

Mary Lowery Is Tops Weekly Queen

By Lucille Cullison, Reporter
The Derby Town Tops Club met for their regular meeting on Monday at 6:30 p.m. Marilyn Mounce, leader presided over the meeting and took care of the club business and led the members in reciting the Tops Pledge.
Mary Lou Glass, Secretary weighed in the members and recorded the weight chart. She called the roll with members answering with their weight loss or gain.
The Tops members had a 11 lb. weight loss and 2 lb. gain.
Mary Lowery is the weekly queen with a 4 lb. weight loss and took home a large fruit basket.
Marilyn read an interesting reading on the 10 Basic Rules for losing weight. Lucille Cullison checked the members that had brought their gifts for the Treasure Chest.
Present for the meeting were Marilyn Mounce, Mary Lou Glass, Pearl Dickinson, Lucille Cullison, Nola Crisp, Viola Glass, Muriel Moore, Mary Lowery, Mary Terry, Ann Smith, Evelyn Hunt and Virginia Tate.
All members remember to

bring your salad and come to the "Diet Salad Supper," and Graduation for Muriel Moore to be held in the Hospitality Room next Monday at 7 p.m. following your weigh-in at 6:30 p.m. at the regular meeting place.
The welcome mat is still out for any new members.

BIRTHDAYS
August 30
Gloria Allen
Louise McDonald
Kerry Stephen Trew
August 31
Rhonda Ann Bush
Cindy Bruce
September 1
Mrs. Homer Wilson
Johnie Chilton
September 2
Ernest Watson
Barbara Patterson
September 3
Janet Adams
Tina McCurley
Sherry Jo Cole
September 4
Mrs. Ella Cubine
Annie Eudey
Jori Ann Moore
Jay Thompson
September 5
Mrs. James Barker
Mrs. Johnny Carpenter

Noah Webster began writing the dictionary in 1807 and finished in 1828.

SCHOOL MENU
MONDAY, AUGUST 30
Bar-B-Que on a bun
French Fries
Milk Ranch Style Beans
Purple Plums
TUESDAY, AUGUST 31
Porkettes
Cooked Carrots
English Peas
Bread Butter
Milk Applesauce Cake
WEDNESDAY, SEPT. 1
Beans
Mixed Greens Onions
Combread Butter
Milk Peaches
THURSDAY, SEPT. 2
Steak Fingers
Baked Potatoes
Green Beans
Hot Rolls Butter
Milk Pudding
FRIDAY, SEPT. 3
Tuna Salad
Hominy Cole Slaw
Bread Butter
Milk Cherry Cobbler

On Thursday of last week visiting in the home of Mr. and Mrs. Ollie Hommel of Alanreed was their grandson, Wes Grigsby and his friend, Miss Diane Bryant of Canyon. They were both cast in the "Texas" show at the Palo Duro Canyon this past summer. Wes attended the W. T. S.

Pattern Your Gun For Better Luck

The approach of hunting season should remind the shotgun hunter to "pattern" his weapon

to cut down on missed shots and cripple birds this fall. Get some large sheets of paper and fire at them at varying distances, from about 24 yards to about 40 yards. The patterns made by the shot can tell you

if your shotgun is shooting where it is pointed and if the pattern is fairly uniform at the various distances.
If the pattern appears too wide or too clustered, a change of choke size might be in order.

The Texas Parks and Wildlife Department reminds hunters that, by law, they must make a reasonable effort to recover any migratory bird killed or wounded and these birds become part of the hunter's bag.

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Taking a chance

That's a high fence for a young man to walk, but take a good look at his face, and you'll see that he's not only determined to do it, but confident that he can.
Chances are, with this attitude, he won't slip. At least, he'll have far less chance of slipping than if he approached "fence-walking" plagued by self-doubt.



So many of us approach tasks, challenges, opportunities, with a nagging conviction of our own failure, even before we begin. We need more faith in ourselves. Self-faith comes only from a far greater faith! Faith in God.
Face up to your own "fence-walking." In the course of life, we all have to do quite a bit of it. Find the courage to start by listening to what your church has to say to you.

Scriptures selected by the American Bible Society

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Sunday Job 12:1-13	Monday Job 17:1-9	Tuesday Job 28:12-28	Wednesday Job 32:8-13	Thursday Job 38:30-41	Friday Psalms 47:1-7	Saturday Psalms 49:1-9
(12)	(12)	(12)	(12)	(12)	(12)	(12)

CHURCH OF THE NAZARENE
Jerry Tucker of Shamrock, Preaching, Services, Wednesday 6:00 p.m.

FIRST BAPTIST CHURCH
Rev. Herman W. Bell, Pastor
Sunday Services 9:45 a.m., 10:45 a.m., 6:30 p.m.
Evening Worship 7:30 p.m.
Wednesday Service 7:45 p.m.

ALANREED FIRST BAPTIST CHURCH
Sunday School 10:00 a.m.
Church Services 11:00 a.m.
Training Union 7:00 p.m.
Church Services 8:00 p.m.
Prayer Meeting Wed 8:00 p.m.
W.M.S. Monday 2:00 p.m.

PREBYTERIAN CHURCH
Matthew L. Bailey
Services will be held each Sunday morning at 11:00 a.m.

CHURCH OF CHRIST
David V. Fultz, Minister
Sunday Services 10:00 a.m.
Bible Study 10:00 a.m.
Morning Service 10:50 a.m.
Evening Service 9:00 p.m.
Wednesday Ladies Bible Study 10:00 p.m.
Midweek Worship 7:00 p.m.

ASSEMBLY OF GOD CHURCH
Z. A. Myers, Pastor
Sunday Services 9:45 a.m., 11:00 a.m., 7:00 p.m.
Wednesday Service 7:00 p.m.

PENTECOSTAL HOLINESS CHURCH
Walter L. Comstock, Pastor
Sunday Services 9:45 a.m., 11:00 a.m., 7:00 p.m.
Wednesday Service 7:00 p.m.

HEALD UNITED METHODIST CHURCH
Pastor, Robert W. Brown
Sunday Worship Service 9:30 a.m.

FIRST UNITED METHODIST CHURCH
Pastor, Robert W. Brown
Sunday Services 9:45 a.m., 10:55 a.m., U.M.Y.F. 6:00 p.m., Evening Worship 7:00 p.m., Wednesday Choir 7:30 p.m.
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MRS. DANNY LYNN CLARK

Vickie Welch, Former Resident Is Married

Wedding vows were solemnized recently for Danny Lynn Clark and the former Vicki Dawnelle Welch, both of Kress, in the First Baptist Church of Kress. Rev. Derrel Lewis, pastor officiated at the double-ring ceremony.

The bride is the daughter of Mr. and Mrs. Lee Welch, McLean residents from 1960 to 1964. Vicki attended school here in the 6 through 9th grade.

Mrs. Robert Reddin, cousin of the bride from Dickinson, Tennessee, was matron of honor. Derrith Welch, brother of the bride, was best man.

The newlyweds both are 1971 graduates of West Texas State University. Vicki now is teaching 2nd grade and Danny is teaching in Junior high and coaching, both at Floydada.



Take the air out of most big wheels and all you have left is a flat tire.

Out of the mouths of babes comes words that daddy never should have said in the first place.

A lie is a poor substitute for the truth but it is the only thing developed so far.

The fact that silence is golden may account for the fact there is so little of it in this old world.

A diplomat is a fellow that can step on your toes without mousing up your shine.

Someone said a good man was like a good watch; open face, busy hands, well-regulated, and full of good works.

Most freeways have three lanes; the right lane, the left one, and the one you are trapped in when you see your exit.

An educated man earns more, and he usually becomes educated about ten years after graduation.

Even in Grandpa's day there was something to make you sleep. Then they called it work.

The time we ought to learn is just before a bad experience taught us a lesson.

A fanatic is a fellow who can't change his mind and won't change the subject.

Clarence Traueck of Banks, and son, Rev. J.C. Traueck of Amarillo, and Clyde Willis of McLean called in the home of Mrs. Luther Petty Monday afternoon. Mr. Traueck was a brother-in-law of Mrs. Petty's brother and a former neighbor of the Francis family.

Mr. Lawrence Watson vacationed in Red River with his daughter and family, the Thomas O'Neals from Dickinson, Texas.

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Accent on Health

J.E. PEAVY, M.D., Commissioner of Health

Another tool in the fight against drug addiction was passed into law by the Texas Legislature recently when it gave the Texas State Department of Health authority to license and regulate methadone maintenance programs.

Methadone treatment, which substitutes methadone for heroin, isn't new. It allows an addict to go about his regular work without the terrific expense and debilitating effects of heroin.

Regulations will be adopted by an advisory committee in the near future to become effective in the fall of this year.

Another step in learning more about addiction was taken by the Legislature, which created a Research Advisory Panel to approve or disapprove research projects on humans in the fields of narcotics and dangerous drugs. The seven-member panel will consist of representatives from the State Health Department, State Department of Mental Health and Mental Retardation, State Board of Pharmacy, Attorney General's office, and the University of Texas System.

The law permits the Texas Department of Public Safety to provide narcotics or dangerous drugs to the heads of approved research projects as the drugs are available. The law will facilitate research to determine drug effects on humans, particularly marijuana, and thus give the public scientific baseline data from which to draw conclusions on the dangers or benefits of these drugs.

Methadone maintenance isn't a new concept in Texas, although its wide-spread use as a drug abuse tool is a recent development. In 1946, U.S. intelligence teams learned that Germany had discovered a new class of potent analgesics with a different chemical structure than morphine. That drug was methadone. Since then, methadone has been used in federal hospitals at Lexington, Kentucky, and Fort Worth, and by private physicians in hospitals to detoxify narcotic addicts.

Legally methadone is classified as a research drug when used in maintenance programs because the risks of taking the medication at this high dose over a prolonged period of years are not known. Therefore, both Federal and State regulations on methadone must be followed.

Market Report

Are you the family food shopper?

If you are, you have a lot of responsibility—your family's health depends largely on what you feed them, explains Gwendolyn Clyatt, Extension consumer marketing specialist at Texas A&M University.

To make your job easier, Mrs. Clyatt offers some marketing tips for this week.

Beef prices are practically unchanged for the past few weeks. Most markets, she says, are featuring various cuts of mature beef at special prices. In general, look for best values on short ribs, ground beef, chuck roasts and steaks, round roasts and steaks, and arm and blade pot roasts and steaks.

Retail pork prices are also at about the same price level as during past weeks, with best values on end cut loin roasts and chops, picnics, hams,

and shoulder roasts and steaks.

Fryers remain a bargain in most meat departments, the specialist continues. Market quality of broilers is excellent, so Mrs. Clyatt advises you to take advantage of their versatility and serve them in many ways.

And, she reports, egg prices are somewhat lower than at this time last year. Large size eggs are in biggest supply, with Grade A large eggs offering the most economy and quality.

Fresh fruit items in good supply at the most economical prices are plums, nectarines, bananas, cantaloupes, watermelons, pears, peaches, avocados and grapes.

Celery, potatoes, head lettuce, eggplant, cabbage, corn, carrots, tomatoes, mustard, collards, bell peppers, yellow and red onions and cream,

Mr. and Mrs. John V. Bible and daughter June attended the Capping ceremony of their daughter Jane Bible who is a student nurse at Northwest Texas Hospital, School of Nursing August 23, 1971 at the Psychiatric Pavilion Auditorium at the Medical Center, Amarillo Texas.

TESTING IRRIGATION WATER

The Extension Service Soil Testing Laboratory at College Station has the equipment to analyze irrigation water samples and soils for soluble salts, according to Dr. Charles Welch, Extension soil chemist. Instructions for submitting samples plus forms to accompany the samples are available at county Extension offices.

blackeye and crowder peas are thrifty vegetable choices.

My Neighbors



"Sure, we have a request — get lost!"

Mrs. Lawrence Watson, Ivy Dea and Raymond Hinkle visited their sister, Dr. Amy Hinkle, in Muncie, Indiana. They also attended a Hinkle reunion in Plano, Ill.

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