

VALLEY WEATHER			
DATE	HI	LO	PREC
FEB 1	51	24	-----
FEB 2	51	19	-----
FEB 3	57	21	-----
FEB 4	60	33	-----
FEB 5	57	28	-----
FEB 6	74	31	-----
FEB 7	60	30	-----

MAY 31, 2001
 1 WALTER TAYLOR
 BOX 244
 QUITAQUE TX 79255

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 per copy

Voice of the Caprock Canyons

THE VALLEY TRIBUNE

VOLUME 40 NUMBER 33 8 PAGES BRISCOE COUNTY QUITAQUE, TEXAS 79255 THURSDAY, FEBRUARY 8, 2001

Local FFA Members And 4-H Members To Go To Houston

Twenty six FFA members and eleven 4-H members from Valley and Silvertown Schools will enter the Houston Stock Show for this year, joining other 4-H and FFA members from all over Texas for intense competition in the show ring at the 2001 Houston Livestock Show and Rodeo™, February 13 through March 4, 2001 at Reliant Park in Houston.

The junior show, which showcases the animal projects of these FFA and 4-H exhibitors, begins livestock competition on February 23. Professional breeders and ranchers will compete for top prize money and global recognition in the livestock industry during the first 10 days of the Show, which kicks off February 13.

Entries from both the open and junior shows, along with the horse show, combine to make the Houston Livestock Show the largest event of its kind in the world.

More than 16,000 entries representing 1,100 Texas 4-H clubs and FFA chapters, will complete the show this year. Entering from Valley FFA are Payton Price, Chancy Campbell, Jordan Jenkins, Jamie Pigg, Molly Davidson, Macy Davidson, Mary Kate Davidson and Levi Curry of Turkey and from Quitaque, Brady Ramsey, Madelyn Ramsey, Zack Ramsey, Scarlett Sperry, Cliff Yeary, J. C. Pigg, Katherine Pigg, Tessa Kelley, and Hannah Boedeker. Entering from Silvertown are Caleb Francis, Jacob Francis, Abigail Reyna, Catherine Reyna and Julie Weaver.

Entering from Briscoe County 4-H are Beau Brock, Brooks Brock, Dusty Burson, True Burson, Zack Burson, Robert Ory Johnson, Shawn Calvin Johnson, Thor Patton, Tory Patton, Monty Wood from Silvertown and Bryce Reagan of Quitaque.

Tyler Reed, son of Colleen and Wayne Reed of Silvertown will be competing in one of the most exciting events of the 2001 RODEO HOUSTON - the calf scramble. Tyler is a 14 year old from the Silvertown FFA and he will be in the scramble on Saturday, February 17, 2001 during the 4 p.m. rodeo performance.

During the calf scramble, 28 4-H or FFA members will attempt to catch and halter one of 14 calves that are released into the 1.86 acre Reliant Astrodome arena. Those that successfully catch a calf are awarded \$1,000 certificate toward the purchase of a registered beef heifer. Additional "hard luck" certificates are presented to individuals who don't catch a calf but are recognized for their efforts.

The following year if the student returns with his project to the Houston Show they will be rewarded with a \$250 bonus. More than 360 calf scramble certificates are awarded each year. Since the calf scramble program began in 1942, a total of \$6,147,000 has been awarded to 15,350 young people.



PICTURED ABOVE: JEFF HULSE, CAPROCK CANYON STATE PARK SUPERINTENDENT; DWAYNE CULPEPPER, CHILDRESS DISTRICT ENVIRONMENTAL/TRANSPORTATION ENHANCEMENT COORDINATOR; SUSAN MILLER, TXDOT ENHANCEMENT COORDINATOR; CLYDE DUDLEY, CAPROCK CANYON STATE PARK; ROLAND HAMILTON, QUITAQUE MAYOR

Local Men Attend Seminar

Jeff Hulse, Clyde Dudley of Caprock Canyon State Park and Roland Hamilton, Quitaque Mayor attended the Texas Department of Transportation (TxDOT) one-half day meeting for Statewide Transportation Enhancement Program grants at Childress on January 30, 2001.

The purpose of the workshop is to help each nominating entity understand the process. Nearly \$130 million in transportation enhancement funds are available this year to Texas communities.

Defensive Driving At WTA&MU

The West Texas A&M University Continuing Education Center will offer a defensive driving course from 9 a.m. - noon and 1 - 4 p.m. Saturday, February 10 in Old Main, Room 220 on the WTAMU campus in Canyon. For more information, to register or for the cost call 806/651-2037.

Clay Merrell Injured in One Car Rollover

Word was received late Saturday afternoon that Clay Merrell of Dallas, son of Warren L. Merrell had been seriously injured in a one car rollover on his way home from work. Mr. Merrell received a head injury. His father, sister, Jana, and brothers all made the trip to Dallas Parkland Hospital to be at his bedside.

Today, Tuesday, he is reported to be doing very well and should be able to return home to finish recuperating one day this week.

Clay and his family live at Tioga, near Dallas. He is the grandson of Jake and JoMae Merrell of Quitaque.

Correction

The following names were inadvertently left off the Valley Buyers Club list last week, through no fault of the Valley Tribune. We apologize for any inconvenience this may have caused.

- *MARILYN NISWANGER
 - *KAROL'S KOUNTRY KORNER
 - *BILL PIGG TRACTOR
 - *LEE'S INSURANCE
 - *TURKEY PROUD COMMITTEE
 - MARIE CRUSE
 - E.G. AND BARB REED
- (* DENOTES DONATION OF \$100 OR MORE)

January Storm Systems Encase Motley County

by Earlyne Jameson

Storm systems encased Motley County during the month of January with freezing rain, snow and cold temperatures. The last few years, the cold air has been locked in the Northern Plains and Canada, but this year it has been coming farther south bringing us more storms. We will hope that the years of drought are ending and that some measure of profitability will return to the agricultural sector. The groundhog dived back into his hole February 2, so expecting six more weeks of winter weather.

National Weather Service Volunteers of Motley County reported the following total moisture in January: Roaring Springs, 1.35 inches; Matador, 1.05 inches; Northfield, 1.20 inches; Whiteflat, 1.10 inches; and Flomot, 1.38 inches.

Texas Ice Storm Victims In Briscoe County Receive Tax Filing and Payment Relief

Taxpayers in 37 Texas counties are eligible for disaster relief following a series of recent ice storms. A Presidential Disaster Area declaration is in effect and the Internal Revenue Service announces that it will extend tax relief measures to residents living in the affected counties. Taxpayers who had federal tax returns due on or after December 12, 2000 and before February 15, 2001 have an automatic extension to file until February 15, 2001. Estimated tax payments due January 15, 2001 will be considered on time if they are paid by February 15, 2001. To help the IRS know which tax returns and payments are made as a result of the disaster declaration, they ask taxpayers to write the words "Texas Ice Storm" in large red letters.

"The ice storms have created many hardships for Texans, and we want to help ease taxpayers' burdens during this difficult time," says Jeff Stetina, IRS Area 5 Director of Field Assistance.

Briscoe county is affected by this disaster declaration. The extension provisions announced by the IRS do not apply to deposit of employment trust funds (withheld income or social security taxes). However, penalties on payroll tax deposits may be abated during this period.

Ice damage to property for personal use such as homes, family automobiles or household furnishings is defined as casualty losses for federal income tax purposes. Damages that are not covered by insurance may be deducted as a casualty loss of federal income tax returns. A

casualty loss is usually claimed on the tax return for the tax year in which the casualty occurred. If the affected area is designated as a "Presidential Disaster Area", taxpayers can deduct casualty losses on their tax return

or amended return for the year immediately preceding the year in which the disaster occurred. Claiming a casualty loss could result in a lower tax or even produce a cash refund



Park Host Moonlights As Sports Writer

Wayne Halverson of Akin MN is currently acting as park host at Caprock Canyon State Park for the months of January and February.

Wayne is a retired from Quality Control at United Defense in Minneapolis MN. After retirement he got involved with writing through Local Union 683, UAW. In 1983 he went to Walter and Mary Luther Learning Center in Michigan to study journalism and writing. In 1987 he received training as associate editor, and in 1988 began working for the Becker Tribune in Becker MN. Beginning in 1992 he became co-owner in the Ledger News in Clearwater MN, circulation 16,237.

With the closing of the Ledger News in 1995, Wayne became a free-lance writer for the Akin Independent Age in Akin MN and the Eden Valley Patriot in Watkins MN. He was asked to become a sport statistician for radio station KKin in MN.

June 12, 2000 launched a new career as park host, in Palmer Alaska. In September, 2000, his tenure there was completed and he went home to Akin, MN to prepare for his next post. That is how Quitaque came to know Wayne. In January, 2001 he came to Caprock Canyon State Park as park host for the months of January and February. He also contacted The Valley Tribune and asked to be guest sport writer for his time here, as this is one of his passions. He said "I enjoy writing for the Valley Tribune. Getting to meet and know the people here has been an enriching experience."

After Caprock Canyons, he will be going to a state park in Del Rio, TX. We here at the Tribune have enjoyed having him write for us and will miss his weekly addition to our paper.



Calendar of Events February 8

Turkey City Council
 Matador Masonic Lodge
 Quitaque Chamber Of Commerce Banquet 7 p.m.

February 11
 Attend Church of Choice

February 12
 Turkey Lions Club
 Valley Board of Trustees

February 13
 Quitaque City Council
 Quitaque Firemen
 Lincoln's Birthday

February 14
 We The Women
 Turkey Senior Citizens @ 6

February 14
 Valentine's Day
 Quitaque EMT

Do You Have Your 2001 Chamber Banquet Ticket?

Today, Thursday, February 8, 2001 is the day to have your ticket ready for the great steak dinner which will be on the agenda at the Quitaque Community Center at 7 p.m. The steak dinner is just the beginning of an enjoyable evening.

Mr. Don Taylor of Amarillo is the guest speaker for the evening. He will be speaking on "Shut Up-Stop Whining and Get A Life!" Now there is an interesting title for you. His aim is to give his listeners some "Power Principals" for having more fun and getting more done intertwined with good fun and humor.

Make plans to attend the Chamber of Commerce Banquet TONIGHT at 7pm

Turkey Opens Candidate Filing

Candidate filing for the May 5, 2001 City Officers' election in Turkey will begin on Tuesday, February 20, 2001. Filing deadline for this election is 5 p.m. on March 21, 2001.

A write-in candidate must be declared candidate thirty days prior of the election, which will be April 5, 2001.

Officers up for election this year are Place 2, Homer Hawkins; Place 3, Pat Carson, and Place 5, Doyle Dean Proctor. There is no filing fee.

Anyone interested in filing should contact the City Secretary's office at Turkey City Hall, 6th and Lyles for filing papers before March 21st, 2001.

Also on the agenda for the evening will be door prizes from the businesses of the town as well as awards to outstanding citizens of the town and the winning essay from the Valley Senior Class. The subject of the essay was the Citizen Park Survey from the City of Quitaque.

If you haven't joined the Chamber for the coming year, it is time to turn in your dues. This organization works hard to make our city a better place to live and a better place for businesses to thrive. Let's each do our part and help make our city a better place for the coming year.

Quitaque Opens Candidate Filing

Candidate filing for the May 5, 2001 City Council Election for Quitaque will begin on Tuesday, February 20, 2001. Filing deadline for this election is 5 p.m. on March 21, 2001.

A write-in candidate must be declared candidate thirty days prior of the election, which will be April 5, 2001.

Councilmen up for election this year are Wilburn Leeper, Rhonda Farner and Randy Stark. The terms for all three council positions are for two years.

Anyone who would like to file for this election should contact the City Secretary at City Hall in Quitaque at 105 North First in Quitaque before March 21, 2001.

Toll-free number for Valley Tribune 1-877-655-1101

THEN & NOW!

by Eunice McFall

Challenge--what an interesting word! Do you have challenges in your life every day, do you enjoy facing your challenges or do you try to hide from them? Webster defines this word as anything that calls for a special effort to accomplish. Well when you put this definition to it there are lots of challenges in our lives daily. Some of them we take for granted but others are rather rough to have to face and make the best of the situation.

Does the way in which we face a challenge make a difference in how we can meet the challenge? I think it does. If we have a good attitude about accepting and overcoming the challenge, we will be less stressed out and be able to meet the challenge head on and perhaps even enjoy the challenge.

Of course our attitude does make a difference, but it cannot change the nature of life. Life will still bring both large and small challenges to all of us every day. But, how we meet them will make all the difference in the world as to how much we accomplish in our lives.

The challenges that we face may seem very insignificant to us but in the long run they could be world changing. After all the longest journey is started with only one step. The same can be said about a challenge--the solution to it comes one step at a time. Often the challenges are doors to larger challenges and bigger accomplishments if we will only face the challenge with the right attitude. When facing our challenges, we need to look at them as bridges not obstacles.

Last week a family from Turkey had to face one of the most heartbreaking challenges that anyone has to face in this life when they lost a son, husband and father to an accident. This would have to be the most painful challenge that can happen to anyone. The residents of the area have gathered around to show support and help for this young family. But, they not only needed the support from family and friends last week but in the weeks ahead, they will continue to need your compassion. Please give unstintingly to them of your time, love, concern and help when you see a need.

The concern that is show in times like this is what makes the small communities of the United States a wonderful place to live. Your friends and neighbors are not just those who live on your block but those who are possibly 50 miles away. Not only do they know of your "challenges" but they care enough to do something about them.

Just remember--everyone has challenges--it is how we face them that really counts!

LETTER TO THE EDITOR

Dear Editor,

The Washington Post recently published an article quoting physicians, patients, a nursing school dean, even a hospital nursing director addressing the lack of safe care in the hospitals today and urging, almost insisting, that just to get basic care and be safe in the hospitals you need to have either a family member or hire a sitter 24 hours around the clock. The article can be found on the internet at: <http://washingtonpost.com/wp-dyn/articles/A27485-2001Jan6.html>. It is both a sad and frightful realization that our hospitals, which should be a safe refuge for the sick, are now a threat to the sick. Because it is so emotionally upsetting to think that the healthcare system in America is unsafe, it has long been swept under the rug and not addressed.

It is a well known fact that we are in the height of the most critical nursing shortage this country has ever faced. Almost every nursing journal that you pick up today has an article regarding the shortage. It is also a known fact that there are certain steps that an organization can take to help alleviate the profound effects the nursing shortage has on its institution. Because most of these steps involve money, money which most organizations are not willing to spend, it will take an out cry from both the healthcare profession and the public to change the system. When this out cry came from the healthcare profession and public in California, Gov. Grey Davis signed into law Bill AB394 mandating minimum nurse:patient ratios such as in the critical care units one nurse can have no more than two patients, and on the medical surgical floors one nurse can have no more than 4 to 5 patients.

Lower reimbursement rates from managed-care plans and government programs have pressured the hospitals to cut expenses and trim staff, but to what point do we cut to sacrifice the safety and/or lives of not only the patients but also the staff? Is the almighty dollar more important than the safety of your patients and the staff caring for them? Are you all aware that many times in the critical care units one nurse has three patients and on the medical-surgical floors, where the patients are much sicker

now than in the past, those nurses have sometimes 12 to 15 patients? Let me ask you another question, are you aware that according to the Institute of Medicine analysis that as many as 98,000 Americans die each year of medical errors that occur in the hospital? Documented study after study has proven that there is a direct correlation in medication errors to poor staffing levels. Many of those errors could and would be avoided if we, as nurses, actually had time to look, listen, touch, feel and see how each patient is doing. As a nurse, I can tell you that it is our sincere interest and genuine concern for good patient care but it is impossible to do so when staffed at the current nurse patient ratios. Continuously, we work short staffed, many times without the supplies needed to do basic care for the patient, not to mention advanced life supportive measures. We work "12 hour" shifts, which more often than not are 13 or 14 hours. We are constantly scrutinized for the overtime we have each day however, we are required now to work mandatory overtime shifts. We are on our feet on concrete floors most all of that time, many shifts not even having the time to break for food or to go to the bathroom. We are subjected to all kinds of ridicule by irate doctors, patients, and families, not to mention the life threatening job related exposures, such as HIV and Hepatitis, that we are subjected to on a daily basis.

I find it ironic, that while in the midst of this critical nursing shortage, and we are being told that efforts in both recruitment and retention are at an all time high, we, as nurses, are being treated with such reckless disregard. It is no wonder that nurses are leaving the profession by the hundreds and that the nursing school enrollments are down. If the problem is not addressed, not only by the healthcare profession but also by the public, the trend will only continue to decline. It is imperative that the public become aware of this potentially life threatening situation and the negative impact it will have on the care, or lack of, that you or your loved one will receive. I urge all of you out there to document your concerns, address them to the hospital administrators, hospital boards as well as your local congressmen and representatives.

Rylander Urges Firmer Foundation For Public School Accountability

Texas Comptroller Carole Keeton Rylander today urged the Legislature to adopt recommendations of a special education task force to build a firmer foundation for public school accountability, including making the unauthorized distribution of state skills tests a criminal offense.

Rylander created the Public Education Integrity Task Force in 1999 to address disturbing media reports that some public schools were trying to improve their state accountability ratings by manipulating Texas Assessment of Academic Skills (TAAS) data, inaccurately reporting dropout rates and misrepresenting tax dollars used to meet instructional and administrative costs.

Dr. Barry Thompson, chairman of the task force and Chancellor Emeritus of Texas A&M University System, said although the state's accountability system has not failed, weaknesses have been detected that need to be addressed.

"The system works, but it can be better," Thompson said. "Every parent and every taxpayer in Texas deserves to know exactly what they are paying for and know that our children are getting the education they deserve."

"I have vowed to be the education watchdog for Texas and I am a staunch believer in local control," Rylander said. "I am also a staunch believer in giving parents and all taxpayers the tools they need to make the best decisions for our children's future. For local control to work, school boards, parents, teachers, administrators and all decision-makers must first have accurate data."

Texas' public school accountability system is based on regular assessments of academic skills and extensive data collected from schools through the Public Education Information Management System. Based on the data, public schools are awarded an annual accountability rating-- ranging from exemplary to low performing. Key recommendations in the report include:

- * Tightening controls and stepping up enforcement, including making the unauthorized distribution of TAAS tests a Class A misdemeanor.
- * Improving administrative data reporting to make sure as much money as possible is being used to educate students.
- * Setting new standards for computer hardware and software to upgrade reporting systems and make them compatible.
- * Improving and streamlining the state's entire school data collection system complete with a new set of checks and balances that can signal errors and inconsistencies.
- * Expanding rewards for accurate reporting.
- * Making excessive student exemptions and absences on T AAS test dates an obstacle to higher school ratings.
- * Improving training and support networks for district employees responsible for preparing reports.

The Public Education Integrity Task Force's report is available on the Comptroller's Web site at www.window.state.tx.us.

It is one of the great troubles of life that we cannot have any unmix emotions. There is always something in our enemy that we like, and something in our sweetheart that we dislike.
—William Butler Yeats

Nurses are the "heart" of every hospital and to put it in nursing lingo, the "heart" is in critical condition and is in need of immediate life supportive measures.

SuLynn Mester, RN
Email: SuLynnM@AOL.com
EDITOR'S NOTE: Covenant Medical Center and University Medical Center in Lubbock were both contacted requesting the following information. What is your nurse:patient ratio for critical care and non-critical care areas? How many unfilled nursing positions do you have at the current time? No answer was received from either hospital.

We The Women To Meet

by Arlene Hinkle
We The Women will have their regular monthly meeting on Tuesday, February 13 at the Methodist Church in Quitaque. Our new program Chairman, Johnnie Rogers, has been diligently working on some new, exciting, informative programs for the club. She has a definite program for April and a tentative one for the thirteenth. We will have another great meal by Polly and plenty of business to discuss.

My apologies for the article last week, I failed to say where the location of the Thrift Shop will be. The Thrift Shop will be located in the former Valley Tribune Building behind the Carson Insurance Office. The shop has received several donations and will be ready for business on March 3. We are accepting donations at any time, but please call Jean Mullins that she may set up a time with you. Also, the Thrift Shop will be open for donations on February 17...no sales please, but you may drop off articles while we are arranging and setting up for our Grand Opening.

We would like to invite all ladies of the community to come to our meetings. As a service club, our interests lie in community progress and beautification. Please come and help us work toward a common goal.

Happy Birthday

- February 8
Joshua Lee, G. P. Driskill, Eloisa Reyna
- February 9
Cory Chandler
- February 10
Evelyn McGavock
- February 11
Jake Justin, Jack Chandler, Pete Blakenship, Katrina Stewart
- February 12
Mary Ham, Barbara Payne, Dean Purcell
- February 13
Chad Calvert, Stevon Williams
- February 14
Lesia Schnitker, John Morgan, Emily Woods
- February 15
Howard Purcell
- Vida Mae Pierce, Zack Williams

Caprock Public Library News

by Arlene Hinkle
New books at Caprock Public Library: *Winter Solstice* by Rosamunde Pilcher. From the author of *The Shellseekers* and *September* comes another great story set in a rambling house in Scotland.

More Than A Memory by Dorothy Garlock. Set in the 1950's, Ms. Garlock tells the story of a young bride torn from the arms of her new husband just minutes after the ceremony. Now, eight years later, he is back in her life, but as an embittered, angry man.

For juveniles: *I Did It, I'm Sorry* by Carolyn Buehner. This is a quiz book that helps point the way to good behavior. The little ones will enjoy Bucky Beaver, Ollie Octopus and all their friends.
HAPPY READING!

Quitaque Senior Citizens Meet

The Senior Citizens of Quitaque met for their regular business meeting on Friday, February 2, 2001. Following the pot luck supper, the group discussed their plans for the upcoming year. It was decided that the group would sponsor a benefit for the Quitaque Cemetery Association on Sunday, May 6, 2001.

All money taken from the benefit will go to the Cemetery Association. Plans are for the Senior Citizens Organization to furnish the meat for the meal and residents of the community will furnish salads, vegetables and desserts.

The group enjoyed playing bingo following their business meeting. The next meeting will be on February 16, 2001 at 5 p.m.

Actor Clark Gable—born William Clark Gable—worked in a tire factory and as a lumberjack before becoming an actor.

OBITUARIES

David Odell Randell

Graveside services for David Odell Randell, 52, of Irving, Texas were held Thursday, February 1, 2001 at 2 p.m. in Oak Grove Memorial Gardens with Grady King officiating.

Arrangements were by Donnelly's Colonial Funeral Home of Irving.

Mr. Randell died Monday, January 29, 2001 in Dallas.

He was born in Morenci, Arizona. He graduated from Amarillo High School in 1967 and was a graduate of John Connelly Tech in Waco. He was a volunteer at Souls Harbor in Riley and a longtime Safeway manager. He was formerly in auto parts sales and was affiliated with the Church of Christ.

Survivors include his parents, Louis and Oleta Randell of Turkey; a son, Victor Chaney of Cleveland, Ohio; a daughter, Lisa Hilton of Red Oak; a brother, Steve Randell of Fort Worth; and two sisters, JoAnn Blythe of Amarillo and Ramona Smith of Houston.

On The QT

The Valley Tribune received a renewal for Lottie Everhart from her daughter, Ellen Jackson this week. She stated that her mother had fallen three weeks ago and broken a hip and was now in rehab. I feel sure that Mrs. Everhart would love to hear from her friends in the area while she is laid up recuperating from her broken hip.



HAPPY BIRTHDAY TO A WILD & CRAZY GUY

MEMBER 2001

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Earlyne Jameson, Reporter

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The policy of The Valley Tribune has always been to print obituaries in a standard format. If you wish an obituary to contain information other than the standard, it will be placed in a display format, and charged accordingly.

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\$18.50 per Year	\$21.50 per Year
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OUR SWEET VALENTINES



Megan, Tyler, Micah, Barbee, Dakota & Jordan
Grandchildren of Joe Edd & Janelle Smith



Gage Renfro
Son of Becky Renfro & Andy Renfro
Grandson of Charley & Mary Renfro
Bruce & Ann McFall
Great-grandparents: Bud Barton
Sid & Eunice McFall



Brandon Simmons
Grandson of Dean & Linda Purcell



Dustin Simmons
Grandson of Dean & Linda Purcell



Cam, Clay, Katie & Conner Washington
Parents: Todd & Stachia Washington
Grandparents: Seab & Dianne Washington
Buck & Ann Chadwick
Great-grandparents: Edith Washington, Jo Scott, Viola Chadwick



Kortney & Kori Moore
Daughters of Chad & Lori Moore
Grandparents: Gary & Vonaceil Chandle
Mike & Debbie Moore



Jake Riley Turner
Parents: Bubba & Michelle Turner
Grandparents: Ike & Frances Ferguson
Weldon & Glenda Turner
Great-Grandparents: E. G. & Barb Reed
Linda Ferguson
Bonnie Hambright
Wylma Turner



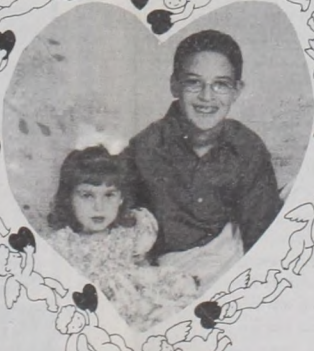
Courtney & Jeffery Thibodeaux
Parents: Garlynn & Olga Thibodeaux
Allison Faith Ortiz
Parents: Daniel & Gina Ortiz
Tara Cheyenne Ortiz
Parents: Gilbert & Lana Ortiz
Grandparents: Daniel & Flavia Ortiz



Kaitlyn Leeper
Daughter of Scott & Karen Leeper
Granddaughter of Wilburn & Zelda Leeper



Holly & Steven Kern
Children of Candy & Michael Kern of Plano



Emily & Cody Barrett
Grandchildren of Leo & Ofilia Ortiz



Seth Palmer
Son of Scotty & Nesa Palmer
Grandson of Johnnie & Tammy Palmer
Bruce & Ann McFall
Great-Grandson of Zelda Palmer
Bobbye & T. Gilbert
Sid & Eunice McFall



The Turkey Medical Clinic News

The clinic saw eight patients since the clinic was closed most of the week. Healthy tip of the week is alcohol what to do if it's a problem for you.

1. How can I tell if alcohol is a problem for me? Alcohol is a problem for you if it causes a problem in any part of your life. This includes your health, your work and your life at home. You may have a problem with alcohol if you think about drinking all the time, if you keep trying to quit on your own but can't, or if you often drink more than you plan to.

2. Who has an alcohol problem? Many people think only of a "skid-rowbum" when they think of someone with an alcohol problem. This is the end stage of alcohol problems, when a person has lost his or her family, job and health to alcohol. You don't reach this state overnight. You may see less obvious changes along the way, beginning with drinking more than you intended or more than is safe for what you are doing (like driving a car). Many people find it hard to admit when alcohol is a problem. Often, those around you may see your problem before you do. Think about the things mentioned here. Think about what your friends and family say to you about drinking. Then talk with your family doctor about your concerns.

3. How does alcohol affect my health? Alcohol is best known as a cause of cirrhosis, a disease of the liver. However, it has many other effects on health. It's a major cause of deaths and injuries due to accidents. It can have severe effects on a baby during pregnancy. It's often the cause of stomach pain due to a bleeding ulcer or irritated stomach lining.

4. What causes alcoholism? The causes of alcoholism are not fully known. A history of alcoholism in your family makes it more likely. Men seem to be more at risk than women. Some drinkers use alcohol to try to relieve anxiety, depression, tension, loneliness, self-doubt or unhappiness.

5. Why should I quit? Quitting is the only way to stop the problems alcohol is causing in your life. It may not be easy to quit. But your efforts will be rewarded by better health, better relationships and a sense of accomplishment. As you think about quitting, you may want to make a list of your reasons to quit.

6. How do I stop? 1. Commit to quitting. Once you decide to quit, you can make plans to make sure you succeed. 2. Get help from your doctor. He or she can be your biggest ally. Alcoholism is a kind of disease, and it can be treated. Talking with your doctor or a counselor about your problems can be helpful too. 3. Get support. Contact Alcoholics Anonymous.

7. What does it feel like to quit drinking? As you drink, your body tries to make up for the depressant effects of alcohol. This built-up tolerance to alcohol can lead to severe withdrawal symptoms in people who drink a lot. Withdrawal symptoms include seeing things, seizures and delirium tremens (confusion, seeing vivid images, severe shakes, being very suspicious), and can even include death. This is why you may need your doctor's care if you've been drinking heavily and are trying to quit. This taken from American Academy of Family Physicians (1999).

Fahrenheit and Celsius thermometers show identical readings at 40 degrees. It's the only temperature at which this happens.

Turkey Senior Citizens News

by Oleta C. Randall

The Senior Citizens of Turkey met January 30th for their first meeting since Christmas. The weather caused the meeting to be canceled. In the absence of President Louis Randall, Vice President Bob Warner officiated.

The next meeting will be February 13th. So everyone come on out and enjoy the fun, food and fellowship.

Texas Motorists Use Personalized Plates To Express Selves

Why keep your thoughts to yourself when you can share them with everyone else on the road? The Texas Department of Transportation (TxDOT) can help you with a set of personalized license plates for your car or truck.

Currently displayed on more than 65,000 vehicles, personalized plates are the state's most popular specialty tags. The so-called "vanity plates" run the gamut, from first and last names to company names and clever messages or phrases. Each application for a personalized tag is carefully screened for obscene or offensive messages. The license plates are manufactured by the Texas prison system in Huntsville, and sent to the customer within two weeks of application.

Personalized plates are available for \$40, in addition to the price of regular vehicle registration. Fees from personalized tags go to the General Revenue Fund, where they are used for a variety of state services and programs. In a one-year period ending August 31, 2000, personalized tags accounted for approximately \$2.8 million of that fund.

Motorists who want a set of personalized plates can get them at any time, regardless of when their vehicle registration expires. Applications for these tags are available at all county tax assessor-collector offices and on the internet at www.dot.state.tx.us.

Personalized license plates accommodate up to six characters; however, some specialty plates are limited to five characters. More information is available from TxDOT's Special Plates Branch at 512-374-5010; or by calling the vehicle registration and titling help desk at 512-465-7611.

IRS TAX TIP

TAXABILITY OF SOCIAL SECURITY BENEFITS

Whether your Social Security benefits are taxable depends on your total income and marital status. Form SSA-1099, which Social Security recipients receive by January 31, shows your total benefits, but determining your taxable benefits requires putting pencil to paper.

Generally, if Social Security benefits were your only income, your benefits are not taxable and you probably do not need to file a federal income tax return. If you received Social Security benefits plus other income, the answer to how much, if any, is taxable can be found in the worksheet in the Form 1040 instruction book.

For a quick computation, add one-half of your Social Security benefits to all your other income, including tax-exempt interest. If this amount is greater than the base amount for your filing status, a part of your benefits will be taxable.

The 2000 base amounts are:

* \$25,000 for single, head of household, or qualifying widow/widower with a dependent child.

* \$25,000 for married individuals filing separately who did not live with their spouses at any time during the year.

* \$32,000 for married couples filing jointly.

* \$0 for married persons filing separately who lived together.

If your benefits are taxable, you can avoid estimated tax payments and minimize your tax bill next year by having federal income tax withheld from your benefits. Simply complete Form W-4V, Voluntary Withholding Request and file it with the Social Security Administration.

For additional information on the taxability of Social Security benefits, see IRS Publication 915, "Social Security and Equivalent Railroad Retirement Benefits." Both Publication 915 and Form W-4V can be downloaded from the IRS Website at www.irs.gov.

Take Temperature To Avoid Temptation

Reaching for a thermometer instead of fatty snacks might curtail the urge to overeat.

Behavioral psychologist at Baylor College of Medicine are testing whether monitoring body temperature and deep relaxation techniques can help control overeating triggered by stress or negative emotions. In times of stress the body pumps blood away from the extremities to reduce potential bleeding, causing cold hands and feet.

By recognizing the signs of stress, chronic overeaters gain insight into why they overeat, according to Dr. Ken Goodrick, an associate professor of family and community medicine at Baylor.

"One of the main reasons people give for overeating is that they are stressed, depressed, or feeling insecure," Goodrick said. "They choose comfort foods to feel better and soothe their feelings."

Goodrick gives study participants an electronic thermometer to monitor their skin temperature whenever they feel stressed or want to overeat. Study organizers also teach participants relaxation techniques, such as deep breathing, to help cope with negative emotion.

To relax and avoid overeating, Goodrick offers the following strategies:

* Set aside 20 minutes a day to relax. Choose an activity that is enjoyable and is not work related, such as taking a walk, yoga or reading a novel. Such activities sustain energy and make you feel better longer than eating a candy bar or a handful of potato chips.

* Practice the "747" method of breathing to relax. Inhale deeply for seven seconds, hold for four seconds and then exhale slowly for seven seconds. Use this method for two to three minutes whenever you feel stressed or overwhelmed.

* Take a five-minute break for each hour of work. Use that time to practice deep breathing, stretching or looking at something pretty, like a flower. Just a few short minutes of relaxation can boost your productivity.

* Pay attention to how your body feels. Many people go through the day becoming tenser and tenser, and yet they do nothing about it. Periodic stretching can help relieve tension that produces sore muscles in the neck, shoulders and back.

"We are a stressed-out society, and few of us know how to relax," Goodrick said. "Yet we have an overabundance of food around to comfort us. Through our study, we hope to make people more aware of the relationship between their emotions and eating and help them learn other ways to cope."

Texas Nursing Home Care At Crisis Stage; Increased State Support And Reform Of Medicaid Funding Formulas Urged By New Movement

AUSTIN-The quality of long-term health care for elderly Texans has reached the crisis stage and can be remedied only by a major increase in state financial support and reform of current Medicaid funding formulas. That is the urgent message of a new statewide movement headed by the Texas Alliance for Nursing Homes.

"Long-term health care providers have reached a point of desperation in attempting to maintain a viable system to care for our elderly," said Mike Burris, chairman of the Alliance. "It is critical that the Legislature enact emergency measures to provide financial relief, or facilities simply are not going to be able to care for the growing number of Medicaid residents."

Burris points to the fact that one-fourth of the state's nursing homes are in Chapter 11 bankruptcy. And as many as 60 percent of the 1200 homes statewide are in financial peril.

Burris traces the current crisis to a combination of inadequate state reimbursement to nursing homes for Medicaid residents, overly complex and unrealistic Medicaid funding formulas and increased costs associated with enhanced regulatory requirements. He also pointed out that liability insurance rates for nursing facilities have soared by 500 to 600 percent the past year.

"The average nursing home operator will likely lose more than \$10 per patient per day to care for Medicaid residents this year, and the gap is widening," Burris said. "At the same time, they are faced with increased regulatory burden. We simply cannot survive on the present course."

Burris said that the state's past rate increases have been insufficient, and that current budget requests by the Department of Human Services fall far short of adequate funding.

"We keep falling farther behind, so the need to address the funding issue without compromising quality of care is growing more critical, and our elderly are the losers," he said.

Burris said last year Texas provided reimbursement of \$81.22 per day in state and federal funds for Medicaid residents, compared to a national average \$108 per day per resident.

"It is hard to explain to our elderly and their families that the state of Texas pays an average of \$42.75 a day to house inmates in our prisons, yet will pay only \$24.80 per day to meet the health care needs of our deserving senior citizens." (The federal government pays 60 percent of Medicaid costs)

Burris said that many of the state's nursing homes have been able to keep their doors open to this point by charging higher fees to private care residents, thereby subsidizing the costs of Medicaid residents.

He noted that even if the state did reimburse at the rate determined through the established formula, the crisis would still exist.

"We simply can't provide adequate care for our state's elderly if we cannot hire sufficient staff." He said that operators statewide currently experience more than 100 percent annual turnover rate in employment due to inadequate pay.

Burris stressed that the Alliance fully supports close state supervision of nursing homes to guard against any potential abuse by a few unethical operators.

"At the same time, the strict regulations and reporting requirements to which we must comply add major cost to operations for which we are not paid. It is only fair for those costs to be fully reimbursed."

The Alliance is composed of independent nursing home operators, suppliers, health care professionals, community organizations and families.



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Cotton News

from Plains Cotton Growers, Inc.

Southwest Crops Production Conference Feb. 13

By Shawn Wade

Lubbock - Growers, landlords and agriculture industry people interested in hearing the latest news and views on issues ranging from moisture management to marketing and economics should make plans to attend the 2001 Southwest Crops Production Conference and Expo.

The Conference will be held February 13, 2001 at the Lubbock Memorial Civic Center. Registration is free to all attendees and begins at 8:00 a.m. Lunch tickets will be available for \$7 each.

Everyone that preregisters for the conference will be entered into a drawing to win a Remington 1100 12-ga. shotgun.

Additional topics to be covered include long-range weather and pest outlooks, and production tips.

Conference highlights will include a legislative update from John McGuire with the National Cotton Council in Washington, DC, and a panel discussion focusing on strategies for profitability in 2001 featuring growers Danny Davis, Elk City, OK; James Hinton, Floydada; and Dale Sainburn, Tulia.

Also scheduled is Texas Boll Weevil Eradication Foundation Executive Vice President Lindy Patton reporting on the status of eradication activities in Texas.

Continuing Education Units for licensed Pesticide applicators and Crop Consultants will be offered. Pesticide applicators can receive 4 CEU's from TDA (2 general, 1 IPM and 1 laws and regs). Certified Crop Advisors can receive 4.5 CCA credits (1.25 pest management and 3.25 crop management).

Producers May See Slight Rebound In Cotton Prices By Planting Time

Cotton producers could see their market price rebound slightly by planting time this year, said a Texas A&M University economist.

"I wish I could tell you we will see 80- or 90-cent cotton ahead, but a combination of factors will likely keep the 2001 market rather lackluster. But that doesn't mean there won't be any profit in this year's market," said Carl Anderson, Texas Agricultural Extension Service economist based in College Station. "Based on the latest USDA crop report, there will probably be enough cotton in 2001 to hold December futures between 62 and 72 cents per pound until the end of the year."

If the U.S. economy slows and European and Asian economies remain stable, world cotton demand should remain stable this year, the economist said. But even though USDA's latest numbers imply that world production is not keeping up with global cotton consumption, global carryover stocks need to decline even further to sustain a rally in cotton prices, Anderson said.

Anderson said producers should strongly consider pricing the bulk of their crop between April and June of this year. He also recommended they watch the market closely, and employ pool pricing to increase their market leverage.

Forward contracts are another option. But remember that discounts can erode the security of locking in a price with forward contracts."



PICTURED ABOVE IS KHAKI SCRIVNER, A 2ND GRADER, WITH HER TEACHERS, MRS. JACQUELYN HAM AND MRS. WANDA CALVERT. THEY PRESENTED HER WITH A BALLOON BOUQUET FOR EARNING MORE THAN 100 ACCELERATED READER POINTS ON JANUARY 12TH.

Follow A Few Steps To Avoid Obesity

provided by Cory Payne, CEA-FCS

Obesity is a health crisis the whole country is facing. William Dietz is a director with the Centers for Disease Control and Prevention. He says with a few simple steps, everyone can prevent its spread. Dietz recommends three steps.

First, increase physical activity. Healthy exercise can help off-set the consequences of being overweight, even if the weight itself is not lost. Also control time spent watching TV. Replace those hours spent on the couch with something more beneficial.

Then increase fruit and vegetable consumption to five servings a day. Fruits and vegetables can replace some of those less nutritious snacks.

Contacts: Dr. Debra Reed, (979) 845-2728, d.reed@tamu.edu



MR. GEORGE CALVERT, MEMBER OF THE VALLEY BOOSTER CLUB, IS TAKING PICTURES FOR THE ALL AWARDS BANQUET WITH THE CLUB'S NEW CAMERA. PICTURED ARE NEW CHAIRS DONATED BY THE VALLEY BOOSTER CLUB AND THE PATRIOT CHAIR COVERS FURNISHED BY VALLEY SCHOOL.

Feed Contamination Issue Resolved By FDA

The Food and Drug Administration announced last week the results of tests taken on feed used at a Texas feedlot that was suspected of containing meat and bone meal from other domestic cattle—a violation of FDA's 1997 prohibition on using ruminant material in feed for other ruminants. Results indicate that a very low level of prohibited material was found in the feed fed to cattle.

FDA has determined that each animal could have consumed, at most and in total, five-and-one-half grams—approximately a quarter ounce—of prohibited material. These animals weigh approximately 600 pounds.

It is important to note that the prohibited material was domestic in origin (therefore not likely to contain infected material because there is no evidence of BSE in U.S. cattle), fed at a very low level, and fed only once. The potential risk of BSE to such cattle is therefore exceedingly low, even if the feed were contaminated.

According to Dr. Bernard Schwetz, FDA's Acting Principal Deputy Commissioner, "The challenge to regulators and industry is to keep this disease out of the United States. One important defense is to prohibit the use of any ruminant animal materials in feed for other ruminant animals. Combined with other steps, like U.S. Department of Agriculture's ban on the importation of live ruminant animals from affected countries, these steps represent a series of protections, to keep American cattle free of BSE."

Despite this negligible risk, Purina Mills, Inc., is nonetheless announcing that it is voluntarily purchasing all 1,222 of the animals held in Texas and mistakenly fed the animal feed containing the prohibited material. Therefore, meat from those animals will not enter the human food supply. FDA believes any cattle that did not consume feed containing the prohibited material are unaffected by this incident, and should be handled in the beef supply clearance process as usual.

FDA believes that Purina Mills has behaved responsibly by first reporting the human error that resulted in the misformulation of the animal feed supplement and then by working closely with State and Federal authorities.

Immunization Clinics For February

Immunization Clinics offering vaccines that give protection against several childhood diseases are scheduled for February. Protection is against polio, diphtheria, lock jaw (tetanus), whooping cough (pertussis), measles, rubella, mumps and HIB (haemophilus influenzae type b) and Variella (chickenpox).

A charge for vaccination will be assessed based on family income, family size, and the ability of the individual or family to pay, however no one will be turned away if not able to pay. These charges are necessary in order to help defray the cost of keeping the clinics operating.

Additionally, flu shots will also be available at the noted clinics. Those considered to be in a high-risk category should seek to be immunized as soon as possible. This would include anyone over the age of 65 and anyone with a chronic medical condition.

Immunizations will be available at the Texas Department of Health Office in Tulia at 219 E. 2nd Street on February 14, 2001, February 21, 2001 and January 24, 2001 from 9:30 a.m. to 11:30 a.m. and from 1 p.m. to 4 p.m.

Immunizations will be available at the Texas Department of Health Clinic at Clarendon at 114 South Sully on February 20, 2001 and February 27, 2001 from 9 a.m. to 11:30 a.m. and from 1 p.m. to 4 p.m.

Immunizations will be available at Travis School in Memphis from 1 to 3 p.m. on February 13, 2001.

All times are subject to change or cancellation due to weather or scheduling conflicts.

FLOMOT NEWS

OVERHEARD

The world is filled with beauty when your heart is filled with love, so wherever love is bestowed, it brings in big returns. Happy Valentine's Day!

Birthday Luncheon For Joe Ike Clay

Mrs. Anna Beth Clay honored her husband, Joe Ike Clay with a birthday luncheon with all the trimmings in their home, Sunday.

Attending the happy occasion were their children and families, Lori, Kevon, Kelsey and Karlie Kleibrink of Clifton, Tina, Pat, Walker and Ryleigh Carson of Turkey and Angelia, Larry, Kelsey, Tanner and Sarah Clay of Flomot. Others attending were the Rev. and Mrs. Nathan Mulder of South Plains, Trent, Cindy and Madison Hilliard of Wellington, Mrs. Geneva Martin and Mrs. Kathy Shorter of Flomot.

Birthdays Celebrated

Keri and Kevin Sehon of Wolfforth celebrated the first birthday of their son, Brian Saturday at Mr. Gatti's Pizza Restaurant in Lubbock. He blew out his candle on a Tigger decorated cake. He and his friends enjoyed the amusements including the carousel.

Among the many guests were his grandparents, Kathy and Clois Shorter of Flomot and Margaret and Fank Sehon of Wolfforth; great grandparents, Mrs. Geneva Martin and Alma and Everett Shorter of Flomot; Christi, Dwain and Emily Milam of Petersburg and Kelli Jo Sehon and Cathy Sehon of Lubbock.

Brittany Dockery, daughter of Lucretia and Breck Dockery of Vernon celebrated her 7th birthday Sunday with a luncheon at K Bob's Steak House in Childress. Adding to the festivities were gifts and a decorated birthday cake.

Attending were her grandparents, Carolyn and Arnold Johnson of Flomot; Great Grandmother, Mrs. James May of Quitaque and aunt, Mrs. Kayla Guest of Turkey.

Mrs. Larry (Angelia) Clay has been undergoing medical tests at M. D. Anderson Hospital in Houston. She had recent surgery at the Covenant Medical Center in Lubbock and is scheduled for additional surgery in Lubbock, Monday, February 12th.

Mrs. Marilee Cooper of Borger visited the weekend with her parents, Mr. and Mrs. Wilburn Martin. Other guests, Saturday were Mrs. Ruth Ann Scrivner and aKhaki of Turkey. Mr. and Mrs. Martin were in Lubbock, Monday, February 5 for her a cat scan and other medical tests.

Mr. and Mrs. Orville Lee have been in Turkey during the weekend with daughter and children, Mrs. Teresa Willey, Kellan, Kacey and Micah. Micah, 14 months old, has pneumonia and was taken to the Mangold Clinic Emergency Center in Lockney Friday night and again Saturday night.

Teah Patton of Silvertown visited during the week with her grandmother, Mrs. Tommie Curse. Her family, Mr. and Mrs. Mark Patton, Tally, Tory and Thor were at the Livestock Show in Fort Worth. Tory and Thor showed their pigs and lambs that won championship titles the past week at the Briscoe Stockshow.

L.T. Starkey of Ralls visited Sunday and Monday with his mother, Mrs. C. W. Starkey.

Janell Kilmer, student at SPC in Levelland and Cobey Turner, student at Texas Tech in Lubbock, visited Saturday with his parents, Mr. and Mrs. Johnny Turner.

Mr. and Mrs. Jack Starkey visited overnight Sunday in Canyon with son and wife, Mr. and Mrs. Michael Starkey. Mondy, Mrs. Starkey had a medical appointment in Amarillo.

Mary Ellen Barton was in Floydada, Monday for a dental appointment and visited Mrs. Mollie Burleson.

Tom Ross attended the Men's breakfast Saturday morning held at the Methodist Church in Matador. Mr. and Mrs. Ross were in Plainview, Wednesday for her an optical appointment.

Toll-free number for Valley Tribune 1-877-655-1101

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Has good roof. Needs plumbing and electrical work.

Hotel Turkey would make an excellent hunting lodge or a facility for family gatherings, retreats, and groups anytime.

Hotel Turkey has been featured in *Texas Highways*, *Texas Monthly*, *Bob Phillips Texas Country Reporter*, *The Dallas Morning News*, to mention a few, and is listed with the *National and State of Texas Historic Registries*.

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For More Information Contact: Earl Griffin, Attorney
940 - 937 - 6474

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Family Heirloom Reminiscent of Days Gone By
Sassy Reynolds of Quitaque is very knowledgeable of the tales of Amelia Earhart and the theories of her disappearance. This knowledge came in part from her great aunt Molly Saxon of Los Angeles, CA and her mother Alma S. Warner of Stone Mountain, GA. She also has a small piece of history which has been handed down as a family treasure from generation to generation. A program from the Hotel Alexandria in Los Angeles.

PROGRAM

Speaker of the Evening
MISS AMELIA EARHART

Guests of Honor:
Lieutenant Governor H. L. Carnahan
Colonel Thomas S. Cooke, Councilman
H. R. Brasheer, L. A. Chamber of Commerce
Colonel Arthur C. Goebel

MENU

Fruit Supreme, Valencia
Cream of Fresh Mushrooms, Crouton Souffle
Hearts of Celery Mixed Olives
Sirloin Steak, Maitre d'Hotel
Potatoes O'Brien Au Gratin New Peas
Lettuce and Tomato, French Dressing
Strawberry Mousse
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ACROSS

1 large TX jewelry retailer: Corp.
5 TXism: "buster" (farmer)
6 food or grub
7 TXism: "few bricks shy of a load"
8 English hat not worn by cowboys (2 wds.)
11 TXism: "trying to keep my head ___ water"
16 Six Flags ride has ___ Wile E. Coyote characters
19 Spanish "si"
20 kids' scarer (2 wds.)
21 athletic assoc. of most TX colleges
23 TXism: "high ___ back" (costly)
28 Whitman & Oswald
30 Waco's Bledsoe sang ___ "Man River"
31 TXism: "hitched to ___ double harness" (married)
32 This John founded Houston (init.)
33 De Leon H.S. class
35 TXism: "write slow 'cause ___ can't read fast"
36 TX Roy Orbison hit 40 TXism: "___ you a new hat size?"
43 TX gunfighter: John ___ Hardin
44 Ft. Worth's Roger Miller hit: "Dang ___ nicely"
45 Houston has ___ nautics admin.

DOWN

14 Fort Worth pianist Cliburn name before Exxon
15 TXism: "___ it in the bud"
18 XiT ranch town
22 TXism: "hot as ___ stove"
23 In Smith Co. on 64 old El Paso parish: Socorro de ___
24 TXism: "quick as ___ York minute"
25 quotes authority
27 TXism: "numerous as ___ a dead worm"
28 Houston or Rayburn TX lake: El ___ de Rey ("King's Salt")
32 TXism: "___ juice" (whiskey)
34 TXism: "contented ___ hog in mud"
37 TXism: "still ___ behind the ears"

47 chimney residue
48 oil ___
49 Zsa Zsa's sister
51 TX-sized phone co.
52 TX pitcher Nolan (init.)
53 TXism: "could strut sitting down" (big ___)
54 Travis: "I shall ___ surrender or retreat"
56 TXism: "small (insignificant)"
58 TXism: "will miss ___ you blink" (small town)

59 Joan of ___
60 Texans like it iced
61 a TX moray ___ was the star of "The Deep"

38 TXism for friend
39 TXism: "dicker"
40 TXism: "spittin' image of"
41 Houston film: "For the ___ Benji"
42 Cowboy Jones' jet
48 TX George W.'s party (abbr.)
50 TX George W.'s new address: Pennsylvania ___
55 Cowboys' running back Smith (init.)
57 TXism: "she could charm a bird out of ___"

Healthy Weight Important For Older Adults
provided by Cory Payne, CEA-FCS

Maintaining a healthy weight in older adults requires a good diet and physical activity. Diets should consist of sensible portions of a variety of foods. Fruits, vegetables, and grains such as cornbread, tortillas, biscuits with jam, whole wheat muffins and pancakes. Legumes, peas, and beans can be tasty, inexpensive meals.

Older adults need more calcium, vitamin D and vitamin B-12 than other age groups. Low-fat milk and other dairy products are excellent sources of vitamin D and calcium. Vitamin B-12 can be found in fortified breakfast cereals and animal products such as beef, poultry, and eggs.

People of all ages can benefit from a healthy diet, but weight loss is not recommended for adults over the age of 65 without supervision of a doctor.

Cleaning Begins on the Confederate Sub, H.L. Hunley
CHARLESTON, S.C. - Tuesday, January 23, 2001

Scientists began cleaning the silt out of the H.L. Hunley through a hole in the ballast tank, Tuesday. The cleaning will be the first step in exploring the vessel and removing the remains of the nine man crew.

The Confederate sub was the first to sink an enemy ship, and did so by ramming a black powder charge into the Housatonic, a Union ship, off the shores of Sullivan's Island Feb. 17, 1864. The Union ship sank but so did the Hunley.

The sub was raised from the ocean floor last August and has been in a cold water tank in the former Charleston Navy Base since. Tuesday the water level was dropped so scientist could be lowered alongside to do their work.

It will take about a week to remove the sediment from the ballast tank. Then the scientists will have a better understanding of how the sub was built, they want to find out how solid everything is and determine which hull plates can be removed to get access to the rest of the vessel. After this they will open the crew compartment and remove any artifacts and remains, possibly as early as the middle of Feb. The project is expected to take about three months.

Any crew remains are expected to be buried later this year in the Hunley plot at the Charleston Magnolia Cemetery next to two earlier ill-fated crews.

After the scientists are finished with the excavation, the hull conservation is expected to take several years. Then the Hunley will go on display at the Charleston Museum.

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Free Guide Offers Environmental Tips For Homeowners

The Texas Natural Resource Conservation Commission is offering a free guide that provides tips on how Texans can reduce their environmental impact and save money at home.

The guide is titled *The Environmental Four Rs for the Home: Reduce, Reuse, Recycle, Rebuy*. It offers more than 100 environmental tips and suggestions for homeowners.

The guide suggests ways consumers can:

- Get their name removed from mailing lists
- Save money by reducing their water and energy bills.
- Properly store, use, and dispose of household hazardous wastes
- Locate recycling collection centers and household hazardous waste collection events.
- Find alternative (less toxic) cleaners, air fresheners, paints and finishes, and pest control products.

The tips in the *Environmental Four Rs* not only help the Texas environment they can save you money, said Ingrid McDonald, the TNRC's Household Hazardous Waste Coordinator. "The free guide is a great resource for Texas Consumers."

The guide is available on agency's web site at www.tnrc.state.tx.us under "Publications."

Texans can also order a free copy by calling 512/239-0028 and asking for publication number GI-037.

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