

Plains Library  
Box 419  
Plains, TX 79355

# THE PLAINS RIDE

PLAINS, YOAKUM COUNTY, TEXAS

VOLUME 8, NUMBER 42 WEDNESDAY, JANUARY 20, 1993 30¢



JUNIOR VARSITY COWBOYS - back row, left to right, is Jaime Garland, Johnny Don Davis, Jeremy Dearing, Luke Smith, Ken McAdams, Pete Flores and Coach Edwin Brink. Front row, ltr, is Robert Knight, Ralph Ramirez, Edward Escobar, Chris Caballero, Chris Payne, Lance Cole and Kirk Parrish.



JUNIOR VARSITY COWGIRLS - back row, left to right, is Coach Charles Cain, Valerie Blair, Heather McDonnell, Lisa Ward, Jennifer Earnest and Amanda Koncaba. Front row, ltr, is Sylvia Tarango, Amber Bryan, Rachel Garza and Maria Moreno.

## Little Dribblers to be organized

Plains Little Dribblers Association will hold an organizational meeting Thursday, Jan. 21 at 7:30 p.m. in the clubroom of the old courthouse. All interested persons are invited to attend. Parents of children wishing to participate are especially invited.

To be eligible to participate, players in the Junior League must be nine or 10 years of age as of Sept. 1, 1993. Major League players must be 11 or 12 years of age on that date.

New officers will be elected, schedules organized, and other business transacted. A try-out session is planned for coaches. Also to be discussed are uniforms and concession stands.

Parents of participating children are given first chance to serve as coaches although one does not need to be a parent of a player to serve as coach.

## Cookie sales campaign underway for local Girl Scouts

Girl Scout Cookies went on sale Saturday, Jan. 16. Girl Scouts will be taking orders for seven varieties of cookies this year. Cookies will sell for \$2.50 per box. Funds provide profit directly to the troops and local service unit and to the council to provide for camps and other council sponsored activities, as well as providing scholarships for the girls to attend camp or other national Girl Scout trips.

This year's theme is "YES, YOU CAN!" Incentives include patches, t-shirts, mugs, troll dolls or stuffed elephants, Texas Water Rampage tickets, elephant charms, travel bags, flashlight radios, personalized garment bags, and a family trip to Midland. Girls may also choose to work for scholarships ranging from \$65 to \$400. The top participant for the 18 county Caprock Council will receive a Family Trip to Six Flags. Runner-up will receive a "Family Night Out" in Lubbock.

Cookies will be on sale through Jan. 31 and will be delivered between Feb. 17 and March 6. Girl Scouts would like to remind people who are

eager to obtain the Girl Scout Cookies that "this is your only chance to order and receive Girl Scout Cookies for the 1993 calendar year." They also emphasize that all the cookie varieties can be frozen.

The seven varieties include Golden Nut Clusters (caramel and pecan covered tender cookie bar with a light maple-flavored coating), Chalet Cremes (lemon and vanilla filled cookie assortment), Trefoils (a shortbread cookie), Samoas (tender vanilla cookie covered with caramel, rolled in toasted coconut, and striped with a chocolate coating), Thin Mints (chocolate wafer covered with a cocoa and peppermint coating), Do-Si-Dos (oatmeal cookies with a creamy peanut butter filling), and Tagalongs (a cookie topped with creamy peanut butter and covered with a chocolatey coating).

To place an order for cookies check with your local Girl Scout Troops or contact one of these Girl Scout Leaders: Kay Canon, 456-7175, Dean Richardson, 456-5225 and Jerri Lollar, 522-6521.

## Modifying recipes for better health

In the 1990s, styles are changing in your wardrobe, home decorating, music and food. But when it comes to the foods you eat and serve your family, chances are you are using the same old recipes - heavy on fat, sugar and salt.

Update and revitalize your recipes. Learn to prepare your old family favorites in new, more healthful ways. Follow the trend toward leaner, lighter foods. This can be done through simple modifications. The link between diet and health is important. It is important for parents to help their children develop good eating habits early in life. If one or both parents are obese, the chances are the child will remain obese because of lifestyle.

Don't tell yourself and family that you're going on a "diet"; instead, make permanent lifestyle changes in the family diet by modifying recipes.

One way to modify the family diet is to make adjustments in the types and amounts of ingredients in recipes so that the end result is just as satisfying but fits better with the dietary guidelines.

Very few recipes need to be followed exactly to assure a good quality product. Chances for success are best if you understand when and how to modify recipes.

### Modifying Recipes For Fat:

Fat is the most concentrated source of calories. Each gram of fat supplies nine calories, compared with four calories per gram of protein or carbohydrate. Reducing the amount of fat in a recipe is the most effective way to cut calories.

To Decrease Total Fat and Calories:

- \* In casseroles and main dishes, cut back or even eliminate added fat. For example, browning meat in added fat is unnecessary because some fat will drain from the meat as it cooks. Use a non-stick pan or cooking spray. Rinse browned ground meat by placing it in a colander and running hot water over it, then pat dry with a paper towel.

- \* Saute' or stir-fry vegetables with very little fat or use water or broth.

## Neoma Turner complimented with farewell coffee recently

Neoma Taylor Turner was complimented Jan. 4 with a farewell coffee in the Heritage Room of Yoakum County Library.

Decorated in burgundy and white, the party table was decorated with an arrangement of burgundy and white roses. Finger sandwiches, vegetables, cookies, punch and coffee were served by Pat Altman.

Hostesses presented the honoree with a money and ribbon corsage, gown, robe and slippers.

Assisting with hostess duties were Mmes. Gary Six, Tracy Welch, Rick Ramos, Edward Rodgers, Patrick Hamilton, Jackie McDonnell, Manuel Estrada, Randy Ward, Bob Fillipp,

The microwave is an appliance for cooking vegetables, or use a steamer basket in your saucepan.

- \* Chill soups, gravies and stews and skim off hardened fat before reheating to serve.

- \* Select lean cuts of meat and trim off visible fat.

- \* Decrease the proportion of oil in homemade salad dressings. Try one-third oil to two-thirds vinegar.

- \* Use reduced-calories sour cream or mayonnaise, or to reduce fat further, use plain low-fat or non-fat yogurt, buttermilk, or blended cottage cheese instead of regular sour cream or mayonnaise for sauces, dips and salad dressings. If a sauce made with yogurt is to be heated, add one tablespoon of cornstarch to one cup yogurt to prevent separation.

- \* Use skim or low-fat milk instead of whole milk. For extra richness, try evaporated skim milk - this is a good way to increase the calcium intake.

- \* Use two egg whites instead of one whole egg.

- \* To substitute liquid oil for solid fats, use about one-fourth less than the recipe calls for.

To Decrease Sugar:

- \* Try reducing sugar by one-quarter to one-third in baked goods and desserts.

- \* Decrease or eliminate sugar when canning or freezing fruits or buy unsweetened frozen fruit and fruit canned in its own juice or water.

- \* Increase the amount of cinnamon or vanilla in a recipe to enhance the impression of sweetness.

To Decrease Sodium:

- \* Salt may be omitted or reduced in most recipes.

- \* Start with a gradual reduction. For example, if a recipe calls for 1 teaspoon of salt, try one-half teaspoon. If you reduce the amount of salt gradually, you'll soon adjust to the less salty flavor.

- \* Rely on herbs and spices rather than salt for flavor.

To Increase Fiber:

- \* Choose whole grain instead of highly refined products such as whole wheat flour, brown rice, oatmeal, and barley.

Willis Carnohan, J.B. Ashburn, Carlos Wilkins, Aubrey Altman and Ms. Kristi Cobb.



NEOMA & GEORGE TURNER

## Spring dates announced by SPC for safety classes

South Plains College has announced spring dates for a hydrogen sulfide safety course regularly offered to help oilfield workers comply with Texas Railroad Commission requirements.

"The Texas Railroad Commission requires that oilfield workers must have a knowledge of hydrogen sulfide before going to work in the oilfields," said Kim Williamson, SPC assistant professor of petroleum technology. "We have devised a short course that usually meets two Monday nights a month that deals with detection of the gas, safety procedures and how to correctly use safety masks. We have a class hands-on demonstration in which everyone learns how to use the safety masks properly," said Williamson.

Hundreds of oilfield workers throughout the South Plains have taken the course, which is similar in content to the hydrogen sulfide safety procedures offered in SPC's two-year program in petroleum technology.

Class dates are Jan. 25, Feb. 8, Feb. 22, Mar. 8, Mar. 29, April 5, April 19, May 3, May 17, June 7, June 21, July 19, Aug. 2, Aug. 16 and Aug. 30.

Classes meet 6-9 p.m. in the SPC Petroleum Technology/Law Enforcement Building, room 108. Cost is \$10 a person.

Interested persons should phone in advance to register for each class. For more information, contact the SPC Continuing Education Office, at 806-894-9611, ext. 341.



PINATA DISPLAYED - Maria Hernandez and her family made this pinata that was displayed at the library during the holidays and Sarah Jane Shelton, pictured above, used the pinata in a program for Tsa Mo Ga Study Club explaining to members the Christmas customs of our neighbors to the South.

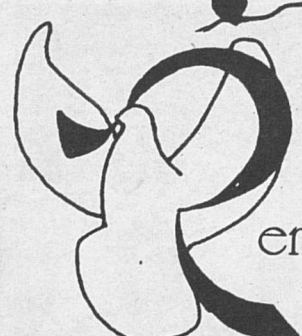
## Young Farmers hold meeting

Yoakum County Young Farmers heard a program on Soil Conservation Compliance at their meeting Jan. 11.

The upcoming stock show was discussed. The club has agreed to assist with the activities.

Attending were one guest, Jeff Roper, and members, Neal Newsom, Jim Jackson, Tracy Welch, Ron Craft, Vince Hawthorne, Brad Crump, Steve Jones, Steve Crump, Wayne Davis, Kreig Keesee, Jet Wilmeth and Don Parrish.

Next meeting will be at 8 p.m. Feb. 8 in the library.




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M-F 456-3939 10:30

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## Bennetts entertain Tsa Mo Ga members

Vera Bennett gave a review of "Bennett: A Texas Family" by her daughter, Becki Bennett Schwarz, for members and guests of Tsa Mo Ga Study Club Jan. 11.

Citing reasons her daughter wrote the book was her love of writing and the recollections of a happy Texas childhood. Mrs. Schwarz currently lives in Munich, Germany.

Much of the research for the book and the process of finding a publisher and its subsequent publication were carried out long distance.

"Becki came to appreciate the wide-open spaces and western culture of Yoakum County after living several years in the crowded, bustling city of Munich," said Mrs. Bennett. "The contrasts of Medieval buildings and closely packed living conditions as compared to ranch life in the West Texas Plains intrigued her."

Bruce Bennett entertained by playing the guitar and singing a song he wrote for his wife, followed by "Make The World Go Away" and "Cool Water."

Other guests were Gene Bennett, the Chip Bennett and Bruce Bennett families, Homer Shelton, Ty Earl Powell and Jess Snodgrass.

Hostesses Mary Jo St. Romain, Wilma Powell and Mattie Field served a chuck wagon supper of chicken fried steak, gravy, biscuits and cobbler.

A short business meeting was presided over by president, Kathy Jones with minutes read by Sheri McGinty. Committee reports were given by Dolores Davis, treasurer; Toni Jones, correspondence; Mrs. Romain, social and Louise Goehry, federation. Twenty members were present.

The club's next meeting, Jan. 25, will be a dinner honoring the 1993 graduating class of Plains High School.



GUESTS OF TSA MO GA STUDY CLUB recently were, left to right, sitting, Dusty Bennett, Bruce Bennett, Gene and Vera Bennett and Chip Bennett. Standing behind, are Carla Bennett, at left; and Darla Bennett, on the right.

*Dear  
Editor:*

Dear Editor:

We want to thank you for being so generous and nice to the Plains Dirt Gardeners all these years. You have published our Operation Christmas Card news free of charge before and after each Christmas.

This year you went all out and used one whole page for the names of those contributing to this community project, also printed another article about our plans to put permanent markers at each unmarked grave and for help in identifying the location and names of those unmarked graves in the Plains Cemetery.

We also want to thank all the citizens of the Plains territory who have been so faithful all these years to contribute to this community project.

Thanks again,  
Plains Dirt Gardeners  
Project Chairman - Ita Young

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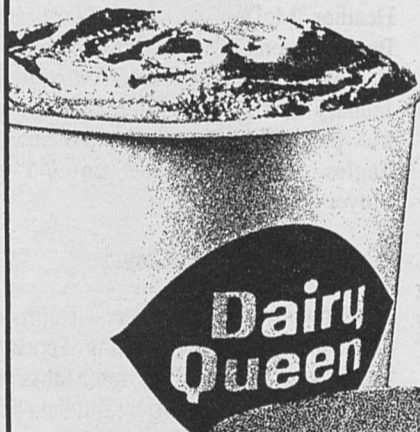
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## Plains Independent School District

"Home of the Cowboys & Cowgirls"

### Basketball Wrap-Up

#### Cowgirls vs Sands

Plains started off the new year by hosting the Sands Lady Mustangs here Tuesday night and dropped a 51-39 decision. Cold shooting from the floor failed to overcome hot shooting from the line as the Cowgirls managed only 31% from the field, but 73% from the free throw line. Trailing by 10 at half, Plains cut the lead to seven entering the last stanza. Amy Crutcher led the Cowgirls in scoring with 21 points followed by Heather Bowlin with eight. Rhonda Cowart hit five, followed by Monica Flores with three and Misty Willett with two. Amy led in field goal percentage with 69%, hitting nine of 13. Amy and Rhonda tied for honors in free throw percentage with 100% hitting three of three and two of two respectively. Misty followed with 67%. Amy also led in rebounds with ten followed by Ogla Ramirez with six. Rhonda led in assists with four and Monica led in steals with five.

#### Cowgirls at Amherst

Plains Cowgirls won two of three games at the Amherst Tournament this past weekend and came away with consolation honors. In a game with Ropes in the opening round, Plains hit only 21% from the field which was their hardest obstacle to overcome in a 40-27 loss. The Cowgirls defense held down the Lady Eagles but was unable to come up with much offense. Amy Crutcher led in scoring with 16 points followed by Ogla Ramirez with six. Heather Bowlin hit three and Monica Flores had two. Amy led in field goal percentage with 44% and also in free throw percentage with 67%. Ogla led in rebounds with 11 followed by Amy with eight. Heather led in steals with three and Rhonda Cowart led in assists with three.

In the consolation semi-finals, Plains played a tough Abernathy JV crew. The game remained close throughout before Plains went on a 10-2 run in the last three minutes to pull away for a 32-28 win. A balanced scoring attack saw Ogla lead with eight points followed by Monica, Rhonda and Amy all with six each. Heather had four and Stacey Jones hit two. Monica led in field goal percentage with 67% and tied for honors in free throw percentage with Heather as each hit two of two for 100%. Ogla led in rebounds with nine, Ogla and Rhonda led in assists with four each, and Rhonda led in steals with seven followed by Amy with five.

The Cowgirls had one of their better games of the year against Patton Springs for consolation. Plains jumped out to an 18-8 first quarter lead and extended it to 36-18 by halftime. Foul trouble hampered the Cowgirls in the second half as Amy, Monica and Stacey all fouled out and other players had four personals. In the 61-43 win,

Ogla led in scoring with 18 points followed by Heather with 15 and Amy with 14. Stacey had 10 points followed by Monica and Rhonda with two each. Amy led in field goal percentage with 55% followed by Heather with 50%. Heather hit six of six free throws for 100% and Monica and Amy each hit two of two for 100% also. Stacey led in rebounds with 11 followed by Ogla and Heather with eight each. Rhonda led in assists with five followed by Ogla with four. Rhonda led in steals with seven followed by Ogla with four.

At the conclusion of the tournament, Amy Crutcher was named to the All-Tournament Team. It was the second time this year for Amy as she also made the All-Tournament Team at Reese Air Force Base Tournament. The coaching staff would like to commend the girls on their efforts in the Amherst Tournament and congratulate Amy Crutcher for being selected to the All Tournament Teams.

#### JV Cowgirls

The JV dropped a 37-27 game to the Lady Mustangs. Neither team could manage to score many points until the final quarter where the Cowgirls outscored Sands 16-14. Amber Bryan led in scoring with ten points, followed by Valerie Blair with seven. Rachel Garcia, Sylvia Tarango, Heather McDonnell, Lisa Ward and Becky Coronado all scored two points.

After the Amherst Tournament January 7, 8 and 9, Plains started district play. They hosted the O'Donnell Eagles on Jan. 12 and traveled to Smyer on Jan. 15.

#### Cowboys vs Sands

Cowboy round ballers tromped Sands 81-37 in a Jan. 5 outing. Scoring were Victor Bernal, 18; Brad McMinn, 16; Ladd Winn, 14; Brian Wilson, 11; Brad Ashburn, 10; Lenny Morrow and Jay Rushing, three each and Shannon Ward, Jerry Dominguez and Shea Baucom, two each.

Ashburn was top scorer in the Cowboys' 69-58 victory Jan. 9 over New Home. He scored 21 points followed by Winn and Wilson with 18 each; Dominguez had four; and Ward, Morrow and McMinn, three each.

In their district opener Jan. 12, the Cowboys bested O'Donnell, 68-36. Scoring were Winn, 18; Ashburn, 12; Wilson, 10; McMinn, Dominguez and Morrow, eight each and Ward, four points.

#### JV Cowboys

The Junior Varsity Cowboys won over Seagraves, 54-48, Dec. 1. Scoring were Dominguez, 14; Pete Flores, 12; Ken McAdams, 10; Lance Cole, 7; Kirk Parrish, 6; Chris Payne, three and Johnny Davis, two.

In action Dec. 3 the JVs won 61-40 against O'Donnell in the Plains Tourney that was cut short to that game because of bad weather. Scoring were Dominguez, 23 points; Payne and McAdams, eight each; Ralph Ramirez, seven; Flores, six; Cole, four; and Edward Escobar, three and Jeremy Dearing, two.

Seagraves stopped the JVs 56-40 Dec. 8. Scoring were Flores and Parrish, eight each; McAdams, seven; Payne, six; Jamey Garland, four; Cole, three; and Ramirez and Escobar, two each.

In the Sundown JV Tourney, Plains fell to Shallowater 31-50 Dec. 10. Scoring were Cole, nine; Flores, eight; Parrish, seven; Escobar, three; and Dearing and McAdams, two each.

Plains took the second game, 37-31 over Meadow. Scoring were McAdams, 15; Parrish, 10; Ramirez and Flores, four each; and Payne and Cole, one.

Anton eliminated Plains 49-37 Dec. 12. Scoring were McAdams, 12; Parrish, nine; Flores, eight; Cole, four; and Payne and Escobar, two each.

Plains whipped Anton 60-43 Dec. 15 with McAdams scoring 14 points; Cole, 13; Parrish, 10; Payne, four; Ramirez, three and Escobar, two.

Jan. 5 found Plains blowing Sands away 44-41. Scoring were Flores with 25 points; McAdams, five; Parrish, four; Chris Caballero, three; Payne, Cole and Escobar, all contributing two points with Davis adding one.

Action Jan. 12 saw Plains standing over O'Donnell 53-34. Scoring were McAdams with 18 points; Flores, 13; Cole and Davis, six each; Ramirez, four; and Escobar, Robert Knight and Dearing, two each.

### Plains Elementary achieves honor

Plains Elementary School has been invited to become a charter member of the new Clearinghouse for Successful Practices. The Clearinghouse is an initiative to expand the work of the Texas Dropout Information Clearinghouse and the Clearinghouse on Promising Educational Programs.

The honor was determined by Plains Elementary's selection last July as a Commissioner of Education's Texas Successful Schools Award winner.

A data base will be developed to provide a centralized source of information about quality educational programs to Texas Public Schools through networking with other successful schools, says Brenda Smith, Plains Elementary School Principal. By identifying outstanding programs that work, a pool of models will be established for use by other campuses and school districts for improving educational programs.

### PHS honor rolls announced by J.B. Wilson

Third six weeks honor rolls were announced recently for Plains High School by J.B. Wilson, principal.

#### A HONOR ROLL

FRESHMAN - Kiri Ancinec, Valerie Blair, Jeremy Dearing, Heather McDonnell and Kelly McGinty.

SOPHOMORE - Victor Bernal, Lance Cole, Ken McAdams, Brad McMinn and Ladd Winn.

JUNIOR - Shea Baucom, Tracy Bearden, Roseo Canales, Jennifer Cowart, Rhonda Cowart, Tammy Lowrey, Lenny Morrow and Jay Rushing.

SENIOR - Brad Ashburn, Betsy Blair, Eric Cowart, Brandy Lester and Keri Powell.

#### A-1B HONOR ROLL

FRESHMAN - Johnny Davis.

SOPHOMORE - Dusty Beckham, Stacey Jones, Diana Mendoza, Gilbert Ortiz and Shannon Ward.

JUNIOR - Heather Bowlin, Jennifer Day, Candy Mancha, Kim McClure and Brian Wilson.

SENIOR - Kara Holder, Jonathon Kimbrell, John Michels and Dan Partin.

### Brenda Smith gives honor roll for Elementary

Elementary honor rolls for the third six weeks period were released recently by Brenda Smith, principal of Plains Elementary School.

FIRST GRADE - Denise Cano, Manuela Carrillo, Marisela Carrillo, Kassi Cypert, Tony Gomez, Austin Keese, Joseph Martinez, Sarah Martinez, Trent May, Grady McNabb, Nolan Newsom, Luis Quintana, Armando Ramirez, Paloma Saenz, Kayla Walker, April Wilmeth and Tiffany Woody.

SECOND GRADE - Amanda Blake, Chelsea Blount, Justin Chambliss, Jayce Clayton, Joshua Curtis, Sandra Gallegos, Krystal Gonzalez, Jill Gray, Chase Howell, Kimberly Martinez, Bradley Palmer, Amanda Rogers, Angel Ruiz, Ryan Swann, Kayla Willis, Elizabeth Wilmeth, Mackenzie Winn and Olga Zuniga.

THIRD GRADE - Jared Bell, Elizabeth Clanahan, Wendy Fierro, Trisha Garza, Moises Gonzales, Ashley Gonzalez, Tanner Hamm, Kendall May, Ragan McGinty, Scott Tirell, Chelsi Wagnon and Becky Wilmeth.

FOURTH GRADE - Christina Barrientes, Emily Blair, Kelsey Blundell, Aaron Cain, Lensey Cullins, Christopher Estrada, Edilberto Gallegos, Joel Gallegos, Jason Garcia, Linda Hernandez, J.D. Hill, Kimberly Jones, Ashlei Mason, Casey Mayes, Eric Nixon, Ross Rogers, Lesli Rowe, Elva Ruiz, Dustin Six, Jennifer Ward, Alexis Warren, Matthew Willis, Aaron Woody and Jessica Zuniga.

7th Wranglers Grade



7TH GRADE WRANGLERS - left to right, are Pat Tireli, Alberto Tarango, Coach Michael Davis, Wayne Willett, Jason Redman, Derek Brunson, Abraham Garcia, Jamie Caballero, Shawn Cullins, Heath Bowlin and Andrew Devore.



8TH GRADE WRANGLERS - standing, left to right, Wayne Willett, Coach Evertt McAdams, Jacob Lester, Eddie Garcia and Colby Burgess. Kneeling, ltr, Marte Pierce, Joe Luna, Yancey House and Casey Forbus. Not pictured, Steven Bitolas.

8th Wranglers Grade



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STATE REP. PETE LANEY

## Rep. Laney elected Speaker of the House

State Rep. James E. "Pete" Laney, D-Hale Center, was elected unanimously Tuesday as the 68th Speaker of the Texas House of Representatives.

Laney, 49, pledge to pass a school finance plan in the House within the next 30 days -- "a plan with bipartisan support that will meet the requirements of the courts and the needs of our educational system."

He said taxes should not be raised and lawmakers must agree on a budget that stays within current revenues.

The new speaker pledged to earn the trust, respect and support of Texans for the work done by the Texas House of Representatives.

"It is a sad fact that many people have lost faith in government at all levels and for many reasons," Laney said. "We ourselves are the only ones who can change that -- by the way we conduct ourselves and by the quality of legislation we pass."

Laney said he will set standards for himself and for the Speaker's Office that go beyond what is required by law.

"I am requiring my top staff members to pledge not to represent anyone before the legislature for a period of time after their employment ends. And I make that same pledge for myself," Laney said.

He endorsed numerous changes in House rules recommended by the House Select Committee on Rules to increase efficiency and accountability in the legislative process.

Laney also recommended additional reforms: requiring the Calendars Committee to conduct its business publicly; requiring every bill referred to Calendars to be acted upon within a certain time period; and establishing a 12-hour layout requirement for bill substitutes to give members time to read major revisions to bills before voting on them.

Laney said he will give House Members several days to study the changes before he schedules a debate and vote on them.

Laney also will appoint an ethics advisor to help him and the House understand and follow state ethics law and produce an ethics manual as a reference for legislators and their staff members.

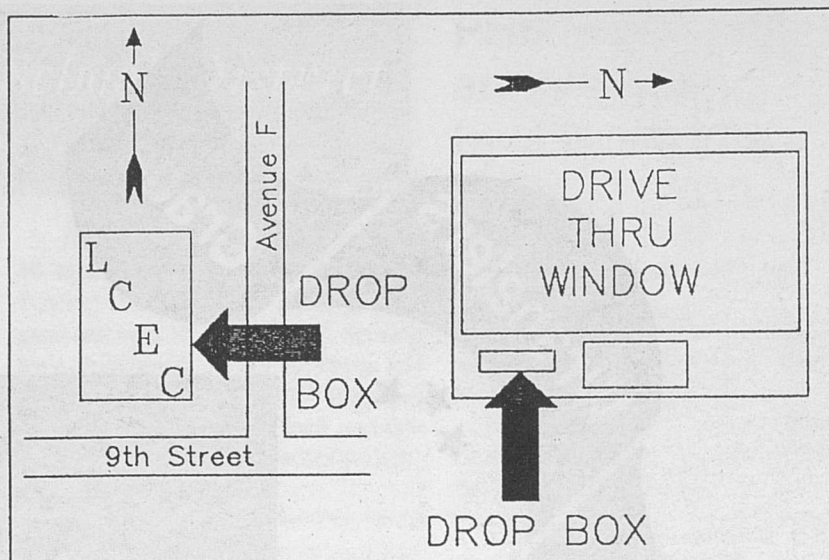
"I believe if all of us work hard enough and long enough, solutions can be found," Laney said.

## New books arrive at local library

A number of new books have arrived at Yoakum County Library. There are also a number of new videos and the microfiche reader and printer is now available for use by local patrons. New books include:

**Religious Books:** Mother Angelica (Her Life Story) by Dan O'Neill; Goliath (The Life of Robert Schuller) by James Penner; Laugh Again by Charles R. Swindoll; Hope For The Troubled Heart by Billy Graham.

**Books of Interest:** Party Food by Barbara; Faye Levy's International Cookbook by Faye Levy; Miss Manners by Judith Martin; Creative Windows: Treatment by Arts and Crafts for Home Decorating; Instant Legal Forms by Ralph Troisi; 1992 Southern Living Cookbook; For the Love of a Child (Follow up of "Not Without My Daughter") by Betty Mahmood; It Doesn't Take A Hero by General H. Norman Schwarzkopf; Presiding Officers of the Texas Legislative 1846-1991 by Texas Legislative Council; The Baseball Book of Why? by Dan Schlossbery; The Life and Career of Bill Clinton by Charles F. Allen and Jonathan Portis; and Harvey Penick's Little Red Book by Harvey Penick.



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- \* Respiratory Therapy

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## Kitchen Korner



ITA YOUNG

Cook of the Week honors are bestowed upon one of Plains' most loved and respected citizens, Mrs. Ita Young ~ who hasn't let "senior citizen" status keep her from being involved in the activities of her "hometown".

An active member of Plains Dirt Gardeners Garden Club, Ita is always ready to assist with projects to better her community. Growing up in the Tokio Community just east of Plains, Ita's parents were Jim and Sallie Parks.

Ita said good-bye to her husband of 64 years, when Robert died a little over a year ago. They were married Dec. 25, 1927 and resided in Tokio several years before moving to the Gomez community, where they farmed and operated a dairy service. Making their home in Brownfield in 1941, the Youngs were again engaged in the dairy business, but also operated a small ranch.

In 1951, the Youngs became business partners with her sister and brother-in-law, Redell and Foy Cogburn, in owning and operating the Cogburn-Young Hardware & Appliance Store in Plains. They remained in the business for 22 years, returning to small scale ranching until failing health forced Mr. Young's retirement. The Cogburns have since moved to Aztec, NM.

Fond of her nieces and nephews, Ita enjoys her extended family and friends. She shares a special cake recipe for diabetics, a broccoli and rice casserole dish and two all-time favorites - pecan pie and fresh apple cake.

### DIABETIC CAKE

2 c raisins  
1 c water  
2 c flour  
dash salt  
2 T sugar (or 2 pkg Sweet & Low)  
3/4 c corn oil  
2 eggs, beaten  
1 c sweetened applesauce  
1 t soda  
2 t cinnamon

1 t nutmeg  
1 t vanilla

Simmer raisins and water until water is almost gone. Cool. Combine all ingredients in large bowl and mix together. Bake in oven at 350 degrees for 45 minutes. Do not over bake.

### BROCCOLI & RICE CASSEROLE

Prepare one cup raw rice according to package directions; and also prepare one package of frozen chopped broccoli according to package directions. Then add:

1/2 c chopped onion  
1/2 c chopped celery  
1 can cream of mushroom soup  
1 can cream of chicken soup  
1 small jar of Cheez-Whiz

Prepare ahead of time and bake in moderate oven until heated thoroughly.

### PECAN PIE

2 t sugar  
2 t flour  
2 t butter  
2 eggs  
1 c Karo syrup  
1 t vanilla

1/2 to 1 c chopped pecans

Cream sugar, flour, butter and eggs together. Add Karo, syrup, pecans and flavoring. Pour into unbaked pie shell and bake at 350 degrees until set (approx. 45 mins.)

### FRESH APPLE CAKE

In large mixing bowl, fold together:

4 c chopped apples  
2 c sugar  
1 c chopped pecans

Let stand to make own juice.

Mix:

3 c flour  
1/2 t nutmeg  
1/2 t cinnamon  
1/2 t salt  
2 t soda  
1 c oil  
1 t vanilla  
2 eggs, beaten

Combine ingredients and bake one hour and 15 mins. in 350 degree oven.

## YCEH Council plans programs

Yoakum County Extension Homemakers Council met Jan. 5 to make upcoming plans for Turner and State Line Extension Homemakers Clubs.

State Line members presented inspirational thoughts, "This Younger Generation". Roll call was answered by Dorothy Jones, Maurine Smith, Bea Pippin, Sidney Murphey and Extension Agent Joan Chandler.

Thank you notes were read and routine business transacted. January club meetings will be devoted to filling out yearbooks. Secret pals will be revealed and new names drawn.

If 15 or more persons but no more than 25 indicate interest, the council will secure an instructor from Extension Master Volunteer Programs, sponsored by the National Council, to teach crocheting and knitting skills.

The stock show, slated Feb. 11-13, was also discussed.

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## Taxpayers: Time for a New Tea Party?

Two hundred years after the Boston Tea Party—when angry Colonists dumped tea into Boston Harbor to protest high tariffs and British rule—a new group of angry Americans is planning a replay of the event. But today's taxpayers plan to dump their tea on Capitol Hill.

The Council for Citizens Against Government Waste is inviting Americans who are fed up with foolish federal spending to send a message to the newly elected Congress by mailing teabags to Washington. They can be sent to: CCAGW, Dept. P, P.O. Box 19300, Washington, D.C. 20036-9300.

The teabags will be delivered to the new Congress in January, along with a game plan showing how to eliminate billions in waste—beginning with its members' own excesses. For example:

- The U.S. Congress spends more on itself than any other legislature in the world, with annual costs rising from \$343 million in 1970 to an estimated \$2.8 billion today.

- In less than three decades, Congressional salaries have shot up from \$22,500 a year to \$129,500—putting its members in the top 2% among salaried Americans. And their staffs have quadrupled in 30 years; aides now number 20,000.

- Perks include free parking (this costs us \$642,000 a year), athletic facilities, generous pension and savings plans, life and health insurance, and tax deductions.

- Our lawmakers are immune from 16 major laws, including the Social Security Act and Civil Rights Act.

- To win reelection, most incumbents use the advantages of office—free mail, subsidized staff, video services.

- Congress controls nearly \$2 trillion in spending and loan guarantees, which can be used to benefit special interests.

Incidentally, when the first Tea Party was staged in 1773, taxes took less than 1% of the Colonists' income. In 1993, Americans will turn over about 40% of their income to federal, state and local taxes.

*Taking Applications*

Yoakum County Appraisal District is accepting applications for Chief Appraiser. Applicants must be certified as a Registered Professional Appraiser with the Board of Tax Professional Examiners. Applicants must reside in Yoakum County or must be willing to relocate to Yoakum County. Send resume to: Board of Directors, Yoakum County Appraisal District, Box 748, Plains, Texas 79355.

41/3tc

**Expired Subscribers For December**

- Deborah Head
- Dell Knight
- D'Lynn McGinty
- Harold D. Parrish
- Verna Randall
- Jeanine St. Romain
- Neoma Taylor Turner
- Clyde Trout

**To Expire In January**

- Linda Cole
- F.W. Graham
- A.J. Hayes
- Pat Henard
- T.J. Miller
- Jerry Parrish
- Gilbert Pierce
- Alma L. Poe
- Tracy Welch
- ~~J.D. Wilson~~
- David Alexander
- Kathryn Brown
- ~~John Gray~~
- David Lollar
- David McGill
- Mrs. Bobbie Rogers

**To Expire In February**

- Stanley Ashburn
- Jim & Jo Jackson
- Bob Johnson
- Sandy Land UWCD
- Pete Simmons
- Billy Winn
- Texas Alltel, Inc. - M.W.F.

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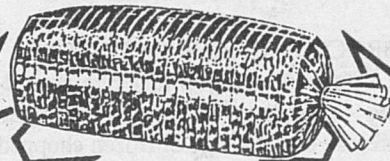
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