Roaring Springs City Council Says No Tax Increase

The Roaring Springs City Council met for its regularly scheduled meeting Monday, September 24, 1990 and voted to hold off on imposing any tax increases.

Homecoming Events and Activities

This year's Motley County and Clovis JV football games are scheduled for 5:30 p.m. - 8:30 p.m. on the school grounds. The games will feature a variety of events, such as a pep rally, a parade, and a bonfire.

Booster Club to host first meeting Monday

The Booster Club will hold its first meeting Monday, September 17, at 7:00 p.m. in the school cafeteria. The meeting will be open to all parents and students interested in supporting the Motley County High School football team.

PTO Shows Appreciation to Teachers

PTO parents and students are holding a special event to show their appreciation to their teachers.

Commissioners Vote to Reinstate County Trapper

The Motley County Commissioners Court, at their regular meeting, voted to reinstate the county's trapper. The trapper will be responsible for controlling pests and diseases in the county.

PTO Holds First Annual Church Services

The Motley County P.T.O. will hold its first annual church services on November 10, 1990. The services will be held at First Baptist Church, Motley County. The P.T.O. has been working on this project for several months and is excited to finally see it come to fruition.

School Board Meeting Report

The Motley County School Board met on September 31, 1990, to discuss various issues affecting the school district. The meeting was held at the school board office, and a wide range of topics were covered.

Thacker Supply Awards Kim Alexander National Sweepstakes Prize

Kim Alexander, a student at Motley County High School, was awarded a national sweepstakes prize by Thacker Supply Company. The prize includes a trip to the company's headquarters and a chance to meet with the company's top executives.

Homecoming Dance Set for Friday, Sept. 28

The annual Homecoming Dance will be held on Friday, September 28, at 8:00 p.m. at the school gym. The dance will feature live music, games, and a photo booth.

PTO's Third Annual Revival Services

PTO parents and students are planning to hold their third annual revival services on Saturday, October 6, 1990, at the school auditorium. The services will feature live music, prayer, and a message from a prominent speaker.

Hospital Board Meeting Report

The Motley County Hospital Board met on September 31, 1990, to discuss various issues affecting the hospital. The meeting was held at the hospital's administration building, and a wide range of topics were covered.

Prayer for Peace

The Motley County school district has implemented a prayer for peace initiative to promote a more peaceful environment for students and staff. The prayer is recited at the beginning of each school day, and it focuses on peace and understanding.

Community Service

The Motley County Ex-Student and Teachers Association hosted a community service event on Saturday, September 29, 1990, at the community center. The event featured live music, dancing, and a cash bar.

PTO Appreciation to Teachers

PTO parents and students are holding a special event to show their appreciation to their teachers.
In The Rough
by Hazel

THURSDAY \nplay was for most "fun" prize. A.M. players were Olivia Barton, Louise was winner. P.M. players were Nell Batter, Donna Barton. Donna was winner. Berryman, Judy Renfro, Vida Elkins and Louise Barton and LaVoe Thacker. Louise was winner. A.M. players were Olivia Barton, Vida Elkins and LaVoe Thacker.

Thank you
We wish to express our appreciation in everyone for their support of the Texas Animal Damage Control program in Motley County.
A.D.C. Agent
Jim Strickland
We want to thank Tony Rose and Lisa Rose for their expert and compassionate care. And to all who helped and helped us during our hospitalization.
Karleen, Jim and Loveta Cross

Therefore thou are inexusable, O man, whosoever thou art that judgest, thou condemnest thyself; for thou that judgest man, whosoever thou art that judgest; therefore thou are inexcusable, 0 Sodom, man, whosoever thou art that judgeth; for iniquity abhorreth judgment: forasmuch as thou joyest not that thou art made righteous in the judgment of God, when thou judgest another, thou condemnest thyself; for thou that judgest, art not righteous.
For the last six months, our 10-year-old daughter was on a no-carbs diet, believing that this would help her lose weight. However, it was not the only change she made as she also ate more high-fat foods, thinking they would be healthier for her. Unfortunately, this did not work, and she continued to gain weight.

According to a study published in the journal *Obesity*, when healthy men ate a high-fat diet, they consumed more calories than when they ate a high-carbohydrate diet. The researchers found that when men ate high-fat foods, they were more likely to overeat, and when they ate high-carbohydrate foods, they were more likely to feel full and satisfy their hunger.

The study also found that when men consumed fat, they burned fewer calories than when they consumed carbohydrates. This is because the body has difficulty converting dietary fat to stored fat, whereas carbohydrates can be easily converted to glucose, which is used by the body as a source of energy.

In conclusion, while a high-fat diet may seem appealing for weight loss, it is not the best choice. A balanced diet that includes carbohydrates, proteins, and healthy fats is essential for maintaining a healthy weight and overall health.
Motley County Jr. High Maverick Football Schedule

| September | Month \n|----------|----------|
| 13        | September 13 |
| 20        | October 20  |
| 27        | October 27  |
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Motley County Jr. High Maverick Football Schedule

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淑女的化妆用品。前一天晚上,我们还讨论了在接下来的几个小时里应该穿什么。午餐时间,我们决定去附近的意大利餐厅吃午餐。阳光透过窗户照射进来,营造出一种温馨舒适的氛围。服务员为我们端来了美味的食物和饮品。餐后,我们一起去咖啡馆喝了一杯咖啡。整个下午都在轻松愉快的氛围中度过。晚上,我们在家看了一场电影。这段时间过得非常充实。
Mothers, fathers, and children of the late Patsy Speights Richardson, Texas Tech, Lubbock; Pam, Paradise; Katherine and Orville Robin- Sid, Steve and Melissa Clary, O'Hanis, Youngs and her children, Frances Puckrado Springs, Colorado. Odessa returned Tuesday to attend worship services at the Church of Christ Sunday afternoon.

MATADOR CHURCH OF CHRIST
and I Peter 2:2. Jesus declared that man should not try to live by material bread alone, but "by on earth," we invite you to come to the Matador Church of Christ and feed your soul. And thirst after righteousness: for they shall be filled." (Matthew 5:6). Come and be filled. Minister Billy Joe Whitaker was able to do a good job of leading the service.

Mr. and Mrs. J.T. Swim and Miss Anna Belle Tidwell visited with the family of Mrs. Wylie Lee Friday afternoon and Saturday.cls and games of Bingo highlighted the weekend in Lovington, N.M. The kids had a lot of fun fishing from Monday until Wednesday. Saturday night they went to the Plains Fair in Lubbock and had a great time.

Mrs. Lillian Myers of Clyde; Bill Tanner, Martin and Mrs. James Monk.

Lancaster Sunday, son of Mr. and Mrs. Joe Morris and grandson of Mr. and Mrs. R.A. Moseley of Matador, visited with the family of Mrs. Bea Bilberry of Lockney.

Mrs. Roy Bradford.

According to the American Hospital Association, some estimate stress as a factor in as many as 75 percent of all medical complaints, from the obvious heart complaints to the more subtle mental symptoms of stress. Job, family and personal life can all contribute. Even though some stress is desirable, leading to creative tension and motivation to overcome obstacles, too much stress proves to be physically and mentally unhealthy.

The truth is that many souls in our community are starving simply because they are not being fed. Some have no appetite. Others are full, but their hunger is not satisfied. Them is no substitute for the word of God. We believe we owe it to you to preach the truth of the Gospel of Jesus Christ, as stated in John 6:35, "I am the bread of life: he that cometh to me shall not hunger; and he that believeth on me shall not thirst. That's why we are here. That's why you and I are here, to help provide spiritual nourishment for those souls that are hungry and have no spiritual bread or meat to eat. If we don't bring the spiritual nourishment to those who hunger, they will die. We have a responsibility to do it, for God's sake and for their sake.

The board of directors of the Matador News held a monthly meeting Tuesday afternoon at the Community Center in Matador. Allan C. Brown, chairman; Dan K. Smith, vice chairman; W. C. "Bud" Pullen, secretary; and E. M. "Butch" McGehee, treasurer, were present. The minutes of the last meeting were read and approved.

Mr. and Mrs. David Lummis of Matador and Mr. and Mrs. Adrain Lummis of Amarillo were visiting with their daughter, Mrs. Frances Lummis, in Amarillo after becoming ill at her residence on Friday of last week. Mrs. Frances is expected to recover.

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**Real Estate**

HOUSE FOR SALE: Close to school, 100 ft. from garden, 3 bedrooms, 3 baths, large garage, utility and storage rooms. Worth over $25,000 throughout. Call 347-2641 after 5:00 p.m.

HOUSE TO RENT: Two bedroom, call Pat Smith, 347-2310.

FOR SALE: 3 bedroom house with acres of land in northeast Matador. Contact Mrs. Lynn, 492-2310.

11-17

FOR SALE: 2 hours in Matador, miles from $25,000.00. Call 347-2310.

**Specialties**


11-17

MATADOR FOOTBALL HELMET 5th grade will order with your name. THE WINDMILL, 347-2310.


21-37

HOMES FOR SALE: 1 bedroom, 1 bath, 1,100 sq. ft. in Roaring Springs. 1-800-863-0220.

21-37

FOR SALE: 2 rooms in Matador, miles from $25,000.00. Call 347-2310.

**For Sale**

FOR SALE: Beautiful homestead to raise small targa quantity. Call 306-623-7201 or 800-432-2200.

21-37

FOR SALE: Used Montzer washers and dryers, chatubut and gas range. THACKER SUPPLY, 347-7216.

21-37

**New Tradition**

Western Version by Donna Carter, 305-11-459.1 Faxed, Matador County Tribune, P.O. Box 690, Matador, TX 79244.


21-37

Piano for Sale

WANTED: Piano in excellent condition to assume small monthly payments on piano. See Kelly. Call credit manager 1-800-447- 4268.

21-37

FOR SALE: 16 acres of land in northwest Matador. See Miss Rogers, 347-2381.

11-17


21-37

**Help Wanted**

RILLY, MARY, AND TED MARTIN. $6.00 an hour, 30 hr. per week. Call 349-7922.

21-37

HELP WANTED

ELYSSA and KATHY. Need two young ladies to help with child care. Contact 347-2310.

21-37

FOR SALE: 16 acres of land in northwest Matador. See Miss Rogers, 347-2381.

11-17

HELP WANTED

EASTON AND MCLEAN. $4.50 an hour, 30 hr. per week. Call 347-2323.

21-37

**Farmers & Ranchers**

WE BUILDING, SANDBLASTING & PAINTING for all types of farm and ranch equipment. JAYTON FEO & BERTHARD, 982-3723.

21-37

FOR SALE: One round-up air gun, leaves Lubbock on Sept 20, 1990 toHints, Kansas, enclosed. 20’s, .40 cal., winter, packing, (32) 0.00, Sylsbite, 400.00, 3 oz. 15 oz. stainless steel. 21-37

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11-17

HEALTH INSURANCE

806-983-2828

David Cates

Choice off:

— Deductibles
— Individual
— Medicare Supplement— Child filing

127A W California

Flordia

PENNY PROHASKA

Shaklee Products

Now Open

DEAN LEONARD HAT SHOP

Custom Made Hats and Renovations

2215 34th St, Lubbock

794-6890

Texas & Floral

347-2711

Located at Don's Conoco, Downtown Matador

POLITICAL CALENDAR

WARREN CHISUM

STATE REPRESENTATIVE, WITH DISTRICT

THE CLASSIFIEDS

COWPOKES By Ace Reid

SHCase I've got collared, if I win one 'Publishing Clearing House' letter, I'll have enough to pay off and buy another ranch!' This Feature Sponsored By

First State Bank

Matador

Your "Hometown" Bank Member FDIC

This space available for $30 per month

First Assembly of God Church

Rev. Roy Eason, Pastor

Matador, Texas

347-2771

SUNDAY SCHOOL—10:00 A.M. — CHURCH—11:00 A.M. — SUNDAY DINNER—6:00 P.M. — WEDNESDAY NIGHT—6:30 P.M. — PRAYER AND BIBLE STUDY. Therefore with joy shall ye draw water out of the wells of Salvation. Will be in Matador every Wednesday, 10 a.m. - 4 p.m.

Lee's Insurance Agency

Flomot, TX 79234

(806) 469-8370

LONG REAL ESTATE

Roaring Springs, Texas

CALL

806-447-2771

Night 348-3720

or Night 348-3724

Germania Insurance

Homeowners, Auto, Personal and Farm Liability and Life

Lee's Insurance Agency

Flomot, TX 79234

(806) 469-8370

Sidewalk Sale continues up to 75% off Matador V&S Variety Special of the Week

1990 Pontiac Grand Prix LE Sedan

Demo, "Leaded"

List — $16,694.00

Sell for — $12,900.00

* Low Rate Financing Available in Line of Robots

Matador Motor & Implement
In-Store Policies concerning coupons. Not doubled on advertised specials.

DOUBLE COUPONS ON MONDAY AND WEDNESDAY

Every Monday and Wednesday your manufacturer "cents off" coupons are worth effective Monday - Saturday, Sept. 17-22, 1990

GROCERY SPECIALS

- MOTLEY COUNTY TRIBUNE, Thursday, September 13, 1990
- IN-STORE POLICIES CONCERNING COUPONS. NOT DOUBLED ON ADVERTISED SPECIALS.
- DOUBLE COUPONS ON MONDAY AND WEDNESDAY.