

# THE MUNDAY COURIER

Serving The Best Informed Readers In Knox County

Wednesday, July 6, 1994

Munday, Texas 76371

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A "BREEZE" OF 65 MPH sent this tree crashing through the fence at Ruddy and Linda Latham's home early Thursday morning, June 30. Many residents were out of electricity for a short time, due to the wind whipping the power lines around. Approximately seven poles were down near the water plant at Miller Creek Reservoir. It took until noon on Friday to get the electricity back on to the plant, and water started pumping once again. Through all this storm, very little precipitation was reported.

## Water production stops during storm

The early morning storm that passed through Knox County on Thursday, June 30, knocked down several power lines, causing the electricity to go off. If local residents didn't wake up from the loud roar of the wind, then most of them did after the sudden rise in temperature when their air conditioners and fans stopped.

Petty Flying Service, located at the Munday Airport, clocked the winds at 65 m.p.h. at 2:03 a.m.

Ruddy and Linda Latham had a large tree on the west side of their house to split and fall through their wood privacy fence, landing across the south bound lane on Munday Avenue. Just a block further south, a tree in the back yard of Terry and Mendie Hendrix's home had blown over, narrowly missing their above-ground swimming pool and landing partially on the house.

Jim Reed's pivot irrigation system south of town received considerable damage, and Glenn Herring reported some of his large round haybales had been moved. Now that's strong winds!

Several electrical poles were blown down near the Miller Creek Reservoir water plant, causing all water production and pumping to come to a standstill. West Texas Utilities quickly brought in extra equipment to replace the downed poles with new ones, and to upright several that were leaning. The electricity was back on by 12:40 p.m. and they began filling the ground tanks immediately.

The eleven towns receiving water from Miller Creek Reservoir were notified and asked to con-

## All new band parents encouraged to attend first booster meeting

It's that time once again to get ready for another terrific year of Purple Cloud Band activities.

The Munday Band Boosters have set an organizational meeting for 7 p.m. Monday, July 11, at the band hall.

Another softball tournament will be held as last year to raise funds for the school band activities. Details will be discussed at this meeting.

All band parents, including those of junior high and sixth grade band members, are encouraged to attend and help the band program be all it can be.

serve water during this time. They include members Munday, Knox City, Haskell and Goree, and non-members Aspermont, Benjamin, O'Brien, Rhineland, Rochester, Rule and Paint Creek.

Goree was also without power during the storm. Several trees were split or blown over around town.

Very little rainfall was reported in the area, just lots of lightning. The fire department in Munday and surrounding towns have been kept busy with grass fires, and would have welcomed a little wet stuff from Mother Nature.

The rest of the July 4th weekend stayed dry and windy.

## Head Start program taking applications for enrollment

Munday Child Development Center will be taking applications for the enrollment of children for the Head Start program that will begin August 17.

Thirty-five funded slots are available. Applications will be accepted from 9 a.m. to 4 p.m. July 11 through July 15 at Munday Child Development Center, 941 Bowie, Munday. On July 29 a screening committee will select the children to be enrolled.

The Head Start program is designed to meet the needs of low-income three and four year old children by providing an environment which will help them develop socially, physically, intellectually and emotionally in a manner appropriate to their age and stage of development. The program serves children with disabilities who will receive the full range of developmental services that non-disabled children receive. We encourage parents whose children have disabilities or developmental delays to make application for the program.

The guidelines for participation are established by the U.S. Office of Budget and Management.

To make application for the program, parents must bring the following documents: child's birth certificate, immunization record, social security number for family member enrolling the child, and proof of income for the past 12 months or the calendar year 1993. A 1040 or 1040A Income Tax return form for 1993 is the easiest

## Water plant pumps record gallons to meet public demand

We drank a lot of water last month! Or we took a lot of showers... or watered a lot of grass.

According to North Central Texas Municipal Water Authority manager Dolan Moore, Munday used 14,108,800 gallons of water in June. That's a lot of water!

The water plant at Miller Creek Reservoir pumped the second highest amount in eight years, a whopping 55,528,000 gallons for the eleven cities it serves.

In 1993, the water plant set a record high by pumping 57,191,293 gallons in July. Going by the water usage last month and the hot dry weather that continues this month, this record will probably be broken.

form of annual income documentation.

AFDC recipients are categorically eligible for the program, but we must have documentation of AFDC benefits, i.e., letter from Social Workers, Case #'s, etc. All information is considered confidential and will be used only for the purpose of establishing eligibility and defining the needs of the family and child.

It is very important to make an application for your child on the designated days at the location mentioned if you want your child in the Head Start program. If you cannot make application on the designated days, please call June Moss at 422-5363 to make other arrangements.

For more information about the Head Start program, please call June Moss or Kim Reece at 1-800-633-0852.

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## Celebration at Downtown Park enjoyed by all

Area churches and residents enjoyed an evening of fellowship of inspiring music by the Christian group "Dominion" this past Sunday to celebrate the independence of the United States.

Church members and anyone else who wanted to come gathered at the Downtown Park in Munday to eat homemade ice cream and listen to the music and singing.

## Russian group touring Texas as part of exchange program

Russians in the process of modeling a grassroots agricultural organization in the former Soviet Union after the manner of American Farm Bureau Federation arrived at the Dallas-Fort Worth airport Saturday, July 2.

The Russian delegation will be in Texas through July 17 as part of an exchange program between the Texas Farm Bureau (TFB), the Lone Star state's largest farm organization, and AKKOR, Russia's newly-created agriculture organization.

"AKKOR is synonymous with Farm Bureau. It has a national, state and county structure," said TFB Field Operations Director Steve Cochran, who will be accompanying the group on much of their educational tour.

AKKOR is a government and producer funded program that is aiding in the transition from the collective system of agriculture to a private system. It serves in a capacity that would be similar to an ASCS, SCS, Extension Service, and a political organization.

The visitors were divided into two groups. Group 1 arrived in Munday July 3 and include Russian farmers Victor Vasilyevich Sergeev and Tatyana Vasilyevna Vasilyeva, and Valentine who is their interpreter and a native of the Ukraine. He has just completed the seminary and will be returning to the Ukraine as a missionary.

Tatyana is president of AKKOR for the Kuban province of Russia. She represents approximately 20,000 private farmers. Victor serves as chairman of a collection of counties (rayons) as part of AKKOR.

As part of their tour, they will be comparing opportunities with many Texas agribusinesses and will visit the different production areas.

While in Munday, they were the guests of Larry Smith and his family. AKKOR was one of the organizations which Larry worked with while in Russia this year.

The group attended the downtown community fellowship and celebration Sunday evening, and ate breakfast at Michels Corner Cafe Monday morning. They were taken on a tour of the Texas A&M Research Station, and also saw watermelon and cantaloupe sites. Then it was off to Stamford for the big rodeo where they were given box seats to view the performance.

On July 6-7 they will be in Kerrville for TFB's Summer Commodities Conference and Texas Truck Showdown II where they will meet with TFB President Bob Stallman.

While in Texas, the Russian farmers will also tour the state's vegetable cotton, cattle, rice, soybean and wheat production. A stop is planned at a rice farm in Colorado County. Visits to Gillespie County's peach orchards, timber operations in Houston County and various poultry, swine, cattle and dairy operations in between are planned.

Group 2, insurance professionals Boris Afansyevich Kosortov and Yelena Nikolayevna Yakovenko, will be spending their time at Texas Farm Bureau's state headquarters. They will be concentrating on TFB's insurance program and its connection with agri-



RUSSIAN VISITORS Tatyana Vasilyeva and Victor Sergeev (left to right) are currently touring Texas as part of an exchange program sponsored by the Citizens Network for Foreign Affairs and the Texas Farm Bureau. Valentine (third from left) serves as their interpreter and is a native of the Ukraine. They were guests of Larry Smith (far right) while in Munday. As part of their tour, they will be comparing opportunities with many Texas Agribusinesses and will also visit the different production areas through July 17.

culture producers.

Earlier this year, Cochran and other TFB staff and producer-members, including Larry Smith, visited Russia to observe the state

of that country's agriculture and insurance system and to share information aimed at helping Russian farmers make a successful transition to a market economy.

## Texas Football releases top picks for the 1994 season

Football!! Everyone in Texas is bound to love football, but for real it's barely July! Well that never stops Dave Campbell from publishing his *Texas Football* magazine.

It is that time of year for the magazine's pre-season polls for all classifications in Texas High School and the Southwest Conference.

The University of Texas is picked to win the Southwest Conference, followed by Baylor, TCU, Rice, Texas Tech (Raider fans won't agree), SMU, Houston, and Texas A&M. A&M is on probation keeping them from title competition.

Now for High School pre-season polls.

5A Top Ten - 1 Aldine MacArthur, 2 Fort Bend Willowridge, 3 Lewisville, 4 Alief

## 7th & 9th grade athletes need physical exams

The 1994-95 school year is quickly approaching and it is time to prepare for the upcoming athletic season.

Medical forms have been sent out by athletic director Steve Gideon. All incoming seventh and ninth grade athletes or any athlete transferring to Munday ISD must have a physical before participating in athletics. The medical form must be signed by a parent or guardian before the doctor will see you. This is very important.

If you did not receive a form in the mail, they are available at the Munday Clinic located at 131 South Munday Ave.

The Munday Clinic will be giving physical exams at a minimal cost of \$7.50 on Thursday, July 21 for female athletes, and Friday, July 29 for male athletes.

You should call the clinic at 422-5271 for an appointment.

Elsik, 5 Dallas Carter, 6 Richardson Lake Highlands, 7 Spring Westfield, 8 Converse Judson, 9 Euleless Trinity, 10 Mesquite. Abilene Cooper was ranked 23 and Odessa Permian 25.

4A Top Ten - 1 Sulphur Springs, 2 Rosenberg Lamar, 3 Sherman, 4 Gregory-Portland, 5 Stephenville, 6 McKinney, 7 La Marque, 8 Waxahachie, 9 Austin Reagan, 10 Andrews. The ever popular Southlake Carroll moved up from 3A and is ranked 20.

3A Top Ten - 1 Cuero, 2 Vernon (Sad to see Southlake Carroll move?), 3 Gainesville, 4 Sealy, 5 Jefferson, 6 Sweeny, 7 Carrizo Springs, 8 Coldspring, 9 Amarillo River Road, 10 Columbus.

2A Top Ten - 1 Schulenburg, 2 Springlake-Earth, 3 Archer City, 4 Alto, 5 Refugio, 6 Goldthwaite, 7 Groveton, 8 East Bernard, 9 Grand Saline, 10 Pilot Point

1A Top Ten - 1 Thomdale (drop from 2A), 2 Wheeler, 3 Overton, 4 Crawford, 5 Bremond, 6 Sudan, 7 Roscoe, 8 Wink, 9 Iola, 10 Burkeville

Six Man - 1 Panther Creek, 2 Ropes, 3 Mullin, 4 Guthrie, 5 Ackerly Sands, 6 Dell City, 7 Jonesboro, 8 Amherst 9 Gordon, 10 Milford

The 1994 Munday Moguls will be re-aligned from last year. Munday moves over from Region I to Region II and District 9-A from 3-A.

The Moguls are picked to win district under 15 lettermen, 7-6 starters and under a new head coach, Steve Gideon.

Paducah is picked second with 20 lettermen and 7-9 starters, Knox City next 12 lettermen, 7-7 starters, Crowell 10 lettermen, 9-9 starters, Roby 12 lettermen, 5-4 starters, Aspermont 3 lettermen return from a 7-2 six man team.

Top picks in Region II are Munday District 9, Roscoe and Robert Lee - 11, Windthorst and Santo - 13, Gorman - 14, Crawford - 16.

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umns of the paper will be gladly cor-  
rected upon the notice of same being  
brought to the attention of the pub-  
lisher.

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**Researchers discover  
low cholesterol diets  
can include lean beef**

When a cholesterol-lowering  
diet is prescribed, new research  
indicates lean beef can stay on the  
menu.

Researchers at Baylor College  
of Medicine in Houston have de-  
termined eating lean beef in a cho-  
lesterol-lowering diet produces  
reductions in levels of total blood  
cholesterol and LDL (low-density  
lipoprotein - the "bad" cholesterol)  
similar to those achieved by eat-  
ing chicken.

The keys to keeping beef in a  
heart-healthy, low-fat diet are the  
amount of fat in the meat and the  
portion size.

The beef and chicken used in the  
study were prepared by scientists  
at Texas A&M University and  
contained only 7 or 8 percent fat.  
Portion sizes totaled less than three  
ounces of meat per 1,000 calories  
daily.

The 13-week study involved 38  
healthy men with cholesterol lev-  
els higher than 240 mg/dl. During  
the last five weeks in the study,  
half of the men ate chicken and  
half ate lean beef as their only  
entrée. Cholesterol levels were  
reduced by similar percentages in  
both groups.

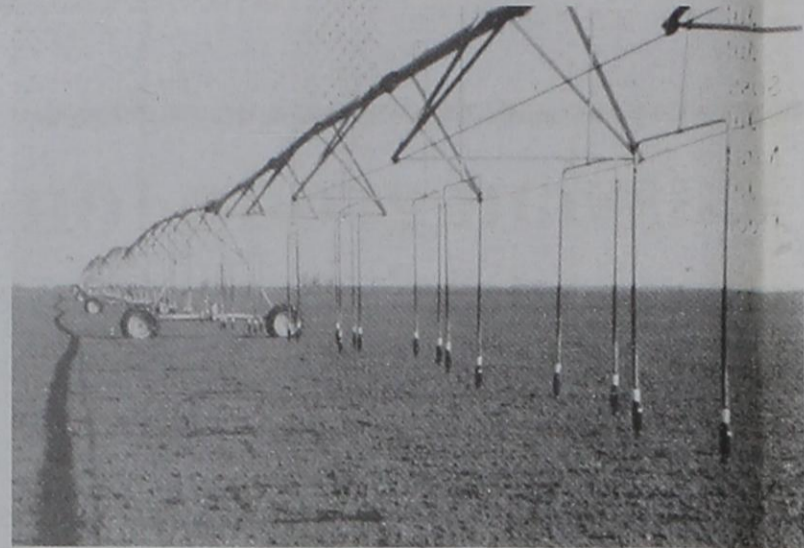
The study results mean lean beef  
and chicken are interchangeable  
in the diet. Now more variety in  
cholesterol-lowering diets can be  
offered to help patients avoid be-  
coming bored and abandoning  
their healthier eating plans.

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**Newly designed irrigation system  
can increase efficiency by 20%**

A new irrigation system design and evaluation tool has been made  
available to producers in the Seymour Aquifer Project. The computer  
evaluation program is called *Lepanoz* and was developed by the Texas  
Agricultural Experiment Station.

The design information from the program would be helpful to cen-  
ter pivot irrigators that are considering converting a conventional cen-  
ter pivot to Low Energy Precision Application (LEPA).



LEPA is a highly efficient method of delivering water to crops. Water  
is discharged from 8 to 18 inches above the soil surface. The low  
discharge point reduces spray and drift losses caused by the wind, low  
relative humidity, and high temperature.

LEPA irrigation systems evaluated during 1993 in the project area  
have revealed a 97 to 98 percent application efficiency compared to  
75 to 80 percent application efficiency for a conventional center pivot.

For more information on LEPA irrigation call the Seymour Aquifer  
Project office at 817-864-3334.

**At Your Service**

by Dr. Larry Fitzgerald  
Minister, Munday Church of Christ



Q: Is it true that John Wesley  
said that there are no Methodists  
in Heaven?

A: This is reported to be a true  
story.

John Wesley, the founder of the  
Methodist Church, dreamed he  
stood at the door to hell. He  
knocked and asked who were  
within.

"Any Roman Catholics here?"  
Wesley asked.

"Yes," came the reply.  
"Any Church of Englanders  
(Episcopalians)? any Lutherans?  
or any Calvinists (Baptist)?" Each  
time the answer was yes. Finally,  
he timidly asked about the follow-  
ers of Wesley. Again the answer  
was a definite "yes."

Then Wesley dreamed that he  
stood at the gate of Heaven. He  
asked about the Catholics, Epis-  
copalians, Lutherans and Baptists.

"None of those are here," came  
the reply.

"What about followers of  
Wesley," he timidly asked.

"None of those are in heaven,  
either," was the reply.

"Then who is here?" Wesley  
asked in dismay.

"Only Christians," the angel

said. "We know nothing of the  
names or creeds you mentioned."  
(Reprinted in *A Dictionary of Illus-*  
*trations*, Js. Hefley, ed., page 145.)

For over two hundred years,  
leaders of the American Restora-  
tion Movement have begged  
people not to adopt divisive reli-  
gious names or doctrines.

Instead, let's be Christians and  
Christians only . . .

Following the Bible and the  
Bible only.

Creeds of man do not save. They  
only lead to eternal destruction.

"In vain do they worship me,  
teaching as doctrines the precepts  
of men," said Jesus (Matthew 15:9;  
Mark 7:7).

Indeed, human creeds make prey  
of sincere people disqualifying  
them from the joys of being Chris-  
tians only (Colossians 2:8-23).

And what greater name can one  
wear than that of his Lord Jesus  
the Christ? For it is by no other  
name that we can be saved (Acts  
4:12).

Let's put aside human creeds  
and accept God's creed -- the Bible  
which is able to produce faith and  
save us (Romans 10:17; James  
1:21).

Let's put aside doctrinal names  
and be Christians only.

Despite the doctrinal errors  
taught by men like John Wesley  
and Martin Luther, they still pre-  
scribed to these goals. Wesley re-  
ported his dream and Martin  
Luther begged people not to call  
themselves "Lutherans." Can't  
people learn from these men?

Let us be Christians and Chris-  
tians only.

Let us speak where the Bible  
speaks and be silent where the  
Bible is silent.

**Combined heat, humidity are  
potential causes of heatstroke**

As hot summer weather is upon  
us, the annual hazard of heat-re-  
lated illnesses becomes a health  
concern throughout the United  
States.

Health officials warn that el-  
evated temperatures, particularly  
when combined with high humid-  
ity, cause about 200 deaths from  
heatstroke and thousands of cases  
of heat cramps or heat exhaustion  
in the U.S. each year.

Dr. Richard A. Beauchamp of  
the Texas Department of Health  
said, "High temperatures are  
physically tolerated by most  
people for short periods of time."  
However, some form of heat-re-  
lated illness may occur when high  
temperatures accompany exertion  
or high humidity.

"In humid heat," he said, "the  
body's principal cooling mecha-  
nism (evaporation of perspiration  
from the skin) may be overworked,  
resulting in fluid losses of up to 1  
liter per hour. If fluids and salts  
lost through perspiration are not  
soon replaced, dehydration and  
electrolyte imbalances can occur."

Dr. Beauchamp explained that  
dehydration slows perspiration,  
allowing a crease in body core  
temperature to occur. The condi-  
tion is called hyperthermia, or heat  
stress. Depending on the degree  
and duration of heat stress, heat  
exhaustion or even heatstroke may  
occur.

"Although prolonged heat stress  
can be fatal to anyone, persons  
older than 60 appear to have the

highest risk for death from classic  
heatstroke. To a lesser extent,  
young children, persons with a  
history of alcoholism and persons  
using certain medications also are  
at increased risk of heatstroke," he  
said.

Persons at risk of heatstroke  
from exertion also include ath-  
letes, military personnel, obese  
persons and manual laborers.  
Males between ages 10 and 45 are  
three to eight times as likely to  
suffer exertional heatstroke as fe-  
males in the same age range.

"To help avoid illness from heat  
stress during sultry summer  
weather people should limit strenu-  
ous physical activities, wear light-  
colored, loosefitting clothing and  
drink two to five times their nor-  
mal daily intake of water," Dr.  
Beauchamp said. Also, they should  
spend two or three hours per day  
in an air-conditioned building, or  
seek shade when outdoors. Be alert  
to any signs of illness such as  
headache, nausea, dizziness, fat-  
igue, rapid pulse, shortness of  
breath, disorientation, cold and

clammy skin or hot and dry skin.  
Adults should be conscious that  
children can quickly become de-  
hydrated in hot, humid weather.  
They also need increased fluids  
and light clothing, and parents  
should check frequently on their  
comfort. Also, children or pets  
should never be left unattended in  
parked cars or hot unventilated  
buildings.

Forecasters often refer to the  
"heat index" or "apparent tempera-  
ture," a calculation how hot the air  
may feel to humans. A heat index  
reading of 105 degrees or more,  
for example, is considered "very  
hot" and potentially dangerous,  
yet it can occur while thermom-  
eter readings are still in the mid-  
80s if the relative humidity level is  
95 percent or higher. Keeping track  
of the local weather forecast can  
help the public learn if precau-  
tions may be needed on a particu-  
lar day.

\*\*\*

The smallest known amphibian  
is the tiny Cuban frog, which is  
less than 1/2 inch long.

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our best so that we can do the best for you. We  
pride ourselves on giving our customers per-  
sonalized attention and prompt, courteous  
service with transactions. Because behind our  
state-of-the-art technology and high tech  
equipment . . . we're simply a team of dedi-  
cated people, working together, trying to do  
the best we can for you.

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APRIL OFFUTT

**Miss Offutt to attend School of Pharmacy in Weatherford, OK**

April Offutt has been admitted into the Southwestern Oklahoma State University School of Pharmacy at Weatherford, Oklahoma. A total of 18 students were chosen from 115 qualified applicants for the 1994 summer term. The class has an average cumulative grade point average of 3.55 and is composed of 12 women and 6 men.

Minimum requirements for admission to the Southwestern School of Pharmacy include the completion of at least 60 semester hours of specified pre-pharmacy courses with a cumulative grade point of at least 2.0

April is the daughter of Dan and Becky Offutt of Munday.

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HAVE A NICE DAY!

**Mice with human gene to speed ALS research**

The development of mice carrying copies of a human gene will speed the search for treatments of amyotrophic lateral sclerosis (ALS, or Lou Gehrig's disease), the Muscular Dystrophy Association announced recently.

This is the first time scientists have created an animal version of a human neurodegenerative disease. The advance could lead to more rapid development of potential treatments for some of the 20,000 Americans affected by the fatal neuromuscular disease.

The mice were given copies of the human gene carrying a defect known to be a cause of ALS, a disease that paralyzes voluntary muscles and usually results in death within five years. The disorder killed New York Yankees first baseman Lou Gehrig in

1941.

The genes were inserted when the mice were at the fertilized egg stage of development. Some mice that took up the defective human genes at this early stage developed ALS after about four months and died after five or six months. (Normal mice of the same type live more than two years.) Those able to breed passed the genetic defect and the disease to their young.

The search for a therapy can be dramatically accelerated since the disease course runs about two months in the mice.

MDA, the world's largest non-governmental sponsor of ALS research and services, supports 240 clinics nationwide, including five centers dedicated to ALS.

**"On A Wizer Note"**

By Paul Weiser, Knox County Extension Agent - Agriculture

Boll Weevils caught in the traps run by the Knox County Extension office are still somewhat higher than 1993 numbers. June 25 the average per trap was 31.13 while June 21, had an average of 33.63 and June 29 showed 70 weevils per trap.

To date the Hefner trap is topping the list with a total of 1420 weevils caught in 11 weeks. The

trap located north of Knox City - East of the Plant Material Center, is second with 1305. Trap number eight - west of Knox City - had a total of 948 in 10 weeks (last weeks trappings were lost - trap has disappeared).

The Whittemore trap area looks promising. On June 15 thirty weevils were caught, June 21 - zero and June 29 - three. Keep an eye on your cotton. All traps recorded an increase in boll weevils June 29 as compared to June 21.

Aside from boll weevils, ticks can be one of the most problem causing pests of the summer. Lyme Disease can be a big concern if bitten by a tick. Lyme Disease is primarily transferred by the black-legged tick.

The black-legged tick is one of the "hard ticks". These "hard ticks" are generally found east of Knox County. However, there have been some reported cases of Lyme Disease in and around Knox County within the past year.

If bitten by a tick consult your family doctor. He/she will be able to better assist you in identifying symptoms.

The Texas Agricultural Extension Service does print a publication entitled "Preventing Lyme Disease". For a copy contact the Knox County Extension office in Benjamin at 817-454-2651.

With the hot, dry conditions here in the Rolling Plains many individuals, including myself, have been watering their lawns quite regularly. Here are some other helpful tips for your lawn.

Avoid fertilizing cool-season grasses (like fescue) until October. Warm-season lawns - St. Augustine, Bermuda, etc. - especially if a spring feeding was not done.

If seeding, sodding or sprigging a lawn, be sure to keep that area well watered. Try to avoid seeding Bermuda lawns after August. The reasoning behind this is to assure establishment before cold weather sets in.

When mowing your lawns, be sure not to cut the grass too short. Bermuda is best at 1 1/2 inches tall, St. Augustine at 2 inches tall and tall fescue needs to be kept at 2 1/2 inches. Excessively short lawns can be hurt by the hot summer sun.

When watering a lawn, let the soil get wet at a depth of 4-6 inches. This will promote a much healthier lawn. By using lighter watering periods a weaker, shallower root system will develop.

If there are any questions, please contact Paul Weiser in the Knox County Extension office in Benjamin at 817-454-2651.

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The anti-malarial drug quinine comes from the bark of the cinchona tree, a South American evergreen.

**Birthdays & Anniversaries**

- July 6 - Lloyd and Nancy Shahan.
- July 7 - Juli Decker, Robin Welborn; Gerard and Dayle Kuehler, Mr. and Mrs. Rick Decker.
- July 8 - Bridgett Beatty.
- July 9 - Dean Homstad.
- July 10 - Danny Kiser, Freddie Sosa, Jr., Miranda Zeissel.
- July 11 - Lloyd Shahan; Mr. and Mrs. Zac Sanchez.
- July 12 - Dorothy Rhoads, Polly Decker.

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The word *butterfly* comes from the Old English word *butterfleoge*, meaning "butter" and "flying creature". Butter probably referred to the butter-yellow color of some European butterflies.



EDWARD AND MOZELLE SMITH who live at 251 N. 15th, earned Yard of the Week honors for their blooming red geraniums, petunias and begonias, and overall neatness of their lawn and shrubs. The patriotic pillows on the front lawn swing add a nice touch for the 4th of July holiday.

Complete Electric Motor Service & Sales  
Pumps & Water Systems  
Oil Field Installation

GE and S & S Controls  
Jacuzzi Pumps  
Pipe & Fittings

**LYNN ELECTRIC MOTOR CO., INC.**

1011 East Main Street Knox City, TX  
"Serving the Big Country Since 1957"  
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- Baldor
- Teco
- Dayton

This may not look like the Goodyear man Who works for Bob doing all he can To help the farmers when they're down, Running to the fields where tractors are found. Yes, he's the one, and on Monday morning, He'll be one year older cause he's turning

**40!**

**HAPPY BIRTHDAY JULY 11th**

**The Corner Grill**  
in Goree is having their

**GRAND OPENING**  
Saturday, July 9

~ SPECIAL OF THE DAY ~  
**BBQ Brisket Sandwich 99¢**

100% fresh ground beef hamburgers  
Homemade chicken fried steak  
Roasted Spicy Chicken  
Coffee . . . 25¢

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PENROSE GIANT FIRECRACKER SAUSAGE FOR ONLY **79¢**

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**Truscott-Gilliland News**

By Mrs. Clara Brown



Most of our farmers have their seed in and the cotton is up. A "cotton shower" is needed and the cattlemen need rain for the grass, so for once just about everybody had in the same rain order. The other night a new Wichita Fall TV weatherman laughed at the phrase "cotton shower", saying, "That must be from before my time." Since cotton is still being raised in his viewing area and still needing showers, maybe he needs to get educated about his viewers.

Thelma Adcock of Crowell called to say that Mrs. Bertie Ray of Sweetwater died June 16. Burial was in Sweetwater. She was 94. The late Mr. Ray was an early day postmaster at Truscott. The Ray family owned the farm east of Truscott where the Adcocks lived for many years. Mrs. Ray loaned several early day pictures which were used in "Between the Wichitas."

Phillip Cook of Mesquite is spending his vacation at Gilliland farming and visiting his mother, Frances Cook. One day last week they went to Abilene and then visited her daughter Sherry Miller at Merkel and the grandchildren and great-grandchildren there.

Shayla Miller, daughter of Sherry and Jerry Miller of Merkel,

is working this summer as a counselor at Camp Blue Haven in New Mexico.

Florence Miller is still making frequent trips to the Munday rest home to visit her husband, Ob Miller.

Shirley Moore's niece, Fay and Bill Partin of Ft. Worth, visited Ruth and Shirley from last Wednesday to Sunday morning.

Mr. and Mrs. Ronnie Simmons went to Wellington Saturday, June 18, for the afternoon wedding of Susan Peters of Crowell.

While Ronnie and Sherry were at the wedding Adam, Mitchell and Zachary were finishing up the baseball season with the Benjamin Rockies at the Knox City game. Their team came in second for the season, and they had a good time besides doing well.

Paul and Ila Mae Bullion spent Friday to Sunday at San Angelo. Saturday they attended the Sparks family reunion and stayed with her sister Nadine Nibling. Next on the Bullion family program will be a two week visit from Florida their three grandsons, two of whom are 13 and eating everything in his sight.

Edward Aranda of Lubbock was to be buried at Gilliland Tuesday morning, June 21. He was a former Gilliland resident and the son of Bruno Aranda.

L. B. and Nin Baty of San Angelo spent one night last week visiting the Louis Batys.

Several members of the Brown family were here last week. Mary Harbour of Sand Springs, her brother, Don and Sarah Brown of New York, and Laverne Brown of Blanco came Monday. Mary,

Sarah and Laverne returned to their homes Thursday while Don stayed until Monday. Vivian Brown was transferred from the Vernon hospital to the Crowell nursing home Thursday afternoon.

Jonathan Brown, son of Don and Sarah, is in training for the 1996 Olympics and is now rated one of the top U. S. rowers. He will take part in a contest in Russia this summer.

Edgar and Opal Jones of Vernon attended church in Truscott on Sunday then had lunch with his children and son-in-law, Vernon Jones, Joyce Williams of Floydada, Norma Lee of Vernon, and Clara and Jack Brown.

Truscott related attendees at the Crowell High School mid-forties reunion Saturday night were Joyce Williams, Jack and Clara Brown, Warren and Jo Haynie, and J. H. and DeAlva Gillespie. Nearly everyone had stories to tell about problems on the Truscott bus route. Some of the problems were at the reunion Saturday night, looking surprisingly respectable.

Funeral services were held Monday afternoon, June 27, for Elton Carroll of Crowell.

Florence Miller entered the Seymour hospital Sunday, June 26.

Phil Cook is spending the rest of his vacation with his mother at Gilliland.

Billye Jo Joy and Virginia Hodges of Valley View plan to visit their sister, Lula Baty, this week and work on their Scott reunion quilt. Polly Scott and Larue Russell also plan to help. The reunion will be August 13-14.

Vivian Brown has had several visitors from Truscott at her room in the Crowell Nursing Home.

Helen and Leon Kincaid of Cisco visited Clara Owens Thursday to Sunday.

Ila Mae Bullion, Gail Whitley and Crystal Dishman went to Dallas last Monday to pick up Mary Bullion's sons, Marek, Mury and Carter.

Vula, Derrell and Randall Hord went to Stamford on Sunday.

Gail and Lee Whitley got their boat into the water for the first time this year last Sunday, June 26. They took Crystal and all the Bullion family and visitors.

\*\*\*

**Search is on for Miss Texas Teen All American**

Friday, July 8, is the deadline for applicants to be accepted for the 1994 Miss Texas Teen All American® Pageant to be staged October 15 and 16 at the Holiday Inn, Brook Hollow/Love Field in Dallas. The event is the official preliminary to Miss Teen All American, now in its seventeenth year, staged annually in Florida.

Judging is on the basis of poise, personal interview and beauty of face and figure. Applicants must be ages 13 through 19 as of August 1, 1995, never married and a legal resident of the United States.

To apply send a recent photo along with your name, address, phone number and date of birth by FAX or mail to: Dept. B - Miss Texas Teen All American®, 603 Schrader Avenue, Wheeling, WV 26003-9619. FAX: 1-304-242-8341, phone: 1-304-242-4900.

\*\*\*

THANKS FOR READING THE MUNDAY COURIER

**A Social Security message for brides-to-be**

It's the time of year when many brides-to-be are busy with a list of "things to do" before their wedding. The Social Security Administration (SSA) would like them to add one important, but easily managed item, to that list.

"If you're going to change your name when you marry, remember to tell Social Security," says Patty Brandt, Resident Representative from the Vernon Social Security office.

For women who are working, reporting a name change assures that they will receive proper credit for their earnings and, one day, all the Social Security benefits they are due. For women who don't work outside the home, reporting the change will ensure that their Social Security record shows the correct name when the time comes to apply for benefits.

Another important reason to report your change of name is that Internal Revenue Service and SSA records should show the same name and Social Security number. If they don't you tax refund could be postponed.

"Of course, if a woman continues to use her maiden name after marriage, as many women do today," said Mrs. Brandt, "they don't need to report the marriage. They just have to be sure to use their maiden name consistently throughout their working years. And if someone should change her mind later, let Social Security know at that time."

To report a name change, call Social Security's toll-free number, 1-800-772-1213, any business day between 7 a.m. and 7 p.m., or call or visit your local Social Security office. You'll need to complete an Application For A Social Security Card and provide either your marriage certificate to verify your old and new names or two docu-

ments— one with your maiden name and one with your married name. All documents must be originals or certified copies. The application form lists acceptable documents.

Mrs. Brandt reminds everyone

that the service is free. "Don't be misled by any business that offers—for a fee—to complete the paperwork for you. The process is simple and you don't need to pay anyone for a revised Social Security card."

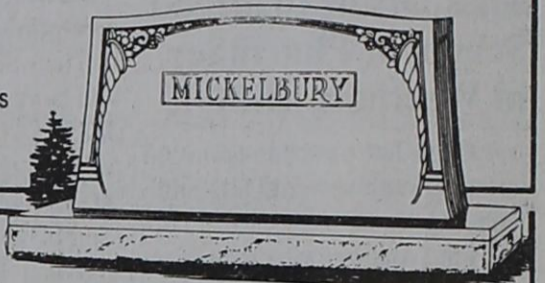
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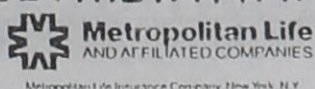
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**LOOKING BACK 20 YEARS . . . .**

**Maximum Ranching Needs or what it takes to be a Cowman**

taken from the February 7, 1974 *Munday Courier*

1. A wide-brimmed hat, one pair two-tight pants and \$20 boots.
2. At least two head livestock - preferably cattle - one male and one female.
3. A new air-conditioned pickup with automatic transmission, power steering and trailer hitch.
4. A gun rack for the rear window of the pickup, big enough to hold a walking stick and a rope.
5. Two dogs to ride in the bed of the pickup truck.
6. A \$40 horse and \$300 saddle.
7. A gooseneck trailer small enough to park in front of the cafe.
8. A little place to keep the cows, on land too poor to grow crops.
9. A spool of barbed wire, 3 cedar posts, and a bale of prairie hay to haul around in the truck all day.
10. Credit at the First National Bank.
11. Credit at the feed store.
12. Credit from your veterinarian.
13. A good neighbor to feed the dogs and cattle whenever the owner is out in Colorado fishing or hunting or in New Mexico at the horse races.
14. A pair of silver spurs to wear to barbecues.
15. A rubber cushion to sit on for hours at the auction ring every Friday.
16. A second-hand car for going out to feed the cows when your wife borrows the pickup.
17. A good pocket knife suitable for whittling to pass away the time at the Barn Sale.

18. A good wife who won't get upset when you walk across the living room carpet with manure on your boots.
19. A good wife who will believe you when you come in at 11 p.m. saying, "I've been fixing the fence."
20. A wife with a good full time job teaching school.

by *Scotty Abbott*  
\*\*\*

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.

**WEATHER REPORT**

Following is the weather report for seven days ending Monday, July 4, 1994 as compiled and recorded by Glynn Weaver, local U.S. weather observer.

	HIGH	LOW	RAIN
June 28	105	80	
June 29	103	72	
June 30	107	68	
July 1	107	77	
July 2	105	82	
July 3	104	76	
July 4	96	76	

Moisture year to date - 9.32

**KNOX COUNTY KONNECTIONS**  
By Jane Rowan, County Extension Agent

**Good Nutrition Supports Good Health**

You've probably heard how cutting fat, sodium and sugar can lead to a healthy life-style. But, what should you eat instead? When it comes to proper nutrition, the answer is complex carbohydrates.

Carbohydrates are major sources of the body's energy and fall into two categories: simple carbohydrates (sugars) and complex carbohydrates (starches). Many foods contain both types of carbohydrates.

Simple carbohydrates are sugars found naturally as part of fruits, vegetables and milk. Processed foods like syrups, doughnuts, soda, cakes, and candy also contain simple carbohydrates. However, these highly-processed foods have low nutrient densities; that is, they provide small amounts of vitamins and minerals for the calories they contain.

Simple carbohydrates are quickly metabolized by the body; therefore, you will get hungry sooner after you eat foods containing simple sugars than after you eat foods containing complex carbohydrates.

Complex carbohydrates are starches that provide vitamins, fiber and minerals in your diet. They are important components of a healthy diet and are the body's prepared source of energy. Breads, cereals, rice, potatoes, pastas, and fruits and vegetables are all rich in complex carbohydrates.

Because complex carbohydrates contain starch, they are often thought of as fattening. All carbohydrates contain four calories per gram. This is the same as the number of calories in a gram of protein and less than half the calories of one fat gram. Carbohydrates are often thought of as fattening because products added to or cooked with them may contain lots of calories.

Some carbohydrate-rich foods also contain fiber, the part of food that can't be digested. Fruits, vegetables, beans, and grains all contain dietary fiber. There are two types of fiber: insoluble fiber and soluble fiber.

Insoluble fiber cannot be dissolved and helps prevent constipation. It may also protect against colon cancer. It is found in whole wheat bran and most fruits and vegetables.

Soluble fiber may help lower blood cholesterol. It is primarily found in apples, carrots, citrus fruits, oats, barley and rice bran, as well as beans.

Fiber in the diet is also important because it helps control appetite, thus decreasing the total calories consumed in subsequent meals.

The National Cancer Institute recommends 20-30 grams of fiber each day for healthy adults. You should eat a variety of high-fiber foods.

To boost fiber intake:  
\* Eat whole wheat or rye bread instead of enriched white bread.

\* Switch from a low-fiber cereal such as cornflakes to a whole grain or bran cereal.

\* Add fresh or dried fruits to cereals for additional fiber.

\* Eat fruits and vegetables unpeeled whenever possible.

Because carbohydrates are important sources of energy and provide vitamins, minerals and fiber, they are the foundation of a nutritious diet. The USDA Dietary Guidelines for Americans suggest 6 to 11 daily servings of the bread, cereal, rice and pasta group, 3-5 daily servings of vegetables and 2-4 daily servings of fruits.

\*\*\*  
A child miseducated is a child lost.  
John F. Kennedy

**VERA NEWS**  
By Mrs. Thelma Coulston

**LAST WEEK'S NEWS**

Flo Bratcher and daughter, Shannon of Bowie were Saturday visitors with her sister, Joyce and J. L. Trainham.

Mr. and Mrs. Carl Coulston spent Thursday through Saturday in the home of their daughter, the Jim Berrier family in Lubbock.

Audra Holt of Melrose, New Mexico, and her sister, Erma Jean Boggs of Stamford attended church services at the Baptist Church, Sunday morning. The ladies were here to attend the Nichols family reunion which was held in the Gilliland community center this weekend.

Mr. and Mrs. Braxton McKinney of Lubbock visited Sunday with Bertha Faye McKinney.

Maurine Parris was in Dawson, Texas last weekend where she attended the Lee cousins family re-

union at the home of Mr. and Mrs. Cloyce Floyd. She also visited relatives in Wortham and Waco.

Barbara Coulston returned to her home in Odessa, Tuesday after spending the week with her father, Bill Townsend and with her sister, the Billy Kinnibrughs.

Lometa Doss and her friends, Odessa Adkisson of Munday and her sister-in-law, Mary Adkisson were business visitors in Knox City on Friday.

Paul and Teresa Weiss spent the weekend at the cabin on Lake Kemp. Visiting them during the weekend were Jack and Barbara Robertson, Tina and Staci, of Dallas. Floyd and Betty Robertson and Ken Kunkle of Seymour and Gary Roberts of Olney spent Sunday with them at the lake and the young folks enjoyed activity on the water.

**Haskitt & Associates**  
is offering a **Women's Group**  
It will begin **Wednesday, July 6**  
For more information call  
Sarah Meinzer, 817-658-3418

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Love, Dad, Debbie, Gina & Robby

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