

Mrs. Loolie O. Burns
10902 Van Ruiten
Norwalk, Calif. 90650

6-66

The Valley Tribune

THURSDAY, MAY 2, 1985

VOLUME 25 NUMBER 47



KAMI BROOKE OWENS

Kami Owens, daughter of Mr. and Mrs. Eddie Owens of Plainview and granddaughter of Mrs. Lottie Owens of Quitaque, recently completed a very successful first year of competition in gymnastics.

Competing in Division I-A for three-year-olds, Kami finished third at the Texas Acro-Gymnastics Association State Meet on April 20 in Andrews. The week before, she won the district

championship in Sundown.

Kami competed in five meets during the spring, and her third-place finish at the state meet was her lowest. Earlier in the season she took first place at Lamesa, first place at Wolforth and second place at Plains.

She is a member of the Tumbling Angels from the First Baptist Church in Plainview. Her coaches are Karla McDonald and Trina Leaf.

Fiddlers Contest, Floats Winners Are Announced

Despite the downpour of rain just as the parade was in progress Saturday in Turkey, the show went on. Hedley Lions Club won first place with their float; second place went to San Antonio Rose featuring Laurie Harp; and third place winner was the City of Turkey. Cash prizes were awarded. Judges were Mr. and Mrs. Ronald Clay and Mr. and Mrs. Bill Washington of Flomot. Trophies were awarded in other categories.

Jack Tompkins of the Amarillo Livestock Auction was announcer for the parade.

Dude Barton of Flomot, a recent inductee into the Cowgirl Hall of Fame in Hereford, was honored this year and rode on

the Sesquicentennial float.

The Khiva Drum and Bugle Corps of Amarillo was in the parade and the Khiva Kart Patrol also but because of the weather did not get to perform. Mrs. Smitty Guest, parade chairperson, said the Bob Wills Foundation would give a donation to the Khivas to help with their travel fund, as they take burned persons to the hospitals and to burn centers.

A popular float with the children (young and old) was the Panhandle Clown Fire Department by KIXZ-KMML of Amarillo, with the man on skis.

FIDDLERS CONTEST

Rex Fuston reported that over 600 were present for the Fiddlers

Good Rains Fall In April

The rains came!

The rain began Thursday of last week and continued through Sunday night. The Quitaque-Turkey area had stormy weather Friday evening, with five rain showers and three of them had hail. There was a tornado sighted one mile west of Quitaque, according to Deputy Sheriff Oliver Clark. Another tornado passed over town and the siren rang for an hour Friday evening, but it never touched down. The Amarillo Channel 7 reported a tornado on the ground 15 miles northeast of Silverton, which could have been the one west of Quitaque. Luckily, no damage was reported.

According to City Secretary of Quitaque, James Brunson, April had .20 rain on April 12, another .20 on April 21, and on April 26 (Thursday) a total of 2.70 fell. April 27, 30 and April 28 another .90 fell during the night. The weekend total was 3.75 and the total for the year has been 8.75. This will benefit the farmers for their spring planting and has already benefitted the winter wheat immensely. The countryside is a beautiful green.

The rain was spotted around the area. Mrs. Glynn Barrett reported 5.2 a few miles northwest of Quitaque. Mrs. Ralph Carter said they had only received 1.50 inches southeast of Quitaque. Mrs. Truman Merrell said they got 2.50 inches total, but it was all welcome.

Turkey received over four inches of rain on Friday and Saturday, but it was spotted with more falling on the city and east and west of town. Hail, from pea to larger than marble size, fell on and off for more than an hour. The clouds moved across town, then came back and forth several times, it was observed. A lot of folks took refuge in storm cellars as the clouds looked so bad for awhile.

Smaller amounts of moisture were reported south of town. Some visitors coming into town from the north reported that they ran into the hail about the Ronnie Eudy place.

Contest held at the Bob Wills Center at 12:00 noon. Mark Brown of Plainview was third place winner; Dale Hendricks of Spearman, second place, and Gary Williams, Kress, won first place. He said it was a real good turnout in spite of the fact the weather prevented many from entering.

The Texas Playboys, emceed by Dr. Townsend, had to be moved indoors and their performance was held with a packed house in the Bob Wills Center.

Awards Banquet Set For Valley

The annual Awards Banquet for Valley Schools is set for Monday, May 13.

Mrs. Ruth Adams will be in charge of catering the meal which will be barbecue and all

the trimmings.

All students will be recognized for Academic and Athletic achievements.

The public is invited. Tickets for the meal will be \$6.00.

Personalities Chosen At Valley School

Personalities were selected at Valley Friday, April 19.

Candidates for Miss VHS selected were Wanda Brittan,

Cindy Fulbright, Renette Brittan and Amy Hewett. The winner was Cindy Fulbright.

Those running for Mr. VHS were Tim Clardy, Steve Price, Tomas Rodriguez and Scott Saul. The winner was Tim Clardy.

Cheerleaders Selected At Valley Schools

Cheerleading elections were held at Valley recently. Those in the running were Devonna Smith, June Johnson, Cindy Fulbright, Denise Bynum, Laurie Harp, Cristy Calvert, Lacy Price, Melissa Maupin and Paula Scoggins.

The cheerleaders elected for 1985-86 are Devonna Smith, June Johnson, Cindy Fulbright, Cristy Calvert, Lacy Price and Melissa Maupin.

Junior High cheerleaders were selected also. The leaders are Amy Maupin, Andrea Hinojosa, Tina Clay, Shadi Mullin and Lori Martin.

Sesquicentennial Cookbooks are Here

The Turkey Sesquicentennial Cookbooks have arrived.

Anyone interested in purchasing cookbooks may pick them up at City Hall. The price of the cookbook is \$5.00.

The profits from the sale of the books will go to the Sesquicentennial project of placing a solid fence around the cemetery.

Sesquicentennial souvenirs are on sale at City Hall.

Valley Tribune Office In Turkey Now At Two J's China & Gifts

The Valley Tribune office in Turkey has moved. It is now located at Two J's China & Gifts.

The telephone number is the same, 423-1287.

If Mrs. Patterson is out when you come by on Mondays and Tuesdays, please leave your news or ad on her desk, or a note for her to call you. Thank you.

Dolan Hanna of Floydada visited his parents, Mr. and Mrs. Buster Hanna, Saturday.

Those running for Friendliest Girl and Boy were Kay Donna Hancock, Cristy Calvert, C. L. Hawkins, Rudy Castillo, Lane Myers and Kelly Patrick. Winners in this category were Kay Donna Hancock and C. L. Hawkins.

Candidates for Most Beautiful were Robin Myers, June Johnson, Sandi Lipscomb and Amy Hewett. The winner was Robin Myers.

Those in the running for Most Handsome were Tim Clardy, Jamie Cox, Lane Myers and Kirk Martin. The winner was Jamie Cox.

Then the athletes met and voted on the Most Athletic Boy and Girl. The winners were Cindy Fulbright and Tim Clardy.

The teachers chose the recipients of the scholastic awards. These winners were Sarah Hewett and Jamie Cox, English; Kaylene Green and Kay Donna Hancock, Drama; Devonna Smith and Criss Morrison, History; Kirk Saul and Margarita Leal, Math; Joe Morrison and Cristy Calvert, Science; Edna Reyna and Chuck Martin, Spanish; Kaylene Green and Sandi Lipscomb, Home Economics; Scott Saul and Jeff Fuston, Agriculture; Devonna Smith and June Johnson, Typing; Kaylene Green and Devonna Smith, Bookkeeping; Melissa Maupin and Sarah Hewett, Music; Criss Morrison and Kaylene Green, Best All Around.

Class Favorites are Amy Brannon and Bo Garvin, Seniors; Kay Donna Hancock and Rudy Castillo, Juniors; Renette Brittan and Joe Morrison, Sophomores; Sandy Price and Scott Saul, Freshmen.

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 BY MRS. LOTTIE OWENS

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OBITUARIES



MRS. VADA E. SPIES

Vada Ellen Spies, 39, of Amarillo was killed Saturday morning when a car struck her as

she and her 19-year-old son were walking along the shoulder of Highway 87 on their way to get help to fix a flat tire.

The Department of Public Safety Trooper, John Salter, who investigated the death, said Mrs. Spies and her son, Quentin, left the vehicle about 1.2 miles south of Canyon when they discovered they did not have the equipment to fix a flat tire. The two had walked about four-tenths of a mile toward Canyon on the shoulder of the highway when Mrs. Spies was struck by a blue 1974 MG convertible about 2:40 a.m. Mrs. Spies was at least four feet away from the edge of the highway when the vehicle struck her from behind. She was thrown onto the windshield and carried about 100 feet before falling to the grassy embankment. The Randall County Justice of Peace reported she died instantly. Her son was on the right side of his

mother and he escaped without injury.

A 56-year-old man from Plainview was driving the MG and he was jailed in Randall County Saturday night. Charges may be filed against the man. A blood test was given and sent to the DPS laboratory in Austin to determine if alcohol or drugs were present.

Mrs. Spies and her son were returning home after attending the Bob Wills celebration in Turkey.

Funeral mass for Mrs. Spies was held Monday at 11:00 a.m. at St. Joseph's Catholic Church in Amarillo, of which she was a member, with the Rev. Emmanuel Afunogo, Rev. Orville Blum and Rev. Norbert Choong officiating. Burial was in Memorial Park.

Survivors include her husband, Dennis Spies, an Amarillo Daily News City Editor; two daughters, Tracy and Angie of the home; her parents, Mr. and Mrs. N. A. Shackelford of Amarillo; a brother, Dan Shackelford of Amarillo; and a sister, Anita Carper of Broken Bow, Oklahoma.

Mrs. Spies was a niece of Estelle Davidson of Quitaque, and a cousin of Jimmy Davidson of Quitaque.

CLAUD HERMAN JACOBS

Claude Herman Jacobs, 75, a brother of Mrs. Bessie Thrasher of Turkey, died Friday at Muleshoe.

Services were held at 3:00 p.m. on Sunday at the First Baptist Church with the Rev. Barry Bradley, pastor, officiating. Burial was in Muleshoe Cemetery by Ellis Funeral Home of Muleshoe.

Mr. Jacobs was born in Tribby, Oklahoma and moved to the Muleshoe area 20 years ago from Floydada. He was a farmer. He was married to Millie Busby in 1936 in Thackerville, Oklahoma. He attended First Baptist Church.

Survivors include his wife; five sons; five daughters; five sisters; two brothers; 25 grandchildren, and 14 great-grandchildren.

MRS. BERTHA M. ANDERSON

Funeral services were held Thursday, April 18, for Bertha M. Anderson, mother of Denver Anderson of Quitaque, at the First Methodist Church in Matador with pastor, Eddie Marcum, officiating. Arrangements were by Seigler-Mynatt Funeral Home.

She married R. L. Anderson on December 23, 1910 and they made their home at Margaret, near Crowell, Texas. In 1917, they moved to Motley County and then into Matador in 1959. Her husband preceded her in death in 1964, and she was buried beside him in East Mound Cemetery.

Survivors include the son, Denver; three daughters, Deola Caddell of Fort Worth, Donnie Jenkins of Matador, Lois Spencer of Fort Worth; four grandchildren; nine great-grandchildren, and one great-great-grandchild.

Pallbearers were Rex Anderson, Steven Braselton, Denver Anderson, Randy Allen, Tony Mose and A. M. Whitfield.

ALMA E. YOUNG

Mrs. Robert (Alma E.) Young,



RAINING ON THEIR PARADE
 —Christy Calvert, 16, (left) and Lucy Price, 14, both of Turkey, abandoned their float during a rather wet Bob Wills Day parade

Saturday in Turkey. Rainy skies kept the crowd down, but thousands turned out for the annual event that honors the king of western swing.

**Church To Have
 Prayer For Spiritual
 Awakening Seminar**

A Prayer For Spiritual Awakening Seminar will be held May 5-6 at the First Baptist Church in Quitaque. Dr. Floyd Bradley, the Director of Missions for the Caprock-Plains Area, will be the instructor. Dr. Bradley will be preaching on the subject of prayer in the morning worship service at 10:45 a.m. May 5. The seminar will be held from 5:30-7:30 p.m. Sunday, May 5, and from 7:30-9:30 p.m. Monday, May 6.

The greatest need of the hour in our nation is for a great

Spiritual Awakening. This will come only as God's people give themselves to prayer. This seminar is to teach us and to encourage us to become involved in real prayer. This seminar will cover such topics as: (1) A vision of the supernatural power of prayer. (2) Biblical structure for a daily walk with God. (3) What is prayer? (4) Who can pray? (5) Fourteen obstacles to answered prayer. (6) How to walk with God in prayer. (7) To whom do we pray? (8) Why should we pray? (9) How should we pray? (10) When should we pray? (11) Where should we pray? (12) How to understand God's answers. (13) How to develop a sustained individual prayer life. (14) Effective praying for your pastor. (15) Praying for those in authority. (16) Challenging Christians to become extraordinary praying saints. (17) How to develop a sustained church prayer ministry.

71, died Friday.

Services were at 2:00 p.m. Saturday at the Tulia Church of Christ at Northwest Sixth and Gaines, with Elgin Conner, minister of the Quitaque Church of Christ, and Timothy Johnson, minister, officiating. Burial was in Rose Hill Cemetery by Wallace Funeral Home.

Mrs. Young was born in Davis, Oklahoma. She was married to Robert N. Young in 1960 in Mesa, Arizona. She moved to Tulia in 1967 from Beaverton, Oregon. She was a member of the Tulia Church of Christ.

Survivors include her husband; a son, Don West of Vancouver, Washington; a sister, Ruby Rose of Gilbert, Arizona; four grandchildren and four great-grandchildren.

Mr. Young is a cousin of Mrs. John King of Quitaque.

MONUMENT WORK

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The Su
 We have just completed second period which designates for calculating school's ADA (average attendance) and found it than expected. The first count was taken during the weeks of October and the recent attendance count taken during the four weeks of March. The school has the to choose the best period to state funding purposes. The October ADA account was the higher of the two with a four-week average students attending school. Earlier estimates indicated would probably be the used to figure state fund enrollment figures are higher during the fall of the Schools cannot overlook importance of maintaining attendance records, especially during the designated calculation period, because money from the state is based on ADA.

This year, Valley School receive about \$275 in state for each student who attendance during the month of October. School enrolled in special program as vocational education or education were counted special procedure and will earn more than \$275 ADA. For all programs an financing, Valley will about \$861 thousand this year.

Although the October was higher than the count, the latter calculation remained higher than enrollment usual. School enrollment usually declines at Valley after Christmas but we still maintained thing over 304 average dance, or twelve lower October. That reduction ever, would have caused school to lose almost \$300 sand in state aid if March had been used. That's dollar school cannot afford to lose.

Attendance works to the fit of students—they have opportunity to learn in class and their attendance more state money for school. They win coming going.

We were concerned the year about whether support would be sufficient adequately finance the vocational programs at Valley. Participation and regular dance in these classes has good and has produced sufficient funds to satisfy the immediate costs. Our teachers will on the same contract basis year as this, with no reduction months contracted to work.

B. J. New Se
 Barbara
 Elaine-W
 Det
 Kathy-
 Your B
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The Superintendent's Corner

by Wilburn Leeper

We have just completed the second period which the state designates for calculating the school's ADA (average daily attendance) and found it better than expected. The first ADA count was taken during the four weeks of October and the most recent attendance count was taken during the four weeks of March. The school has the option to choose the best period for state funding purposes.

The October ADA accounting was the higher of the two choices with a four-week average of 316 students attending school daily. Earlier estimates indicated this would probably be the count used to figure state funding, as enrollment figures are usually higher during the fall of the year. Schools cannot overlook the importance of maintaining good attendance records, especially during the designated calculating period, because money received from the state is based upon ADA.

This year, Valley School will receive about \$2725 in state aid for each student who was in attendance during the whole month of October. Students enrolled in special programs such as vocational education or special education were counted by a special procedure and will actually earn more than \$2725 per ADA. For all programs and their financing, Valley will receive about \$861 thousand this year.

Although the October ADA was higher than the March count, the latter calculation remained higher than expected. School enrollment usually declines at Valley after Christmas but we still maintained something over 304 average attendance, or twelve lower than October. That reduction, however, would have caused the school to lose almost \$33 thousand in state aid if March figures had been used. That's dollars the school cannot afford to lose.

Attendance works to the benefit of students—they have an opportunity to learn while in class and their attendance earns more state money for their school. They win coming and going.

We were concerned earlier in the year about whether state support would be sufficient to adequately finance the vocational programs at Valley. Student participation and regular attendance in these classes has been good and has produced sufficient funds to satisfy the immediate costs. Our teachers will remain on the same contract basis next year as this, with no reduction in months contracted to work. The

Ag. teacher is on a 12-month contract while the Home Economics teacher works for 11 months.

Gary Brannon, a member of Valley FFA chapter, has been elected as president of the Greenbelt District FFA. To hold this prestigious position is a great honor to Gary and Valley School. This is only the second time during the history of the school that a Valley FFA member is to serve as president and we are quite proud. In 1978, Lynda Couch served as district president while Ken Crump and Darren Edwards have served as vice president. Gary was district reporter last year and hopes for an area office during his senior year. He will make an excellent president.

Dan Myers and Roger Hughes applications for the coveted Lone Star Farmer degree have been submitted and approved. The degree is a reward for a lot of hard work and careful planning. Congratulations to Dan and Roger.

The Valley second graders have begun an effort to raise some money to help the starving children in Ethiopia. The recent media coverage concerning this problem encouraged the students' concern for those children in another land who are struggling to live. Ten cents each week isn't much money for us who have plenty, but for a child who has nothing may mean survival. Thanks, second graders.

Gospel Heirs To Sing At Baptist Church

The Gospel Heirs, a group of ladies from the First Baptist Church in Floydada, will be singing during the music service Sunday morning, May 5, at 10:45 a.m. at the First Baptist Church in Quitaque.

These ladies have a great ministry for our Lord through music. We want to invite anyone who can to attend this service and be blessed by the message in song.

New Arrival

Mr. and Mrs. Gary Clinton are the proud parents of a baby girl born on April 16. She weighed 8 lbs. 14 ozs. and was named Krystle Lynette. She has a sister, Jessica, 7, and a brother, Kevin, 5.

B. J.'S BEAUTY SHOP

New Schedule Starting June 1

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 Elaine—Wednesday-Thursday-Friday
 Debbie—Thursday-Friday
 Kathy—Thursday-Friday-Saturday

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Little Wranglers Rodeo, Fun Night Slated Saturday, May 11

The P-TA-sponsored Little Wrangler Rodeo and Fun Night is slated for May 11 at 7:00 p.m. at Wood Memorial Arena. Admission will be \$2.00 per person. Entrants in any of the events will not be required to pay admission.

The grand entry will start the show off by featuring all participants in the rodeo and anyone else who wants to have a good time. Horses, wagons and buggies are welcome.

The rodeo announcer will be Aaron Younger. Ronnie Chestnut will play the national anthem. Special one-night appearances are to be made by a well-known country singer and the curvaceous Miss Dolly Parton.

Ribbons will be awarded to all participants in each event and Best All-Around belt buckles will be awarded to the cowboy or cowgirl winning the most events in Junior (5-8) and Senior (9-13) divisions.

Entry blanks have been distributed to all eligible children, and parents, your help is needed in getting these returned to the school cafeteria during the following hours: 11:30-12:30 and 3:45-4:45 May 2 or May 3. The signed form and entry fee must be returned before the child may participate.

Events in the rodeo will be stickhorse race (ages 5-8), goat milking (5-8), goat milking (9-13), barrel racing, pole bending,

greased pig race, teachers' cowchip throwing (teachers only), lamb dressing (girls only), younger calf riding (10 and under), older steer riding (11-13), boot race (no entry fee required and all ages may enter).

The Methodist and Baptist churches will be furnishing clowns to help out in the rodeo arena.

In case of rain, the alternate date is Saturday, May 18.

An invitation has been extended to the Valley School students to come and participate as well as the Silverton students. Everyone is urged to come out for a night of fun and to help support the Silverton P-TA.



Briscoe County Senior and Junior Grass Identification teams—[left to right] Kathy Brown, Bryan Ramsey, Donna Tomlin, Clay

Mercer, Jeannita Stephens, Oleta Lane, Kristi Fogerson and their coach, Melonie Chandler.

Briscoe 4-H Hosts Tri-District Grass, Range Judging Contest

Briscoe County 4-H, in cooperation with the Caprock Soil and Water Conservation District, hosted the 1985 Tri-District Range and Grass Judging Contest Saturday, April 27, at the County Show Barn, said Dirk Aaron, County Extension Agent.

Teams from six counties in District 1, 2 and 3 were eligible to compete. The top two placing teams from each District will compete at the State 4-H Roundup in June.

Briscoe County 4-H'ers, as well as hosting the event, competed in the Grass Identification contest. The Senior Team, coached by Melonie Chandler, placed second in District 2 competition and will compete in June at the 4-H Roundup at Texas A&M University. Members of the team are Kristi Fogerson, Jeannita Stephens, Kathy Brown and Donna Tomlin. The Junior Grass Identification team also competed and placed second in District competition. Those members are Bryan Ramsey, Oleta Lane and Clay Mercer.

Aaron commended Miss Chandler for volunteering her time to coach the youngsters this year. They should all be very proud of a job well done.

Jay Eudy of Austin, formerly of Turkey, visited briefly in Turkey Tuesday of last week while on a business trip to this area.

Local relatives and friends attending the funeral services for Joe Chandler in Lubbock were Mr. and Mrs. Gus Chandler, Mr. and Mrs. Babe Chandler, Jack Chandler, Snow Grundy, Mr. and Mrs. Pete Blankenship, Joe Bedwell and Rev. Jess Little.

Mr. and Mrs. H. H. Vardell took Charley Grundy back to Lubbock for a checkup with his doctor Friday. He received a good report, it is reported.

Students Audition For American College Of Musicians

Twenty-six local piano pupils from the class of Mrs. Ross Herrington in Quitaque have registered as candidates for membership in the National Fraternity of Student Musicians, sponsored by the National Guild of Piano Teachers, Teacher Division of The American College of Musicians, of which their teacher is a member. This group of young piano hobbyists will play in the National Piano Playing Auditions in Memphis and strive for Pledges, Local, District, State, National or even International honors which the mother organization will confer according to the number of standard classic, romantic and modern pieces chosen from the masters of pianoforte literature each student can creditably perform in the presence of an imported examiner of note from another state.

From coast to coast over 100,500 enthusiastic piano pupils of the nation will participate in this annual national piano-playing event being held in 700 music centers of the country and every entrant worth his salt will be certificated, given a gold or bronze embossed pin, a year's membership in the National Fraternity of Student Musicians and Piano Hobbyists of the World.

Begun at Hardin-Simmons University in Abilene in 1929, national headquarters is still maintained in Texas, where rules and regulations are available on request free of charge by addressing Piano Guild, Box 1807, Austin, Texas 78767.

The names of the local entrants, pupils of Mrs. Herrington, are Kimberly Burson, Silverton; Tina Clay, Gina Conner, Lori Conner, Kacey Fuston, Kyle Fuston; Joni Hancock, Lakeview; Sarah Hewett, Claudia Hinojosa, Penny Mars, Lori

Martin, Amy Maupin, Melissa Maupin, Robyn Lane, Amity Mooney, Cari Morrison, Joe Morrison, Shadi Mullin; Tara Nance, Silverton; Tommy Pink-

Conference To Focus On Retirement Issues

By the year 2010, one fourth of the U. S. population will be over 55. Most of these citizens will wish to remain active in the work force. Will this be possible? With all of the emphasis on retirement at 65, good workers with many more productive years to contribute to industry will probably drop out of the corporate picture.

The Texas Department on Aging and the Senior Texans Employment Program are sponsoring a Business/Industry Focusing on Maturity Conference to help today's employers plan for the future of their businesses and their senior employees. The conference will focus on planning senior employment programs and pre-retirement programs for older employees. The conference is set for June 5-7 at the Ramada

Market Center Hotel in Dallas. For more information on how you can attend, call 817-776-3550.

Mrs. Delila McFall drove to Aspermont Friday to help her sister, Mrs. Ione Rodgers, celebrate her eighty-first birthday. A dinner was served Saturday by Mrs. Rodgers' daughter, Mrs. Johnnie Petcock. Those present were her daughter and family, Mr. and Mrs. Jay McArthur and Kevin, a grandson and wife, Johnny and Patsy Smith, a great-grandson, Terry McLawery of Aspermont, Delila McFall of Quitaque, the honoree, Mrs. Rodgers, and the hostess, Mrs. Petcock, all of Aspermont. Sonny and Noland Petcock of Rule stopped by for a visit in the afternoon.

Delila McFall returned home Monday. She reported a good rain with stormy weather all the way there and back.

erton, Vera Pinkerton, Julie Ross, Stacey Rothwell, Samantha Stark, April Stephens and Alecia Weir.

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LINES
Y
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A

Lynda Fogerson
Briscoe County Extension Agent

Summer's almost here
off your ice cream treat
out your favorite ice cream
recipe and enter the "Crank-Off."

What's a "crank-off"?
wondered that, too. It's
the Texas Department of
culture and Texas egg
producers are trying to
the National Ice Cream
and promote Texas egg
products at the same time.

Each recipe must
made and include eggs
dairy products. All but
except chocolate and
must be Texas agricultural
products.

Entrants must be 18
age and a Texas resident.



HEARING TEST
SET
FOR QUITAQUE

Quitaque—Electronic
tests will be given at
Hall on Tuesday, May
10-00 a.m. to 12:00 noon.

Larry Lindsey, licensing
aid specialist, will be
City Hall to perform the
tests.

Anyone who has trouble
hearing or understanding
clearly is welcome to have
using modern electronic
ment to determine if he
one which can be helped.
the causes of hearing loss
explained, and diagrams
the ear works will be shown.

Everyone should have
ing test at least once a
there is any trouble at all
clearly. Even people no
ing a hearing aid or those
have been told nothing
done for them should
hearing test and find out
er the latest methods of
correction can help them
better.

The free hearing test
given Tuesday from 10 a.
noon at the City Hall. If
get there on Tuesday
455-1456 to arrange
appointment at another
in-home testing is also available.

Beltone of Plainview
3109 Olton Road
Plainview, Texas

LINE S FROM Y N D A



Lynda Fogerson
Briscoe County Extension Agent

Summer's almost here, so dust off your ice cream freezer, get out your favorite ice cream recipe and enter the "Ice Cream Crank-Off."

What's a "crank-off"?—Well, I wondered that, too. It seems that the Texas Department of Agriculture and Texas egg and dairy producers are trying to discover the National Ice Cream of Texas and promote Texas egg and dairy products at the same time.

Each recipe must be home-made and include eggs and real dairy products. All flavorings, except chocolate and vanilla, must be Texas agriculture products.

Entrants must be 18 years of age and a Texas resident. Recipe

must be submitted on a 3x5 or 5x7 index card and include name, address and telephone number. Deadline for entries is May 17. Finalists will go to Austin June 22, to prepare their recipes for a panel of judges.

First prize is a trip to San Francisco for four and an ice cream maker. Second prize is a trip to New Orleans for two and an ice cream maker. Third prize is a trip to Corpus Christi for two and a year's supply of eggs and milk. Airfare is courtesy of Southwest Airlines.

Wouldn't that be a great vacation? I know many of you have some super ice cream recipes using some good Texas products—peaches, strawberries, pecans, etc. So find a recipe or create a new one. Mail to: Ice Cream Crank-Off, Texas Department of Agriculture, P. O. Box 12847, Austin, Texas 78711. Call my office, 823-2343, for a copy of the rules.

Nutritious Diet Vital For Arthritic Patient

Although there is no particular food or diet that gives special help to people with arthritis, a nutritious, balanced diet is still important.

Nutritionally balanced meals benefit overall health, muscle tone and build resistance to the wear and tear of the disease, says Texas A&M University Agricultural Extension Service nutrition specialist, Mary K. Sweeten.

One recent study of rheumatoid arthritis patients indicated that one out of four was malnourished and deficient in a variety of proteins, zinc and folic acid.

An inadequate diet, the effect of arthritis drugs, or the disease itself may be the cause of nutritional deficiencies. Whatever the cause, people with rheumatoid arthritis should make special efforts to eat well with a varied diet of fruits, vegetables, meats, fish, poultry, grains and dairy products, she advises.

AG ECONOMY HURTING

Texas and the nation's agricultural woes boil down to the law of supply and demand—too large a supply of agricultural commodities and a lack of markets.

Abundant crop supplies, sagging exports and a strong U. S. dollar abroad are all hurting agriculture in Texas and the nation, says an economist with the Texas Agricultural Extension Service, The Texas A&M University System.

Agriculture's present devastating financial crunch results mostly from policy actions outside the confines of agriculture. These include monetary and fiscal policies that together make up U. S. economic policy, trade subsidies of other countries, tariffs, trade barriers and other forces that influence interest rates, inflation or economic conditions at home and abroad.

Lightning Safety

Deaths from lightning may be rare, but it's shortsighted for anyone to ignore the simple precautions and slight inconveniences of safety measures, says Texas A&M University Agricultural Extension Service health education specialist Dr. Mary Ann Heussner.

She says the first rule of lightning safety is to get away quickly from any open space—a field, golf course, hill-top, beach or pool. Get away before the rain starts, since lethal bolts sometimes strike during the muggy lull before a storm.

If you're caught outside seek shelter in a building, or car, bus or tractor with a metal top and closed windows. Or take refuge in a ravine, culvert or ditch—keeping away from pipes and staying alert for flash floods.

FOREIGN INVESTORS

BUYING UP TEXAS LAND

Foreign investors have reported owning 971,800 acres of Texas farmland, according to a report from the U. S. Department of Agriculture.

The figure is based on reports filed by foreign groups as of last October under the agricultural Foreign Investment Disclosure Act of 1978.

USDA officials say foreign agricultural land holdings were reported in all states except Rhode Island. Maine reported the largest number of acres owned by foreign persons—more than two million acres—and except for that state the heaviest concentration of foreign-owned agricultural land was found in the south and west. The three leading states are Georgia, Texas and California.

Nationally, foreign investors own 14 million acres, slightly more than one percent of U. S. agricultural lands. Agriculture officials say the reports indicate foreign owners plan to keep 92 percent of their acreage in agricultural production.

NO NUTRITIONAL CURE FOR ARTHRITIS

Arthritis is a chronic inflammatory process of unknown origin which causes discomfort and pain in the joints.

"In an attempt to alleviate the pain, many arthritics become the victims of food faddists, quacks or self-appointed experts who advocate miraculous cures with a special diet plan," says Texas A&M Agricultural Extension Service nutritionist Mary K. Sweeten.

Dietary oil, vitamins, lecithin and blackstrap molasses have all been promoted for the relief of joint pain. But there is no scientific evidence that any food or any nutrient is of special help to people with arthritis, she points out.

Accepting the fact that no special diet or vitamin will cure arthritis will save disappointment and frustration, Ms. Sweeten maintains. "It will also save money for expensive arthritis foods, health foods or other fad diets that have no effect."

"Nature never breaks her own laws."
Leonardo Da Vinci

Crop, Livestock Service Contacting Operators

The Texas Crop and Livestock Reporting Service will begin contacting farmers and ranchers across the state in mid-May for 1985 crop information and mid-year livestock inventories.

State Statistician Dennis Findley emphasized that information from these surveys is very important to the entire agricultural industry. "The current economic uncertainties of agri-

culture are weighing heavily on most producers' production and marketing decisions. These mid-year crop and livestock estimates will provide farmers and ranchers with information they can use to adjust their plans for 1985."

Results of the confidential interviews, conducted by mail or in person by field enumerators, will be published in July.

GREAT

Anniversary Sale

BATES SHOE STORES

Plainview 1st Anniversary *Tulia 34th Anniversary*

NINE FULL SALE DAYS

OVER 1500 PAIR WOMEN'S & CHILDREN

SHOES

3 Pair For The Price Of **1** Pair

Sale starts Thursday, May 2nd and ends Saturday, May 11th

9 GREAT DAYS

ALL OTHER

SHOES, BOOTS & BAGS 15%

Register for Gift Certificates To Be Given Away May 11th
Need Not Be Present To Win!

BATES SHOE STORES

TULIA 147 E. Broadway Open 8:30 a.m. Close 6:00 p.m.

PLAINVIEW 618 N. Broadway

WATKINS PRODUCTS

Distributor

Billie Jean Griffin or come by Gulf Warehouse
Phone 455-1191 in Quitaque

JOE'S BARBER STYLIST SHOP

Joe David Payne

4th & Broadway Plainview, Texas

Phone 296-2312

Open Tuesday-Friday 8:30-6:00
Saturday 8:30-3:00

CAR WASH SATURDAY

We Will Wash Vehicles on Saturday at Griffin Gulf

Please call ahead of time, 455-1250

JAMES S. VAUGHAN, DDS

10th & Main Street
Memphis, Texas

Hours (till May 14)
Tuesday-Thursday, 8-5 (after May 20)
Monday-Friday, 8-5



HEARING TESTS SET FOR QUITAQUE

Quitaque—Electronic hearing tests will be given at the City Hall on Tuesday, May 2, from 10:00 a.m. to 12:00 noon.

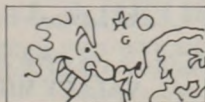
Larry Lindsey, licensed hearing aid specialist, will be at the City Hall to perform the tests.

Anyone who has trouble hearing or understanding speech clearly is welcome to have a test using modern electronic equipment to determine if his loss is one which can be helped. Some of the causes of hearing loss will be explained, and diagrams of how the ear works will be shown.

Everyone should have a hearing test at least once a year if there is any trouble at all hearing clearly. Even people now wearing a hearing aid or those who have been told nothing could be done for them should have a hearing test and find out whether the latest methods of hearing correction can help them hear better.

The free hearing tests will be given Tuesday from 10 a.m. to 12 noon at the City Hall. If you can't get there on Tuesday, call 455-1456 to arrange for an appointment at another time. In-home testing is also available.

Beltone of Plainview
3109 Olton Road
Plainview, Texas



The planet Neptune is 17.3 times larger than the earth.



RODNEY DALE CARPENTER MELISSA GAIL KITTRELL

June Wedding Planned

Mr. and Mrs. Jerry Kittrell of Hart announce the engagement of their daughter, Melissa Gail, to Rodney Dale Carpenter of

Valley Junior-Senior Banquet and Prom Held Last Week

The Junior-Senior Banquet-Prom was held April 22, 1985 at 7:30. Theme of the banquet this year was Metro Magic. It was decorated with 11-skyscraper buildings, 12-foot columns with white, black and silver streamers to the ceiling and two giant top hats.

Servers for the banquet were Cristy Calvert, Sandi Lipscomb, Delma Martinez, Belinda Ortiz, Matt Barrett, Robert Patrick, Kirk Saul and Joe Morrison. The girls wore mini-skirts in black with white blouses, white aprons, black hose, white shoes and top-hats. The boys wore black

slacks, white shirts and top-hats.

The Juniors received their Senior rings and the Prom King and Queen were presented. The Queen was crowned and the King was given a scepter by Junior Class President Chuck Martin. The King and Queen were Criss Morrison and Kaylene Green. After they were crowned, they danced to the tune of the song, "There's No Way."

A dance followed the banquet. Everyone reported a good time.

Another Pioneer Is Leaving Quitaque

Mr. and Mrs. Bill King of Colorado Springs, Colorado and Mrs. Leona Morris arrived in Quitaque Wednesday of last week. Mrs. Morris has been spending some time in New Braunfels with her son and family, Mr. and Mrs. Danny Morris. She has also made a trip to Las Vegas, Nevada to visit a brother and wife, and to California to visit a sister and other relatives.

Mrs. Morris has sold her home, and she and her daughter, Mrs. King, are in the process of getting everything in order for her to move to New Braunfels where she will have an apartment. Mr. King returned to his home Monday.

Leona is planning to do more traveling and visiting. She will be 87 years young in September and has enjoyed good health all these years.

The community hates to lose Leona, but wishes her the best of health and happiness in her new home.

Mr. and Mrs. Shorty Woods and Mrs. Effie Woods were in Plainview Sunday to visit Mrs. Bertha Woods.

Little Olympic Track Meet Planned At Matador

The Motley County Little Olympic Track Meet, for boys and girls 3-12, will be held soon.

There will be four age divisions, with prizes for the first five places. A trophy will be given to the high-point individual in each division.

Contestants may enter as many events in their division as they wish for \$2.00. The event is sponsored by Eternas Junior Study Club, who will not be responsible in case of an accident.

Proceeds will be used for community improvement projects.

A concession stand will be available for lunch. You may pre-register, but it is not necessary.

There will be running events, three-legged race, bean bag toss, football throw, long jump and potato sack race.

For more information about the track meet, please contact Kelli Jackson, 806-347-2889, or Rosemary Ayers, 806-347-2410.

20 YEARS AGO April 29, 1965

Harvey Case and Allen Setliff of Turkey will advance to state in tennis in Class B.

Mrs. George Setliff had back surgery at Methodist Hospital in Lubbock on Monday of this week, and was reported to be improving satisfactorily.

Connie Dvorak of Arlington and Jesse Ferguson of Houma, Louisiana visited their mother, Linda Ferguson, over the weekend and took part in the Bob Wills activities.

Mr. and Mrs. Harold Lane and Dodie and Ricky Williamson, all of Lubbock, visited in the home of Laura and Danny Stewart and other relatives during the week end.

For more tempting meals- THESE FAVORITES!

Specials for May 3-4, 1985

Tenderized BEEF CUTLETS lb. \$2.69	Bone-In ROUND STEAK lb. \$1.89
Fresh BEEF LIVER lb. 89c	Whole Sides In the Bag Pork SPARE RIBS lb. \$1.59
Assorted Cut Family Pak PORK CHOPS lb. \$1.49	Gooch HOT LINKS lb. \$1.29
T.V. SPECIALS	
Totina Assorted 11 oz. PIZZAS ea. 99c	Contadina TOMATO SAUCE 7 for \$1.00
Frozen Whole CATFISH lb. \$2.09	18 oz. Kraft BARBECUE SAUCE 79c
Del Monte Whole Kernel CORN 17 oz. 59c	Del Monte Cut GREEN BEANS 16 oz. can 49c
25c off label CRISCO SHORTENING \$2.39	Tendercrust Pull Apart BREAD loaf 79c
Delta or Zee PAPER TOWELS 69c	1 gal. Clorox free/84 oz. FAB LAUNDRY DETERGENT \$3.69
Fresh California STRAWBERRIES pint 59c	Fresh CANTALOUPE ea. 79c
Texas Yellow ONIONS lb. 15c	California LETTUCE head 49c

C&L FOOD
Turkey, Texas

VALLEY CLEAN LAUNDRY

Main Street In Quitaque
Coin Operated
Rayford Hewett, Owner-Manager
Quitaque, Texas

PLANTING SEED

For Hay or Grazing We Recommend

CADAN 99 B at \$25.00 per CWT

Buy 40 bags and receive \$1.00 per CWT discount

TRIDAN at \$22.00 per CWT

Buy 40 bags and receive \$1.00 per CWT discount

We Also Have Garden Seeds In Bulk

We Have Certified Hegari and Early Sumac

Grain Sorghum Seeds include

Yellow Martin, Golden 865 and HT 124

For Lawns—Bermuda Grass Seed

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• Durable protecti
interior / exterior
• Resists marring
water spotting
• Medium gloss a
popular colors
• Ideal for porche
steps and base

TIME TO PAINT? TIME TO SAVE!

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- For exterior house & trim surfaces



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A Beautiful Bargain To Brighten Any Room!

- Beautiful flat wall and ceiling finish
- Economical coverage for big jobs
- Latex-easy application and clean-up
- Available in popular colors



\$11.99

Gal.
Reg. \$15.99
Save \$4.00

The Perfect Floor Plan For Any Home!

- Durable protection for interior/exterior floors
- Resists marring, weathering, water spotting
- Medium gloss alkyd finish in popular colors
- Ideal for porches, patios, steps and basement floors



**CAPROCK
HOME CENTER**
Quitaque, Texas

Olympic Track
Held At Matador

Wiley County Little
Track Meet, for boys
12, will be held soon.
There will be four divi-
sions. Prizes for the first
place. A trophy will be
awarded to the high-point individual
in each division.

Students may enter as
individuals in their division as
well as teams for \$2.00. The event is
sponsored by Eternas Junior
High School, who will not be
responsible in case of an acci-

dent. The money will be used for
improvement pro-

jects. A session stand will be
set up for lunch. You may
bring your own lunch, but it is not neces-

sary. There will be running events,
sack race, bean bag toss,
crow, long jump and
pole vault.

For more information about
the meet, please contact
Mrs. J. B. Ayers, 806-347-2889, or
Mrs. J. B. Ayers, 806-347-2410.

YEARS AGO
April 29, 1965

Case and Allen Settiff
will advance to state in
class B.

George Settiff had back
surgery at Methodist Hospital in
Monday of this week.
He is reported to be improv-
ing rapidly.

Overak of Arlington
visited Ferguson of Houma,
visited their mother,
Mrs. Ferguson, over the week-
end. They took part in the Bob
Ferguson Memorial Races.

Mrs. Harold Lane and
Ricky Williamson, all
of the home, visited in the home
of Danny Stewart and
family during the week-
end.

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423-1221



AMY STARK, daughter of Mr. and Mrs. Randy Stark. This is a product of the Camera Club of Quitaque. There has been increasing interest in the club and

there are members driving from South Plains, Floydada, Silverton, Flomot and Turkey, as well as the local Quitaque people.

Photo courtesy of Randy Stark

Mrs. Opal Hamilton took her aunt, Mrs. Effie Woods, to Jayton Monday. Mrs. Woods will visit a brother, Mr. and Mrs. Bennie Smith, and other relatives.

Mrs. Dollie Woods returned home from Lockney Hospital Friday where she had been for several days of treatment.

Mr. and Mrs. James W. Kimbell of Quitaque and James Lynn Kimbell of Turkey attended the wedding of Kimberly Marshall and Raymond Kimbell at the First Baptist Church in Amarillo Friday night. Raymond is a nephew of James W. Kimbell.

Mr. and Mrs. Kimbell and James Lynn stopped by to visit her sister, Mrs. Ann McBee, before returning home.

Mr. and Mrs. W. K. Hulsey of Tulia stopped for a visit recently with their cousins, Mr. and Mrs. Gordon Bain and Mrs. Bert Degan. The Hulseys had been on a visit to Nacogdoches and were returning to their home in Tulia.

Mr. and Mrs. Joe Hill accompanied her daughter, Nita and George Early of Amarillo, to Glenrose on Friday, April 19, to visit with Mr. and Mrs. Billy Landry. They reported a good visit and returned on Monday, April 22.

Visitors in the Hamner home lately have been Mr. and Mrs. Bob Hamner, Lacy and Dan of Granite, Colorado; Mr. and Mrs. Leroy Hamner, Cassie and Jenny, Memphis; Mr. and Mrs. Ricky Ferguson, Brownfield, and her sister from Lubbock; Mr. and Mrs. Rodney Stewart, Sayer, Oklahoma.

Laura and Jack Fields and girls of Claude and Karen Phillips and boys of Amarillo all visited their parents, Mr. and Mrs. Tom Eudy, also their

Seminar Planned For Women Landowners

A special seminar on Farm and Ranch Business Management for Women Landowners will be held May 7-9 at the Holiday Inn in Amarillo.

The seminar is designed to help women explore income-generation and tax-saving opportunities for their farms and ranches, says Dr. Wayne Hayenga, economist and attorney with the Texas Agricultural Extension Service, Texas A&M University System.

Discussions will center on income taxes, farm leases, business organization, estate planning and oil and gas leasing.

Farm leases and operating agreements take many forms, notes Hayenga, and many of these will be discussed at the seminar including benefits and restrictions to both landowners and tenants.

Regarding income tax planning, tax-saving opportunities will be explored for business growth, land sales, retirement income and helping out children and grandchildren.

A session on estate planning will deal with wills, trusts, estate tax deferrals, gifts and property titles.

Estate planning tools which will be discussed include use of corporations and partnerships, selling part of the business, installment sales, oil and gas interests, special farm land valuation, deferred estate tax payments, life insurance and dis-

counted estate taxes (flower bonds).

This is the second year for the Extension Service to host this program series. Other locations are Dallas/Fort Worth, May 14-16 and San Antonio, May 28-30, if people would like to attend at one of these locations.

A registration fee of \$80.00 will be charged, which includes the cost of meals and materials.

For registration information, call 823-2343, the County Extension Office.

Mr. and Mrs. J. C. Mabry and Cindy of Tulia and Mr. and Mrs. Butch McBee and children were supper guests of Mr. and Mrs. James W. Kimbell Sunday night.

Mr. and Mrs. R. C. Green attended the Smithee reunion Saturday of last week in Lubbock. It was a first time for a cousin and his wife from California to be at the reunion. A good time was had by all, it was reported.

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Prompt Courteous Service

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BUILDING

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20 INCH SIDE DISCHARGE
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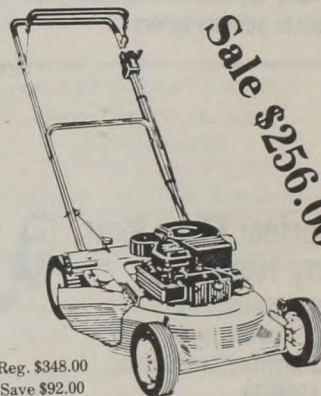


Sale \$158.20

Reg. \$239.00
Save \$80.80

Engine: 3 H.P. Briggs & Stratton, 4 cycle 9.02 cubic inch, automatic choke, blade brake clutch, rewind starter.
Blade: 20 inch cut, Ultra-austempered steel.
Deck Style: 14 gauge steel, side discharge chute with hinged deflector.
Wheels: 8 inch x 1.75 inch steel with fortiflex bearings.
Height Adjustment: 9-position quick change at each wheel.
Handle: 7/8 inch diameter steel Chrome plated, deluxe throttle control.
Color: Shamrock Green deck, Black engine, Green lettering.
Grass Catcher: Uses No. 50632. NOT INCLUDED.

POWER PROPELLED
22 INCH SIDE DISCHARGE
3.5 H.P. BLADE BRAKE CLUTCH



Sale \$256.00

Reg. \$348.00
Save \$92.00

Engine: 3.5 H.P. Briggs & Stratton, 9.02 cubic inch, vertical pull start, blade/engine brake, remote throttle, rear wheel drive, action guard blade brake clutch.
Blade: 22 inch.
Deck/Handle: All steel deck, full deck baffles, storable 7/8 inch Chrome steel handles. Handle safety control for blade brake clutch.
Wheels: 7.00 inch x 1.50 inch front tires, 8.00 inch x 1.75 inch rear tires, Steel wheels, Fortiflex wheel bearings, 9 position quick external height adjustment, 1 inch to 3-1/2 inches.
Grass Catcher: Uses No. 193-003. NOT INCLUDED.

CAPROCK HOME CENTER

QUITAQUE, TEXAS

Most of Panhandle's Peanuts Going to Europe

"Peanuts! Git yer pe here!"

The call of peanut vendors during a baseball game is familiar to lovers of the sport. Little bags usually contain nuts grown in the United States, mainly in North Carolina and Virginia.

Peanuts are grown in Texas Panhandle too, but are likely to end up at games in Europe, said Martin, executive director of Aldus Marketing in Amarillo. Most of the Panhandle peanuts are exported to northern Europe, Germany and Holland. Some go to Spain, Martin said.

"They are used there for confectionary purposes, for ing and for candy."

He said Aldus Marketing has been exporting Virginia Valencia peanuts from the handle for three years. handle-grown peanuts cannot be sold legally in the United States because Panhandle farmers not been assigned peanut production quotas by the federal government, he said.

"Farmers are given a quota from the government and what they plant over quota must be exported," said. "It is illegal to sell that are over quota in the domestic market. Most of types of peanuts are grown in Virginia and North Carolina where there is a domestic market for them."

Virginia peanuts are with two large nuts per shell. The Valencia is small, contains more, smaller peanuts.

Joe Edd Helms, a Qu farmer, grows Spanish peanuts in addition to Virginia peanuts. He said he will grow a variety called Sunrunner year to reach his quota.

"Virginia peanuts are new to this area and the only three of us planting this year," Helms said. "The grown exclusively for export. Helms said growers will planting peanuts in about weeks, as soon as the temperature reaches 70 degrees. He projects a yield of pounds this year based on 1983 yield when he planted acres.

The Turkey and Qu areas are an excellent grow peanuts, he said.

"We grow some seed down here because this disease-free area."

Martin said peanuts profitable alternate crop. Farmers don't necessarily higher price for their peanut export costs are lower than the peanuts don't have shipped on U. S. flag vessels, he said.

"There are about 30 growers across the Panhandle. The Virginia peanut is grown in the southern regions of the Panhandle."

Tommy Betz, who farms of Dalhart, is growing peanuts for the second year. Over all, he said, growers been fairly pleased with peanuts.

"We needed something could raise that would some money," he said. "Peanuts there is a high per acre return."

Most of Panhandle's Peanuts Going to Europe

"Peanuts! Git yer peanuts here!"

The call of peanut venders during a baseball game is familiar to lovers of the sport. Those little bags usually contain peanuts grown in the United States, mainly in North Carolina and Virginia.

Peanuts are grown in the Texas Panhandle too, but they are likely to end up at soccer games in Europe, said Tom Martin, executive director of Aldus Marketing in Amarillo.

Most of the Panhandle peanuts are exported to northern Europe, Germany and Holland, and some go to Spain, Martin said.

"They are used there for confectionary purposes, for eating and for candy."

He said Aldus Marketing has been exporting Virginia and Valencia peanuts from the Panhandle for three years. Panhandle-grown peanuts cannot be sold legally in the United States because Panhandle farmers have not been assigned peanut production quotas by the federal government, he said.

"Farmers are given a poundage quota from the government and what they plant over the quota must be exported," he said. "It is illegal to sell peanuts that are over quota in the domestic market. Most of these types of peanuts are grown in Virginia and North Carolina where there is a domestic market for them."

Virginia peanuts are larger, with two large nuts per shell. The Valencia is small and contains more, smaller peanuts per shell.

Joe Edd Helms, a Quitaue farmer, grows Spanish peanuts in addition to Virginia peanuts. He said he will grow a new variety called Sunrunner this year to reach his quota.

"Virginia peanuts are fairly new to this area and there are only three of us planting them this year," Helms said. "They are grown exclusively for export."

Helms said growers will begin planting peanuts in about two weeks, as soon as the soil temperature reaches 70 degrees. He projects a yield of 4,000 pounds this year based on his 1983 yield when he planted 10 acres.

The Turkey and Quitaue areas are an excellent place to grow peanuts, he said.

"We grow some seed peanuts down here because this is a disease-free area."

Martin said peanuts are a profitable alternate crop. Farmers don't necessarily get a higher price for their peanuts but export costs are lower because the peanuts don't have to be shipped on U. S. flag vessels, he said.

"There are about 30 peanut growers across the Panhandle. The Virginia peanut is grown in the southern regions and the Valencia is grown in the north."

Tommy Betz, who farms west of Dalhart, is growing Valencia peanuts for the second time. Over all, he said, growers have been fairly pleased with the peanuts.

"We needed something we could raise that would make some money," he said. "With peanuts there is a higher yield per acre return."

Betz said farmers have formed a co-op in Dalhart and work with Martin to contract sales.

He said he is replacing some of the wheat he normally grows at this time with peanuts. He also expects a yield of 4,000 pounds. If crops do well this year, more growers will become interested, he said.

"If that happens, it's possible we won't have enough contracts

to go around. There is very good potential for peanut growth in this sandy soil."

Helms said Valley Peanut Growers Association in Turkey sold 3,700 tons of peanuts last year, 23 tons a truckload, he said.

"A lot of these peanuts are roasted and sold at soccer games just like they do at baseball games here in the United States," he said. "It's an in-shell

market. Most of the peanuts sold in the United States are shelled and used for candy."

Billy Landry of Glenrose was a visitor in Turkey during the Bob Wills Day festivities.

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 MAY 2-4, 1985**
 OPEN 24 HOURS A DAY
 GROCERIES, SOFT DRINKS,
 SNACKS, HOT COOKED FOODS,
 SELF SERVE GAS-MONEY ORDERS,
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**Fritos REGULAR, BARBEQUE,
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CORN CHIPS
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 FEATURED ON TV QUALITY ALLSUP'S**
HOT LINKS
2 FOR 99¢

Come Home for Good
PIZZA
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 11 OZ. BOX
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Fast & Hot
TWIN DOGS
\$1.69
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**KRAFT BARBEQUE
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 18 OZ. JAR
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 MONEY ORDERS**
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DIET PEPSI, PEPSI FREE, PEPSI LIGHT
PEPSI-COLA
 12 oz. cans
 6 pak **\$1.79**



BUFFALO: Newest addition to Caprock Canyons State Park.

Photo compliments of Randy Stark



Gayla Maloney
Texas Department
of Agriculture

TEXAS BEEF: A PART OF YOUR NEW LIFESTYLE

Along with the new warm weather and change of the seasons comes a desire in most of us to create a "New me"—new clothes at Easter, new hairstyles (usually shorter for the hot summer days ahead!), and a desire to have a new leaner, trimmer body for swimsuit and shorts.

For many people, "diet" means a period of torture—usually brief—during which time a person cuts out most of his or her favorite foods. Why is this practice usually brief? Because calling a halt to a diet is a popular American pastime and few people can abruptly alter eating practices and habits which have been learned over a period of years.

Diet actually means the food we usually eat. Science has firmly established that the most effective "weight loss" diet is a gradual calorie reduction resulting in slow weight loss. In an effort to reduce calories, it is important to remember not to reduce our nutrient intake. To effectively lose weight one must continue to eat goods from the four food groups and to significantly reduce the amount of fat, not carbohydrates, consumed and to increase their level of physical activity.

Now, there is no reason to

torture ourselves any longer. Today's Texas beef belongs in our diet. It's leaner and has less fat and fewer calories. Beef is still king in Texas, especially in the Panhandle area where most of the cattle feeding industry is located. Beef can play an important role in a weight-reduction diet, something you may not have considered. A three-ounce serving of cooked lean beef, at 192 calories, provides less than 10 percent of the recommended daily calorie intake of a woman aged 23-50 years.

Beef provides a significant source of many nutrients essential to health. Iron for instance. Three ounces of cooked lean beef supplies 26% of a man's iron needs, and about 14% of a woman's need for iron. It is also a good source of the vitamins B-12 and niacin, zinc and other nutrients. The protein in beef is nutritionally complete protein—it contains all eight amino acids in the appropriate ratio for human nutrition.

Foods which contribute a high level of nutrients at a relatively low calorie cost are termed "high nutrient density" foods. Beef is a nutrient dense food. There are several cuts of beef that fit into your "eating light" plans. For example, a cooked lean 3-ounce serving of top round steak has only 165 calories.

To help you cut calories in cooking, follow these tips:

1. Prepare meals using basic ingredients. This way you can control the ingredients and avoid hidden calories often found in ready-prepared foods and mixes.
2. Limit the use of fat and sugar in cooking.
3. Trim outside fat from beef cuts before cooking and trim any separable (inside) fat before eating.
4. Bake, broil or roast on a rack

so beef will remain above drippings.

5. Pour off drippings when browning beef for stew, pot roast or ground beef.

6. Panbroil rather than panfry. (In panbroiling, no fat is added and drippings are removed as they accumulate.)

7. Select lean beef cuts and extra lean ground beef (80-85% lean).

8. Remove the layer of fat from stews or soups after cooling.

Exercise, commitment and dedication are all part of the first step into a new, slimmer lifestyle. Here are a few further tips for successful weight loss:

1. See your physician. Your doctor should know how much weight, if any, you can lose safely and what level of physical activity is best for you. It is especially important to talk with your doctor prior to beginning an exercise program if you are over the age of 35.

2. Don't skip meals and don't overdo it.

3. Don't get discouraged. Irregular weight loss is the rule, not the exception. Your body knows it's losing fat, which it considers stored fuel. When it senses the fuel is going away, it takes metabolic steps to conserve its resources. Stick to it. The fat will leave in irregular stages, but it will leave.

4. Use the salt shaker in moderation. Salt is involved in water retention, which is one curse of the sincere dieter. Water weighs more than fat, and those pounds show up on the scale immediately. Salt is also associated with high blood pressure.

5. Exercise. And enjoy it, too. It is easier to exercise today than it was even a few years ago. There are exercise and dance classes at times and locations convenient to almost everybody. Pick the type of exercise you enjoy. Only if you enjoy what you're doing will it become a part of your new lifestyle. Exercise is supposed to be recreation, not medication.

As your new light eating habits become a part of a permanent, satisfying, health-conscious approach to living, remember to include lean Texas beef in your menu planning. You may be "dieting" but chances are you won't even know it!

Recipes courtesy of the Texas Department of Agriculture and the Beef Industry Council.

GINGER-ORANGE BEEF

- 1 pound beef top round steak
 - 1/4 cup soy sauce
 - 1/2 teaspoons cornstarch
 - 1 1/2 tablespoons grated orange peel
 - 1 tablespoon freshly grated ginger or 1 1/2 teaspoons ground ginger
 - 1 teaspoon cinnamon
 - 2 teaspoons vegetable oil
 - 1 carrot, sliced
 - 1 green bell pepper, sliced
 - 1/4 pound snow peas, trimmed
 - 1/4 cup sliced water chestnuts
 - 1 head iceberg lettuce, shredded
- Trim outside layer of fat from steak. Slice steak into thin strips. Mix soy sauce, cornstarch, orange peel, ginger and cinnamon; pour over steak. Heat 1 teaspoon oil in large non-stick surface skillet until hot. Add beef; stir-fry over high heat until browned, about 3 minutes. Remove beef to plate. Add remaining teaspoon of oil; add all vegetables except lettuce. Stir-

fry vegetables until crisp-tender, 3 to 4 minutes. Return beef to skillet. Cook, stirring constantly, until beef is hot. Place lettuce on serving plate; top with beef mixture. Serves 4.

NUTRITIONAL INFORMATION

Total calories: 267
Use a non-stick skillet to avoid addition of excess oil to the pan.
Total fat: 9 g.
Percent calories from fat: 30%
Cholesterol: 69 mg.
Sodium: 1406 mg.

Soy sauce contributes 1328 mg. of sodium to this recipe.

Substitute orange juice for one half to the soy sauce (1/8 cup orange juice, 1/8 cup soy sauce) to reduce the sodium in this recipe to 742 mg.

Serve the Ginger-Orange Beef entree with a slice of whole grain bread and fresh fruit and a glass of low-fat or skim milk.

BEEF PIZZA CRISP

- 12 ounces ground beef (80% lean)
- 1 package active dry yeast
- 1/4 cup warm water (105-115°F.)
- 1 teaspoon sugar
- 2/3-3/4 cup flour
- 1 tablespoon sliced green onion
- 1 large tomato, peeled, seeded, chopped
- 1/2-3/4 teaspoon dried oregano leaves

- 1/8 teaspoon crushed red pepper
- 1 cup finely shredded part-skim mozzarella cheese
- 1 tablespoon grated Parmesan cheese

Dissolve yeast in water; stir in 1/2 teaspoon salt, sugar and 2/3 cup flour. Add remaining flour to form soft dough. Turn out on lightly floured surface and knead until smooth and elastic. Cover and let rest 10 minutes. Roll dough into 12-inch circle; place on baking sheet. Crimp edges of crust; cover and let rise 30 minutes. Bake in hot oven (400°F.) 4 to 5 minutes. Meanwhile cook onion and tomato in large frying pan over medium-high heat 2 minutes or until excess moisture is removed from tomato; drain. Cook ground beef in frying pan; pour off drippings. Sprinkle beef with remaining salt, oregano and red pepper. Stir in mozzarella cheese and tomato mixture; spoon evenly over crust. Sprinkle with Parmesan cheese and bake 6 to 7 minutes or until heated through and crust is brown.

NUTRITIONAL INFORMATION

Calories per serving: entree 391; ground beef 209.

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CARDS OF THANKS

To All the People of Quitaque, Turkey and Surrounding Area: Many times we have tried to sit down and write a special thank you to all of you so that you might know how much we appreciate all that you have done for us; however, there just aren't enough words to express the feeling we have, so we want to share something with you: recently I brought a friend home with me and on the way back to our home, we were discussing what we thought were Christian people, was it through the preaching of the Word, quoting scripture, or sitting quietly in a room with someone so that person won't be alone. What is it that makes a Christian?

We both agreed it was anyone willing to be used by God in any ministry He saw to use them. I have now seen the handiwork of our Lord in the faces and lives of so many people in our communities, for as Jesus ministers to the sick and dying, so have you.

You've been there every time our family needed you, to give a shot or the right amount of medicine, to give a ride to the hospital, or back home again, to loan a bed or wheelchair.

As Jesus broke the bread and fish to feed the multitude, you have given of yourselves, bringing turnips and cornbread to the delight of some or whole meals for the family. As Jesus went about to help the hurt and lonely, you ran to be with us, again following in His footsteps, with the many cards, phone calls, special "Sunshine Box" a single red rose, a houseful of plants, a visit, or a safe and loving place to stay, you were there. As He met the needs of the needy, you were there giving of your means, if it was only one dollar or a hundred, a silent paying of a bill, a deposit in the bank account, you freely gave. These are so many examples of Jesus Himself, doing all without thought of self.

To all of you who responded with such great love, if God chooses to answer only one more of our prayers, it would be that He would open the gates of Heaven and pour out His richest blessings on each of you.

Thank you for being used to minister such love and peace in such great amounts to make Mother's last days so greatly blessed and to help the rest of us go on without her. Thanks for being such special people.

Buster Chadwick
Mr. and Mrs. Wesly Woods and family
Mr. and Mrs. Bob Watson and family
Stachia Chadwick
Mr. and Mrs. Guy Smith
Mr. and Mrs. Guy Paul Smith and family

Anna Lois Hedrick of Hondo and Jewell Hedrick of Amarillo were in Turkey Saturday visiting friends.

Rod Adamson of Ruidoso visited his parents, Mr. and Mrs. J. R. Adamson, and his grandparents, Mr. and Mrs. John Adamson, Saturday.

Charmaine and Rex Adamson, Aaron and Ashley of Abilene visited their parents, Mr. and Mrs. James Fuston and Mr. and Mrs. J. R. Adamson, over the weekend.

Mack McGinnis of Belton was a visitor in Turkey Saturday.

Mr. and Mrs. Dewayne Proctor and family of Wolfthor visited his parents, Mr. and Mrs. Robert Proctor, over the weekend.



Some people once believed that the magic power of witches resided in their hair and that they would be powerless if shorn.

Polyunsaturated Fats And Blood Pressure

A series of nutrition studies by researchers at the U. S. Department of Agriculture (USDA) suggest that one of the many factors affecting blood pressure is the amount of polyunsaturated fats in the diet, says nutritionist Dr. Alice Hunt.

By increasing the ratio of polyunsaturated to saturated fats, the researchers significantly reduced both systolic and diastolic blood pressure in 40-to-60-year-old men and women with normal or slightly elevated blood pressure, reports the Texas A&M University Agricultural Extension Service specialist.

"It's significant that in two of the studies the participants' blood pressure was lowered without reducing their intake of meat, dairy products, eggs or salt," said Dr. Hunt. "These studies show that blood pressure can be reduced by increasing polyunsaturated fats in the diet, regardless of the saturated fat content."

The specialist notes that to reduce fat calories and increase polyunsaturates in the studies, the researchers used lean meats with all visible fat trimmed off before cooking, including removing chicken skin. They also substituted polyunsaturated products for butter, mayonnaise, salad dressings and cooking oils.

Palm and coconut oils are high in saturated fats, while corn oil and soybean oil are high in polyunsaturates, Dr. Hunt explains. Cheese, other than the low-fat types such as cottage cheese and mozzarella made from skim milk, contain between 30 and 60 percent saturated fat. Some baked products like crackers and cookies also contain saturated fats to increase shelf life.

"The label is a good guide for

selecting polyunsaturated products," Dr. Hunt says. "But you don't have to avoid a particular food because it may contribute important nutrients like proteins, vitamins, major minerals and trace elements."

The specialist notes that to make up for the reduction of fat calories in the experimental diet, the researchers used fresh fruits and vegetables, bread, cereals, pasta and potatoes. When the volunteers returned to their pre-study diet, their blood pressure generally returned to pre-study levels.

Since high blood pressure has many causes, diet may be only part of the answer, reminds Dr. Hunt. She cautions people with high blood pressure to consult a physician before making changes in eating habits.



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