



SERIOUS SITUATION - Lake Buffalo is nearing half its capacity, requiring the city council to initiate a conservation program for all residents and businesses. This picture was

taken Tuesday, showing the boat ramp long-since high and dry. Both lakes that supply Iowa Park with water are nearing the dangerous level, due to drought the past two years.

City enacts water conservation plan

The city council initiated "phase three" of the city's drought contingency plan, due to the low levels of the lake water, thereby extending the both local lakes and also complying with a request from Wichita Falls.

gested the city resume taking water from Wichita Falls, and blend it with Center in Bowie for the purchase of a new police cruiser.

cepting the 1998-99 financial audit,

the memory of aldermen.

disposal services.

needed.

derman.

counsel.

After approving a resolution ac-

solution with Alderman's legal

Trustees hear times for building projects

additions and renovations at the middle school and two elementary schools were approved Thursday night during the regular meeting of Iowa Park school trustees.

Bob Weaver, with Marrs Architects, Inc., told the board that if bid proposals were let now, they could be opened by Jan. 25, 2000.

He said the cost estimates of the design development phase at the high school should be ready in two weeks and, if approved, bid proposals for that campus could be opened by Feb. 1.

Weaver said that with this time schedule, workers should be breaking ground at the end of February or first of March. He projected the work would be finished by Jan. 1, 2001.

The high school band will have new uniforms for the 2000 marching season, following action taken by the board. Trustees voted to accept a negotiated bid proposal of \$40,552.50 from Fruhaf Uniforms, Inc., for 150 uniforms. The current uniforms have been in use for the last 15 years.

Diane Granbery, counselor at Bradford Elementary, explained the program in place in Iowa Park schools to identify and teach dyslexic and limited English proficient students.

Currently the school employs mostly retired teachers on an hourly basis to work with these students.

Granbery said that as more students enter the program, there is a

Design and cost estimates for need for trained personnel to work with this curriculum.

> Scottish Rites Hospital in Dallas offers structured curriculum training free for selected teachers. The only cost would be for transportation, lodging and meals.

> It was explained in a paper handed out by Granbery that "A small percent of children have a disorder known as dyslexia. The brains of these few individuals are just wired differently. They make wonderful engineers and artists because they visualize in three dimensions, but have great difficulty with written language which is two dimensional and abstract."

> Two people from the audience spoke about their experiences with dyslexia. A former student who is dyslexic, and the father of a student with the disorder, emphasized the importance of the program.

> Granbery asked the board if funds could be made available for the training of two teachers. Two certified teachers in the school district have expressed a desire to be trained at the hospital. They would be able to provide their own lodging, and the cost to the district would be for meals and transportation.

The board said they would take the request under consideration.

At the beginning of the meeting, Bobby Lloyd was recognized for

The five-point contingency plan was adopted by the council in October.

Measures now in effect include: * outdoor irrigation is allowed only between 8 p.m. and 10 a.m.;

* prohibiting all vehicle washing, other than commercial businesses, except between the hours of 8:00 and 10:00 a.m., and 7:00 to 9:00 p.m.

* all wholesale water purchases froma the city are to be cut by 10 percent over the previous month; and,

* the city will restrict flushing its water transmission system only in conjunction with repairs made to broken mains.

Administrator Mike Price told the council that the Mean Green Car Wash will voluntarily shut down its operation one day each week.

Already in the making, "phase four" will be initiated should Lake Buffalo, the city's primary source of water, drop another half foot.

Alderman Wayne House sug-

use of the local lake supply

However, he was reminded that Wichita Falls earlier imposed a new rate that is more than two and a half times what it charges other cities it supplies. An extended period of that practice would be cost prohibitive, he was told.

A proposal by the city administrator was approved, which includes dredging silt that is exposed from a portion of Lake Buffalo near the dam, thereby increasing its capacity. Total cost of the project was put at \$10,000.

Concerning a house that was heavily damaged by fire several months ago, located at 414 West Pecan, the council gave owner Dale Williams until Jan. 10 to either have it repaired, or it will be removed. The structure violates city codes as it is.

Aldermen approved a proposal to accept a bid from Lipscombe Auto

allow the city attorney to negotiate a Chamber sets banquet theme

"Black and Gold - Now and Then" will be the theme of the annual Iowa Park Chamber of Commerce

and an additional .06 from the day-

That, along with the .39 he re-

Woodfin reported having mea-

ported the previous Saturday, brought

sured no precipitation in November.

45 businesses participating in the

the month's total to 1.15.

time drizzle.

the Chamber.

banquet next month.

The theme, which recognizes the beginning years of Iowa Park, was announced during the Chamber's monthly meeting of directors, by Ken Via, president.

The banquet, which is recognized as the community's major social event of the year, will be held Saturday, Jan. 15, at the high school cafeteria.

Guest speaker will be Mike Elyea, President of the North Texas Oil and Gas Association.

Tickets, which are to go on sale next week, will be \$12.50 in advance and \$15 at the door.

The meal will be prepared and served by the MuleSkinners.

Nominations are now being sought for the annual awards that are made during the banquet. They include Outstanding Citizen, Outstanding Senior Citizen, Outstanding Agriculturist, and Outstanding Educator.

New city maps are expected to be printed and ready for distribution by banquet time, according to Mike Price, who will be installed as president during the banquet.





THURSDAY NIGHT OPEN HOUSE will feature the Integrated Physics and Chemistry fall semester projects, such as this one by students Alanah Bushfield, Jennifer Merrell, Kristen Garcia and Jessica Conklin. The Open House will be from 6 to 8 p.m. at the Iowa Park High School library. Advisor Darla Biddy, pictured, said the public is invited to view the projects.

News Briefs

Thursday's rain total was 1.15

The rain Mother Nature brought to Iowa Park last week wasn't much, but it was more than we got during the entire month of November.

Virgil Woodfin reported having measured .76 Thursday, which included .70 during the pre-dawn hours

Monday deadline for free hams

Deadline to register for a free Christmas ham is noon next Monday, according to Ken Via, president of the Chamber of Commerce.

activity, and their names also will be printed in next week's edition of the Leader. The activity is coordinated by

Winners will be notified by the

Leader accepting Letters to Santa

The Leader is currently accepting Letters to Santa Claus, to be published in next week's Christmas 430. Edition.

Letters can either be dropped off at the office, or mailed to P.O. Box Tuesday is the deadline.



Sandy Rusk and Trevor Lalk

Couple sets January date

Sandy Rusk and Trevor Lalk will marry Jan. 14 at LakeView Church of God.

Sandy is the daughter of Keith and Sherri Rusk of Iowa Park and Chi Chi Miller of Pagosa Springs, Co.

The groom is the son of William Lalk of Electra and Johnny and Evie

Chandler of Henrietta.

Sandy is a 1996 graduate of Iowa Park High School and attends Midwestern State Univ. She is employed at Park Tank Trucks.

Trevor is a 1996 graduate of Rider High School and is attending Texas Christian Univ. He is employed at Lalk Brothers Land and Cattle.

Choir Christmas concert tonight

A "Millennium Christmas" musical program, featuring the choral department of the Iowa Park Junior High and High School will be presented at 7 p.m. tonight at the high school auditorium.

The will be no admission fee. Under the direction of Kerri Edwards and Darrell Ryan, the show will feature the talent of the sixth seventh and eighth grade choirs, as well as the high school Women's Chorale and the A Cappella Choir.

The choirs will sing traditional as well as contemporary/novelty Christmas songs.

has Christmas party

sociation met in the home of Ann

Harper for the December business

2000, and include: Debbie Richards,

president; Ann McCullough, vice

president; Melba McIlroy, secretary;

are: Debra Williamson, program;

Martha Dudley, publicity; Nancy

Heacox, display; and Ann Harper,

were exchanged, and new secret pals

meeting and Christmas party.

and Shirley Hicks, treasurer.

yearbook and newsletter.

for 2000 were drawn.

20 members attending.

The Iowa Park Arts & Craft As-

Officers were elected for the year

Standing committee members

Secret pals were revealed as gifts

Refreshments were served to the





Mr. and Mrs. J.B. Downs, 1949

Mr. and Mrs. J.B. Downs, 1999

Downs reception Saturday in Holliday

Mr. and Mrs. J. B. Downs will be celebrating their fiftieth anniversary at a reception Dec. 18, from 3-5 p.m., at the Main Street Activity Center in Holliday.

The reception will be hosted by their children and grandchildren, Jackie and LaRonda Downs of Kamay and John and Yvonne Downs Shute of Wichita Falls and grandchildren Rusty and Tassie Downs and Lacy Downs all of Kamay, and Amanda Stephens and Kelly Shute of Wichita Falls. Also, Joyce Woods, the couple's sister-in-law, will be helping the children as hostess.

J. B. Downs and Edith Woods exchanged wedding vows Dec. 17, 1949, in Montague County. They are lifetime residents of Kamay.

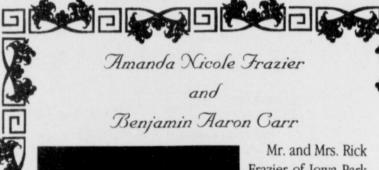
J. B. retired from Kadane Oil Company after 46 and a half years of service. He served in the Army from 1952 to 1954 at Fort Hood. He now works part-time for Downs Back-Hoe and farms.

Mrs. Downs retired from Madeline Interiors in 1994 after being employed there 10 years.

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The couple enjoy traveling in their spare time. They are members of First Baptist Church of Kamay.





Frazier of Iowa Park are pleased to announce the engagement and upcom ing marriage of their daughter, Amanda Nicole Frazier to Benjamin Aaron Carr, son of Mr. and Mrs. Jerry Whitman of Iowa Park and Mr. Don Carr of Greenville. Texas

The bride and groom are 1997 graduates of Iowa Park High School and both are attending Midwestern State University. The couple will wed on January 8, 2000, at the First United Pentecostal Church of Iowa Park.





HELPING THE COMMUNITY - Iowa Park Boy Scout Pack 7 gathered enough toys to almost pack a sleigh Monday night during their annual Christmas party. The toys were given to the Iowa Park Fire Department's Toys for Tots campaign.





Coldwell Banker Rowland & Donnell proudly announces Jami Witherspoon Rising Star of the Year 1999 from the Wichita Falls Association of Realtors because of her commitment, dedication, outstanding production, loyalty and professionalism to her customers and clients.



Scalloped Pineapple

- 2 cups white sugar
- 1/2 cup butter or oleo
- 3 eggs
- 1 20 oz. can crushed pineapple 1 quart diced bread (5 1/2 slices)
- 3 Tbsps. milk Cream sugar, butter and eggs;

add milk to the quart of bread crumbs. Add pineapple (not drained) to the creamed mixture. Add bread and stir. Bake 1 hour at 350 degrees in 8x12 inch loaf pan. Serve hot of cold. **Leslie Pruett**

Wishing Cookies

The legend of Wishing Cookies is if you break the cookie in three pieces and eat all three without speaking, your wish will come true. Try it and see! 1 cup butter or margarine, softened 1 1/2 cups sugar 1 egg 2 Tbsps. molasses

- 1 Tbsp. water
- 1/2 to 1 tsp. grated orange peel
- 3 1/4 cups all-purpose flour
- 1 tsp. baking soda
- 1 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/4 tsp. ground netmeg
- Icing:
- 1 cup confectioners' sugar 1/2 tsp. vanilla extract
- 1 2 Tbsps. milk

In a mixing bowl, cream butter and sugar until fluffy. Add egg, molasses, water and orange peel; mix well. Combine flour, baking soda,

cinnamon, ginger and nutmeg; gradually add to creamed mixture, beating well after each addition. Cover and chill at least 2 hours. On a lightly floured surface, roll dough to 1/8 in. thickness. Cut into stars or desired shapes and place on ungreased baking sheets. Bake at 375 degrees 6-8 minutes or until edges are lightly browned. Cool on wire racks.

For icing, combine sugar, vanilla and enough milk to achieve a drizzling consistency. Ice cookies as desired. Yield: about 6 dozen. **Janice Newman**

Pumpkin Cake

1 yellow cake mix 1 sm. pkg. butterscotch pudding 1 can pumpkin 4 eggs 1/4 cup vegetable oil 2 tsps. apple pie spice Cook at 350 degrees 55-60 minutes in bundt pan

Linda D. Perry Sock-It-To-Me Cake

1 pkg. Duncan Hines Butter Recipe Golden Cake Mix 1 cup (8 oz.) dairy sour cream 1/2 cup Crisco oil 1/4 cup water 4 eggs Filling: 1 cup chopped pecans 2 Tbsps. brown sugar 2 tsps. cinnamon Preheat oven to 375 degrees. Blend cake mix, sour cream, oil,

1/4 cup sugar, water and eggs. Beat at high speed for 2 minutes. Pour 2/3 of the batter in a greased and floured 10inch tube pan. Combine filling ingredients and sprinkle over batter in pan. Spread remaining batter evenly over filling mix. Bake at 375 degrees 45-55 minutes or until cake springs back. Glaze:

Blend 1 cup confectioners sugar and 2 tablespoons milk. Drizzle over cake.

Linda D. Perry

Cardamon Yogurt Sauce 1 egg

- 1/4 cup orange juice
- 1 Tbsp. honey
- 1 tsp. cardamon
- 1 8 oz. ctn. plain yogurt

In small saucepan, combine egg, orange juice, honey & cardamon. Cook over med. heat, stirring constantly, until mixture thickens, about 5 minutes. Cook & stir two minutes longer. Cool for 20 minutes. Fold in yogurt. Cover and chill for at least an hour. Serve over oranges, bananas and apples, or fruit of your choice. Makes 1 1/4 cups.

Baked Stuffed Eggs

Stuffed eggs:

1/2 tsp. salt

8 hard-cooked eggs

3-4 Tbsps. sour cream

2 tsps. prepared mustard

Wanda Hunter

Sauce: 1/2 cup chopped onion 2 Tbsps. butter or margarine 1 can cream of mushroom soup, undiluted

1 cup (8 ozs.) sour cream 1/2 cup shredded Cheddar cheese

1/2 tsp. paprika

Slice eggs in half lengthwise; remove yolks and set whitos aside. In a bowl, mash yolks with a fork. Add sour cream, mustard and salt; mix well. Fill the egg whites; set aside. In a saucepan, saute onio n butter until tender. Add soup and so r cream; mix well. Pour half into mungreased 11x7x2" baking pan. A ... ange stuffed eggs over the sauce. Spoon remaining sauce on top. Sprinkle with cheese and paprika. Cover and refrigerate overnight. Remove from the refrigerator 30 minutes before baking. Bake, uncovered, at 350 degrees 25-30 minutes or until heated through.

Janice Newman

Breakfast Casserole

1 lb. sausage 6 eggs 2 cups milk 1 tsp. salt 6 slices white bread - cubed 1 lb. Cheddar cheese

Fry sausage and drain. Beat eggs and add milk & salt. Stir in bread, cheese and sausage. Put in 9x13" buttered dish and refrigerate overnight. Bake 45 minutes at 350 degrees.

Leslie Pruett



IOWA PARK LEADER

Pineapple Cream Cheese

Salad 1 sm. pkg. orange jello 1 cup boiling water

1 cuppowdered sugar 1 - 8 oz. pkg. cream cheese, softened

Juice of 1 lemon or 2 Tbsps. bottled juice

1 No. 2 can crushed pineapple, drained 1 pkg. Dream Whip or 1 ctn. Cool Whip (2 - 8 oz. ctns. if you like it creamier)

1/2 to 1 cup broken pecans

Dissolve jello in boiling water. Add cream cheese and powdered sugar. Blend well, then add lemon juice & chill until slightly thickened. Fold in Cool Whip, or Dream Whip (prepared according to pkg. directions) drained pineapple & pecans. Chill until firm, preferably overnight. (May sprinkle chopped pecans over top before chilling).

Former Iowa Parkan, Kathleen Hatten's recipe, passed on by Wanda Hunter



Local realtors

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elected to Board Thomas Johnson and Patti McLemore was recently elected and installed on the Board of Realtors.

Thursday, Dec. 16, 1999

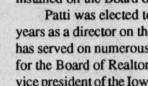
Iowa Park, Texas

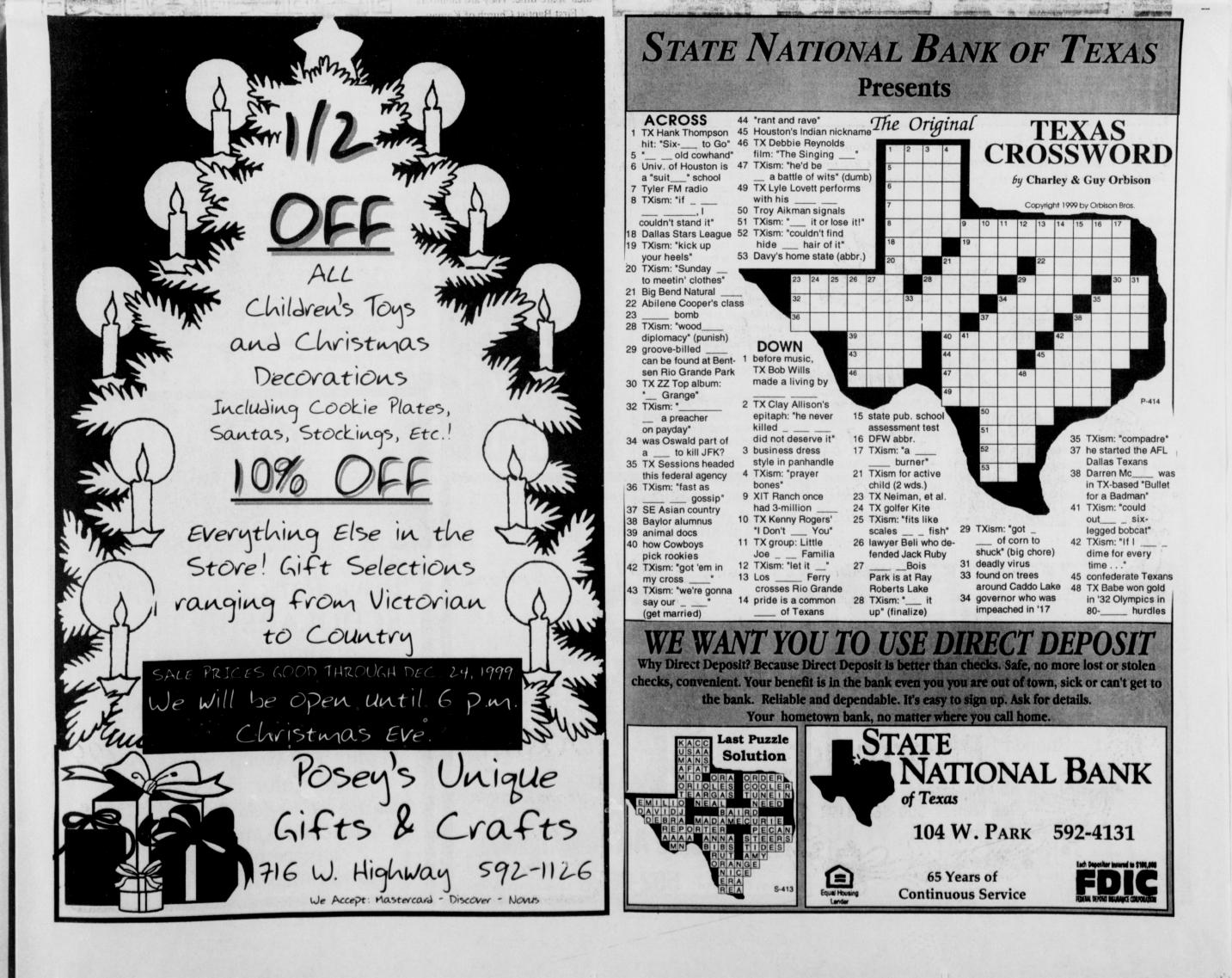
Patti was elected to serve three years as a director on the board. She has served on numerous committees for the Board of Realtors and is also vice president of the Iowa Park RAC. Johnson was elected to serve a

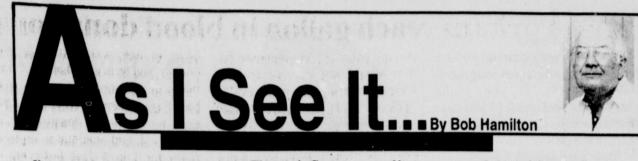
one year term as sectary / treasure.

He has been a member of the board eight years and has served as an officer two. Last year he served a chairman of the Multi Listing Service. Johnson is also a member of TREC/PAC and other Real Estate committees.









I've mentioned in this space previously my fear of the effects that the Internet could have on businesses in Iowa Park.

That concern was that the more people made their purchases on-line, the possible reduction of businesses in a town our size, costing not only the local jobs but also the property tax base.

Actually, there is one other fear that is shared by others, including Dallas Mayor Ron Kirk.

That is the fact that purchases made on-line are not charged sales taxes, local or state.

There was a story in Tuesday's edition of the Dallas Morning News about Kirk being one of 19 members of the federal Advisory Commission

on Electronic Commerce, and he was about to leave for a meeting of that organization.

Kirk also expresses his concern about Cyberspace purchasing. And he should. Thus far this year, Dallas has collected almost \$199-million in sales taxes.

He is an exponent of changing the federal rule that provides that no sales taxes will be charged on such purchases, nationally.

According to Dataquest Inc., a marketing resource firm, about \$8.5billion worth of merchandise is expected to be sold to U.S. customers, just during this quarter of the year.

"By some estimates, e-commerce will represent more than 10 percent of the U.S. economy within a few

years," the article stated.

I'm seeing more and more ads, both in print and on television, about shopping on Internet. They've got everything for sale, ranging from toothpaste to automobiles.

And, yeah, your charge for shipping will be charged, but it likely will be less than the sales tax.

Are you getting my drift? I'm going to continue buying from my hometown business as long as it is available. And I hope that's forever.

He's my neighbor, my friend, and he helps me finance my local school and government.

Oh, by the way. Thanks, Jeff, whoever you are!



Police make timely arrest

Two men got more than they expected yesterday morning when they pulled through a local bank's drive through teller area.

They got the teller's attention. The teller called Iowa Park police and reported both their condition

and also having seen an open container.

Officers arrested Shannon Lee Graham Mitchell, 24, on a charge of public intoxication, and Nathan Ryder McDonald, 23, for driving while intoxicated.

police station, and were then transported to the county jail.

Local officers arrested three persons Friday, all in separate situations, according to the police blotter.

Darrell Wayne Ervin, 33, was stopped in the 1400 block of West Highway, and during a computer check was determined to have a warrant for driving without a license, with a fine of \$110, and violation of a promise to appear in court, a fine of \$165.

Ervin was taken to the police The two spent a few hours at the station, where he was released after

WORTH QUOTING

The National Football League recently announced a new era. From now on, no offensive team names will be permitted.

While the owners of the teams

nivorous Cats will square off against the Chicago Large Mountain Mammals.

Week Nine also featured the Indianapolis Young Male Horses at

paying \$275 in fines.

Later in the day, they picked up Brandon Shane Scott, 22, on a county warrant for driving with no seat belt, a fine of \$115. He was released after paying the fine.

Friday evening, Randle Lynn Myers, 18, was taken into custody in the 200 block of South Yosemite and charged with driving while under the influence.

After being taken to the police station, he was issued a citation, as well as a notice of license suspension, and released to a passenger in the car to be driven home, according to the police blotter.

Charles Patrick Fletcher, 38, was taken into custody Tuesday afternoon in the 200 block of West Emerald, on warrants issued by the county sheriff's office.

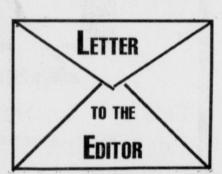
The warrants were for driving while license suspended, a \$556.25 fine, and possession of a controlled substance, a \$20,000 bond.

He was transported to the jail.

Firemen seek donations for childrens' Christmas

The Iowa Park Volunteer Fire Tots.

Department is scrambling to raise enough money to assure about 100 local children have Christmas gifts. They are working with the First Baptist Church of Iowa Park, who is coordinating the Iowa Park Toys for



The Iowa Park Volunteer Fire Department is the ONLY organization raising funds and taking toys for the children of Iowa Park.

The volunteer firemen have raised about \$1500 to provide Christmas gifts for Iowa Park children who might not have a gift to open for Christmas.

Last year they helped with providing gifts for 110 children, according to Fire Chief Danny Skinner.

They expect to have that many or more this year. As of Dec. 10, there had been 82 names turned in.

The deadline for applications is Dec. 16.

Anyone wishing to help provide gifts for Iowa Park children can pick up a mitten with their wish and need list on it from First American Bank Iowa Park branch or any of the local churches or make a donation to the Volunteer Fire Department.

All gifts must be turned in un-

assistance is Dec. 16, if any one misses the deadline or knows of someone who missed the deadline and the children will not have a gift for Christmas. please contact the fire department.

Food baskets are being taken care of by the Ministerial Alliance. Anyone needing more information on food baskets may contact the First United Methodist Church.

October good for business

Iowa Park businesses apparently experienced a considerable increase in business during October.-

Figures based on sales taxes collected during that month indicate. the increase.

rush to change uniforms and such, the NFL announced its name changes and schedules for the '00 season:

The Washington Native Americas will host the New York Very Tall People on the opening weekend.

Other key games include the Dallas Western-Style Laborers hosting the St. Louis Wild Endangered Species, and the Minnesota Plundering Norsemen taking on the Green Bay Meat Industry Workers.

In Week Two, there are several key matchups, highlighted by the showdown between the San Francisco Metal Enthusiasts and the New Orleans Pretty Good People.

The Atlanta Birds of Prey will peck it out against the Philadelphia Birds of Prey, while the Seattle Birds of Prey will pay a visit to the Phoenix Male Finches. (Wonder why the NFL has so many "bird" teams? Do their initials really stand for the No Fowl Leftovers?)

The Monday night game will pit the Miami Pelagic Percoid Food Fishes against the Denver Untamed Beasts of Burden.

The Cincinnati Large Bangladeshi Carnivorous Mammals will travel to Tampa Bay for a clash with the West Indies Free-Booters later in Week Nine.

And, the Detroit Large Car-

the New England Zealous Lovers of Country.

BILL ELLIS Friona Star

Announcer Greg Odom kicked off the Harvest Days Team Rodeo with his proclamation:

"This is not a high school football game, so we are going to start with an invocation."

His announcement drew applause and cheers from the crowd.

"So it's not a dead issue," Greg said.

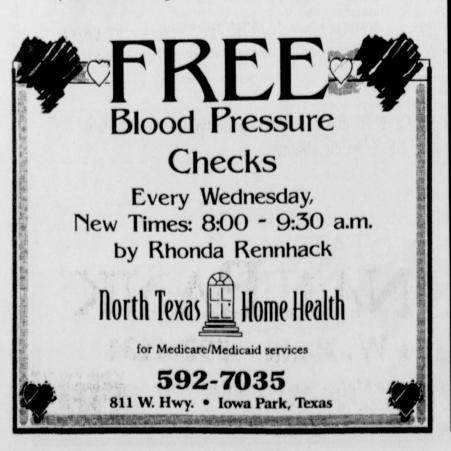
DON NELSON **Castro Co. News**

It's a shame to see Andrews lose another business...Southwest Travel has closed.

Reductions in commissions from the airlines, combined with competition from the Internet, took its toll.

Look for other small operations across the land to follow in its footsteps

Don't look for the Internet to sponsor teams the way our small businesses do. J. RATHGEBER **Andrews County News**



Letters to Editor policy explained

The Leader receives numerous letters which cannot, for one reason or another, be published.

Letters will not be printed unless they are signed. A ;typed name will not do. And, for the sake of verification, the writer's telephone should be included.

Should the writer not wish his/her name printed, it will be omitted upon request. However, the letter will be kept on file to be read upon request.

Letters also must be free of libel. If not, they will not be published, because we will not edit the content of any letter.

In letters supporting political candidates or issues, the Leader reserves the right to limit their lengths.

We encourage your Letters to the Editor, and offer the paper space as your forum for discussions of ideas and observations.

The Christmas tree at Wal Mart in Iowa Park and the toy ride by Harley-Davidson are being taken to Wichita Falls Fire Department for distribution. Wichita Falls has more children to help but also more businesses, organizations and citizens to raise the funds.

I heard rumors and called to verify with both Wal Mart and Harley-Davidson. I am upset with the fact NO ONE has been told that these local businesses are not assisting local children. Local residents want to assist local children. Martha Dudley



wrapped by Dec.17. They will be distributed on Dec. 20, from 6 to 8 p.m. at the First Baptist Church Fellowship Hall.

Skinner says though the deadline for applications for families needing

Trustees

Continued from page 1

placing fifth out of approximately 100 runners in the Lubbock Cross Country Meet, which qualified him to participate in state competition in Austin.

Lloyd and his coach, Darla Biddy, were presented with certificates of recognition by board president Keith Fisher, and congratulated by each board member.

No action was taken following a closed meeting on personnel.

The City of Iowa Park this month received a sales tax rebate check from Austin in the amount of \$28,379.78, which was an increase of 43.11 percent over the same month in 1998, according to the state comptroller's office.

That amount increased the year's total to \$333,028.23, which is 17.11 percent more than had been received at this time last year.

Business in Electra also is improving, the report indicates. That city has received 17.11 percent more in sales tax rebate funds than last year.

Wichita Falls is up 2.34 percent and Burkburnett 2.04 percent.

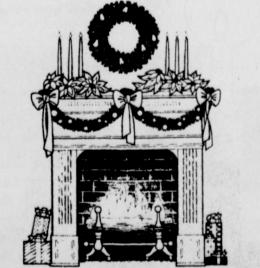
December sales tax rebates include local sales taxes collected by monthly filers in October and reported to the comptroller in November.



Each \$5 donation to the **Iowa Park Lions Club SCHOLARSHIP FUND**

qualifies to win one of the following prizes: 100 gallons of gasoline · Gas Grill plus \$50 worth of steaks ·36" Color Television Drawing will be held Tuesday, Dec. 21 Donations can be made to any member of the **Iowa Park Noon Lions Club**

Make sure you stay warm and cozy all winter long....have your furnace serviced by ...



ALAN HOUSE AIR CONDITIONING 592-0336 License #TACLB017054E 20 Years Experience

E LEADER IOWA PARK

Thursday, Dec. 16, 1999 Iowa Park, Texas

Ubituaries

Perman Strickland Jr. 1927-1999

Perman Strickland Jr., 72, died Tuesday, Dec. 14, in Wichita Falls. He was the father of Charley Strickland of Iowa Park.

Services will be at 11 a.m. Friday at Lamar Baptist Church in Wichita Falls with Rev. Terry Bowman, pastor, officiating. Burial will be at 3 p.m. Friday in Green Hill Cemetery in Davis, Okla. Arrangements are under the direction of Lunn's Colonial Funeral Home.

Mr. Strickland was born June 28, 1927, in Davis. He and Ada Dedeaux were married Feb. 7, 1951, in Gulfport, Miss. She died July 19, 1982. He attended schools in Davis and worked for an auto dealership as parts manager and service manager. He was a Korean War veteran, with three years and nine months service in the Air Force, where he was an aircraft engine mechanic. He retired from civil service in 1978. He was station chief in the Sheppard Air Force Base Fire Department. He had lived in Wichita Falls since January 1960, and was a member of Lamar Baptist Church.

The family will be at the funeral home from 6-7 p.m. today.

Memorials may be made to Lamar Baptist Church or Hospice of Wichita Falls.

Darrell D. Johnson

1936 - 1999 Darrell Dean Johnson, 63, of

Orange Grove, died Saturday, Dec.11, in Corpus Christi.

He was the brother of H. C. Johnson of Iowa Park. Services were Tuesday at Dobie

Funeral Home with Rev. Dr. Ray

Vowell and Rev. Chris Walker officiating. Burial was in Byler Cemetery in Lagarto.

Mr. Johnson was born Oct. 27, 1936, in Magic City. He was a resident of Orango Grove for the past 15 years and was a truck driver. He was a Baptist.

Other survivors include his wife, Arlene of Harlingen; a daughter, Tina Johnson of Harlingen; a son, David of Orange Grove; his mother, Ruth Johnson of Orange Grove; a sister, Lajuana Vanek of Arlington; two other brothers, Bobby of Amarillo and Doug of Orange Grove; and four grandchildren.

William M. 'Bud' Lake 1942 - 1999

William M. "Bud" Lake, 57, of Wichita Falls, died Wednesday, Dec. 8, in Wichita Falls.

Graveside services with military honors were Monday in Crestview Memorial Park with Rev. Ivor Koch, pastor of Sacred Heart Catholic Church, officiating.

Mr. Lake was born July 13, 1942, in Strasburg, Va.

Survivors include his wife, Frances; a daughter, Jeanne of Iowa Park; two sons, Michael and Scott, both of Wichita Falls; three brothers, Joseph of Hanover, Pa., Charles and Thomas, both of Baltimore, Md.

Christopher McCann

1974 - 1999 Christopher McCann, 25, died Tuesday, Dec. 7.

Services were Saturday at Owens and Brumley Funeral Home with the Army Chaplain officiating. Burial was in Holliday Cemetery.

Mr. McCann was born Aug. 24, 1974. He was a military police officer for the Army serving at Fort Sill in Lawton. He was a 1992 graduate of Rider High School and completed his basic training at Fort Jackson, S.C., in the Army. He has been stationed in Alabama, Panama, Cuba and South Korea.

Survivors include his wife, Laurie of Lawton; his mother, Gail Stires of Wichita Falls; two brothers, Richard and Robert of Iowa Park; his stepmother; Jeri of Iowa Park; grandparents, Louise and Milton Brisco of Wichita Falls; and a stepbrother, Quint Stires of Wichita Falls.

No other newspaper

in the world

would make that statement!

Iowa Parkans reach gallon in blood donations

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Three Iowa Park residents have been recognized for being one gallon blood donors. They are, Sheila Sidlauskas, Richalene Morath and Donna Love.

A blood drive will be hosted in Iowa Park Wednesday, Dec. 22 from 1:30 p.m. to 6:30 p.m. at the Iowa Park Mason's Lodge at 700 W. Washington.

The holiday season will come early for many who received blood and an extra chance at life. Unfortunately, illnesses and accidents do not take a holiday and the need for blood continues even while we enjoy our time with our friends and loved ones. Blood donors can truly experience the joy of giving because the one pint of blood they donate can help save the lives of up to three people.

"Many people who need blood, such as accident victims, chemotherapy patients and premature babies would not survive without someone's caring and vital donation of blood," said Lynn Gast, American Red Cross representative." By donating one pint of blood, you're saving a life. There is no better gift that anyone can give." Donating blood is a very simple

process that takes less than one hour. To donate you must be at least 17 years of age, weigh at least 110 pounds, and be in good health. A few things to remember before you give blood; try to increase fluid intake 24 to 48 hours prior to donating, eat a good meal, and continue to replace fluids for 1 to 2 days following a donation.

SHOP IOWA PARK FIRST





On Sunday, November 21, NBC-aired Y2K: The Movie, a made-for-TV suspense thriller about Y2K (Year 2000) in which the fabled computer bug causes widespread panic, including ATM (Automatic Teller Machine) failures.

The management of State National Bank of Texas would like to take this opportunity to reiterate the following facts about our preparedness for the year 2000: Week time also testured the

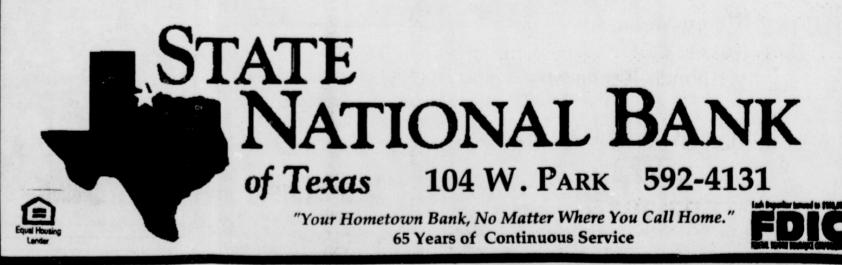


The safest place for consumers' money is in an FDIC-insured account. All customer deposits are insured by the FDIC up to \$100,000.00.

- 1. The banking system is ready for Y2K. State National Bank of Texas has been examined several times by our federal bank regulators who have made Y2K their top priority. By October 31, 1999, 99.9 percent of FDIC-insured banks and thrifts had achieved the highest rating (satisfactory) on their Y2K efforts from federal bank regulators; less than a fraction of 1 percent required improvement (5 out of 10,300 banks).
- 2. ATM networks have prepared for Y2K by upgrading software, replacing outdated equipment and establishing contingency plans. Regulators have examined more than 30 ATM networks throughout the country and deemed them ready for Y2K.
- 3. State National Bank of Texas has upgraded or installed new software that is Y2K compatible. We have established backup systems and keep backup records on all transactions and customers. We have contingency plans in place that provide for alternative methods of doing business, if needed, in the unlikely event of Y2K disruptions.
- 4. Customers should remember they have more than one payment option-cash, checks, credit cards, ATM cards, tellers - should one option be temporarily disrupted on account of Y2K. In the unlikely event that one ATM is not working, customers should try another. An ATM can be out of service for a variety of reasons it could simply be out of receipt paper.
- 5. Customers can prepare for the Y2K date change by checking all transaction receipts and statements. These steps are sound practice for day-to-day management of financial affairs, and will help quickly resolve any questions that may arise at the time of the Y2K date change.

The management of State National Bank of Texas would encourage you to remember that Y2K: The Movie was for entertainment purposes only. The six items stated above are factual items concering State National Bank of Texas' preparedness for the Y2K change.

Bank management would encourage our customers to come in and inquire about our preparedness for the Y2K date change. Our management is confident that we are prepared for the Y2K date change.







By JOE RAFF, Wichita County Agriculture Agent

Work Your Cows Now, May Save Money With the limited wheat pasture, and winter forage tanks drying up each day, this year we may want to think about culling some cows.

If you pregnancy check your cows and cull all the open cows, you could save up to \$1 per day, per cow. This may be the most cost effective management tool we have to cut costs.

Now the question, if the market is low now, and we generally have higher prices in the spring for these open cows, what should we do with them? Well, it's simple, if you have the forage to support open cows, keep them, if you don't and you are feeding them, sell them.

Most of us have already checked for bad months, popcorn teeth, bad eye cows, etc. But if you still have one or two and are running out of feed, you may want to think about these cows next on the culling list.

In terms of general health, check and treat for any ear ticks. We've seen a lot of these ticks this year and it would be in your best interest to work your cows.

And while you have them in the pen, vaccinate for leptospriosis (all five serotypes) 30-60 days prior to breeding. If your cows are already bred think about this for next year.

One other vaccination you may want to think about is Viriosis. We don't think about this much until we come up with a 20% to 30% lamb crop on 500 head of ewes due to Vibriosis. Bad deal.

After our freezes, you may want to feed or inject cattle with vitamin A, D, and E. The building block for vitamin A is found in green leafy material and after a frost, the cow begins to rely on the store of vitamin A in her liver. Vitamin A deficiency causes, among other things, an increase in retained placentas.

Nutrition is another concern after our recent drought. Remember, cows eat to fulfill their energy requirements but as quality declines the protein content in her diet may fall below requirements.

Protein supplementation will improve digestibility of poor quality forages by 30% to 60% and stimulate appetite by 6% to 12%. The amount of protein contained in one pound of cottonseed meal (41%) or cubes or 2 pounds of 20 percent crude protein range or breeder cubes will help winter the cow.

In addition, low energy supplementation (1-2 pounds) will stimulate digestibility slightly (1-3%) and intake 5-10%) of poor quality forages. If levels of energy supplementation increase above 10% to 12%, then forage digestibility and intake will be depressed causing a substitution rather than a supplementary effect.

Still, a pound of grain contains nearly twice the amount of energy that a pound of forage or hay does. One interesting face: a cow requires the energy contained in a pound of hay to travel a mile on level ground, so if your cows are walking any distance, feed a little more energy.

Don't forget about minerals, and I'm the worst. My mineral feeders for the goats stay empty until Nikki reminds me with a boot to the side of my head.

There are hundreds of minerals and I'm not going to take sides on which one is best. But, we do know that it costs between \$8-\$12 per year, and cows eat an average of 2 ounces per day depending on the mineral.

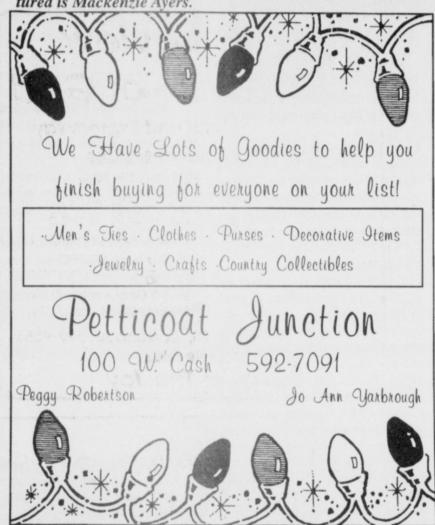
SHOP

OUR HOMETOWN

FIRST!!



CAUGHT BEING GOOD - Kidwell students "caught being good" during the month of November include (top row) Savannah House, Ciera Macias, Lynn Thompson, Alan Knight; (middle row) Nathan Kirksey, Cody Britt, Maddison Winter, David Kyle-Cruz, and (front row) Emilio Carrizales. Not pictured is Mackenzie Ayers.



Childrens Choirs

Pellikans give Christmas program

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Pastor and Mrs. Don Pellikan of First United Methodist Church, presented a program titled, "Mary and Joseph" two voices of Christmas, to members of the Garden Club at their Christmas covered dish luncheon.

IOWA PARK

LEADER

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The social committee hosted the luncheon held Friday at the Tom Burnett Memorial Library.

The thought for the day, "Do all the good you can," was given by Mary Frances Farris.

There were 19 members, four

husbands, and the club's newest member, Peggy McQuerry, in attendance.

Thursday, Dec. 16, 1999

Iowa Park, Texas









Letters to Santa

Dear Santa, I want A sego dream cast. And a Randy Moss jersey. And a kitten. And a Magic trick set. And a Youngs tour CD. And some Beanie Babys. And a Dirt Bike. Love D.J. Seay

Dear Santa, Iwas good all year long. could you give me any of my list. I want a MonoPloy Go Lf Edution, Lava lamp-purple, Artist TV painter, Scooby - Doo Cher and tent and Dannuo, bay. Love Colli Alsup

Dear Santa I love you. How is all of the Rein deers? How are you? I am going to leave you some cookis and milk. Please give me a magic drawing board, a play action, In flatable, a calen dar, and a computur game. Collin Sefcik

Dear Santa, Hope you are doing good. Hope that your reindeer are doing good. I hope that the elves are making toys. For the good boys and girls. Santa I have been good I want. Nintendo 64 and a shop stand. And a remote control car.

Dear Santa How is Roodof? Is Mrs. Santa Clas baking cookes! I have been good? Plees giv me sainthing? Plees breeg my a puppy. beeg ma a pokemon Boxing beeg me sam Box. Blake Posey

Dear Santa I wat Dirt bike boots I wat Shoes 31/2. Dear Santa I will have Milk and cookies for you. I love you. How are you doing? Dear Santa have a grate Christmas. Ben Bates Dear Santa have a grate Christmas. I am going to lev same milk and cookies, but is Mis Claus bakeing inny Cookies? I dod't no. I wat a furby. I wat mautina McBride CD

Thursday, Dec. 16, 1999

Iowa Park, Texas

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Lova lamp and a puppy and a I wat a porce tain doll and a 4 wheeler.

Dear Santa, I have been good this year. Here is my list. Hope you comesee me. Dear Santa, pes beg me a puppy. Dear Santa, pes beg me a Furby baby. Dear Santa, pes beg me a baby Doll. Dear Santa, pes beg me a beach ball. Dear Santa, pes beg me a Camera and some house slipers for my big brother and the slip evs make them blue Love Mallory Leamon thak you Santa and a neow woch for my mom. and my Dad and a now fishing poll.

Dear Santa How are you? Thop, you will cum to miy hom. I will purt cookees atfor. Santa, Please bring me CDs. Santa please bring me CD Case. Santa please bring me Rudolph (Toy). Santa please bring me A phone. Santa please bring me A Game.

Dear Santa How are you I bet mrs. Close is maying cookes. I have been good this year. I will put some cookies and milk I hope you will like them. May I please have a Boom Box and a writing Book and a maket Box a tennis set a big bouncing Ball Thank you Love Callie Raines

Dear Santa, How is Rotoof? I wnt a pup. And I hop your elvs ard meking toys for the good chred. What is mis Clauz making? I hoop you cmum to my hoase pise.

Dear Santa Can i have a sleeping bag. I love you. Cari have a cart? Wen cami go home? Chris Veitenhimer

Dear Santa,

I wish you could bring the things I want. I would like to have a playstation, a TV, a Nintendo 64, a pin Ball Game, a Basket Ball Goal, and a Football. I hope you could see me again Jake

Dear Santa, I will set cookies and milk. on the table for you! Santa, Plees giv me a angle of Love doll. Santa, plees giv me a sax a phone. Santa, plees giv me a furry diar Santa, plees giv me a walking pluto Santa plees giv me a Hors Love Callies

Dear Santa I hav Been Good I Love you. 1. Ind air costmi 2 Rock in Roll Elmo 3 Power wheel Jeep 4 n sync CD or Tape 5 stop watch

Dear Santa,

I am 8 years old and I am in the second grade. I play basketball and its very fun.

I Like to cook with my mom.

I Like to eat lots and lots of cookies dipped in lots of milk. My favorite sports are basketball and football. My favorite teams of football are 40niners and Dallas Cowboys. My favorite favorite holidays are Christmas, Easter, Holloween. Hello Santa! I hope you reindeer are

doing alright. I have been trying good to get a good present.

And what I wish for Christmas is a playstation with a Barbie horse and ride game. I also wish for a CD player that can play CDs and tapes and a Spacegirls CD Cackstreet boys CD and a Britany Spears CD. And I will try to be good to get all of those gifts and I thank you right now. Ready? Here it goes! THANK YOU! And remember to bring my Mom and Dad and my big brother something very nice too. I Love Santa. Sunny Brackett 807 Park Place

Dear Santa,

Hello, My name is Jerry and I'm 8 and in 2nd grade. I like to play outside and talk on the phone. I am a little excited. I want a CD player and nintindo 64 and bring my familey good things to. Thanks for reading my leter I will leave you some cookies and milk. Thanks Santa

Dear Santa,

My name is Amanda. I'm seven years old. I'm in the second grade. I like going to school. I'm in Mrs. Padgett room. She is very nice. Are you ready for Christma? I can't wait for Christmas. Its awful hard to be good. Please remeber me. I would like a long dress and a

compute for kids, Please bring my sister, my GMom, GDad and my Dad. something too. They have been good Santa, I will leave you some cookies and milk on the fire place. Say Hi, to Mis Claus. Love you, Your friend, Amanda Shrum

8188 F.M. 1206 Iowa Park TX 76367

Dear Santa,

My name is Tiffany. I am in Mrs. Padgett's room at Kidwell. I am doing good in school. Reading is my favorite thing to do. How have you been? I am looking forward to your visit. How are the reindeer doing? I hope the elves are

doing fine too. May I have an Easy Bake Oven and a Mountain Bike? Please do not forget my parents or my brother. I will leave you a snack to help you through your long trip.

Thank You, Tiffany Sellers 113 Wellington Lane Wichita Falls

Dear Santa,

Hello! My name is Dillon. and I'm in the second grade. I have been very very good this year. So please bring me a computer. This way I can learn more. I no computers cost alot so I will not ask for any thing else. I will leave you a snack Christmas eve. Thank you,

Dear Santa,

Last year we lived in Washington state. We moved to Texas this year in July. I like it here.

Santa, I cant wait for you to come. I have been good this year. I hope I get lots of stuff for Christmas. We have a big tree. It is pretty. You will like it. I have to go now. Love Natasha Varner 1000 Mary Dr. Iowa Park Tx. 76367

Dear Santa,

Hello! My name is Brittany. I am 7 years old. I am in 2nd grade. The school I go to is Kidwell Elementary in Iowa Park, Texas.

How are you and the reindeers? How is Mrs. Claus and the elves? I can't wait for you to come.

I have a Christmas list for you. I wood like a Furby Baby, Pokemon, and a chilla Chilla. Please bring my family nice things to.

I leave milk and cookies for you and carrots for the reindeer. Thank You. Love, Brittany Richards 704 W. Texas Iowa Park, Tx 76367

Dear Santa,

Hi my name is Megan and I like to play basketball and I'm acheerleader. Santa I can't wait until your ar-

rival. have a good trip and don't fall out of your sled.

Will you please bring memy size a new bike and I'm a jenie in a bottle c.d.

Tanks santa love, Megan Walls 722 West Alameda Iowa Park Tex. 76367 Stop by anytime

Dear Santa

Hello! My name is Holly and I'm in the second grade. I like school because it is fun and we learn new thing every day, I get to see my friends at school, and we have fun.

Hey Santa, How are you? I am fine. Do you have your reindeers ready for Christmas? Are you excited for the trip? I bet the elves are busy bees.

I have been good girl. I work hard doing my homework, and my chores. I would like to have a Nintendo 64, with games, and a Baby Furby. Don't forget Mom and Dad, they been good, too. Be extra generous to the ones less fortunate.

Thank you, Santa, for reading my letter. I will leave you some milk and cookies beside our tree. Please give every one a hug for me. Your friends,

Holly Logan 1000 Cornelia Iowa Park, Texas 76367

Dera Santa,

Hello. My name is Presley Gann I'm in second grde. at Kidwell Elementry I like school my teacher is mrs. Padgett. I hope you are ready for Christmas. Christmas is special to me because my birthday is also December 25. I have been very nice this year. I would like a babybed and a baby and baby things. I love you santa,

Love Presley Gann don't forget. 2312 Coleman Park road





Dear Santa I Love You. I hope that you will come to my house. My list is a blue and a block suit. And I want a basket ball, and some beanie babys. A bike I need and some tall boots. And i want my own puppy. Thank you Love Laxi I Bev in you I have been good I wat A CI player to Barbie Britany Spea spep Barbie Jeep Bathrobe Thank you Love Shelby



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IOWA PARK P LEADER Page

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Thursday, Dec. 16, 1999 Iowa Park, Texas

FRIENDLY DOOR MENU

Friday, Dec. 17.

Turkey w/giblet gravy, cranberry sauce, combread dressing, sweet potatoes, green beans, dinner roll, pumpkin pie.

Monday, Dec. 20.

Salisbury steak, brown gravy, mixed vegetables, tossed salad, bread, fruit cocktail.

Tuesday, Dec.21

Beef tips, steamed rice, stir fried rice, carrots, whole wheat roll, lemon pudding/wafer.

Wednesday, Dec. 22.

Swiss steak, brown gravy, mixed vegetables, tossed salad, bread, fruit cocktail.

Thursday, Dec. 23.

Barbeque chicken, baked beans, tossed salad, garlic toast, sliced peaches, sugar cookies. Friday, Dec. 24. Closed Monday, Dec. 27. Closed



This month Pack 7 was really busy. Den 4 made Christmas trees for Texoma Christian Care Center and took a tour of the Iowa Park Police Dept. for their law enforcement requirement.

Congratulations to the two \$50 bike gift certificate drawing winners. Matthew Franks for recruiting and Chase Foster for being a new recruit.

Monday, the 13th, at the annual Pack Christmas Party the boys gathered toys for Toys for Tots. Special guest at the party was Old St. Nick himself delivering car kits to the boys for their upcoming Pine Wood Derby. Good luck guys!

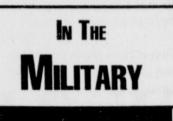
Children's dental services available

Children's dental services are now available at the Community Healthcare Center.

Medicaid will also be accepted as payment for dental services for individuals ages newborn to 21 years old.

For children without Medicaid coverage fees will be charged on a sliding fee-scale basis, which is based on their family size and income.

For more information on available services or to schedule an appointment call 766-6306.



Cunningham in Japan

While most Americans will be celebrating the holiday season at home or with family, Navy Petty Officer First Class Ronald D. Cunningham is scheduled to be in Hokosuka, Japan, aboard the Seventh Fleet Flagship USS Blue Ridge.

He is the son of Mr. and Mrs. Randal D. Cunningham of Iowa Park.



New Adult Books

Monster by Jonathan Kellerman Void Moon by Michael Connelly Atlantis Found by Clive Cussler The Visitation by Frank Peretti Large Print Morning Glory Afternoon by Irene Bennett Brown Lone Point by Grace Livingston Hill Back Room Girl by Donna Baker

Library Hours

Tuesday & Thursday 10-8 Wednesday & Friday 10-5 Saturday 10-2 Sunday & Monday - Closed **Holiday Closing**

The Library will be closed Friday, Dec. 24 and Saturday, Dec. 25 for the Christmas Holiday.



FOURTH GRADERS TOP TOYS FOR TOTS FUNDRAISER - Bradford's fourth grade class raised \$77 of a campus total of \$159.54 for the Iowa Park Fire Department's Toy's for Tots Christmas Campaign. Cafeteria manager Trena Reck developed the idea of students putting extra change into a jug for the cause. Pictured presenting a check to Iowa Park Fire Chief Danny Skinner are Kristina Gregory, Kameron King, Brooke Ruhser, Taylor Simpson, Erica Lasater, Chelsea Gunville, Darren Morris, J.C. Pleva and Ben Daulton.



Be ready to surf the 'net by Christmas!

BARE BONE SYSTEM



Preliminary Specifications

-BX 100MHz Mainboard (SIS620 - SIS5595)

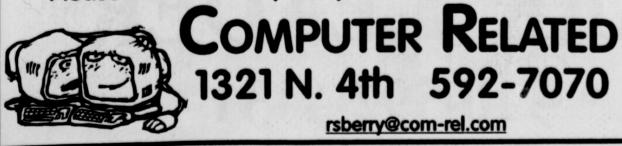
- -Slot-1 processors include the SEPP (Single Edge Processor Package) Celeron, the PII & PII as high as 550 MHz -Socekt-370 processors are the PPGA Celeron which runs at clock rates up to 466 MHz Three DIMM slots for SDRAM 168-pin memory modules
- Support for 66 MHz & 100 MHz memory bus
- Maximum installed memory can be 3X256MB=768 MB
- -One 32-bit PCI slot, One 8/16-bit ISA slot
- -On board 64-bit 3D AGP Graphics Accelerator, 8MB fram buffer
- -On board PCI 3D Sound Pro
- -On board 56k Fax/Modem
- -On board 10/100 Mbps Fast Ethernet LAN
- 40X Max CD-Rom Drive
- -1.44 MB Floppy Drive
- -Mobile Rack for Hard Drive -Micro ATX Mini-Tower Case (115&220v AC Power Input)
- -2X5 1/4" open drive bays
- -2X3 1/2" open drive bays

Monitors

15" Relisys Monitor - \$179.00 17" Relisys Monitor - \$289.00 19" Relisys Monitor - \$419.00

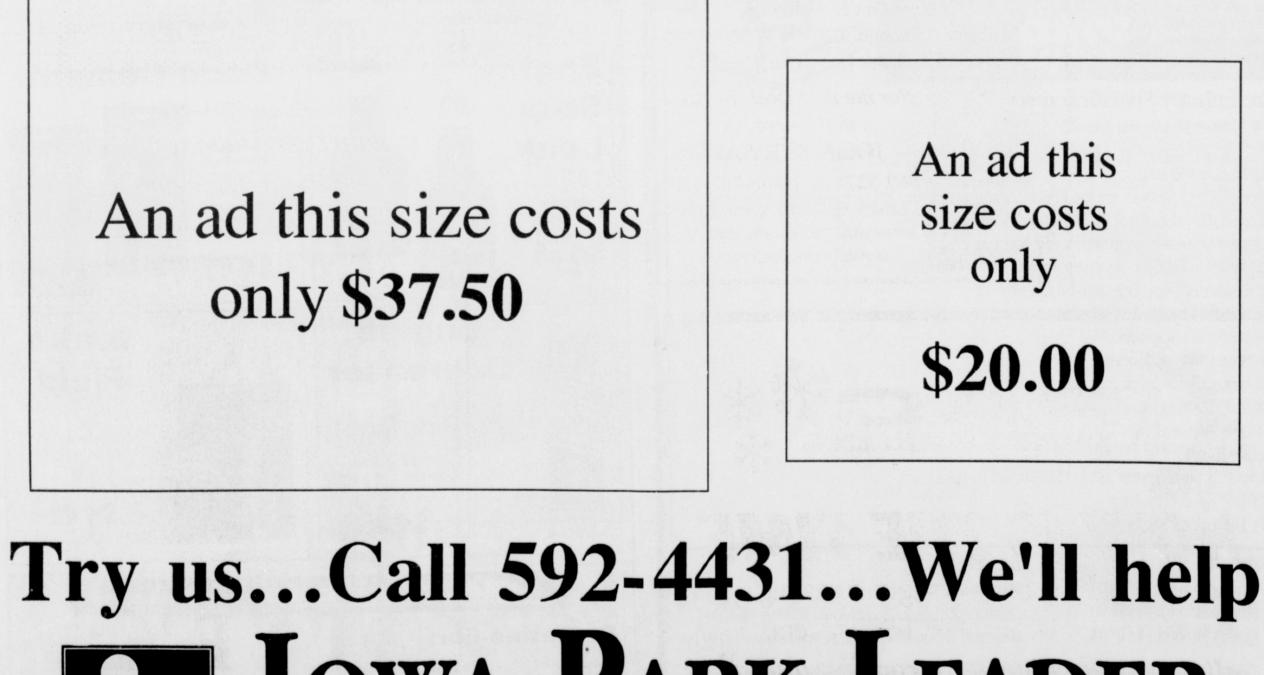
Software Windows 98 Version II - \$119.00 Microsoft Office 97 Professional Edition - \$99.00 Microsoft Office 2000 Professional Edition - \$199.00

Please contact Ronny Berry for more information.



The Leader is the best way to reach people in **Iowa Park** and Wichita Valley Area The Leader is read every week by more than 7,750 people in our community and immediate area. We'll admit that not everyone reads

The Leader... **BUT MOST DO!**



IOWA PARK LEADER 112 W. Cash • 940-592-4431

Osteoporosis is preventable

It only takes one osteoporosisinduced fracture to shatter a woman's independence. Fifty percent of elderly women who have hip fractures lose their ability to walk independently, for life. Up to 33 percent become completely dependent on a care-giver. And that's just among the women who survive. More than 50,000 people die each year from hip fractures and other fractures caused by this boneweakening disease.

The death and disability caused by osteoporosis can be prevented, but many women think that once they reach a certain age, it's to late to protect themselves. That's not true it's never to late to prevent or slow down the effects of osteoporosis. The physicians of Texas Medical Association urge you to take care of your bones by following some important osteoporosis prevention guidelines. No matter your age, you can follow these guidelines and preserve your independence and health for years to come.

Osteoporosis is the condition resulting from excessive loss of bone mass, causing brittle bones that fracture easily. When a woman has osteoporosis, even a minor fall can be devastating. All women are at risk for the condition as they become older. but some women are more at risk than others. If you have a low-calcium diet, have a vitamin D deficiency. have gone through menopause and aren't taking estrogen, aren't having menstrual periods, smoke or drink excessively, are bedridden, don't exercise, are Caucasian or Asian, are thin and petite, or have a relative with osteoporosis, you are at greater risk. Also, certain medications, such as steroid medicines, can cause osteoporosis. Ask your physician if the medications you are taking could increase your osteoporosis risk.

Luckily, the earlier a woman starts living a bone-preserving lifestyle, the more protected she is from the disease. Teenagers and young women are in the best position to protect themselves, for during those years, the body builds more bone than it loses.

Young women acquire 98 percent of their skeletal mass by age 20. So it is crucial that they follow these

Even if you are past the age attaining peak bone mass, you still can take steps to lessen the risk of osteoporosis. Consuming adequate calcium is vital to helping slow the bone loss that occurs as we age. Women, from their mid-twenties until age 64, need at least 1,000 milligrams of calcium a day, and 1.200 -1,500 milligrams a day if they are pregnant, breast-feeding or have gone through menopause.

Of course, the best sources of calcium are milk products such as cheese, low - fat yogurt, skim milk and ice cream. But you also can get calcium from beans, tofu, collard greens, kale, turnip greens, bokchoy, broccoli, certain kinds of fish and almonds.

If you are unable to attain sufficient calcium through your diet, supplements can help, but remember that not all supplements are created equal. Some supplements must be taken with food; some without.

Some must be taken at particular times of the day. Also, your body only can absorb 400 to 500 milligrams of calcium at a time, so taking more than that in one dose is unnecessary. Check with your doctor to find out what supplement is right for

Getting adequate vitamin D is especially important for elderly women, who may not spend as much time outdoors. Women who get little sunlight should make sure to eat vitamin D enriched foods or take a supplement.

For postmenopausal women who are not on estrogen replacement therapy, the risk of osteoporosis increases greatly. Estrogen has a protective effect for bone, decreasing the amount of bone loss. Without estrogen replacement, a woman can lose two to five percent of her bone mass each year during the first five to seven years of menopause. So if you are going through menopause, consult your physician about estrogen replacement therapy and its benefits.

Why spend your later years worrying about fractures and losing your independence? Do what you can now to prevent osteoporosis.



AFTON GEIL Afton Geil places in swim meets

Afton Geil, fifth grader at Bradford Elementary, recently competed in swim meets at the Univ. of Texas at Arlington and Trinity High School in Euless.

Afton place third in the 100 yard butterfly, fourth in the 200 freestyle, fifth in the 50 freestyle, fifth in the 50 butterfly and eighth in the 100 IM at the Arlington meet.

In Euless, she earned first place in the 50 yard butterfly, third in the 200 IM, fifth in the 100 IM, sixth in the 100 freestyle, seventh in the 50 freestyle and third as part of the 200 freestyle relay team.

Wichita Falls SEALS, a team that practices daily at the Central Boys and Girls Club. The team is open to children in the area ages six to 18.

Afton is the 10-year-old daughter of Dan and Kathy Geil of Iowa Park.

Helpful Facts

Property owners working on their plumbing and needing the water cut off at the meter should contact city hall for assistance.

Rough week for girls

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It was another tough week on the hardwood for the Iowa Park Lady Hawks.

IOWA PARK

LEADER

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Iowa Park traveled to Altus to play in the Altus Tournament against some of the best teams in Oklahoma.

The Lady Haws opened tournament play against Yukon, falling 73-23. Iowa Park fell behind 20-4 in the first quarter and never got back on track, with Yukon winning the second quarter 14-6, the third 15-8 and the fourth 24-5.

Bobbie Gilmore led Iowa Park in scoring with eight points followed by Erin Foster with five and Christine Dillard with four.

"Yukon was a very good team," said head coach Kim Huff. "They're ranked in the top 10 in Oklahoma in 6A. We dug a hole early and we just never dug out. They were a good Altus edges JV 6A. We dug a hole early and we just team but we just never executed offensively."

In game two, Iowa Park fell to James Marshall 58-44, with the difference being a 16-8 third quarter by James Marshall.

Iowa Park trailed by one, at 13-12 after the first quarter and 28-23 at the half before the big third quarter. Iowa Park won the fourth quarter 13-12.

Robyn Dillard led Iowa Park in scoring with 13 points followed by a trio of players including Christine Dillard, Foster and Leann Duran, all with seven.

"The third quarter was the difference in the game," Huff said. "We just didn't get the job done on offense like we should have."

In the third game, Iowa Park fell 52-46 to Wichita Falls High School. The Lady Hawks fell behind 11-5 after the first quarter and trailed 29-14 at the half. The lead grew to 43-25 after three quarters, before Iowa Park exploded for 21 in the fourth quarter. But it wasn't enough to overcome the big deficit. Robyn Dillard led Iowa Park in scoring with 12 followed by Foster with 10 and Duran with eight.

"Another case of digging an early hole and having to play from behind," Huff said. "We played well in the fourth quarter, but we were just too far behind going in."

Thursday, Dec. 16, 1999

Iowa Park, Texas

It was more of the same on Tuesday night, when Iowa Park fell behind 15-7 to Altus and went on to lose 41-37.

"We got down early because of our turnovers," Huff stated. "We really shut them down in the second and third quarters. We just didn't finish like we should have."

Robyn Dillard led Iowa Park in scoring with 12 points followed by Lacy Wells with eight, Foster with seven and Duran with six.

The Lady Hawks will be off until Dec. 28, when they will play Paducah.

The JV Lady Hawks suffered a tough loss in more than one way on Tuesday night, falling 33-31 to Altus.

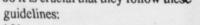
Iowa Park led throughout the game starting with an 8-2 first quarter and pushed the lead to 18-6 at the half. Both teams scored 11 points in the third, leaving Iowa Park on top by 12 heading into the final period.

In the fourth quarter, Iowa Park's Tori Crawford suffered a knee injury, going down early in the period. Altus then went on to win the guarter 16-2 and the game 33-31.

"When Tori went down, we just kind of lost our umph," said head coach Todd Chamberlin. "I think it was on everyone's mind a little bit and it showed in the way we played."

Jenna Crawford led Iowa Park in scoring with nine followed by Tori Crawford and Dana Smith with six points each. Jessica Conklin and Joni Love each scored four.

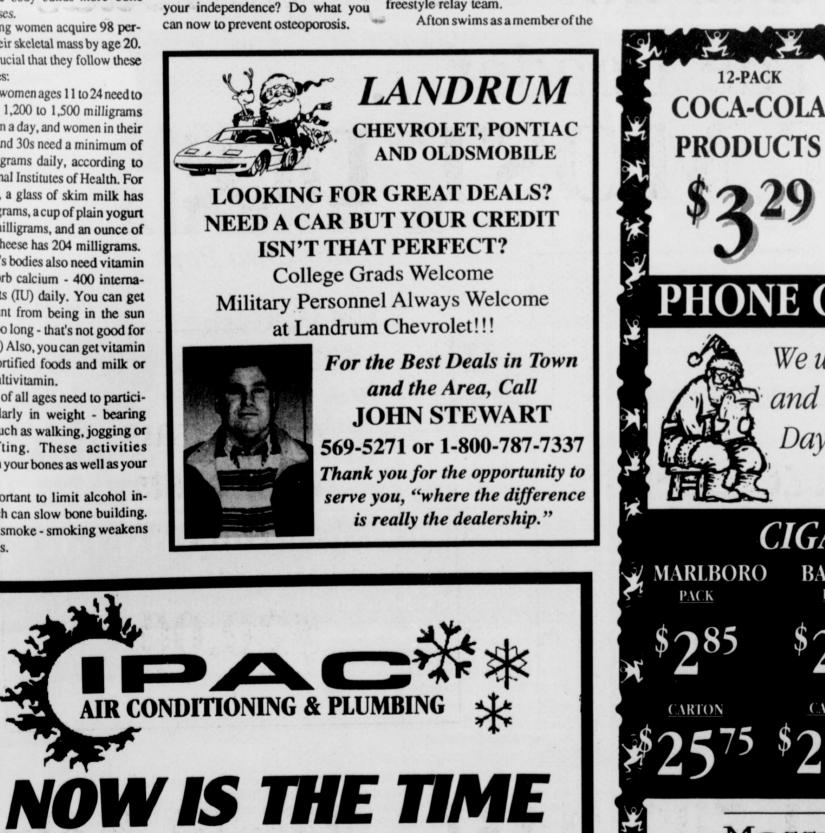




* Young women ages 11 to 24 need to consume 1,200 to 1,500 milligrams of calcium a day, and women in their late 20s and 30s need a minimum of 100 milligrams daily, according to the National Institutes of Health. For reference, a glass of skim milk has 302 milligrams, a cup of plain yogurt has 415 milligrams, and an ounce of cheddar cheese has 204 milligrams. * Women's bodies also need vitamin D to absorb calcium - 400 international units (IU) daily. You can get this amount from being in the sun (but not too long - that's not good for your skin!) Also, you can get vitamin D form fortified foods and milk or from a multivitamin.

* Women of all ages need to participate regularly in weight - bearing exercise such as walking, jogging or weightlifting. These activities strengthen your bones as well as your muscles.

* It's important to limit alcohol intake, which can slow bone building. And don't smoke - smoking weakens your bones.



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se tracts	are restricted to new home co	onstruction.





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COLDWELL

Suburban - 24 acres Two Homes

Nice 3-2-2 home with large frontage on FM 367. Second home has 2 bedrooms, 1 bath and can be used as income property possible owner finance. Call for details.

1302 MOCKINGBIRD

A lot of TLC has gone into this 3-1 1/2-brick home. Over 1400 sq. ft. Newly installed HVAC inside and out, new carpet and ceramic tile floors. Paved alley would make great access to back yard for shop or extra parking.

4131 COUNTRY MEADOWS DRIVE Suburban living at its best. This beautiful 3-2-2 home sits on near In Contract house, storagershop blug. Tox20. New spinicier system and pool pump. Over 1780 sq. ft.

4331 FM 368S

Old 77 In Contract 9,500.

822 N. PARK

Nice quiet neighborhood. 3-2-2 CP. Hardwood floors and new berber carpet throughout. Extra room could be game room. Call to see! **PRICE REDUCED!**

1111 CORNELIA

Spacious home in great neighborhood. Large family room with wood-burning fireplace. All new carpet. Two living areas and a shop in back approximately 24'X24'

201 GLENDA

2 Bedroom, 1 1/2 bath fixer-upper. Corner lot with large back yard. Needs minor repairs. Central H/A and hot water heater are fairly new.

1201 EMMA

Neat and nice 3-1 1/2-1 home. Large backyard with privacy

In Contract

fence.

3 bedroom, 2 bath, with fabulous shop out back. Approx. sq. ft. of house is 1,637. One block from Kidwell Elementary School. \$62,500. Tami Witherspoon 696-1962 636-1616 Robin Fox

408 E. BANK

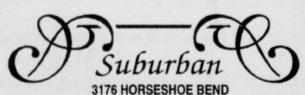
592-5536 636-1515

Great starter home! Must See! Completely remodeled - everything like new. 3 bedroom, 2 full baths. Over 1180 sq. ft. In the mid-40's.

505 N. VICTORIA

This property is a good starter home or a great investment for years of income. Just one block from the Junior High School, this 3 bedroom, 1 1/2 bath home would be nice for a small family. See the opportunity this property has to offer. VAST OPPORTUNITY

This commercial property is a great opportunity to make that business dream come true. Located in the heart of lowa Park business district, beauty salon is relocating and is leaving most everything needed to get started.



Lake front property. 3 bedroom, 2 bath custom built home. Many built-ins, storm closet, sprinkler system, sub-zero refrig., jacuzzi and skylights.

3027 FM 368 SOUTH

One mile West of Texoma Fertilizer Plant Suburban home on 10 acres. 4-3-2, approx. 3,400 sq. ft. Large family room, gameroom or 2nd living area. Many builtins. Beautiful kitchen with lots of cabinets and breakfast bar. Also has metal insulated workshop and cattle pens. Owner is agent.

1573 RIFLE RANGE RD

10 Acres, suburban home. Five bedroom, 3 baths, 2-car garage. Completely remodeled and updated. Workshop in back. Must See Inside. **PRICE REDUCED.**

12.5 ACRES SUBURBAN LAND

Excellent for new construction. Secluded and private on paved road. Five miles out of city limits.

Lana PARK PLACE

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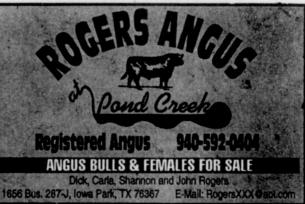
COUNTRY MEADOWS

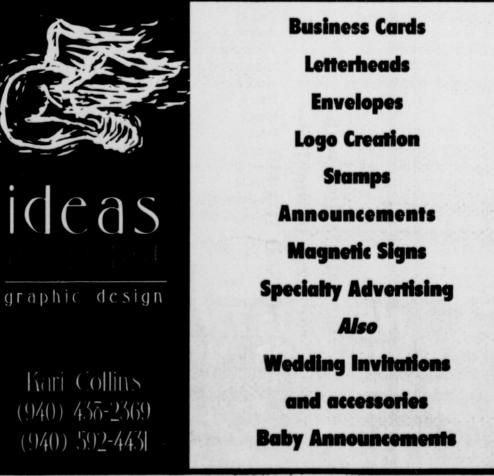
Lots and acreage - Just Listed! From 1 to 4 1/2 acre tracts. Water in place. Priced to sell.

VICKERS COURT

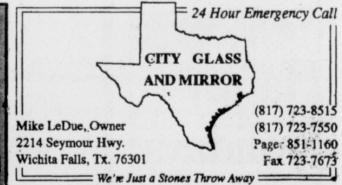
Cul-De-Sac with 10 lots. Already surveyed and water already in. A steal at an investor's price! BROGDON ROAD 12.5 acre tract 5 miles from city limits.

experience (food preparation, line serving, cleanup, cashiering and short-order cooking) is desired. Ability to work well under pressure in a fast-paced environment is a plus. Salary \$5.50 or \$6.00 per hour, depending upon position with night shift differential. Equal Employment Opportunity - Affirmative Action Employer of the Disabled. Disabled individuals are encouraged to apply. Male-Female. Apply in person by 4:30 p.m., December 23, 1999, at Work Services Corporation, 3401 Armory Road, Wichita Falls. 12-16-1tc





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IOWA PARK





IOWA PARK $\mathbf{\dot{P}}$ Page Thursday, Dec. 16, 1999 LEADER 14 Iowa Park, Texas

Hawks showing major improvement

The Iowa Park Hawks stepped up a level in competition this week when they traveled to Vernon to take part in the Vernon Invitational Tournament, playing three quality opponents.

Iowa Park opened the tournament by beating Sherman 46-33. The Hawks won the opening quarter 9-4 and the second 9-6 to take an 18-10 halftime lead. Both teams scored 10 points in the third quarter, before Iowa Park won the fourth 18-13.

Aaron Duran led Iowa Park in scoring with 12 followed by Justin Penn with 10. Chase Wright and Landon Miller each scored eight. "Sherman was one of the better

teams we've played this year," said head coach Tim Clark. "We played well, we didn't turn it over much and

we came up with some key baskets when we needed them. Any time you can hold a team like that to only 10 points in a half you're playing pretty good."

In game two, Iowa Park ran into Pampa, falling 58-53 thanks to a 20-8 fourth quarter by the Harvesters. Wright and Penn led Iowa Park in scoring with 16 points each with and it showed late in the game." Wright scoring nine of his points in the second quarter while Penn added seven in the same period. Landon Miller finished with 15 points, 13 of those coming in the first quarter.

"We started getting tired in the third and fourth quarters," Clark said. "It was our third game in four days

In the third-place game, Iowa Park fell to Borger 57-33, marking Iowa Park's fourth game in five days. Wright led Iowa Park in scoring with 17 points followed by Zac Miller with six and Penn with five.

On Monday, Iowa Park drilled Nocona 73-37, leading from the wire. The Hawks jumped on top 21-4 after the first quarter and led 39-10 at the half. Eight different players scored in the first quarter for the Hawks. Landon Miller led Iowa Park with 15 points followed by Duran with 12, and Wright with 10. Andy Simpson added nine followed by Chris Simmons and Penn with eight each.

JV goes 3-0 for the week

It was perfect week for the JV Hawks as they finished with a 3-0 record and a first place win in their own tournament.

Iowa Park opened play in the Iowa Park Tournament by beating Breckenridge 61-50. Kyle Chaney led three Hawks in double figures with 15 followed by Kyle Young with 13 and Michale Weeks with 12. Bobby Loyd and Jereme Wilson each scored six.

In the Championship game, Iowa Park pounded a district 5-3A foe Childress by the score of 61-34. Weeks led Iowa Park in scoring with 18 followed by Chaney with 15, and Young with 10. Jimmy Miller and Dan Jacobson each scored six points for the Hawks.

On Monday, Iowa Park continued it's winning ways in a big fashion by beating Nocona 61-14. Iowa Park led 14-2 after the first and 40-4 at the half. Chaney led the Hawks with 12 points followed by Wilson with eight. Young, Weeks and Miller all scored six points for Iowa Park.

Frosh Hawks win tourney

The Freshman Hawks ran the table this week, winning all three games they played and captured the first place trophy in the Iowa Park Tournament.

The Hawks opened the tourna-



ment by beating Breckenridge 60-44, with Beau Gray leading the way with 12 points followed by Chase Wilson with 11. Cody Penn scored nine followed by David Clubb with eight.

In the Title game, Iowa Park defeated Burkburnett 59-51. Clubb led three players in double figures with 17 followed by Wilson with 14 and Penn with 10. Daniel Bess finished with six.

On Monday Iowa Park defeated City View 62-43. Clubb again led Iowa Park with 14 points followed by Wilson with 11. Adam Arredondo finished with nine followed by David Horton with eight.



We have a lot to be thankful for during the holidays because of you our friends and neighbors here in Iowa Park. It is a pleasure to be part of this community. Enjoy the holiday season.

You're invited to a holiday open house:

105 W. Cash December 21, 1999 4:30 - 7:00 p.m. R.S.V.P. 592-1455

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