THE MUNDAY

Serving The Best Informed Readers In Knox County

Wednesday, June 14, 1995

Munday, Texas 76371

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Price 50¢

Fewer USDA-Commodities to be available for household use



DOUG AND ZANE DONOHO were chosen to attend the 35th Annual Energy Science Symposium held at the University of Texas in Austin by the West Texas Utilities Company along with thirty-eight other students and teachers through-out the state. WTU representative, Kit Horne, is pictured at right.

Munday student and teacher attend Energy Symposium

Forty outstanding high school knowledge of energy science in students and teachers from West Texas schools and to heighten Texas Utilities Company service awareness of the privileges that area attended the 35th Annual Texas Energy Science Symposium June 9.

Sponsored by WTU from Mundents to the Symposium. day High School were Mr. Doug Donoho and Zane Donoho.

The Symposium is jointly sponsored by the Texas Atomic Energy Research Foundation and the University of Texas. West Texas Utilities Company is one of the Foundation's sponsoring companies and paid for all expenses for the forty students and teachers that attended from their service area.

The Foundation was founded for the primary purpose of conducting the world's first and largest privately financed research effort in the field of energy. The goal of the Foundation and WTU is not research alone, but also to broaden

Immunization Clinic to be held June 21

The Texas Department of Health Benjamin Memorial Building. will hold an immunization clinic on June 21 at the Knox City Community Center between the hours of 10:00 a.m. - 3:00 p.m.

Adult TD's (Tetanus-Diphtheria) will also be available.

A parent of legal guardian must League. accompany minor children. For more information call 817-864-2609.

scientific discovery presents. at the University of Texas in Aussenior high schools in the state of tin. The conference got underway Texas, and West Texas can be Tuesday, June 6 and ended Friday, proud of their schools for being chosen to send teachers and stu-

Booth space available at Munday Heritage Festival

The Munday Chamber of Commerce and Agriculture is sponsoring the 1995 Munday Heritage Festival Team Roping on July 22. Local organizations are invited, on a first-come, first-served basis, to set up concession booths near the rodeo arena. The Roping Committee is planning for at least 400 teams to enter this years competition. Spaces for food booths such as hamburgers, brisket, ice cream, snow cones, etc..., may be reserved for a small fee through the Chamber office, the phone number is 817-422-4540.

Knox County Sheriff Mike Carlson issues Warning to all Parents!

STAR is being sold to school chil-quickly and some are laced with dren. It is a small piece of paper strychnine. Symptoms: Hallucinacontaining a blue star. They are the tions, severe vomiting, unconsoaked with LSD. The drug is ab- change in body temperature. sorbed through the skin by handling the paper.

stamps that have the pictures of the to a friend, send a copy to local following: Superman, Mickey schools. This is very serious -There are over 1,000 accredited Simpson. Each one is wrapped in taken! This problem is growing aluminum foil. This is a new way faster than we can warn parents of selling acid, by appealing to and professionals. young children.

If your child gets any of the City Sales Tax above, DO NOT HANDLE

A form of Tattoo called BLUE THEM. These are known to react size of a pencil craser and each is trolled laughter, mood changes and

Please feel free to reproduce this article and distribute it within There are also brightly colored your community and work place. paper tabs resembling postage Please copy and post a work, give Mouse, clowns, butterflies, Bart young lives have already been

rebates received

The City of Munday received a Sales Tax Rebate for the amount of \$4,651.37 for sales tax collected in for April and reported in May.

1995 year to date total for Munday has been \$37,832.03 down 2.19% from 38,233.32 in 1994.

Total rebates for Knox County was \$10,596.63 which was 1.49% lower than payments one year ago.

Benjamin net payment this period was \$65.76, Gorce - \$346.86 and Knox City - \$5,532.64. Year to date paments have been: Benjamin - \$1,836.56, Goree \$3,560.62, and Knox City \$51,530.21.

If your household is one of the millions which has been receiving U.S. Department of Agriculture (USDA) commodities on a monthly, bi-monthly, or quarterly basis, you can expect to get fewer commodities over the next 12 months than you have received in past years.

The reduction in this program--called The Emergency Food Assistance Program (TEFAP)--will be due to fewer surplus commodities as well as non-surplus commodities. During 1994, there was surplus cornmeal and butter in USDA storage which was available for TEFAP; however, there is no longer surplus cornmeal in storage. In 1994, Congress appropriated \$80 million for USDA to purchase additional (non-surplus) food for TEFAP, but in 1995, Congress appropriated only \$25 million for additional TEFAP

However, it is important to note that TEFAP was never intended to serve as a household's sole--or even primary--food source. TEFAP was designed as an outlet for surplus commodities in order to reduce the huge surplus inventories of food being stored in warehouses at taxpayers' expense. As such, it effectively achieved that goal. It is among the smallest of USDA's numerous food assistance programs, accounting for less than one-half of one percent of the \$39 billion spent on the

From 1989 to 1993, at a time when funding for TEFAP decreased by \$40 million, total USDA funding for all of its food assistance programs actually increased by \$13 billion. The Agriculture Department feels it can better use its food dollar by targeting its funding on the programs that are designed to be the mainstay of Federal food assistance-the Food Stamp Program, WIC (the Supplement Food Assistance Program for Women, Infants, and Children), and the Child Nutrition Programs (nutrition program for schools and child care facili-

The history of TEFAP explains why funding is being decreased. During the 1950s and 1960s, needy households that required food assistance were given U.S. Department of Agriculture commodities. In the 1970s, however, the Food Stamp Program--which gave recipients more flexibility in meeting their nutritional needs--replaced the distribution of USDA commodities to needy households. Since that time the Food Stamp Program has remained the government's primary food assistance program for needy households.

However, beginning July 1, 1995, an excess of Section 110 commodities is unlikely because food banks, who are eligible for these commodities but have never before applied for them, are now filing applications.

Federal regulations specify the distribution priorities for Section 110 commodities as follows:

Priority 1: to soup kitchens and like organizations that prepare meals for homeless persons and to food banks for distribution to such organizations,

Priority 2: to food banks for distribution to institutions that exclusively serve the needy. When such institutions distribute commodities to individuals for home consumption, the individual's eligibility must be determined by using a needs-based test and,

Priority 3: to food banks for distribution to institutions serving predominately needy persons but do not employ a needs-based

EXCEPTION: USDA has identified circumstances under which TDHS may offer Priority 2 Section 110 Commodities to Food Pantries, which include TEFAP Contractors. Distribution is allowed for a particular area of the state, if food banks: (1) serve the area but do not participate in distributing soup kitchen commodities or lack sufficient capacity to handle the full volume of commodities OR (2) do not serve that particular area.

In perhaps the most sweeping alternative, the General Accounting Office (GAO) proposed pooling the \$133 million currently used to purchase commodities for three of the Department of Agriculture's programs: The Emergency Food Assistance Program (TEFAP), the Commodity Supplemental Food Program (CSFP), and the Soup Kitchen/Food Bank Program. This arrangementsimilar to that proposed in the House legislation-would allow for more equal distribution of funds among the states, and offer states administrative savings and more flexibility to target their resources, said the GAO. "For example," said the report, "if states believed that homeless people needed more food assistance than other low-income individuals, more of their allocation could be targeted toward this population."

But the agency cautioned that the merger could result in current recipients losing some of their existing benefits. But as of this date no permanent decision has been made.

The Aspermont Small Business Development Center, Inc. (ASBDC) serves the counties of: Stonewall, Kent, Jones, Knox, (Continued on Page 7)

Pressure Canner Testing Clinic Scheduled by Extension office

The Texas Agricultural Extension Service will be offering a free pressure canner check (for canners with dial gauges) on: Tuesday, June 20; 10:00 a.m. - 3:00 p.m. in the Knox County Extension office

It is recommended that pressure canners with dial gauges be checked annually for gauge accuracy. This is a quick, simple procedure and the canner lid with dial gauge is all that is needed for the check.

Free material with up-to-date food preservation information and

guidelines is also available through the Extension Service. For more information contact Jane Rowan at the Knox County

Extension office - 817-454-2651.

Father's Day **Dinner this Sunday** in Benjamin

The Benjamin Ladies' Sorosis Club is sponsoring a Father's Day Dinner this Sunday, June 18 at the

The meal will be served between 12:00 noon and 1:30 p.m. Adult plates will be \$5.00 and plates for children under 10 will be \$3.00.

All proceeds will be donated to the Benjamin Kids' Baseball

> THANKS FOR READING THE MUNDAY COURIER

Firemen sponsor **Bass Tournament** at Millers Creek

The Munday Volunteer Fire Department held their annual Bass Tournament this past Saturday, June 12. Thirty-seven entries turned out for the tournament held at Millers Creek Reservoir.

Tom Holles of Amarillo claimed first place with three fish weighing a total of 12.83 lbs, which won him \$453.25

Steve Williams of Gunbarrell, Texas claimed second prize with a stringer of fish weighing 12.32 lbs. Second prze paid \$271.95. Williams also took home the Big Bass post of \$185.00 with a single fish weighing 7.73 lbs.

Third place went to Dave Miller of Haskell with three fish weighing in at 10.75 lbs. for a prize of \$181.30.

Gary Wilde of Munday was the lucky winner of the gas grill.

Prom pictures have arrived!

Pictures which were taken at the annual junior-senior prom are now at the Superintendent's office at the high school and can be picked up during regular business

HAVE A NICE DAY!



ALICIA HERRING AND ALISHA CROWNOVER were winners at the Rolling Plains 4-H Round-Up held in Vernon. Miss Herring placed second in the Jr. Clothing Educational Activity and Miss Crownover placed 1st in the Jr. Companion Animals competition.

Top winners announced at Rolling Plains 4-H Round-Up

the 25 counties of the Rolling Plains Extension district competed Saturday, May 13 at the annual 4-H Round-Up in Vernon.

Representing Knox County in the Method Demonstration competition were: *Alicia Herring - Jr. Clothing Educational Activity, 2nd place; Alisha Crownover - Jr. Com-Natural Resources, 3rd Place; Tacy

Almost 200 boys and girls from Condron & Rachel Duke - Sr. Sheep & Goats, 1st Place.

> Also competing was a senior "Share the FUN" team comprised of Shonda Jordan, Andrea Brown, Colby Cook, and Jacob Cabrera. They placed first in the drama cat-

4-H is the Youth Development Program of the Texas Agricultural panion Animals, 1st Place; Julie Extension Service, a part of the Welch & Bobby Condron - Sr. Texas A&M University System.

Economic injury disaster loans available from SBA

Businesses in Cottle, Foard, Hardeman, King, and Knox Counties have until June 26, 1995 to file applications for lowinterest disaster loans from the U.S. Small Business Administration (SBA). The SBA's Economic Injury Disaster Loans are available for businesses dependent on farmers and ranchers sustaining crop losses from high winds, hail and rain which occurred August 17, 1994. Farmers and ranchers are not eligible for these SBA loans. Applications and further information can be obtained by calling the SBA toll-free at 10=800-366-6303 or TDD 817-267-4688 for the hearing impaired. These loans are intended to assist businesses in offsetting

working capital losses which they suffered as a result of the high winds, hail and rain reducing the crop income of the area farmers and ranchers. Small businesses claiming to have been physically injured by the weather are not eligible.

Little League Cardinals



Standing (left to right): Coach David Key, Marcus Sosa, Justin King, Eric Hager, Tony Tomlinson, Manuel Bejar, Coach Bobby Sosolik and Justin Key. Kneeling (left to right): Brandon Melton, Edward Shields, Eric Sosolik, Josh Wallace and Russell Shields.



Standing (left to right): Johnny Dockins, Coach Phil Loftin, Jared Groves, Jeremy Lowe, David Dockins, Chuck Reneau, Coach Freddie Caram and Josh Myers, Standing (front row): Zac Sanchez Jr., Alfredo Flores, Colby Driggers, Rigo Hernandez and Blake Brumbelow.

Save time at Social Security --make an appointment

With today's hectic lifestyles, it seems everyone is in a hurry. Whether visiting a doctor or conducting personal matters, people on the reason for your call, the don't want to sit and wait.

have a lot of time to take care of your Social Security business," reports Patty Brandt, Resident Representative in the Vernon of- phone. fice. "That's why we ask you to you will be waited on within 10 minutes of your scheduled time."

appointment, call Social Security's

toll-free number, 1-800-772-1213. An SSA representative will ask you a few questions. Depending representative may be able to take "We understand that you don't care of your business immediately and save you a trip. For example, you can change your address or sign up for direct deposit by tele-

"If you still need an appointcall and make an appointment so ment, the representative will ask for your name, Social Security number, address, telephone num-Mrs. Brandt said to make an ber and other basic information we need to prepare for your appointment," Mrs. Brandt said.

You can choose an appointment by telephone or in person at the Social Security office or a contact station. The SSA representative will help you select a convenient date and time.

"If you make an appointment to file a claim for benefits at least seven days in advance, we will send you a confirmation letter," Mrs. Brandt stated. "The letter will include the time of your appointment and list the documents you will need to bring with you, such as a birth certificate or marriage

"If you selected a telephone appointment, you can mail the necessary documents to us when you return your application. We'll return the documents as soon as we finish reviewing them."

The Munday Courier

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Johnson family reunion held June 3-4 at community center

The decendents of Mr. and Mrs. Dickerson and Dinita of San An-J. K. Johnson met in the Munday tonio; and Mr. and Mrs. Eric Dick-Community Center, June 3-4 for a family reunion. The Johnsons married October 3, 1897 and re- Mrs. Mary Johnson of Seymour; sided 31/2 miles northwest of Mrs. Gordon Noakes of Corpus Munday all their life. Their children were: Mrs. Henry (Annie) Eastland; Mrs. Diana Lee, Joseph Matthews, Mrs. Ben (Thelma) and Cody, and Moody Johnson II, Bickman, Edwin Johnson and all of Graham; Mrs. Faye Johnson Moody Johnson. A daughter-inlaw, Mrs. Edwin (Faye) Johnson, still lives on the home place. Mrs. Moody (Mary) Johnson, another daughter-in-law, lives in Seymour.

Mrs. Hank (Winters) Matthews and her family were hosts for the annual event.

Attending were: Mrs. Nelda Perrin, Georgetown; Mr. and Mrs. Billy Clay Matthews; Mr. and Mrs. Mike Matthews, and Mr. and Mrs. Mitch Matthews and Mc-Kenna, all of Plainview; Mr and Mrs. Coleman Young, Laci, Matthew and Benjamin, of Hereford; Mr. and Mrs. Nathan Tatum, Alex and Krista, of Amarillo; and Mr. and Mrs. Dorman Followwill, of Boulder, Colorado.

Also, Mrs. G. C. Brockett, Mrs. Parks Whitehead, Sarah, Parky, Allan and Christian, all of Alamogardo, New Mexico; Mrs. Monty Gartner, Ryan, Sean and Katlyn, of Hobbs, New Mex-ico; Mr. and Mrs. James Yandell and Summer Ann of San Antonio; Mr. and Mrs. Jack Matthews and Phillip of Piedmont, Oklahoma; Cari Reinart of Oklahoma City; Mr. and Mrs. Steve Matthews, Megan and Hunter, of Yukon, Oklahoma; Mr. and Mrs. Tom erson of McKinney.

Also, Ben Williams of Lubbock. Christi; Mrs. Bob Ford of

of Munday; Mr. and Mrs. Dowell Matthews of Anson; Mr. and Mrs. Larry Albert of Rio Rancho, New Mexico; Nicole Matthews and Tim Heath of Albuquerque, New Mexico; Melinda Burgin of San Angelo; Krista and Courtney Burgin of Groom.

Other visitors were: Mrs. Ernestine Dickerson, Mrs. Alice Reneau, and Charles and Chuck Reneau, all of Munday; Mrs. Floyd Patton of Weinert; Mrs. Mona Cook of Knox City and Ellis Johnson of Hamlin.

MEXICAN PLATE DINNER

Saturday, June 17 beginning at 11:30 a.m. at the Goree Community Center Adults - \$4.00 Children - \$2.50

Fund Raiser to help Mrs. Maria Garcia of Goree, who recently suffered a heart attack and doesn't have insurance. We want to help one another in times of need. We appreciate your support and may the Lord bless you abundantly.



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MRS. JONATHAN JARY AMENT . . . the former Nicole Rowland

Couple exchange vows on June 3

Nicole Rowland of San Angelo and Jonathan Jary Ament of Denver, Colorado, were married June 3, 1995, at the First Christian Church in San Angelo. Chris Wilson, pastor of Ridgley Christian Church in Fort Worth, officiated.

The parents of the bride are Mr. and Mrs. Bobby Rowland of San Angelo and the late Dean Partridge. The grandparents are Mr. and Mrs. Wendell Partridge and great-grandparents are Mr. and Mrs. T. J. Partridge of Munday. Parents of the groom are Mr. and Mrs. Don Ament of Iliff, Colo-

The evening ceremony was held in the candlelight setting decorated with tall bouquets of white length skirts. Each carried a loose daisies, white gladiolas and deep pink star gazer lilies atop the Grecian pillars. The focal point held the couple's unity candles. Brass candelabras adorned with ivy were in the background.

The bride wore an off-theshoulder Galina gown of white raw silk over an off white liner. White lace and pearls covered the bodice. A soft halo of white flowers held her full length silk veil which covered her cathedral bridal gown's train. The veil was scattered with miniature pearls.

Maid of honor was Tanya Kirby of San Angelo. Bridesmaids were Wendy McClung, Julia Westbrook of Bay City and Mandy Ament, sister of the groom of Iliff, Colorado. The maid of honor and bridesmaids wore identical two piece rolled collared off-theshoulder magenta jacketed dresses with straight long-line ankle star gazer lily bouquet with many accents. Brooke Villareal was the flower girl.

Best man was Jon Garrett of son of Lubbock. Great-great-Pensacola, Florida. Groomsmen were Nick Federspiel of Washing-

Baseball Camp

June 28 - July 1

Haskell Indian Baseball Field

Ages 5-14 are invited

Pre-register June 12,13-15

from 5 to 9 pm in Haskell

High School Field House

Cost is \$50 or

ton, D.C., Darren Irby of Little Rock, Arkansas and Justin Rowland, brother of the bride. Ring bearer was Nathan Tuttle of San Antonio.

Ushers were Jason Maggard of Denver, Colorado, Mitch Dvorak of Bismark, North Dakota, Kevin Klas of Tulsa, Oklahoma and Ken Goldman of Woodland Hills, Cali-

Mrs. Ament is a 1991 graduate of San Angelo Lake View High School. She received a bachelor's degree in political science from Trinity University and will attend the University of Denver College of Law.

Her husband is a 1990 graduate of Caliche High School in Iliff, Colorado. He received a bachelor's degree in business administration from the University of Colorado at Boulder and is executive director of the Colorado Association of Wheatgrowers in Denver.

The couple will live in Denver. Attending the wedding and the reception in the historic Cactus Hotel ballroom in San Angelo were Mrs. Dovie Partridge, Mr. and Mrs. Wendell Partridge, and Day Partridge, all of Munday, Cynthia Partridge Kustief of Park City, Utah, and Angie and James Gass of Hale Center, Texas.

It's a Girl!

The old grey mare, she ain't what she used to be! The mind is the first thing to go! Grandma's slow, but she's old! But better late than never is what this Meme

Charlie and Debbie Pankhurst proudly announce the birth of a new granddaughter. Alexandria Taylor Wilson was born to Jeremy and Vicki Wilson of Seymour on Tuesday, May 9, 1995 at 8:30 a.m. at Wichita General Hospital. Taylor weighed 7 pounds 10.6 ounces and was 20.5 inches long. She has a terrific big sister named Rileigh.

Equally proud are paternal grandparents Lowry and Jill Wilson of Lubbock and maternal grandparents Jerry Barton and Jessie Barton of Seymour. Greatgrandparents are Leo and Pansy Koenig of Munday and Jane Wilgrandmothers are Nevada Hammer and Lois Josselet of Haskell. and Dorothy Barton of Vernon.

Ann Parker Thornock named to Dean's List

Ann Parker Thornock was among 800 students from Abilene Christian University named to the Dean's Honor Roll for the spring 1995 semester.

To make the Honor Roll, a student must complete at least 12 semester hours for grades and earn 3.45 or higher grade point aver-

Ann is a 1990 graduate of Munday High School and the daughter of Doug and Frances Parker.

HAVE A NICE DAY!

The Christian Life

Jeff Christian - Minister

Munday Church of Christ

Last week, President Clinton vetoed his first bill. It is the one do not match our plans. We might opportunity the President of the think that we have learned over the United States has to show that he years, sometimes a veto is thrown can overrule the wishes of con- our way, letting us know that in the gressional legislation. Of course, long run, God knows what is best. if the Congress and Senate can pull This is not to say that the President together enough votes, they too of the United States knows what is can overrule the President. Therebest all the time. This is where the fore, this analogy will not hold on analogy fails. In fact, this has nothevery term, but hopefully the point will still carry across.

Sometimes in our lives (or should we say, "Most of the Time?"), we decide that we know what is best for us. We make decisions which we feel will benefit us and our families. Whether it deals with where we live or how we live, we seem to believe that most of us are in control of our lives. This is where the veto comes in to play.

Sometimes God has plans that

ing to do with the President at all to be quite honest. Rather, it is merely an observation to say one simple truth: God is in charge.

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. If you have questions, call 422-4314.



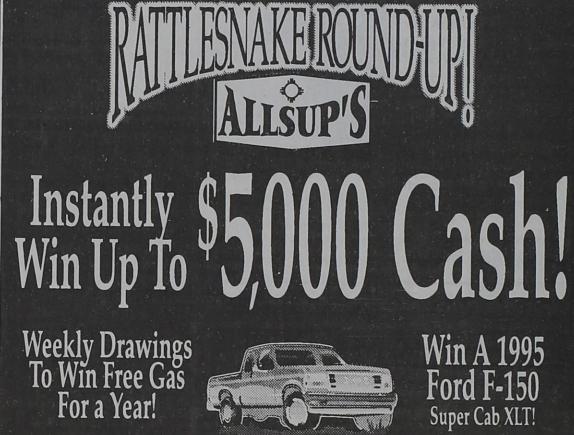
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No Purchase Necessary. Game begins May 28, 1995 and ends August 18, 1995. Official Rules and game piece available at participating ALLSUP's locations or by sending a SASE to "RATTLESNAKE ROUND-UP", P.O. Box 1277, Lynnwood WA 98046-1277 by August 18, 1995.

Game open to legal NM, OK and TX residents: Yold where prohibited.



Local's grandson weds in April ceremony

Karen Lynn Davis and Craig Patrick Vaughn, both of Dallas, were married on April 29, 1995 at Broadmoor Baptist Church in Baton Rouge, Louisiana. Dr. John W. Goodwin, Pastor of Broadmoor Baptist Church assisted by the Rev. Robert Sewell of Woodland Park, Colorado, officiated.

The bride is the daughter of Mr. and Mrs. Wayne Thomas Davis of Baton Rouge, Louisiana.

The bridegroom is the son of Mr. and Mrs. Joe H. Vaughn of Carrolton, Texas and grandson of Mr. Carl Booe of Munday.

The bride wore a gown of ivory silk accented with appliques of Alencon lace, encrusted with sequins and pearls, and featuring a sweetheart neckline, short cap sleeves, a Basque bodice and a cathedral-length train. She wore a fingertip veil secured by a fresh orchid wreath and she carried a bouquet of small white orchids, roses, Queen Anne's lace, French tulips and freesia.

The bride was attended by her matron of honor, Debbie Brown Richard of Baton Rouge, Louisiana. Bridesmaids were Kristyn D'Ann Vaughn of Dallas, Beth Mayuer Carver of Baton Rouge, Louisiana, Lisa Bourque of Los Angeles, California and Coleen Elizabeth Kidd of Franklin, Louisiana. Flower girl was Lauren Claire Gilder of Lafayette, Louisi-

The bridegroom was attended by his best man, Colin Prewitt of

Social Security

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MRS. CRAIG PATRICK VAUGHN ...the former Miss Karen Lynn Davis

Dallas. Groomsmen were David Daniel Freemyer of Louisville, Richmond of Dallas, Kenneth Kentucky and Cory Barbier of New Wayne Davis of New York City, Orleans. Ushers included Kevin

Booc and William Booc, both of Oallas; three grandchildren, Lubbock, Trent Perkins of Dallas and Bennett Sabatier of Lafayette, Louisiana. Ring bearer was William Donner Mizelle Jr., also of

Lafayette. A reception took place at the Country Club Louisiana. The groom's parents hosted the rehearsal dinner at the City Club of Baton Rouge the night before the

wedding. Following the dinner, friends and relatives presented a video of the couples early years.

The bride is a graduate of the University of Southwestern Louisiana and is currently an intern architect for Brinkley Sargent Architects in Dallas.

The groom is a graduate of Texas A&M University and is currently an intern architect with Mayse and Associates in Dallas.

Following a wedding trip to St. Thomas and St. John in the Virgin Islands, the couple will reside in Dallas.

Former Munday resident dies in Graham hospital

Ernest F. "Tug" Nesbitt died Tuesday, June 6, 1995 in a Graham hospital. He was 86. Funeral was held at 4:00 p.m. Thursday, June 8 at McMillan-Satterwhite Funeral Home in Graham, with Ministers Wayne and Carlis McKamie officiating. Burial was at Pioneer Cemctery in Graham.

Mr. Nesbitt was born September 9,1908 in Munday and resided in Dallas for 31 years until moving to Graham in 1971. He was a member of the Second and Grove Church of Christ in Graham. Mr. Nesbitt was a retired self-employed auto mechnaic and heavy equipment operator for Dallas County.

Survivors include his wife, Agnes A. Nesbitt of Graham; son, Dr. Lynn Nesbitt of Graham; twin brothers, Joe and John Nesbitt, both Monte Nesbitt of Fairhope, Alabama, Mar Nesbitt of Denton, and Melynda Cox of Midland.

Memorials may be made to Feed The Children, P.O. Box 36, Oklahoma City, Oklahoma 73101 or to Graham General Hospital, P.O. Box 1390, Graham, Texas 76450.

Viruses are so-named from the Latin word for poison.

Weekend visitors in the home of Mr. and Mrs. Ronnie Clark and Billy were Mr. and Mrs. Leon Sims and Mr. and Mrs. Charles Sims and children, Crystal, Jenna, Jessie and Devin, of Plainview, Bob and Martha Sims of Hale Center, Mac and Marie McClary of Seymour, Terri Kayla McClary of Iowa Park, Don and Sally Kelly of Fredrick, Oklahoma, Jeannie and John Russell and son, Tate, of Chillicothe, and Duward and Wanda Richards of the community. They all enjoyed a cook-out at the Clarks Saturday evening.

Paul and Teresa Weiss returned home Tuesday from their ranch near Davis, Oklahoma. Spending the Memorial Day weekend with them while they were there were their children, Gary Weiss of Carrollton and Jack and Barbara Robertson of Dallas. Chad Weiss, a student at Texas Tech University in Lubbock, was a recent visitor with his grandparents.

Benny and Diane Coulston and son, Ryan, of Seguin and Carla Crawford of Lubbock were weekend visitors with the Carl Coulstons.

Carol Brooks of Floydada and two grandchildren, Destiny and Merrick of Eastland, spent Sunday with Harold and Edith Beck. Beverly Kinnibrugh and Sarah accompanied 16 girl scouts of Seymour to Six Flags in Arling-

ton, Thursday. Maurine Parris spent the weekend in Abilene with Helen Randolph and Helen's sister, Beatrice Talbott of Ballinger, who

was also visiting. Jerrell and June Trainham, Jerrell Wendell, and Sabra Rice and Eva Ann Crooks of Seymour visited Sunday with the Royce Young family in Plano. They returned home Sunday night and Mrs. Rice remained for a few days visit with her daughter.

One is no more master of his impressions than of his coughing or sneezing.

Madame De Deffand

Cake Garden

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Gene Wheeler, owner



WILL DUTTON (left) of the Munday FFA chapter was elected as an Area IV Vice President this past April. To his right is Area President Amber Brady of Clyde, Vice President Tamara Sommerfeld of Hamilton and Vice President Andy Miller of Merkel.

Nursing Center News

By Virginia Williams

Wednesday afternoon.

Annie Smajstrala and Frieda

and Gary Sanders won the cover

Nancy showed the residents a

movie, Running Free, Friday af-

to the ladies for the treat.

Summers on Friday afternoon.

Daniel and Rosellen Albus vis-

ited her mother, Elnora Hertel, on

Donna Colton visited her dad,

Johnnie and Bill Smith visited

MUNDAY, TX

Vera Carver on Sunday afternoon.

ternoon.

Nora Hertel.

Saturday, June 10.

Dave Jetton.

Oscar Cypert visited a lot of his friends at the nursing center on Monday June 5.

The bible study Monday afternoon was lead by the First Baptist Church. Dr. H.B. Graves spoke on Spiritual Renewal. Anita Thigpen and Carolyn Welch played and Norene Hawkins led the singing.

Pete Brockett visited George and Susie Brockett.

Howard Voss visited his sister Gladys Loer.

The ladies of the Church of Christ, Flora Lee Floyd, Almeda Blair and Ernestine Dickerson, called bingo Tuesday afternoon.

Krisi Harlan of Seymour visited her great-grandmother, Thelma Decker, on Tuesday.

Tommy and Glenda Decker of Goree visited his mother, Thelma Decker on Tuesday.

Maria Ortega, Diandra and Amayda, visited friends at the nursing home.

Jeannie Williams, Nursing Home Ombudsman, visited on

District meeting, comprised of twenty-one schools, held in Seymour in April of this year. He had to give a speech at the meeting and then the voting delegates nominated him for Area President. At the Area IV meeting, one of four candidates is elected as president and the other three become vicepresident.

Dutton elected

Vice-President

Will Dutton of the Munday Future Farmers of America has been elected as Vice-President of Texas

Will was nominated as a presidential candidate at the Oil Belt

Area IV FFA

Area IV FFA.

Dutton recently attended the Texas FFA State Leadership Conference held in Trinidad on June 3-6. He will attending the Area IV Leadership Conference on June 23-24 at Lake Brownwood.

Munday ISD is sponsoring Will on a trip to the National FFA Washington Leadership Conference in Washington, D.C. on June 27 through July 2. and then he will Toni Harris of Wichita Falls also attend the Texas State FFA came to see her grandmother, Convention to be held in Lubbock Fleta Mayo, three days last week. on July 11-14.

Will is a 17 year old senior at Brown of St. Joseph Church called Munday High School and the son bingo Thursday. Gladys Lambeth of Frank and Janice Dutton.

Girl's Softball League Babes



Standing (left to right): Coach Misti Presley, Kylie Myers, Dee Toliver, Ashley Barnett, Alishia Herring, Cindy Hunter and Coach Esther Waggoner. Standing (front row): Delia Contreras, Angela Valencia, Jayla Decker, Kayla Moore and Laura Navarette.

Postal Tip #5

using the small address stickers that come with the payment book are reminded to always place a return address on the envelope and to place clear mailing tape over the small label to secure it. The labels could easily be pulled off by handling and cancelling machines.

Classified Ads Get Results

12:00 - 1:30 p.m Benjamin Memorial Building

Adults - \$5.00 Children 10 and under - \$3.00

sponsored by the Benjamin Ladies Sorosis Club

All proceeds to be donated to the

Banjamin Kids' Baseball League.

Father's Day Dinner

Sunday, June 18

Financial Focus

by Gary Decker



Support IRA expansion

will afford to retire, yet few actually domuch about it. That was the conclusion of a recent poll commissioned by the International Association of Financial Plan- difficult to provide retirement plans, and

\$35,000 and \$45,000 were surveyed. Although 71 percent of the respondents expected their incomes to rise in the future, 59 percent were still concerned about running out of money during retirement. One reason for their concern is that 83 percent of the people surveyed plan to retire before age 65. People retiring earlier and living longer means more dollars are needed for their retirement years.

The statistics are even more alarming for women. Women outlive men by an average of seven years, yet another study found that greater than 25 percent of women have never consulted a financial

professional regarding retirement. Perhaps one reason for Americans' lack of savings is the unavailability of IRA deductions. Before 1986, any wage-earner could contribute up to \$2,000 to an IRA each year and deduct the contribution from taxes. The Tax Reform Act of 1986, however, restricted the full deduction for those covered by other retirement plans to couples earning \$40,000 or less and to individuals earning \$25,000 or less.

The effect of this limitation was immediate and dramatic. In 1986, the last year of universal deductibility, IRAs accounted for about \$38 billion in savings. The fol-

Most Americans worry about how they lowing year, contributions dropped to about \$14 billion.

In the meantime, people are living longer, employers are finding it more Social Security is dwindling. Now more More than 1,100 wage-earners over than ever, it's vital for Americans to take age 18 with annual incomes between responsibility for their own retirement -yet the incentive to do so has been greatly reduced for many.

> Fortunately, some of our legislators are beginning to understand this problem. In fact, Congress is considering several proposals regarding IRAs and expanded savings incentives:

*The Republicans' Contract with America proposes the establishment of American Dream Savings Accounts, which are similar to IRAs but provide alternative benefits such as penalty-free withdrawals for first-time home purchases. No up-front deduction is allowed, but taxfree withdrawals could be made after five

*President Clinton has proposed expanding IRA deductibility above the current limits.

*Senators William Roth and John Breaux have introduced legislation to restore the universal availability of a fully deductible IRA.

Restoring the full IRA deductibility will not only bring tax relief today, it will be good for Americans -- as well as the economy as a whole -- tomorrow. If you think the IRA should be expanded to meet the needs of all Americans, let your congressmen know today.

Customers who mail payments

By Paul Weiser,

Knox County Extension Agent - Agriculture

Those who brought ice cream With summer coming on strong Thursday night were Olga Jim many homeowners are working Reid, Elaine Gulley, Betty Baker hard at manicuring that perfect and Dorothy Myers. Many thanks lawn. The recent wet weather, along with some warm days is an Valera Hertel and her grandson, ideal way for fungal diseases to Blake Hertel of Carrollton, visited grow and begin their destruction of a lawn. Verna Mathews visited Dale

There are three categories of turfgrass diseases: those that attack roots and stolons, those that attack roots and leaves, and those that attack only foliage.

Diseases that attack roots and as circular. Fairy Rings, Slime and Mold and tilization practices. St. Augustine Decline.

destroy the root system the turf off using pressured water. will die. In Take-All Patch the disease can spread and wipe out an entire lawn. This disease is most often noticed under drought conditions and during growth spurts from fertilizing. This is because the root system has been damaged and cannot take up the amount of water and nutrients required by the plant.

Spring Dead Spot is most often noticed during spring green-up. As the season progresses, weeds and stolons from healthy plants will move into the diseased area and soon the spot will not be noticeable.

Both of these diseases can be found in Bermuda grass. Take-All Patch has also been found in St. Augustine and Zoysia Grass.

The most common lawn discases in the Rolling Plains are the foliar diseases. These diseases generally do not kill a lawn but rather just affect it's overall appearance.

Brown patch will form in circular patterns on the lawn. Sometimes these patches will grow towill recover during the summer when the fungus is not active. Gray leaf spot is very common

gether and form an odd shaped

diseased area. The infected turf

in St. Augustine that is over managed by excessive water and fertilizer. The opposite is Dollar Spot which is noticed in nitrogen deficient lawns. In closely mown lawns the infected area is about the size of a silver dollar. On higher cut lawns, spots are larger and not

stolons include: Take-All Patch, It is very common to look into and Spring Dead Spot. Root and a field or lawn of Bermuda Grass foliage diseases are Helmin- and see some seed heads that are thosporium and Pythium Blight, a gray to black color. This is called And finally, foliar diseases in head smut. This disease will do no clude: Brown Patch, Gray Leaf harm and can be reduced by Spot, Dollars Spot, Head Smut, proper mowing, watering and fer-

Slime molds are also very com-Take-All Patch and Spring Dead mon. They grow on dead organic Spot are very similar. They both matter and will not affect growattack roots and stolons of ing tissue. If on turfgrass, brush turfgrass. Because these diseases off with a rake or broom or wash

St. Augustine Decline is one of the most misdiagnosed diseases in turfgrass. This disease will turn the leaves yellow with a mottled appearance on the leaf blade. Nutrient deficiencies will also turn turfgrass yellow. Many times the nutrient deficiency will have a striped look and not mottled.

Most of these diseases - all but SAD - are fungal diseases. They can be treated with fungicides. However, treatments made as a precautionary measure are much more significant and do a better job than treatments made once the disease has begun its destruction.

Once a disease is noticed, the best measure is to administer some type of treatment -- whether cultural or chemical -- and then take precautionary steps next year. However, identifying the disease is very critical to both prevention and treatments.

If there are any questions, or if more information is needed on any lawn disease please contact Paul Weiser in the Knox County Extension office in Benjamin at (817) 454-2651.

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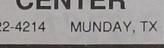


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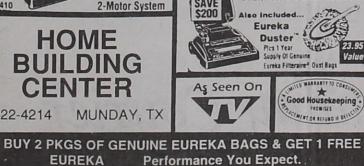
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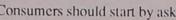
CCCS names top ten solutions for debt

has become a way of life for many vice of Greater Fort Worth. "Many families, meaning many are not people we counsel are getting by saving to repay debt. Consumer just living from paycheck to pay-Credit Counseling Service has check," she said. "Consumers comprised a list of ten steps to should have a repayment plan to help consumers develop spending handle current debt as well as a and savings plans and regain con- savings plan for future expenses trol of their financial future.

ing prepared for future financial expenses and possible medical obligations, according to Marianne Gray, Executive director,

Living paycheck to paycheck Consumer Credit Counseling Serincluding college education for Saving money is the key to be- children, retirement, emergency expenses."

Consumers should start by ask-





Justice Delayed Has Been Justice Denied

ow long should the victims of crime have to wait for justice? In February of this year, Samuel Hawkins was executed at the Texas State Penitentiary at Huntsville for the rape and murder of a Abbe Hamilton, of Borger, a woman who was six months pregnant at the time she was attacked.

Had her child survived, it would have been nearly 20 years old at the time of Hawkins' death. His execution followed 19 years of litigation over two separate capital convictions, one for the murder of Hamilton and a second for the rape and murder of a 12-year-old girl. The victims' families in these cases were forced to relive their horror on the innumerable occasions when Hawkins' death sentence was postponed by seemingly endless litigation.

While there was never any doubt of Hawkins' guilt, he nevertheless managed to delay justice by manipulating the post-conviction review process, using (and many would argue abusing) federal habeas corpus procedures. But on June 7, the U.S. Senate passed an anti-terrorism bill which would end the unjust lapses of time between capital crimes and capital

The writ of habeas corpus, which dates back to the English Magna Carta of 1215, serves as a way for U.S. federal judges to determine whether a defendant has been wrongly imprisoned. Prisoners can apply for a writ of habeas corpus on the ground that their conviction was unconstitutional. Those subject to state courts — where the vast majority of murders are prosecuted — may seek the writ only after they have exhausted all appeals under state law. Defendants have been able to apply for a nearly unlimited number of writs in consecutive order, delaying the execution of their sentences indefinitely.

The bill which the Senate approved last week would limit most death row inmates to one appeal filed within one year under time limits that would conclude most cases within two years of sentencing. A second appeal would be allowed only under narrow circumstances, including new, "clear and convincing" evidence that could not have been discovered during the first

In Texas, for the 92 cases in which the death sentence was carried out, the average time between the jury's assessment of the sentence and its imposition has been more than eight years. But as of last March, there were 156 inmates on Texas' death row who had been there significantly longer than that.

I supported the anti-terrorism bill, and in particular, its change of habeas corpus rules. This is a timely reform. It will apply to prosecutions brought against anyone indicted in the Oklahoma City bombing. Under the old rules, a generation might pass before justice is served.

Americans want their judicial system to be fair and even-handed. But they also have a right to expect it to provide justice swiftly and surely. As Judge Learned Hand wrote in 1923, "Our dangers do not lie in too little tenderness to the accused. Our procedure has been always haunted by the ghost of the innocent man convicted. It is an unreal dream. What we need to fear is the ... formalism and watery sentiment that obstructs, delays and defeats the prosecution of crime.

M. M.

David

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ing a few questions: How would I handle a large, unexpected expense? How long could I stay affoat if I lost my job or had my hours cut back? Will I be able to retire comfortably or educate my kids? How much do I have in sayings or investments.

If you don't like your answers. consider the following as a means of controlling your financial fu-

*Carefully track your current expenses and trim where possible. List your monthly expenses. Try cutting back on things such as entertainment, dining out and nonessential clothing.

*Set financial goals. Prepare for future investments including college educations, retirement plans, mortgages and related expenses.

*Prepare a written spending plan. Most consumers find it easy to create a budget but hard to stick to it. Writing a detailed plan and keeping it readily available will help keep it in mind more frequently.

*Plan for periodic or unexpected expenses. When creating a budget, keep in mind expenses that could occur such as a job layoff, medical emergencies, and maintenance on cars or major appliances.

*Begin a savings plan. Make it a priority to contribute to a savings account or investments. Take advantage of employer-sponsored plans. Even the smallest deposit can add up to a sizable amount if done consistently.

*Develop an effective bill paying system. Keep track of how your money will be distributed, budgeting for fixed and variable expenses. And when you use credit to pay for an item, write down the amount and subtract it from your funds to ensure you can pay the amount at the end of the month.

*Monitor debt load and reduce where possible. Keep strict records on your debt repayment system and pay more than the minimum amount due when possible.

*Obtain credit reports and correct or explain if necessary. Several credit reporting agencies offer free credit reports. Study and understand your report. Call and explain if there is a problem or an inaccuracy on the report.

*Maintain control of your personal finances. Handle your finances with a serious effort. Dedicate time each week to develop and improve your financial situa-

*Use helpful resources for problem solving. Consumer Credit Counseling Service can offer the necessary resources to help individuals and families develop a workable budget and spending plan. A nonprofit organization, CCCS provides professional counseling and financial guidance to consumers through one-on-one budget counseling sessions, educational workshops and debt repayments plans.

Headquartered in Fort Worth, CCCS also has branch offices in Abilene, Grapevine, Killeen, Lubbock, Midland, Odessa, San Angelo, Temple, Waco and throughout the greater Fort Worth area. CCCS also has satellite offices in Azle, Big Spring, Cleburne, Lampasas, Mansfield, Stephenville, Weatherford, Fort Stockton, Plainview, Granbury, Brownwood, Hillsboro, Mexia, Sweetwater, Sonora, Burleson, Gatesville, Lamesa, Levelland and in Hobbs, New Mexico.

To schedule an appointment for counseling, consumers can call toll-free throughout Texas, 1-800-374-2227.

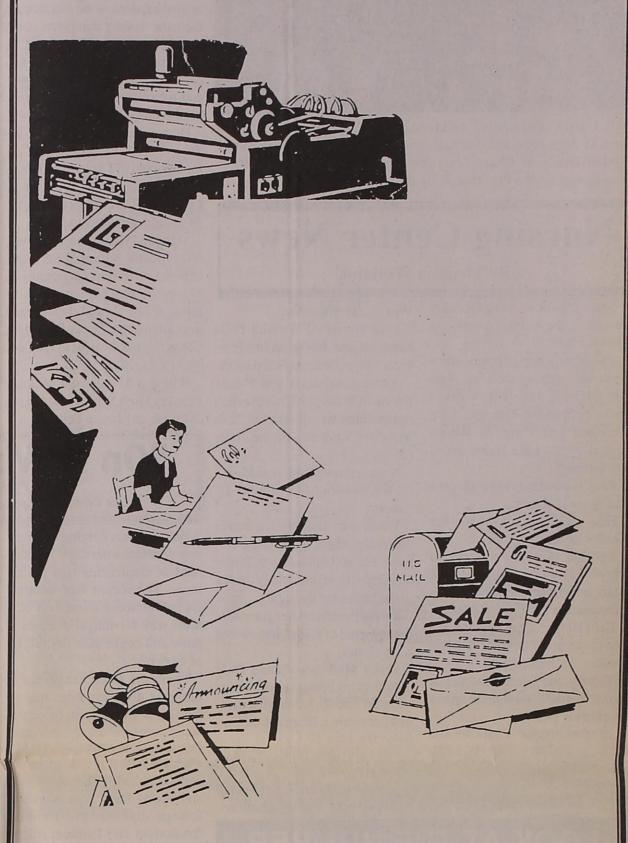
Calenda



June 18 - Father's Day. June 19 - Volunteer Fire Depart-

June 20 - Lions Club.

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Georges Clemenceau

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To love oneself is the beginning of a lifelong romance.

Oscar Wilde

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GARAGE

GARAGE SALE - Saturday. Lots of misc., some furniture and clothes-all sizes. 630 S. 7th, 8:30-?

We will be issuing periodic up-

dates to keep the public informed

of policies and procedures as they

When application request cards

expected to be mid-August, they

will be distributed to all areas of

the state, Wilson said. Applicants

who meet the basic qualifications

will be able to submit these request

will be furnished to those who re-

quest it," Wilson said. "That appli-

cation, with required forms and

fees, may be submitted to the De-

partment after September 1. The

validity of the information pro-

vided in the application will be

"A complete application packet

forms to the DPS at that time.



Yard of the Week Kenneth and Joye Baker - 320 South 11th

USDA Commondities

(Continued from Page 1)

Haskell and Throckmorton

Various individuals have indi-

ceiving more commodities than

the six counties served by the

ASBDC. This is true. The reason

being, Abilene has a Food Pantry.

Unfortunately, the ASBDC is not

equipped to maintain a Food

Pantry. The ASBDC has neither

the resources nor the funds to

handle or distribute Food Pantry

Due to the above explanation

and also the insufficient amount

of foods available at this time, the

scheduled distribution will be

postponed until the week of July

10 thru July 14, 1995. Check

your local newspaper for addi-

tional information concerning

times and dates.

gation conducted by the Depart-

The Director also stressed that under the new concealed handgun law, a private or public employer has the right to prohibit those with concealed handgun licenses from cated that Taylor county is recarrying a concealed weapon on the premises of the business.

Fund raiser to benefit Maria Garcia of Goree

The Hispanic community of Goree is having a Mexican Plate Dinner this Saturday, June 17 beginning at 11:30 a.m. at the Community Center in Goree.

Adult plates will be \$4.00 and children plates will be \$2.50. for licenses are available, which is

This is a fund raiser to help Mrs. Maria Garcia of Gorce. She recently suffered a heart attack and does not have any insurance.

"We want to help one another in

times of need," said Josie Hernandez. "We would appreciate your support. May the Lord bless you

Necessity never made a good bargain. Benjamin Franklin

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Concealed handgun law to go into effect September 1

are developed."

Texans interested in obtaining a license to carry a concealed handgun will be able to start the required firearms training program as soon as the law goes into effect on September 1, DPS Director James R. Wilson said.

"We have an internal task force up and running to do what needs to be done to make this new law work," Wilson said. "We anticipate that we will start training firearms instructors this summer and our goal is to have these instructors licensed and able to start training interested citizens after Septem-

Wilson said the Department is currently developing forms, procedures, and rules in order to begin accepting applications for concealed handgun licenses on September 1.

Texans need to remember that the current weapons laws remain in effect until January 1, 1996," Wilson said.

"In the meantime, we ask the public's patience as we get this program set up," Wilson said. "We will make an announcement to the public when our training classes have been set, with instructions on how to enroll. But the Department is not currently accepting fees or application requests for instructors or licenses.'

The Director cautioned that no firearms instructors or training facilities have been approved by the Department at this time. "When instructors and training facilities have been approved, this information will be released to the public.

verified by a background investi-58 facets (sides).

T-Ball League Angels

Most finished diamonds have



Standing (left to right): Kristen Myers, Coach Dedra Driggers, Tabatha Lerma, Sammi Hernandez, Coach Micki Sanders and Kayla Fernandez. Kneeling (front row): Kristy Jo Rivera, Whitney Sanders, Kole Gray, Tyler Driggers and Kayla Gray. Not pictured are Coach Haley Hutchinson, Joel Contreras and Jacob Herricks.

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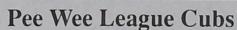
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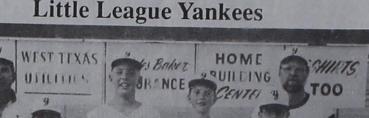




Standing (left to right): Tiffany Myers, Coach Edward Escamilla, Jennifer Carlson, Erik Santisteven, Coach Mary Jane Escamilla, Kevin Brown, Cody West, Coach Michael Waggoner and Aaron Loftin. Standing (front row): Payden Stewart, Tory James, Marcus Escamilla, Quincee Gideon, Jacob Reynolds and James Nelson.



Standing (left to right): Chance Myers, Coach Jimmy Urbanczyk, Ociel Castorena, Kirk Heard, Jason Josselet, Coach Paul Weiser, and Teddy Graciano. Kneeling (front row): Brandon Urbanzcyk, Micah Yates, Jonathan Rameriz, Joe Rivera and Matt Arismendez.





Standing (left to right):Jeffrey Toliver, Coach Bill Longan, Alex Anchondo, Brian Urbanczyk, Allan Albus, Ben Carpenter and Coach Richard Albus. Kneeling: Jeffrey Urbanczyk, Wes Crawford, Will Longan, Adrian Estrada and Terrance Allen.

KNOX KOUNTY KONNECTIONS By Jane Rowan, County Extension Agent

Nutrition and **Cancer-Prevention**

The fact that absence of certain essential nutrients creates a predisposition to illness has been known for a long time. However, less understood has been the components of diet which are important in preventing chronic disease such as cancer.

(NCI) is studying if certain "designer" foods high in ingredients naturally high in cancer preventing substances can actually affect the relationship between cancer and diet. Diets high in fat appear to be connected to cancers of

Heavy alcohol consumption has been linked to higher incidence of cancers of the upper digestive tract garlic pills do not offer the same Mrs. Melvin Gray, Pecos and liver. These studies have also benefits as the food counterparts. Jozelle Green, Odessa shown that fiber, vitamins A, C, and E, as well as many other sub- sumer to utilize the results of this Jeremy Hutchinson, Lubbock stances also seem to have cancer- research? Start following the U.S. preventing properties.

Over the past decade more than 40 foods -- mainly vegetables, grains, and fruits containing biologically-active phytochemicals-have been identified as having cancer preventive properties. Phytochemicals can interfere with and potentially block the biochemical pathways that lead to malignancy in animals. Phytochemicals can affect metabolic pathways associated with development of cancer by affecting the initiation and tumor-pro-

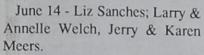
Fund set up for JoDee Homstad

JoDee Homstad, daughter of Dean Homstad, Chief of Police of Knox City and Debra Early of Knox City, was critically injured after being hit by a drunk driver Saturday night in Plainview.

A fund has been setup at Citizens State Bank in Knox City to help with the expenses. JoDee is presently in critical condition and is undergoing major surgeries in Lubbock.

This fund is setup for Debra Early or Dean Homstad (for JoDee Homstad). The account no. is 11-6300-0.

Birthdays & **Anniversaries**



June 15 - Jeremy Lowe; Gary & Judy Wilde.

June 18 - Ronnie & Cheryl Urbanczyk, Danny & Pat Owens. June 19 - Jacob Fetsch, Kevin Hawkins; Sandy & Delores Lammotion phases.

The six foods at the top of this pyramid are at the center of the National Cancer Institute's Experimental Foods Program. On the top level of this triangle are garlic, cabbage, licorice, soybeans, ginger, carrots, celery and parsnips. On the middle levels of the triangle are onions, tea, tumeric, The National Cancer Institute citrus such as orange, lemon, grapefruit, whole wheat, flax, brown rice, tomatoes, eggplant, peppers and cruciferious vegetables (broccoli, cauliflower, and brussels sprouts). On the base level of the triangle are oats, Mildred Fitzgerald, Seymour mints, oregano, cucumber, rosebreast, pancreas and colon/rec- mary, sage, potato, thyme, chives, cantaloupe, basil tarragon, barley and berries.

Dietary supplements such as I. B. Gresham, Munday

So what can you do as a con-Department of Agriculture Food Guide Pyramid and the American Cancer Association recommendations to increase servings to at least "5 A Day" of vegetables and Kent Josselet, Munester fruits. Then you will be sure to eat many of the top 40 foods, which have been shown to display those cancer-prevention properties.

In the next few years, consum- Mrs. David Maulding, ers will see more and more designer foods that contain even Amanda Moore, Wichita Falls more of these phytochemicals.

"Hot Water...Not"

Using hot tap water to prepare baby formula or for any kind of cooking is a no-no. It's often not safe because lead from some household plumbing can get into the hot water. Be safe, always start with cold water and heat it on the stove or in the microwave.

Subscriptions due in June

Mrs. Tom Parker, Taylor

Kynn Patterson, Benjamin

Fredrick Rydon, MA

Jan Roberts, Georgia

Quinn Smith, Dallas

Art Smith, Lubbock

Joe E. Sharp, Dallas

Junaita Smiley, Emory

Dick Thompson, Munday

Buddy Urbanczyk, Munday

Danny Vaughn, Kingwood Ignacia Valdez, Wichita Falls

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