Voice of the Caprock Canyons VALLEY TRIBUNE

VOLUME 40 NUMBER 33

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 Silverton 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 noney 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, Clif Yeary, J. C. Pigg, Katherine Pigg, Tessa Kelley, and Hannah Boedeker. Entering from Silverton 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 Silverton and Bryce Reagan of Quitaque

Tyler Reed, son of Colleen and Wayne Reed of Silverton will be competing in one of the most exciting events of the 2001 RODEOHOUSTON – the calf scramble. Tyler is a 14 year old from the Silverton 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

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 ENHANCE-MENT COORDINATOR; SUSAN MILLER, TXDOT ENHANCE MENT COORDINATOR; CLYDE DUDLEY, CAPROCK CANYON STATE PARK; ROLAND HAMILTON, QUITAQUE MAYOR

Local Men Attend Seminar

Jeff Hulse, Clyde Dudley of Mayor attended the Texas Dertment 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 com-

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 4p.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-

Clay Merrell Injured in One Car Rollover

Word was received late Saturday afternoon that Clay Merrell of Dallas, son of Warren Caprock Canyon State Park and L. Merrell had been seriously in-Roland Hamilton, Quitaque jured 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

"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 Assis-

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 Led-ger 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

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 Trusteees Quitaque City Council Quitaque Firemen Lincoln's Birthday February 13 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.

MINISTER STREET, STREE Make plans to attend the Chamber of Commerce Banquet TONIGHT at

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.

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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 Se nior 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

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,

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

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 ac plish 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!

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/A27485-2001Jan6html . 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 short-It is also a known fact that there are certain steps that an or ganization 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 healtcare 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 that 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 govern-ment 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 that 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

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 oc cur 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 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

I find it ironic, that while in the midst of this critical nursing short-age, 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 profes sion 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 be ome aware of this potentially life threatening situation and the nega tive 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

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 T ask Force in 1999 to address disturbing media reports that some public schools were trying to improve their state accountability ratings by manipulating T exas As sessment of Academic Skills (TAAS) data, inaccurately reporting dropout rates and misrepresenting tax dollars used to meet instructional and ad-

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

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

"I have vowed to be the education watchdog for T exas 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

Texas' public school accountability system is based on regular assess ments of academic skills and extensive data collected from schools through the Public Education Information Management System. Bases on the data, public schools are awarded an annual accountability rating-- ranging from exemplary to low performing. Key recommendation

* 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 re-

ible for preparing reports.

The Public Education Integrity Task Force's report is available on the

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

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Nurses are the "heart" of every hospital and to put it in nursing lingo, the "heart" is in critical con-dition and is in need of immediate

SuLynn Mester, RN Email:SuLynnM@AOL.com

EDITOR'S NOTE: Covenant Medical Center and University Medical Center in Lubbock were both con-tacted requesting the following in What nurse:patient ratio for critical care and non-critical care areas? How many unfilled nursing positions do you have at the current time? answer was recieved from either

We The Women To Meet

by Arlene Hinkle

We The Women will have their regular monthly meeting on Tues-day, February 13 at the Methodist Church in Quitaque. Our new pro-gram Chairman, Johnnie Rogers, has been diligently working on some new, exciting, informative programs for the club. She has a definite pro gram 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 lo-cation 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 do-nations 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

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

Happy Birthday

February 8 Joshua Lee, G. P. Driskill, Eloisa

February 9 February 10 February 11

Jake Justin, Jack Chandler, Pete Blakenship, Katrina Stewart February 12

Mary Ham, Barbara Payne, Dean

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 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 Caralyn Buehner. This is a quiz book that helps point the way to enjoy Bucky Beaver, Ollie Octpus

HAPPY READING! **Quitaque Senior**

Citizens Meet The Senior Citizens of Quitaque met for their regular business meet-ing 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 Associa-tion on Sunday, May 6, 2001.

All money taken from the ben-efit will go to the Cemetery Asso-ciation. 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

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 offi

Arrangements Donnelly's Colonial Funeral Home

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 vas 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 ek. She stated that her mother had fallen three weeks ago and bro ken a hip and was now in rehab. 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

The Valley Tri

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TEXAS PRESS ASSOCIATION

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Successor to The Quitaque Tribune, Established at Quitaque in 1960
Published Every Thursday at Quitaque, Texas 79255
Vince F. Taylor, Owner/Publisher
Eunice McFall, Editor

Laura Taylor, Typesetting, Advertising
Earlyne Jameson, Reporter

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THE VALLEY TRIBUNE OBITUARY POLICY

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

Feb. Local \$18.50 per Year

Thelma Beasley, Memphis Briscoe Co. Appraisal District Lisa Campbell Gary Chandler Estelle Davidson Bessie Garrsion Phillip Hancock, Lakeview Butch McBee Dan Meyer Mary Pigg

Barbara Saul Happy Anniversary

February 9 Mr. and Mrs. Kyle Fuston February 10 Mr. and Mrs. Butch Hamilton Mr. and Mrs. Michael Dickman

Feb. Non-Local Subscription Due Subscription Due \$21.50 per Year

Rex Adamson, Lubbock Butch & Joy Baca, Bowie Rick Braden, Nacogdoches Opal Broxson, Sunray Mrs. Nadine Case, Anson Brenda Coker, Sabinal Gleena Elmore, Lubbock John H. Eudy, Midland Frances Ferguson, Iowa Park Winnie Gonce, Hale Center Vaughn Hall, Pierre, SD Jane Hawkins, Terrell Geneva Huckabee, Plainview Nolen & Sharon Kell, Canadian Jerry King, Odessa R. C. King, Colorado Springs, Co. Alpha McFall, Watsonville, CA Tennille Powell, Canyon, TX Eunice M. Ross, Lubbock Maurine Stevens, Farmington, NM Suzanne Thomas, Speam

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IOUSING DER TR FDI Patriots send Happy High School to

The Happy "Cowboys" will make district play-off game because of their 65-42 win over the Patriots on Feb.2. The Patriots had wanted this win badly, because it would be mandatory for them to win against district power house Nazareth, if they lost against the Cowbe Cowboys' guard Jermey Givens felt his team had a chance to win this game

Because in their last encounter, they came out ahead. Givens felt that the Patriots

Because in their last encounter, they came out ahead. Givens felt that the Patriots were going to have some success driving the ball, but the Cowboys could slow them down. Givens feel that he is the quite leader of the Cowboys. "My biggest attribute to the Cowboys is my ability to drive and take the ball to the hole." Givens said. "My counter part in the Patriot line-up is Justin Davis. "He is quick off the dribble." Said Givens. He will have to play Patriots Davis with caution.

Patriots Davis said that he felt that the team could field a win against the Cowboys if they played to their full potential. Davis said "If I play with my strength at rebounding and can drive the ball to the basket, we will come out ahead. Davis confided after the game that he was not happy with his own performance. "I felt that I should have played a better game, but I couldn't make the correct adjustment." Said Davis. Davis spoke highly of his teammate's efforts. Davis went on to say that if the team can not come together and make proper adjustments, They would have a hard time beating Nazareth. That would be a must game to make district play-offs. The Officials Tommy Caldwell and Greg Ciskowski started the game with Patriots Rowdy Mullin and Cowboys Reece Hartman waiting for the tip-ty. The Cowboys take the ball down court, shoot and the Patriots rebound. A Patriot Mullin

Cowboys take the ball down court, shoot and the Patriots rebound. A Patriot Mullin receive the ball, drives and fouled by Hartman. Patriots Mullin goes one of two. Cowboys take over the control and after several series of passes, Colby Davis dumps

one in.

Just about mid way into the period, (4:21) Patriots gain control. They get a hard fought, Mullin basket to bring the score to Patriots 5,Cowboys 7.

The Cowboys gain control, rush down court for a quick two. While the Patriots are fighting to get in defensive positions. The Cowboys score the next two baskets, both off a rebound. Givens was making his presence felt under the basket.

The Patriots throw out the ball. After a string of forward passes, Cole Calvert was able to convert two. The Cowboys bring the ball down near side, Tyler Hardgrave receives the ball and drive down the base line for an unbelievable two. It looked as if the Patriots had set up a solid wall on the inside. The Cowboys bring the ball down in Patriot country. Chris Holbrook drives down near the net, He performs a "Air Jordan" feat, Patriots' Brandon Stewart stops Holbrook in mid-air with a stiff arm. Holbrook converts one of two free throws. This period is becoming a hard fought game. Unfortunately for the Patriots, they are steadily giving up points. The Period ended on with the Cowboys fumbling a bad pass from Holbrook.

Patriots: 7, Cowboys: 16.

Patriots: 7, Cowboys: 16,

The Cowboys' take out the ball. The Givens to Hartman pass results in a shoving foul from Wes Henson. Hartman goes to the free-throw line and drops two in. The Patriots Davis gets the ball after it is taken out. He can't hold on to it and Cowboys retrieve the ball off the floor. They have a quick breakaway and come home with two. The Patriots take the ball in, go down court and Vance Chandler attempt hit the rim. Patriots' Derrick Cruse makes a jumping rebound and tips the ball in.

The Cowboys make nine more points before the end of the half, the Patriots only one more.

The closing two seconds of the half, the Cowboys turn over the ball. As Patriot Davis takes one step and throws the ball from the middle of the Cowboys court. It slammed against the backboards but did not score. The Period ended. The Cowboys held the Patriots to five points in this period.

The third period was a little kinder to the Patriots. They passed their scoring of both the first and second period by three. The Cowboys couldn't. They were able to make 23 points. However the Cowboys outscored the Patriots by an additional seven

The period opened with the Patriots in control of the ball, they shoot and miss. The Cowboys rebounds and scores. The Patriots bring the ball down court, pass to

Davis on far outside. He drove at the baseline an fouled by Givens. Davis puts in

Davis on far outside. He drove at the baseline an fouled by Givens. Davis puts in both free throws. The Cowboys takes the ball back down court and Givens drive for a hard fought basket. The Patriots' Wes Henson answers with a very quick two. This is the type of action that was played during the third period. In the closing minute of this period, the score, 23-48 Cowboys. The Patriots Brandon Stewart got the ball near the base line corner. He drives the ball, but the Cowboys block him. He makes a move, does a fade away shot and drops it in. The Cowboys throw the ball out pass mid-court and Holbrook scores. That play may have taken four seconds off the clock. The Patriots get the ball and a Robert Valdes to Vance Farley pass results in a score. The Cowboys duplicate the Holbrook pass and score again. This leaves the Patriots with nine seconds left. The Patriots could not get the ball down court because of the Cowboys full court press.

Patriots: 7, Cowboys: 16.

Patriots: 12, Cowboys: 29

District Play-off games

The Valley Tribune, Quitaque, Texas, Thursday, February 8, 2001

2nd Grade Honor Roll

Landon Allan Autumn Phillips Jarett Valdez Khaki Scrivner Jessy Cypert

A's and B's Desiree Casillas Kati Fuston Sonia Mora Ruben Zambrano

(The 2nd grade was mistakenly left off the honor roll in January 25 edition of the paper.)

Cowgirls Overpowered Lady Patriots to Clinch Playoff Berth

Wayne Halverson-Guest Reporter

Wayne Halverson-Guest Reporter

The Lady Patriots were overpowered under the net on Friday. Feb. 2 with a 34-43
loss to the Happy ISD "Cowgirls".

This game could be called a battle under the basket. The Cowgirls had a slight
edge over the Lady Patriots because of the height factor. Cowgirls' Buffy Adkins, a
post player, commented before the game that "we have a very good inside game, we
play a lot of physical ball". She continued "We have some tall players, that is why
we held them to two offensive rebounds the last time we played them". Adkins
counterpart. Lady Patriots Searlett. Sperry can attest to the fact that the Cowgirls. we held them to two offensive rebounds the last time we played them". Adkins counterpart, Lady Patriots Scarlett Sperry can attest to the fact that the Cowgirls play physical ball under the net. She was elbowed in the mouth in the closing minutes of the game. Sperry had limited playing time, she played nearly three minutes in the second period and two minutes in the fourth. Sperry felt that she played her game. "I felt that I gave (Cowgirls) Adkins a run for her money." She said. Sperry has played basketball since the seventh grade and likes her position at post. She knew what she had to do against the Cowgirls. She said that "My job is to rebound the ball and play defense." Sperry said.

Cowgirls head coach Jacinda Langen wanted this win very much. If they defeated the Patriots, they would clinch a district play-off berth. "I want to see our team maintain their intensity (in this game) so we can finish our district play on a good note." Said Coach Langen.

The game officials: Tommy Caldwell and Greg Ciskowski.

Caldwell brought the post players to the center of the court. There was Adkins

The game officials: Tommy Caldwell and Greg Ciskowski.

Caldwell brought the post players to the center of the court. There was Adkins for the Cowgirls, Natalie Wheeler for the Lady Patriots. The Cowgirls win the tipup, take the ball down court. The Patriots set up their defense but after several passes on the outside. The Cowgirls find an open passing lane to Chandra Adkins. She unloaded a quick two under the basket. The Patriots take over, but turn the ball over on a misdirected pass from Wheeler to Angela Salgado. The game continued with a series of turnovers. There was the misdirected pass from Wheeler to Salgado for the Patriots and when the ball goes out of bounds after it hits Chandra Adkins foot. The Patriots made a couple of traveling turnovers and finally the Cowgirls capitalize on one. The Cowgirls race the ball down to the Patriots end. When Cowgirls' Amber Pearson sends home a two-point basket from the near base line.

The Patriots bring the ball out and down court, but turn over the ball on a traveling call. The Cowgirls find Pearson again. This time, she is just farther out and

traveling call. The Cowgirls find Pearson again. This time, she is just farther out and she puts one in for three.

The Patriots were having their problems under the net. They would attempt to make a basket, but would hit the backboards or rim of the basket. They could not sink on in until five minutes and 14 sec into the game. Previously Jana Merrell went one of two at the free throw line. But with Salgado-Jamie Pigg-Kim Wood's pass, Woods finally got her first basket of the night. The Patriots were trailing 3-13. The Patriots were able to make a single point before the Cowgirls score next. That happened in the closing minutes, when Megan Simons take a rebounded ball down court, passes to Spradling on the far outside. Her ball moved the cords as it passed threw for three. The Patriots are able to come up with one more basket before the

Patriots: 6, Cowgirls: 16

The Cowgirls opened the second period with a traveling call. The Patriots pass the ball out at mid-court and Kim Woods takes the ball to the basket, however Cowgirls' Spradling shoved Woods and draws a foul, Woods goes one of two at the free throw line.

The Cowgirls bring the ball, they shoot at the basket and miss. There is a scramble to rebound the ball, resulting in a number of players sprawled on the floor. Incredible as it was, the Cowgirls come up with the ball and score two.

The Patriots get a hard two after Cowgirls' Chandra Adkins fouls Merrell. Merrell dumps two at the free-throw line. Two plays later, kim Woods is fouled under the net by Cowgirls' Spradling. Woods missed both free-throw tries.

The Cowgirls' do play physical ball under the net, especially on rebounding attempts. This is a conclusion that is shown by the half time break. The Patriots are

attempts. This is a conclusion that is shown by the half time break. The Patriots are able to add four points to the score board in the second period. In comparison, the Cowgirls made 11.

The second period came to a conclusion, with a chance for Patriots head coach Troy Fry trying to come up with a plan to over come the 17 point deficit. The Patriots seemed to tighten up their ranks under the basket in the remaining Patriots: 10, Cowgirls: 27.

The Patriots start out with a quick turnover, after a misdirected pass. The Cowgirls take possession, but claim a traveling call. The Patriots take the ball at mid-court, after several lateral passes, Wheeler draws first blood with a drive to the

The next series is turnovers by traveling, misdirected or a stolen ball. The Patriots get the ball, bring it down court and Salgado is fouled as she goes for the basket. At the free throw line, Salgado makes them both. The Patriots successfully keep the Cowgirls away from their net, for the next three attempts. When the Patriots take over possession of the ball on a bad pass. They head down court and as Kim Woods is going for a shot, she draws a un-sportsmanship foul from the Cowgirls. Woods, standing singularly at the free throw line makes two. The Patriots take the hall out at mid-court and turn over the hall on a bad pass. Impediately take the ball out at mid court and turn over the ball on a bad pass. Immediately Cowgirls head coach calls a time out.

The Patriots have made six points and shut down the Cowgirls Head coach

Langen need to make some adjustments

After the time out, each team had a chance to score several times. The Cowgirls are playing brutal ball under their own net. First Merrell is fouled, she makes one free

throw. The next time the Patriots get the ball, Cowgirls Simmons shoves Patriots Woods under the net. Woods coverts one of her free throws.

The third period is wearing both teams down because of physical demands. The Cowgirls get their first score at 2:20 at the free throw line. Patriots' Emily Woods slammed into Chandra Adkins. She slipped in one basket at the free throw line.

The Patriots were nearing the end of the third period, they were steadily drawing the score closer. The Patriots have discharge between them and the

the score closer. The Patriots had shaved the distance between them and the Cowgirls to six points. The last possession of the period, the Cowgirls' Simmons shot the ball from the top of the key for three. The ball hit the rim, popped up and came down through the net. The buzzer sounded before the Patriots could get down

The Patriots played hard defense in this period and the score reflected that. Patriots: 22, Cowgirls: 31

The Patriots erased eight points off their deficit from the previous period. The Cowgirls make a quick score after they rebound a Patriot missed shot. The Cowgirls' make a sudden breakaway, leaving most of the Patriots down court. Cowgirls' Spradling is two steps ahead of nearest Patriot player when she scores. The Patriots take over and Wheeler drives to the basket on the next series. After an exchange of scores by both teams. The Patriots come up with a bad pass. The Cowgirls move swiftly into their defensive positions. The Patriots passed the ball on the outside, but could not penetrate the Cowgirls defense. The Patriots' Kim Woods received the ball, after the second forward lateral. She stood on the outside at 2

o'clock and sunk a three-point ball.

The game was out of reach for the Patriots when Cowgirls Buffy Adkins fouled Patriots' Merrell. At the free throw line she made only one of her free throws with less than 22 sec. left. The score was 31-41. The Cowgirls take possession and drive down court. Patriots' Wheeler fouled Pearson. She makes both free throws with 4.8 seconds. Patriots throw the ball to Salgado, she shoots just as she crosses mid-court stripe. Her ball seems to hang in mid-air forever, but it goes through for three. The buzzer sounds as the ball hits the floor. Patriots: 34, Cowgirls: 43.

Lady Patriots Point makers Angela Salgado-4

Cassie Farley-1

Conscience is the inner voice that warns us somebody may be -H.L. Mencken

School Menu

Salad--Milk Tuesday Mexican Casserole Pinto Beans Spanish Rice--Milk Wednesday Steak Fingers--Gravy French Fries--Milk Jello--Biscuits--Honey Thursday

Polish Sausage Potato Salad--cold slaw Milk--Fruit Friday

Corn Dogs Pickles--Beans Milk-Peaches

not get the ball down court because of the Cowboys full court pres

The Period ended. Patriots: 27, Cowboys: 52.

The Period ended. Patriots: 27, Cowboys: 52.

The Patriots start the final period within a deep hole that they have dug for themselves. The Cowboy started the period with a 15-point advantage.

The Cowboys are able to score twice in succession, and then Patriots Henson fouls Colby Davis under the basket. Colby Davis sinks one of his free throws. They have made five points straight after the free throw. The Patriots take the ball down court, fight for position. Chandler makes the decision to shoot from the outside. He drops a distant bucket in for three. The Cowboys turn over the ball on a traveling call. The Patriots Henson is at the near baseline, shoots, and scores two.

The Cowboys are able to score some but the Patriots are scoring more points than the Cowboys are. The turn around is a little late but it was satisfying to the crowd when Patriots Richard Wellman sank a three-point ball at 4:14.

The Cowboys were steadily moving their score forward. With less than a minute on the clock, The Patriots were able to shoot in another three point shot. Two plays later, the Buzzer sounded

Patriots: 42. Cowboys: 65.

Patriot Point makers: Rowdy Mullin-7 Cole Calvert -4

Vance Chandler-9 A congratulation goes out to Cory Chandler, Mr. Chandler was able to sink the mid-court basket on Feb.2, 2001. Mr. Chandler won \$132.00 for his efforts from the

Mr. Chandler stated that this was his third attempt in two years

Never eat anything you can't pronounce.

-Erma Bombeck

Valley FFA Competes At Ft. Worth Stock Show

Valley FFA members traveled last week to Ft. Worth, Texas for the Southwestern Livestock Show and Exposition. The students did an excellent job and had great success.

Those who competed were Chancy Campbell, 4th Light Weight Cross; Jamie Pigg placed with her Light Middle Weight Cross; Payton Price, 2nd Heavy Middle Weight Cross, Jordan Jenkins, 20th Light Weight Hamp.

In the Lamb Show Matt Whittington placed 13th with his Heavyweight Southdown Lamb. Others competing at the Stock Show were Maddie Ramsey, Brady Ramsey, Zack Ramsey, J. C. Pigg, Tessa Kelley, Savannah Smith, Isaac Smith, Katherine Pigg, Skylar Clifton

and Jacob Hancock.

Valley Yearbooks To Go On Sale The Valley school annual, The

Patriot, will be on sale next week. The sales period will be from Monday, February 12th through Friday, February 16th. Each day staff members will visit the classrooms from 12:15 - 12:30 to take orders. All name orders must be paid for in full at the time of purchase. Any yearbooks ordered after the 16th will be a higher price and cannot have a name. Contact any staff member for the price of The

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The Valley Tribu The Turkey

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seem to be more at risk tha elieve anxiety, depression.

5. Why should I quit? alcohol is causing in your li will be rewarded by better plishment. As you t list of your reasons to quit.
6. How do I stop? 1. Co can make plans to make su He or she can be your bigge can be treated. Talking wi 7. What does it feel like

tries to make up for the der ance to alcohol can lead to drink a lot. Withdrawal s delirium tremens (confusio very suspicious), and can e-your doctor's care if you've This taken from Americ

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Grapes

The Valley Tribune, Quitaque, Texas, Thursday, February 8, 2001

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

у 8, 2001 here is a led on the floor

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L. Mencken

nders,

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 skidrowbum" 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 fam-ily, 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 your 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

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

4. What causes alcoholism? The causes of alcoholism are not fully known. A history of alcoholism in you 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 our doctor or a counselor about your problems can be helpful too. 3. Get support. Contact Alcoholics Anonymous.

7. What does it fool like to prid this large was drive your brown bed.

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 toler ance 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

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Turkey Senior Citizens News

by Oleta C. Randell 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 Randell, Vice President Bob Warner officiated

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

Texas Motorists Use **Personalized Plates** To Express Selves

Why keep your thoughts to you self 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

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 mes sages 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 appli-

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 end-ing August 31, 2000, personalized tags accounted for approximately \$2.8 million of that fund.

Motorists who want a set of per-sonalized 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

tav assessor-collector offices and of the internet at www.dot.state.tx.us. Personalized license plates accom-modate 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 pa-

Generally, if Social Security benefits were your only income, your benefits are not taxable and you probably do not need to file a fed eral 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 dur-

ing 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 with held from your benefits. Simply complete Form W-4V, Voluntary Withholding Request and file it with the Social Security Adminis-

For additional information on the taxability of Social Security ben-efits, 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 in-stead 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 tech-niques can help control overeating triggered by stress or negative emo-tions. In times of stress the body pumps blood away from the ex-tremities 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 inse-cure," Goodrick said. "They choose comfort foods to feel better and soothe their feelings."

Goodrick gives study partici-pants 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 strat

egies:

* 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 read-ing 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 sec onds and then exhale slowly for seven seconds. Use this method for o 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 T exans 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 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 res

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

mes 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

"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

ur 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

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 that 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

'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 full reimbursed."

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



Future Patriots are pictured with Coach Greg Ramsey after performable basketball drills. These 2^∞ and 3^∞ graders demonstrated basic bastball skills learned in their physical education class. They performed ling half time of the varsity girls game Friday night, February 2^∞ . Hats TO THE VALLEY COACHING STAFF!

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Cotton News

Southwest Crops Production Conference Feb. 13

Lubbock- Growers, landlords and agriculture industry people interested in hearing the latest news and views on issues ranging from mois-

ture 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 cutlooks, and production tips.

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

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

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

Producers May See Slight Rebound In Cot ton 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 arryover 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

"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 SCHIVE

a 2" grader, with her teachers, Mrs.

JACQUALYN HAM AND MRS. WANDA CALVERT. THEY PRESENTED HER WITH A

BALLOON BOUGUET 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 ben-

Then increase fruit and vegsumption to five servings a day. Fruits and vegetables can tious snacks.

Contacts: Dr. Debra Reed, (979) 845-2798.d-reed@tamu.edu

Feed Contamination Issue Resolved By FDA

The Food and Drug Administration announced last week the results o tests taken on feed used at a Texas feedlot that was suspected of contain ing meat and bone meal from other domestic cattle--a violation of FDA.

1997 prohibition on using ruminant material in feed for other ruminants. Results indicate that a very low level of prohibited material was found in

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 nce. 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 Commissioner, The chairenge to regulators and including the Alego 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

Despite this negligible risk, Purina Mills, Inc., is nonetheless announc-g that it is voluntarily purchasing all 1,222 of the animals held in T exas 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 prohib ed 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 a nal feed supplement and then by working closely with State and Federal

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 Varicella (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

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

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



Mr. George Calvert, Member of THE VALLEY BOOSTER CLUB, IS TAKE PICTURES FOR THE ALL AWARDS BAN-QUET WITH THE CLUB'S NEW CAMERA.
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-Lord Mansfield

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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

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FLOMOT NEWS 575

OVERHEARD

when your heart is filled with love, so wherever love is bestowed, it brings in big returns. Happy lentine'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 Tur-key and Angelia, Larry, Kelsey, Tan-ner 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

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 carrousel.

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 orated 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

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, Lubbock, Monday, Monday, February 12th, Lubbock, Monday, M

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

Mr. and Mrs. Orville Lee have been in Turkey during the weekend with daughter and children, Mrs. Teresa Willey, Kellan, Kacee 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 Silverton visited during the week with her grand-mother, 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

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

Janell Kilmer, student at SPC in Levelland and Cobey Turner, stu-dent at Texas Tech in Lubbock, vis-

dent at Texas Tech in Lubbock, vis-tied Saturday with his parents, Mr. and Mrs. Johnney Turner. Mr. and Mrs. Jack Starkey vis-ited overnight Sunday in Canyon with son and wife, Mr. and Mrs. Michael Starkey. Mondy, Mrs. Starkey had a medical appointment in Amerilla.

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

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.

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tion about the sta complaint with th ture, Washington, ngton, D.C. 2025 ascrimination. Co The Valley Tribune, Quitaque, Texas, Thursday, February 8, 2001 Women's Traffic Club of Los Angeles HOTEL ALEXANDRIA Los Angeles Transportation Club, Inc. HOME OF Los Angeles Transportation Club, Inc. Women's Traffic Club of Los Angeles Headquarters Transportation and Aviation Aviation Fraternity DINNER Club of Southern Honoring the Noted Avatrix Miss Amelia Earhart ALEXANDRIA ROTEL Alexandria Hotel Company Family Heirloom Reminiscent of Days Gone By Sassy Reynolds of Quitaque is very knowledgable 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. MENU Fruit Supreme, Valencia Cream of Fresh Mushrooms, Crouton Souffle Hearts of Celery Mixed Olives Speaker of the Evening Sirloin Steak, Maitre d'Hotel MISS AMELIA EARHART Potatoes O'Brien Au Gratin New Peas Guests of Honor: Lettuce and Tomato, French Dressing Strawberry Mousse Lieutenant Governor H. L. Carnahan

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Fancy Cakes

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 of-fers more than 100 environmental tips and suggestions for homeowners.

The guide suggests ways con-

· Get their name removed from mailing lists

Save money by reducing their water and energy bills.

Properly store, use, and dis-pose of household hazardous wastes

•Locate recycling collection centers and household hazardous aste 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 TNRCC's Household Hazardous Waste Coordinator. "The free guide is a great resource for Texas Con-

The guide is available on agency's web site at www.tnrcc.state.txus under "Publi-

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

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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 con-sist 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, inexensive 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 forti-fied breakfast cereals and animal products such as beef, poultry, and

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

Cleaning Begins on the Confederate Sub, H.L. Hunley

CHARLESTON, S.C. - Tuesday, January 23, 2001
Scientist 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

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 Sullivans Island Feb. 17, 1864. The Union ship sank

off the shores of Sullivans 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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LOST/FOUND

LOST: LARGE DIAMOND

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PAIR OF FOUND: prescription sunglasses at the Sportsman. Come by Valley Tribune and identify.

LOST- Silver mens bracelet with black inserts, heavy link. Lost somewhere in Quitaque. If found call 455-

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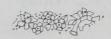


THANK YOU

We would like to thank the community of Quitaque, the Senior Citizen's Center and the Funeral Home for all the kindness shown to us at the burial of Hazel King Winton. The warm hospitality and meal at the Senior Citizen Center

was most welcome and appreciated. We thank those who attended the graveside service and for the beau-tiful floral arrangements. You are a loving and thoughtful people The Family of Hazel King Winton

I would like to thank everyone for their prayers, phone calls, visits and love offerings that was generously given to me during my recent stay the hospital. Gail Hanna and Family 33-1tp in the hospital.



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Yesteryear

Taken From The Quitaque Post Thursday, February 7, 1957 **Boy Scouts To Patrol** Streets Here

February 6-12 has been designated as National Boy Scout Week, celebrating the 47th. Anniversary of Boy Scouts of America, and is being observed by the local scout troop, John Fulton, scoutmaster,

announced today.
Saturday has been set as the official Boy Scout Day in Quitaque. Scouts will take on jobs as patrolmen of city streets, set up Court in the City Hall, and exercise their knowledge of city ordinances and traffic rules by enforcing fines on violators. Any person apprehended will be taken to the City Hall, given fair trial, or fined on the spot if he so desires!

Scouts who will serve on the lo-cal police force are Leon Howard, Dallas Monk, Joe Seay, Tommy Beard, Dewayne Smith and Jack Johnson. Melvin Carter will be prosecuting attorney, and Murry Wayne Morrison will offer his services as lawyer to the unfortunate violators. John Johnson will judge fairly and squarely any situation which arises.**

Local High School Senior Wins Betty Crocker Award

Barbara Taylor has been named the Betty Crocker Homemaker of

Tomorrow in Quitaque. She received the highest score in a written examination on homemaking knowledge and attitudes taken by graduating girls in Quitaque High School.**

Mr. and Mrs. C. C. Jones and John Jones were in Plainview Thursday attending to business and visiting relatives.**

Visiting in the community last Tuesday were Mrs. Joe Thomas, her mother, Mrs. Guy Patrick, of Tulare, California, and her aunt, Mrs. Vivian Merrell of New Mexico.** Mr. and Mrs. Robert Marler and

children of Amarillo spent Sunday with his mother, Mrs. Maudie Marler.**

Raymond Speer, student at Texas Tech in Lubbock, was home last weekend visiting his parents, Mr. and Mrs. J. L. Speer.**

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