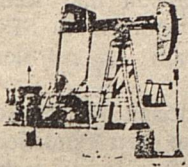


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The Plains Pride



VOLUME 3, NUMBER 13

Plains, Yoakum County, Texas
TUESDAY, JUNE 30, 1987

30¢



VICTORIOUS AMBER LEIGH BRYAN displays her two recently received bronze medals she earned at the USTU National Olympic Taekwondo Championships in Tulsa, Okla.

Amber Leigh Bryan Wins Two Bronze Medals

Ten-year-old Amber Leigh Bryan, daughter of Bubba and Lola Bryan, won two bronze medals in form and sparring in the Seventh USTU National Junior Olympic Taekwondo Championships in Tulsa, Okla.

Miss Bryan's wins qualify her for two weeks of Olympic training in Colorado Springs, Colo. in August.

A highlight of the meet was watching demonstrations and meeting Ernie Reyes Jr. of the ABC network show, "Sidekick".

The ten-year-old also passed her sixth belt test. Her present rank is fourth degree Blue Belt. Her instructors are Tim and Jayne Bell, second degree Black Belt and owners of Texas Modern Taekwondo Academy of Levelland.

The Bells train in Plains each Monday and Wednesday evening from 5:45 to 7 p.m. Interested persons are invited to sign up now to train for the 1988 National Junior Olympics to be held in Tampa, Fla.

Yoakum 4-Hers Attend South Plains Camp June 16-18

Seven Yoakum County 4-H members attended South Plains Camp at Levelland June 16-18. Theme of the camp was "Lead or Get Out of the Way". The camp provides training in leadership and 4-H project subject matter. There is a varied schedule of athletics and planned recreation.

4-H'ers participated in two of the following workshops - Veterinary Science, Recreation, Archery, Electric, Leathercrafting, Self-Defense, Clothing and Creative Crafts.

Those attending were Joy Sales, daughter of Glenda Sales; Gayle and Shauna Ford, daughters of Mr. and Mrs. Galen Ford and Billy Robertson, son of Olivia Robertson, all of Denver City. Nikki and Brandon McGinty, whose parents are Mr. and Mrs. Kenneth McGinty and Amy Jones, daughter of Mr. and Mrs. Gary Jones, all of Plains.

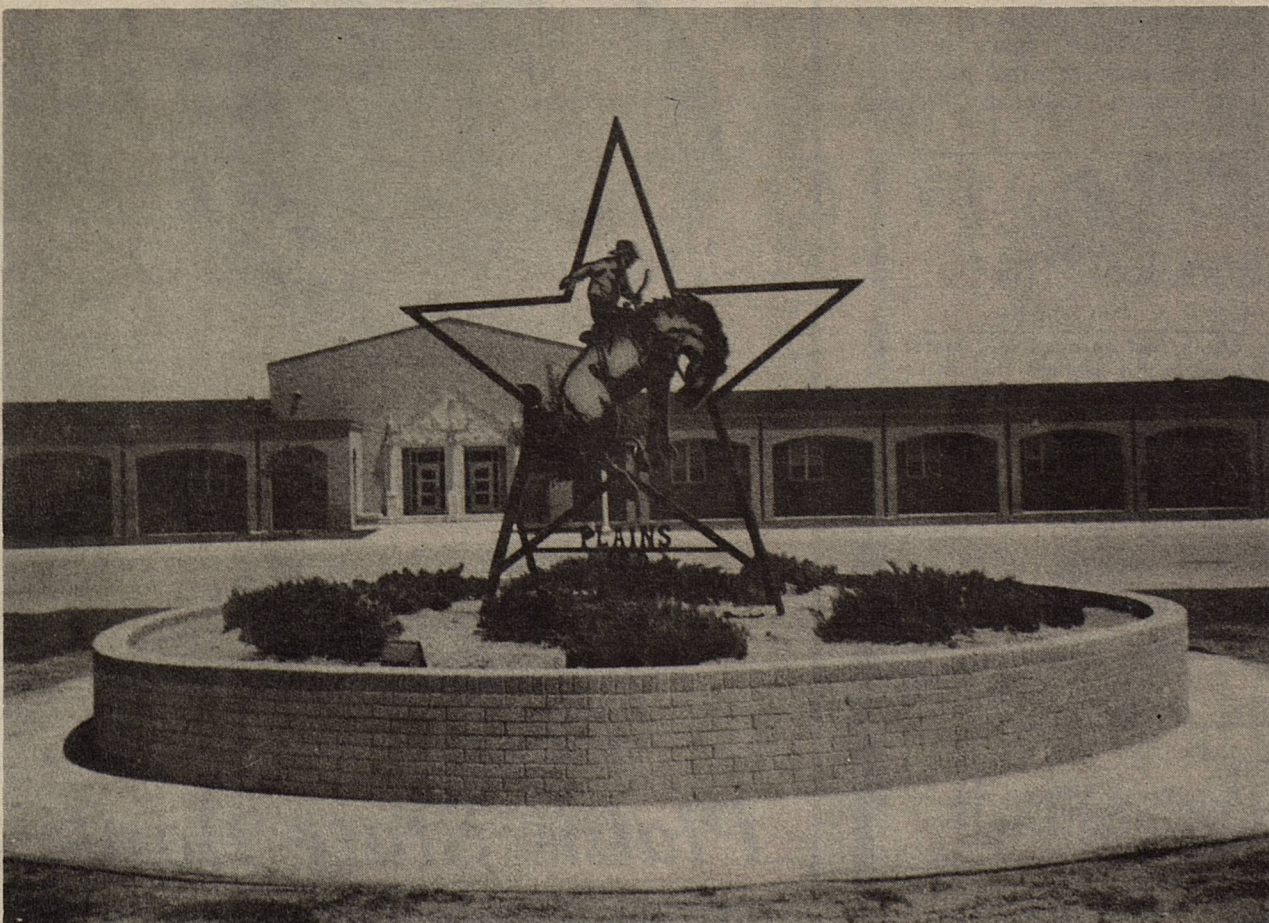
Delegates from the twenty South Plains counties rotate responsibilities for vespers, flag ceremonies, theme parties, clean-up and grace for meals. Yoakum County conducted vespers Thursday evening. Nikki McGinty served on the camp staff and assumed a leadership role for conducting the camp.

Yoakum County Extension Agent, Mary Dale Williams accompanied and stayed with the group.

Benefit Musical Slated June 27

Residents of Plains are invited to attend a Gospel Music and Bluegrass Benefit Show Saturday, June 27 in the Middle School Auditorium in Brownfield. Brownfield Kiwanis Club is sponsoring the event which gets underway at 7:30 p.m.

Advance tickets are \$5 for adults, \$3 for children. At the door, admission will be \$6 and \$4, respectively.



THIS COWBOY WITHIN A STAR SCULPTURE set in a circular planter of brick is a handsome accent to Plains Schools and a proud reflection of the community.

THE PLAINS PRIDE

The Plains Pride (USPS 757-130) is published weekly at 716 Main Street, Olton, Lamb County, TX 79064. Second Class Permit paid at Olton, TX 79064. POSTMASTER: Send address changes to THE PLAINS PRIDE, P.O. BOX 774, OLTON, TEXAS 79064-0774.

Any erroneous reflection upon the character or standing of any person or firm appearing in this paper will gladly and promptly be corrected, upon being called to the attention of the management.

—YEARLY SUBSCRIPTION RATES—
Yoakum County & Surrounding Counties, tax included\$15
Elsewhere, tax included\$16

Commissioners' Court

Yoakum County Commissioners Court met in special session Monday morning. All members were present.

Commissioners unanimously voted to advertise for bids on one car for the Sheriff's Department with trade-in of 1984 Chevrolet police special. Bids will be received July 8.

Decision was also made to advertise for bids to purchase a late model used pickup with less than 10,000 miles and not used over one year. Bids will also be received July 8.

In order for members to attend NACo Conference July 11-14, the July 6 session of commissioners court was changed to July 8, with work session at 8:30 a.m.

Steve Sawyers, representative of Hartman and Sawyers, Certified Public Accountants, met with the Court to present the audit for 1986. Approval was given a request by Linda Lowrey, Criminal District Attorney, to make a line item transfer within her budget from service contracts and equipment repair to office supplies.

Ms. Lowrey also reported, for record, that she has brought two sets of law books from her private practice to the Criminal District Attorney's office. The books, Texas Criminal Practice Guide printed by Matthew Bender and Texas Family Law by Bender, will be marked with Mrs. Lowrey's name. Each is a six volume set.

In other action, Mrs. Lowrey discussed replacing the present phone system in the office with a more sophisticated system from her private office with the promise to leave the office in the same condition she found it relating to the phone system.

A motion was approved to make a line item transfer from vehicle expense to equipment purchase of \$1,700 in the precinct one budget.

Basketball Camps Planned At South Plains College

Basketball camps for boys and girls are scheduled later this summer by South Plains College, which sports one of the finest basketball facilities in the region.

The girls camp is scheduled July 26-31 in Texan Dome, followed by the boys camp, Aug. 2-6.

Lyndon Hardin, coach of the Texan women's basketball team, will direct the girls camp, which is open to girls in fifth grade through high school. The camp schedule will consist of drills, contests and game situations which will help each girl improve her basketball skills. Time will be devoted to "Let's Talk Basketball", a session which will stress attitude, desire, leadership and enthusiasm. Two All-Star games are planned for Friday afternoon following the camp demonstrations, which begin at 1 p.m. Tournament games will be played each night from 6-8:30 p.m.

Cost for the girls camp is \$170 for overnight campers, \$135 for day campers who eat in Texan Hall, and \$90 for day campers who do not eat in the cafeteria. Costs cover a camp basketball, camp insurance, personalized camp T-shirt, awards, certificates for each camp participant, entertainment and camp instruction in basketball fundamentals.

A \$50 deposit should be returned with the camp application and the remaining balance paid at registration. The deposit is non-refundable after July 5, said Hardin. A \$10 charge will be made on all refunds. This applies to both camps.

Ron Mayberry, head coach of the Texan men's basketball team, will direct the boys camp, slated for boys in third grade through high school. Assisting Mayberry will be Eddie Fields, a former member of the Harlem Globetrotters who is now the Texan men's assistant basketball coach; Mike Mayberry, head coach at Lubbock Coronado



About half as much hot water is used in the average shower as in the average bath.

High and other area coaches and players.

Camp activities and highlights of the boys camp will be ball handling demonstrations by Fields, video tape replays, individual instruction, contests for one-on-one, free throw, ball handling, hot shot, three-on-three, shooting and lay-up, five-on-five games in two divisions, written evaluations and participation certificate.

Cost of the boys camp is \$160 overnight campers, \$135 day campers who eat in Texan Hall, and \$90 for day campers who do not eat in the cafeteria.

Texas University Interscholastic League rules permit only those boys and girls who have not participated on the varsity level to attend the camps. Next year's varsity players and out-of-state players are not affected by this rule.

For more information, contact the SPC Continuing Education Office, (806) 894-9611, ext. 391.

Safety Training Class Slated

A hydrogen sulfide safety training class is scheduled July 7 at South Plains College.

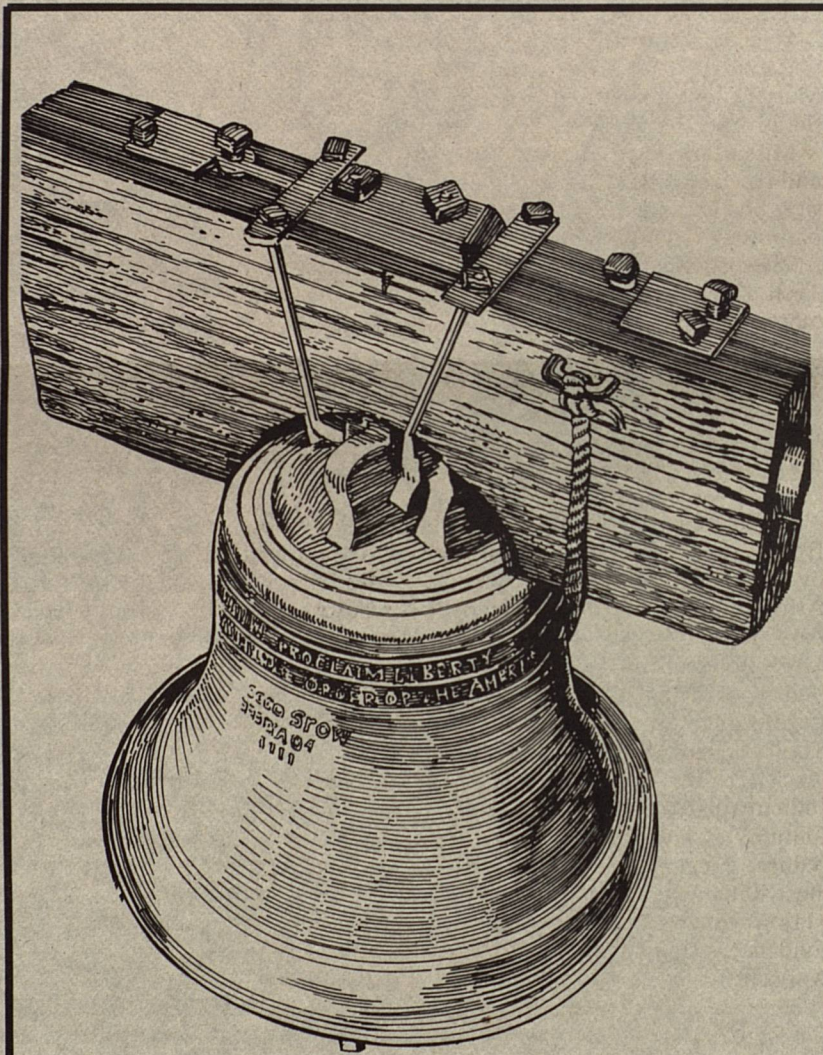
The class will meet from 6 to 9 p.m. in the SPC Petroleum Technology Building, Room 115. Cost is \$10 a person and instructors are Kim Williamson and Kelton White, faculty members in SPC's two-year program in petroleum technology.

The course is designed for persons in the oilfield who need a knowledge of hydrogen sulfide safety techniques, said Don Yarbrough, dean of continuing education.

For more information, contact the SPC Continuing Education Office at (806) 894-9611.



The average American household watches TV for seven hours and two minutes a day according to A.C. Nielson reports.



Let Freedom Ring

In celebration of our great nation, we salute America and all those throughout history who have played a part in upholding the ideas and ideals that make up our democracy. We're proud to be Americans.

Plains State Bank

Announcing New Office Hours

for
Dr. W.B. Boyd, Chiropractor
Denver City, Texas

Effective June 1, 1987
Monday, Tuesday, Thursday & Friday
8:00 a.m. to 5 p.m.
CLOSED: Wednesday & Saturday



SHAWN KATHLEEN MARKEY & KIRK WAYNE WILLIAMS

Wedding Plans Revealed

Wedding plans are being made by Shawn Kathleen Markey and Kirk Wayne Williams. The couple will exchange wedding vows in an Aug. 1 ceremony in St. Gregory's Catholic Church in San Antonio.

Friends and relatives are invited.

Parents of the bride are Sharron and Joseph Markey of San Antonio. Mary Dale Williams of Plains and Charles Williams of Tokio are parents of the prospective bridegroom.

Miss Markey is a graduate of Tom C. Clark High School in San Antonio and received a B.S. in speech/language pathology from Texas Tech University. She is currently working towards a masters degree in speech/language pathology from Oklahoma State University.

The prospective groom graduated from Plains High School and Texas Tech University with a degree in agronomy. He is working towards a masters degree in agronomy from Oklahoma State University.

Linda Lowrey Attends Course In Continuing Education

Linda Lowrey recently returned from a four-day school sponsored by the Texas District and County Attorneys Association. Held in Austin June 14 through June 18, Mrs. Lowrey received 20½ credit hours of Mandatory Continuing Legal Education for her attendance. Topics covered included The Charging Decision, Drafting and Filing Indictments, Ethics (Prosecutorial Liability), The Grand Jury Procedure, Preparation for Trial, Taking Statements and Confessions, Major Changes in the Rules of Evidence, Defendant's Attorney's Approach to a Criminal Case, Preparing and Prosecuting DWI Cases, Conducting Voir Dire, and Legislative Update.

The school was attended by 300 prosecutors from around the state. Mrs. Lowrey stated that the Prosecutors' Course was very informative and would aid her in achieving a goal of becoming board certified in criminal law by the State Bar of Texas.

She further stated that the broad range of topics covered was particularly helpful for a situation such as Yoakum County where one attorney is responsible for criminal cases in the JP, County and District Courts, plus being responsible for representing the State of Texas in all juvenile proceedings, Department of Human Services proceedings, and child support cases.

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Yoakum County
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456-2929 or 7493

Ms. Hart, Mr. Nelms Exchange Vows In Seminole

Wedding vows were solemnized June 7 for Casey Jo Hart and Weldon Lester Nelms. Vows were spoken in a garden setting in the home of the bride's parents, Mr. and Mrs. John Shepherd.

Parents of the groom are Faye Nelms and Dub Nelms, both of Plains.

Officiating the double ring ceremony was Brad Kennedy of Waxahachie, brother-in-law of the groom.

Escorted by her father, the bride wore a gray and white suit with pink corsage. Her daughters, Sara and Randi Hart, were ring bearers. They wore gray and white dresses with pink corsages.

The nuptial setting featured an arch of greenery with pink gladioli. Potted plants with pink flowers flanked the arch. The bride's cousin was soloist.

Dinner was served following the noon ceremony. A reception followed. The bride's table featured a three tiered cake adorned with pink roses and topped with love birds. Cake, pink punch, nuts and mints were served by Angela Shepherd, sister of the bride.

Sisters of the groom, Susie Ferland of San Antonio, Wanda Johnson of Andrews and Teresa Kenney of Waxahachie presided at the groom's table, serving chocolate cake and coffee.

The bride is a beautician at Split Ends in Lubbock.

The groom is a 1975 graduate of Plains High School. He graduated from Western New Mexico University in Silver City, N.M. He coached at Springlake-Earth and is currently assistant coach of football and track at Estacado High School in Lubbock.

Following a six-day trip to Hawaii, a wedding gift of her parents, the couple is at home in Lubbock.

Monday Movies Shown At Library

Yoakum County Library will show movies each Monday afternoon at 3 p.m. All patrons, especially children, are invited to attend the free movies in the Heritage Room.

Films to be shown Monday are "Shrinking of Treehorn", the story of a boy who began tripping over his trousers until at last he was so small he could walk under his bed, and "Rookie of the Year", story of 12-year-old Sharon Lee who attempts to play baseball in an all-boys Little League.

About 35,000 people work in the twin towers of the World Trade Center in New York City. Another 80,000 visit on business each day.

Announcing Our

Annual Summer Clearance Sale

**SAVE 25 to 50%
on
ALL SUMMER
MERCHANDISE**

**Sale Starts Tuesday, June 30th
At 9 A.M.**

Savings In All Departments!!

MASTERCARD & VISA welcomed

Collins Department Store



116 N Main

Denver City



9 A.M.—6 P.M.



Plains Independent School District

From The Superintendent's Desk

DEAN ANDREWS



I want to express appreciation to those persons who attended our commencement exercises on Sunday, May 31, 1987. I thought that every part of the program was very appropriate and our seniors really made us proud. You, the parents, are to be commended for the behavior and actions of our young people. Those actions are a direct reflection of your expectations and of your respect for our school, our community and your family. Congratulations! We are mighty proud of your behavior.

I have read recently of students in other communities whose actions were not as commendable as those of our students in Plains. I will share those stories with you today so that you may see that our young people are very special. The stories below are not the kind that Superintendent's like to discuss.

A Humble I.S.D high school valedictorian was suspended for six days, stripped of his title, and barred from attending graduation ceremonies for reportedly hiring a stripper to entertain his physics teacher. The female stripper, dressed as a police officer, interrogated the teacher about some unpaid parking tickets before she started to take her clothes off. The stripper got as far as her tie when she was stopped by a school administrator. The student was not allowed to take his final examinations as scheduled or attend commencement exercises as valedictorian, a school spokeswoman said.

In the Wichita Falls I.S.D., a Rider High School student who admitted drinking beer before an off-campus function was barred from sitting on the stage with other honor graduates during commencement exercises. She was also kicked out of the choir, stripped of her membership in the National Honor Society and removed as president of the School's French Club and removed from her post as senior class secretary.

In Melissa I.S.D., 32 students in grades two through eight were suspended for three days after staging a sit-in on the football field and demanding that the school board renew the contract of the school's only coach. The school board reportedly voted not to renew the contract of coach Bill Morris because trustees said they were not happy with his performance.

In Los Banos, California, the high school principal warned graduates not to wear shorts, bikinis, or togas under their graduation gowns during commencement ceremonies and to leave their beach balls at home. Principal Leon Martin required seniors and their parents to sign an agreement that students will "dress properly" for graduation ceremonies. Those who didn't sign the form were excluded from the exercises. In recent years, graduates have batted beach balls back and forth during the ceremony, blocking some parents from seeing their children receive diplomas. Also, two years ago a female student wore a bikini beneath her gown and reportedly "flashed" the crowd as she went by.

We are glad that stories such as these did not originate in Plains. We are very proud of our students - they are very special!



YOAKUM 4-H'ers ATTEND CAMP -- Attending South Plains Camp June 16-18 were these 4-H Club members, left to right, first row, Joy Sales, Gayle and Shanna Ford and Amy Jones. Back row, Brandon McGinty and Billy Robertson.



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ATTENTION

**Notice To All Property Owners
In Plains Independent School District**

If 1986 property taxes are not paid before July 1, 1987, an additional penalty of 15 percent will be added. This penalty is pursuant to TEX PROP TAX CODE 33.07 and is in addition to the penalty and interest provided by 33.01. The total effective penalty and interest for delinquent 1986 taxes paid in July, 1987, will be 35.7 percent.

Electric Safety & You...

YOU SEE THEM ON POLES, IN BUCKETS, Stringing wire and repairing lines and equipment. They're out in all kinds of weather and at all times of day, and night, if necessary, to keep the power going or start it flowing again. They have a common goal...to provide reliable electric service to the consumer-owners.



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"Owned By Those We Serve"



CHAMBER OF COMMERCE SELECTS Linda and Mickey Cowart's lawn at 502 12th Street for this week's "Yard of the Week".



ATHEROSCLEROSIS: HOW IT DEVELOPS

Most commonly known as hardening of the arteries, atherosclerosis develops over many years, mostly in middle-aged or older people.

It can occur when the levels of a particular type of fat called cholesterol are high. Damage to the artery's inner lining occurs and can be caused by high blood pressure, excess cholesterol, and by certain immunological factors. Excess cholesterol quickly penetrates into the artery's wall. Platelets stick to the damaged area in increasing numbers until a large collection forms.

The collection of platelets then releases a substance that stimulates the smooth muscle cells of the arterial wall and causes them to multiply and thicken the artery wall. This thickening shuts off more and more of the artery passage through which blood flows. The increased rate of cholesterol penetration into the wall of the artery seems to increase the degree of stimulation for smooth muscle cells to multiply.

Repeated injuries to the lining of the arteries at various sites lead to the accumulation of platelets at each injured site, penetration of the artery wall by excess cholesterol with resulting proliferation of smooth muscle cells and the formation of more and more atheromata—as the collection of chole-

sterol and smoother muscle cells are called—until the artery is virtually blocked. There is only a small, inadequate passageway left through which very little blood can flow.

This problem can be avoided, or lessened, by finding out from your doctor what your cholesterol level is. If it is higher than 200 mg/dl, your doctor will usually recommend reducing your intake of saturated fat and cholesterol by following a "prudent diet"—one that restricts your intake of butter, eggs, fatty meats, and organ meat, such as liver.

If your cholesterol level does not respond enough to a change in diet and still remains high (over 240

mg/dl), your physician may then want to prescribe a first line cholesterol lowering drug, such as Lorelco, Questran or nicotinic acid.



Independence Day Celebrations

One of our founding fathers, John Adams, wrote of Independence Day in a letter to his wife, "It ought to be solemnized with pomp and parade, with shows, games, sports, guns, bells, bonfires and illuminations, from this time forward forevermore."



The first Independence Day was celebrated on July 8, 1776 in Philadelphia with bell ringing and brass bands.

If you're planning to celebrate July 4th, here's a "spirited" recipe for barbecue sauce that could be the hit of your party.

WILD TURKEY BARBECUE SAUCE

- 1 cup ketchup
- 1/3 cup Wild Turkey
- 1/4 cup molasses
- 1/4 cup vinegar
- 1 tbsp. Worcestershire sauce
- 2 tsps. soy sauce
- 1/2 tsp. dry mustard
- 1/4 tsp. pepper
- 2 cloves garlic, crushed
- 1 tbsp. lemon juice

Mix all ingredients together well; let stand several hours. Use as a marinade and basting sauce for hamburgers, frankfurters, spareribs and other meats, as desired. Makes about 2 cups.

Royal Bounders Compete In District, State Meet

Plains Royal Bounders competed in the District Novice Qualifying Meet May 9 in Hobbs, N.M. Their coach is Pat Green of Brownfield.

Earning first place wins were LaCresha Johnson, Brad Seaton, Lyndi Rowe and Ashlei Mason. Second place winners were Kelton Mason, Kimbe Jones, Chris Willett, Selena Humphrey and Lesli Rowe.

Other students and their rankings were Adrienne Ramoz, Neomi Luna, Kaleb Clay and Colt Winn, third; Melissa Asebedo, Joshua Bell, Wayne Willett, Shandy Willett and Linzie Rust, fourth; Ricky Nevarez, Monica Ramoz, Aaron Cain, Jeremy Humphrey, fifth; Lacy Crawford and Jennifer Phillips, sixth; Monica Lazos and Joshua Clay, seventh; and Dacia Humphrey, eighth.

Tandi Jones, competing in trampoline, placed first. She is coached by Ashlee Winn.

The top six competitors in each age and ability level are eligible to advance to State. Royal Bounders qualifying were Lyndi Rowe, Lesli Rowe, Linzie Rust, Kimbe Jones, Ashlei Mason, Kelton Mason, LaCresha Johnson, Kaleb Clay, Ricky Nevarez, Colt Winn, Melissa Asebedo, Brad Seaton, Chris Willett, Wayne Willett and Selena Humphrey. In trampoline, Tandi Jones.

The State meet was held June 6 in Andrews. Plains Royal Bounders and their finishes were Tandi Jones, first trampoline; Kimbe Jones and Brad Seaton, first; Lyndi Rowe and Kelton Mason, second; LaCresha Johnson and Ricky Nevarez, third; Kaleb Clay, Colt Winn and Melissa Asebedo, fourth; and Linzie Rust and Ashlei Mason, fifth.

The Advance Team competed April 25 in the Regional Qualifying Meet in Andrews. Tandi Jones and Misty Willett finished sixth; Amber Bryan, ninth. All three became eligible to advance to State. At State

June 5, Tandi Jones placed fourth. Amber Bryan and Misty Willett did not attend.

Special Class Set At SPC

A seven-hour course for medication aides in nursing homes is scheduled July 18 at South Plains College.

The class will meet from 8 a.m. to 4 p.m. in the SPC Technical Arts Building, Room 101. Cost is \$15 a person and instructor is Mrs. Martha Haynes, R.N.

The continuing education course is designed for current medication aides in nursing homes who need to complete the required seven hours of continuing education.

For more information, contact the SPC Continuing Education Office at (806) 894-9611.

INTRODUCTIONS

"When you are being introduced to someone for the first time," says Ms. Giannini, "a nice, dry, firm but not bone crushing, handshake is important. If your palms perspire, dry them before you shake hands." Right hands should meet palm to palm, with thumbs crossing. Shake briefly.

Eye contact is important when being introduced and when making presentations. "Shake hands and look directly into the other person's eyes," says Ms. Giannini. Establishing direct contact leaves the other person with the impression that you care.

"If you are making a presentation to a large group of people, scan the room with your eyes so it looks like you are addressing everybody," says Ms. Giannini. "If you're nervous, try looking at the top of people's heads. It will seem as if you are making direct eye to eye contact."

HAPPY
4th OF JULY!!

*Have A
Bang-Up
Good
Time
This
Year!*

**Plains
Appliance Center**

Sue Randall, Mgr
456-3565

Mon-Sat 8-6

Kitchen Korner

How would a 1776 cook feel about a 1987 Weight Watchers Independence Day picnic? A time traveler from colonial days would undoubtedly be overwhelmed by the variety of food available and the kitchen appliances that make modern food preparations quick and easy.

But if he had sampled some of the tempting Weight Watchers recipes listed below, he might have gone back to his home of 200 years ago and prepared early American samples of things to come.

TO MARINATE CHICKEN

Cut two chickens into quarters, lay them in vinegar for three or four hours with pepper, salt, bay leaf and a few cloves, make a very thick batter, first with half a pint of wine and flour, then the yolks of two eggs, a little melted butter, some grated nutmeg and chopped parsley; beat all very well together, dip your fowls in the batter, and fry them in a good deal of hog's lard, which must first boil before you put your chicken in. Let them be of a fine brown, and lay them in your dish like a pyramid, with fried parsley all round them.

Garnish with lemon, and have some good gravy in boats or basons.

The Art of Cookery
Hannah Glasse 1789

BARBECUE MARINADE

BY WW Quick Start Cookbook
Use as marinade with poultry.
2 t vegetable oil
¼ c diced onion
2 T plus 2 t low-calorie ketchup (6 cal per T)
2 T water
1 t each Worcestershire sauce and red wine vinegar
½ t powdered mustard
¼ to ½ t hot sauce

In small saucepan heat oil; add onion and saute until softened. Stir in remaining ingredients and simmer, stirring constantly, for three minutes; let cool. Makes 2 servings, about ¼ cup each, or 4 servings, about 2 T each.

Each ¼ cup serving provides ¼ vegetable exchange; 1 fat exchange; 8 calories optional exchange. Each 2 T serving provides 1/8 vegetable exchange; ½ fat exchange; 4 calories, optional exchange.

To an American Colonist, "potato" meant sweet potato, and others were "white potatoes". There are several stories of how the potato -- a native of South America made it to the Colonies. Some say Sir Walter Raleigh introduced it, and some say that it came with the Irish settlers, but this now popular

and basic dinner item was by no means an instant hit. In early American recipes, potatoes were mixed with sugar, spices and raisins.

POTATO SALAD

by WW Favorites
2 eggs, hard-cooked and chopped
3 oz peeled and cooked potato, cut into cubes and chilled
½ c chopped celery
1 T diced drained canned pimiento
1 t minced onion
2 T plain low-fat yogurt
1 T reduced calorie mayonnaise
Granulated low calorie sweetener with aspartame to equal 2 t sugar (optional)
1 t prepared yellow mustard
1/8 t salt
dash pepper

In medium bowl, combine eggs, potato, celery, pimiento and onion. In small bowl, combine remaining ingredients, mixing thoroughly. Pour yogurt mixture over potato mixture and toss gently to coat. Cover with plastic wrap and refrigerate for at least one hour. Makes 1 serving.

Each serving provides 2 protein exchanges; 1 bread exchange; 1 1/8 vegetable exchanges; 1 ½ fat exchanges; ¼ milk exchange.

YOUR FLOWERS AND PLANTS Helpful Hints

By Merlin Olsen

Flowers help make a wedding beautiful and memorable. And they should be planned as carefully as other elements of the event



according to FTD florists, who have some tips for the brides-to-be and their families. Whether the wedding is contemporary or traditional, sophisticated or simple, the important thing is to meet with your florist well in advance to work out all the details.

The bride's bouquet, of course, is a major consideration. It may be in traditional white or in color, perhaps using some of the exciting new flowers now available. There also are the attendants' bouquets; boutonnieres for the groom, grooms-men and fathers; corsages for the mothers; decorations for the church, temple or home where the ceremony takes place, and decorations for the reception.

At the ceremony, flowers are appropriate for the altar canopy, pews or rows of chairs and entryways. Flowers also are welcoming at the entrance of the reception, on individual tables and buffets. Punch bowls and even the cake also can be decorated with flowers, in the color scheme selected by the bride.

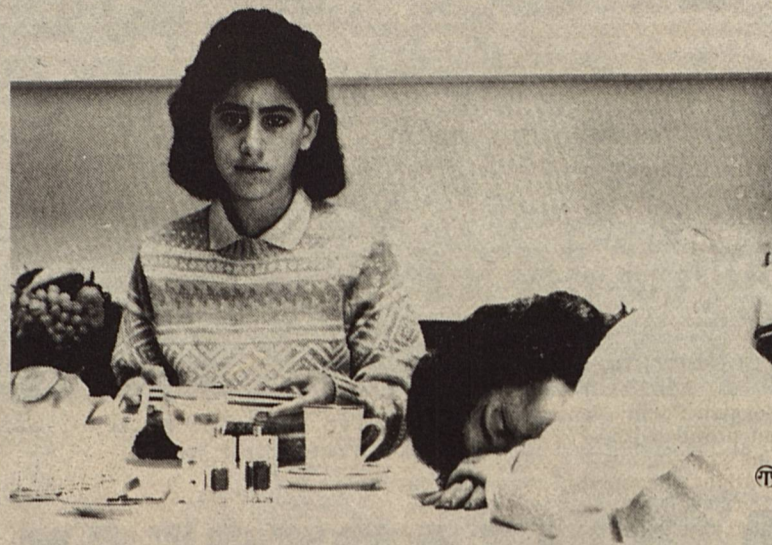
Extra wedding floral touches, which some families select, include:

- Having a flower girl hand out loose flowers to female guests as they go into the ceremony.
- Having a smaller version of the bride's bouquet made to toss at the reception so the original can be kept as a memento.
- Reproducing the bride's bouquet in silk flowers as a memento.
- Attaching a tiny flower or two to the bride's garter.
- Including potpourri sachets in the bridesmaids' bouquets for them to have as a keepsake.
- Floral decorations for the rehearsal dinner.
- A heart-shaped wreath of twigs and baby's breath for the doorway of the reception hall.



spotlight on health

Sleep Disorders: What You Should Know



A loved one's ill-timed naps may signal more than just fatigue.

An estimated 135,000 people will have trouble staying awake today. They suffer from narcolepsy—"a hidden disease". This sleep disorder is unusual for four reasons:

- it's characterized by episodes of daytime sleep attacks;
- although brief, the attacks occur frequently throughout the day;
- the person experiencing them is virtually powerless to resist them;
- diagnosis of the disease is easily missed.

About 50 percent of the people who suffer from narcolepsy also have cataplexy—an alternate symptom characterized by a sudden loss of muscle tone often brought on by emotional experiences such as laughter.

A cataplectic attack can last for several seconds or several minutes. The loss of muscle tone can be anything from a slight buckling of the knees to a complete collapse.

Currently, people with narco-

lepsy are treated with stimulants, which help control the sleep attacks. Antidepressants are used for control of cataplexy.

An orphan drug under development by Stuart Pharmaceuticals may offer promise to those who suffer from the narcolepsy-cataplexy syndrome. "Orphan drug status" is a designation conferred by the Food & Drug Administration on those drugs which have limited use for rare diseases or conditions affecting only about 200,000 patients or less in this country.

The Stuart Pharmaceuticals' drug (viloxazine hydrochloride), is a nontricyclic antidepressant. Unlike other drugs used to treat narcolepsy, viloxazine has shown a remarkably low side effects profile which is important because people who have narcolepsy are advised to take their medications daily for life.

For more information on narcolepsy, write to the American Narcolepsy Association, PO Box 1187, San Carlos, CA 94070.

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1 year (outside county) \$16
2 years (outside county) \$26

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PUBLIC NOTICE

ATTENTION PLAINS SENIOR CITIZENS
Yoakum County Senior Citizens Program provides transportation between Plains and Denver City free of charge (donations accepted) to all senior citizens. The program also provides meals at the Denver City Senior Citizens Building at a charge of \$2 per plate. For further information contact James Williams, 456-6688.

NOTICE TO BIDDERS THE STATE OF TEXAS COUNTY OF YOAKUM

Notice is hereby given that the Commissioners' Court of Yoakum County, Texas will receive bids until 10:00 a.m. on the 8th day of July, 1987 for the purchase of one (1) new "police special" automobile with trade-in of one (1) 1984 Chevrolet "police special".

Specifications may be obtained from Sheriff Jim Rice.
Sealed bids should be marked and delivered to the County Judge's Office, P.O. Box 456, Plains, Texas 79355.
Commissioners' Court reserves the right to reject any or all bids.
s/Hazel Lowrey
County Auditor
Published June 30 & July 7, 1987



Contact Dan or Linda Wall
SHOP WITHOUT GOING SHOPPING

Miscellaneous

FOR RENT: 1 bedroom apartment. Call 456-6877. 6/tfc

NOTICE TO BIDDERS THE STATE OF TEXAS COUNTY OF YOAKUM

Notice is hereby given that the Commissioners' Court of Yoakum County, Texas will receive bids until 10:00 a.m. on the 8th day of July, 1987 for the purchase of one (1) pickup, not over a year old and with less than 10,000 miles.

Specifications may be obtained from Bob Thurston, Commissioner of Precinct 2.
Sealed bids should be marked and delivered to the County Judge's Office, P.O. Box 456, Plains, Texas 79355.
Commissioners' Court reserves the right to reject any or all bids.
s/Hazel Lowrey
County Auditor
Published June 30 & July 7, 1987

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Poly Tanks \$585 for 1600 gal.
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LITTLE LEAGUE GAME RESULTS

RED SOX 12	BRAVES 11
RED SOX 16	COWBOYS 13
COWBOYS 11	BRAVES 10
BRAVES 10	RED SOX 9
COWBOYS 14	RED SOX 7
BRAVES 38	COWBOYS 2
COWBOYS 4	BRAVES 3
BRAVES 14	RED SOX 13
RED SOX 11	COWBOYS 1
RED SOX 17	COWBOYS 1
COWBOYS 9	BRAVES 6
RED SOX 16	BRAVES 6

LEAGUE CHAMPIONS
RED SOX

Season Standings:
Red Sox 5-3
Cowboys 4-4
Braves 3-5

COWBOYS -- First Base: Victor Bernal; Catcher, Outfield & Pitcher: Chris Moreno; First Base, Third Base: Brad McMinn; Second Base: Blaine McWhirter; Outfield: Jesse Flores; Outfield: William Chavez; Shortstop: Shannon Ward; Outfield: Joe Valdez; Outfield: Manuel Ortiz; Outfield: Teddy Murph; Outfield: Lenell Murph; Third Base, Outfield: Todd Thompson; Catcher, Outfield: Joey Guerra. Coaches: Lee Salas and Shannon Patton.

RED SOX -- Third Base: Jerry Dominguez; Outfield, Pitcher: Michael Sainz; Outfield: Eric Ramos; Catcher: Jason Wilson; Catcher, First Base: Stony Garland; Second Base: David Bitolas; Shortstop, First Base: Lance Cole; Shortstop: Ace Williams; Outfield: Scotty Raines; Outfield: Lee David Hernandez; Outfield, Pitcher: Ladd Winn; Shortstop: Manuel Chavez. Coaches: Larry Cole and David Bunch.

BRAVES -- Third Base, Pitcher: Lenny Morrow; Shortstop, Pitcher: Chris Caballero; First Base, Third Base, Pitcher: Sterling Lovelace; Catcher: Michael Salas; First Base, Pitcher: Brad Ashburn; Outfield: Jimmy Robertson; Outfield: Tracy Bearden; Outfield: Ricky Gonzales; Outfield: Cory Wauson; Outfield: Cody Wauson; Second Base: Ken McAdams. Coaches: Evertt McAdams and Larry Morrow.

The players and coaches would like to give special thanks to the Commissioners, and also thank the organizations and people that donated to the Little League program.

There is often less danger in the things we fear than in the things we desire. —John Churton Collins

SUBSCRIPTIONS EXPIRING

JUNE
Mark Lewis
Sheri McGinty
Maurcene Phillips
Plains State Bank
Pamela K. Rowe
Tim Willis
Mary Jane Jenkins
Billy R. Jones
Pharon Pharr

Dallas Brewer
Warren New
Delight English
Kathy Minchew
Olga Peacock

Manuel Chavez
Mrs. Rachel W. Duff
Richard Clark, Atty.



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Fits most popular cars & light trucks.
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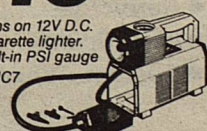
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