

THE MUNDAY COURIER

Serving The Best Informed Readers In Knox County

Wednesday, February 22, 1995

Munday, Texas 76371

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Price 50¢



B AND K TEXACO, formerly known as Stewart Texaco, is now under new ownership. Bob Brown (left) and Kerry King (right) recently purchased the station from the family of Jack Stewart. B and K Texaco will be open six days a week from 7:00 a.m. to 7:00 p.m. and still offers full service for your vehicle.

Munday Elementary Honor Roll announced

Munday Elementary Principal Doug Donoho has released the fourth six weeks honor roll. Forty students in grades first through sixth made the honor roll.

First grade - Jalenn Cadwell, Torey James, Gabriela Navarrette, James Nelson, Kristy Rivera, Payden Stewart, Josh Angerer, Patricia Castillo, Joseph Gully, Jordan Lowe, Bryant Moore, Katie Myers, Kaitlyn Sosolik, Trent Tidwell, Justin Yates

Second - Lindsey Wilde, Quincee Gideon, Johnica Fetsch, Jocelyn Decker, Kari Sue Kuehler, Kymberly Sarabia, Kamica Taylor

Third - Ricky Escamilla, Jara Gray, Kayla Moore, Tiffanie Myers, Cassie Andrade, Blake Brumbelow, Justin Lowe, Marti Lowe, Eleazar Mendiola

Fourth - Shannon Escamilla

Fifth - Laurie Welch, Erik So-

olik, Jonathan Ramirez, Alicia Herring, Cindy Hunter, Megan Myers, Charles Reneau

Sixth - Justin Key

St. Joseph's Parish preparing for sausage dinner

The Parish of St. Joseph's Catholic Church will be having a sausage dinner on Sunday, March 5 at the Knights of Columbus Hall in Rhineland.

The meal will consist of homemade sausage and fried chicken served with all the trimmings.

Serving will start at 11:00 a.m. and will continue until 1:30 p.m.

Cost for the meal will be \$6.00 for adults and \$3.00 for children 12 and under. All takeout plates are \$6.00.

Bulk sausage can be ordered for \$2.50 per pound by calling 422-4974, 422-4390 or 658-3926.

Prizes will be given away Sunday afternoon. Everyone is invited to come and have dinner.

Moguls compete in Cisco power lifting meet

Munday Mogul power lifters competed at the Cisco Invitational Meet held this past Saturday, February 18.

This was the last meet for the Moguls to compete in until Regional in May.

Roberto Nunez competed in the 123 class. Lifts were: Squat - 270, Bench - 150, Dead Lift - 300, Total weight - 720 for a 4th place finish.

Nathan Kuehler, 148.25 class. Squat - 320, Bench - 190, Dead - 315, Total - 825; 5th place.

Rickey Serrato - 148.25 class. Squat - 220, Bench - 160, Dead - 300, Total - 690; 10th place.

James Phillips, 181 class. Squat - 275, Bench - 160, Dead - 320, Total - 755. Improved well!

Jason Hise, 165 class. Squat - 400, Bench - 240, Dead - 400, Total - 1025; 5th place.

Coach Teeter was very pleased with the overall performance and really thinks the kids are getting into this sport and hopes to see more involvement next year.

Date Correction

In February 15 edition of *The Munday Courier*, The Bloodmobile was printed as being conducted on February 27. The Bloodmobile will be on March 27.

Purple Cloud Band is sponsoring a volleyball tourney

The Purple Cloud Band is sponsoring a co-ed volleyball tournament on Friday and Saturday, March 3-4.

Anyone wishing more information may call Phillis or Jimmy Urbanczyk at (817) 422-4368.

Calendar of Events

February 22 - Washington's Birthday.

February 24 - Teacher in Service.

February 25 - Band Solo and Ensemble Contest.

February 26 - Munday Volunteer Fire Department.

February 27 - Lions Club.

Texaco station opens under new owners

Stewart Texaco has new owners and a new name. K and B Texaco will still be home owned and operated by Kerry King and Bob Brown.

The station will service your vehicle right. K and B Texaco will wash your auto inside and out, change the oil and filter, grease and fix flats as well as fill it up with premium Texaco gasoline.

A self service pump and full service is still available.

Kerry, Bob and Gerald Stanford welcome all Stewart Texaco customers and new customers.

Cast and crew chosen for One Act Play

Munday High School's one act play has found this year's cast and crew. Auditions were held recently at the school's auditorium.

Members of the cast are: Doug Edrington, Mr. Gaskins; Marc McWhorter, Cowboy; Keith Myers, Claud; Cathy Nelson, Nurse Sims; Shonda Jordan, Beth; Brandi Hall, Nurse Baldwin, Andrea Brown, Flora; and Kandis Longan, Ida.

The crew consists of: Ryan Cottingham, Sound; Donnie Browning, Lighting; Kevin Tibbets, Key Master; Anna Kay Kiser, Stage Manager; and Lori Clem, Assistant Stage Manager.

This year's One Act Play selection is *The Golden Shadows Old West Museum*.

March 10 will be a One Act Play Clinic and East Zone competition will be March 23 here at Munday High School.

Calendar of Events

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February 26 - Munday Volunteer Fire Department.

February 27 - Lions Club.

Munday ISD recognized for Outstanding Safety Program

Jerome Hall, Superintendent of the Munday Independent School District, was recently honored for outstanding employee safety by the North Texas Educational Insurance Association at its annual meeting conducted in Austin.

The Association consists of 121 participating school districts located throughout northern and central Texas. The district is a member of a uniquely designed partially self-funded workers' compensation program developed by Hibbs-Hallmark & Company and administrated by Claims Administrative Services, Inc., both located in Tyler. Hibbs-Hallmark & Company currently provides workers' compensation programs to over 25 percent of all schools in Texas.

The purpose of the meeting was to recognize those districts that have held both the number and severity of employee accidents to a very low level. The combined savings during the 1993-94 school year, for all participating districts, was over 2.4 million dollars when compared to the costs of fully insured programs. The total savings for all districts since inception of the programs in 1991 exceed 13 million dollars.

Munday Independent School District was a Diamond award recipient with the actual losses from employee accidents equaling less than 10 percent of the fund set aside by the district for claims expenses. The actual savings to the school district was \$21,249.

"Our self insurance program was designed to provide the highest level of safety and offer the greatest potential for premium savings to the districts," said Billy Hibbs, President of Hibbs-Hallmark & Company. "We have a team of safety professionals who help the districts to implement a strict set of safety policies and procedures."

Claims Administrative Services, Inc. President, Barry Jones, stated "Safety in the workplace is such an important issue and the administrators who have achieved such a high level of success in the area of employee safety deserve this special recognition."

"The taxpayers should also be pleased to know that the Board of Trustees and the administrative staff of the Munday Independent School District is doing everything possible to insure a safe working environment for its employees while reducing the cost of workers' compensation insurance," continued Jones.

Immunizations to be given Monday at Knox City

The Texas Department of Health will hold an Immunization Clinic on Monday, February 27 at the community center in Knox City. The Clinic will be held from 10 a.m. until 3 p.m. and will remain open through the lunch hour.

Adult TD's (Tetanus-Diphtheria) will be available at the clinic. A parent or legal guardian must accompany minor children. For more information call (817) 864-2609.

THANKS FOR READING THE MUNDAY COURIER



JEROME HALL, Superintendent of Munday Independent School District, received a certificate for outstanding employee safety from the North Texas Educational Insurance Association at its annual meeting held recently in Austin. The association consists of 121 participating school districts located throughout northern and central Texas. Pictured with Mr. Hall are two representatives of Claims Administrative Services, Inc. which administers the workers' compensation program.

Minutes of School Board meeting on February 16

The Munday ISD Board of Trustees met in regular session on Thursday, February 16, at 7:00 p.m. in the administration building. Following roll call, payment of the bills, and approval of previous minutes, action was taken on several items.

The first items on the agenda was calling for a board of trustees election to be held on May 6. Two positions are to be filled at this time.

The next item concerned future plans concerning a master plan for expansion of the present facilities. It was decided to ask several architectural firms to interview with the board.

Hemphill Bus Company was awarded the bid on a lease/purchase for a new bus. The new bus will be a 53 passenger bus that will replace a 1977 model bus

now used as a route bus. Hemphill was the lowest of two bids.

Also approved was a resolution to approve the sale of property for non-payment of taxes. This will allow the property to be placed back on the tax rolls.

The final item on the agenda was the consideration of the contracts of the principals and the athletic director. The contracts of Phil Hall and Doug Donoho were extended through the 1996-97 school year. The contract of Steve Gideon was also extended through the 1996-97 school year.

Fire causes damage to local's home

Munday Volunteer Firemen responded to an early morning house fire last Friday.

A fire started in a back room of H.D. Alexander's home located on South 12th street here in Munday about 2:45 a.m.

Firemen contained the blaze to the one room but not before extension damage occurred. Fire charred the room and the rest of the house including furniture, clothes and quilts received heavy smoke damage.

Surplus commodities to be distributed in March

The Munday Courier has been asked to announce that surplus commodities will be distributed in March.

Next week's paper will carry the places, dates and times for the distribution.

The Munday Courier

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Box 130, Munday, TX 76371**SUBSCRIPTION RATES**Knox County \$15.00
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Louis Wise, 85, dies at residence in Grapevine

Louis Lynn Wise, 85, died Tuesday, February 7, 1995 at his home in Grapevine.

Memorial services were held at the family plot in Brady for family members only under the direction of J.E. Foust and Son Funeral Home.

Mr. Wise was born on December 18, 1908 in Eldorado, Illinois. He and his wife, Maebelle, were married on Valentine's Day, 1930. They lived in Abilene from 1941 to 1977 before moving to Munday where they were members of the First Baptist Church. Mr. Wise was preceded in death by his wife in November, 1990. He moved to Grapevine in July of 1994.

Survivors include one son, Bobby of Grapevine; two daughters, Peggy Preston of Morris and Wilma Johnson of Seminole; ten grandchildren and eleven great-grandchildren.



MUNDAY MOGUL POWER LIFTERS finished up their final meet at Cisco this past Saturday with five of six Moguls placing in the top ten of their weight classes. Left to right are James Phillips, Jason Hise, Nathan Kuehler, Brent Darter, Rickey Serrato, Roberto Nunez and DeShawn Hamilton

"On A Wizer Note"

by Paul Weiser
Knox County Extension Agent - Ag.

Fruit and nut tree care is a very popular topic for homeowners. Everyone enjoys fresh fruit in the summer. Here are some good tips to follow to keep pecan trees productive.

Fertilizing trees, whether it be a fruit or nut tree, is very important to its survival. One of the most important ideas to remember is that improper placement of fertilizer can do more harm than good. A tree's root system will stretch out twice as far as the canopy. Most of the feeder roots -- the roots that take up the nutrients -- are located in the top 18 inches of soil.

Because of this it is important not to place the fertilizer around the trunk. It is best to broadcast the fertilizer around the edge of the canopy. Follow this broadcasting with a good thorough watering to ensure that the fertilizer is transported down to the root zone. Poorly soluble nutrients, like phosphorus, benefit from shallow tillage to move them into the soil.

A common practice for fertilizing trees is to dig a hole and place

the fertilizer in it. This can do more harm than good. If the hole is too deep it will place the nutrients below the root zone. If the hole is kept within the root zone the fertilizer may come in direct contact with the roots. Because fertilizers are salts they will burn nearby roots with such a concentrated placement.

Now that proper placement has been covered, let's discuss what type of fertilizer should be applied and when for good pecan production. Please remember that these recommendations are for trees with good soil, plenty of water and minimal weed competition. Trees planted in lawns -- where turfgrass grows around it -- will require more water and more fertilizer.

The first year a pecan tree is planted, one cup (approximately 1/2 lb. of granular fertilizer) of 21-0-0 in June will be sufficient. Year two requires one cup of 21-0-0 in April, one in May, and one in June. Years 3 and 4 -- up this amount to 2 cups. Increase this to 4 cups of 21-0-0 for years 5 through 7. Once the tree begins to bear, apply 2 cups of 21-0-0 per inch of trunk diameter every March.

Pecan trees also require some foliar applied fertilizers. Zinc is a very important micronutrient to the development and health of a pecan tree. It is also very difficult for roots to pull out of the soil. Therefore, a foliar application of zinc is quite important.

Zinc sprays are essential for rapid tree growth and good nut production. These sprays need to be applied at regular intervals while the tree is making new growth. Two types of zinc materials include zinc sulfate and NZN. There are several formulations of zinc sulfate -- both wettable powder and liquid. Two teaspoons of 36% wettable powder per gallon of water is a good rule of thumb to follow.

NZN is a Zinc Nitrate-Nitrogen formulation that is harder to find but more effective than zinc sul-

Edrington starts student teaching in physical education

Oklahoma State University's College of Education has placed 285 students in the field this semester for their student teaching assignments. Students have been assigned in 42 school districts at 90 individual schools.

Student teachers began their assignments on February 6, and will complete their internships in May.

Donald Edrington of Munday, a physical education and health major, has been assigned to East Middle School and Central Elementary School, both in Jenks, Oklahoma. Donald, a 1989 graduate of Munday High school, is the son of Ernest and Collis Michels of Munday.

fate. Use 2 to 4 teaspoons per gallon of spray. NZN is also labeled for use on fruit trees -- peaches. Non-bearing pecan trees require an application of zinc every 2 to 3 weeks from bud break to August. Bearing trees require about 3 applications spread out from bud break to early June.

Zinc sprays are most effective if applied early or late in the day with little to no wind. Zinc materials can be mixed with many chemicals used for disease or insect control. The zinc sprays pose little health hazard to man and animals and are not a threat to stain sidewalks, houses, cars, etc. However, if mixing chemicals, make sure the other chemicals will not stain before applying. Also, read the label for proper mixing and handling recommendations.

The Christian Life

Jeff Christian - Minister

Munday Church of Christ

There is a story in the Bible about a group of people who got the crazy notion of building a tower to the heavens. It would be their crowning achievement. Genesis 11 is not exactly clear why they wanted to build this tower. Most people think it was because they wanted to storm the heavens and take over. Whether that guess is true or not is impossible to say. Nevertheless, God saw that this would not be good, so He confused their language. And anyone who has tried to learn a foreign language knows that it is not an easy task. Therefore, in an effort to show them that they were becoming a little too arrogant, He decided to stifle their pride.

This seems to be a problem throughout the Bible, along with the history of humankind. It is called the sin of Hubris. Greek mythology tells stories about people who decided to challenge

their gods. They thought that they knew more than their rulers. But the gods knew better. This later came to be known as the sin of Hubris, or the sin of Pride.

In reality, this is extremely close to Genesis 11 (if our guesses are right). Their problem was that they thought they had all the answers; they thought they knew everything. But just when they were getting ready to carry out their plans, God threw a wrench in the machine. This just goes to prove that God is wiser; that God knows when we get out of line.

Let us learn from their mistakes: When we get to the point that we think we know more than God, that is the time we need Him most. That is the time when we need Him to put us back in our place, and tear down our towers.

THANKS FOR READING
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By February 28

Creating Schools for the 21st Century...

By Richard Kouri, President Texas State Teachers Association

THE PROFESSION SPEAKS OUT

Focusing on the professional staff

(Part 3 in a Series)

The whole question of teachers and how they spend their time needs to be seriously and systematically re-examined. The real question is not just time -- it is a question of educational quality. Teachers need time to develop effective lessons, talk to students and listen to them, confer with parents, study new materials and research, interact with colleagues, and watch outstanding teacher demonstrations.

Traditionally, teachers' work has been and continues to be viewed as time "in front of the classroom". Such a perception reinforces the concept that teachers are primarily deliverers of content, that curricular planning and decision making are vested at higher levels of authority, and that professional development is unrelated to improving instruction. It also emanates from the top-down era of "scientific management" which is outdated and out of favor in corporate circles but to which school managers tenaciously cling.

Most schools are not structured to allow teachers to learn from one another or to share what they know. In other countries where teachers, rather than commercial tests, control the curriculum and assessment process, shared practice is much more common. Unlike the solitary endeavor that characterizes teaching in the United States, Asian pedagogy is approached as a group effort. Time is provided away from students for planning and assessing, tutoring, or participating in professional development activities.

How do other countries find ways to provide up to half the school day for professional development and collaboration? By putting almost all of their money into

teachers. In Texas there is now one administrative staff person for every five teachers. Administrative staff has increased at double the rate of teachers over the last 20 years. Here in Texas less than one out of every two education dollars actually goes into the classroom.

Comparisons have been made between the school system in Zurich, Switzerland to a California school district which has virtually the same number of students and the same budget. Zurich has twice as many teachers and ten times as many health professionals. But where the California district has 860 administrators, Zurich has none.

Redefining teaching means redefining teacher preparation and professional development. We cannot achieve schools that serve the 21st Century with teachers who are not adequately prepared. We must stop pretending that a few weeks in an alternative program such as Teach for America prepares teachers. We must instead take the steps necessary to professionalize teaching.

Teachers must be authorized to be the primary decision makers about the instructional needs of children in their classrooms and about their own professional development needs. At the same time, resources must be reallocated and spent directly for classroom instructional costs.

An autonomous standards board must be established of practitioners to govern the profession. Additionally, salaries must be increased to a level comparable with other professions for college-educated workers.

Universities must produce graduates skilled in all 21st Century classroom technology.

Part 4 will examine the need for better community-school-home connections.

Goree ISD Fourth Six Weeks Honor Roll

Goree ISD had thirty-six students named to the fourth six weeks honor roll for the 1994-95 school year.

Students who made the Honor roll are:

A Honor Roll

- First - Maria Garcia
- Second - Mikah Echols
- Third - Jorge DeHaro
- Fourth - Matthew Coffman, Jacob Echols
- Eighth - Hardy Coffman
- Ninth - Stephanie Latham

B Honor Roll

- First - Adrian Garcia, Marcela Nunez
- Second - Ashley Hernandez, Sheena Jacosalem, Joshua McKinney, Carlos Nunez
- Third - Kasondra Arismendez, Tino Castorena, Amanda Gray
- Fourth - Matthew Arismendez, Ricki Hutchens
- Fifth - Jamaica Dixon, Sylvia

Two Munday FHA members will attend Conference

Future Homemakers of America, spanning five decades, is celebrating its 50th Anniversary during the 1994-1995 school year.

The Munday Chapter of Future Homemakers of America will be attending the Region II Conference to be held in San Angelo on February 24-25. Chapter members will be among approximately 1300 delegates attending the two-day conference.

The youth developed theme, "Rewind to '45-Fast Forward to '95 with FHA/HERO" will be carried out through workshops and general sessions where members will discover ways to become actively involved in issues facing today's youth. Issues that will be addressed at the meeting will be: dating, gang violence, drunk driving, teen parents, and other exciting topics.

Two Munday FHA students, Terri Pankhurst, chapter president, and Stephanie Lanfranco, voting delegate, and their sponsor, Gerry Baker, will be attending the Region II Conference.

Garcia, Jennifer Hernandez
Sixth - Danny Barrera, Ociel Castorena, Jai Fernandez, Cristina Nunez

Seventh - Laticia Garber
Eighth - Delores Jacques, Amanda Luna, Sandra Nunez
Ninth - Crystal Huffman, Amy Ramos
Tenth - Latisha Allen, Crystal Hibdon
Eleventh - Diana Flores, Mike Hernandez
Twelfth - Betsy Peek

Retired teachers to meet February 28

Knox County Retired Teachers will meet on Tuesday, February 28 at 2:30 p.m. at the First United Methodist Church in Munday.

The program will be the Elementary Music Makers directed by Mrs. Marilyn Bennett.

All members are urged to be present and enjoy the program.

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.

Pathways

by Randy White, Pastor First Baptist Church

Do you know that God loves you and has a wonderful plan for your life? This is one of the fundamental truths of the Christian faith. At present, you may not feel loved by God, and you may not feel any direction from Him. Nonetheless, God is desperately in love with you, and has a wonderful plan designed for you.

How much does God love you? According to John 3:16, He loves you enough to sacrifice the life of His only Son, Jesus Christ. Love could go no farther to display itself than this. Anyone who has children knows that the most difficult thing a parent could do would be to give up their beloved child. God's love for you is un-

questionable, unending, and undeserved. You can do nothing to cause God to stop loving you. This is a tremendous truth. Believe it!

As your creator, God has also designed a wonderful life for you. He does not force us to live out His design, but He does have one available for us. Only when we accept Christ as our Savior and then begin to be obedient to Him does He reveal His plan to us, step by step. If you feel a lack of purpose in life, it is not God's fault. He has a well planned, tremendous future for you.

"Lord, thank you for loving me and for preparing a marvelous future for me. I will seek to follow you in all I do. Amen."

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Card of Thanks

The family of Edward Melton would like to thank the many friends who helped us through the loss of our father and grandfather.

Thank you for the food, flowers, cards, and memorials - and especially for your prayers.

God bless you all.

Wayne and Connie, Johnny and Mary, Andrew, and Brandon and Presley

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Wedding Announcement

The children of Ruby Myers and Freddie Kiser would like to announce the marriage of their parents. The couple was united in marriage at Believers' Chapel on Sunday, February 12, 1995 by Rev. W. O. Smith. A reception was given in their honor following the wedding. The children are united in prayer for God's blessing on this marriage.

Ray and Sue Myers
Gary and Jan Beaty
Lynn and Gala Green

Danny and Ann Kiser
Steve Kiser
Darren and Christi Parker

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Financial Focus

by Gary Decker



Higher income vs. better quality

(Second of two parts)

When making a major purchase, such as a car or a home, people spend many hours researching their options to ensure they're getting the best quality. The same type of research should go into making investment decisions. Instead of jumping into the investment that offers the highest income, it's important to evaluate the security's quality.

A recent study of utility stocks illustrates the value of this practice. The study, which appeared in the publication, Public Utilities Fortnightly, found that in the long term, lower-yielding, high-quality utility stocks may provide higher total return than higher-yielding, low-quality utility stocks.

How could this happen? Utility companies typically pay dividends out of their earnings. However, lower-quality utility companies, in order to maintain high dividend rates, are sometimes forced to use most or all of their earnings to pay dividends. Even worse, if the company's earnings are insufficient to meet the dividend payment, other company assets may have to be tapped to pay the dividend.

On the other hand, high-quality utilities may initially pay lower dividends, reinvesting most of their earnings into the company. As the company grows stronger, not only does the value of its stock increase, but so do dividends.

The study published in Public Utilities Fortnightly compared the total return (appreciation in value plus income) on six low-quality, high-yield utility stocks. The study followed the stocks from 1979 to 1982, a period when utilities went from lagging behind the overall market to leading it.

The results showed that the total return before taxes for the low-quality group was 23.3 percent. However, total return before taxes for the high-quality group was 68 percent -- nearly three times as much! The initial lower dividends of the high-quality stocks were compensated for by more rapid growth in earnings, and eventually higher dividends, giving the high-quality stocks an overall higher return for the period.

A more recent study showed similar results, with high-quality utilities outperforming the low-quality group nearly 3-to-1 again. Ten randomly selected, high-quality utilities increased earnings per share (EPS) an average of 10.9 percent over the study period and increased dividends per share (DPS) a corresponding 10.1 percent. The EPS and DPS of 10 randomly selected low-quality utilities decreased nearly 1 percent during the same period.

These studies recognize that high yield can sometimes indicate a depressed stock. In such cases, if the stock recovers, investors could enjoy an attractive bonus. However, the study concluded that, on average, "high-yield, low-quality utilities have been, and probably will continue to be, a bad investment."

The lure of a high current dividend attracts many investors to low-quality utilities. However, this study shows that utility stocks should not be purchased solely on the basis of high income. The underlying soundness and quality of the utility -- its ability to increase earnings and dividends -- is a vital consideration when investing in utility stocks. Do your homework, and you'll be rewarded.

From A Carpenter's Son

Don Whetsell - Pastor
First Methodist Church, Munday - Goree

For eight years I lived in Pawhuska, OK, the same town of my grandparents. My grandfather owned many horses including an old black mare that he kept for his grand kids to ride. I rode with him exactly four times in that entire eight years, and every time I did was during the visits of my cousin Sara from Seattle, WA. She lived over four hours away by plane, and I lived barely a half mile away and still, I rode the horses no more than she did. Both my grandparents and I assumed that the horses were readily available to me and that I could go riding anytime. Consequently, I never went unless Sara was visiting.

You've heard the phrase "familiarity breeds contempt." Maybe it should be closer to "familiarity breeds indifference!" All of us can tell stories about people who were born in Colorado but never went skiing, lived in San Antonio and never saw the River Walk. What is there about human nature that causes us to put the greatest value on the things we don't have and/or can't get? This can cause similar problems in our prayer life. It is the very ease of access of prayer (pray anywhere, anytime, anyway you can!) that leads us to ignore this vital part of our lives. Most other religions put all kinds of conditions on prayer; when, how, and where are all crucial to many different beliefs, and if you don't do it right, you better not do it at all! Because it is so easy for us as Christians, we tend not take it as seriously. Imagine if Jesus ordered us only to pray at 2:30 in the afternoons and no other time! We would likely save that time of day for nothing but prayer. We'd save up all our thanks and requests for that hour of the day and we would feel as if we had missed out if it somehow slipped past us. We would look doubly forward to 2:30 the next day so that we could catch up.

I'm not saying that we should do this. 2:30 in the afternoon is a strange time anyway. I am saying that we need a better grasp of just what was paid so that we could have this awesome privilege to talk to God as easily as we do. We must always remember that the bridge from us to God was created

by the death of Christ. The passage was purchased with his blood. Prayer is not something to be taken lightly anymore than our relationship with Christ should be taken lightly. You show how serious it is to you by how often, and in which situations you pray, not by "Thee's", "Thou's", and "Wherefore's". Have you got a closet? Get in there and talk with your father. Be open. Be intimate. But also be aware of taking this awesome privilege for granted, thus never using it. And incidentally, if you ever do move to San Antonio, I strongly encourage you to go see The River-Walk!

Medicare needs information from new enrollees

If you are a new Medicare enrollee, you'll be receiving a special package from the (HCFA) Health Care Financing Administration. It contains a letter, questionnaire, and pamphlet. The questionnaire asks about other health care coverage you have. You are asked to complete it and return it in the self-addressed envelope included in the package. Mailings began in mid-January.

The responses to this initial enrollment questionnaire will determine whether Medicare or another health insurance provider is the primary payer on a claim. Your other coverage could be based on your current employment or the current job of your spouse or certain other family members. If this information is not furnished, HCFA may not be able to pay your Medicare claims and you may be billed directly for health care services.

Although a private firm has been hired to collect the information for HCFA, all responses will be kept confidential. If you have questions or need more information, call the toll-free 800 telephone number included in the package. Neither Social Security nor your local Medicare carrier will be able to supply information about the questionnaire.

The initial enrollment questionnaire package is available in Spanish.

Munday School Lunchroom Menu

February 27 - March 3, 1995

Breakfast

Monday - Cinnamon toast, juice, milk

Tuesday - Cereal, toast, juice, milk

Wednesday - Cinnamon toast, juice, milk

Thursday - Toast, jelly, juice, milk

Friday - Cereal, toast, juice, milk

Lunch

Monday - Com dogs, com, lettuce, fruit, milk

Tuesday - Turkey and dressing,

green beans, cranberry sauce, fruit salad, hot rolls, milk

Wednesday - Fish, mashed potatoes, ranch style beans, hot rolls, brownies, milk

Thursday - Chicken, mashed potatoes, blackeyed peas, hot rolls, cookies, milk

Friday - Fish, com, lettuce, fruit, hot rolls, milk

There are thousands who can see that a statement is nonsense and yet are quite unable to disprove it formally.

G. C. Lichtenberg

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The Knox County Tax Assessor-Collector's office in the courthouse will be closed

Tuesday thru Thursday
February 21-22-23
and will open again on
Friday, February 24

The Texas Department of Transportation is installing the new statewide computer system for titles and registration in the Knox County Tax Assessor-Collector's office.

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LT225/75R16	\$ 90.00
LT245/75R16	\$105.00
LT265/75R16	\$105.00
LT215/85R16	\$ 90.00
LT235/85R16	\$100.00
8.75R16.5LT	\$ 90.00
9.50R16.5LT	\$105.00

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LT235/85R16	\$110.00

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Here's to your health

By Dr. Shirley Barretto

In our pursuit to insure that we live the right kind of lifestyle to gain good health, we should always keep in mind the goal of moderation. Perhaps one of the strangest things about our society has been the development of eating disorders in the last few years.

Our culture equates beauty with happiness and thinness with beauty. Because of that, many have fallen prey to three major eating disorders: Anorexia Nervosa, Bulimia, and compulsive overeating. Although all three of these diseases have generated a great deal of publicity in the last few years, we are still a long way from fully understanding them or finding permanent, effective cures.

The most common of the three diseases is Anorexia. One out of every 250 girls between the ages of 12 and 18 develops the disease, which is deadly for some. Anorexia, which is a slow starvation, is the girl's way of trying to control a life that she feels is slipping out of control. Most anorexics are girls who are highly motivated, obedient, perfectionists with low self-esteem. The most notable symptom is extreme weight loss in a short period of time.

Bulimia is secret binge eating,

followed by self-induced vomiting or purging using laxatives. According to some health care experts, as many as 15 percent of college women are bulimics. Bulimics are harder to spot than anorexics, simply because their weight tends to fluctuate.

Compulsive eaters tend to overeat to relieve their anxiety. They often skip meals, and then binge. Weight fluctuations, caused by binge eating and then severe diets, make these people hard to detect.

If you suspect you or someone you know may be suffering from an eating disorder, RUN to your nearest physician. Each of these conditions, if left untreated for any length of time, can cause life-threatening illnesses. Recovering from an eating disorder is not easy, but the first step is to admit the problem, and then get help.

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.

Texas Board of Health adopts statewide rabies quarantine

Following action this month by the Texas Board of Health, the entire state of Texas is now a designated quarantine area to prevent the spread of rabies. The quarantine forbids the transport of potentially infected animals within or from the state.

"We must act quickly to contain the threat of rabies--now rampant in South and Central Texas. We must do this to minimize the number of animal rabies cases and reduce the threat this deadly disease poses to people," said Dr. David Smith, Commissioner of Health.

He explained that the board took action following reports of the exportation of coyotes and foxes, including some infected animals, to other states.

"We know that South Texas coyotes have been shipped out-of-state to stock hunting clubs. And just this week we learned that two of four foxes shipped from Texas to Montana have been confirmed with rabies. This is a dangerous situation--one which can spread rabies beyond the point of our ability to control it," Dr. Smith said.

Similar transportation of potentially infected animals exists within Texas, but the extent is unknown, he added.

"This situation is similar to the raccoon rabies outbreak in the eastern United States. When it began in the 1950's, it was considered a local problem. Another outbreak began in the 1970's in Virginia, after infected raccoons were shipped from Florida to hunting clubs there. Now the entire East coast is battling a raccoon rabies epizootic," Dr. Smith said.

Animals subject to the quarantine are dogs and cats over 3 months old without a current rabies vaccination certificate, hybrid animals -- such as domestic dog-wolf crosses -- and wild animals at high risk of rabies -- such as skunks, bats, foxes, coyotes and raccoons.

In South Texas, a canine rabies epizootic (an epidemic in animals) began in 1988 in Starr County and rapidly moved northward, now including at least 18 counties. Canine rabies is a strain of rabies virus that has become established in coyotes and is readily transmitted from coyotes to domestic dogs and, subsequently, between domestic dogs. Because it often

infects domestic dogs, this rabies strain poses a greater risk for human exposure.

From 1988 through 1994, some 530 cases of canine rabies were confirmed, primarily in coyotes and domestic dogs. During this period, about 1,500 people in South Texas were exposed to rabies and received treatment. In recent years, two Texans died from canine rabies -- a Starr County woman in 1991 and an Hidalgo County boy in November 1994.

The Texas Department of Health (TDH) is planning an air drop of coyote bait containing oral rabies vaccine in hopes of stopping the spread of the South Texas epizootic.

The air drop follows extensive development of the oral vaccine and delivery system. Set for next month, it is unprecedented in this state.

In 1994, a fox rabies epizootic in Central Texas resulted in 270 cases of this virus, primarily in foxes. Another 247 cases were reported from 1987 through 1993.

Gray fox rabies is readily transmitted to raccoons and livestock, especially cows and goats. It may also be transmitted to cats and dogs. More than 300 persons from

the gray fox rabies epizootic area received treatment for exposure to this rabies strain in 1994.

TDH will place warning signs about the quarantine in post offices and other high-traffic areas throughout the state. Local health officials and animal control officers will also be asked to help enforce the quarantine. Violation of the quarantine is a Class C misdemeanor.

All Texans are urged to have their pets vaccinated against rabies.

Birthdays & Anniversaries

February 22 - Krystal Urbanczyk.

February 23 - Carla Key, Robert Bowen, Bill Crawford.

February 24 - Cindy Hunter.

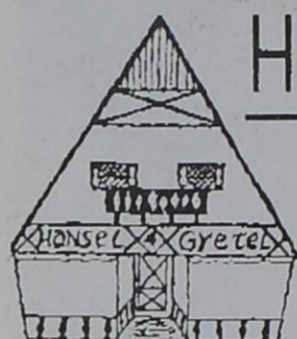
February 25 - Debbie Sosolik, Tracee A. Tomlinson; Terry and Mendie Hendrix.

February 26 - Susan Stone, Nancy Beaty; Howard and Bettye Hurd.

February 27 - Gary Howry; Buford and Cheryl Berryhill.

February 28 - Cathy Nelson, B.J. Brown, Mary Denise Groves.

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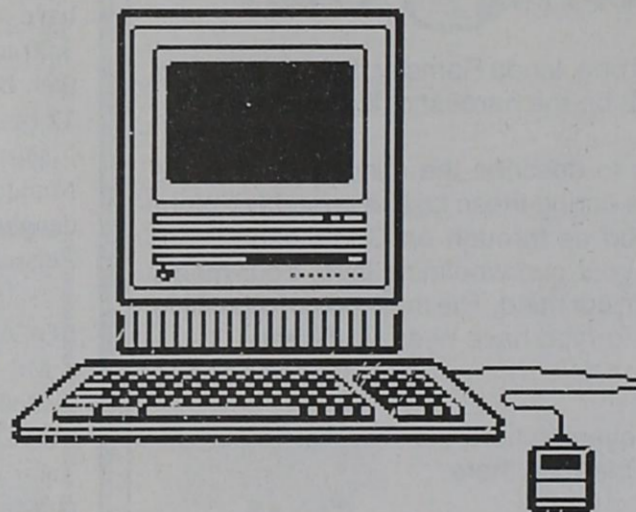
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MUNDAY NURSING CENTER is taking applications for LVN's on all shifts/positions. Offering prime salaries and benefits for area. Contact Charlotte Welch RN, Director of Nurses, (817) 422-4541 or (817) 474-3353; or Rachel Gray LVN, ADON, (817) 422-4541 work, (817) 422-5568 home. 13-1fc

JOB OPENING in Dietary Department, Munday Nursing Center, part time, split shift; also, need nurses aides. Contact Joyce Hardin, Administrator, or Sandy Smith DSM. 16-1fc

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PUBLIC NOTICE

PUBLIC NOTICE
Lone Star Gas Company, in accordance with the Gas Utility Regulatory Act, hereby gives notice of the Company's intent to eliminate the Rate Schedule for Public Schools-N and Commercial Contract Public School Rate and to implement a new schedule of rates for natural gas service to be charged to the residential and commercial customers in the City of Munday, Texas effective March 15, 1995.

The rate schedule is expected to furnish a 8.99 percent increase in the Company's revenues from commercial customers in the City of Munday. A Statement of intent has been filed with the City of Munday. If you desire to comment concerning this change of rates, you may contact the City Secretary. LONE STAR GAS COMPANY 18-4tc

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Providing Retirement Equity for All

Several innovative ideas aimed at providing Americans with better opportunities to save for their retirement are percolating through the 104th Congress.

But before such proposals are enacted, lawmakers first need to make a more basic change in the rules of the game: Provide retirement savings equity to those who work at home.

As the law stands now, non-wage-earning spouses — the majority of whom are women — are allowed to contribute only \$250 annually to an Individual Retirement Account. Wage-earning spouses are allowed to set aside \$2,000 annually exempt from income tax.

This means that the Smith couple, in which both partners work outside the home and earn a salary, is permitted to set aside \$4,000 a year in an IRA and deduct the entire contribution from its taxable income.

But the Joneses, a single-income couple, can deduct only \$2,250 to set aside for their retirement. In other words, the federal government punishes those who stay home to take care of their families when it comes to saving for retirement.

Last week I introduced a bill designed to redress this situation, which I consider to be a glaring inequity in our tax code — and one that, in practice, discriminates against women. The Bureau of Labor Statistics reports that 23 percent of women over the age of 16 in this country are one-wage-earning spouses. So, while the existing law appears gender-neutral, referring only to "spouses," in reality it adversely affects almost a quarter of the adult women in our country.

My bill, which I am co-sponsoring with Sen. Barbara Mikulski of Maryland, would allow homemakers to make contributions equal to that of their spouses to an IRA account.

This reform is critical to the long-term financial security of women. Women live longer than men and earn less money. They leave the workforce to bear children and care for their families. As a result, they begin saving for retirement later than men and save less.

It is unconscionable for our government to sustain a policy that puts so many women at an even greater disadvantage.

This will mean real help for families: Deducting the larger IRA contribution will make a substantial difference in the size of a couple's retirement savings. If a couple is able to contribute \$4,000 a year over 30 years, and earns 6 percent on the investment, their nest egg would be \$146,550 greater than what they would be able to accumulate under the current law.

Equality before the law is a standard in which this country takes great pride. The Homemaker IRA Bill would uphold that standard. There is no defensible reason why those who have chosen homemaking as their life's work should be left to an impoverished retirement.

And it is time for our government to acknowledge that work performed in the home is as important to American society as what goes on in the workplace — maybe more so.

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Knox County HOSPITAL DISTRICT
is pleased to announce the opening of
Knox County Hospital HomeCare
Renewing the traditions of "Neighbors Caring for Neighbors", Knox County Hospital HomeCare is available to send professional nurses and home health aides to your home when you need special care.
Knox County Hospital HomeCare - The technology and skills of today combined with the caring touch of yesterday.
Intermittent Care: 24 hours-a-day, 7 days-a-week.
Serving Foard, Haskell, Baylor, Throckmorton, Knox, Jones, Stonewall and King counties.
For More Information, Call (817) 658-3013 or 658-3535!
Knox County Hospital HomeCare
a service of Knox County Hospital District
Quality Care from People You Know!

KNOX COUNTY KONNECTIONS

By Jane Rowan, County Extension Agent

Medications and the Older Adult

For many older adults the idea of taking medicine means you're sick, but medication use for either long-term or short-term conditions does not mean abandoning the idea of wellness.

Using medication properly is one of the most important tools for taking personal responsibility for wellness. By managing some of the chronic conditions that occur for the "chronologically gifted", older adults can be in control.

Dr. Barry Browne, pharmacologist at the Texas A&M University Health Science Center and Scott and White Memorial Hospital has presented a number of issues and facts about older adults and their medications.

Here are some findings regarding older adults and medication:

*Ten percent of all hospital admissions for patients 65 years of age or older are due to medication not being taken according to the directions.

*Older Americans make up 13 percent of the population, but consume about 30 percent of all prescriptions.

*The average adult over the age of 65 takes between two and seven prescription medications a day.

*Older people buy about 70 percent of the over-the-counter medications.

*Forty percent of people asked by the American Association of Retired Persons (AARP) said they stopped taking their medications

before the prescription was completed, and 20 percent failed to fill their initial prescription.

*Older adults suffer two to five times the frequency of adverse drug reactions to their medications compared to younger people.

*Approximately one-fourth to one-third of childhood poisonings occur in the home of an older relative (grandparent, uncle/aunt).

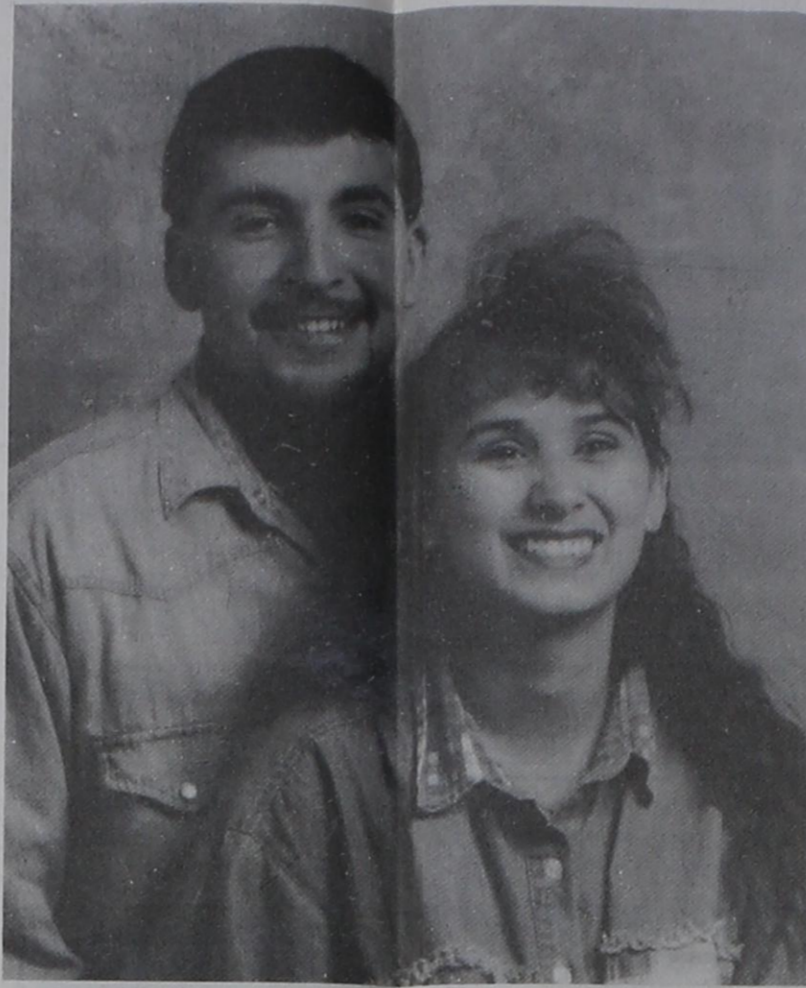
Keep It Clean

Customized garments, such as sweatshirts and T-shirts, are popular and may include paint, beads, studs and/or leather patches. Use extra care when laundering such items, as the trim or paint may not be colorfast or may not be able to withstand washing and drying.

Wash the decorated garment separately the first time, washing on the delicate cycle or by hand. Notice if there is color left in the wash water. For subsequent washing, continue laundering the garment separately until color no longer bleeds into the wash water.

Heat can damage some trims so wash in cool water and line dry or use the air dry cycle on the dryer.

FRIENDS DON'T LET FRIENDS DRIVE DRUNK.



ENGAGEMENT ANNOUNCEMENT: Tony and Maggie Munoz of O'Brien and David and Vera Castillo of Goree are proud to announce the engagement and approaching marriage of their children, Sammie Jo and Scott. They will be united in Holy Matrimony on Saturday, February 25, 1995 at St. Joseph's Catholic Church in Rhineland.

Nursing Center News

By Virginia Williams

Rev. W. O. Smith came Wednesday, February 15. His sermon was from Isaiah 26:9-13 which was acknowledging God. Then he gave the closing prayer.

The children of Edward Melton sent flowers to the Nursing Center in memory of their father and grandparents.

John and Darlyne Phillips visited Helen Phillips on Friday.

Kerri Urbanczyk and Steven visited Ruth Baker on Saturday, February 18.

Dovie Partridge came to see her husband, T. J., on Saturday afternoon.

Nolan Phillips came to see T. J. Partridge and his sister, Helen Phillips.

Noland Marion of Oklahoma City and Ursel Phillips came to see Helen Phillips, who is in the hospital.

Joe Decker got his mother, Dessie Decker, and took her out to the Dairy Queen for a Sunday dinner which both enjoyed.

Gillespie Baptist Church had the worship service on Sunday, February 19. Lendon Walling led the singing with Dovie Partridge at the piano. Bro. Ross Anderson, pastor, brought a message from Matthew 16:13-18 on the subject of "Who is Jesus?" There were 13 present from the Gillespie church.

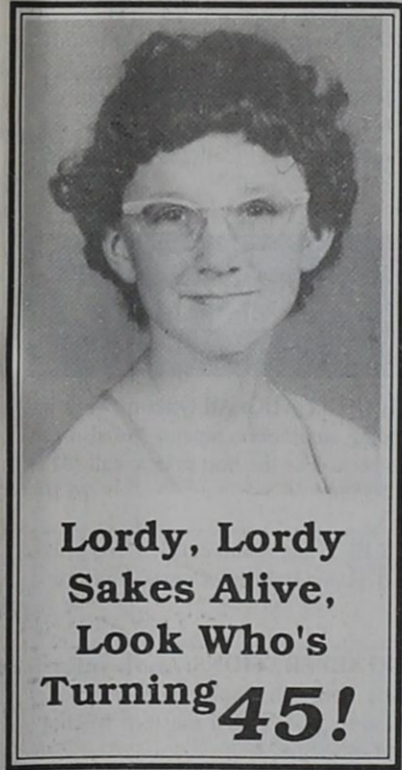
The nursing center afternoon

bible study was conducted by Scott Paugh from I Corinthians 13. The sermon was about a love letter from God. Ruby Kiser played the organ and Anita Tidwell played the piano.

Alice Reneau and Frieda Brown of St. Joseph Catholic Church called bingo Thursday. Effie Hatfield won the blackout.

Mary and Bill Lambeth and Joe from Lubbock visited Homer and Gladys Lambeth on Friday evening.

Saturday afternoon Virginia Cary led the singing and Gay Yost played the piano. We sang several songs. Then Virginia read from the Guide Post. We repeated Psalms 23. Then Virginia gave the closing prayer.



Lordy, Lordy Sakes Alive, Look Who's Turning 45!

Local insurance agent receives recognition

Jan Williams has been selected for inclusion in the 1995-1996 Edition of Who's Who in Executives & Professionals. This individual selection has accrued after very careful consideration and evaluation by the selection committee.

Be it resolved that the officers of the National Directory of Who's Who wish to extend their personal congratulations to Jan. The intent of Who's Who is to notify all who read this announcement that this individual has been found to be of exemplary character.

The 1995-1996 Edition of Who's Who in Executives & Professionals is only received by selected members. This years edition will of course be registered at the Library of Congress in Washington, D.C.

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.

Knox County Hospital Speaks

Administrator's Column
By Stephen Kuchler

No one would go on a journey without a specific destination in mind. That's why, as part of Knox County Hospital's strategic plan or blueprint for the future, the committee that devised the strategy defined four specific goals for the hospital, so that we all know and agree on our specific destination.

The first and most important goal of the hospital is to provide high-quality health care services. Every hospital provides health-care services, but the important phrase in this goal is "high quality." Through our quality assurance programs, through constant vigilance by our trained medical professionals, and with concerted effort by all employees, Knox County Hospital strives to monitor and improve the quality of care that we give. As we continue to grow and improve in this area, we will make changes as they are necessary and adjust practices,

procedures, and policies to implement those changes.

The second goal works hand in hand with the first. That goal is to manage the financial affairs of the hospital district to reduce the dependency on property tax revenues. As we achieve higher quality service, we attract more patients to our hospital, which will improve the financial picture.

As part of this goal, we will explore every possibility to expand the services we offer to the community. Technology and medical advances constantly change the types of services we could offer. The community's needs also change and grow, so we want to be able to react and respond to any perceived need so the hospital can continue to fulfill its mission.

THANKS FOR READING THE MUNDAY COURIER

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PURPLE CLOUD VOLLEYBALL TOURNAMENT

The Munday High School Purple Cloud Band is sponsoring a Co-ed Volleyball Tournament Friday and Saturday March 3-4

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at 817-422-4368
for more information.

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