

36 JUNE 30, 1995
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The Valley Tribune

"Voice of the Caprock Canyons"



35¢

VOLUME 33 NUMBER 38 6 PAGES BRISCOE COUNTY QUITAQUE, TX 79255 THURSDAY, MARCH 10, 1994

Calendar Of Events

- March 10**
 Quitaque Sr. Citizen
 Nuevo Study Club
 Turkey City Council
- March 12**
 Motley Co. Jr. Livestock Show
- March 13**
 Attend the Church of Choice
- March 14**
 Turkey Lion Club
 Valley board of Trustees
 Quitaque Firemen
 Turkey Peanut Conference
- March 15**
 Turkey Fire Department
- March 17**
 St. Patrick's Day

Winter Peanut Conference Set

The Hall County Extension Service will be holding its annual Winter Peanut Conference on Monday, March 14th at 6:00 p.m. in the Bob Wills Community Center in Turkey, Texas.

Hall County Extension Agent Tadd Knight will be the moderator for the event which will feature speakers from the Texas Peanut Producers' Board, State Extension Specialists, Dr. Chip Lee and Emory Boring, and industry representatives Debbie Shatlee with Dow Elanco and Annette Sledge with Rhone-Poulenc.

Two Continuing Education Units will be given to all private applicators in attendance. Topics for the conference will include: "Implications of the NAFTA and GATT Trade Agreements", "Peanut Insect and Disease Control", and a discussion of ongoing Extension Research projects in the area.

A complimentary meal will also be provided to those in attendance; however, you must RSVP No Later Than Friday, March 11th

THEN and NOW!

by Eunice McFall

Webster defines courage as the quality of being brave; valor. What does courage mean to you? Do you feel that you are a courageous person? I'll bet you are! Most of the people of this world are very courageous people. When we think back in history and look at all that our ancestors overcome to just live, we have to believe that they were a very courageous group of people. Of course there are always a few cowards around but if the circumstances are right I believe everyone can be a courageous hero. If you feel that you are not one to have courage, perhaps you just have not been in the right set of circumstances yet to prove to yourself that you do have your share of courage.

Many people do things out of necessity and do not believe that they have done any thing that is outstanding. Well, it is outstanding when they save someone from doing something foolhardy or stupid.

Sometimes it takes courage just to hop out of bed in the morning. I recently finished reading a book that is just chock full of courage. It is a book of fiction but based on a lady's life. Believe me she is courageous. She was struck by MS when she was only 21 years old and she lived to fight this disease until she was 57. Some days it was all that she could do to just awake. Not only did she have to fight this debilitating disease but also her family who was ruled by a brother who did not believe she was ill. He felt that she was faking sickness to get attention. To continue to go to school and try to be an asset to society when she could not even hold up her head speaks of great courage to me! If you get the chance, read this book, *Riding the Gold Curve* by Faye Morgan. It is not a fun book to read but it will be one of those books that you will always remember. It is quite uplifting to know that there are some very courageous people out there that daily fight a battle just to be able to stay alive and try to be a help to humanity and not a burden!

Are you full of courage or are you just an ordinary person? You probably are both and don't even know it. As I listened to some tapes the other day, one 95 year old said he never worried about anything. His friend asked him why he had such a great smile on his face in the mornings. The 95 year old just smiled bigger and said that an incredibly wonderful thing had happened to him that morning! "I woke up!" Don't you think that takes courage? I do!

Incumbents Return In Briscoe, Hall District Judge Races

In Democratic Primary voting Tuesday in Briscoe county, County Judge Jimmy Burson was returned to office with 285 votes. Challenger Fred Strange received 218.

District/county clerk Bess McWilliams received 396; and

Quicken Training In Matador Soon

The Motley County Extension Service will offer an Introduction to Quicken 7.0 computer short course on Monday, March 21, 1994. Location for this course will be the Matador Senior Citizens Building in Matador from 9 a.m. to 4 p.m. Due to limited computer space, interested persons should pre-register by March 18, 1994. The course will be limited to the first twelve registrants.

This short course will be a one day program for farmers and ranchers wanting an easy computerized cash record keeping system. Quicken 7.0 will be taught using case examples. Participants will receive hands-on experience in learning this popular software package. During the short course, participants will enter transactions, track enterprise expenses and incomes, and produce financial reports based on whole-farm and/or enterprise information.

The cost of the course will cover printed materials and example computer disks. Spouses are encouraged to attend (the fee covers both).

Interested persons should register for the short course before Friday, March 18th. For further information, please contact Michael Clawson, Motley County Extension Agent, at (806) 347-2733 or Stan Bevers, Extension Economist in Vernon, at (817) 552-9941.

Texas Highways To Feature Turkey-Quitaque Area

by Ann Coker

In the March issue of the magazine, "Texas Highways", an article was published on the Turkey-Quitaque area with emphasis on the opening of the Trail,

Campaign Signs In Violation

Numerous political signs along Texas roadways are in violation of state and federal laws. If, for example, a sign is visible either within a city or rural area, from the main traveled way of an Interstate or certain highways receiving federal funds, it is in violation of the law. Many examples of such violations are visible in this area. Such highways in our region include but are not limited to U.S. Highways 287, 277, 83, 82, and Interstate Highway 40.

The Texas Department of Transportation (TxDOT) is charged with the duty of enforcing rules and regulations effecting the control of outdoor advertising signs. If individuals wish to remove and comply with the regulations on their own accord, they are encouraged to do so as soon as possible and reuse or recycle such signs in a lawful manner. If responsible parties do not comply with the law TxDOT will remove and dispose of all signs which are in violation.

Guidelines for posting signs relating to public elections must meet special criteria. For information concerning the proper placement, posting and permitting of any outdoor advertising signs, contact the Mark Nussbaum, Right of Way Agent,



4th U. S. Cavalry, F Co., 5th Regiment of Texas, M & D Volunteers of CSA, stand at attention at Caprock Canyons Memorial Day ceremony.

Winter Returns To Town With A Vengeance

Quitaque received about one and one half inches of rain Monday night. This was before the snow began to fall on Tuesday.

Tuesday, all sorts of weather was experienced at Quitaque, snow, sleet and high winds. At nightfall some snow remained on the ground in drifts but most melted as it fell.

The wind made the chill factor very cold to residents who had been out in short sleeved garments the day before without even a coat on.

Cavalry Rides Down Memory Lane

Saturday, March 5, 1994 the Cavalry came to Quitaque once again. The Ft. Griffin Memorial Regiment of the 4th U. S. Cavalry F Company, 5th regiment of Texas M&D Vols of the CSA arrived at the Caprock Canyons Park Trailway early Saturday.

After roll call and inspection the troop began their ride up the trail to their camp site for the night on the Joe Taylor ranch.

The regiment was taking this overnight trip in preparation for a week-long campaign in Louisiana later in the spring. One thousand men will recreate the Red River Campaign of the Civil War at this time.

The men were carrying on horseback everything they would need to survive in the outdoors, tins of fish, hard tack, jerky, coffee and bedding for the cold night ahead. To prepare their food, they carried a muckett and skillet. The muckett could be used to boil their coffee in.

This ride was the first overnight stay, (called a shakedown), for several of the men on the trip.

Brandon Oliveira, 14 year old son of infantryman, John Oliveira was one of the cavalry men making his first overnight stay. John was wearing white gaiters over his pants and boots. This was to keep snakes and chiggers from biting the infantryman.

Members of the troop were Captain Clay Patterson, Mike Van Deventer, Robert Stewart, Guy Giersch, Bill Drake, Gary Carroll, Phil Plunk, Robert Rowley, Bennett Talley, John Oliveira and Brandon Oliveira.

Motley County Livestock Show Scheduled For March 12

The 54th annual Motley County Junior Livestock Show will be held on Saturday, March 12, 1994 at the Motley County Livestock Barn. Dale Dunlap, County Extension Agent from Collingsworth County, will judge the steers, hogs, lambs and rabbits. The heifer show will be judged by Andy Stewart, Cottle County Extension Agent.

The Livestock Show is produced each year by local volunteers to provide an opportunity for 4-H and FFA members to exhibit their livestock projects. By caring and feeding their livestock throughout the feeding period, youth have the opportunity to learn responsibilities and increase their knowledge of the livestock industry.

During this year's Show, there will be 18 steers, 54 hogs, 10 lambs, 16 rabbits, and 3 milk pen calves exhibited. In addition, a Pee Wee Swine Showmanship Show will be held for youth under the age of 9 years and not in the third grade.

Pay-N-Save Grocery in Matador will be serving breakfast to exhibitors, donors, and local residents from 6:30 a.m. to 8:30 a.m. The concession stand will be open throughout the Stock Show.

An Item Auction will be held at 2:30 p.m. on Saturday. Local businesses

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NATIONAL
 AGRICULTURAL
 WEEK
 MARCH 14-20

A good book is the best of friends, the same today and forever.

—Martin Farquhar Tupper

BOB WILLS DAY

LAST WEEKEND IN APRIL

MEMBER 1994

TEXAS PRESS ASSOCIATION

THE VALLEY TRIBUNE
 Successor to The Quitaque Tribune, Established at Quitaque in 1960
 Published Every Thursday at Quitaque, Texas 79255
 Jimmy C. Taylor, Publisher

Eunice McFall, Editor
 Judy Bearden, Advertising
 Earlyne Jameson, Reporter
 Linda Purcell, Computer Typist
 Patti Whittington, Reporter

SUBSCRIPTION RATES PER YEAR
 BRISCOE, HALL, MOTLEY, FLOYD COUNTIES\$12.50
 ELSEWHERE\$14.00

Advertising rates upon request. Classified advertising 10 cents per word, minimum charge is \$2.50 per week for 25 words or less.
 Any erroneous reflection upon the character, standing or reputation of any person, firm or corporation which may appear in the columns of The Valley Tribune will be gladly corrected upon its being brought to the attention of the publisher. The publisher has the right to accept or refuse any article brought to the newspaper for publication. Publisher reserves right to cancel any advertisement at any time.
 POSTMASTER: SEND ADDRESS CHANGES TO
 THE VALLEY TRIBUNE, BOX 478, QUITAQUE, TEXAS 79255

OBITUARY

Wren Vinyard

Services for Wren Vinyard, 73, were held in First Baptist Church in Kerrville, Texas on Tuesday, March 8, 1994 at 2 p.m. with the Chaplain Frankie Enloe officiating. Interment was at Garden of Memories Cemetery in Kerrville Texas under the direction of Sunset Funeral Home of San Antonio, Texas.

Vinyard was a veteran of WWII and a retired director of marketing for ACCO Feeds. He was active in consulting work in the Middle East following his retirement.

He died on Sunday, March 6, 1994 in Kerrville, Texas.

Vinyard is survived by his wife, Jo of the home; three sons, Paul and wife, Marybeth; David and wife, Kathy; Joe and wife, Faye; two daughters, Diane Brown, Mary Margaret Smith and husband James; and eleven grandchildren, Joel Vinyard, Tiffany Vinyard, David Brown, Amy Brown, Heather Smith, Christina Smith, Jayme Smith, Josh Vinyard, Elizabeth Vinyard, Whitney Vinyard and Matthew Vinyard.

"Big Weekend" College Preview

Students from Texas, New Mexico, Oklahoma and Colorado will converge on Plainview for "Big Weekend", Wayland Baptist University's spring college preview here March 25-26.

The spring version of Big Weekend, sponsored by Wayland's Student Foundation and Admissions Office, features concerts by Grammy Award winner Steve Camp and Dove Award winner Cindy Morgan in WBU's modern Herral Auditorium. Students will also participate in campus tours and "Wayland Preview", which includes information sessions on academics, organizations and financial aid.

"Pioneer Pride", scheduled Friday evening in McClung University Center, features booths sponsored by student organizations and an opportunity to meet Camp, whose latest album, *Taking Heaven By Storm*, is moving to the top of the contemporary Christian charts.

All students attending Big Weekend will be eligible for scholarship and prize drawings. Participants may also audition for band, choir and theatre scholarships.

Scheduled adjacent to the Morgan concert Saturday evening are an afternoon barbeque and recreation time at WBU's track stadium, J.V. Hilliard Field, and a late night Praise Time sponsored by Baptist Student Union in Brown Memorial Chapel.

In addition to scheduled events, Big Weekend provides a close look at campus life. Visitors stay in dorm rooms with current Wayland students, allowing ample opportunity for discussion about college life both in and out of the classroom.

Trudy Taylor Graduates at Metro

Zeola Taylor and Rhiane Gaddis drove to Amarillo Friday, March 4, 1994, for the Graduation of her daughter, Trudy Taylor, who graduated from Metro Business Academy Secretarial School.

Trudy is a 1982 graduate of Valley High School. She earned a 94 average while attending the Business Academy.

Dylan Gaddis also attended the graduation as he was spending spring break with his Aunt Trudy.

Trudy is the daughter of Don and Zeola Taylor.

Letter to Editor

Dear Editor,
 Here is Mrs. Onia Patrick's renewal for the Valley Tribune. She really enjoys the paper each week. She has been ill since middle of January, hospitalized two times. She has had a slight stroke and cannot get around by herself now but is much better.
 She says hi to everyone there.
 Della Clark



Jeffery Thibodeaux

Garlynn, Olga and Courtney Thibodeaux would like to announce the arrival of Jeffery Wade, born on March 2, 1994, at Coronado Hospital in Pampa. He weighed eight pounds and thirteen ounces and was twenty and a quarter inch long.

The proud grandparents are Daniel and Flavia Ortiz of Quitaque and Carroll and Delores Thibodeaux of Winnie. The great grandparents are Santos Cavazos and Delores Ortis of Quitaque, Walter and Beulah Thibodeaux of Winnie, and Jessie and Rachel Rodriguez, also of Winnie.

Conference Day Slated for April 9

Wayland Baptist University's Lifelong Learning Center, in cooperation with the Baptist General Convention of Texas, is holding a conference entitled, "The Child of Today, The Hope of Tomorrow" on April 9.

Registration begins at 8:30 am in the Muncy Science Building on the Wayland Campus, with welcome and orientation in the Nunn Business Building at 9 am.

The conference is broken into three sessions with session one concentrating on curriculum for infants to children age five. Sessions two and three center on communication with parents, using the Bible with preschooler, stress and professional dress in the day care setting, and development of management skills.

The speaker for the conference is Beverly Allen, minister of childhood education at the Pioneer Drive Baptist Church in Abilene.

The pre-registration fee must be in by March 21. Registration at the door includes lunch. Further information can be obtained by calling Laura Dyess at 296-4733 or Amelia Cline at 296-4734.



Joe Wayne Fuston

Grandson Named Student President

Joe Wayne Fuston, a 1993 graduate of Valley High School was elected president of Student Government at Texas State Technical College in the spring semester.

Joe Wayne and Kris Holman attended the convention held at the Marriott Hotel in Dallas last weekend. They attended meetings Friday thru Sunday to elect State officers and met with other Junior College members across the State of Texas.

Fuston is the son of Ruth Fuston and the late Joe Fuston, and the grandson of Hazel Fuston, of Turkey.

Planning For The Future

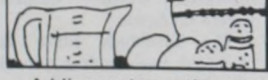
by Ronda Alexander

The Texas Agricultural Extension Service is dedicated to educating and improving the health and economic well-being of Texas citizens. In order to educate our citizens we must be aware of what their needs are. To do this, we must go through an issue identification process, involving all segments of the community.

To determine the county issues that need to be addressed, we are inviting community leaders to participate in a study group meeting. There are four sub-groups focused on the areas of: Health, Safety and Well-Being; Environmental Stewardship and Natural Resources; Economic Competitiveness, Viability and Stability; and the Development of Life Skills and Leadership Qualities. Each group will identify county issues related to these four main issues. These county issues are then compiled into the Long Range Extension Program (LREP). The plan written this year will be for the period of 1995-1999. Every county Extension program in Texas will be conducting study group meetings during March and April.

The study group meeting for Briscoe County will be on Tuesday, March 22nd at the Methodist Church in Silverton. County Extension Agents are currently contacting county residents to serve on the study groups. If you are interested in assisting with this planning process, please call the Extension Office.

Alpha McFall, Watsonville, CA
 Bud McFall, Seattle, WA
 Roger B. Montgomery, Dallas
 Viola Stinson, Flomot
 Suzanne Thomas, Spearman
 Mrs. Berry Wood, Plainview



Adding water, rather than milk, to beaten eggs, will make for a more tender omelet.

Happy Birthdays

- March 10**
 Jerry Barclay
- March 11**
 Olivia Stockton
- March 12**
 Christi Shorter, Gwen Martin, Punk McWilliams, Dennis Farley, Russell Dale Ramey
- March 13**
 Jackie Carpenter, Mary Elizabeth Pigg, Payton Lee Price
- March 14**
 Jeff Fuston, Boyd Lane, Marcia Taylor, Alex Hinojosa, Chad Powell
- March 15**
 Johnnie Pigg, Terry Sperry, Ebb Austin, Jim Weeks, Judson Irby, Jendy Townsley
- March 17**
 Billy Shannon
 Javis Taylor
- Happy Anniversaries**
- March 10**
 Mr. and Mrs. H. E. Mullin
- March 11**
 Mr. and Mrs. P. W. Tripp
 Mr. and Mrs. Gerald Smith
- March 14**
 Mr. and Mrs. Donnie Brunson

March Local Subscriptions Due

- City of Turkey
 First National Bank
 Billy Fuston
 Lela Mae Hutcheson
 John King
 Ora Lee King
 Ruth McKay
 Berene Maupin
 Bill Pigg
 Lisa Price
 Doyle Proctor
 Turkey Branch Memphis State Bank

March Non-Local Subscriptions Due

- Briscoe County Adult 4-H Leaders, Silverton
 Hubert Brooks, Wellington
 Henry H. Buchanan, Deer Park, TX
 Farrell Edwards, Anton
 Mrs. D. C. Hood, Montrose, Co
 R. E. Hunter, Dimmit
 Leigh Ann Lane, Midland
 Robyn Lane, Canyon

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REMINDER - FARMERS INCOME TAX DUE
 MARCH 1, 1994

Come In And Let Us Help You

TODAY'S WOMAN

Taking A More Active Role With Your Health

(NAPS)—Many women are taking a more active role in their own health care today. That's what one recent survey found.

For example, six in ten would want their physician to provide them with more information about vaginal health and sexual functioning. That's probably because three in ten women have experienced the condition of vaginal dryness at some point in their lives. The condition can be uncomfortable and interfere with sexual spontaneity.

Surprisingly, vaginal dryness—often associated with menopause—can occur at any age. Mothers of young children, with an average age of 31, report having personally experienced vaginal dryness (30 percent), according to The Replens Report. Parke-Davis manufactures Replens, a vaginal moisturizer which provides long lasting relief of vaginal dryness. As a result of the continual comfort, women can enjoy a more spontaneous sex life.

Other survey findings include:

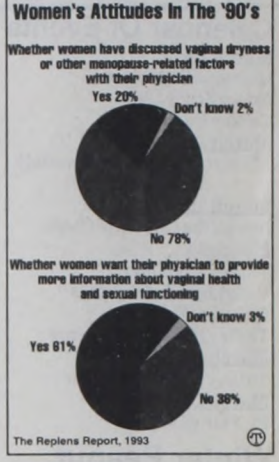
- When asked specifically about vaginal dryness, only 20 percent of women report their physician has discussed the subject with them. They are about as likely to initiate the discussion themselves (41 percent) as to wait for their physician to bring up the topic.
- A majority of women say "having the office nurse discuss the topic" (58 percent) and "having a female, rather than male physician" (54 percent) would be helpful.
- Women of the 90's place money at the top of their preferred lists. When given the option, more than half said they would rather have more money than a good night's sleep or time alone.

Contrary to what has been previously reported, most women feel good about themselves and are satisfied with their self-esteem, their looks, their physical fitness, prospects for the future and ability to handle stress.

The majority of women polled support the notion of a new medical specialty called "women's health" which would focus entirely on women's particular health needs.

Free Booklet

For a free, easy-to-understand booklet about Replens and a free sample, call 1-800-473-7536. For a one page sheet of the Replens Report Survey highlights, write to 301 East 57th St., 3rd fl., New York, NY 10022.



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 Its combination stolen.

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The oldest military organization in the United States is The Society of the Cincinnati, founded in 1783 and named for the Roman hero Lucius Quinctius Cincinnatus.

Most people lo worry-free reti doesn't always Suddenly, a str impairment can thing. And a nu seem to be the

New York Life h signed a plan to services and allo you choose.

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NEW YORK LIFE

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I'd like to purch
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FLOMOT NEWS

by Earlyne Jameson



George Pigg (2nd from l) with Co. Agent Scott Strawn, Sandy Gregory and Hap Roberts, donors.



Scott Strawn, CEA, Briana Sperry, winner, Don Kothmann,

Quitaque Youths Win At Houston Calf Scramble

Brains, Brawn and incredible endurance paid off for George Pigg and Briana Sperry during the February 26, 1994 matinee performance of the 1994 Houston Livestock Show and Rodeo.

George and Briana were two of the 28 outstanding Texas youngsters who were challenged to halter and bring one of the 14, fleet footed calves across the Astrodome floor into the winners' square.

In exchange George, a student at Valley High School will receive a \$1,000 calf purchase certificate donated by Hap Roberts to be used toward the purchase of a registered beef or dairy heifer.

Briana, also a Valley High School student will receive a \$1,000 calf purchase certificate donated by J. D. Fields and Company, INC to be used toward the purchase of a registered beef or dairy heifer.

Next year George and Briana will return to the Houston Livestock Show and Rodeo, armed with detailed records and a well-groomed heifer to compete in a special livestock show competition for additional prize money and awards.

Working along with Briana and George on this project will be Scott Strawn, their county extension agent who will oversee all work with the heifers.

According to Robert Norwood, chairman of the Calf Scramble Committee, the Houston Livestock Show and Rodeo has put approximately 13,000 animals worth more than \$3.5 million in the hands of Texas youth.

"The calf scramble offers a unique opportunity to young men and women who participate. Each contestant must demonstrate the tenacity to catch and halter a calf, in addition to having the desire to dedicate the time and resources to raising the heifer for at least one year," added Norwood.

The calf scramble event is held during each of the 18 rodeo performances, which features star entertainment, indoor fireworks, top notch rodeo competition and much more.

Each year the Show benefits Texas youths through individual scholarships and endowments to Texas colleges and universities. The Show's total educational commitment annually exceeds \$3 million.

ALDEA ROSS FEATURED GUEST AT DO GOODERS

Mrs. Aleda Ross of Flomot was featured guest at the Do Gooders' Club held at Flomot Community Center Tuesday afternoon, March 1.

Mrs. Ross presented a special interest video, "Home Run Meals, Fast Strategies for People on the Go" produced by her and her daughters, Elisa Wigley.

The segment of the video Mrs. Ross presented was "Essential Kitchen Utensils: including a crock pot, cast iron skillet, plastic cutting board and vegetable shredder.

In three years, Mrs. Ross and Mrs. Wigley have produced a music video, documented a fiberoptic company's installation of cable laid under brick streets in downtown Lubbock, and taped a potash mine auction in Carlsbad, NM, along with numerous weddings. The above video is their most recent work.

Mrs. Christeen Gilbert, president, presided at the business meeting. Doo Gooders' will sponsor the annual all day Health Screening Tuesday, April 5 at Flomot Community building. In other business, they discussed a Flea Market.

The green of St. Patrick's Day was a magical enchantment throughout the building. The table was laid with a white cloth adorned with green mats. The centerpiece was a vase enveloped in a green fabric tied with tan raffia bow enclosing pale green butterfly plants. Adding to the colorful decor, white and green balloons with St. Patrick Day greetings danced among the plants.

On the QT

Mr. and Mrs. Joe King of Dumas and James Boyles of Quitaque visited in the home of Tuny, Danny and Judy Barrett on Sunday.

Mr. and Mrs. A. B. Ramsey of Quitaque and Wanda Chadwick of Amarillo visited in the home of Mr. and Mrs. Gary Johnson of Claytonville last Sunday. Wanda had spent Saturday night in Quitaque with her parents.

Lane Myers spent Friday night with his parents, Mr. and Mrs. Deloy Myers.

Sunday, Jane Hamilton accompanied Kay and Deloy Myers to Lockney to visit Robin and Randy Race, their daughter and husband.

Wayne and Becky Norman of Seminole were in Quitaque for the week-end. They presented a film to the Quitaque Methodist Congregation and Wayne spoke Sunday morning. A covered dish luncheon was enjoyed at noon. Wayne was pastor in Quitaque in the early 1980's.

Sid McFall returned home Saturday from the Lockney Hospital. Guests in the McFall home Sunday, were their daughter and children, Beth, Paula and John Whitener of Paducah and Roy Sheppard of Matador.

Guests of Weldon and Billie Jean Griffin from Wednesday through Friday were their daughter and family, Steve, Cindy, Emily and Ben Venable of Bovine.

Ralph and Hattie Lois Carter visited their son, Mel Carter and family in Lubbock on Monday and Tuesday. While there, they got to see two ballgames that their granddaughter played in.

Bill Griffin remains in Methodist Hospital in Plainview.

Susie Saul, wife of Scott Saul, was hospitalized last week with pneumonia at Lockney Hospital.

Lockwood McCracken had her daughter, Mary Jo Polk of Cedar Park, Texas as a guest from February 10 until February 17, when she returned home. On Friday, Mary Jo took her mother to the doctor. On Wednesday, they visited in Turkey with Maureen Richmond.

Wendell Farley underwent gall bladder surgery, Thursday March 3, 1994 at High Plains Baptist Hospital in Amarillo. He came home Friday by way of Lockney where he visited Melody Farley in the W. J. Mangold Memorial Hospital. She was admitted Friday afternoon for observation after fainting at her grandmother's home in Silvertown. She was released Saturday and both patients are doing fine.

Hostesses Mrs. Erma Washington and Mrs. Judy True presided at a Four Leaf Clover-designed service, serving refreshments of finger sandwiches, vegetables and dip, brownies, hot fruit punch and coffee.

Others attending were Mmes. Mildred Husley, B. Rogers, Barbara Payne, Leona Degan, Connie Franks, Annie B. Cloyd, Bernice Bond, Alma Shorter, Jimmie Hunter, Sheryll Barclay and Mary Jo Calvert. Guest was Mrs. Opal Brunson.

OVERHEARD:

Life is not like a VCR. You can't rewind, but you can push play and go forward.

Mrs. Betty Jo Aldridge of Carter, OK is visiting her father, John Barton. Other visitors Sunday were Mr. and Mrs. Sean Elliott and baby son, Reagan and Steve Barton and son Blake of Matador. Mrs. Aldridge and her brother, Bud Barton of Dougherty and his daughter Mrs. Bruce McFall of Matador visited in Lubbock Monday, with their sister Mrs. Louvaine Scaff of Matador, a patient in Methodist Hospital following a heart attack Saturday morning, March 5. Others at her bedside are her children, Tommy Scaff of Bovina, Bro. Roger Scaff of Granger, Jill Taylor of Ft. Stockton, Joyce McCarty of Odessa, and Jane Cartwright of Midland.

Mr. and Mrs. Orville Lee attended the graveside services of his cousin, Calvin Storie held in Post, Thursday afternoon.

Mrs. Kathryn Martin of Whiteflat and Art Green met her daughter Mrs. Carol Gilbreth of Sundown in Idalou Friday morning. She accompanied them to Lubbock for Mrs. Martin medical tests and treatment. Enroute home, Mr. Green and Mrs. Martin visited in Floydada with his brother, Don Green.

Autumn Phillips, daughter of Paula and Bobby Phillips of Brownfield is visiting her grandparents, Mr. and Mrs. Joe Edd Helms.

Those attending the Son Shine Kids Amazing Grace concert at the Baptist church in Matador Sunday night were Mr. and Mrs. L. E. Shorter, Mr. and Mrs. Herb Martin, Mr. and Mrs. Wayne Hunter, League Clay, Mr. and Mrs. Joe Ike Clay,

Mr. and Mrs. Clayton Bond, Art Green, Mrs. Clois Shorter and Kerri, and pastor and wife of Flomot Baptist Church, the Rev. and Mrs. Nathan Mulder of South Plains.

Mr. and Mrs. Wayne Hunter and his father, H.G. Hunter of Quitaque were in Plainview Monday for Mrs. Hunter a dental appointment and they attended to business. Mr. and Mrs. Hunter enjoyed the Old Fort Griffin Memorial Regiment 8170 U.S. Calvary living history program at the Caprock Canyons State Park Saturday morning.

Mr. and Mrs. Homer Cypert of Lockney visited Sunday with her mother, Mrs. C. W. Starkey.

Mr. and Mrs. Morris Stephens and his mother, Mrs. Juddie Stephens of Lockney enjoyed the day in Plainview Saturday and attended the Caprock Jamboree in silvertown Saturday night. Guests in their home Sunday were Mr. and Mrs. Ray Ford of Lockney.

Mr. and Mrs. Butch Hughes visited in Lubbock Friday and Saturday with his brother John Hughes, a patient in CCU at University

Medical Center. They also visited his sister and family, Mr. and Mrs. J. C. Pierce. They attended the Regional Basketball tournament in Levelland.

MANAGING YOUR MONEY

North American Precip Syndicate

With shopping there are many ways to find bargains, including checking ads and visiting several different stores. In managing your money a similar course of action can also be wise.

Consider the case of Frank Robbins, a 50-year-old auto supply store manager. He had a five-year certificate of deposit mature at his bank. When he asked to roll it over, he was quoted a very low rate. He then investigated ways to increase his return without taking a much higher risk with his money.

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<p>HEAVY GRAIN FED BEEF RUMP ROAST</p> <p>HEAVY GRAIN FED BEEF ROAST 11 OZ. CAN 1.29</p>	<p>DECKER</p> <p>Smoked Sausage 1 LB. 1.19</p>	<p>ASSORTED</p> <p>Colgate Toothpaste 4.4 OZ. STANDING UP REG. TUBE 1.99</p>	<p>FRESH CALIFORNIA</p> <p>Strawberries 99¢</p>
<p>HEAVY GRAIN FED BEEF BONELESS ROUND STEAK</p> <p>HEAVY GRAIN FED BEEF RUMP ROAST 11 OZ. CAN 1.29</p>	<p>ASSORTED GILLETTE FOAMY</p> <p>Shaving Cream 11 OZ. CAN 1.69</p>	<p>ASSORTED</p> <p>Colgate Toothpaste 4.4 OZ. STANDING UP REG. TUBE 1.99</p>	<p>WASHING STATE BLENDED 1 LB. BAG</p> <p>RED APPLES 12 OZ. 1.19</p>
<p>HEAVY GRAIN FED BEEF BONELESS ROUND STEAK</p> <p>HEAVY GRAIN FED BEEF RUMP ROAST 11 OZ. CAN 1.29</p>	<p>ASSORTED GILLETTE FOAMY</p> <p>Shaving Cream 11 OZ. CAN 1.69</p>	<p>ASSORTED</p> <p>Colgate Toothpaste 4.4 OZ. STANDING UP REG. TUBE 1.99</p>	<p>WASHING STATE BLENDED 1 LB. BAG</p> <p>RED APPLES 12 OZ. 1.19</p>

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Family Educators Meet in Turkey

The program on Monday, February 21, was demonstrated to the Turkey Family and Community Educators Club by guest Virginia McMann of Plainview. Mrs. McMann presented the program on "No Sew Draperies Workshop." Those attending received instructions on how to decorate and create new decorations for our own windows and to save money at the same time.

This program was quite an informative one and thoroughly enjoyed by the 53 who braved the cold weather and fog to attend. However, because of the unpleasant weather several who had registered were unable to attend.

The Club appreciates all the ladies who attended this workshop in spite of the terrible weather. Ladies registered from Flomot, Quitaque, Memphis, Grapevine and Turkey.

Special appreciation goes to Beverly Logsdon, our leader, and Virginia McMann, who presented this fantastic program.

Coming events for our Club is a pie supper and game night to be held on Thursday night, March 10th, at 7:00 pm., at the Senior Citizen Room at the Bob Wills Center. This project is to raise money for a scholarship.

Everyone is asked to come join us for a night of fun and to sample our various pies at a low charge.

This night of fun is sponsored by the Turkey Family and Community Educators.

The next regular meeting will be Monday, March 21, at the Senior Citizen Room at 7:00 pm. Come and join the fun!

Activities For Dinosaur Day

The Panhandle-Plains Historical Museum in Canyon will sponsor its sixth annual dinosaur-related educational activities from 10 am to 3 pm.

Educational programming for Dinosaur Day is designed to identify and define the Triassic, Jurassic and Cretaceous periods; identify various methods of dinosaur categorization; define dinosaur and dinosaur-related vocabulary terms; and define the research and work of paleontologists and archeologists.

Included in the day's activities are dinosaur films and puzzles, a scavenger hunt, Dino Quest, Dino Cliques, Volcano Walk, Dino Wheel and fossil rubbings. Fossil talks by Dr. Gerald Schultz and Arthur Robertson, both from the Department of Biology and Geosciences at West Texas A&M University, are scheduled throughout the day. The younger dinosaur-enthusiasts will enjoy creating and painting a paper-mache dinosaur and coloring a dinosaur.

Tickets will be required for the game area. Each ticket will allow participation in seven games. Special limited-editions dinosaur T-shirts will be sold, and one game area ticket will be included with each T-shirt purchase. Proceeds from T-shirt sales will be used to fund the prizes in the game area.

Watson-Davis Vows Exchanged

Vows were exchanged by Nathan Davis and Dedra Watson, Sunday, February 20, 1994, at the First United Methodist Church in McLean, Texas, with the Rev. Thacker Haynes officiating.

Parents of the bride are James and Sherri Watson of McLean. Parents of the groom are Joe Mark and Cheri Davis of Turkey.

Serving as maid of honor was Danna Watson of Lubbock. Clay Merrell of Quitaque was bestman. Joetta Bailey of McLean was bridesmaid with Jason Smith and Chad Calvert of Turkey serving as groomsmen.

Ringbearer was Evan McMordie of McLean. Ushers for the day were Rodney Moore of Wolfforth and Tanner Katcherside of Lubbock.

Dedra is a hair stylist in McLean and Nathan is stationed in Japan with the U.S. Navy.

Yesteryear

Taken from The Quitaque Post September 5, 1940 issue

Norval Hamilton brought the first bale of cotton for the 1940 crop season to Quitaque Saturday afternoon. It was taken to Farmers Co-op gin which has just been overhauled and when the gin was started up and the cotton began to flow through a pulley broke.

The hour being late and welding shops closed, repair could not be made of the broken part until Monday morning; but this was done and the bale of cotton ginned early Monday morning. However, receipt of the bale is dated as of Saturday, August 31, the earliest first bale here in many years.

The bale of lint was of high grade and staple and weighed 555 pounds. It was ginned from 1750 pounds of seed cotton, which also returned Hamilton 700 pounds of seed.

Farmers Gin bought the cotton for 9 cents giving the producer a little premium over the market price.

Quitaque area received very beneficial rains Tuesday, ranging from .25 inch in some localities to 5 inches in others, according to report. The precipitation in town was .75 of an inch.

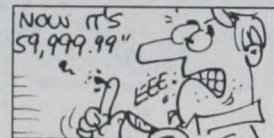
The heaviest fall was in the vicinity of O. W. Stroup's place where five inches are reported to have fallen, which put the Los Lingos River on a rampage. The water in the river was up to the floor of the bridge south of Quitaque. The Quitaque river also carried quite a bit of the flood waters but not so much as the Los Lingos. The two streams converge only a mile or so below the Los Lingos bridge, thus the flood waters in the Quitaque went over the bridge near Flomot.

E. H. Stephens, Silverton route mail carrier, is in the veterans' hospital at Amarillo undergoing treatment. Mrs. Stephens is carrying the mail during his illness.

Ask for Mity Nice Bread—often buttered but never bettered. City Bakery, Quitaque.

Mrs. Eli Reagan of Lubbock visited relatives here Sunday.

Mr. and Mrs. Bill Woods left this week for Palo Duro Park where they will have charge of Palo Duro Lodge. Big plans are in the making for the formal opening of the lodge, more particulars of which will be published when they are more complete.



Human blood vessels form a branching network of more than 60,000 miles.

Avoid Seafood Contamination

Seafood-borne infections can be avoided with proper cooking and handling.

Although the season for the Texas oyster harvest ends April 30, common microorganisms and bacteria associated with raw oysters and other uncooked seafood soon will flourish in the seasonally warming waters of the Gulf of Mexico.

State health officials caution against infections from the Gulf contaminants, especially in improperly cooked seafood, but also occurring in wounds and injuries exposed to Gulf water.

A common silt-water microorganism, Vibrio, specifically the variety Vibrio vulnificus, can cause serious illness, even death, to some people who ingest raw or uncooked seafood. Because of that, the Texas Department of Health (TDH) issues public reminders that the safest seafoods are those that are properly harvested and transported, thoroughly cooked and safely handled, stored and served.

Richard Thompson, director of the TDH Shellfish Sanitation Control Division, said "Seafood is one of Texas' most appreciated and natural resources. Texans and our visitors from other states and countries regard our oysters, shrimp, crabs and other seafoods as among some of the world's finest. However, sanitation is vital to ensuring that seafoods are safe. In addition,

Tips For A Better Smile

Your smile can speak for itself. Or maybe your smile doesn't say much at all. If you're not caring for your teeth, your mouth may look unattractive, which can put you at a disadvantage.



Your mouth is one of your most prominent features. While most women carefully attend to their lips with an array of lipsticks, liners and glosses, teeth are sometimes overlooked. Regular dental care should be an important aspect of your health and beauty regimen. Neglected teeth are not only unattractive, but can lead to dental problems in the long run. On the other hand, bright, white teeth can illuminate your entire face.

Here are some tips to help keep your teeth looking as sexy as the lips that surround them:

Treat your teeth like fine china—Avoid extended use of cigarettes, coffee, tea, or colored juices, such as carrot. All of these can stain your teeth, the same way they would a porcelain cup, making your teeth appear yellow or brown.

Draw a straw—You won't lose out if you use a straw to drink your favorite soft drink. Sugary colas and even fruit juices can erode tooth enamel and make teeth prone to cavities. Using a straw can lessen the drink's contact with your teeth.

Brush—And don't forget to rinse and floss. Swish a pre-dental rinse like Plax around your mouth before brushing. Then floss to get to those hard-to-reach areas.

Eat smart—Some foods actually contribute to dental health. Foods such as raw fruits and vegetables require vigorous chewing, which stimulates salivation and cleanses the teeth and gums.

Teeth are not tools—Teeth are vulnerable to chips and nicks. Don't use them to open bottles, potato chip bags, condiment packets or remove the price tags on your clothes.

So, take care of your teeth the same way you do your lips. There's nothing like a well-matched set.



Citrus fruit was first cultivated in China more than 4,000 years ago.

Methodist Women Meet February 28

Last Monday the Turkey United Methodist Women met in the home of Mrs. Nadine Baisden.

A very interesting and informative program was presented by Mrs. Baisden.

Members present were Kathleen Green, Virginia Degan, Freida Fuston and the hostess.

Turkey News Turkey News

BY ANN COKER

Linda Ferguson was in Plainview earlier this week for a doctor's appointment and to do some shopping. Last week-end Charles and Lavern Hamner drove to the home of Lavern's sister, Nina and Johnny Davenport, in Post. The Davenports drove the Hamners on to Houston to visit with Charles's brother Wilburn Hamner, who is quite ill.

Cassie Farley, the daughter of the Steve Farleys, spent some time in an Amarillo Hospital last week-end. Cassie broke her arm in three places. She returned to her home Sunday.

When the electrical storm hit last Monday night, our electricity was cut off as well as the Mark Butlers. When we realized our two homes were evidently the only ones in town without electricity, a phone call was made to our West Texas Utilities manager, Keith Edwards. Mr. Edwards braved the terrible storm and we all soon had electricity. We appreciated Keith very much as do the Butlers.

Keith and Bettie Green took full advantage of "Spring Break." They spent the time in Lubbock visiting with their daughter and family, the Criss Morrisons, in Plains visiting with Bettie's mother and taking in the basketball games in Levelland.

Visiting in the home of Karen and Russell Yates last Sunday was Karen's mother and husband, Fay and Trent Crosby from Lubbock. Also visiting in the Yates home were Jerry, Donna, Lee Ann and J. D. Beck of Quitaque; Cindy and Keri House, Kathy, Steve and Cassie Farley.

Foy Lane left last Friday to spend some time in Stafford. She is visiting with her daughter, Gayle Rhodes and family.

The son of Jacaqualyn Ham, Ken Crump of Sunray, has been a patient in St. Anthony's Hospital. He had knee surgery following a ski accident.

Visiting at the Childress Nursing Home last week were Virginia Degan, Clema Johnson and Foy Lane. They enjoyed visiting with Oleta Crump, Audra Whitaker and Lurline Walker.

Rev. Wayne Norman and wife Becky, spoke in the Turkey and Quitaque Churches last Sunday. Wayne is a former pastor of the Quitaque Methodist Church. They now reside in Seymour.

While visiting with Kathleen Green she related a phone call she had received recently from her sister, Mrs. George (Gladys) Strickland of Albany, Georgia. Gladys told Mrs. Green that Hazel Strickland, of Abilene, had visited in Kerrville with her sister, Jo and Wren Vineyard. Hazel said Wren's health wasn't very good. The Vineyards have lived in Kerrville several months.

Chuck Bagan of Borger was a recent visitor in Turkey. He spent several days with his sister and husband, Ann and U. F. Coker.

Mark and Lisa McKnight and children of amarillo were Sunday guests in the home of Lisa's grandmother, Virginia Degan.

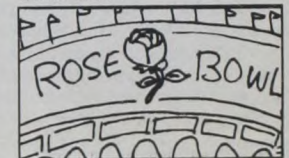
On Wednesday, March 9, Velma Lacy is to have knee surgery in Lubbock. At this time I do not know which hospital she will be in.

helping Nadine Baisden celebrate her birthday last Thursday were Foy Lane, Virginia Degan, Ella Colvin and Clema Johnson. The ladies treated Nadine, to lunch. Nadine said it was her 29th birthday-again!

Spending the week-end in Plainview was Cody Yates. He was visiting Shorty and Christal Kimbell. The Russell Yates brought Natasha Kimbell, the baby home with them but had to return her home when she became ill.

Louis and Oleta Randall have returned from a trip to Ft. Worth, Irving and Houston where they visited the Steve Randall family in Ft. Worth, friends in Irving, and the Mike Smith family in Houston. While in Houston they drove to Deer Park to visit with Oleta's cousin, Henry and Carolyn Buchanan.

Henry and Carolyn are formerly from Turkey. Henry has recently undergone lung cancer surgery. The bottom lobe of one lung was removed. He went into a coma last several days. He is recuperating at his home and was to have his stitches removed the next day. Henry and Carolyn both said to tell all their friends "hello".



The first Rose Bowl was played in Pasadena in 1902. Michigan beat Stanford.

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Owens LB. ROLL COUNTRY SAUSAGE \$1.79	HEAVY GRAIN FED BEEF TOP SIRLOIN \$2.29 LB.
HEAVY GRAIN FED BEEF RUMP ROAST \$2.39 LB.	OSCAR MAYER 1 LB. PKG SLICED BACON \$1.99
DAIRY	
SHEDD'S 3 LB. BOWL COUNTRY CROCK SPREAD \$1.69	FRESH CALIFORNIA PINT STRAWBERRIES 99¢
KRAFT 2 LB. VELVEETA CHEESE \$3.99	RED SEEDLESS GRAPES 99¢ LB.
PRODUCE	
DUNCAN HINES DELUXE 18.5 - 19 OZ. CAKE MIX 89¢	US #1 10# BAG RUSSET POTATOES \$1.39 EA.
LAYS REG. \$2.99 POTATO CHIPS \$1.99	TANGY JUICY LEMONS 10/99¢
GROCERY	
SELECTED DEL MONTE VEGETABLES 6/\$3.00	VEGETABLES
LAKE REG. \$2.99 FACIAL TISSUES \$1.59	RANCH STYLE 15 OZ. BEANS 2/99¢
SELECTED DEL MONTE 16-17 OZ. FRUIT 89¢	CARNATION 16 OZ. COFFEE MATE \$2.29
SCHILLING ASST. .875 - 1.5 OZ. GRAVY & SAUCES 59¢	BEST MAID 32 OZ. DILL PICKLES \$1.79
ULTRA SURF 98-103 OZ. LAUNDRY DETERGENT \$4.99	SCHILLING 4 OZ. BLACK PEPPER \$1.29
SWANSON 7 OZ. POT PIES 3/\$2.00	COLGATE 4.6 - 4.7 OZ. TOOTHPASTE \$1.99
FROZEN	
WELL'S BLUE BUNNY 1/2 GAL. ROUND ICE CREAM \$2.69	

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 Brownies
 Cornbread
 Thursday
 Shrimp
 Hash Browns
 Cole Slaw
 Fruit Jello
 Cheese Rolls
 Friday
 Soft Taco
 Salad-Sour Cream
 Cheese-Hot Sauce
 Fried Beans
 Fruit
 4th Grade
 Hi! it's us
 grade reporters
 were on spring
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 Last Tuesday
 Reading and
 TAAS test. For
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 and playing out
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 fourth grade
 Magan, B...
 FOR...
 DR. J...
 SWA...
 "Com...
 EM...

A Newspaper about Happenings at the Valley School, by students, teachers, and advisors.



School Menu

- Monday**
Pizza
French Fries
Cookies with Fruit
- Tuesday**
Fried Chicken
Green Beans
Cream Gravy
Fruit Salad
Biscuit
- Wednesday**
Meat Loaf
Stewed Potatoes
Baby Carrots
Brownies
Cornbread
- Thursday**
Shrimp
Hash Browns
Cole Slaw
Fruit Jello
Cheese Rolls
- Friday**
Soft Taco
Salad-Sour Cream
Cheese-Hot Sauce
Refried Beans
Fruit

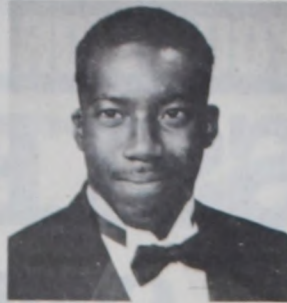
4th Grade News

Hi! It's us again the fourth grade reporters. This week we were on spring break. We all did different things on our spring break. Last Tuesday we took the Reading and Writing part of our TAAS test. For those of you who don't know what the TAAS test is, it is a major thing that is graded by the state and will go on our permanent record. Most kids spent spring break watching TV and playing outside and some kids went on a trip. Thanks for reading fourth grade news.
Magan, Emily & Missy

Patriots Had A Great Season

The Valley Patriots used an impressive come from behind victory over Amherst in their Area playoff game to advance to the Regional tournament, played at Levelland last Friday. After falling behind by 11 points in the first quarter, the Patriots started chipping away at the Amherst lead. The Patriots trailed by 10 points (35-45) at halftime and then by only 5 points (51-56) at the end of the third quarter. The Patriots ended the game with a 76-73 advantage for the Area Championship. Scoring for Valley was as follows: Josh Scoggins (29 points), Bubba Powell (13 points), Joe Valdez (12 points), Donnie Calvert (9 points), Alfie Clardy (7 points), and Sammy Ortiz (6 points). At Regional, Valley played a very tough Sudan team and was defeated by the score of 64-85. Scoring for the Patriots were: Josh Scoggins (21 points), Bubba Powell (15 points), Joe Valdez (12 points), Alfie Clardy (8 points), Matt Abram (4 points), Donnie Calvert (2 points) and Sammy Ortiz (2 points). The Patriots had a great season, finishing with a record of 18-13.

He who knows others is wise. He who knows himself is enlightened.
—Lao Tzu



VALLEY 1994 SENIOR SPOTLIGHT

Dewayne Davis is the 17 year old son of Mary K. Davis. Dewayne was born at Memphis on April 11, 1976. **My Best Physical Characteristic:** My ears. **My Favorite Pastime:** Chillin' with Alfie.

Style of Dress: Western and casual.

Hobby: Talking on phone and listening to music.

Pet Peeve: Liars.

Favorite Food: Pizza.

Best Subject: Computer.

Favorite Sport: Football.

Favorite Movie: The 3 Ninjas.

Last Good Book Read: It by Stephen King.

My Heroes: Emmett Smith.

I Always Fall For: Younger girls.

Someday I Want To: Buy my family anything they want.

A Great Night Out: Being with my girlfriend.

If I Were President: I wouldn't make promises I couldn't keep.

My Favorite Memory: When I first met Jim Weeks.

My Worst Habit: Not keeping my room clean.

Nickname: Biscuit.

My Most Valued Possession: My family.

If I Could Change Something: It would be my height.

If I Could Do Anything I Wanted I Would: Buy me a Porche.

Best Advice: Always be truthful.

Worst Advice: Nobody will ever find out.

Greatest Fear: Falling and breaking my neck.

What I Like Most In High School: Being with my friends.

What Makes Me Mad: Two-faced people.

5th Grade News

Hi!! It's your favorite friends, 5th grade. We just now got back from our spring break. Most of the other schools haven't got their break. We only got out for 3 days, but then we had the weekend. Most of us had a great time and we are happy to hear that. While the others stayed home and just watched T.V. It's almost time for the holiday St. Patrick's Day. If it rains make sure to go to the end of the rainbow so you can get rich, and not share any of it. We hope you have a great day on St. Patrick's. Well, I think that's all we have to say.

Your pals, Gaby & Mary E.

Amarillo College Hosts Science Fair

March 11 is the deadline for all entries in the annual High Plains Regional Science Fair scheduled for March 26 at Amarillo College.

The annual event, sponsored by Amarillo College, is open to any student attending a public or private school in the High Plains Regional Science Fair area. Counties included in this area are Dallam, Sherman, Hansford, Ochiltree, Lipscomb, Hemphill, Roberts, Hutchison, Moore, Hartley, Oldham, Potter, Carson, Gray, Wheeler, Collingsworth, Donley, Armstrong, Randall, Deaf Smith, Parmer, Hall, Childress and parts of Castro, Swisher and Briscoe counties.

The Fair offers competition in three divisions: Senior, students in grades 9-12; Junior, students in grades 6-8; and Elementary, students in grades 3-5. Exhibit categories include Behavioral and Social Sciences, Biochemistry, Botany, Chemistry, Computer Science, earth and Space Sciences, Engineering, Environmental Sciences, Mathematics, Medicine and Health, Microbiology, Physics and Zoology.

For more information, contact Bobby May at 371-5095.

Local Kids Can "Stamp" The World

Young people in Quitaque will have a chance to put their stamp on the world by participating in an environmental postage stamp design contest announced February 28, by the U. S. Postal Service and McDonald's family restaurants.

Local Postmaster Glenna Rummel is looking forward to helping kids get involved in the contest. "I hope this effort opens a new world to our youth," said Glenna. "Combining kids' interests in the environment and stamp collecting promises to be fun for everyone. I hope that many of our local youth participate in the contest, and who knows, maybe someone from Quitaque will be the winner!"

The contest invites kids from the 50 U.S. States and the District of Columbia, ages eight through 13 as of April 30, 1994, to design an official U. S. postage stamp depicting ways to protect, preserve or restore the environment.

Contest winners will join a small, select group of internationally acclaimed artists whose art has appeared on U.S. postage stamps.

This contest marks the first time this generation of kids has had the opportunity to enter such a competition.

Two finalists will be selected from each of the States and the District of Columbia. Each will receive a \$100 U.S. Savings Bond (value at maturity) and a framed copy of their artwork. Four winners selected from the 102 finalists will receive the finalist prize and an additional \$3,000 in U. S. Savings Bonds (value at maturity) and a trip for three

people to Washington D.C., to attend the first day of issue stamp ceremony. Best of all, their design will be printed on millions of U. S. postage stamps.

Contest rules and entry forms will be available beginning March 4, 1994, at post offices and participating McDonald's restaurants nationwide. In addition, the Postal Service and McDonald's have sent environmental education kits to elementary and middle schools across the county. The kits include environmental education activities for teachers to use in the classroom.

Of the 50 million Americans who have ever collected stamps, most started their collections as children. Stamp collecting is the world's most popular hobby, and the environmental stamp design contest offers the Postal Service the opportunity to introduce the hobby to a new generation.

Students can participate in the contest if they are legal U.S. residents and are ages eight through 13 as of April 30, 1994. Individuals unable to visit a post office or McDonald's may obtain official contest rules by sending a stamped, self-addressed envelope to "Stamp Rules", P O Box 689, Gibbstown, N.J. 08027-0689. No purchase is necessary. All entries must be mailed and received by

April 30, 1994. Children of Postal Service or McDonald employees are not eligible to participate.

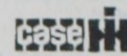
Both the Postal Service and McDonald's have been recognized for their environmental achievements. The Postal Service operates the largest compressed natural gas (CNG) alternative fueled delivery fleet in the nation and recycles nearly 345,000 tons of waste each year, generating about \$1,350,000 million in revenue annually. McDonald's purchases approximately \$200 million worth of recycled products each year as part of an overall effort that earned the company the President's Environmental and Conservation Challenge Award in 1991.

Valley School Hosts Scholastic Book Fair

The Valley School Library is hosting a Scholastic Book Fair on March 14-18 from 8:45 am to 3:30 pm.

This reading event features the newest titles from over 70 publishers and presents students, parents and teachers a golden opportunity to see the latest works by popular authors and illustrators of books for young readers.

Don't miss the scholastic Book Fair coming to Valley School.



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POLITICAL CALENDAR

The following candidates have announced their intent to run for political office subject to the Democratic Primary.

FOR RE-ELECTION

County & District Clerk
Briscoe County
Bess McWilliams

County Judge
Briscoe County
Jimmy Burson

Commissioner Precinct 2
Briscoe County
J. L. (Jack) Chandler

Justice of Peace Precinct 2
Briscoe County
Dale Ramsey

Justice of Peace Precinct 4
Hall County
Byron Young

County Treasurer
Briscoe County
Janice S. Hill

Commissioner Precinct 4
Hall County
U. F. Coker

County Judge
Hall County
Kenneth Dale

State Senator
State of Texas
Steven A. Carriker

FOR ELECTION

Sheriff
Hall County
Garvin H. Speed

County Judge
Briscoe County
Fred Strange

County Clerk
Hall County
Raye Bailey



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Quitaque, TX 455-1243
Electronics Fuel Injection

REAL ESTATE SALES/RENTALS

FOR SALE: HOUSE TO BE moved. First Baptist Church Parsonage in Flomot. Approximately 1500 sq. ft., 3BR, 1 1/2 B, will sell by sealed bids. Bids will be accepted until April 10, 1994 at the First Baptist Church, Rt. 1, Box 47, Flomot, Texas 79234.

For inquiry call 806/469-5279. Owner reserves the right to refuse any or all bids. 37 3tc

THANK YOU

Thanks to my caring family, friends and neighbors for all the calls, cards, visits, food and prayers while I was hospitalized and since I came home.

A special thanks to Weldon for his help with the cows. Also a special thanks goes to Matthew Whittington for his great card. Sid McFall

Thank You for voting for me in the March 8 election. I appreciate your vote and confidence. I promise to do the job to the best of my ability. Dale Ramsey

FOR SALE

GUARD RAIL FOR SALE. CALL Cody Bell at 423-1276. 35 4tc
FOR SALE: 30" ROPER GAS range—clean and in excellent condition. 4 years old. 2 refrigerated window units. One 3 room unit and 1 two room unit. Both recently reconditioned. Call 806/423-1141. 38 2tc

TRACTOR FOR SALE: 1650 John Deere only has 80 hours on it. Call O. W. Hammer at 713-346-1140. If unable to reach him call Charles at 806/423-1317. 38 2tc

FOR SALE: Shelled Pecans at \$3.25 per pound. Call 423-1252 or 423-1122

GARAGE SALE: 4 family garage sale, Friday and Saturday, 5th and Main, Turkey 423-1252 or 423-1122

SERVICES

MONUMENT SALES AND Service. Call Myers-Long in Quitaque at 455-1313; at Turkey, 423-1313 and in Silverton, 823-2121. 38 1tc

The difficulty in life is the choice. —George Moore

"DO BAD I LOST MY CAR KEYS."
Homing pigeons have been known to fly more than 1,000 miles in two days.

WANTED

WANTED: MATURE INDIVIDUAL capable of acquiring CDL Haz-Mat. license and license for RR commission propane exam. Call Dewey or Jim Estes. Home phone 806/823-2148 or 1-800-216-0007. 37 tfn

WANTED: GOOD USED ROTO tiller, reasonably priced. Call 423-1461 after 4 p.m. 38 2 tc

WORK WANTED: WILL DO custom plowing and chemical application. Call 455-1240 after 7 p.m. and during day 847-2295. 38 4tc

Establish Good Eating Habits

by Ronda Alexander

March is National Nutrition Month. What better time than now, to form good eating habits. It is never too late to establish good eating habits, but the sooner that you get them started, the healthier you will be. As responsible parents, it is up to you to be sure that children develop good eating habits as early as possible.

Your question is probably, "What are good eating habits?" The main thing you need to do is to be sure that you and your children are getting the required number of serving each day from the basic food groups. These are: Milk, Yogurt & Cheese- 2-3 servings; Meat, Poultry, Fish, Dry Beans, Eggs & Nuts- 2-3 servings; Vegetable-3-5 servings; Fruit-2-4 servings; and Bread, Cereal, Rice & Pasta-6-11 servings. The variation in servings is dependant upon your activity level and age. Young children also do not need the full range of servings. The key to the new serving amounts is to eat a variety of foods, some healthy and some not quite as healthy. You definitely would not want to eat 11 doughnuts in one day, but 1 or 2 doughnuts would be alright as long as you balanced it with pastas or grain foods.

You should also limit the amount of fat in your diet. The suggested amount is no more than 30%. This means that no more than 30% of your daily calorie consumption can come from fats. With new food labeling laws, most foods have the percentage figured for you on the label. Start developing those good eating habits today!

FREE THINGS TO SEND FOR
Candle stubs and empty milk cartons can make good kindling.

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Cooking Corner

(NAPS)—Yes, you can keep that New Year's resolution to lose weight without sacrificing those warm and satisfying meals you most enjoy.

For instance, you can prepare a marvelous, rich pasta dish with cream sauce and then treat yourself to a tasty bread pudding for dessert—and still smile when you step on the scale.

Such dishes don't have to be heavy or high in fat when they're made with Carnation Evaporated Skimmed or Lowfat Evaporated Milk, experts say.

Creamy Pasta Primavera is an easy, yet satisfying lower calorie entree that is a twist on traditional Pasta Primavera. The evaporated skimmed milk makes it creamy and the chicken makes it more of a meal than a side dish. Total preparation and cooking time: just 30 minutes.

Pecan Bread Pudding is a dessert to warm up to on a cold evening. Made with skimmed evaporated milk, it's lower in fat and calories. It's quick and easy to make, and ready in under an hour.

CREAMY PASTA PRIMAVERA (Makes 6 servings)

- 3/4 pound (about 4) boneless, skinless chicken breast halves, cut into 1/2-inch strips
- 1/2 cup sliced green onions
- 1 clove garlic, minced
- 2 to 3 tablespoons olive oil, divided
- 1/2 cup each sliced green and yellow bell peppers
- 1/2 cup sliced zucchini
- 4 ounces fresh mushrooms, sliced
- 1 1/2 cups (14.5-ounce can) CONTADINA Recipe Ready Diced Tomatoes, drained
- 1 1/4 teaspoons Italian herb seasoning
- 1/2 teaspoon salt
- 1/4 to 1/2 teaspoon dried red pepper flakes
- 1/4 teaspoon ground black pepper



Creamy pasta primavera is an easy, yet satisfying, lower calorie entree.

- 1 1/2 cups (12-ounce can) undiluted CARNATION Evaporated Skimmed Milk or Lowfat Evaporated Milk
- 2 tablespoons cornstarch
- 3/4 pound dry spiral pasta, cooked
- Parmesan cheese (optional)

SAUTE chicken, onion and garlic in one tablespoon oil in large skillet over medium-high heat until chicken is no longer pink. Remove chicken mixture from pan; keep warm. Add remaining oil, bell peppers and zucchini; cook for 2 to 4 minutes. Add mushrooms; cook for an additional 3 minutes.

ADD diced tomatoes, Italian herb seasoning, salt, red pepper flakes and black pepper; mix well. Mix a small amount of evaporated skimmed milk with cornstarch until smooth; pour into pan. Stir in remaining evaporated skimmed milk and cook over medium heat until mixture just comes to a boil and thickens. Return chicken mixture to pan. Serve over pasta; garnish with Parmesan cheese.

Per Serving when prepared using Evaporated Skimmed Milk: Calories 390; Fat 6 grams; Percent of calories from fat—14%.

PECAN BREAD PUDDING (Makes 6 servings)

- 4 cups (approximately 1/3 to 1/2 loaf) French bread cubes
- 1/4 cup chopped pecans
- 1 1/2 cups (12-ounce can) undiluted CARNATION Evaporated Skimmed Milk or Lowfat Evaporated Milk
- 2 eggs
- 1/3 cup granulated sugar
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon salt

COMBINE bread cubes and pecans in large bowl; add evaporated skimmed milk. Stir until most of liquid is absorbed.

COMBINE eggs, sugar, vanilla, cinnamon, nutmeg and salt in medium bowl; stir into bread mixture.

POUR into well-greased 1-quart baking dish. Place dish in larger baking dish; fill outer dish with water to 1 inch depth.

BAKE in preheated 350°F oven for 45 to 50 minutes or until golden brown and set.

Per Serving when prepared using Evaporated Skimmed Milk: Calories 200; Fat 6 grams; Percent of calories from fat—27%.

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