

## WHITE'S Wagging Tongue

by Cynthia White

Father: Well, son, you're back from your first camping trip. Did you fish with flies?

Son: Yes, Dad. I not only fished with them - I also camped with them and slept with them.

wag

Dink: Did you hear about the camper who had a new sleeping bag?

Duff: No. What happened?

Dink: He spent three weeks trying to wake it up.

wag

And for those of you who enjoyed the computer virus definitions, here's some more:

**ADAM AND EVE VIRUS:** Takes a couple of bytes out of your Apple.

**OLLIE NORTH VIRUS:** Causes your printer to become a paper shredder.

**CONGRESSIONAL VIRUS:** The computer locks up and the screen splits in half with the same message appearing on each side. The message says that the blame for the gridlock is caused by the other side.

**PBS VIRUS:** Your program stops running every few minutes to ask for money.

**PAT BUCHANAN VIRUS:** Your system works fine, but complains loudly about foreign software.

**COLIN POWELL VIRUS:** Makes it's presence known but doesn't do anything. Secretly you wish it would.

**HILLARY CLINTON VIRUS:** Files disappear only to reappear mysteriously a year later; in another directory.

**PAUL REVERE VIRUS:** This virus doesn't horse around, warns you of impending attack - once if by LAN, twice if by C.

**ROSS PEROT VIRUS:** Activates every component in your system, just before the whole thing quits.

**GEORGE BUSH VIRUS:** It starts by boldly stating: "Read my docs...No New Files!" on the screen. It proceeds to fill up all the free space on your hard drive with new files, then blames it on the Congressional Virus.

wag

## Candidates sought for Goree School Board election

Two vacancies on the Goree School Board will be up for grabs in the up-coming trustee election to be held May 3, 1997.

The positions of Carlene Harlan, whose term will expire, and Eurlida Hutchens, who resigned earlier in the year, will be open. Each position will be for a three year term.

Anyone interested in filing for a position on the Goree School Board may do so beginning February 17, 1997. Any qualified registered voter living in the Goree School District can file.

Applications may be picked up at the Superintendent's office, Goree ISD, during regular school hours.

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HAVE A NICE DAY!



MRS. LULA BATY, MRS. GAIL WHITLEY, AND MRS. LENORA HAMMETT are just a few of the area FCE quilters who will be putting the finishing touches on a quilt that will be the feature item in a state-wide drawing. FCE District 3 will be hosting the state meeting in Wichita Falls in September and the clubs from Knox and Kent counties were asked to piece and quilt a coverlet which will be used as a fund raiser for the organization.

## Cotton Variety plot yields are complete

The yields from the 1996 Knox County dry land and irrigated cotton variety plots have been calculated and are available. This year the Knox County Extension Service conducted an irrigated cotton variety plot with Mark Reed and a dry land cotton variety plot with Garry Brown.

The dryland plot was planted just north of the Texas A&M University Vegetable Research Station on June 10 and harvested December 16. A snapped cotton yield was determined by hand picking thirteen feet of row at two locations. The yields from these two pickings were averaged for a yield per acre. One sample was then transported to Lubbock to be ginned. This process would determine a percent gin turnout. This will allow a lint yield per acre to be calculated.

The top six varieties were: All Tex Atlas (698 lbs.), Paymaster 280 (648 lbs.), Paymaster HS26 (597 lbs.), Paymaster HS200 (576 lbs.), TamCot Sphinx (557 lbs.) and Brownfield UTE (555 lbs.). A total of sixteen varieties were planted in this plot. The other ten varieties were: TamCot CAB-CS (514 lbs.), Brownfield Tejas (509 lbs.), Hartz 1220 (494 lbs.), Delta Pine Acala 90 (489 lbs.), All Tex Quickie (474 lbs.) Stoneville 474 (473 lbs.), Paymaster 330 (441 lbs.), Holland 186 (396 lbs.), Seed Co 9023 (385 lbs.) and All Tex Excess (361 lbs.).

The irrigated cotton variety plot was planted by Mark Reed south of Munday on May 29 and harvested on December 27. This year the method of harvesting was altered just a little. Each variety had sixteen rows planted. At harvest

## Munday ISD announces openings for board of trustees

The Munday Independent School District will have three openings to fill when election time rolls around.

Persons interested in filing for candidacy may do so at the Superintendent's office beginning February 17. Closing date for filing is March 19. The write-in deadline is also March 19 with first day for write-ins being March 4.

time, with the aid of two Benjamin High School seniors - Rachel Duke and Julie Welch - eight rows were measured and marked. This measured area (.28 acre) was harvested by a John Deere 7445 stripper.

This method gave a good seed cotton yield. A sample from each variety was collected to determine a percent gin turnout for calculating lint per acre. Eleven varieties were planted in this plot. Stoneville 132 showed the highest yields with 1066 lbs. lint per acre. This variety was followed by TamCot Sphinx (941 lbs.); Seed Co 9023 (831 lbs.) Paymaster HS200 (828 lbs.); Holland 186 (766 lbs.); Brownfield Ute (716 lbs.); Paymaster HS26 (707 lbs.); Brownfield Tejas (643 lbs.); All Tex Atlas (625 lbs.); All Tex Spress (597 lbs.); and Stoneville 474 (473 lbs.).

After all samples were ginned, the linted was delivered to a lab for the quality data (strength, staple, color, etc.) This information has not been completed. When it arrives, a price will be placed on the lint and a dollar amount per acre will be calculated. This information will be released as it becomes available.

Special thanks goes out to Mark Reed and Garry Brown for planting these plots. Also, thanks to Rachel Duke and Julie Welch for their help harvesting the irrigated plot during one of their days of Christmas Break.

If anyone would like a printed copy of the plot information, please contact Paul Weiser in the Knox County Extension office in Benjamin at (817) 454 - 2651. A listing of chemicals used (insecticides, herbicides, fertilizers, etc.) as well as the cotton value (dollars per acre) should be available by March 16. Copies will be mailed to local gins and elevators.

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## February Subscriptions Due

If your mailing label is dated on or before 2/28/97 your subscription to *The Munday Courier*.

## Munday City Council met in regular session

The City Council of the city of Munday met January 14, 1997 in regular session at the Munday City Hall at 7:00 p.m.

Members present were Mayor Gary Tidwell, Council members Winter Mathews, Bob Bowen, Danny Owens and Jay White.

Mayor Tidwell called the meeting to order at 7:08 p.m. and ordered the reading of the previous minutes. The minutes of the December 10, 1996 regular session were approved as read on a Mathews motion and a Bowen second. All were for.

The status of expanded local calling was discussed. Haskell has petitioned for Munday and Seymour appears as if they will do

the same. Munday residents currently can reach Benjamin, Knox City, and Weinert free of charge. The expanded local calling program does not allow for petitions between cities over 50 miles apart.

Appointing a replacement for Gary Schur on the Development Corporation of Munday's board was discussed. The administrator will be contacting several candidates to ascertain their willingness to serve in this position. The Council will make the appointment during the regular February meeting.

The farm land lease at the airport was reviewed. Current lease will be renewed if the lessee fulfills his obligation to mow the airfield on a regular basis.

Data concerning fire equipment, the equipment's age, and the impact on key rate credit was studied. More research will be required so that a long-term plan for replacing aging equipment can be developed. No action required at this time.

The monthly financial report was heard- Preliminary work has begun for writing the FY 97-98 budget.

A report on the maintenance status of city facilities and equipment was heard. The new wastewater treatment plant project is underway and on schedule. No major maintenance problems currently exists.

The monthly police report was briefed by Chief Tejeda. No voting action required.

The monthly bills were approved for payment on a Bowen motion, Mathews second, with all for.

Mathews moved the meeting be adjourned at 8:35 p.m. White seconded. All for.

Policies concerning leases at the city airport were discussed. Current leaseholders to be contacted. Mathews moved that the larger commercial operations pay equal lease amounts and an increase for both be considered when current leases expire. Bowen seconded. All for.

The meeting adjourned at 9:18 p.m. on a White motion, with a Bowen second. All were for.

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## White files for re-election to City Council

Jay White filed for re-election today to his Chair on the Munday city council, pledging support for the current administration's fiscal policies while restating the importance of realistic economic growth, city-wide beautification and clean-up, and preservation of the unique quality of life which the City of Munday provides for all of its citizens. Jay believes we must maintain our small town charm, our West Texas heritage, and our community pride for our future generations, and we must all work together to broaden our tax base with no tax increases, to thus ensure that our children have a viable, attractive City of Munday to call home.

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THANK YOU FOR READING THE MUNDAY COURIER!

## Parenting fair scheduled for March 25

The Knox County Extension Family & Consumer Sciences Committee will be conducting a "Parenting Fair" on Tuesday, March 25 from 4:30 p.m. - 6:30 p.m. at the Knox City High School Gym. The event is free of charge and everyone is invited to attend. Door prizes will be given throughout the evening.

Purpose of the fair is to provide parents with information regarding services and products available for their use in raising children. The fair will also provide individuals, organizations, and companies an opportunity to promote their products and services.

There is still booth space available for exhibitors. If you would be interested in participating, please contact Jane Eowan at the Knox County Extension office, 817/454-2651, for more information.

## One Act Play preparing for U.I.L. competition

The Munday One Act Play cast and crew for 1997 will be performing four times this year before U.I.L. Zone competition to be held Tuesday, March 18 in Aspermont.

Scheduled performances: Saturday, February 15 - Hamlin; Friday, February 28 - Munday; Thursday, March 6 - Trent; Friday, March 14 - Vernon; U.I.L. Competition - Tuesday, March 18 - Aspermont, Zone; Friday, March 21 - Guthrie, District; Saturday, April 5 - Munday, Area.

Munday High School students will perform the play *Sara Crewe*. This is a Drama/Comedy and is based on the story by Frances Hodgson Burnett. *Sara Crewe* is a Victorian fairy tale presented in an unsentimental, realistic manner.

Raised alone by her father, a British Army captain, in India, Sara is an unusual child. She speaks Hindustani, French and English, has read almost every book in her father's library and uses fantasy to imagine herself a princess.

When her father leaves her at a boarding school in London, Sara is distraught. She makes friends (and enemies) through her imagination and kindness and manages to win over the headmistress, Miss Munchin, by her intelligence (and wealth). However, when news arrives that Sara's father has died and that his fortune has been lost, Miss Munchin turns Sara into a servant, banishing her to a rat infested attic.

Sara suffers cold, hunger and ill treatment; yet maintains her basic goodness, even giving the little

food she gets to a starving urchin on the street. Finally, at the moment she believes she can survive no longer, she finds her bare room transformed to a place of warmth and magnificence.

Cast and Crew: James Phillips - Captain Crewe, Nathan Urbanczyk - Carrisford, Robby Vaughn - Ram Das, Brandi Hall - Jessie, Kandis Longan - Sara, Amber Reed - Lavinia, Jennifer Yates - Lottie, Anna Waldrip - Ermengarde, Cynthia Thomas - Cook, Andrea Brown - Miss Munchin, Terra Searcey - Baker/Salesgirl, Shonda Jordan - Urchin/Salesgirl, Gerald Taylor - Asst. Stage Manager, Taneka Hamilton - Sound Tech, Hugo Quintero - Salesman, Kizzie Shields - Lighting Tech, Joann Thomas - Production Sec. Karen Longan - Director.

## Senior class to host Sunday dinner March 2

The Munday High School senior class will be hosting an "Old Fashioned Sunday Dinner" March 2 from 11:00 am to 1:00 pm in the high school cafeteria.

On the menu will be fried chicken, green beans, potatoes, homemade rolls and dessert.

Adult tickets can be purchased from any senior prior to the meal for \$5.00. Tickets at the door will be \$6.00 for adults and \$3.00 for children age 5 and under. (No child tickets sold before meal). Carry-outs will be available.

# The Munday Courier

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Any erroneous reflection upon the character, standing, or reputation of any person, firm, or corporation which may appear in the columns of this paper, will gladly be corrected upon notice of the same being brought to the attention of the publisher personally at the office.

**NOTICES, ETC.**

Notice of entertainments where a charge of admission is made, resolutions of respect, in memoriam poetry, proclamations, letters expressing political opinions, and all other matters not of general news will be charged for regular advertising rates.

**LETTERS TO THE EDITOR**

Letters to the Editor are encouraged. They must be signed by the author and include the telephone number for verification purposes. Only the writer's name will appear in print. Letters should be kept to a minimal length and are subject to be edited for clarity, liability and for the purpose of only conveying a single point. Every attempt will be made not to change the meaning of letters. All letters are run space available. Each letter is accepted on that basis.

**PHOTOGRAPHS**

Unsolicited photographs will be considered at a charge that will be determined after the picture is viewed.

**ERRORS**

This newspaper is not responsible for errors in more than one edition. Claims will not be considered unless made within 72 hours of publication. No allowance will be made when the error does not materially affect the value of the advertisement.

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 Texas Press Association

## Hutchinson to be a part of HSU's music program

Haley Hutchinson of Munday, a member of the Hardin-Simmons University Concert Band of Abilene, Texas, will be a part of the School of Music's presentation of a program at the renowned Morton H. Meyerson Symphons Center in Dallas on Monday, February 24.

The HSU School of Music and its students and faculty will be presenting the special program.

The program begins at 8 p.m. and admission is \$10.

Persons interested in more information may call the School of Music, 915-670-1426 or the Alumni Office at 1-800-460-3908.

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The Rumanian pianist Cella Delavrancea (1887-1991) gave her last public recital (receiving six encores) at the age of 103.



JULIE WELCH (LEFT) AND RACHEL DUKE (RIGHT) are pictured collecting samples from an irrigated cotton variety plot near Munday. Both girls are students at Benjamin High School and assisted the Knox County Extension Service with harvesting of the test plots during their Christmas break.

## "On A Wizer Note"

by Paul Weiser  
 Knox County Extension Agent

When it comes to agriculture in Knox County, there are several areas to cover. For example: cow/calf, stocker cattle, horse, dairy cattle, row crops, hay, forage, rangeland, etc. Knox County is very diverse. This says something about our soil, climate and farmers. Any farmer or rancher can be good at one thing if they can do only one thing. But to be able to raise cattle, wheat, cotton, grain sorghum, peanuts, watermelons, and onions takes a special person.

One crop that was not mentioned about is cantaloupes. This crop is also very important to Knox County. Although the acreage is not as large as cotton or wheat, cantaloupes are still one of the biggest cash crops.

Some of Texas A&M University's finest researchers were conducting a cantaloupe variety trial in the Winter Garden area of Texas. While conducting this trial a bad infestation of whiteflies set in and destroyed the plot enough to make it unharvestable. However, this whitefly pressure did allow for a second type of study to be conducted.

The researchers collected data on tolerance to whitefly injury. Of the nineteen varieties, only one, Gold Eagle, did not show significant evidence of whitefly injury in any of the three reps in which it appeared. Only two other varieties had plants that remained alive - Sunre 7044 and Ranger.

Whether you have whiteflies on your melons, greenbugs in the wheat or worms on the cotton, it is very important to be aware of spray drift while applying chemicals. Spray drift has many adverse effects, including environment damage, off-target damage, poor pest control, wasted chemicals, and a damaged public perception.

The following tips will help minimize the potential for spray drift while applying agricultural chemicals:

1. Select pesticides with low volatility to reduce vapor drift.
2. Read and follow pesticide labels.
3. Avoid spraying with susceptible areas downwind or when wind speed is over 10 mph (5 mph when applying regulated herbicides).
4. Consider leaving a 200 to 300 foot buffer zone between fields being sprayed and sensitive areas.
5. Spray early and late in the day when winds die down, temperatures are low and relative humidity is high.
6. Consider using larger orifice

sizes to increase droplet size.  
 7. Operate at the lower end of the recommended pressure range with a low boom height.

8. Consider adding drift control "thickeners". If used properly, they can reduce drift 50 to 80 per cent.

9. Consider using drift reduction nozzles to produce large droplets.

10. Use shields to reduce drift caused by wind.

If there are any questions or concerns about the information in this article, please contact Paul Weiser in the Knox County Extension office in Benjamin at (817) 454-2651.

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### Calendar of Events



- February 20 - Chamber of Commerce.
- February 24 - Volunteer Fire Department.
- February 25 - Lions Club.

### Munday School Lunchroom Menu

**February 24-28**

**Monday** - Chicken fry ranch style steak on bun with salad setup for sandwiches or Cheese pizza wedge with pinto beans, apples, salad bowl, ginger cookies, milk.

**Tuesday** - Chef salad supreme with ranch dressing or hamburger on bun, french fries and salad setup with broccoli and cauliflower dippers, oranges, salad bowl, apple cobbler, milk choice.

**Wednesday** - Beef tacos and salad setup or sausage pizza with pinto beans, bananas, salad bowl, iced peanut butter bars, milk choice.

**Thursday** - Italian meatballs potato boat or Hamburger on bun, french fries and salad setup with green beans, oranges, salad bowl, applesauce cake, milk choice.

**Friday** - Chicken nuggets, French fries and gravy or Sicilian cybar 3x8 pizza with corn, peaches with topping, apples, salad bowl, jello, milk choice.

German locksmith Peter Henlein is generally credited with making the first watch in the early 1500s.

## Local Obituaries

### Franklin, Ruby Viola

Mrs. Ruby Viola Franklin, former Munday resident, passed away in her home in Orchard, Texas on February 10, 1997. She was 91 years of age.

Graveside services for Mrs. Franklin were held at 10:00 a.m. in Johnson Memorial Cemetery on Wednesday, February 12. McCauley-Smith Funeral Home was in charge of the arrangements.

Mrs. Franklin was born on February 23, 1905 in Muskogee, Oklahoma. She married Jack Wilson Franklin in Henrietta, Texas on December 15, 1928 and they moved to Richmond, Texas in 1952 and then to Brownfield in 1960. She had resided in Orchard, Texas since 1985. Mrs. Franklin was preceded in death by her husband who passed away on October 31, 1992.

Mrs. Franklin is survived by two daughters, Ruby Dutton of Orchard and Ellen Pavlock of Orchard; ten grandchildren, twelve great grandchildren and two great-great grandchildren.

Pallbearers at the services were Calton Bates, Craig Bates, Rodney Pavlock, David Pavlock, Randy Pavlock and William Kelner.

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## First Baptist Church

John Hall, Pastor 220 S. 5th Ave. • Munday, TX

- Sunday School ..... 9:45 a.m.
- Morning Worship ..... 11:00 a.m.
- Evening Worship ..... 6:00 p.m.

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## PTO's Elementary School Teacher of the Week

Creative and enthusiastic teachers are the norm at Munday Elementary School and this week we salute Mrs. Kerri Urbanczyk as our "Teacher of the Week."

Mrs. Urbanczyk is married to Mike Urbanczyk and together they have three sons - Brian who is fourteen, Jeffrey is eleven and young Steven is six.

Mrs. Urbanczyk graduated from Munday High School and also attended Texas Tech University where she majored in Home Economics Education. She received her Kindergarten endorsement from Midwestern State University.

Thirteen years of teaching experience make up the career of Mrs. Urbanczyk. Six years were spent in the Weinert Independent School District where she taught home economics and kindergarten and the past seven years have been spent in the Munday Independent School District as a pre-kindergarten teacher.

Mrs. Urbanczyk is active in many phases of community life. She teaches the "Friendship Group" at The First Methodist Church and is also very involved in Munday Youth Basketball and Munday Little League. She stays busy keeping up with her three boys who are involved in soccer, football, baseball and basketball and Mrs. Urbanczyk considers herself to be a "professional concession stand worker." She is a familiar face to area residents who seek refreshments during local sporting events. In what spare time she has left, Mrs. Urbanczyk enjoys working in her yard.

Mrs. Urbanczyk states, "I enjoy working with four and five year olds - they are full of energy and are eager to learn. Today there is much more emphasis put on the importance of early childhood education and the importance of reading to young children."

Mrs. Urbanczyk reports that she is also very lucky to have Mrs. Mary Myers as a wonderful classroom aide.



## Vera News

By Mrs. Edith Beck

Tate and Jeanne Russell of Jacksboro visited Friday and Saturday with her mother, Mrs. Yvonne Clark and Billy and Duward and Wanda Richards.

A donation has been made to the Vrea Community Center by the C.R. Morris family in memory of Howard Hurd.

Mrs. Lometa Doss visited Wednesday with Clyde Feemster, Mrs. Leta Jackson and Reverend Douglas Crow who are patients in the Seymour hospital.

Pamela Garrett and little granddaughter, Hannah of Plano and Kay Pruitt of Irving spent Wednesday night with Mrs. Violet Patterson after they had attended the funeral of Bobby Thornhill Wednesday afternoon at the First Baptist Church in Seymour.

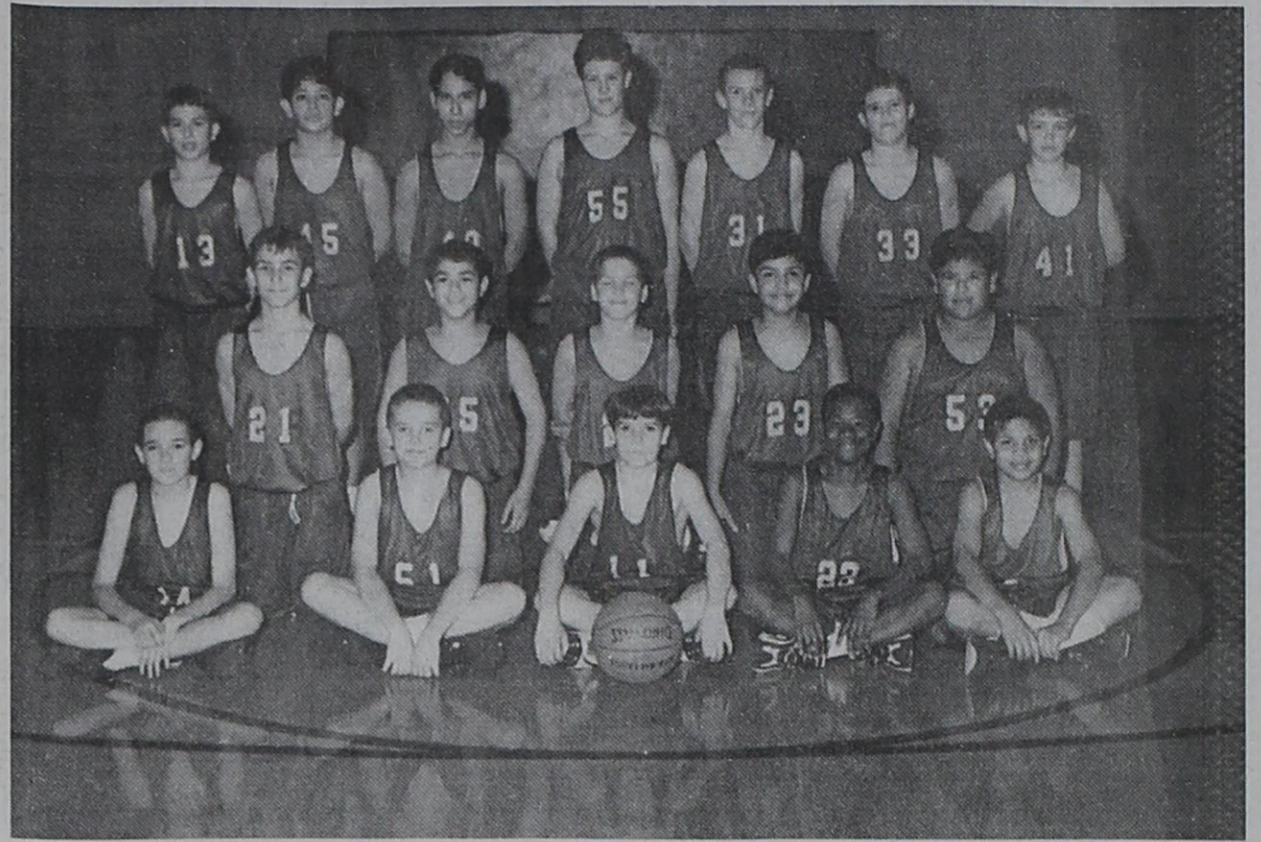
Paul and Teresa Weiss were recent visitors with his borther, Herman Weiss in Apache, Oklahoma and their friends, Bill and Vivian Fritsch in Lawton, Oklahoma.

Bruce and Paula Sutton and son, Matthew of Loving were Sunday visitors in the home of Bruce's parents, Wayne and Jane Sutton.

Bill Townsend celebrated his 91st birthday in the home of a daughter, Billy and Betty Kinnibrugh, Sunday. Also present to celebrate with him were Paul and Barbara Holt of Odessa, Evelyn Townsend of Cisco and her daughter, Jim and Teenie Sharp of Brownwood, Bobby and Newt Penderson of Carrollton, Gordon and Rhonda Gordon and two children, Brianna and Tanner of Woodson and Beverly Kinnibrugh and son Kyle of the community.

Billy and Sarah Kinnibrugh attended the Wichita Falls Jaycees Junior District Livestock Show and Exposition in Wichita Falls Saturday, Sunday, Billy and Betty Kinnibrugh and Bill Townsend attended the Livestock Show in Wichita Falls and returned home by way of Graham to visit new little great-grandson, Donavon Cole Smith who was born Tuesday, February 4, 1997 in General Hospital in Wichita Falls. Donavon's parents are Tom and Aimee Smith of Graham.

Mrs. Lometa Doss visited Friday with her friend, Mrs. Doris



THE SEVENTH GRADE BOYS who played during basketball season for the 1996-97 school year were (back, left) Chance Myers, William Caram, Oscar Nunez, Jared Groves, Chris Bibb, Justin King, and Erik Sosolik. The middle row features John Francisco, Joe Rivera, Chuck Reneau, Jonathan Ramirez and Teddy Graciano. On the front row are Eric Santisteven, Josh Wallace, Wes Crawford, Edward Shields and Jonathan Dockins.

Hardin in the Munday Nursing Center in Munday.

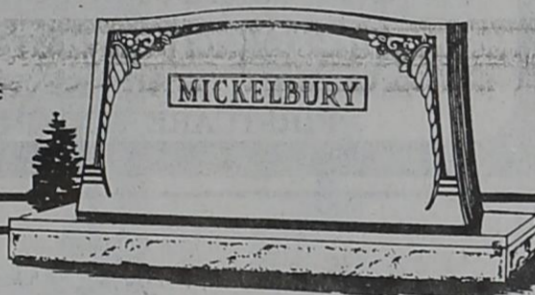
If it's happening out there somewhere, The Munday Courier wants to know about it. If you are sponsoring an event, teaching a class, having a meeting, organizing a trip or just want people to know something, send your announcement to The Munday Courier, P.O. Box 130, Munday, TX 76371.

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**THE SEVENTH GRADE GIRLS** Basketball Team for 1996 - 97 was made up of (back, left) Frutosa Aguayo, Kourtnee Greenwood, Alicia Herring, Kerami Brown, Angela Hager, Cindy Hunter and Laurie Welch. Kneeling are Delia Contreras, Celia Lara, Teresa Fernandez and Megan Myers.

## New drug aides Alzheimer patients

Aricept, a new drug approved for Alzheimer's disease, improves the symptoms and daily functioning of many patients.

"In the more than 900 mild to moderate Alzheimer's patients studied nationwide, 80 percent showed improvement or didn't get any worse," said Dr. Rachele Doody, clinical director of the Alzheimer's Disease Research Center at Baylor College of Medicine in Houston.

Aricept was tested for five years in clinical trials involving more than 30 centers in the United States. Approved by the Food and Drug Administration in late November 1996, it is expected to be available in most pharmacies by mid-January or early February.

Doctors measure Aricept's effectiveness by using standard Alzheimer's memory evaluation tests and by interviewing patients and caregivers to assess changes in daily functioning.

"With the drug, we saw patients who became more attentive to their surroundings or who picked up on old routines they had forgotten," said Doody, who led several clinical trials at Baylor.

The drug contains an enzyme that blocks the breakdown of acetylcholine, a neurotransmitter in the brain.

"Acetylcholine is associated with memory and learning and is deficient in Alzheimer's patients," she said. "Blocking the breakdown helps patients keep more acetylcholine in the brain."

The medication is taken once a day and has few side effects.

"Less than 10 percent of all the patients studied had to stop taking it because of side effects," Doody said. "Mild side effects included nausea, diarrhea and vomiting that often went away on their own."

While it cannot stop the progression or make a patient return to

normal, Doody feels the treatment will be beneficial to a great number of patients.

"With the improvement of symptoms or just the slowing of decline, Aricept brings an improved outlook for many patients and their families," she said. "This is not a cure, but it may provide relief while we await a definitive treatment for Alzheimer's."



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### Historical Committee to host informative artifact program

In celebration of Texas Archeology Awareness Week the Knox County Historical Committee is sponsoring a program on Tuesday, April 22 in the assembly room of the Knox County Courthouse at 7:00 p.m.

The title of the program for the evening is "Researching Our Local Past" and will be brought by former Benjamin resident, Mr. Eryv McGregor, who now resides in Crowell. The emphasis of the evening will be searching for Indian artifacts in our local area.

Mr. McGregor is an experienced artifact hunter and has worked with the Cynthia Ann Parker Days Artifact Exhibit in Crowell for several years. He will discuss how to look for artifacts and what not to do should you come across an undisturbed historical site.

The event is free and open to the public. All collectors or wanna-be collectors of Indian artifacts would find the evening very enjoyable.

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### Moguls defeat Aspermont with final second shot

The Munday Moguls ended their 1996-97 basketball season with excitement. Going into the fourth quarter the Moguls were trailing 33 to 41. Munday stormed back with 20 points to Aspermont's 12 to tie the game with seconds to play. Wesley Spells held the ball with time ticking away. As his shot went off so did the buzzer. The basket was good and the Moguls had the win by three.

Score by quarters: Munday 8, 21, 4, 23 = 56; Aspermont 15, 10, 16, 12 = 53.

Scoring: Eric Beaty 17, Jonathan Reagins 16, Ricky Serrato 13, Robby Vaughn 4, Brandon Sosa and Wesley Spells 3 each.

The JV Moguls lost to the Hornets 19 to 47. Scoring: Jason Key 9, Justin Gray 6, Lane Murphy 4.

### 7th & 8th grade Braves defeat Roby Lions

The seventh grade boys basketball team ended their season with a 36 to 25 victory over the Roby Lions last Monday night. This victory improved the Braves season record to 7 wins and 4 losses and 6 wins and 1 loss in the district. Their lone loss in district was to the Aspermont seventh graders. The second game against Aspermont was snowed out.

Scoring: Chance Myers 15, Chris Bibb 8, Wes Crawford 4, John Francisco, Justin King, Erik Sosolik, and Jared Groves 2 each, William Caram 1.

The eighth grade Braves finished the season with a resounding 52-28 victory over Roby. The team ended the year with a 9-3 record over all and a 7-2 district record. Scoring: Brian Urbanczyk 30, Tony Tomlinson 10, Will Longan 6, Alan Albus 4, Nathan Neal 2.

### February meeting for retired teachers to be a musical event

The Knox County Retired Teachers Association will be treated to a Patriotic Music Program on February 25 at the First United Methodist Church in Munday. Meeting time is 2:30 p.m.

The musical program will be brought by the elementary music students of Mrs. Marilyn Bennett.

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### Senior citizens improve health by walking

Many grandparents are trading in their rocking chairs for walking shoes, and it is paying off by improving their health.

"As people age they can maintain a better quality of life if they are active," said Dr. Elizabeth Protas, a physical therapy associate with Baylor College of Medicine's Huffington Center on Aging in Houston. "Exercise has also been shown to help reduce the risk for developing disease as we age, including heart disease and osteoporosis."

Exercise maintains muscle strength and bone density, which helps prevent falls, the number-one cause of injury-related death for people 65 or older.

While many people over 60 are competing in road races, bowling tournaments and tennis matches, it is not necessary to work out that vigorously to benefit.

"Throw out the word 'exercise' and concentrate on activity," said Protas. "Many people are intimidated by exercise. Concentrating on being active is the key."

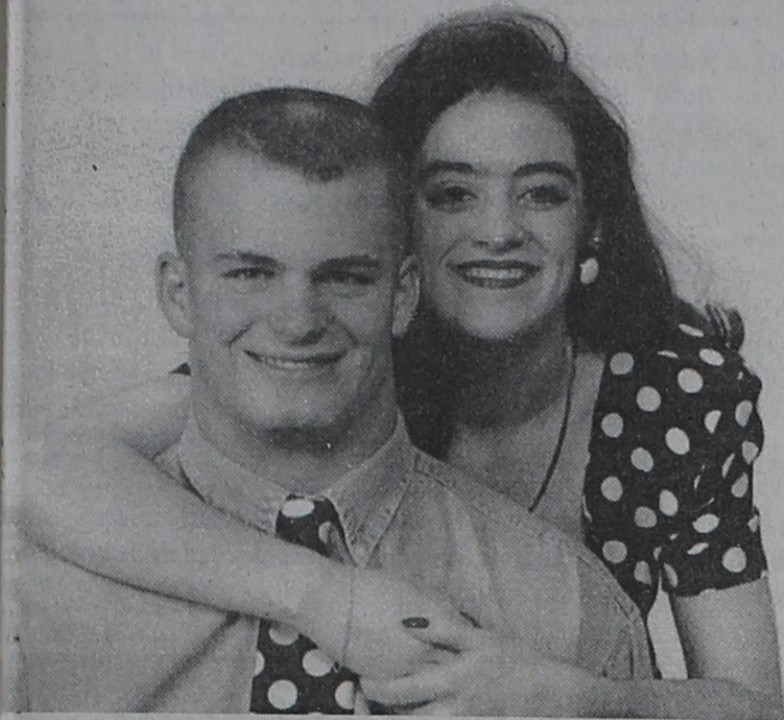
Walking around the neighborhood, gardening or playing a game of horseshoes can all improve fitness level. Doing some activity that you enjoy for 20 to 30 minutes three times a week can make a healthy difference.

According to Protas, it is never too late to start.

"I work with people in their 80s and 90s who have not been very

active, and they benefit from beginning activity."

With a doctor's clearance, starting may be as simple as walking around the block once a day. Protas says to choose an enjoyable activity, begin slowly, set modest goals, and gradually increase the time and intensity of the workout.



### Engagement Announcement

Jerry and Vicki Jones of Lubbock announce the engagement of their daughter, Holli Laine Hatchett, to William Joseph Booe, son of Jack and Millie Booe, also of Lubbock. The grandparents are W.R. and Wynette Moore and Carl Booe, all of Munday.

William and Holli are 1993 graduates of Monterey High School in Lubbock and both attend Texas A&M University.

The couple will be married May 17, 1997 at St. Luke's United Methodist Church in Lubbock.

### Historical Commission to hold meeting

The Knox County Historical Commission will be holding an organizational meeting Thursday, February 27, 1997, at 3:00 p.m. in the Court House Assembly Room in Benjamin. Officers will be elected and committees appointed according to Mary Jane Young, chairman of Benjamin. This meeting is opened to the public.

HAVE A NICE DAY!

### Birthdays & Anniversaries

February 19 - Jack Reames, Nicolas Lara.

February 20 - Joe Rivera, Jr., Ed Gallagher.

February 21 - Brandon Cottingham, Miyon Ramirez, Janet Yates.

February 22 - Krystal Urbanczyk.

February 23 - Robert Bowen, Misti Presley, Carla Key.

February 24 - Kerry & Traci King.

February 25 - Tracee Ann Tomlinson, Cindy Hunter.

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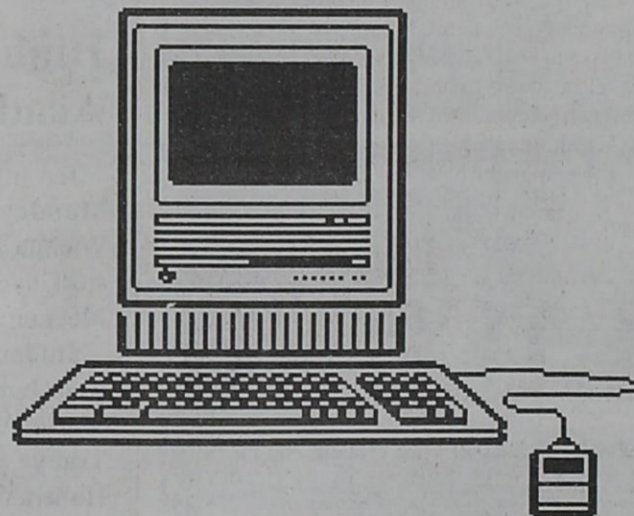
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### Wedding Announcement

Overlooking the Pacific Ocean toward a beautiful sunset to the West, Tammy Amerson accepted Matthew Wilson's hand in marriage in a Christian ceremony on the island of Maui, Hawaii in Kihei, at 4:30 pm on December 14, 1996.

Those in attendance were Tammy's parents, James and Shirley Amerson. The Rev. James Brewster officiated the ceremony.

Tammy carried a bouquet of white lilies with red roses and birds of paradise surrounded by greenery. She wore a fitted candlelight satin gown with a tiered off the shoulder wrap collar.

A shower brunch was hosted at Joy Baker's home and a lingerie shower was hosted by Ida Jo Owens and Debbie Adams.

The groom from Denton, Texas is the son of Donna Wilson and the late Keith Wilson, also of Denton.

The couple will reside in Dallas.

### Here's a no-hassle way to file those income tax returns

Filing a federal income tax return will be as simple as picking up a telephone and "letting your fingers do the filing" with the Internal Revenue Service's paperless system this year.

TeleFile, the IRS's new file-by-phone system, is now in its' second year. It is available to about 26 million people nationwide. It offers quick, easy and free tax filing for people who receive the special tax package in the mail. Last year, 246,223 Texans used TeleFile in its first year to be offered nationally. IRS officials in Dallas expect that number to grow significantly this year. A total of 99 percent of the users say that they will use the system again.

According to an IRS 1996 study, 24 percent of all TeleFile users were 20 years old or younger. Thirty-three percent were age 21 to 25, and 29 percent were 26 to 40 years old. More than 92 percent of all users said they were very satisfied with the system.

"No matter what your age is, TeleFile is easy and paperless. And, the best part is, it's free and can be filed directly with the IRS in less than 10 minutes," Bobby Scott, IRS North Texas district director said.

To file by TeleFile, first, you must receive a special TeleFile tax package. If you do, then follow the easy directions inside the package. People who received the packages included those who: have no changes to their name, social security number or address; have less than \$50,000 in taxable income; have W-2 forms for all wages and taxable scholarship or fellowship grants, but no more than five W-2s; have taxable interest income of less than \$400; do not owe any employment wages paid to a household worker.

This year, for the first time, married couple, as well as single taxpayers, without dependents will be able to use the TeleFile system. "TeleFile users told us last year that they wanted the IRS to add

married couples to those who can use the system. And we listened. So this year, TeleFile has been expanded to include married couples with no dependents who file jointly," said Scott.

To access and use the system, TeleFilers will need a special personal identification number inside the tax package. Once inside the automated system, the filer is asked to enter wage and tax information from Form W-2 on their phone's keypad. TeleFile automatically calculates the total taxable income, adjusted gross income, amount of refund or balance due, and even the earned income tax credit for those who qualify. After the system pauses to calculate the totals, a recorded voice lists the TeleFiler's adjusted gross income, taxable income and the amount of their refund or tax due. At the end of the call, a confirmation number is given to the caller.

Telefile is available for use 24 hours a day, so it accommodates anyone's work schedule. It is available for the hearing impaired who have access to TDD/TTY equipment.

So if you received a special TeleFile package, you are invited to file by phone. It makes filing a tax return as simple as picking up the telephone and calling a friend. Get more information about TeleFile on the IRS Web Site at [www.irs.ustreas.gov](http://www.irs.ustreas.gov).

### Local Obituaries

**Brown, Vera "Babe"**  
 Vera "Babe" Brown, 93, of De Leon, Texas died in the De Leon Hospital on Monday, February 17, 1997. Funeral services will be held Wednesday, February 19 at the First Baptist Church in De Leon officiated by Rev. Tom Satterwhite. Graveside services will also be held Wednesday at 3:00 p.m. at the Johnson Memorial Cemetery in Munday under the direction of Nowlin Funeral Home, Inc.

Mrs. Brown was born September 1, 1903 in Desdemona, Texas. She was married to Atlas Augustus Brown on October 18, 1921 in De Leon. He preceded her in death on May 11, 1965. She also had been a long-time resident of Munday for 44 years before moving back to De Leon in 1965.

Mrs. Brown is survived by two brothers, M.B. Koonce of Desdemona, Texas and W.D. Koonce of Dallas, Texas and two sisters, Willie Brazell and Era Doll Rilely. She was preceded in death by one brother, James Newton Koonce.

### The Christian Life by Jeff Christian - Minister Munday Church of Christ

Way back in August, I was playing golf here at the Munday course when I went through a rather frustrating experience. For some reason, the rough areas were literally plagued with white mushrooms. The reason this was so frustrating has to do with the fact that golf balls also just happen to be white.

Now, I know what you're thinking. Just keep the ball on the fairway, and you'll have nothing to worry about. Well, if that's what you're thinking, obviously we've never played together. So there I was, hitting into the rough, fooled with every step thinking I had found my ball when in fact, it was just another mushroom.

Here comes the analogy: Oftentimes in our lives, we think we have found something, when in fact, it turns out to be something else. We think we can find happiness in materialism. However, in reality, we know that is not true. Would you really be happier and better off if you won the lottery? Most people think so. But the truth is, if you're not happy in your current situation, you're not going to find happiness somewhere else. So don't be fooled by the obstacles in the world, because when it comes down to it, the only true contentment you'll find is in God.

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### High School students participate in Academic Prep meet in Wichita Falls

Ten high school students from Munday participated in the Wichita Falls High School Classic Coyote UIL Academic Prep Meet on January 11.

Students attending the event were Juniors Michael Navarrette, Mario Aguayo, Andrea Brown, Tracy Shephard, and Nikki Hobert. Three Sophomores went to the meet. They were Ranae Maston, Julie Patton and Angie Stone. Mandi Myers and Laci Myers were the two freshmen attending.

Students who placed at the meet were Nikki Hobert - 5th Computer

**LOCAL NEWS**  
 Laquita Johnson of Alvarado, Texas visited her mother, Lala Morgan from Monday until Wednesday. She also visited her aunt Velle and uncle Melvin Wainwright. Her aunt Irene, aunt Ursel and uncle Nolan Phillips, her brother Melton Morgan and part of their family and Jayson Morgan. She retired home Wednesday afternoon. She made home in spite of snow.

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In Australia, Labor day is called Eight Hour Day and commemorates the successful struggle for a shorter working day.

Should I be concerned about my water?

About 95% of this country's rural residents use ground water to supply their drinking water and homestead needs. Wells should be designed to provide clean, safe drinking water. If improperly constructed or maintained, your well could allow bacteria, pesticides, fertilizer or petroleum products to contaminate ground water. These contaminants can put family and animal health at risk.

The condition of your well and its proximity to contamination sources determine the risk it poses to your ground water. For example, a cracked well casing may allow bacteria, nitrates, oil or pes-

ticides to enter the well. A fertilizer, pesticide or oil spill near the well could result in the contamination of your family's drinking water supply. Feedlots, animal yards, septic systems, fertilizer applications and waste storage areas can release large amounts of bacteria, nitrate and other contaminants that could pollute your well.

Preventing ground water contamination is very important. Once the ground water supplying your well is contaminated, it is very difficult to restore it to original condition. Most options are costly and could involve treating the water, drilling a new well or obtaining water from another source. A contaminated well can also affect your neighbor's wells, posing a serious health threat.

The Seymour Aquifer office staff is offering a free well assessment to rural residents. The TEX\*A\*SYST assessment is voluntary and completely confidential. This program involves a series of worksheets used to evaluate your homestead and your well for potential for contamination. The worksheets cover topics such as well head management pesticide storage, fertilizer storage, petroleum storage, and more. If you would like more information or would like a TEX\*A\*SYST evaluation conducted, please call the Seymour Aquifer Project office at (817) 864-3334. \*\*\*

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Timely Tips on New Tax Advantages

When you sit down at the kitchen table to prepare your taxes this year, you'll probably be thinking, along with a lot of other people, that the trouble with being a breadwinner nowadays is that the government takes such a big slice.

But there is a small bit of good news: Tax legislation enacted in 1996 may make Uncle Sam's slice smaller in the future.

Here is a rundown on several of those new provisions:

\* The Internal Revenue Code, in certain situations, now allows penalty-free withdrawals from Individual Retirement Accounts (IRAs) for reasons other than retirement.

Withdrawals now are allowed to pay medical bills for you, your spouse or your dependents, but only for expenses in excess of 7.5 percent of your adjusted gross income. Withdrawals also may be made without penalty by those who remain on unemployment insurance for at least 12 weeks; these withdrawals must be used to pay health-insurance premiums.

We're trying to add education costs and first-time home purchases to the list of penalty-free withdrawals.

\* The self-employed will enjoy increased tax deductions for their health-insurance premiums. For the 1996 tax year, the deduction is established at 30 percent of premiums paid.

This deduction jumps to 40 percent for 1997 and will rise incrementally to 80 percent in 2006.

\* Beginning this year, the terminally ill and chronically ill may obtain tax-free benefits, often referred to as "accelerated death benefits," from some life insurance policies. This provision contains strict guidelines defining chronic and terminal illness.

\* Medical Savings Accounts (MSAs) are now available to a limited number of individuals allowing them beneficial savings plans to pay for their medical expenses. MSAs are tax-deferred savings accounts which are available to self-employed and employer groups of 50 or fewer individuals in conjunction with certain high-deductible health plans (deductibles of \$1,500-\$2,250 per individual, or \$3,000-\$4,500 per family). Eligible individuals can contribute up to 65 percent of the amount deductible under their health plan (75 percent for families) to an MSA, and use that contribution to pay for medical expenses, including dental and eye care. Money contributed can be deducted from the business owner's gross income for tax purposes, and accumulates tax-deferred interest.

\* Last but not least, one-income families now can benefit from the Homemaker IRA, which I sponsored. The Homemaker IRA raises the limit on IRA contributions for one-income couples from \$2,250 a year to \$4,000 a year, \$2,000 for each spouse. Finally, homemakers are getting equity when it comes to retirement savings.

A single-income couple that invests the new maximum amount annually into an IRA account beginning at age 25 will accumulate \$1.1 million by the time they reach retirement age at 65. (For more information on this, call my Dallas office at (214) 361-3500.)

It's not a perfect system, but we have made it better. I urge all Texans to investigate the advantages these new tax-code rules have to offer.

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VALENTINE KING & QUEEN of Munday Nursing Center this year are George "Pud" Brockett and Daisy Gaither. The staff votes for this honor each year. The FHA chapter of Munday High School hosted the Valentine party. Nancy Cypert, RSD, wants to thank Ms. Jerri Baker and her students for such a nice party.

## Supersizing your fastfood may be a value

"Supersizing" your fast-food order may be a value, but it may not be what you bargained for in terms of your health.

"People are unaware of normal food portions," said Dr. John Foreyt, a professor of medicine and director of the Behavioral Medicine Research Center at Baylor College of Medicine in Houston. "Increasingly, larger-than-normal amounts of food are perceived as normal."

Buying an order of large fries and a 32-ounce cola instead of an order of small fries and a 12-ounce soft drink may cost only a few cents more, but it can double the calories.

Foreyt says despite the added fat, the inexpensive, larger fast-food "combo" is the choice of many busy families.

"Even children are used to ordering larger servings," he said.

The key is knowing how to make sensible food choices.

According to the U.S. Department of Agriculture, which developed the Food Guide Pyramid, a daily diet consisting of no more than 30 percent of calories from fat includes the following amounts of food:

Bread, cereal, rice and pasta: 6 to 11 servings. One serving equals 1 slice of bread, tortilla or pancake, a half-cup of cereal, rice or pasta, 2 medium cookies, a half of a bagel, or a hamburger bun.

Vegetables: 3 to 5 servings. One serving equals a half-cup of chopped raw or cooked vegetables, scalloped potatoes or potato salad, 1 cup raw, leafy vegetables, or 10 french fries.

Fruit: 2 to 4 servings. One serving equals 1 piece of fruit or melon wedge, a fourth-cup dried fruit, a half-cup of chopped, cooked, or canned fruit, or three-fourths cup of fruit juice.

Milk, yogurt and cheese: 2 to 3 servings. One serving equals 1 cup of milk or yogurt (plain or frozen), one and half cups of ice cream or ice milk, 2 cups of cottage cheese, one and a half ounces of natural cheese, or two ounces

of processed cheese.

Meat, poultry, fish, dry beans, eggs and nuts: 2 to 3 servings. One serving equals about 3 ounces of cooked lean beef, pork, lamb, veal, poultry or fish -- roughly the size of a deck of playing cards, a half-cup of cooked beans, 1 egg, or 2 tablespoons of peanut butter.

Fats, oils and sweets: Use sparingly.

Ordering large portions of food at inexpensive prices can be tempting, Foreyt says, so know your order ahead of time.

"Don't be caught in the drive-thru line wondering what you want," Foreyt said. "You are in control of your diet, not a restaurant."

## Junior High girls win over Lady Lions

The Munday seventh grade Bravettes defeated the Roby Lady Lions 32 to 17 in the final outing of the 1996-97 season. The team finished the year with a record of 11 wins and 3 losses.

Scoring: Keramie Brown 16, Laurie Welch 6, Angela Hager and Alicia Herring 4 each, Megan Myers 1.

The eighth grade Bravettes were also victorious over Roby. Munday won 35 to 22 and ended the year with an 8-6 season record.

Scoring: Keisha Collier 24, Jenny Ramirez and Krisi Harlan 4 each, Jessica West 2, Nicole Allen 1.

\*\*\*

If it's happening out there somewhere, The Munday Courier wants to know about it. If you are sponsoring an event, teaching a class, having a meeting, organizing a trip or just want people to know something, send your announcement to The Munday Courier, P.O. Box 130, Munday, TX 76371.

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## ATTENTION: BUSINESS OWNERS

In order to keep up with business trends in this day and age, you know you need to be aware of numbers and how numbers apply to your business.

Thanks to the wisdom (?) of the phone company, here are two new numbers that you need to remember for your business:

# 817 ~ 940

These are the area code numbers for our area that will be switched in May of this year.

With these numbers in mind, look around your office and see how many printed forms have the old 817 area code printed on them. These are all forms that will have to be reprinted to keep current with the new area code of 940.

By planning ahead, you can be ready for the area code switch by letting us know your printing needs ahead of time. Here at the COURIER, we print quality business printing of all types, including work orders, sales orders, order forms, carbonless forms, custom work, business cards, letterhead stationery, envelopes, and much more!

The print shops will be busy during the change over period, so we urge you to plan early and give us the opportunity to do your printing for you. We offer quality work, and our price is normally lower than you can find elsewhere. And - keep in mind that we appreciate your business here at THE MUNDAY COURIER!

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