cody Barrett. Front Row: Daniel Alanis; Zack Ramsey; Rhiane Gaddis; Chance Maynard; Kevin Ortiz; Jake Maupin; Will Boedeker; Matt Whittington; Cody Varnell.

Photo courtesy of Wilburn Leeper.

Briscoe County History Books Are Still Available

The Briscoe County Historical Committee met June 27 in the Pioneer Room of the First State Bank with 13 in attendance. Several items of business were discussed.

It was decided to sell the remainder of the Vol. II Briscoe County History Books at \$55.00, which includes tax. These will be sold through the County Judge's Office and by members of the Historical Committee.

The Pioneer Memorial of the Courthouse Square was also discussed along with plans for $further\, development\, of\, that\, are\, a$ plus the restoration plans for the Briscoe County Jail.

Upcoming events in which the Historical Committee will be involved include the Briscoe County Birthday Celebration August 10-12, and the Caprock Jamboree concession stand on September 2.

Sales of the Briscoe County History Book, Footprints of Time, Vol. II and the memorial tiles for the Pioneer Memorial will be conducted by members at both of these events. The price of the memorial tiles is \$75 per memorial.

Three new members of the Committee from Quitaque were also nominated. They are Bob and Arlene Hinkle and Eunice

Turkey City Council Meeting July 20, 1995

Hamburger Supper Served In Turkey Park

Last Sunday night, July 2, the Turkey Fire Department mesquite, with all the trimmings in the City Park. Along with the hamburgers, they served drinks, ice cream and cake

The weather wasn't too cooperative as about 7 p.m. the clouds grew heavy and started to rain. Just before the rain started, Jimmy Davidson began to auction off some of their cakes.

The entertainment for the evening was furnished by Roger Denton, who has gained quite a name for himself as a singer. His entertainment was thor oughly enjoyed by those attending.

Driver's License Exam Briscoe County Courthouse July 11, 1995 9a.m.-4 p.m.



Roger Deaton entertaining at the Firemen's Supper.

The rain finally let up and the fireworks display was given after it became dark. It was beautiful.

The firemen had been asking for donations on a TV to be given away at the supper. The lucky winner for the TV was Janna Turner.

New Ramps Underway

Turkey and Quitaque are in the process of installing new ramps for the handicap.

Several of the ramps will have hand rails as well as a fence on the sidewalk to prevent anyone from falling over the rails. The law states that if the sidewalk is over a certain height, a fence must be erected.

Rain—Rain—Rain

Sunday evening the rain de scended once again on the Quitaque, Turkey, Flomot area. A tornado was sighted near Flomot.

Quitaque received 1.60 inches of rain and Turkey received .30. Hail accompanied the storm, doing quite a bit of damage to crops in the fields south of Quitaque and in the Gasoline area. One farmer reported that one end of his field had crops that were ok and on the other end just stems were left. Another said he would probably just plow it all under. Farmers stated that it is too late to plant

Firework's went off as planned in Turkey on Sunday evening after a delay because of the rain and lightning.

Quitaque · Chamber Of Commerce · Meeting July 11, 1995

Turkey Baptist Hosts Bible School

The Baptist Church at Tur-Summertime ey will be having Vacation Bible School from July 10 through July 14 for children from 4 years of age through the 6th grade.

Classes will begin at 6 p.m. and last until 8:30 p.m.

Theme for the Bible School is

"Windows of the World." Friday night July 14 a program will be presented by the children for their parents and

THEN

Report Card on TV Violence KAY BAILEY HUTCHISON

Fun

Turkey-Quitaque ISD

Board Meeting

July 13, 1995

8 p.m.valley School

t is bad enough that television seems to have changed the American child from an irresistible force into an immovable object. But the level of violence in American TV programming makes this attachment to the TV set even more destructive.

The average American child witnesses 100,000 acts of violence and 8,000 murders on television before leaving elementary school. It is an indisputable fact that this kind of programming not only monopolizes children's attention, but has made American youngsters — like our society as a whole — more cynical, prone to violence and desensitized to its real-life The lieve Americans are fed up with the violence in their streets, schools

and on TV. So I have introduced a bill that would provide parents with the kind of information they need to guide their children's TV viewing habits away from violent programming and toward shows that can entertain kids without corrupting them.

This legislation is simple and involves no government censorship. What it would do is fund the preparation and distribution of a "report card" on TV violence, using current research data which is generated by a variety of universities and private research foundations, as well as the industry itself.

It would be even better if this could be accomplished in the priva I hope introducing this bill will spur the private sector to make such information available.

But, bottom line, parents need help. They could use the information to determine what programming they think is appropriate for their children. Exercising such guidance is, first and foremost, a family matter. I oppose direct government interference with television programming decisions, as do many of my colleagues in Congress. I believe we have as little Constitutional authority to tell television programmers what to broadcast as we have to tell

But I feel strongly that it is appropriate for government to find ways to help parents use available information effectively so they can make informed ramming choices for their children. The bill I have proposed meets that need in the least intrusive way

We hope the effect of making this information available will be reduced viewership of violent programming, thereby influencing programming con

tent without mandating changes.

My bill would authorize the Secretary of Commerce to award a grant to a university or other not-for-profit organization to gather and analyze research into television programming content and publish its findings in an easy-to-read and easy-to-access format four times a year. These TV violence report cards" would be publicized and made widely available to the public

To the fullest extent possible, parents and consumers should be empowered to choose which television programs they consider appropriate for their children - and to turn off the set when programming they consider too violent is aired. With such information, parents could select programs with themes and ideas which reinforce their family's values

Given the proper tools, parents can make informed decisions that allow them to take charge of their TV sets. And given the proper tools, I believe they

Motley County Junior Rodeo, July 14 & 15 At Old Settler's Arena The 21st Annual Motley County Junior Rodeo will be Barrel Race, Flag Race, Pole

held at the Old Settler's in Roaring springs on July 14 and 15, 1995. The Junior Rodeo is sponsored annually by Motlev County 4-H.

This year there will be three rodeo performances. The Friday night performance will begin at 7:30 p.m. Saturday morning slack will start at 9 a.m. with the Saturday night performance to begin at 6:30 p.m. Rodeo books will close at 5 p.m. on July 11.

Full-tooled saddles will be awarded to the All-Around Boy and Girl in the Senior Division (ages 16-19). A set of Rickey Trammell Bits and Spurs will be given to the All-Around Boy and Girl in the Junior Division (ages 8-12) and the Pre-Kids Division (ages 7 and under) for the All-Around Boy and Girl. Montana Silversmith Belt Buckles will also be awarded for first place in each event for all age divisions.

The events for the Rodeo are: Tying, Ti naing, Goa Roping, Ribbon Roping, Breakaway, Team Roping, Steer Daubing, Calf Riding, Steer Riding, Bareback, Saddle Bronc, and Bull Riding. A jackpot Ranch Saddle Bronc competition will be held for contestants 18 years of age and under.

A dance will be held nightly featuring the Three-Quarters Band. The dance will begin at 9 p.m. both Friday and Saturday night

All interested youth are encouraged to enter the Rodeo and spectators are invited to watch the action and dance nightly to the Three-Quarters Band.

For more information or entry blanks, feel free to contact Cathey Turner, Rodeo Secretary, Box 666, Matador, Texas 79244, (806) 347-2834 or Michael Clawson, County Extension Agent, Box 670, Matador, Texas 79244, (806) 347-2733.

TEXAS PRESS ASSOCIATION

THE VALLEY TRIBUNE

sor to The Quitaque Tribune, Established at Quitaque in 1960 Published Every Thursday at Quitaque, Texas 79255 Jimmye C. Taylor, Publisher Eunice McFall, Editor

Judy Bearden, Advertising Earlyne Jameson, Reporter SUBSCRIPTION RATES PER YEAR BRISCOE, HALL, MOTLEY, FLOYD COUNTIES

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POSTMASTER; SEND ADDRESS CHANGES TO

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Happy Birthday

July 6 Lolla belle Harmon, Gerald Smith, Willie Grace Majors

July 7 Jerry Brannon, Pauline Tiffin, Robin Boedeker

July 8 Rickey Hughes July 9 Ray B. Calvert, Wes Musgrave, Elois

Price, Deana Washington July 10 en Gilbert, Amanda Cruse

Narciso Hinojosa, Richard Castillo, Megan Whittington, Lurline Walker July 12

Atlanta Channon, Lynn Davis, Mary Dowd, Guy Young

Billie Jeane Griffin, James Lynn Kimbell

Happy Anniversary

July 7 Mr. and Mrs. George R. colvin Mr. and Mrs. Bill Perkins July 8 Mr. and Mrs. Dennis Irby July 9 Mr. and Mrs. Wayne Hunter

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On The QT

Pam Harmon reported a very good visit with her mother, Billye Loudermilk in Lubbock last week. Ann and Buster Chadwick spent the 24th and 25th in Ruidoso, NM at the Chorn cousin's reunion. Twelve of the thirteen cousins were

there. Everyone had a wonderful

time reminiscing. The group attended church with Jean and Jarrel Rice. The Rice's are doing great and send greetings to

Dick Taylor was in Methodist Hospital in Plainview Wednesday for day surgery. He returned home Wednesday afternoon.

Kay and Deloy Myers spent the past weekend in Lubbock. On their way home Sunday, they made a stop in Lockney for a short visit with Robin, Randy and Rayann

Fred Davidson spent Thursday night with his mother, Estelle

Ruby King and Joyce Price attended the wedding of Ruby's brother, Lawrence Bedwell and Gladys Offeild Saturday at Plainview. Ruby's sisters, Opal Broxson

and Imogene Bethel came back to spend a few days with Ruby.

Visiting in the homes of Estelle Davidson and Jimmy and Clara Ruth Davidson over the weekend were Jo Beth Edwards and children, Kevin and Kimberly and LaVernia Curtis of Dumas; Lavada McCracken, Tulia; Travis and Garrett McCracken, Lubbock; Jon and Laura Davidson and girls, Molly, Macy and Mary Kate, Tur-key and Floye McCracken of Quitaque. A good time was reported by

Kyle McWilliams had heart valve surgery last week. At last report he was doing well.



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DPS Handgun Instructors Classes DPS will begin the application process for the certified handgun

The course is required under the new concealed handgun law for those who want to teach the DPSauthorized handgun proficiency course to the general public. Those interested in becoming certified instructors may call the DPS at 512-706-7293 or 512-706-7294 after 8 a.m., June 22. Callers should be prepared to provide preliminary information, and applications will be mailed to those who qualify. The first class for certified handgun instructors is scheduled to begin July 17 at the DPS Training Academy in Austin. The DPS plans to train about 60 students per class. "The Department will continue the certified handgun instructor course on a weekly basis until all interested applicants are trained, "DPS Director Col. James R. Wilson an-nounced today. The registration cost for the instructor course will be \$100. The fee will not be refundable to those who don't complete the course. All applicants will be responsible for their own lodging and meals. Individuals not currently certified to teach other types of handgun courses will undergo 40 hours of instruction. A 28-hour course will be required for those who are de fined by law as "currently certified instructors." The DPS will determine whether applicants qualify for the abbreviated training based on current certification and the ability to pass a firing range test. Applications will be grouped into six geo-graphical regions. The population percentage of each region will de-termine how many students from that region will be taught in each class. Therefore, applicants will be accepted for training on a first-come basis taking their geographical lo-cationd into consideration. "Instructors will not be authorized to instruct the general public in the proficiency certification course un-til Sept. 1, 1995, "Wilson stressed." Applications will not be accepted from the general public for licenses to carry concealed handguns until Sept. 1. Those application forms will be available in late August at locations to be announced. While the applications period for concealed handgun licenses begins Sept. 1, no licenses will be valid before Jan. 1, 1996, when the law becomes fully

Worker Protection **Standards Presented**

By Rebel Royall

There always seems to be some confusion about WPS and what farmers have to do to be in conjunction with the standards. Questions always seem to arise this time of year, because we always have hoe hands in the fields. Some growers do not realize that they, as employers of WORKER, are only obligated to provide training and issue the blue card to employees who are going to work for them for more than 15 days. For 1995, training and cards must be provided by the 16th day of employment. These 15 days of employment need not be consecu-tive. Therefore, if a farmer is employing a hoeing crew for only a week or ten days, he is not required to provide training and issue cards These 15 days however, are being reduced to five in 1996. But for now 15 day rule does not apply to them. In order to provide training and issue cards, the grower must be a certified or licensed private applicator or have gone through a "train the trainer" program. Training of workers and handlers can also be provided by TDA, licensed TAEX employees and individuals who have gone through a train the trainer program. Trained handlers can provide to workers only. The Texas Agricultural Extension Service does not issue cards, but we do provide training materials. These can be checked out to individual farmers. Issuance of the cards are the responsibility of the employer. The employer must contact the TDA regional office in Amarillo or Lubbock, or a TDA field pesticide in spector in order to obtain the cards for issuance. A grower does not have to provide training to members of his own family. However, for family members he does have to comply with other aspects of WPS, such as providing them with personal protective equipment. It is easy to get confused about the Worker Protection Standards. Remember if you

are in doubt, call your
Texas Agricultural Extension
Service office at 823-2131, or the Texas Department of Agriculture regional offices in Amarillo or Lubbock. The Valley Tribune, Quitaque, Texas, Thursday, July 6, 1995

Top O' Texas Time In Pampa

Beutler and Gaylord Rodeo Company will produce the Top O' Texas Rodeo held nightly in Pampa, July 13, 14 and 15 with performances beginning at 8

A free barbecue will be held on Thursday, July 13 starting at 5:30 p.m. for Thursday ticket holders. While eating the barbecue sponsored by The Mundy Companies and Albertson's you can watch the popular Celebrity Pick-up Race sponsored by LOL Cattle Company.

Friday night is family night. For each adult ticket purchased, you can receive a free child's ticket. For each senior ticket purchased you can receive a free senior ticket.

Saturday at 1 p.m. will be the steer roping sponsored by Frank Johnson. Following the steer roping will be the Pony Express Tournament with the steer roping finals at 7:15 p.m.

Each night will see a Wrangler Bullfight in the arena. Also each night the Andalusians de Nobleza of Carolyn and Dennis Mortimer of Lawson, Mo will perform. The Andalusian stal-lions are called the horse of kings. Top O' Texas Parade will be

held on Saturday, July 15 at 10

Each night, a dance will be at the Clyde Carruth Pavilion. Kracker Jack will play for the Thursday and Friday dance and Asleep at the Wheel will perform for Saturday night.

The Kid Pony Show, with events for children through age fifteen, will be held on July 10, 11, & 12 at 7 p.m.

For more information, contact Jane Jacobs at 806/669-3241 or write P.O. Box 1942, Pampa, TX 79065.

New opinions are always suspected, and usually opposed, without any other reason but because they are not already

July Immunization Clinics Available

Immunization Clinics offering vaccines that give protection against several childhood diseases are scheduled for July. Protection is against Polio, Diphtheria, Lock Jaw (Tetanus), Whooping Cough (Pertussis), Measles, Rubella, Mumps and HIB (Haemophilus Influenzae Type B).

The Texas Department of Health is charging money to help with the cost of keeping the clinic open. The amount of money charged

will be based on family income and size, and the ability to pay.

Immunization may be received at Memphis on July 11, 1995
from 10 a.m. to 4 p.m. at the Texas Department of Health Office, 1800 North Boykin; at Childress on July 13 from 7 a.m. until 5 p.m. at the Texas Department of Health Office at 801 Commerce or at Clarendon on July 18 from 10 a.m. until 4 p.m. at Texas Department of Health Office at Medical Center, 70 Highway North.

Driving Course Offered At WTAMU

The WTAMU Office of Continuing Educaton will offer a course in defensive driving from 9 a.m.-noon and 1-4 p.m. Saturday, July 8. This course may be used to void traffic citations if approved by the Justice of the Peace. It may also be used to reduce the premium for automobile liability.

There is a charge for the course and preregistration is required. For more information or to register, contact the Office of Continuing Education in Room 222 of Old Main on the WTAMU campus or call 806/ 656-2037



"Footprints of Time"

Volume II

The History of Briscoe County tax included

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(See Judge Jimmy Burson)



FIRST NATIONAL

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The Valley Tri

Back Row: Larry Cla Edward Weatherly, Spons sor, Ann Coker, Joy Turne Banks, Jeanice Bartlett. J Class Of 's

by Ann Coker Hugs, oo's and aah's, lots ter and laughter met each o members of the Class of 55 r

At 7:30 a buffet Mexica was served to the group by Joy Turner assisted by Ja Giner of Hotel Turkey. Dur time Gloria Banks pre Beverly Morris and Joy purple and gold mum cors appreciation for their organ fo the reunion. Then much and laughing took place as looked at the old annuals, books and picture albums had been brought in. Some up into the wee hours of Sa

Following a wonderful bre on Saturday morning the journeyed to the old school ings where they enjoyed look the pictures in the hallway touring the Bob Wills Mu They went over to the old high building and laughed and cr they remembered the event how it was in the fifties. Once they had their group picture

on the front steps.

Then it was back to the Ho a Patio lunch and an afterno visiting with each other and those who came by to visit wit On Saturday evening we enj a wonderful Chuck Wagon Barb on the Patio. Following the band from Amarillo and the ented Johnson family. A fejoyed dancing. Then it was be risiting again some on into th

hours of Sunday morning.

Special gifts were present Edward Weatherly for trav over 1300 miles to come; to R Eudy and Gloria Hedrick Ban changing the most over the year Edward and Maureen Wear for having the most children John and Jeanice Eppler Br for having the most grandchi (12); and the Jan and Joy for c ing the least over the forty Also Sue Lacy George pres Ronnie Eudy a key to Mrs. Bos Hudson which he had som and Sue had kept it all these

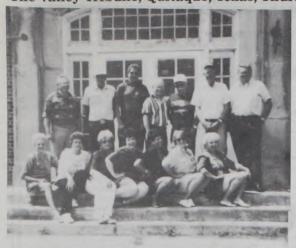
You never know what is

from 107 MAIN S

YOUR IN

in this CROP HAIL F

PAT CARSO



Back Row: Larry Clark, Jan Turner, Darrell Couch, Ronnie Eudy, Edward Weatherly, Sponsor Coker, Leland Pinkerton. Front Row: Sponsor, Ann Coker, Joy Turner, Doris Christian, Bev Morris, Sue George, Glo Banks, Jeanice Bartlett. Photo courtesy Ann Coker

Class Of '55 Holds Reunion

by Ann Coker

, 1995 able

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charged

11, 1995

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Hugs, oo's and aah's, lots of chat ter and laughter met each one of the members of the Class of '55 reunion. At 7:30 a buffet Mexican Fiesta

was served to the group by Jan and Joy Turner assisted by Jane and Giner of Hotel Turkey. During this time Gloria Banks presented Beverly Morris and Joy Turner purple and gold mum corsages in appreciation for their organization fo the reunion. Then much visiting and laughing took place as we all looked at the old annuals, scrapbooks and picture albums which had been brought in. Some stayed up into the wee hours of Saturday

Following a wonderful breakfast on Saturday morning the group journeyed to the old school build-ings where they enjoyed looking at the pictures in the hallways and touring the Bob Wills Museum. They went over to the old high school building and laughed and cried as they remembered the events and how it was in the fifties. Once again they had their group picture made on the front steps.

Then it was back to the Hotel for a Patio lunch and an afternoon of visiting with each other and with those who came by to visit with us. On Saturday evening we enjoyed a wonderful Chuck Wagon Barbeque on the Patio. Following the meal the group was entertained by a live band from Amarillo and the tal-ented Johnson family. A few enjoyed dancing. Then it was back to visiting again some on into the wee

hours of Sunday morning.

Special gifts were presented to Edward Weatherly for traveling over 1300 miles to come; to Ronnie Eudy and Gloria Hedrick Banks for changing the most over the years; to Edward and Maureen Weatherly for having the most children (6); to John and Jeanice Eppler Bartlett for having the most grandchildren (12); and the Jan and Joy for changing the least over the forty years. Also Sue Lacy George presented Ronnie Eudy a key to Mrs. Boswell's Hudson which he had somehow taken when we were in the 8th grade and Sue had kept it all these years.

Visitors that visited with the group were Virginia Degan, their 4th and 5th grade teacher, Lewis and Mozelle Eudy, Ora Lee King, Ola Lisenby of Lubbock, Clauton and Evelyn Lisenby of Miami.

Others were Carol Weatherly, Lynn Davis and children of Memphis, Les Weatherly and baby of Amarillo, Mr. and Mrs. Albert Copeland of Arlington, Lavern Lacy of Tulia, Dot Arnold, Judy Jordan, Billy, Margie and Tommy Pinkerton, Buddy Coilvin, Janice Wheeler, Janna Turner, Clinton and Joanie Pigg and Jamie and Jarret, all of Turkey and Brandi Price of Quita-

Graduating members who at tended were Darrell and Shirley Couch, Larry and Ruth Clark, Lubbock; Leland and Linda Pinkerton of Oklahoma City; Edward and Maureen Weatherly, Havre Montana: Ronnie and Jay Eudy, Austin; Jerry and Sue Lacy George, Plainview; Bobby and Gloria Hedrick Banks, Homer and Doris Richmond Christian, Amarillo; Butch and Beverly Lisenby Morris of Hampshire and Jan and Joy King Turner, Turkey. Also attending was one classmate who John and Jeanice Eppler Bartlett of

Joining the group on Saturday night was a grade school classmate. Donald Copeland and wife of Arlington and sponsors, U.F. and Ann

Class members who missed out on the furn were James Hawkins, Foster Smith, Ronnie Christian, Bettie Logan Harrison, Owana Wellman Turner and Louise Corgill

Plans are being made for an other reunion in five years.

The group was served brunch at 9 Sunday morning. Followed by a worship service led by Scott Johnson. When our classmate Edward Weatherly led the closing prayer we all realized this wonderful time was

Lots of laughter, tears, hugs and kisses were enjoyed as one by one we departed, some on vacations, some back home to work.

You never know what is enough until you know what is more -William Blake

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10

News urkey

Spending the July 4th week-end in Turkey was Jessie Ferguson and hisfamily from Corpus Christi. They spent the week-end with his mother, Linda Ferguson. Saturday, Linda and the Ferguson family traveled to Lubbock to visit and do some shop-

Visiting with George and Veta Colvin over the holidays were son, Tom Barr and wife Kathy and grandson John. The Barrs are from Sulphur Springs. Also visiting from Round Rock was a daughter, Linda Whitley and granddaughters, Des-

tiny and Ryan.

Bonnie Hill enjoyed a house full of visitors over the holidays. Those coming to visit were Carol Weatherly, Lynn and Wiley Davis and children, Hunter and Sheridon of Memphis; Sheri McClenny and Lori Wooten of Baytown; Jess Weatherly and Madison Weatherly of Amarillo and Joe David and Janis Payne of Plainview

Holiday guests in the home of es and Sue Hall was Sue's sister,

Cheryl Worley from Midland. Jordan Jenkins, daughter of Jackie and Daniel Jenkins is to have her tonsils removed this Wednesday. Daniel reported that this surgery is the most important thing to worry about now, and he'll worry about his cotton crop later. I believe Daniel has been hailed out twice over in the Brice Community.

When Ola Lisenby and son, Clayton Lisenby, visited with the class of '55 last Saturday, Ola brought a plate with my name on it we estimated that she had had the plate for 30 plus years. I didn't even recognize the plate.

While visiting with Ronnie Eudy at the Hotel last Saturday, he showed me a board that had once belonged to Coker. He had acquired it from Don guest. We don't know who stole the "infamous" board back in the '60's.

Wed and Karen McDougall of Amarillo were guests in the home of Karen's mother, Dot Arnold. They came to attend the hamburger supper and to listen to Karen's son, Roger Denton, sing at the supper. Also visiting with Dot was Lavern Mullin from Tulia.

Several weeks ago one of the members of the Class of '55 asked Coker to bring the movies that he had made of their different activities when they were in high school. He told them that our son, Kim, had taken them home with him and he was putting them on video and he would see if he could get them He forgot it. One of the members said, I told you we should have called Kim!"

An Over Due Reunion **Finally Happens**

Rochelle Carnes, of Turkey, has younger sister, Melissa Richards, ho lives in Fremont, California. Melissa has been living in California, since she was a year and a half old. Rochelle and Melissa had only een each other four times, then. The last time being 11 years ago in August 1984.

On June 4, this year, Melissa arrived at DFW Airport to spend a few weeks in Texas. She spent her first five days, in Texas with her brother Gene Birdwell and his wife, Michelle and daughter, Kirsten, in Garland, Texas.

On June 9, Rochelle met Gene and Melissa in Wichita Falls. They all had lunch together and Rochelle brought her sister back to Turkey

During Melissa's visit in Turkey they had lunch at the Peanut Patch, went shopping in Plainview, looked at a lot of old and new family photos and Melissa and Rochelle had their picture made together.

Rochelle, Jennifer, Danny and Kortni, were all very glad to have

On June 17, Rochelle and her daughter, Kortni, took Melissa to North Richland Hills, Texas, to visit another brother, Bill Williams and his wife, Gail and two sons, Jakeb

Rochelle and Kortni stayed for a few days and during their visit had lunch at Fuddrucker's and did some shopping.

It was very sad when Rochelle and Kortni had to say good-bye to Melissa and return to Turkey on

During Melissa's last few days at Bill's she went shopping and attended a Ranger Baseball Game.

Melissa returned to California from DFW Airport on June 27th. This was the first time Melissa had seen any of nieces and nephews

Her family is very sorry she had to go home, even though Melissa is hoping to return to Texas, for another visit in December.

McLean visited with Louis and Oleta Randell Tuesday. After having lunch in Quitaque the two couples drove to Caprock Canyon State Park. This was the first time there for the Pierces, and they were very surprised at the majestic beauty of

Sara Fierro has just returned home to Turkey after a week-long trip to Disneyland and then two weeks in El Paso visiting her aunt, Isabel Chavira. She reported hav-ing a very good time. Mauro, Mary Fierro and Sara's sisters went to pick her up at the Lubbock airport

last Saturday.
Traveling from Clint to Turkey for the holidays was Roberta Carson. Mrs. Carson is visiting in the homes of her three children who live in Turkey, Lisa price, Jay Proctor and

John and Maebelle Francis of Silverton visited with Louis and Oleta Randell Sunday night. They all enjoyed the Fireboy's hamburgers at the park.

Ruth Lyles of Childress has been a recent patient in High Plains Hospital. She had angioplasta surgery last Wednesday and re-turned to her home on Saturday.

Visitors in the home of Olen and Margaret Lane in Midland over the holidays was Rita and Tracy Guest. The two left Midland early Monday morning for Tracy to arrive on time in Plainview for a dental appoint-

Some of the visitors at the Hotel Turkey that visited with the Seniors of '55 that I omitted from my list was Burl and Vida Mae Pierce and their son Jay's daughter. The group were quite pleased to see them. Vida Mae was a room-mother

for them for several years.
Arlie Williams drove to Canyon last Friday to spend some time with her grandson and wife, Kyle and Ann Williams. She also visited in Clarendon with Harve and Betty Williams. Arlie returned home on

Week-end visitors in the home of Mary Loury was the Allen Bolts family from Hamlin and Mary's brother, Jerry Williams from Ft.

Ham Receives Degree

Harold Ham, of Turkey, has graduated from the Texas State Technical College Amarillo spring quarter with an Associate of Applied Science degree from the Chemical Technology Program. Texas State Technical College Amarillo is a non-profit technical college, created in 1970 by the Texas

Trap Shoot At Tule Creek

A trap shoot will be held Sunday, July 9, 1995 starting at 1:30 p.m. at the Tule Creek Shooting Range which is two miles east of Tulia on F.M. 1318, then two miles north and one mile east.

The trap shoot is sponsored by Swisher County Activities Association.

For more information call David Gibson at 806/995-3726; Donald Adams at 806/668-4618 or Henry Roach at 806/995-2477



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Mrs. Ava Nell Pope a Rosella Cannon of Tulia visurday with their moth

urday white Lucille Monk.
Mr. and Mrs. Donnie tertained with a cook-out their home Saturday nig attending were Larry a Cruse, Skylar and Monie dor; Reginia ad Chad Goldthwaite; James a Gwinn, Fannin and D Whiteflat; Mrs. Dona Br. Turkey; Rusty Gilbert o and Ray and Tommi Roegan, Talon and Bra Darrell and Brenda Cr. Keane and Derrick of Flk.

Keane and Derrick of Fl Mr. and Mrs. Clois Sl daughter Keri met th daughters Cindy and I Lubbock Monday night ebrated their 25th wedi versary.

Mr. and Mrs. Tom K
Aleda Elaine were in Wi
last weekend to attend h
homecoming. Aleda Ela
formed on the program.
Mrs. Ross attended the 80
day celebration of his sist
Dorothy Carson in Olton
Joining them there were his
Mrs. Elizabeth Anstead of I
and daughter Mrs. Jan (
Whitely of Arlington, VA.
The Billy Morris and I

The Billy Morris and Cruse families attended the rorks Invitational Basketbe nament held in Plainview he weekend. Their dau lodie Morris and Leah Cru eted in the tournament. All ig on their team was Kase! Roaring Springs.

If you don't want to you have to work to enough money so th won't have to work.

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from reading the small Experience is what yo from not reading it. —Carl



Mc

BY Earlyne Jameson OVERHEARD

6, 1995

All you really needed for a glorious fourth of July was family, friends, and an appreciation of our country to light up the sky. FAREWELL PARTY GIVEN

FOR DANNY BARRETT

Danny Barrett of Quitaque, U.S. Postal Mail Carrier for the past three and a half years, was given a farewell party at the Flomot Post Office, Friday, June 30.

Hostesses were postmaster Mrs. Ruth Lee and postal employee Geneva Martin. They presented Barrett a beautifully decorated cake made by Mrs. Mary Jo Calvert. It was centered with a rural mailbox with the inscription, "Thanks for the Years. We will Miss You." He received gifts and cards, and punch and coffee were served with cake.

Attending the party were Annie B. Cloyd, Furman nd Beverly Vinson, Waydie Clay, Wendell and Nelva Morris, Larry Henderson, Orville Lee, Carmin Lee, Donnie Bybee, Carol Ann and Heather Turner, Velma Moseley and Leona Degan.

Mrs. Ava Nell Pope and Mrs. Rosella Cannon of Tulia visited Saturday with their mother, Mrs. Lucille Monk.

Mr. and Mrs. Donnie Cruse entertained with a cook-out supper at their home Saturday night. Guests attending were Larry and Deidra Cruse, Skylar and Monica of Matador; Reginia ad Chad Seward of Goldthwaite; James and Darla Gwinn, Fannin and Danielle of Whiteflat; Mrs. Dona Browning of Turkey; Rusty Gilbert of Paducah and Ray and Tommie Cruse, Roegan, Talon and Brand Cruse, Darrell and Brenda Cruse, Leah, Keane and Derrick of Flomot.

Mr. and Mrs. Clois Shorter and daughter Keri met their other daughters Cindy and Christi in Lubbock Monday night, and celebrated their 25th wedding anni-

Mr. and Mrs. Tom Ross and Aleda Elaine were in Willow, OK last weekend to attend his school homecoming. Aleda Elaine performed on the program. Mr. and Mrs. Ross attended the 80th birthday celebration of his sister, Mrs. Dorothy Carson in Olton July 1. Joining them there were his sister Mrs. Elizabeth Anstead of El Paso and daughter Mrs. Jan Carson Whitely of Arlington, VA.

The Billy Morris and Darrell Cruse families attended the Fireworks Invitational Basketball Tournament held in Plainview during the weekend. Their daughters, Dodie Morris and Leah Cruse competed in the tournament. Also playing on their team was Kasey Parks of Roaring Springs.

of Roaring Springs.
Mr. and Mrs. Bob McWilliams
and daughter Mrs. Dena Washington of Roaring Springs have been
in Lubbock with son and brother
respectfully, Kyle McWilliams of
Matador. He is a patient in Methodist Hospital following a heart
valve replacement June 30. He has
been hospitalized the past month

If you don't want to work you have to work to earn enough money so that you won't have to work.

—Ogden Nash

Education is what you get from reading the small print. Experience is what you get from not reading it.

and will be for three more weeks

Morris Degan of Medicine
Mound visited Sunday with his
mother Mrs. Leona Degan. They
attended a birthday party honoring
his mother-in-law, Mrs. Gladys
Brannon of Chillicothe, on her 80th
birthday, Sunday, in Floydada.
Hostesses were her daughters Mrs.
Lou Degan of Medicine Mound,
Mrs. Linda Seymour of Floydada
and Mrs. Pat Rose of Wichita Falls.

The Flomot Baptist Church had an ice cream social following the Sunday evening worship service. However, they dispersed early due to storm warnings.

to storm warnings.

Mrs. Elisa Wigley of Lubbock, and niece Aleda Elaine Ross visited from Thursday until Monday in San Antonio with Tommy Ross. They enjoyed the many amusements and tourist attractions.

Visiting Mr. and Mrs. Wayne

Visiting Mr. and Mrs. Wayne Hunter from SAturday until Tuesday were daughter and family Susan and Steve Smith, Emily and Allison, of Austin. They celebrated Emily's second birthday with a luncheon with all the trimmings Sunday, climaxing it with fireworks display Sunday night. Visitors during the celebration and during the weekend were H. G. Hunter of Quitaque; Mr. and Mrs. Brad Carter, Rebekah and Amanda, Bucky Smith and Tony of Lubbock, Mr. and Mrs. John Speer of Floydada and Mr. and Mrs. Doyle Calvert and their weekend houseguests Mrs. Tim Mandrell, Shae Lynn and Dustin of Lubbock.

Mr. and Mrs Morris Stephens visited in Clarendon Saturday with daughter and family Shonda and Scott Martin and Shanon. They enjoyed the rodeo and outdoor supper at the Bitter Creek Ranch.

Smaller Boats Have New Mandate

Small boat operators, who comprise over 80 percent of boating fatalities each year, will now have an extra measure of protection aboard their boats. As of May 1, boats under 16 feet must have one wearable life jacke, or personal flo tation device, for each person oard, under new rules issued by the U. S. Coast Guard. Uner the such as a buoyant cushion, will no longer qualify for the carriage requirement. The new rules also allow states to establish their own requirements for children. Many states have already enacted rules that require youngsters to wear life jackets at all times while aboard small boats that are underway. The same rules allow the states to require people to wear life jackets while in canoes and kayaks, and while riding sailboards and personal watercraft. The Requirements for vessels over 16 feet remain unchanged. Timing could not be better for the new regulations to take effect. The change occurs just three weeks before this year's National Safe Boating Week, May 20-26. Also the Coast Guard may adopt another rule that allows inflatable life jack ets to qualify under the carriage re There are several models and styles of inflatables, and because they can be worn almost in conspicuously at all time, boating safety experts believe that more recreational boaters would be encouraged to wear them

The bottom line with safe boating advocates is that having wearable life jackets on board makes good sense, and wearing one makes even better sense, because it won't work if you don't wear it.

Proper Mowing Important For Lawns

by Rebel L. Royall

The key to a beautiful, well-kept
lawn is proper maintenance. Mowing is a very integral part of your
lawn's maintenance.

Improper mowing practices cause the loss of many lawns. You should mow the grass often so that only about a third of the leaf blade is removed at any one clipping. Grass manufactures food in its leaf blades. When you take away too much of the blade, the entire plant suffers.

Most lawns should be mowed weekly. The clippings should be left on the yard or collected to be used for mulching flower beds, or composting. A mulching mower is a very good tool to have if clippings are to be left on the ground. It grinds the clippings into a more usable version for the soil. The Texas Agricultural Extension Service "Don't Bag It Program" recommends not sending clippings to landfills. They are a very usable product, and should not take up landfill space.

A mower should be set at the correct mowing height for your lawn. Close mowing, especially during hot weather, weakens your grass.

Recommended mowing heights vary with different grasses. St. Augustine is cut about 3 inches high normally, while bermuda is cut about 1-1/2 inches.

about 1-1/2 inches.

During the hottest summer months grasses will benefit if the mower blade is raised another 1/2 inch above the recommended level. This allows the root system more shading, which results in less weed germination and better moisture conservation.

A mower is a necessary piece of equipment for maintaining an attractive lawn, however, they can be extremely dangerous. Be sure to pick up all things in your yard which the mower blade could throw. Examples of these things could be toys, sticks, stones, wire, or other loose objects. These can be thrown at extremely high velocity from a mower and have the chance of severly hurting someone.

Also, mow across slopes rather than up and down them. A slip could mean loosing your foot. I saw a good friend loose his big toe this way last year. If the mower becomes clogged, stop the engine and disconnect the spark plug, before working under the mower. Do not fill the gas tank while the engine is hot, this could cause a fire.

SECURITY FOR WOMEN

(NAPS)—Whether you're single and on your own or have a family that depends on you, you need to protect your income.

protect your income.

Disability income insurance is important protection for most working people. It can keep you from having to tap into savings, a retirement nest egg or an education fund to pay bills while you recover from a disability that prevents you from working. Of course,



no one expects to become disabled, but statistics show that you have a much higher chance of becoming disabled before age 65 than you do of dying before that age.*

Muying before that age.*
Insurance companies such as
MetLife offer a number of quality
disability insurance plans. One, a
mortgage protection policy, can
protect what may be your most
valuable asset: your home.

Beware Of The Manchurian Mushroom

by Ronda Alexander
The following is an article about
the Manchurian Mushroom, that I
thought some of you might have
heard about and be interested in. It
was written by Peggy Gentry-Van
Laanen, Food and Nutrition Specialist for the Texas Agricultural

Extension Service.

The "Manchurian Mushroom," also known in some circles as "Kombucha Tea: may not be the panacea it is proclaimed to be. The conditions of producing and handling the substance may promote the growth of unsafe foodborne pathogens.

pathogens.

The "mushroom" received much public attention after claims of its curative properties appeared in an AIDS newsletter in Los angeles. But the recommendation of "growing" the "mushroom" at room temperature creates a situation that is supportive of mold growth, particularly the extremely toxic aspergillus mold, making it less than safe for any individual, especially those with chronic illness.

Promotional materials suggest that Kombucha can eliminate wrinkles and help remove brown spots on hands, prevent cancer, reduce hot flashes, help allergies and aching nerves, cure diseases, burn fat, level-off glucose, thicken hair, help digestion and reserve symptoms of AIDS.

The Manchurian Mushroom is not really a mushroom, but a symbiotic colony of yeast and bacteria that resembles a jelly fish in form and acts as a living culture. The consumer is instructed to grow the substance in a special medium of three quarts of water boiled with one cup of sugar. This liquid is then transferred to a glass bowl to which five tea bags are added and allowed to steep for 10 minutes. The Kombucha culture is then floated on top of the cooled tea. Some instructions recommend covering the mixture with a cotton cloth and leaving the bowl in a warm, dimly lit place for about a week. Other instructions advise keeping the culture in a "cool" place. In a week's time, fermentation produces a ciderlike, sometimes carbonated drink. Each fermented batch also produces a second culture, commonly referred to as a "baby", these babies often are given to friends or

At least one safety problem does exist with Kombucha, according to mycologists. The Kombucha can become contaminated with toxic mold. In particular, it may be unwise to consume the substance when held at room temperature for a week. All individuals are now advised to avoid consuming anything appearing to contain mold growth.

Fast Foods-

Fast food eating can be a part of a healthy diet. However, selections must be made with knowledge and care. Variety is also a key point to remember in making any food selections. Some nutrients are provided by fast foods, but they also

provide lots of fat, sodium and calories. Fast food meals are also low in fiber. They also usually lack the key nutrients: Vitamin A, Vitamin C and Calcium.

and carcium.

If healthier choices are unavailable and you are limited to fast food, there is still a choice. When your daily menu consists of a fast food meal (or one higher in fat), be sure to compensate with other lowfat and high nutrient selections from your other meals. select grilled items when available and choose mustard over mayonnaise; a plain hamburger is better than breaded and fried chicken or fish; and omit cheese and

bacon, since they are high in fat

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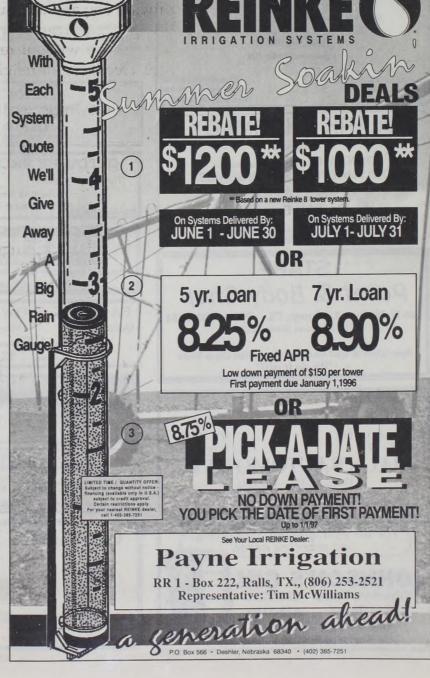
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GARAGE SALE

GARAGE SALE: MULTI-FAMily at Superintendent's house at Valley School. Friday and Satur-day, July 7 th & 8th. 9—? No early birds! Lots of teenage and adult

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Cotton Boll Trade Days At Memphis

On the week-end before the second Monday of the month on the square in downtown Memphis, Texas will be Cotton Boll Trade Days.

The first was held in June and the happening will continue throught December. Over 250 dealer spaces are available. Admission is free.

Dates set for the July Cotton Boll Days is July 8 & 9.

TEXAS GARDENER

continues to grow, so does the balm individually, or cut tilated room. desire to find uses for them. We may select lemon-scented herbs for their refreshing fragrance when we encounter them at the nursery, but once we have them established in the garden we find that the cuttings created by pruning warrant attention on their



balm leaves can be harvested any time to be

Using Lemon Herbs From Your Garden

Dry the leaves of lemon down bunches in a well-venstems 2 inches above the ground to hang in small lemon thyme strip them and bunches to dry. Dried leaves dry on trays, or freeze them can be used in potpourri and sachets.

Harvest lemon basil by cutting whole branches just or bath mixes before its white flowers appear. Hang branches mixing lemon balm with mint upside down in a paper bag to or chamomile; lemon thymedry. Use dried leaves in potand lemon basil with mild

Use fresh leaves to flavor homemade pea soup.

Lemon thyme is harvested throughout the sumbrewed into tea or scattered mer. Snip young tips that as a garnish on fruit salad. have not flowered, chopping Or, substitute them for lemon stems and all for use. Older sprigs can be dried in upside

To dry only the leaves of dry on trays, or freeze them for later use. Use this herb in baked custard or fish dishes Toss dried leaves in potpourri

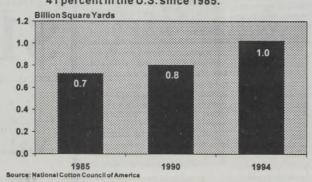
Make flavorful teas by and lemon basil with mild green tea; lemon balm with cloves. Flavor the brew with lemon juice and sugar

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It often amuses me to hear men impute all their misfortunes to fate, luck or destiny, whilst their successes or good fortune they ascribe to their own sagacity, cleverness, or penetration.

-Samuel Taylor Coleridge

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Farmers, Workers, **Must Report Earnings** For Benefits

by Mary Jane Shanes Reporting agricultural earning for Social Security purposes is still sometimes misunderstood. Social Security continues to find a significant number of wage reports for farm workers to be in error or in some cases, not filed at all.

The problem is especialy impor-tant for this area because of the large number of farms in the area and the number of people who have

earnings from farm work.

The amount of monthly social Security benefits that a worker and/ or the worker's family can receive in case of retirement, death, or disability is based on the earnings that are reported to the worker's Social Security number. If your earnings are not reported correctly during the years when you are working, you and your family could lose money every month when it comes time to collect Social Security benefits.

Here is how farm reporting works: If you work as an employee on a farm and earn more than \$150 a year, your employer should be taking money out of your wages each time you get paid and sending it to the federal government to cover your payment to Social Security. At the beginning of each calendar year, he or she should give you a W-2 form, a statement that shows the total amount of money sent in during the

what should you do if you own a farm and have employees? In general, you must: 1. keep records of the wages and make the required payroll deductions; 2. report those wages to the Internal Revenue Service (IRS) on IRS Form 943 and pay Social Security taxes; and 3. provide a pay statement for each of your employees as well as a W-2 form after the close of each year. If you don't report the wages and pay the taxes due, you may be subject to a penalty from IRS. You should also note that you are

required to report a worker's earn-ing if you pay the employee less than \$150 in cash wages, but your total expenses for agricultural labor are \$2,500 or more in a year (unless you employ seasonal hand-harvest laborers who commute to work daily from their homes and are paid on a piece-rate basis, and who did less than 13 weeks of farm work in the previous year.)

As a farm owner, you must report your own earnings to social Security Farmers are covered under Social Security just as other self-employed people are. This is true whether you are an owner, operator, partner, renter, or share farmer. You are required to report your earnings if your net income from farming is \$400 at year or more. You report these earnings on your federal tax return, IRS 1040, using Schedule F and Schedule SE. If you live in Puerto Rico, you must file form 1040PR.

If you need more information about agricultural work and Social Security, call the toll-free number (1-800-772-1213) and ask for the pamplets, A Guide to Social Security for Farmers, Growers, and Crew Leaders or If You Are A Farm Worker. These pamplets are available in English or Spanish.

Local Subscriptions Due In July

\$15 per year Vernell Cotton

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Taken from The Quitaque Trib Thursday, July 21, 1960

Lions Treated To A Good Meal

Twenty-three Lions, sweetheart, Tommie Lou Johnson and one visi-tor were treated to a very fine "country" dinner Monday evening at the regular Lions Club meeting at the Methodist Church.

The meal consisted of ham, fresh The meal consisted of nam, fresh blackeye peas and corn, sliced to-matoes and onions, and topped off with apple pie and whipped cream

The meal was followed by the regular business session and then

perfect attendance awards were given to nine Lions for a year's perfect attendance. They were Leroy Scott, George R. Colvin, R. J. Harmon, Bill Woods, James Brunson, Joe Bedwell, Jake Merrell, Bob Ham and O. R. Stark.

George Ray Colvin had charge of the program for the evening and he entertained with a short question and answer period on the By-laws and Constitution of the Lions

Class of 1956 Has Outing

The class of 1956 met at Roaring Springs Saturday night and prepared their supper and later went swimming. They spent the night and Sunday there. There were nine members of the class present and their families. They had a very nice

A Bug Bit Bill

Bill Rucker was taken to Plainview Hospital and Clinic after becoming very ill. He had lost his equilibrium, thus causing his illness. He is doing very well and was returned home Wednesday evening.

NOTICE

July 30, 7:00 A.M. there will be a CLEAN-UP Day at the Gasoline Community Building. Everybody come prepared to clean the inside of the building and the grounds. Bring your hoes, rakes, and brooms, Let's get the place cleaned for the homecoming August 7. The homecoming committee: Maynard Wilson, Mrs. Bill Helms, and Mrs. John King.—Mr. and Mrs. H. R. Curtis and children, Olton, spent the day last Wednesday in Outcomposition for the second control of the

Wednesday in Quitaque visiting her sister, Mrs. Estelle Davidson and other relatives .-

Eat Slowly and You Eat Less

by Rhonda Alexander

Yes, eating slowly can help you to eat less! It takes about 20 minutes for your body to begin digesting food. So, if you eat quickly, you will put more food into your body than you need in order to satisfy your hunger. This may also help you to avoid the "I'm stuffed and miser-

able" feeling.
There are several ways to help you to eat slowly. Some suggestions include: putting your fork or spoon down after every bite; taste, chew and swallow the food before taking another bite; and stop eating in the middle of the meal for two minutes, this will give your body more time to

begin digestion. Other ideas are: use a fork or spoon to eat everything, no fingers allowed; avoid bending over your plate while eating, sit up straight and bring the food to your mouth; count the number of bites you take per minute; and try to be the last one finished eating, without seconds.

Do you belong to the "clean plate ub?" Some people feel that they have to eat every bite on their plate, regardless of how full they are. This in turn makes them eat way too much. Some ways to avoid this are: use a smaller plate and take smaller bites; leave the table as soon as you finish eating; drink a glass of water before sitting down to eat: or set aside one bite to leave on your plate to help you realize that you do not have to eat everything that is placed in front of you. I hope that you will find some of these suggestions helpful in learning to control your eating habits.

Truth often suffers more by the heat of its defenders than from the arguments of its

-William Penn