## Bronco basketball roundup



Two vie for position on school board

push the Broncos on to
victory. Also scoring in
double figures was $6^{0} \mathbf{0}$ Junior
Connie. Garmen, who had 10
points and a team high of 11
rebounds.
In on the action was Junior
Guard, Dondra Holland, who
racked up 6 points and 4
rebounds. Junior Post Gina
Spier had 4 points and 3
rebounds. Senior Forward
Kim Uptergrove had 6 points
and 6 rebounds while Senior
Forward Dorothy Braddock
scored 3 points and gathered
6 rebounds.
The Lady Broncos have
started the new year off with
a bang. This team has many
good things going for it and
they are hoping for a playoff


## Bubba

Newhouse new

## associate

Church of Chris

On January 2nd, Bubba
Newhouse was hired by the Newhouse was hired by the
Church of Christ as an Church of Christ as an
associate minister for the Church with special emphasis on the youth. Bubba is a Clarendon boy,
son of Bright and Cloe Ann son of Bright and Cloe Ann
Newhouse. $\cdot \mathrm{He}$ graduated Newhouse. He graduated
from Clarendon High School and attended Abilene Christan University for four years
majoring in Ag Business. majoring in Ag Business.
His wife Nancy, was raised in Throckmorton, Valedictorian of her graduating class, also attended ACU until she met
Bubba. They were married Bubba. They were married
on December 28, 1979. They on December 28 , 1979. They
have two very precious little have wo very precious Aittle
girrs, Sara months old
Bubba and
Bubba and family moved
o Clarendon from Medina, where they had been working, where they had been working
with Medina Children's Home as houseparents for eight teenage girls. Their
work at Medina was very rewarding. They are looking Corward to being a part of the
Clarendon Community, of Clarendon Community, of
working with Clarendon
Youth in the developing of Youth in the developing of
their spiritual attitudes. If Bubba or Nancy can be of
help to the youth of our help to the youth
community, in any
please call on them.

At present, they are mak-
ng their home in Lelia Late They Church of Christ youth already love Bubba and
Nancy as if they themselves Nancy as if they themselves
are also kids and encourage are also Elds and encourage
position. The Lady Broncos
are now $6-8$ for the season. are now 6.8 for the season.
The Clarendon Broncos
were prepared for th were prepared for the Hedley
Owls in their first game for Owls in their first game for
1983 last Tuesday night also. 193 last Tuesday night also.
It semed as if the Broncos
could do no wrong. In fact, could do no wrong. In fact,
they dominated the game they dominated the game
from beginning to end.
High point for the night High point for the nigh
and leading rebounder for
Clarendon was Kelly Hill. He managed to capture 13
points ( 5 out of 6 from the points (5 out of 6 from the
field and 3 from the line) and gathered 11 rebounds. Close
behind Hill were Doug Walker, Ray Crump, Johnny
Gaines and Arlis Thomas. This is fantastic because it is
good when 2 or more can reach double figures.
Arlis TTomas gathered 10
rebounds while Doug Walker contributed 10 assists.
Over all the
great success for the Bron-
cos. The win really boosted ream spirits.
Thursday night of last week the Clarendon Varsity
Basketball teams went to the Basketball teams went to the
Claude Tournament. Both teams played Adrian. The girrs team won their
game 49-27, which gave the lady Broncos a shot at the finals on Saturday.
High point for the nigh made 11 points.
On Friday. the Lady
Broncos played the Claude Mustangs. It was a very close
fight, however the Mustangs fight, however the Mustangs
won 42-35. This game did not keep the Lady Broncos from competing Saturday.
On Saturday, they played
Channing for Consolation. Channing for Consolation an aggressive teanm the Lady
Broncs came out on top with a score of $50-33$.
The Clarendon Broncos
played their best game of the played their best game of the
year againt the. Adrian
Matadors last Thursday. The hancos were behind at the play. At the end of ready the third
ploy quarter the Broncos had lose were behind by 1 points. But the Broncos did
not give up! They pushed on not give up! They pushed on
during the fourth quarter and at exactly $3: 55$ seconds on by 1 point. From there on the game was nip and tuck. The
Broncos lost the tuct Broncos lost the game by 3 points because of Adrians aggressive defense which
kept the Broncos from get ting a shot in and then later led to a foul.
Kelly Hill
Kelly Hill and Ray Crump lied for high point both
having 20 points. (18 from the field and 2 from the line). Hill gathered 13 rebounds to help the Broncos break
Matador lead. The Broncos played
Hedley on Friday at the Claude Tournament. The
Broncos succeeded. Broncos succeeded in a
victory of 74 -49. The team hide a 3 way tie for the leading scorers. They Thomas and Kelly Hill. All scored 10 from the field and
two from the, line. Johnny Gaines also was one of the
top scorers. He made 10 points from the field.
Thomas Thomas managed to
capture 12 rebounds seven o
them led to Boner On Saturday, the Broncos also played for consolation.
They played the Silverton Owls. This was an exciting
game.
Kelly Hill was high pein for the day. He also gathered approximately 12 rebounds.
The final score was $64-59$, Bronco favor.


County Jail meets state requirements


Tumbleweed Talents to be held Feb. 5th

The Clarendon College
Drama Club, Phi Theta Kappa Honor Society and the Club will be sponsoring Tumbleweed Talents once
again this year on February
5, 1983 . Everyone is invited to enter and participate in
this second annual extrava. ganza. This year's Master of Ceremonies will be Gary W. Kelton, Marketing Consult
ant for Country 1340, Pam ant for Country 1340, Pam-
pa's leading Country Radio
Station. Mr. Kelton is for his professional speatin abilities, and his experience as a Magician and a Clown Entry blanks may be $p b$
tained from Clarendon Col lege Business Office, Char lie's Grocery and Bylow's
Grocery Cornell honor student at Southwest Okla. University
Bill Cornell, son of Mr. and Mrs. Dood Cornell has dent's list for the 1982 fall semester. A grade of " $A$ " " in 15 semester hours of work
taken during that time retaken during that time re-
sults in the stident being
named to the President's list. named to the President's list. There were 116 students

Girl Scouts cookie sale underway
 IVNA Santa picture to be retaken

## Some little black gnome attacked the photo equip-

$\qquad$
$\qquad$
$\qquad$ with Saltan may have hat
re-take Sunday, Jan. 16 at it
p.m. in the. lobby of the,
Medical Center. II you have already paid for the photo,
your name will be recorded. But, if taken advantage of this op.
portunity and didn't, now is poriunity and didn't, now is lost chance. Bring your chill-
dren down Sunday and gett dicture of them with Santa.



## Beth Walker passes Professional Legal <br> Secretary examination

## of tion Bet Bew in in has Pro Exa in in of

ter will sponsor a voileyball
tournament Feb. 10, tournament Feb. 10, 11 and
12 at the old college gym
across the strent across the street from the
Clarendon High School. Clarendon High School.
Men, Women and mixed Men, Women and mixed
teams will have brackets.
C Contact Derlene Graham at
$874-2010$ or Connie Havens at 2455 for further informa${ }^{\text {tio }}$

## The Lions <br> Tale <br> by gene alderson

The Clarendon Lions Club
held its reguar meting at
noon on Tuestay at the Lions


| ALLSUPS |
| :---: |
|  |  |

Hot. DeLCIOUS AMD REAOY TO GOI FRESH COOKED MEAD'S
CORN DOGS


|  |
| :---: |
|  |  |
|  |  |
|  |  | COUNTRY/POP OR SOUL MUSIC

LARGE SELECTION OF 8 -TRACK TAPES OR

| shurfine Granulated : 5 lb bag |
| :--- |
| 1 C .14 |



##  <br> at

 held its regular meeting atnooon on Tuesday at the Lions
Hall. Ther wer
bers, Lion Sweetheart Jeessie bers, Lion Sweetheart Tessie
Adams and 2 guests present.
A. Following a delicious meal of
stank steak and gravy and trim.
mings. Boss Lion Bivens. mings. Boss Lion Bivens
called the meeting to order. Following singing led by Lion Billy Ray Johnston, the
Pledge of Allegiance, Pledge of Allegiance, and
prayer by Dan Bentley, Lion Tamer Messer introduced
Denny Fuston of Clarendon
who os with the A.S.C.S. who os with the A.S.C.S.
office here. He was the guest of Lion Homer Estlack.
Following several announce. Following several announce-
ments, Lion Sorelle intro-
deced Jery Hawking deced Jerry Hawkins who is
with the Ag. Dept. at Clarwith the Ag. Dept. at Clar-
endon College. Jerty
brought us up to date on the Ag Program at the college.
Following this and Following this enjoyable and
informative progen informative program, the
meeting was adjourmed, mof Tips BN
 A Public Service From
INTRTHRM Ine.
Walk Around Warmen



## Clarendon <br> School

Menu
Mondyy-Burritos $w /$ chesese,
butrere corn, tossed salad.
pineapple
 Theespaly Coule, anh mimeat
sauce, buttered spinache sauce, buttered spinach, car-
rost stikk, hot oolls, ello, and
milk
$\qquad$ Wedneoday.-Enchiliadas
w/cseese
tosed salad. tossed salad, peaches, and
milk. potato valar $B$-Que chicken hot rolls,
and malk
Frday.Char
Fddey.-Char burger on bun,
onions. pickices. siceed cheser
 French Fries, cobbler and
mill.

## sive and really does not




## $\frac{\text { BMMETTO.SIMMONS }}{\substack{\text { Unsurance }}}$ The Insurancestore <br> 874-3506

## IWILL APPRECIATE YOUR VOTE

SAT JAN• 15th CLARENDON SCHOOL BOARD ELECTION

of the difficulty and compre-
hensiveness of the examina. hensiveness of the ecampre-
tion, some colleges and unition, some colleges and uni-
versities now give college versites now give coliege
credit for passing the examcredifs.
ination.
Mrs.
Mrs. Walker is an active
member of the Amarillo member of the Amarillo
Legal Secretaries and Na. Legaal Ascretaries and
Sional
Secretaries Secrearies (International). She has served in - every
Office an the loen office on the local level, and
was president twice of the was president twice of the
Amarillo association. On the Amarilil ossocicition. n the
state level, Mrs. Walker is presently reoording secretary and has served previously as treasurer for two vears. She
also has been the state legal also nas been te state
education chairman, bylaws chairman, and Texas tialison with Legal Directories Publishing Company. She has
recently revised and rewritten a chapter in the Texas Law Office Handbook to be published by Bancroff. Whitney Publishing Company.
The Texas Association
Legal Secretaries has
honored honored Mrs. Walker twice
during her membershe during her membership by
selecting her to receive the selecting her to receive the oby the state association. In 1976, she was honored as
Texas Legal Secretary of the Texas Legal Secretary of the
Year. and in 1981, she was Year, and in 1981, she was
selected as the TALS Officer of the Year.
Mrs. Walker is also a
charter member of the newly charter member of the newly
created Legal Assistants Division of the State Bar of Texas. She is the member-
ship chairman for District 7 ship chairman for District 7
of the Legal Assistants Division and has the responsi
bility of approving for mem bership those persons from the Panhande. area who ap. ply for membership in the
Division. Division.
Besides
activities as a state officer Mrs. Walker also participates in many legal educa
tion seminars over the state tion seminars over the state
as a speaker. Her next seminar speaking engage.
ment will be at Hereford ment will be at Hereford,
Texas, January 22, 1983.
She is also a partich Cater She is also a participant in
area high school Clinics and will be speaking


## HEAT'S ON

Girl Scout Cookie Timel
Yes indeedie, where oh Yes indectice, where oh
where does the time fly? That is a question the Girl
Scout leaders ser asking Scout leaders are asking just
now as they pull gobs of hair now as hey pulid g.
Well, let's help our girls
out and buy lots of cookies so they can get the good things in store for them. And, \%o cookies, here are some Ookie recipies!
HEAVENLY DELIGHT FRUIT CUP
fruit pie filling $1 / \mathrm{tsp}$ grated lemon rind $1 /$ tsp cinnamon
$1 /$ stick oleo
$1 / 4$ C cool water
2 tsp cornstarch
1 recipe cookie crunch top${ }_{\text {ping }}^{\text {Blen }}$
Blend cornstarch and water until smooth. Set
aside. Combine all other ingredients in top of double ooiler, stirring well. After starch. Stir until mix thickens, remove from heat.
Place fruit mix into individual baking cups and top with 350 for $12-15$ min.
COOKIE CRUNCH TOPPING wich cream cookies
$1 / 2$ stick oleo stick oleo crush cookie on wax paper
with rolling pin. Place crumbs into a bowl and cut oleo into them with fork or
pastry blender until well
mixed.
LGHTER THAN AIR PIE
pkg (3 oz) cream cheese
1 TBS sugar
$1 / 2 \mathrm{C}$ milk
$1-1 / 3 \mathrm{C}$ coconut
8 oz Cool Whip
$1 / 2$ tsp almond extract 8 or $9^{\prime \prime}$ cruimb crust made
with Trefoil cookies crushed Beat cream cheese until sotened in mixer bowl of electric mixer; beat in sugar. until smooth. Fold in becoonut, whipped topping and extract. Spoon into crust.
Freeze till firm, garnish with oasted coconut and mara-

FAMILY SUFFERS AND THROATS

Humidity
Warms
Wintertime Homes
BY KATIE DVORAK If you try to conserve
energy this winter by lowering your thermostat, but
veryone complains about being chilly, then maybe
your home has a humidity your home has a humidity problem. I think that it is an
rrevocable law of nature that man and woman wed to one another must have a dif-
ferent thermostat built into their system. Invariably, if am hot, hubby is cold. In mostat gets more use than a oom. He wears sweaters and bundles up in afghans while I wear a pained expres. sion and a $T$-shirt. Te problem could be
solved if the himidity in our temperature. A recom68 degrees temperature of able if the indoor relative humidity is maintained. The "relative humidity" in't someone who comes to but it means the marriage. the air, compared 'to the at that temperimt it can hold tive humidity of $50 \%$ Rean that the air is only half-satrated. Dry air sucks the humidity feel cool. That's why fens
room temp. 15 min . before
cutting. cutting.
freezer.
FUU

FUDGE MINT LOGS $1 / 2 \mathrm{C}$ whipping cream $1 / 4$ C powdered sugar $1 / 2$ tsp vanilla extract
20 little brownie chocolat 20
mint cookies
lital Beat together cream sugar and vanilla until stiff, sprea about 1 TBS of whipped
cream mix on each mint cookie, put together in stack of 4 or 5 . Chill 15 minutes. Lay stacks on edge of flate
or cookie sheet to make or cookie sheet to make on
long roll. Frost outside of ong roll. Frost outside of
roll with remaining whipped cream mix. Freeze three
hours. Cut roll diagonally hours. Cut roll diagonally at
45 degree angle.
ates pkg milk chocolate drops. 1 box little brownie samoa cookies, coarsley chopped
1 C salted cashews or other
nuts
1 C m
$\mathrm{Cl}^{2} \mathrm{c}$
nuts
1 C mini marshmallows
24 caramils cut in fourths 24 caramils cut in fourths
Melt chocolate in double Melt chocolate in double
boiler. Stir until smooth and creamy. Remove from heat.
Gradually add remaining ngredients; mix well. Drop by spoonfulls on wax pape
covered cookie sheet Gen overed pookie sheet. Garn-
ish with multi-colored decoretted or coconut flakes Chill until firm in freezer.
BANANA PUDDING BANANA PUDDING
In deep dish, place layer of little brownie trefoil cookies. Do not crumble the cookies.
Stand a layer on edge around Stand a layer on edge around
the side of dish. On first the side of dish. On first
layer of cookies, place a layer of sliced bananas and so on until you have the desired quantity.. Pour over this
banana pudding mix pre banana pudding mix pre-
pared on package or or this pared on package or this
custard:
Beat 3 eggs yolks slightly Add $1 / 2 \mathrm{C}$ sugar, $1 / 8$ tsp salt.,
1 tsp corn starch, 2 C scalded milk. Place in double boiler and cook until thick. Top with meringue-beat 3
egg whites with 4 TBS sugar egg whites with 4 TBS sugar
until stiff; spread over dish and bake in slow over $15-20$ minutes.
MICROW
MICROWAVE TOFFEE
22 BARS
trefoil cookies arranged in
work so well to cool you off in the summer time. When the dry air sucks the moisture
out of you and cools you off, out of you and cools you off,
you turn up the thermostat to create more heat which, in
turn, creates more dry air lurn,
and th.
tinues.
Mos
out. a. humidifier have an average relative humidity of
about $13 \%$ an about $13 \%$ compared with
the recommended $30-35 \%$ You may see the advantage
of purchasing a humidifier rather than turning the thermostat up and up and
paying higher bills and wag. paying higher bills and wag.
ing the war of the thermostat ing the war of the long.
all wint


FURNISHINGS BECOME BRITTLE AND JOINTS SEPARATE

Before selecting a humidibefore selecting a humidi-
fier, check for capacity, con-
trol, operational trol, operational efficiency ease of maintenance and
ease of installation. Some can be oattached to your central heating and cooling
system, some sit around the system, some sit around the
room looking like room looking like clothes
hampers, but either way they are a money saver and, possibly a marriage saver. Perhaps you've noticed
other clues to low humidity in other clues tolow humidity in
your home. Have your kitchen chairs begun to fall apart at the glued joints? Is the plaster falling off of your walls and ceilings in
hunks? Do you give yourself hunks? Do you give yourself
static electric shock every time you touch anything?
Does your throat feel like Does your throat feel like
you've been sniffing cotton you've been sniffing cotton
boles in a raging sandstorm? Do you have dandruff of the legs, arms, derrier? If you can answer yes to any of
these, you can be assured these, you can be assured
that you have low humidity! For your copy of an informative booklet on relative humidity in the home and
how to choose a humidifie how to choose a humidines,
call toll free: $1-800-356-9652$.


Recently, Congress quietly passed a withholding law that will cost American savers and investors the use of $10 \%$ of their interest and dividends

In simple terms, effective July 1st, 1983, this new law requires banks and other financial institutions to deduct $10 \%$ of the interest or dividends you earn on your savings and investments. That money then goes to the Internal Revenue Service in much the same way as payroll deductions are now handled

The sponsors of this law have told us it was designed to catch a small minority of Americans who evade taxes on their interest and dividends. But the truth is the law penalizes the great majority of America's savers and investors who pay their taxes faithfully. What's more, the federal government is now receiving all the necessary information to curtail tax cheating

Though the law does include exemptions for some low income and elderly Americans, if they go through the red tape of filing an application, most savers and investors will forfeit ome of the money they could earn in compounded interest.

We urge you to join our efforts by writing letters to your representative in Congress and to the two senators from this state. Tell them you want the $10 \%$ withholding tax repealed, because it would impose an unfair penalty on savers like yourself.

For assistance in contacting your representative and senators please ask any of our bankers. If we all act now, Congress will get a clear message from the voters back home, and they will work to repeal this needless law.

Farmers facing another poor year

Dixie Ward's quilting and for Save Energy
our Christmas party. Mem- Saver bers present -besides the
hostesses were: Mary Lee and water in and water in

Assure proper cleaning in clothes. Use the correct horter cycles by pre-treating amount of laundry detergen soaking heavily soiled for the load size.


In honor of the Fiftleth Weddling Anniversang of Mr. and Mrs. Lonnle Taylor, theotr eon, Tommy Taylor of Odecsa, and and Unda Floyd of Irann, request the pleseare of thel relattves and friends at a Recoptlon, Saturday, the fifteenth of January, 1983, from 2:00-4:00
In the afternoon at the Clarendon Community Bullding.


Early Bird Edition met

| Donely County's Early Bird edition of the county extension homemakers club met Wednesday Jan. 5 in the | ment of the First Christian Church. It will have western theme and husbands | and mints and coffee was served. <br> H you have aninterest in learning about homemaking slills, in visiting with some wonderful ladies, in eating |
| :---: | :---: | :---: |
| home of Connie Clifford for | are invited tris year.- Our | dellious shicks once |
| teir regular monthly meet- | clubs' nominee for Wom | month, please feel free |
| ing Shauna Kidd and her | the Year is Pat Mc |  |
| daughter Shannon | All members who were un- |  |
| guests of Maxine Hard | able to attend this monthly | lay |
| Little Shannon made | hould contact |  |
| quite at home | Cherri Brown at 874 | where the next meeting will |
| den made for relaxing | let her know if you a | will see to it that |
| just being at home. Oth |  | you are given a special |
| members who also f | atten | invitation to attendl We do |
| cozy with the blazing fire and | per. Each me | fun and do welcome |
| spacious, well appointed room were: Pat McCombs, | bring a salad. . <br> We discussed and planned | new members to help us have good times in fellow. |
| Anita Mooring, Melba | the forthcoming year's | ship. |
| Risley, Mary Jane Sm | schedule. The new books |  |
| Ruth Mandrofsky and Katie | will be given out at the Jan. |  |
| Dvorak. | 29th salad supper." We have some really interesting |  |
| ular business matters, Melbe | events coming up this year. |  |
| read a speci |  |  |
| members spent the better | teach us how to make, fro |  |
| part of the morning | Wh, |  |
| ing the up coming Woman of | While we continued |  |
| the Year salad supper sponsored each yeur by the | discuss and rehash items of interest, we nibbled on |  |
|  | sumptuous spread prepared |  |
| makers Clubs. It will be Jan. | by hostess Connie Clifford. | own sugar won't harden you store it in the freezer. |
| 29th at 7 p.m. in the | We ate miniature cinnamon |  |

Martin-Ashtola News
 Mr. and Mrs. Bud Hermesmeyer and Mary Jo went to Sunray for the weekend and were guests in the
Hermesmeyer home. The Jimmy Jackson family
had supper with the Jerry had supper with the Jerry
Green family Friday evening. Green Kamily Friday evening.
IIa Kay and Harold Green from Stinnett were guests in the Hubert Rhoades home Saturday.
Velma.
Velma, Kenneth and
Chrisie Byrd were guests of Crisie Byrd were guest
the James Tolberts Sunday. Nell Land and Dorothy Johnston of Hedley visited with Jiggs Land at Veterans Hospital in Amarillo Sunday.
'Enroute home they visited with Mary Land and Pat
Scroggins. They reported Scroggins. They reported that Jiggs was doing "'fair"".
Eileen and Skeet entertained Kay and Harold Green from Stinnett, Nancy O'Quinn from Lubbock and
Hubert Rhoades during the Hubert Rhoades during the The Burl Hollar family spent the weekend in Amarillo with her parents, the Cari Taylors. Mr. and Ms. Robert John
son and Burl of Oxnart

## Xi Lambda Xi meeting



Joberta Helms was the
guest program at the bi guest program at the bi-
monthly meeting of the $\mathrm{Xi}_{\mathrm{i}}$ Lamdba Xi chapter of Beta Sigma Phi. The meeting was held out in the country home of Chariene Mays, co-hosted Johnston. After conducting a rather rudimentary meet-
ing since some of the officers ing since some of the officers
and those to report were not in attendance, Joberta literally took the floor and had all of us creaking and groaning sitting on it with her.
We all were "pauchin' and warbling in and out of any key as we tried to follow her clear soprano in learning
folk songs. She taught us that music is a wonderful vital part of education for chilaren, learning impaired, clarded, stroke victims and Music can be used to teach the entire academic genre as Lakers Homemakers
 Lakers Homemakers Club
held their first meeting of the held their first meeting of the
new year.
Meeting was called to order, minutes read and new officers named: President-
Margaret Pettit; Vice PresiMargaret Pettit; Vice Presi-
dent-Lola Bartel; Sec. Treas-dent-Lola Bartel; Sec. Treas-
Luclle Boren; Reporter-Alice Lucilie Boren; Reporter-Alice
Hood. Lola Bartel was
named "Woman of the named "Woman of the
Year".
The program was preThe program was pre-
sented by Margaret Pettit with a display of Folded-Star
pot holders. Beautiful! pot holders. Beautifull
Our Baraar and Bate Sale Our Bazaar and Bake Sale
proceeds of 5200 . was donproceeds of s200. was don-
ated to the Jaws of Life and
Cardiac Monitor. We are Cardiac Monitor. We are very proud to be a part of this very worthy cause.
Phans were presented to raffed of the the 4 th of July. We hope to have more
sounds. She had us all of us decided that we could have used more Orff in our
childhood since few of childhood since few of us
could remember simple could remember simple
things like a child's song, "Eddie Getchegotchagama tosamaratossanackiskamicammiwalki Brown". Music in school is returning to the
folk song and childrens play folk song and childrens play
songs as a means to teach so much we are missing in our "Jet-aged" education style. A very enlightening a entertaining program
wiches dined on finger sandwiches, a multi-variety of cookies, spice tea, coffee,
and chips. Those attending were: Barbara Morrow Janie Finch, Pat McCombs, Gloria Gage, Genella Eads, Charlene Mays, Maurine
Butts, Beth Johnston, Betty Butts, Beth Johnston, Betty Veach, Peggy
Katie Dvorak.
meeting in February.
Members present Members present were: Lucille Boren, Lois McVict ers, Lela Whitehead, Penny ers,
Buts, Polla
Bity Shend, Parich, Cora Bland, Aileen Moore, Ruth
Chaney, Lena Singleterty Chaney, Lena Singleterry,
Alice Hood and Cherri
Brown, Brown, county extension
agent. Happy to have you
Cher Cherri!

 PHARMACISTS!




 agency and the fund addres
will be publicized throughou Lone Star＇s 110 －county ser－
vice area soon．Project vice area soon．Project
HAP＇N assistance funds can
be used for any type of b
ni We at Lone Star recog－ adequately help all who are
financially in need with their financially in need with their
heating bills，＂said Neaves． ＂But with additional funding from other sources，both
public and private，this beginning effort should bring
some help to more people． ＂The potential is great， said Neaves．＂We have long
worked with various social service agencices to assist our
customers：Project HAP customers：Proje
expands this effort expands his effort
Contributions

Commissioners
Court
Commissioners＇Court met
in a special called session on
the 20th day of November，
1982，at $2: 00$ p．m．
1982，－at $2: 00$ p．m．The
following members were
present：W．R．Christal，
Judge；J．R．Graham，Com． Prect．1；Claude Moore，
Com．Prect．2；and P．C． Messer，County Clerk and
Ex－offico Clerk of the Commissioners Court．
The following business was transacted：
＊Audit for 1981－1982 pre Audit for $1981-1982$ pre－
sented by Doshier，Pickens
and Francis approved and accepted． ＊Sheriff authorized to pur－
chase two Department of
Public Safety Poon as possible． ＂Clarence＂Dood＂Cornell appointed to serve by recom
mendation by the County on mendation by the County o
the Appraisal Board． ${ }^{*}$ Old IBM typewriter sold OG Gler Day for $\$ 40.00$ To participate with the
City on expence to lighting city on expence to lighting
the local Air Port in the amount of $\mathbf{~} 1,875.00$
Court recessed． Court recessed．
The Commissioners＇met
in regular session on the 13th in regular session on the 13th
day of December，1982，at
9：00 an 9：00 a．m．in the courthouse
annex with the following members present，W．R．
Christal，Judge；J．R．Gra－ am，Com．Prect．1；Claude
Moore Com．Prect 2 ；Buford Moore Com．Prect， $2 ;$ Buford
Holland，Com．Prect． $3 ;$ Wm． Chamberlain，Com．Prect．4；
Frieda Gray，County Trea－ surer and ${ }^{\text {PCunt．Messer，}}$ County Clerk and Ex－Offico of the Commissioners Court． The following，business was
transacted： ＊Bill＇spaid as ref
he Claims Docket． The 1982－1983 budget on $S$ heriff＇s Department
amended from $\$ 1,000.00$ to amended from $\mathbf{\$ 1 , 0 0 0 . 0 0}$ to
$\$ 3,000.00$ ． pen Court this date． County Clerks salary left

－Resolution approving

| Senior |
| :---: |
| Citizens | events



WINTERTIME WARM－UP
The following series of stretching exerecises．called the Salutation to the Sun．can pro－
vide an inivigorating morning ritual that will get you going on chilly days．The set of
2 positions should be performed as one continuous，fuid sequence in as many cycles － いいて， －ハーバ
（11）The Salutation to the Sun is begun in a standing position．with the feet together
the edge of an exercise mat or carpet．Bend your arms at the eltows and place your palms together
begin to inhale．
Iackward，arching yours spine slightly．
$|3|$ Then－while you exhale－bend forward from the waist and drop your head toward 13u Then－while y
（4）The fourth position is again performed on an inhale．Keeping your hands in place．
bend your let knee and strecth your right leg out behind you．Bend it slightly also．
so that the knee rests on the floor．and flex the tees for a good＂grip．Then arch your t．Push your buttocks up to form an inverted $v$ ．with your body，and let your head
hang loosely between your arms．Your back－fom shoulders to hips－should be as
as hang loosely betwe
traight as possible．
flat against the floor．
III As you move into the next pose．you＇11 need to hold your breath．Bend both arms
at the elbows and lower your body carefully to the floor，with contact points at the fore at the elbows and lower your body caretuily whe thoor，went contact points at the fore－ I7INow，as you inhale，lower your pelvis and legs onto the floor，straighten your arms．
 our head back．（This pose is an alternate－leg version of Fig 4．） and drop your totso until your head approaches your knees again．
and In Inhale and stand up straight as you stretch your arms high overhead．
$[12]$ On the last exhale．bring your hands back together in front of your chest－to


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Update your Wardrobe with Accessories

Habits for a

## Healthier Life

With a new year at hand, "The most important rea-
this is a good time for son for establishing healthy this is a goo time for son for establishing healthy
families to "take stock" ofa
habits is to improve the $\begin{aligned} & \text { health habits for all mem- } \\ & \text { bers. }\end{aligned} \begin{aligned} & \text { quality of life, as well } \\ & \text { length," Shirer adds. }\end{aligned}$ Good health habits are
easy to establish and should $\begin{gathered}\text { Health experts suggest the } \\ \text { following practices as a way }\end{gathered}$ be practiced all year long, to stay healthy:
reminds Dr. Mary Ann

1. Learn to ma
reminds Dr. Mary Ann $\begin{array}{r}\text { 1. Learn to manage stress } \\ \text { Shirer. }\end{array}$ and enjoy life more. Emo-


KNORPP

- Snnumna Apmax. Ona -TOR THE BEST OF BOTH woungs.

PEDATS
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chuces
"HOMEDWNIES
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MOETE HOMTES
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Nemeowners lasurance Up To 40\% Discovnfs OPT Texas Menvel tiato

Acto Imsuranco Up Te 18\% Discoents Oft Toxas manvel Eatos
tional and physical stresses
should be handled daily. Outside interests and an exercise program help re
lieve stress. lieve stress.
2. Practice good nutrition-. eat three balanced meals a day and try to reduce salt, saturated fat and sugar in-
take. The average adult lake. The average adult
consumes up to 100 pounds of sugar a y year and high intakes can cause obesity, diabetes, heart disease and tooth decay. Normal weight
should also be maintained. should also be maintained.
3. Get regular exercise and 3. Get regular exercise and
proper rest. Consistently walk, jog or do other exercises suitable to your in-
dividual needs. Get puenty of dividual needs. Get plenty of
sleep in the winter because sleep in
the body's defenses need to be at their peak, particularly during this season. 4. Avoid substance abuse
like smoking and drinking like smoking and grinking
excessive amounts of alco excessive amounts of alco.
hal-neither is a safe of healthy habit. 5. Be sure immunizations
are up-to-date, including are up-to-date, including 6. Use seat belts when traveling-auto accidents are
among the leading causes of among the leadin
death in Texas
eath in Texas.
"Develop a sense of health

Ciarendon Press, Thurs., Jan. 13, 1983


A time extension can be
granted farmers who request
it. Census results will it. Census results will be
published for each state, and published for each state, and
the nation. The first prelim the nation. The first prelim-
inary data will be released inary data will be released
beginning in the fall of 1983 .
the law The law which requires
farmers and ranchers to refarmers and ranchers to re-
port in the census also proports the census also pro-
tects the privacy of their reports. Census report forms
are confidential by law and are confidential by law and
they may be seen only by they may be seen only by
sworn Census employees and may be used only for statistical purposes. Even other
government agencies government agencies cannot
obtain or use the individual obtain or use the individual
reports, and copies retained reports, and copies retained
by the farmers are immune from the legal process. Each report form will have a census file number (CFN)
printed on the address label printed on the address label.
If a report is not received for each file number, the Censu Bureau will send out follow up letters to all who have no
responded Farmers
Farmers and ranchers who
have not received_ a form should request 'one from the Bureau of the Census, 1201 East 10th Street, Jeff
yille, Indiana 47133 .
"Trifles make perfectio

Jimmy H. Davis Retires

Jimmy H. Davis, Memphy Area Operations Manager for General Telephone Com 45 years of dedicated service. Retirement activities were held at the Branding Iron Restaruant in Memphis, De
cember 18, 1982. Approxi mately 85 area telephone employees attended the din der for Davis.
During the During the ceremonis
Lucien White, manager Lucien White, manager
the service department, pre
sented sented Jimmy with a "money
tree" from the service detree" from the servi Davis was responsible for
the supervision of 28 changes in the Memphis operation.
Davis be Davis began his career with GTE in Gonzales, Texas
as a Storekeeper for th Southern Plant Division. Military service during World War II interrupted his career in 1942, but after
service he returned to GTE as a Senior Plant Superviso in Robstown. Davis' retirement marks the end of an er of excellent service.
ber of rotary.
Jimmy and his wife
Dolores, plan to continu making their home in Mem phis and remain active civic affairs. Davis' initia plans are to travel, fish, hu
and spend time with his three children and five grandchildren.

## Ralph

 McGarity completed MastersRalph McGarity, son Rev. and Mrs. Owe
McGarity, and graduate McGarity, and graduate
Clarendon High' School com pleted work on his master
degree on degree on November 15
1982 at Carnegie-Mell 1982 at Carnegie-Mello
University, Pittsburgh, PA The title of his thesis was "Applications of a Circuit Compactor to Digital Design
Synthesis." He will continu Synthesis." He will continue
his work with computer design in order to complete
his Ph.D.


J. H. Spier, Real Estate Broker

\author{

- John \& Rosey Cearley
}

Foxworth-Galbraith Lumber Co
Bivens Pharmacy

Keel Dozer Service

First Bank \& Trust of Clarendon
James F. Hayes \& Co


Page 12

Lioness CLub meets in regular meeting




Hedley players of the week

By CLOVIS McQuary Cheryl Lee Glover is the
player of the week. She is the player of the week. She is the-
daughter of Ronald and ann Glover of Hedley, Texas. She has lived in Amarillo, Alaska, and Memphis. We are proud to have her in
Hedley. She is in the seventh grade and does a great job on the court.
Cheryl is very special to
because she spents she makes coaches look like they know what they're do-
ing. Although she shoots the ing. Although she shoots the
ball well, she really shines in defense. In a game when you
 $\begin{array}{ll}\begin{array}{ll}\text { the court. } & \begin{array}{l}\text { Kevin's coach in Quail and } \\ \text { now again in Hedley. He is in }\end{array} \\ \text { Cheryl is very special to } \\ \text { nocause she sperds some of } \\ \text { the seveath grade and does a }\end{array} \\ \text { her time in our home. We } & \text { super job as a team player. }\end{array}$ $\begin{array}{ll}\text { her time in our home. We } \\ \text { feel she belongs to us.- } & \begin{array}{l}\text { super } \\ \text { Kevin }\end{array} \text { job as a a team player. }\end{array}$ $\begin{array}{ll}\begin{array}{l}\text { feel she belongs to us. - } \\ \text { On the basketball court } \\ \text { she makes coaches look like }\end{array} & \begin{array}{l}\text { Kevin will be willing to set a } \\ \text { team mate up to to make a } \\ \text { score. This is something }\end{array}\end{array}$
really need someone to give
her best, Cheryl is ready and
velling. We love and aporeciate Cheryl very much.
Kevin Daw yne Branum is the player of the Robert and Beverly Branum Rober and Bev
of Weilington.
Kevin has gone to school Quail, Mexia, Wellington, de howe to gees to Hedley. score. This is something
coaches really need Kevin coaches really need. Kevin, you are a real good ball
player and you make us very
proud that vou play for us. player and you make us ver
proud that vou play for us.


Hedley Jr. High Basketball

Jan. 10-McLean-H-6:30
Jan. 13, 14, 15-McLean
Jan. 20-Estelline-T.6:30 West Texas Gin The Country Store

उecurity\̧TATE BANK

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| :---: | :---: |
| Crrozen food Specials |  |
| Krinkle Cut <br> Pofatoes3020 <br> Bac |  |
| Orange Juice Vegetables |  |

$$
\text { MARGARINE QUARTERS }-
$$


[^0]:    Phone 874-3511

