## B. B. Fans Celebrate Homecoming



## Basketball Roundup

BASKETBALL HOMECOMING

lynxette iv
The Lynxette iunior vansity girls were deieated by the Dalhart I
Lynxettes scoring were

| Lori Lieb |
| :---: |
| Cindy Melton |

Brandischneider
Michelle Cainetit
Michelle Garl
Mary Cook
innxette varstity
The Lynxette varsity basketball
team was victorious over the

Homecoming an. 5. Final score helping in the winning effort were Kyla Nelson

| Lac Lasater |
| :--- |
| Vonda Benson |

Mendibesoater
Bonji Thompon
Bonnie Thompsonn
Laura Pearson
Tamni Tow
The Spearman Lynx junior var-
sity boys ran past the Dalhart IV
Ian. 5 . by a soore of $31-23$. JV
Lynx contributing to the scoring
effort were
$\underset{\text { Russell Shaver }}{\text { Cody Pipin }}$
Justin Boyd
LyNX VARSTTY
The Spearman Lynx varsity
paced by the Dalhart Golden
Wolves at Basketball Homecoming Jan. 5. Final score in the game was $39-94$. Varsity Lyn
team members scoring included
Brian Beck
Clint DeArmon
Joel Shields
J oel Shields
Alan Howell
Kris Kelp
Dallas Trospe

Chad Riggins
Timmy Kizziar
$\underset{\text { SPEARMAN }}{\substack{\text { Spenament } \\ \text { TTH }}}$ grade Spearman Lynxette 7 th grade girls took second place in the
recent Spearman 7 th grade basketball tournament. The 7 th grade Lynx claimed third place in
the boys division. The 7th grade Lynxettes' first game was against the Perry
grade 7 thirls. Spearman was the grade girls. Spearman was
winner by a score of $26-12$.
Scoring for the 7 th grade Lynxettes were
Ashley Shiel Kiki Kelp Lyndee Cook
Mandy Lair
The 7th grade Lynxettes second against Gruver. Final score was
$14-18$ in favor of Gruver. Scoring for the 7th grade Lynxettes were Ashley Shielckng
Heather Reimer
The 7 th grade Lynx were de-
feated by the Gruver 7th grade
boys in the first game of the
Spearman tournament. The Lynx
7 th graders were victorious,
however, in their second game,
which was against Sanford-Fritch
7 th grade. Final score was 22-17.
Lynx 7th grade boys scoring
included
Chad Wilkerson

[^0]

Basketball Homecoming King and Queen, Clint Thompson, Joel Shields, Laci Lasater, Clint
Dearmond and Vonda Benson, are flanked by their fellow teammates and King and Quenk by their
Pictured here left to right are: Kris Kelp. Bonnie
The Spearman
れeporter

Stuant Schneid
J oel Stark
Ronnie Ring
8TH GRADE LYNX
The Spearman Lynx 8th grade
boys basketball team topped the Boys Ranch 8th grade team on Monday, by a score of $44-30$. Ly
8 th grade boys scoring 8 Brandon Vanderburg Toby Thompson
Toby Thompso
Jason Varnon
Cass Lasater
Matt Archer
Dee Mayfield
Dee Mayfield
K ory Brown

## 9TH GRADE LYNX

The Spearman Lvnx 9th grade
BB Stacy R. Adams of Spearman is

WEATHER

## TFB Sends Delegates To Florida



## Greer, Spoonemore Wed

Dana Kay Greer became the
bride of Kurt Blain Spoonemore Dec. 30. 1989 in an evening
ceremony held at the Chapel in ceremony held at the Chapel in
the Oaks. Fort Worth, Texas. The the Oaks, Fort Worth, Texas. The
Rev. Noah MoCain officiated. The bride is the daughter of
Don and I une Greer. Fort Worth? The groom's parents are Walter
and Patty Spoonemore, Spearand Patty Spoonemore, Spear
man.
nat. mann and Miek ofof was srooms-
man. Maid of honor was Kim man. Maid of honor was Kim
Greer and bridesmaid was Misti Horn All are residents of Fort party included Jamie Schroeder,
flower girl; Jeffrey Schroeder ring bearer, and ushers David West and Kevin Thomas. All are Virginia formal bridal oown of white taffeta. The gown, featuring
rounded
neckline, long sleves rounded neckline, long sleeves
and a basque waistine, was and a basque waistline, was
covered in re-embroidered alencon lace with heavy beading of
seed pearls and iridescent sequins. The back of the gown was
cut deeply at the waist. A flouncel peplum accented the waist and full skirt, which featured a cathe dral leng th train and was edged in alencon lace, seed pearls and
sequins. Her headpiece was a sequins. Her headpiece was a
sequined leaf and pearl filament which fell to a fingertip leng th veil with a pouf.
iridescont royal blue taffeta, fea turing fitted bodices with full
skirte

## Club

Rainbows and Ranglers
The Rainbows and Ranglers Square Dance Club held a "Plus" County Barn. Seven squares danced to the calls of Murry Beasley from Texhoma. Visitors were Roscoe and Roberta Casady and Don and Carol
Gillaspie, Liberal, Kan.; Ross and Robba Bryan, Guymon, Okla; Lester and Peggy Miller and Dick and Kay Whaley, Goodwell, Okla harry and Mary Reynolds, Mark and Marilyn Ellibee and Garland and Ginger Smith, Dumas; J ack Clark, Booker; Myron
and J anee MoCarter and J anee MoCarter. Wayne and
Glenda Bryant, J une Kindy, J anet Broxson, Richard and Ann Haley, Kenneth and Carolyn Limbocker, Ray and Brenda Griffin, Howard
and Nancy Barkley and Nancy Barkley, Ed and Lois
Merydith, I ames and Norma Bur-
ris. Margaret Swinney and I ames
silk flowers and baby's breath. The bride's mother chose a dress with accents of seed pearls. The groom's mother was attiredd in
a periwinkle colored chiffon street a periwinkle colored chiffon stree accent at the shoulder.
Decorations in the chapel were highlighted by tiered candelabra
and an archway of greenery. Musical selections, in addition to March," included "The Twelfth A Never." the ceremony. The bride's table held a centerpiece of blue and
white silk flowers, punch and a
three-tier bride's cake accented three-tier bride's, cake acconted
with silk flowers and baby's with silk flowers and baby's
breath. The groom's table held a with chocolate covered straw-
berries. Blue and white balloons berries. Blue and white balloons
with streamers hung from the
ceiling ceiling.
The newlyweds spent their Dallas, then traveled to Lancaster, Calif. where they will make their home, on J an. 1. The groom is
employed by L.T.V. of Grand Prairie. Texas, now working out of
Lancaster, Calif.
Out of town guests for the Bonnie Novak of Archer City Texas; Jamie Bulls and Stever and fana Tindell of Amarillo; Bob and Dale Moore off Cuymon Okla.: Bette and Jerry Morris of Okla.; Bette and J erry Morris of
Houston; and Joe Teu and Gary

## News

## HENSON CHIROPRACTIC

410 S. Davis Spearman, TX
Call For Appointment 659-5603
Office Hours:
Mon., Wed
Tue., Thu.
8:30-11:30
Members present were Dann and Debbie Herrington, Benn and oyce Byers, Alvin Byers, Joe Marlane Nollner, Cecil and Myrna Biggers. Worley Smith, Carol
Short, Delbert and Louise Tin Short, Delbert and Louise Tim
mons, and $G$ wen Shuler. mons, and $G$ wen Shuler.
The next dance will be "Mainstream Dance," J anuary 27, with Freddie McK ee calling.
Square Dance lessons will begin Square Dance lessons will begin
January 18 at the County Barn. Anyone interested may
any of the club members.


## 

The observance at the Hansford
Manor for those having birthdays
in December was held in December was held Decembe
8 . The honorees were Melba Wil-
liams, Edna Bayless, Bruce
Sheets, Viola Hutton and Nellis Sheets. Viola Hutton and Nellis
McDonald. Virginia Head, Dorothy Haner, Mary Fern Terry and Alva Garner members of the ladies auxiliary, assisted with the
and refreshments.
All the guests were highly en tertained by the stimulating music of Leslie and Rob Barkley. They are from Gruver and thoroughly delighted the audience with thei ollicking music. tainments for the residents during December. Many children's choirs came and sang for them. Several other choral groups brought plea-
sure with their music during the sure with their m
Christmas season.
New residents of the manor are
Mrs. Ora Sanders and Mrs. E.A. Mrs. Ora Sanders and Mrs. E.A.

Kevin Nelson was shocked when he was notified of the death of his Tech roommate last week. Parker Johnson of Stratford was
killed in an automobile accident near Angel Fire. He was a sophomore at Tech. Two passen-
gers in the car were also seriously gers in the car were also seriously
injured and have been moved to Albuquerque. They will recover but it will be a long struggle. They were members of Sigma Mr. and Mrs. Dennis Nelson
and K evin attended the funeral for Parker last Saturday,
January 1, 1990 was a momentous day in the lives of the
Odegaard family as it marked the birth of Colby Dean Odegaard. He arrived by way of Northwest Texas
hospital in Amarillo weighing 5 hospital in Amarillo weighing 5 $183 / 4$ inches long. He is the firstborn of Greg and
Shonda Odegaard of Spearman. Shonda Odegaard of Spearman.
He is the first grandson of Roger He is the first grandson of Roger
and Elaine Odegaard, Spearman and also of Bobbie Dean and Ann Corley of Sherman.
Also he is the first great-
grandson of Carter and Marie Crawford, Spearman as well as Ray and Gla
vick, Minn.
An interesting note is that
Colby Dean is, so far, the only male Odegaard descendant of the
original Odegaard family who original Odegaard family who
emigrated from Norway many years agb with a family of 10
children.
For the first time since she began raising her family of eight,
Lucille Hagerman finds herself alone in Spearman. The last,
daughter Cathy, left Saturday to daughter Cathy, left Saturday
make her home in Amarillo. She has accepted employ
ment in the office at Harrington

## Birth Announcement

Mr. and Mrs. Tracy Graham of
Spearman announce the birth of Spearman announce the birth of
their son, Maverick Hunter Dean, on New Years Eve at 3:22 p.m. Maverick weighed 9 pounds, 14
ounces and was delivered by Dr. ounces and was delivered by Dr
Manon Childers of Ochiltree Manon Childers of Ochilt
General Hospital in Perryton. Maternal grandparents ar Maternal grandparents are
Randy and Linda Coombs o Spearman. Paternal grandparent are Deana Page, Celina, Texas;
and Johnny Graham of Buford, and Johnny Graham of Buford Christina Butz, Anthony, K an.; Shirley Wyssmann, Hereford Irene Holt, Plano,: and Virgini
Graham, Oklahoma City, Okla.

THURSDAY, JANUARY 11, 1990
A Centerpiece

Cancer Center. Temporarily she

## sister, Valeria and Mark Huber.

It is good that Stella Cummings
can report that, though her progress has been slow, she is able to


She was injured in an auto-
Sobile accident several week ago. Stella expresses her heartfelt appreciation for the concern
shown by her friends with their shown by her friends with their
prayers, prayer grams. cards.
visits and other evidences of their visits and other evidences of their

Bill and Lil Turner took several eisurely days to drive through
west Texas and visit old friends between Christmas and New Years. They returned in time for
school after the Christmas break. school after the Christmas break. Robert Elliott, after many
years, is adjusting to the pleasure of not having to set an alarm clock. On December 30, he retired as manager of the local Texas-New
Mexico Power Company after 16 years. A retirement party was
given in his honor in December in given in
Perryton.
Robert is still a little vague about his plans. His hobbies are
hunting and fishing, which he will continue. He has for some time been toying with the idea of taking painting lessons - water color and The Elliotts definitely intend to stay in Spearman. Their daughter Cindy is a junior in high school
here, and then there is the matter of four grandchildren here - with he usual attraction for keeping grandparents in the vicinity
Elliott's daughters, Charlotte Sheets and Beth Brown both have two children-and another daugh-
ter in Amarillo has two. A son lives in Amarillo has
The neighbors express their appreciation to Robert for his
dedication and considerations in he years he has served here. All wish for him and his family many

## Obituary

Blanche C. Morrison
PAMPA - Blanche C. Morrison,
B7, died Sunday. Jan. 7.
Born in Lubbock, Mrs. MorriBorn in Lubbock, Mrs. Morri-
son was raised in Knox City and
Weslaco. She attended Hardin Weslaco. She attended Hardin
Simmons University and taught school at Weslaco and Miami. She married Raymond Morrison in 1923 at Weslaco. He preceded her
in death in 1970. She was a member and past
worthy matron of the Order of the Eastern Star No. 65, a member of the Past Matron's Gavel Club and Survivors include a daughter, Edrie Jones of Spearman; a son, Billy Ed Morrison of Pampa; sister. Elizabeth Short of Marble
Falls: two grandchildren; and Falls; two grandchildren; and
reat-grandchild. great-grandchild.
Funeral services were con-
ducted Wednesday, Jon. 10 from
Carmichael-Whatley Colonial ducted Wednesday, J Jan. 10 from
Carmichael-Whatley Colonia
Chapel with Dr. Darrel Rains Chapel with Dr. Darrel Rains,
pastor of First Baptist Church, pastor of First Baptist Chur,
officiating. Entombment was in Memory Gardens Mausoleum.


Mother nature has really been
playing tricks on us with the
moisture predictions here lately moisture predictions here lately.
I won't say who, but one of us here at the center went out and bought a new pair of snow boots
recently upon the promising than usual'" forecast of snow, and not wanting to run around with icy feet like we did
with the Artic front, decided to be with the Arfic front, decided what
prepared for it. You know what
happened? Nothing!!! Oh well, back to the closet with the snow Maybe next time they will hit it.
Meanwhile, we will enjoy the warm, sunny weather. No hope for moisture snow though. I would
like a chance to see if these boots like a
leak.
This This new year is off and running and seems the older we get the fasterit runs. M.
we stay so busy.
Our Monday afternoon quiltin gals are working on a beautiful quilt and would really like to have
Lookin' Back
$\qquad$ Superintendent James A.
Cunningham will retire at the end Cunning ham will retire at the end
of the 1984-85 school year. Mr. Cunningham was hired as Superintendent for Spearman in 1968. He came to us from the Whiteface
Public Schools Public Schools, where he had
served as Superintendent since 1963.

## 10 YEARS AGO.

$$
\begin{aligned}
& 10 \text { YEARS AGO... } \\
& \text { Thursday, J an. } 31,1980 \\
& \text { J im McLain was honored }
\end{aligned}
$$

$\qquad$ was named "Citizen when he was named "Citizen Of The
Year." Clay Gibner was chosen Year. Clay Gibner was chosen
"Citizen of The Decade," and
Ray Gibson was Ray Gibson was given the "Employee of The Year" award.
The Women's Division "'Member Of The Year" award was presented to Altha Townsend.

## 15 YEARS AGO.

Thursday, J an. 23, 1975
The Purple Pride team landed players on the all-state grid teams this year. Those picked were
Donnie Davis, Don Cooper, Terrill Evans, Roger Jones, and Roger

## THANK YOU To the wonderful caring people of the Spearman and

 people of the Spearman andGruver Area, D. Behney and
the staff at Hansford the staff at Hansford Hospita
who did everything they could and to the ambulance crew,
who stayed with us until Kathy $\left\{\begin{array}{l}\text { who stayed with us until Krew, } \\ \text { was no } n \text { longer here, we would } \\ \text { like to }\end{array}\right.$ $\left\{\begin{array}{l}\text { was no longer here, we wo } \\ \text { like to say "Thank You." } \\ \text { Words cannot express }\end{array}\right.$ we feel about all of you whose caring phone calls, beautiful flowers, and lovely cards with
comforting words made comforting words made our We will always remember the many kindnesses as we will
always always remember our wonder-
ful Kathy. Kathy.

Johnny and Ann Stepp Lisa and D' Wayne Cross
Carla Camper
come in and do some of the
embroidery on it. At least come by and see their work and visit a bit. Charles Newcoms go to Lola and their first great-grandchild not sure, but I think that ties in somehow with their recent deparpose they have some baby rocking in mind?
We are trying the Thursday
Night " 42 " again at $6: 30$ on the Night " 42 " again at 6:30 on the
11 th. If enough people come and show interest, it will come and resume, otherwise it will be
discontinued. So, if you discontinued. So, if you like to play, come on out and bring some
others with you.

Also, you might want to put the 30 th on your calendar if you enjoy
a fish fry. First State Bank will bo a fish fry. First State Bank will be
treating us, so come and bring fread to go with the fresh catfish. Hope to see more people using and enjoying our nice center now that the holiday

BB from pg. 1 boys claimed victory over the Boys
Ranch 9th grade Monday. Final score in the game was $39-35$ Scoring for the 9th grade Lyn Wesley Dyess Sherman ones Curtis Pearson Mike Hager
Clint Towns Roman Arnold
Landon Swan

9TH GRADE LYNXETTES
The Spearman Lynxette 9th grade girls defeated the Gruver
9th grade girls at Gruver on Monday. Final score in the game
was $25-9$. Scoring for the was $25-9$. Scoring for the Lynxet
9th grade were Kimbre Townsen Mary Cook Sara Sanders
Holly J arvis Donetta Cates

Ms. P's Boutique
601 W.
Borger, Texas

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Your Hometow
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213 Main. Spearmat

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## Classifieds

## REAL ESTATE

FOR SALE 3 bedroom, 2 bath drapes, mini-blinds, completel remodeled and large deck patio.
Nice neighborhood. 1110 S . Bark ley. Call 659-3800.
lice nember
$\left\{\begin{array}{l}\text { FOR SALE: } 3955 \text { Sq. } \mathrm{ft} \text {, beau- } \\ \text { tiful country home. } 3 \text { BR, } \\ \text { office, lots of built-ins, fire- } \\ \text { place, double car garage, work } \\ \text { bench, landscaped yard, } \\ \text { sprinkler system. } \\ \text { Call } 659-2881 \text { or, if no answer, } \\ \text { call } 659-3151 . \\ \text { So7-8tp }\end{array}\right.$

YOR SALE: 3 bedroom, 2 bath parquet floors, fireplace, covered system, 2193 sq. .ft. living space,
excellent location. Call $659-3587$ excellent
or $659-5022$.
S
nuUse, FUR SALE 3 Bdr., 2
Bath, Central Heat \& Air, Call Bath, Cent
659-3096.
FOR SALE: 1 Metal Building and Property $35^{\prime} \times 50^{\prime}-1$ Large Cinder
Block Building and Property 3000 sq. ft. Contact: First State Bank, $\stackrel{\text { Box }}{ }{ }^{\text {S29-RTN }}$

## MISC. FOR SALE <br> PiANO FOR SALE <br> Wanted responsible party to <br> on piano. See locally Call Credit Manager a S07S-9tp $\begin{aligned} & 1-800-233-8663\end{aligned}$ <br> AUTOMOBLLES <br> FOR SALE <br> Buick Regal Stationwagon '83. see at 811 S. Bernice; $\$ 2700$ or best offer. | best offer. |
| :---: |
| S10S-2tp | <br> FOR RENT <br> ...' 'LER SPACE FOR RENT: in Spearman, $\$ 50$ a month. Call S43S-RTN <br> FOR RENT: Furnished efficiency apartment. Cal (659-2764. FOR RENT: 1 Bedroom Furnish Apartment. Call 659-3491. S48-1tc RTN (Thurs only) <br> LOST \& FOUND <br> LOST: Black miniature poodle. If found please call 354 -coi34 or

## Century 2

GOLDENSPREAD̃ REALTY
J anye Helton Pointer,
Ower, 435-5444
Sales Associate
$\frac{\mathrm{J} \text { enn }}{515}$ 515 sermce-4/13/4, extra
large lot $\&$ close to schooll 18 S. James - S/L Extra
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building
/01 Collier-4/1 $1 / 2$. Affordable 20 S. James-2/1 Well 20 S.
maintaine
511 22 Bar 322 B arkley-3/1 C
adds to the appeal! 118 Townsend - 4/2, Apartment inchuder 11U2 Haney - $3 / 1$ - New
listing! Owner says sell listing!
quicky!
522 s . He
quickly! $3151 / 2 \mathrm{~N}$. Bernice - Lot for sale!
315 Townsend price tag!

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or non-territory. Avon representa-
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of nursing - 396 - 5568 .

HELP WANTED: Full time parts man wanted. Experience required
Apply in person at High Plains Auto Supply, 118 Main.
Applications for a maintenance
person for Courthouse will person for Courthouse will be
accepted at the County Judges' accepted at the County Judges
office until $4: 00$ p.m. Friday, January 19, 1990. Personal inter-
views with County Judge by views with County Judge by
appointment $-659-2626$.

## public motices <br> The State of Texas To Clifton Horton, Respondent You have been sued. You may employ an attorney. If you or your attorney do not file a written answer with the clerk who issued this citation by 10:00 a.m. on Monday next following the expiration of 20 days after you were served this citation and petition, a served this citation and petition, a default judgment may be taken default judgment may be taken against you. The petition of Terry Horton, Petitioner, was filed in against you. The petition of Terry Horton, Petitioner, was filed in the District Court of Hansford the District Court of Hansford County, Texas, on the 2nd day of January, 1990, against Clifton Horton, Respondent, numbered Horton, Respondent, numbered 3433 and entitled in the Matter of the Marriage of Terry Horton and Clifton Horton and in the interest of K ris Horton, Trene Horton and Billy Horton, children. The suit Billy Horton, children. The suit requests modification of the requests modification of the de- cree of divorce entered in cause No. 3433 , in so far as the visitation cree of divorce entered is cause No. 3433, in so far as the visitation rights of Clifton Horton with Billy rights of Clifton Horton with Billy Horton are concerned. The date and place of birth of child who is the subject of this suit is May 13 , 1974, Orlando, Florida. The court has authority in this suit to enter child's interest which will be binding upon you, including the termination of the parent-child relationship, the determination of paternity and the appointment of a conservator with authority to sent to the child's adoption. Issued and given under my hand and seal of office at Spear hand and seal of office at Spea man, Texas, on this the 2nd day of Distry Amelia C. Johnson

District Clerk, Hansford County

## by Kim V. Ver

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## 10 Arres -

Arree -
Weck foi
WE
WE WANT TO B
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YOUR REALTOR


LABEL READING FOR FATS
Remember when it used to take
about 15 to 20 minutes to shop? about 15 to 20 minutes to shop?
Not any more With a typical Not any more with a typical
supermarke offering b boun 20.000
diferent
 number of ingredients-mann of
which are unknown to consumers. which are unknown to consumers,
grocers, etco.-reading labels is the grocers. etc.-.reading labels is the
best way to discover if what you

 seekinn foonsods with less total fat
and saturated
fatty acids as well and saturated fatty acids as well
as other nutrients such as sodium athi ouyurs. Lapoel reaung for these consum ers is ossential since
som any processed foods contain
hiden hiden sources.

## Nutrition Labels <br> Many manufacturers include

 nutrition information on foodlabels. These labels amount of fat (in grams) in serving. The product's percentage
of calories from fat, the amount of of calories from fat, the amount of
polyunsaturated fatty acids (satu polyunsaturated fatty acids (satu-
rates), and cholesterol may also be rates), and cholesterol may also be
listed. Amounts of monoun-
saturated fatty acids are seldom saturated fatty acids are seldom
listed on labels. With this information, you can compare the fat
and cholesterol content of difand cholesterol content of dif-
ferent products. For example, the
labels on two products from the labels on two products from the
same manufacturer show that same manufacturer show that
compared to mayonnaise, an imi-
tation (reduced-calorie) mayontation (reduced-calorie) mayon-

## naise may contain only half as much fat. The real

 The real mayonnaise label has atotal of 11 grams of fat ( 6 grams polyunsaturates and 2 grams saturates) and the imitation mayonnaise has a total of 5 grams fat ( 3 grams polyunsaturates and 1
gram saturates). The labels of most packaged
and processed foods include a list and processed foods include a list
of ingredients. Ing redients are of ingredients. Ingredients are
listed by weight, with the item listed by weight, with the item
present in the greatest amount present in the greatest amount
listed first and the item present in the least amount listed last. Although amounts of ingredients are not given, the order, number,
and types of fats listed and ty
helpful
As shown below, both mayon-

SALES PERSON WANTED THE SPEARMAN REPORTER GRUVER STATESMAN NEED GRUVER STATESMAN NEED SNFORMATION CONTACT THE REPORTER AT, 659-3434.


OSGOOI MONUMENT CO. Amarillo, Texas Dealers of Rock of
Granite, as well as all
granites. marble and
represented by
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Karen's
Kozy Korner naise and imitation (reduced-
calorie) mayonnaise unsaturated fatty acids as soybean oiil. The imitation mayonnaise has more water (first item listed on the
label) than the regular mayonnaise and has added carbohycrates (food starch).
Mayonnaise:
INGREDIENTS: Soybean oil,
eggs, water, vinegar, egg eggs, water, vinegar, egg yolks,
salt, sugar, lemon juice, paprika dehydrated garlic, dehydrated dehydrated garlic, dehydrated protect flavor, natural flavor.
Imitation (Reduced-Calorie) Imitation (Reduced-Calorie) Mayonnaise

INGREDIENTS: Water, soy-
bean oil, food starch--modified egg yolks, vinegar, salt, eggs, mustard, flour, phosphoric acid,
dl-tocopheryl acetate (vitamin E) dl-tocopheryl acetate (vitamin E),
calcium disodium EDTA to protect calcium disodium EDTA to protect
flavor, natural and artificial flavor,
oleoresin, paprika, beta carotene oleoresin, paprika, beta carotene
(color).

## muffin mania

If you have joined the muffin
mania, beware! Many muffins on the market today are high in fat,
sugar and sodium. A recent
analysis of commercial oat bran
muffins showed that they varied in
muffins showed that they varied in
size from 2.5 ounces to 4.4 ounces
and in caloric count from
and in caloric count from
calories to 450 calories each.
PREFERRED OILS Canola oil and olive oil are two Of today s preferred fat choices.
Olive oil is 77 percent monoun-
saturated, 9 perent saturated, 9 percent polyun-
saturated and only 14 percent saturated. Canola oil is 62 percent monounsaturated, 32 percent
polyunsaturated and only 6 percent saturated.

OMEGA-3 FATTY ACIDS
Omega-3 fatty acids, highly unseturated fats found in sleafood, progression of a therosclerosis. While fish oil supplements are not recommended, two to four ser-
vings of fish a week make excelvings of fish a week make excel-
lent sense for overall good health.

## New

Kindergarten Students Need

## To Register

Children starting to Spearman Kindergarten next September will
be invited to visit school in April. To know who these students are, Spearman Elementary School is
starting the $1990-91$ kindergarten starting the
students list.
It is important that next year's
students be known now in order students be known now in order
that they may be given information on the immunizations and
other planning which is necessary. other planning which is necessary.
If you have a child or know of any child whose birthdate was prior to Sept. 1, 1985, and who will
be 5 years old on or before Sept. 1 , 1990, certain information should be provided to Spearman Elem
tary School before J an. 31 . tary School before J an. 31.
This information include student's full name, parents' names, address, phone number, birthdate, sex, age as of Sept. 1. 1990, and Social Security number.
More information can be obtained from Spearman Ele
School, 511 S. Townsend.

## Oil \& Gas Report



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from Texas-New Mexico Power Company extra cost. The plan lets you average the highs and lows in your electric bill so that you pay about the same each
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pay each month. This means the annual amount you pay is no more than it would be if you weren't on the plan
To see if you're one of the preferred cusing Plan, visit your local TNP Budget Bill-



[^0]:    The Spearman Lynx 7 th grade boys basketball team defeated the Boys Ranch 7 th graders Jan. 8 by a score of $33-11$. Scoring for the
    Lynx 7th grade were Trey Porler Radar Garcia

