

THE VALLEY TRIBUNE

Successor to The Quitaque Tribune, established at Quitaque in 1960
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 BY GASTON AND LOTTIE OWENS
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Blood Pressure Testing Clinic To Be Held Here

There are about 200 million Americans. More than 20 million of them have high blood pressure. So, there's a one in ten chance that you are one of them. In an effort to make the community more aware of blood pressure and the health hazards that high blood pressure can cause, the Briscoe County Family Living Subcommittee is sponsoring a Blood Pressure Testing Clinic to be held in Quitaque February 27, in the Community Building from 8:30 a.m. until 12:00 noon. This clinic is free of charge and is open to all regard-

less of race, color, sex, religion or natural origin, according to Linda Mullin, County Extension Agent.

In some people, for some unknown reason, the whole range of blood pressure goes up to unhealthy levels and doesn't come down. This condition is called hypertension, the medical word for too high blood pressure.

Over the years, if not treated, hypertension can injure the heart, brain and kidneys. This injury is caused by constant, destructive, high blood pressure at work throughout all the miles of tiny blood vessels inside these organs.

Unfortunately, a person with high blood pressure may feel good—even while the secret damage is being done—and not see a doctor. This makes the long-term

situation serious.

You can find out about your own blood pressure with this free, simple check-up. Most likely, it will be within a normal range. But if it's high, you're much better off knowing about it. Your doctor can then do something about it.

Your chance of having hypertension is about one in ten. It's worth finding out by having your blood pressure checked on February 27. It will take about 15 minutes, it's free and it won't hurt. If you care about your health, you can find 15 minutes out of a busy schedule to stop by the Community Building on the 27th and have your blood pressure checked.

Tribune Announces Rate Increases

The publishers of the Valley Tribune announce that it has become necessary to increase the subscription rates and rates on the advertising and other services.

Beginning March 1, 1976 subscription rates for Briscoe, Hall, Motley and Floyd counties will be \$4.00 per year. Subscription outside of the four counties mentioned above will be \$4.50 per year. Cards of thanks will be \$1.00, and classified ads will be a minimum of \$1.00.

New rate cards will be mailed to all advertisers. It is always with regret that it becomes necessary to raise rates but with the prices of everything climbing it becomes necessary in order to survive.

The Publishers

Boy Scout Drive Planned In March

The Quitaque Lion's Club will conduct the annual Sustaining Membership Enrollment for the South Plains Council - Boy Scouts of America during the first part of March. The kick-off meeting will be held during the Lion's Club meeting on Monday, March 1. The campaign chairman is Jim Davidson.

"The Quitaque Lion's Club sponsors the Scouting program here. We have a very active Cub Scout Pack headed by Weldon Hall. Our Scout Troop is in the process of being reorganized. We've always had a good Scouting program here and we plan to continue in the future," said Davidson.

The South Plains Council is made up of communities in 20 counties in the central panhandle. The funds raised in Quitaque go to help maintain the program for Scouts in this area. The South Plains Council maintains camps at Silverton and Post in Texas, a high mountain base at Tres Ritos, New Mexico, plus a council service center. A staff is provided to give guidance to the program.

"Our Scouting program has never been just recreational. We teach the boys character development, citizenship training, and physical fitness. We need a strong Scouting program in Quitaque," said Davidson.

SHELTON

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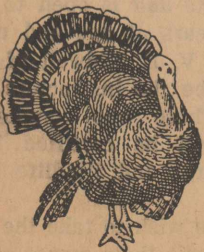
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"LIBERTY...

...and that junk"



Not everyone has caught the spirit of this Bicentennial Year. There's a cynic in town who is already complaining about our emphasis on "liberty — and that junk."

He's the same cynic, incidentally, who has been heard to berate "religion — and that garbage."

But the shouting of cynics cannot change the fact that these two hundred years of American history stand on the foundations of freedom and faith.

This is the heritage we carry forward into our third century. Always remember that there are those who wish they were free to worship with us in our churches every Sunday!

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 Scriptures selected by The American Bible Society

Sunday Titus 1:15	Monday Luke 5:17-19	Tuesday Luke 5:20-23	Wednesday Luke 5:24-26	Thursday Matthew 25:6-13	Friday I Thessalonians 5:15-18	Saturday II Timothy 4:6-8
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- ASSEMBLY OF GOD CHURCH**
 Quitaque, Texas
 Pastor: Rev. Frank Postelle
 Weekly Schedule of Meetings
 SUNDAY:
 Sunday School 10:00 a.m.
 Morning Worship 11:00 a.m.
 Evening Worship 7:00 p.m.
 WEDNESDAY:
 Prayer Meeting 7:45 p.m.
- CHURCH OF CHRIST**
 Quitaque, Texas
 Minister: Elgin Conner
 Weekly Schedule of Meetings
 SUNDAY:
 Morning Worship 10:30 a.m.
 Evening Worship 6:00 p.m.
 WEDNESDAY:
 Bible Study 7:00 p.m.
- UNITED METHODIST CHURCH**
 Flomot, Texas
 Sidney Parsley, Pastor
 Weekly Schedule of Meetings
 SUNDAY:
 Sunday Worship 9:30 a.m.
 Sunday School 10:30 a.m.
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 Evening Worship 6:00 p.m.
- FLOMOT BAPTIST CHURCH**
 Flomot, Texas
 Pastor: Rev. Raymond Crowder
 Weekly Schedule of Meetings
 SUNDAY:
 Sunday School 10:00 a.m.
 Worship Service 11:00 a.m.
 Church Training 6:00 p.m.
 Worship 7:00 p.m.
 WEDNESDAY:
 Prayer Meeting 7:30 p.m.
- JEHOVAH'S WITNESSES**
 Quitaque, Texas
 SUNDAY:
 Public Bible Lecture 10:00 a.m.
 Watchtower Study 11:00 a.m.
 TUESDAY:
 Bible Study 8:00 p.m.
 THURSDAY:
 Ministry School 8:00 p.m.
 Service Meeting 9:00 p.m.
- FIRST BAPTIST CHURCH**
 Quitaque, Texas
 Weekly Schedule of Meetings
 SUNDAY:
 Sunday School 9:45 a.m.
 Morning Worship 11:00 a.m.
 Training Un-on 5:30 p.m.
 Evening Worship 6:30 p.m.
 WEDNESDAY
 Prayer Meeting 8:00 p.m.
- FAIRMONT BAPTIST CHURCH**
 South of Quitaque
 Weekly Schedule of Meetings
 SUNDAY:
 Sunday School 10:30 a.m.
 Morning Worship 11:00 a.m.
 Evening Worship 7:00 p.m.

The people whose names appear below sponsor this message with the hope of promoting a better Christian community.

- City of Quitaque
- Farley's Flowers - Variety
- Stark Insurance Co.
- First National Bank
- Johnson & Sons Lumber
- Farmers Co-op Gin
- Valley Drug and Gifts
- Valley Farm Store
- Ham Theatres
- Rice Dry Goods
- Bob's City Grocery
- Bill and Mable Griffin
- Dorothy and Don Boyd
- Gulf Oil Products
- Bedwell Hdw. & Motor
- Stephens Ins. Agency
- Sportsman Restaurant
- Wilma's Grocery
- Merrell Food Store
- Herrington Equipt. Co.
- Griffin Gulf Service
- Hawkins Ins. and Furn.
- Caprock Gin Co.
- Quitaque Elevator

