

IC-KC2
OZELLE STEPHENS 11/84
P.O. BOX 236
KNOX CITY TX 79529

Shootin' Straight

By Dave Thompson

This week's edition of SHOOTIN' STRAIGHT will be a collection, or potpourri if you will, of thoughts, comments and letters concerning past columns. As you read on, maybe some of the thoughts or comments will hit home with you, too. Many have commented and I have a feeling that many more have had some of the same thoughts.

First, a closely guarded reply to the anonymous reader who sent me a newspaper clipping from another paper concerning the past column on Workman's Compensation for farm and ranch hands. In the article that you sent me, a lady writer explained the fact that the term "Workman's" in the compensation insurance law had been changed to "Workers" to reflect the influx of women into the labor force after World War II. The way that you circled the word "workers" and underlined several other lines with bright red ink indicates that maybe you feel that my column might have slighted women workers by using the

See 'Shootin' Straight', Page Three

Impairment Study Set To Begin

Combining efforts in a joint survey, the Texas Rehabilitation Commission and the University of Texas at Arlington will soon begin a pilot study to determine the levels of emotional, physical and mental handicapped persons within the county.

A total of five Texas counties will be surveyed as Knox County is included with Harris, Tarrant, Grayson and Hidalgo counties. The project started on March 2 and will continue through the beginning of May.

The pilot study will consist of 300 personal interviews, 150 telephone interviews, and 150 mail interviews. Students from UTA will conduct the work during the survey. This is a random sampling of households within the county.

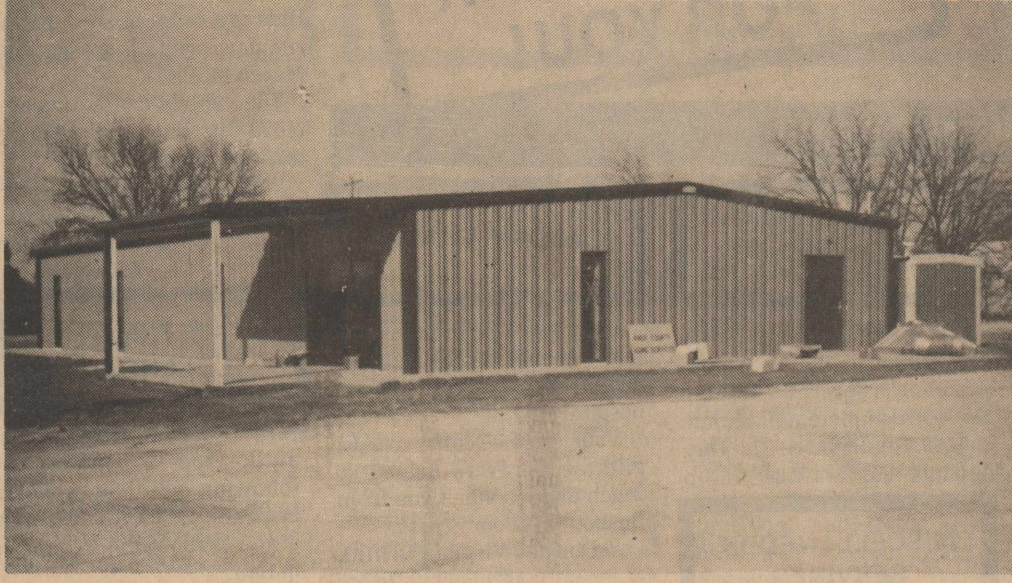
The project co-ordinator for Knox County is Steve Bisbee of Benjamin. For more information Steve may be reached by calling (817) 454-3481.

Firemen Are Busy With Calls

By Ken Lawson

Firemen have been busy the last two weeks with three calls. The first was February 21 at 12:02 p.m. to a grass fire along the highway right of way four and one-half miles north of Knox City. There was no damage and the fire was probably caused by a careless smoker. The second call was March 1 at about midnight to standby for a helicopter landing and takeoff at the Knox County Hospital. This was a military helicopter and they request that fire equipment stand by for their arrival and departure. When the Civilian Care Flight Helicopter comes from Dallas, they do not request this service; however, we do standby most of the time.

The third call was March 2 at 9:40 a.m. to the Mirrio Dever residence. There was extensive damage to the interior of the house caused by fire and smoke. The fire apparently started in the bathroom area. Fire Marshal Roland Marion stated that a child was playing with a cigarette lighter in the bathroom and ignited a throw rug on the floor. There were no injuries.



KNOX COUNTY AGING SERVICES
...new facilities

Central Kitchen Completed

Knox County Aging Services, located the past three and one-half years in the former kindergarten building belonging to the Knox City-O'Brien Consolidated Independent Schools, moved last weekend to its new building just north of the former location.

The beautiful new facilities house the county's central kitchen which provides meals to Truscott, Benjamin, Munday, Goree, and Knox City.

Mrs. Lillian Logan, project director for the county, began her association with the West Central Texas Council of Governments six years ago when the Nutrition Program for Senior Citizens had its beginning through the Knox City Schools. The program in 1979 became one of two pilot programs in the state with Mrs. Logan as coordinator. When the center had its grand opening in Sept., 1980, guests were told that the success of the program was due to the strong local leadership and support.

When the pilot program was dropped in 1982, the program became the responsibility of the county to sponsor it through the WCTCOG in Abilene.

Knox City participants in the nutrition program through fundraising projects and individual contributions, raised enough to purchase the lot for the new building and deeded it to the county for the Aging Services. They also, in addition to purchasing the lot, have provided more than half the funds for the initial cost of the new building, the director said.

In addition to Mrs. Logan, the Aging Center locally hires two full-time workers, head cook Elizabeth Byrd and assistant cook, Aurora Casillas. Two part-time workers, Neal Logan is hired as maintenance man and Iola Hudson as site manager. Logan delivers meals to shut-ins strictly on a volunteer basis as are much of his other chores. Many others contribute volunteer labor such as those who register guests each week day, food service attendants, and social workers who attend to visitation, phoning, program planning, etc.

Lloyd Waldrip drives the van for the county delivering meals to other designated places.

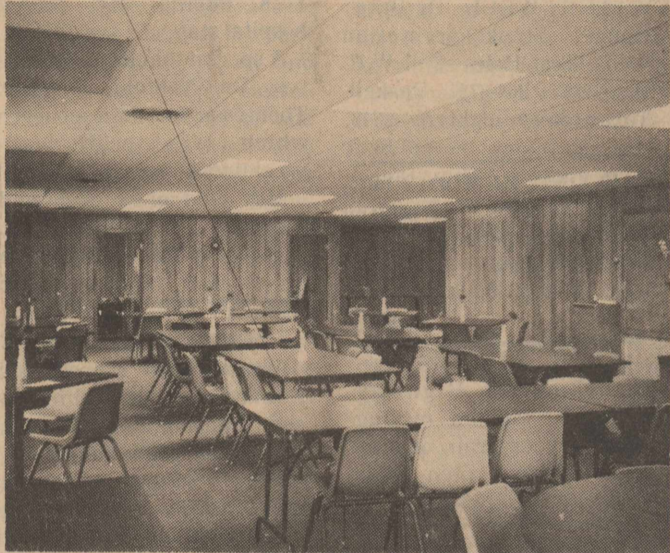
There are seven part-time workers within the county, Mrs. Logan said.

Other site managers include Bulah Burton at Truscott, Janice Tolson-Benjamin, Marie Caram-Munday, and Effie Neighbors-Goree.

The new building with 3,150 square feet contains a main dining room carpeted in brown tweed, large kitchen, two offices, and storage rooms.

Contractor was Rick Herring of Munday.

A grand opening will be held sometime in the near future for everyone to have an opportunity to see the new facilities.



THE SPACIOUS dining room of the new Knox County Aging Services is brightly lighted and enhanced by the wood paneling, brown tweed carpet, and the orange, turquoise, and white stacking chairs.



EXTREMELY PROUD of the new Knox County Aging Services building are these employees, from left, assistant cook Aurora Casillas, site manager Iola Hudson, head cook Elizabeth Byrd, project director Lillian Logan, and maintenance man Neal Logan.

GTE To Study Phone Service

General Telephone's special service and study teams will be in Knox City on Thursday, March 22, to analyze telephone service in Knox City and the surrounding area and visit with customers, according to Eric Boren, local manager for the company.

"The company has arranged for employees to be on hand from 10:00 a.m. to 4:00 p.m. at the Community Center, 212 S. 3rd, to discuss telephone service issues with customers on an individual basis. In addition, a few em-

ployees will be visiting with local businesses regarding their telephone service." Boren added, "We invite anyone to drop by the Community Center or call 658-3726 should they have an individual telephone service concern. This will enable us to isolate and correct any particular problem areas."

Boren concluded, "Occasionally we like to go into a community and meet with customers on a one-to-one basis as we know this will result in improved customer satisfaction."

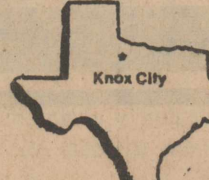
A Tribute To A Friend

The date of Friday, February 24, 1984 is a date that residents of Knox County and the Big Country area will remember for a long time to come. That date marks the passing of a giant of a man who made it his life's work to stand up for all of us in this area of Texas. When former State Representative W.S. "Bill" Heately passed away of a heart attack at his home, he left many friends and supporters in Knox County. Hundreds of relatives, friends, former associates in the Texas Legislature, fellow church members and Masons

filled the First Christian Church in Paducah to overflowing for the funeral services held on Monday, February 27.

Dr. George Beto, Chaplain of the Texas Prison System and longtime personal friend officiated the rites, assisted by Rev. Douglas Montague, pastor, and Rev. Jimmy Griffith, First Baptist Church pastor. Burial was in Garden of Memories Cemetery.

Heately moved to Paducah in 1948 and served as City Attorney while pursuing his farming and ranching interests. Over the years, he



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THURSDAY, MARCH 8, 1984

VOLUME XIII, NUMBER 21

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In School, City Elections

Races Develop

Incumbent John Gillispie signed up this week for re-election to the Knox City-O'Brien Consolidated Independent School District's board creating a race with four candidates for three seats. Others signing up have been incumbent J.M. Emerson, David Albus, and Lowery Deering. The

holdover board members are J.B. Rutherford, Jimmy Tankersley, and Donnie Roberts. The school election will be held jointly with the City of Knox City and the Knox County Hospital District on Saturday, April 7.

Deadline for filing for school and city is Wednesday,

March 7, but due to the Wednesday morning press time for the News, a final report on candidates will not be available until next week. The hospital filing deadline is Monday, March 12, and as of noon Tuesday, incumbents Vernal Zeissel and Richie Smith of Munday had signed for re-election to the board.

The holdover elective member is David N. Perdue of Knox City. The three elective members serve with four members who are appointed by the Commissioners' Court. Appointed members include Bernard Brown of Goree, Melvin A. Lowrey of Knox City, and Ray Lynn Hardin of Munday. Stanton Brown of Benjamin, who recently resigned, has not been replaced.

In the city election, Mayor Buddy Angle, who was appointed to fill the unexpired term of Craig Williams, is seeking election and is opposed by Charles Auburg. The mayor's term will be for one year. Council members who are seeking re-election are incumbents Elaine Lewis and Greg Kuehler. The other council member whose term is expiring is Larry Staggs. Staggs had not indicated whether or not he would seek re-election. Holdover council members are Elmer Wall and Carol Felts.

Vegetable Festival Scheduled June 22-23

In 1963, L.B. Patterson Sr. of Munday had a dream become a reality with the help of friends, neighbors, members of the Chamber of Commerce, civic and service clubs, merchants, farmers, business and professional men and eventually almost every man, woman and child in the county of Knox who heartedly worked together to make the dream come true. The Knox County Vegetable Festival was held from 1962 until 1969.

Now once again after 15 years, many are busy working together on planning the Knox County Vegetable Festival. Recently, chairmen were elected.

Each chairman has selected a committee consisting of approximately five people in the Knox County area to help them with each event.

Chairmen and their committees are Gary Kuehler, general chairman with co-chairman Jimmy Reid; Gary Schur, financial chairman with co-chairman Ted Jordan and committee members Greg Clonts, Bob McWhorter, Lyndel Reeves and Robert Nix; Perry Kuehler, publicity chairman, co-chairman Paula Schur and committee members Joyce Nix, Cheryl Berryhill and Jean Kuehler; vegetable exhibit, David Tunmire, chairman; canned and baked foods, Jack Locknane, chairman, co-chairman Amy Parker, committee members Jeanette Phillips, Marilyn Reid, Phyllis Reed, Lillian Logan, Estelle Griffith, Jan Wilson, Jan Rolston, Dara Trainham and June Trainham; flower show, Shirley Welch chairman, co-chairman Becky Offutt, committee member Glenda Decker; art show, Mary Smith chairman, co-chairman Gail Ramirez, committee members Ernestine Michaels, Jackie Young, Bobby Hudson, Clela Jones and Melanie Whitley; hobbies and crafts, Brenda Shawver chairman, co-chairman Stella Caram, committee members Carol Cottingham and Jan Zeissel; history of Knox County, Randy Waggoner chairman; educational exhibit Cindy Thompson chairman and Betty Wilde, co-chairman; commercial exhibits, Jimmy Reid chairman, co-chairman Jim Cottingham; sale of vegetables, Gary Decker chairman, co-chairman Steve LeFevre, committee members Marshall Smith and Munday ag boys; tour of vegetables, Dale Bloxham chairman, co-chairman Mike Sloan and committee mem-

bers Brazos Valley Young Farmers; antique equipment, David Key, chairman; co-chairman Ronnie Baker, committee members Floyd Reed and Doug Parker; beauty pageant, Kerri Urbanczyk chairman, co-chairman Phyllis Urbanczyk, committee Pam Reed, Mickey Hutchinson, Anelle Welch, Dessie Egenbacher, Candy Estes, Judy Lain, Sheryl Simmons, Belle Grill and Stacia Cook; entertainment, Karen Longan chairman, co-chairman, Mickey Hutchinson; committee members Judy Burnett, Debbie Wilson, Stacy Thompson; and fund raising events, chairman Johnny Melton.

Anyone interested in participating on one of these committees should contact a respective chairman.

O'Brien Baptist Revival Starts Sunday

The O'Brien Baptist Church will hold revival services beginning Sunday, March 11 and continuing through Wednesday, March 14. The night services Monday through Wednesday will begin at 7:30 p.m.

Jack Riddlehoover, pastor of Pioneer Drive Baptist Church in Abilene, will be the evangelist. Jim Fullingim, evangelistic singer from Petersburg, will lead the singing.

Bro. Riddlehoover has been pastor in Abilene for 20 years. He was awarded an honorary Doctor of Divinity by Hardin-Simmons University in 1983. The Riddlehoovers have two children, Cindy and Roger.

Jim has been to this area before and many people have been blessed by his singing and testimony. He performed at the school auditorium last year in Knox City with the West Texas Opry. He has sung for State Bible Conferences and is in full time evangelism. Jim has several albums to his credit and is currently working on

another. He and his wife, Carolyn, are the parents of three children, Coke, True and Simone.

Sunday night services will begin at 7:00 o'clock and a nursery for all services will be provided.

Rev. W.L. Trice, church pastor, extends a special invitation to everyone to attend.

Chamber Banquet Set For March 29

The annual Chamber of Commerce banquet has been scheduled for Thursday, March 29, in the school auditorium.

Speaker for the annual event will be Knox City businessman David N. Perdue.

Ticket chairman is Greg Clonts and tickets may be purchased at the chamber office or from any chamber director.

BVRA To Meet Thursday Night

The Brazos Valley Recreation Association will meet Thursday at 7:30 p.m. in the Farmers Home Administration office to plan the year's activities and elect officers.

Members will also hear reports on the Club's finances.

Everyone is encouraged to attend this very important meeting.

Weather

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Date	Low	High	Rain
2-28	26	45	
2-29	22	57	
3-1	31	70	
3-2	35	67	
3-3	39	75	
3-4	38	53	
3-5	33	47	

See 'Friend', Page Six

O'Brien Happenings

By AUDIE JOHNSTON

"Improvement -- We can all go farther in life by improving ourselves rather than by trying to improve others." HERE AND THERE Irene Bernal and Lucy Jimenez of Fort Worth visited Mr. and Mrs. George Bernal and family over the weekend. They are both former residents of O'Brien. Mr. and Mrs. Paul Hukel of Fieldton spent the weekend with Mrs. Lorata Johnston. Mrs. Hukel is Lorata's sister. Mr. and Mrs. Ross Walsworth of Albany spent some time at their home in O'Brien Saturday.

Ivan Rowan was in Southland recently helping his son, Keith, who is ag teacher there with his livestock show. Seven from the O'Brien Baptist Church went to the Festival of Praise at Weirnt last Monday night. Those going were Mildred Draper, Bernice Rowan and granddaughter Julie Rowan, Teddy Espinosa, Orval and Helen Manning and Rev. Bill Trice. Mildred Strunk and Billie Jean McAuley spent the weekend in Midland with their sister, Opal Collier and family. Dwight and Edrie Gothard were in Highland Sunday and enjoyed a fish dinner with their son, Paul Dean, Kay, Courtney and Brandy. Visiting Jim, Janie and Missy Wilkinson over the weekend were Danny, Donna, John and Janie Kinsey of Grand Prairie and Rhonda, Phil, April and Samantha Robinson of Odessa. Visiting Mr. and Mrs. Whitey Gutierrez and family over the weekend were Nema's sister, Enasym Wayne and family of Mineral Wells. Mrs. Johnny Ivie was honored with a pink and blue shower in the home of Mrs. Jill Hayes last Saturday. Hostesses for the occasion were Corine McKinney, Debbie Harrington, Rhonda Holmes, Nona Hutchinson, Pam Reed and Jill Hayes. Calling hour was from three until four Saturday afternoon.

Football Pics Are Here!

For those who ordered football pictures of the Knox City-Valley football game, they have arrived at the News office.

Those who ordered pictures, enlargements or additional prints, are asked to come by the News office and pick them up.

Signup Deadline Is Extended To Mar. 16

John Rector, executive director for Knox County ASCS Office in Knox City, has advised the News that the deadline for signup in the '84 programs for wheat, cotton and feed grain has been extended from Feb. 24 through March 16.

Nelwyn Beakley Is Artist Of Month

Nelwyn Beakley of Rule is "Artist of the Month" for March at The Citizens State Bank. Mrs. Beakley reported that she has painted as a hobby for several years and prefers pastels over other mediums. She especially enjoys drawing animals, she said. She has studied with Harold Scott of Oklahoma, the late John Crump, and Bobby Hudson of Benjamin and also has taken an art drawing course from Snyder.

She plans in the future to take a portrait painting class. A native of Quanah, Mrs. Beakley has lived in Rule since 1957 and taught school there for four years. She is a graduate of Abilene Christian University and is married to Lavon Beakley, superintendent of schools at Rule. They are the parents of four children, Russell, Jay, Karin and Darin.

Auxiliary Fund

Donations have been made to the Knox County Hospital Auxiliary in memory of: Maggie Cagle by Mr. and Mrs. L.C. Guinn; Vernon Buckley by Charlie Stephens; Ray Reynolds by Charlie Stephens; and Irene Hendrix Ambrose by Mr. and Mrs. W.E. Brannin of Richmond, California; and Mr. and Mrs. Richard Brannin of Glendale, California.

VISITS HERE

Robin Perdue, student at Georgetown and her friend Holly, visited her father and family, the David N. Perdues recently.



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(From The Big Country)
Sat. Night, March 10

STREAMS IN DESERT PLACES

By OZELLE STEPHENS

"And it shall come to pass, if you will hearken diligently unto the voice of the Lord thy God, to observe and to do all his commandments which I command you to do this day, that the Lord thy God will set you on high above all nations and all these blessings will come on you, and overtake you, if you will hearken to the voice your God." (Deut. 28:1).

If your life is filled with the blessings of the Lord, and you have His Joy and peace you can be assured you are obeying His commands. You are reading His Word and doing His will and He is pouring out upon you his promised blessings of Deut. 28:3-14.

In this same chapter we find the curses that torment our life if we fail to do His commands. (Deut. 28:16-68). These teachings were given to the Jews but they were the people God chose to use to talk to all the people of the world through them we have our Blessed Saviour Jesus Christ who died for our sins and to give us everlasting life. We must seek first the Kingdom of God and His righteousness if we have and enjoy all the Blessings that God has prepared for us. All who-so-ever come unto Him with all your heart will be blessed of Him.

Aid Sought For Mirro Deaver

The Mirro Deaver family lost most of its belongings last Friday when the family residence on North Second caught fire. The Knox City Volunteer Fire Department asks residents who have clothing, bed linens, furniture, and other household goods to leave the items at the Fire Station.

KC Circle Club To Meet March 13

The KC Circle Club will meet March 13 at 9:30 a.m. in the Community Center. Becky Baker will present the program on "Family Histories". Hostesses will be Teresa Speck and Nancy Stone. Everyone is invited to attend.

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Letters From Our Readers

March 1, 1984

Mr. Dave Thompson
Knox County News
Knox City, Texas 79529
Dear Mr. Thompson:
I would like to commend you for your "Shootin' Straight" article on Workmen's Compensation for farmers. It was timely accurate and in my opinion journalism at its best.

Very truly yours,
Charles Baker

1507 Meadow Spur
Killeen, TX 76542

March 5, 1984

Dear Knox County News,
I intended to stop in last Friday and give you my check for the subscription but time got away from me.

I do enjoy reading the Knox County News each week. So often I read of the children and grandchildren of one or more of my classmates (O'Brien class of '48) so I reminisce awhile.

Knox City people have been so good to my mother and father (H.R. & Myrtle Beauchamp) and I am grateful. Everyone I talked with last Friday asked about Dad. Thank you, you wonderful people!!

Sincerely,
Glen Beauchamp

5007-38

Lubbock, Tex.
March 1, 1984

Dear Billy Bess,

Enclosed is my check to renew my subscription to the home town paper. Always glad when it comes so I can read all the news.

Sincerely,
Laura White

P.O. Box 49

Tye, Texas 79563

I am sending a check for \$10.00, to renew my subscription to The Knox County News. I enjoy reading The Knox County News and look forward to getting my paper each week.

Sincerely,
Edith L. Donaldson

HOME FROM TECH

Tyke Meinzer, student at Texas Tech University in Lubbock, spent the weekend with his parents, Mr. and Mrs. Doug Meinzer.

Shootin' Straight

From Page One

term "Workman." Honestly, there was no such intention on my part, my views and thoughts on women workers are not really out of the dark ages. I too have come forward into the 20th century and respect the many accomplishments of women workers. Old attitudes that placed women in the kitchen and the home have changed. Now women have mastered the art of all types of work and sometimes even do certain jobs better than their male counterparts in the work force. Women have learned how to operate much of the complicated machinery moving in today's fast moving world, and usually tend to do the job very well. For example: have you ever seen a man operate a vacuum cleaner or dishwasher as efficiently or as fast as a woman?

And, I fully agree that women workers are very smart too! It doesn't take them long to watch five separate ads on daytime television for bathroom bowl cleaners and figure out the best and most economical one of the bunch. Now, that is an admirable trait! Oh, well, 'nuff said for now because I've heard that too much praise can be just as bad as not enough! Next time, don't remain anonymous!

Moving on, my thanks to the many, many readers who have taken the time out to comment on recent columns. Your input is always welcome and appreciated. So many comments were received after the column on General Telephone Company's service to Knox City that I really began to feel a strong sense of sympathy and compassion for anyone who has to work in their complaint office. That is a job that should include hazardous duty pay!

Thanks, too, for the very nice comments both by mail and in person after the Workers Compensation column, one reader made me very proud with his remarks and I do appreciate them. Whatever your thoughts or

opinions, don't hold them back. Let all of us here at The Knox County News know how you feel about the many different issues that can affect all of us in one way or another. We strive to serve everyone in the best way possible. The attitude here is that a small town newspaper belongs to the citizens and should reflect their viewpoints - for or against any issue that arises in our community. If you have ideas for future SHOOTIN' STRAIGHT columns, let us know and we can explore them together. Letters to the Editor will always be published as long as they are signed. That serves as another avenue for you, the reader, to pass on and share your views with others.

Thanks, more SHOOTIN STRAIGHT next week.....

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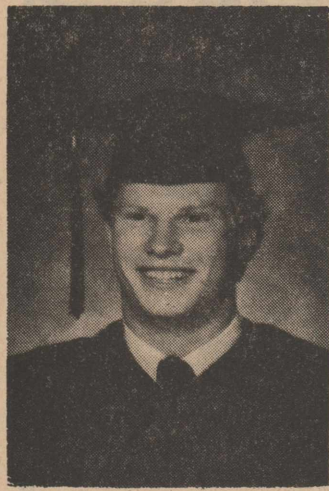
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Seniors Of The Week



CHAD WHITLEY

In the middle of the night, right after Thanksgiving in 1965, a little red headed stranger made his appearance at Knox City, Texas. He was the third child of Don and Melanié Whitley and they named him Chad.

Right away he was introduced to two sisters, Kimberly and Melissa, and he began a life of misadventure.

One of his first memories was learning to carpenter with his Daddy. The hammer was as tall as he was and sometimes, with his tongue just right, he would hit the nail.

One day he tried to see what an electrical outlet was all about with a hair pin. His life flashed before his eyes as sister Melissa knocked him away and saved his life.

Shortly thereafter, he tried to put a pencil in his nose. The eraser was removed by the doctor. (At least he didn't eat a glass Christmas tree ornament like baby Kimberly did).

Then using only a bare foot, Chad removed part of a toothpick that was stuck in the carpet. Several days later, the tip was removed by the doctor.

One day all three were in the car driven by Mama, when going around a deep sandy corner near their house in O'Brien, of Red fell out the back door and the car passed over him.

He remembers going to Tupperware parties with his mother, a succession of dogs, and pulling his red wagon down the road one summer painting mailboxes to make money. When he was young, he didn't like his red hair, because he was different from the other kids, and wanted his mother to buy some stuff shown on tv "to get the red out."

His love of mechanics can be traced back to this time when he would play with his sister's dolls, removing first their clothes, then arms and legs to see what made them tick. Occasionally, some of the kids in the neighborhood would play doctor.

Then school began and the ride to Knox City each day with a station wagon full of O'Brien kindergarteners. Chad started school with five matching outfits, by the second week every knee was patched, and he has worn "tuffskins", ever since. He remembers his first bb gun, a back yard circus put on by the neighborhood kids, and hiding on top of the refrigerator from the babysitter.

In 1975 the Whitley family moved out to the country, north of Knox City. Chad began a relationship with Wildhorse Creek, hunting and fishing with his dogs Libby and Pepper. He became a young hero when he killed a nest of baby rattlesnakes crawling out from under the house with his dad's 22 pistol.

He slit his hand open while sliding down the creek bank. It was sewn up by the doctor.

Knox City and O'Brien Schools consolidated and Chad's class was the first to spend four full years at O'Brien Mid School. Basketball and football became important in his life and, once in a while, girls. Also a mini-bike brought home by his dad, that Chad used to tear up the country roads.

By now bb guns had been replaced by a shotgun, the mini-bike by a motorcycle and ol' Red started building muscles in the summer helping his dad lay brick. He got taller than his parents and his feet went to 10 1/2. He visited a friend in



LOUANN WEATHERALL

On the 5th of August, 1965, a warm summers day in Denver, Colorado, a little girl was born to Mr. and Mrs. J.R. Weatherall. This little girl's name was Robin LouAnn Weatherall.

LouAnn attended half of her kindergarten year at Knox City. Then her father was transferred to Venezuela, South America, where she attended school through first grade. In 1973 she moved back to Knox City where she was to finish the rest of her school years.

From the fifth grade to her junior year, she participated in band. All four years of high school she has participated in athletics as a manager for volleyball, basketball and track.

She has participated in FHA for three years and has been on the Kennel Staff her senior year.

LouAnn's favorite past times are riding horses, skiing, and soing creative things. She enjoys listening to music of various types.

Her plans are to attend Weatherford College.

Graham and while riding motorcycles on the edge of a bridge Chad fell in the river and cut open his elbow. Again the doctor.

In eighth grade, Chris Whitaker came to school, beginning a long friendship and many joint trips to the office.

For \$100 Chad bought a 1951 Ford Pickup and he worked on it for a year and a half. At school Chad was on the varsity basketball and football teams as a sophomore. The Ford was black and running to ballgames and western dances.

One of the highlights of school was being on the 1982 football team that went as far as State Semifinals, and Chad making the Red River Area defensive team.

The black pickup was traded for a red car that was traded for a red pickup which was wrecked and became a multi-colored pickup. Many, many hours were spent with his father and friends, Lupe, Joe Paul and Chris, working on engines.

Chad started working as mechanic for Craig Brothers at Brothers Automotive in the summer and then as a senior in the HECE Program.

Senior year began with hot August football workouts and games every Friday night til it snowed for Christmas. A new coach C.H. Underwood came to coach the line and Chad was a part of the "Animal" line. The team knew they could, and did win State!! Something they will always remember.

Chad made All District offense and defensive tackle and Red River All Area defensive line and Abilene All Area second team defensive line.

Cars and girls and loud music and Louis L'Amour books are still important as Chad thinks about life after school. He isn't sure if he will try to play college football or continue as a mechanic.

IN TYLER

Mr. and Mrs. David Perdue were in Tyler Thursday through Saturday of last week to attend a Federation of Insurance Women of Texas mid-year board meeting.

From Saturday until Monday, they visited David's sister and family, Mr. and Mrs. Duane Seay, Shelley and Kim in Lufkin.



PEGGILEE WUPPERMAN
...as Area V-P

KC Senior Completes FHA Year

Knox City High School senior student Peggielee Wupperman recently completed her term as Area FHA Vice-President of Recreation. Her main duty was to provide entertainment whenever she was asked, but she also had additional duties.

Last June, Peggielee made a two day trip to an officers' convention in Stephenville with her advisor, Mrs. Vera Newton. While there, she and other officers made plans for the year, attended workshops and became close friends.

During the fall, she performed a comedy skit at an Abilene convention, presented workshops in Abilene and Knox County, and continued performing skits and relaxers for the Knox City FHA chapter. She also kept in touch with all Area officers and advisors, who were each busy planning their part of the area meeting.

The Area IV meeting in Stephenville arrived the end of last month. The day before the meeting was filled with preparations and practices for the event. At the actual meeting, Peggielee provided comedy relief during the House of Delegates session and General session. She also participated in a workshop dealing with communication skills, the officers' farewell, and the opening and closing ceremonies.

This May at the FHA State Meeting, she will perform a skit with some of the other Area IV officers and then turn over her title to the new Vice-President of Recreation.

Munday Man Is Promoted To Major

Army and Air Force Hometown News - Philip C. Moore, son of Richard B. and Lois A. Moore of 6867 N. Redhill Road, Ellettsville, Ind., has been promoted in the U.S. Air Force to the rank of major.

Moore is an instructor pilot at Altus Air Force Base, Oklahoma, with the 11th Air Refueling Squadron. His wife, Martha, is the daughter of W.R. and Wynette Moore of Munday, Texas.

He received a master's degree in 1983 from Webster University, St. Louis.

FROM FRISCO

Mrs. Sammy Jackson and children Wesley and Sherrill of Frisco are here visiting her parents, Mr. and Mrs. Oscar Mangis and her brother, Tommy Mangis.

SCHOOL LUNCHROOM MENUS

For Week of March 12-16

BREAKFAST:
Monday: Peach Slices, Cinnamon Toast, Chocolate Milk
Tuesday: Pineapple Juice, Sausage, Buttered Toast, Jelly, Chocolate Milk
Wednesday: Apple Juice, Scrambled Eggs, Buttered Toast, Jelly, Chocolate Milk
Thursday: Orange Halves, Blueberry Muffins, Chocolate Milk
Friday: Applesauce, Cinnamon Rolls, Chocolate Milk

LUNCH:
Monday: Tacos, Lettuce and Tomato Salad, Grated Cheese, Corn, Cinnamon Rolls, Milk
Tuesday: Hot Dog with Chili, French Fries, Chilled Fruit, Cookies, Milk
Wednesday: Barbecue, Pinto Beans, Cornbread, Butter, Peach Cobbler, Milk
Thursday: Ham, Creamed Potatoes, English Peas, Hot Rolls, Butter, Honey, Milk
Friday: Charburgers, Cheese Slices, Lettuce, Tomato and Pickle Slices, Tator Tots, Cake, Milk

SCHOOL AND COMMUNITY CALENDAR

Friday, March 9 - Girls' track at Aspermont; boys' tennis at Quanah through Saturday

Monday, March 12 - Brownies, 4:00 p.m.
Tuesday, March 13 - City Council, 7:00 p.m.

Wednesday, March 14 - Noon Lions Club, First United Methodist Church fellowship hall; Social Security Representative at Aging Center; Brownies and Junior Girl Scouts meet

SERVICES OF THE CHURCH OF GOD IN CHRIST

The Rule Church held a revival last week with Evangelist Dennis Williams doing the preaching.

We were blessed in the installation service of Bishop Watson's in Lubbock on Friday night. Our National Bishop, Bishop Patterson preached powerfully that night.

Sunday school had a very good attendance with Supt. Manuel in charge.

During the morning service Evangelist Dennis Williams preached a great message from St. John 3.

The YPWW Joint Meeting was held in Goree on Sunday afternoon. Sister Cynthia Dockins and Sister Violet Smith taught the lessons from Romans 8:24 and I Cor. 15:58.

FROM QUANAH

Former residents Dell Rumley and daughters Shelly and Sharon of Quanah visited friends in Knox City last weekend.

Mrs. Rumley was a guest of the Kenneth Crownovers, Shelly was a guest of Christi Clayton, and Sharon visited with Rhonda Albus.



MAKE MORE MONEY

\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$

BY FERTILIZING YOUR CROPS!

Increase Your Yield!

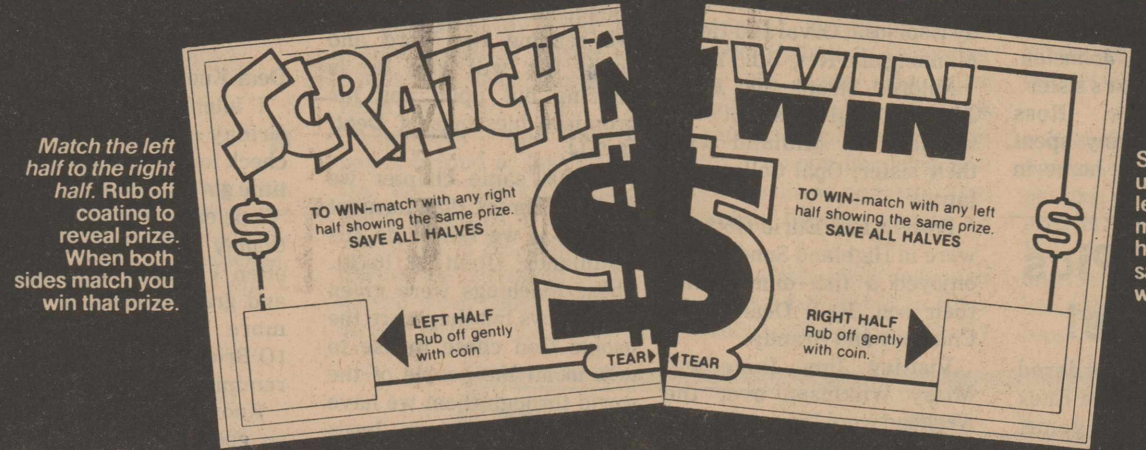
CHECK WITH US FOR ALL YOUR FERTILIZER NEEDS

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BE A WINNER AT BOB'S SUPER SAVE BEGINNING MARCH 8th SCRATCH! MATCH! 'N...

WIN CASH



WIN FOOD

INSTANT WINNER GRAND PRIZE

\$500.00

3-\$100.00 WINNERS 20-\$10.00 WINNERS
10-\$ 20.00 WINNERS 40-\$ 5.00 WINNERS

Plus

200 SAVERS CARDS TO BE AWARDED...

You can win a Gold Bond Savers Card good for one Super Discount Booklet special of your choice.

YOU CAN WIN BREAD•CATSUP•EGGS• MARGARINE•FROZEN JUICE OR SODA POP!



HERE'S HOW IT WORKS!

Each "Scratch 'n Win" ticket has a silver square on the right half and on the left half, and is perforated in the middle. To play, rub off the silver squares on the lower left and right hand corners of the game ticket to reveal the prize underneath. If the prize shown is the same on both halves, you are an INSTANT WINNER. If the prizes are different, split the ticket along the perforation, save both halves and keep collecting more tickets. Whenever you match a left and a right half showing the same prize, you WIN!

START TODAY

YOU MAY BE A WINNER!

SCRATCH 'N WIN OFFICIAL RULES

- GAME TICKETS:** You may receive a game ticket from cashiers at participating store. No purchase is required. Limit one ticket per person per day.
- HOW TO PLAY:** Use edge of coin to gently rub off silver squares in lower right and left hand corners of ticket. If both left and right halves match, you win that prize. If they do not match, save both halves and collect. When you have left and right halves that match, you win that prize.
- PRIZE CLAIM:** To claim all prizes, initial and submit matching prize halves to store manager for verification and awarding of your prize. Each game ticket is subject to verification and shall be void and rejected if not obtained through legitimate channels or if illegible, mutilated, forged, tampered with in any way, or if it contains printing or other errors. Liability for any irregular game ticket or for those not received or verified is limited to replacement of the card. Participating stores and Carlson Marketing Group Inc., are not responsible for lost or stolen game tickets. All prizes must be claimed within 7 days of announced termination date. Unclaimed prizes will not be awarded.
- ELIGIBILITY:** The game is open to residents of the United States, except where prohibited or otherwise restricted by law. Applicable federal, state and local taxes are the sole responsibility of winners. Employees and their families of participating stores, the sponsor, its advertising agency and Carlson Marketing Group, Inc., are not eligible.
- WINNERS LIST:** List of prize winners will be posted by the participating store.
- PRIZES:** Prizes: 1 - Grand Prize \$500.00 cash, 3 - \$100.00 cash, 10 - \$20.00 cash, 20 - \$10.00 cash, 40 - \$5.00 cash, 100 - 24 ounces bread, 100 - 32 ounce or 1 liter soda pop, 100 - 1 dozen eggs, 100 - 14 ounce catsup, 100 - 1 pound margarine, 100 - 12 ounce frozen juice, 200 - 1 Savers Card. Total number of prizes: 874. Total value of prizes: \$1,865.00.

- LOCATION:** This game is conducted in the marketing area of KNOX CITY, TEXAS.
- TERMINATION DATE:** Game is scheduled to end on JUNE 2, 1984 but it officially ends when all game tickets have been distributed. Termination date will be announced.

PRIZE	NUMBER OF PRIZES	ODDS 2 TICKETS	ODDS 13 TICKETS	ODDS 26 TICKETS
\$500	1	1 in 20,000	3,077	1,538
\$100	3	1 in 18,580	1,031	513
\$ 20	10	1 in 12,821	354	156
\$ 10	20	1 in 6,410	177	78
\$ 5	40	1 in 3,205	88	39
Bread	100	1 in 200	31	15
Soda Pop	100	1 in 200	31	15
Eggs	100	1 in 200	31	15
Catsup	100	1 in 200	31	15
Margarine	100	1 in 200	31	15
Orange Juice	100	1 in 200	31	15
Savers Card	200	1 in 632	18	8
Total	874	1 in 31	4	2

MARCH

S M T W T F S

with us for **SAVINGS!**

NEW!
NUTRA-SWEET
JELLO
SUGAR FREE

10 GOLDEN TEN



ARMOUR **POLISH SAUSAGE**

12-Oz.

1.89



FIRST TASTE OF THE DAY
Minute Maid ORANGE JUICE
64 OZ. CARTON
2.29

MARCH
S M T W T F S
PIKES PEAK **ROAST**
1.99
Pound

GENERIC 18 OZ. BOX
CORNFLAKES **1.06**

Gary's **SUPER DOG**
ON A STICK
5 COUNT PACKAGE
1.39

GLADIOLA **FLOUR**
5-Lb. Bag **98¢**

JEWEL **SHORTENING**
42 OZ. CAN **1.69**

SLICED BEEF, SKINNED & DEVEINED
LIVER
69¢ Lb.
Pace **PICANTE SAUCE**
16-Oz. **1.49**

FOLGER'S COFFEE
2.39
Pound

MARCH
S M T W T F S

PARADE Fresh Frozen **COB CORN**
4 EAR **1.39**

HANDY PAK **CRINKLE CUT POTATOES**
59¢

BOUNTY
BETTER QUALITY **PAPER TOWELS**
JUMBO ROLL **89¢**

ROUND STEAK
2.49
Pound

PARADE **CAULIFLOWER**
10 OZ. PKG. **79¢**

QUAKER STATE MOTOR OIL
QUART **98¢**

Kraft Bar-B-Q **SAUCE**
18-OZ. BOTTLE **98¢**

LIQUID CLEANER 6 OZ. TRIAL SIZE
MR. CLEAN
3 FOR **1.00**

PARADE SLICED SINGLES **CHEESE**
12 OZ. PKG. **1.49**

QUAKER STATE

vlasic **Pickles**
Kosher Dills 32-Oz. Jar Polish Dills 32-Oz. Jar **1.39**

All Varieties JENO **PIZZAS**
1.29
EACH

PREGO SPAGHETTI SAUCE
32 OZ. **1.69**

GLADIOLA WHITE OR YELLOW **CORNBREAD MIX**
4 6 OZ. PKGS. **1.00**

22 oz. SPRAY **FORMULA 409**
1.29

VAN CAMP **Pork & Beans**
2 21 Oz. Cans **\$1.00**

VAN CAMP **Beanie Weenees**
2 7.75 Oz. Cans **\$1.00**

LITE-FLUFF **Biscuits**
8 4 Oz. Cans For **1.00**

COCA-COLA
1.09
2 LITER BOTTLE

MARCH
S M T W T F S

CALIFORNIA HASS **AVOCADOS**
39¢ EACH

RED DELICIOUS **APPLES**
EXTRA FANCY
Pound **59¢**

SUPER DISCOUNT SPECIALS
WITH FILLED GOLD BOND SUPER DISCOUNT BOOKLETS

FOREMOST MILK **\$2.29** Gallon
WITH EACH FILLED GOLD BOND SUPER DISCOUNT BOOKLET

COUNTRY FRESH BREAD 1 1/2 Lb. **29¢**
WITH EACH FILLED GOLD BOND SUPER DISCOUNT BOOKLET

GANDY'S ICE CREAM **\$1.69** 1/2 Gal.
WITH EACH FILLED GOLD BOND SUPER DISCOUNT BOOKLET

GRADE A MEDIUM EGGS **69¢** Doz.
WITH EACH FILLED GOLD BOND SUPER DISCOUNT BOOKLET

BATHROOM **Charmin TISSUE**
6 ROLL PKG. **1.79**

RUBY RED **GRAPEFRUIT**
33¢ Pound

THOMPSON SEEDLESS **GRAPES**
Pound **99¢**

BOB'S \$UPER \$AVE
109 Ave. A Knox City, Texas 79529 658-3214

SHOP THE STORE THAT GIVES YOU MORE *save, save*
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Everything You Always Wanted To Know About Radioactive Waste Disposal ★

★ but nobody bothered to tell, until now.

(EDITOR'S NOTE: In recent issues of the News, information has been passed on to readers about efforts to locate a radioactive waste disposal site in this area. A lot of questions have been raised as citizen awareness and concern over this issue grows. In response to the questions, Rob Harrison has agreed to furnish information in six articles to be published in *The Knox County News*.

ARTICLE #5...

The 'Authority' states that clay soil is most desired for a radioactive waste dump site. This is due to the physical and chemical make up of clay. Clay will attach particles of radiation and retard its migration through the soil. (I write that comment with tongue in cheek, and below you will see why.) The critical question is what other types of permeable soil intersect the clay and can it be identified through the testing and sampling that will be done on the proposed site. The reason the Sheffield, Ill., dump site was closed down in 1978 was that the U.S. Geological Survey discovered a sandy stratum underneath the site. This stratum had not been identified in core drilling conducted before the permit was received to operate.

Another problem with dump sites are cheating agents. These are chemicals used to make radioactive materials more soluble. They aid in flushing radioactivity out of reactors during decontamination proceedings. As I understand it, this is done when the filters are cleaned as was discussed in an earlier article. The next comment is directly from a report from the Sierra Club and is another reason why we question certain authorities about radiation. At Maxey Flats, Ky., the corporate owner said that plutonium would not migrate more than one half inch in 24,000 years. And 10 years later it was discovered to have migrated some two miles from the dump site. These are just a sampling of the problems that have occurred at dump sites already in operation. It seems to be quite clear that even the best made plans occasionally go astray. Can there possibly be alternatives to the dump site concept?

One wonders, if dump sites are not the solution to the "low level" waste problem, what is? Which volume reduction methods available today adequately protect public health and safety? This is what some experts say: Compaction of some of the contaminated clothing and booties from reactors make sense but only if these materials (which contain very little radioactivity) are segregated from the more toxic and long life sludges and resins. Incineration of 'low level' waste is not the solution. A very radioactive hot ash is produced by this process that still needs to be properly disposed of. Furthermore, during incineration unacceptable amounts of radioactivity go up the stack making the hazardous materials accessible to human lungs. At reactors of particular concern are radioactive materials like cesium which vaporize at very low temperatures. Success at trapping the cesium on filters is uncertain. At medical and research institutions are materials, tritium and carbon-14 with half lives of 12 and 5700 years respectively. These long lived materials cannot be captured by stack filters and are released to the environment. These two occur in reactor waste as well as medical institutions. But that ended the expert comment, with still no solution to the problem of what to do with the stuff.

Not only are there problems with the dumping sites, there are problems with the short term storage facilities before it is processed to be sent to a dump site. We have found severe violations of which materials are supposed to be there and those that are not. Disregard of safety and

health regulations for employees is the rule rather than the exception. So, it is a far reaching problem.

Another area that should concern us is the transportation of 'low level' waste which, will also be of no surprise, has problems also. Most 'low level' waste is transported inside steel canisters, drums or wooden crates and hauled to dump sites in trucks. Each operating reactor generates approximately 50 truckloads of 'low level' waste per year. There are frequently problems with improper packaged waste arriving at dump sites. The problems are with leaking drums and improperly closed containers, allowing contents to spill inside the packages. All liquids are supposed to be absorbed by cotton or other absorbent material before shipping. And even with this report, the "Authority" states that their designed truck wash is not for decontamination purposes. You be the judge of that.

At one point, the governor of Nevada banned certain trucking companies from transporting waste to the Beatty Nevada dump site due to their haphazard handling of 'low level' waste. Incidents of leakage and materials being spilled onto the road surfaces was common. In a report by Sandia Laboratories in Albuquerque, N.M., during a time from 1971 to 1981, they reported 750 incidents or accidents involving 'low level' waste. The 'Authority' is quick to point out that not all of these occurred in the trucking of materials and not all were of a significant amount and some occurred in the packaging stages for shipment. I am just as quick to point out, regardless of where they occurred, they did in fact occur and it merely points out the fact that this material is handled with little or no concern for public safety and well being. The reported accident/incident record boils down to one every 4.8 days and the 'authority' only considers 26 of these to be of any importance.

This brings up another point that ought to be mentioned. 'Low level' wastes can be classified under a broad heading called "Hazardous Materials". This lump term is used for anything that is harmful to humans. It can be a radioactive material, toxic material, and/or flammables. Some 'low level' wastes fit into all three sub titles. One report from the National Academy of Sciences stated that a container of 'low level' waste exploded in transit to a dump site. As a point of interest, in 1982 from Texas alone, the annual tonnage of hazardous materials exceeded the states cotton crop by more than 30 times. This was all hazardous materials, not radioactive waste alone.

The United States Environmental Agency states that there are no standards to govern the dosages of radiation from 'low level' sources. In a telephone conversation with an EPA official from Dallas in September 1983, he told me personally that the proposed dump site may well be a testing ground to set standards for such guidelines as the maximum annual dosage a person or population group should receive. He pointed out that there is no "safe" dose of radiation that will not do some harm, even low doses such as x-rays and background sources will harm you.

The industry wants to dispose a substance that has not been adequately defined from a safety point of view. These people have no idea what the long term effects will be and yet they fail to tell us all there is to know. We are dealing with an issue that there appears to be no answer for. The theory of "out of sight-out of mind" seems to be upmost in their thinking. Next week will be the last in this series and will have some good thought to be considered.



Solid white tuna (albacore) makes a quick and classic main dish.

ALBACORE JAMBALAYA

- 2 cans (7 oz. each) Bumble Bee Solid White Tuna
- 1 green bell pepper, seeded, chopped
- 1 clove garlic, pressed
- 1/2 cup sliced celery
- 1/2 cup sliced green onion
- 3 tablespoons vegetable oil
- 1 cup uncooked rice
- 1 can (14-1/2 oz.) chicken broth
- 1/4 to 1/2 teaspoon cayenne pepper
- 1 can (16 oz.) whole tomatoes, drained, chopped

Drain tuna. In large skillet, sauté green pepper, garlic, celery and onion in oil until soft. Stir in rice. Add chicken broth, cayenne, tomatoes and tuna. Bring to boil. Cover, simmer 25 minutes. Makes 4 to 6 servings.

QUICK 'N EASY LUNCHEON IDEAS

Surprise The Youngsters With Edible Garnishes



Why not give the kids a real treat by enhancing a basically delicious luncheon dish with some creative garnishes? Here we've added attractive finger foods to a chicken ravioli casserole. To create the illusion of a chicken, add carrot tail feathers and a banana head trimmed with a grape-crest, all edible and nutritious.

CHICKEN RAVIOLI BAKE

- 2 tablespoons butter or margarine, melted
- 3/4 cup chopped onion
- 1/2 cup chopped celery
- 1-1/2 cups cubed cooked chicken
- 1 package frozen peas, thawed
- 2 cans (15 oz.) Chef Boyardee Mini Chicken Ravioli
- 1 carrot, sliced lengthwise
- 5 toothpicks, halved
- several grapes
- 1 banana, cut in half
- 2 raisins

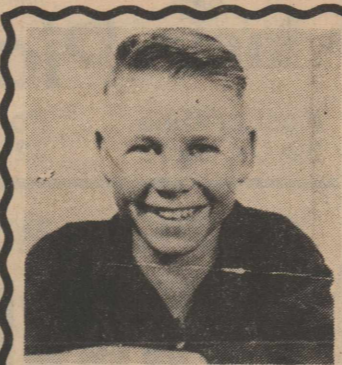
Sauté onion and celery in butter. Stir in chicken and peas; warm. Line the bottom of a greased 1-1/2 quart casserole with one can of the Mini Chicken Ravioli. Spread the chicken mixture over the ravioli. Layer the second can of ravioli on top; cover. Bake in a 375°F oven for 25-30 minutes. Arrange carrot slices at one end of casserole for tail. Place toothpick halves in grapes. Arrange 3 or 4 grapes on banana as crest; arrange 2 or 3 underneath. Place toothpick halves in raisins. Arrange in banana as eyes. Arrange garnished banana in front of casserole. Serves 2 or 3.

'Employee' Forms At Chamber Office

Forms for "Employee of the Month" for March are available at the Chamber of Commerce. Deadline for entries is the 25th of each month.

Nomination Form

Name _____
Employed By _____
Nominated By _____
Date _____



Happy Birthday, March 7 Little Brother!

Need Office Furniture?

CHECK WITH US!
THE KNOX COUNTY NEWS

FRIEND

From Page One

Committee for twenty six years. He was the Chairman of the powerful Appropriations Committee for twelve years. Before retiring from the House in 1982, W.S. "Bill" Healy had become the Dean of the Texas House and made history by serving the longest tenure in the State Legislature.

Using his power and influence in state government to serve his legislative district, Healy himself said that he considered it commendable that legislators can be influenced by hometown voters instead of Austin lobbyists. He was sometimes referred to as the "Kingmaker" who was the power behind at least six of the eight speakers under whom he served.

With all of his political influence and contacts, he was quoted when speaking of his own 101st Legislative

District, "When I was in Austin, the people of my district always came first."

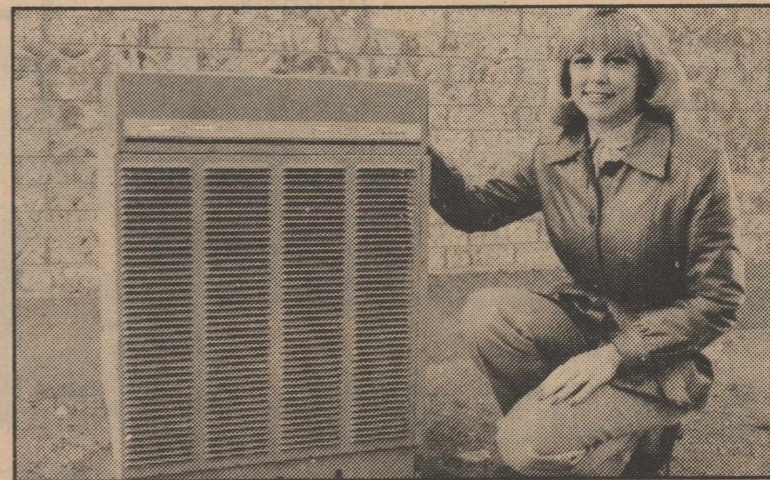
He was awarded plaques of recognition from the State Bar Association, Texas Alcoholic Commission, Vocational Agricultural Teachers Association and the Easter Seal Society of Texas. In May, 1968, Howard Payne College awarded him an Honorary Doctor Of Law Degree. In June of that same year during the special session of the Sixtieth Legislature, his colleagues in the House of Representatives passed Resolution #18, congratulating Mr. Healy and expressing the appreciation of the House for his distinguished service. He was awarded the "Outstanding Alumnus" award by Dallas Baptist College in December of 1968, and the 61st Legislature Appropriations Committee presented him with a plaque honoring him for his selfless and dedicated service to the people of Texas.

A lot of that same dedicated service was devoted to Knox County and Knox City. Healy

often stepped in to aid his legislative constituents whenever the red tape and the bureaucracy of the state government got in the way of things that were happening in this area. One case in particular involved a conflict between Knox City and the state when Knox City was receiving a tremendous amount of "red tape hassle" over a proposed garbage dump site. A letter from the Mayor of Knox City to Healy explaining the problems produced fast results when Healy personally confronted those officials responsible for the delay in the processing of the dump site application. The intervention of Representative Healy in that instance was not an isolated case, he often did the very same thing whenever his district was involved.

Knox City and Knox County has lost a good friend with the passing of W.S. Healy. This area of Texas owes a lot to Bill, the impact of his care and concern for all of us will be visible for a long time to come.

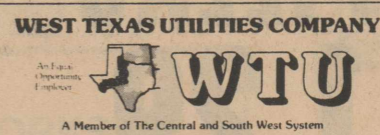
The most efficient, the most economical heating and cooling system for your home.



THE Electric heat pump.

It's part of "the plan" — the Energy Saving Plan

THE ELECTRIC HEAT PUMP: It can save you money on your home energy bills. And when it's used along with other WTU-recommended energy conservation measures according to the ENERGY SAVING PLAN, you can save even more. WTU will pay YOU money when your home meets all the E.S.P. requirements that ensure your home to be energy efficient. That's where the ELECTRIC HEAT PUMP comes in — it's part of "the plan" because it's the most efficient system for heating and cooling. During the winter it removes heat from the outside air and pumps it into your home. In the summer it reverses the process and becomes an air conditioner, so you get even comfort year-round. CALL YOUR LOCAL WTU OFFICE OR A FACTORY-TRAINED ELECTRIC HEAT PUMP DEALER TODAY TO FIND OUT MORE ABOUT SAVING ENERGY AND MONEY ON YOUR HOME ELECTRIC BILLS.



Remember, REDDY supplies the energy — but only YOU can use it wisely!

NEWS OF PETS

Free New Film On Joys Of Having Pets

The joys of owning a pet — and some of the responsibility involved — are the subject of a new 13-minute color film, "A Special Friendship."



Pets can be close friends.

The 16mm film, sponsored by Carnation Company, is a tribute to the close and enduring relationship between pets and people. It is also a reminder of the unique nature and needs of dogs and cats, and gives viewers information on how to meet those needs. Health care, nutrition, grooming and training are some of the areas touched upon in this moving history of pets and their significance as companions, co-workers and friends.

"A Special Friendship" is offered for loan, free of charge. The only obligation to borrowers is the mailing cost of returning the film.



PAUL & CHRISTY
...music



BOB CAMERON
...preacher

REVIVAL

FIRST BAPTIST CHURCH

KNOX CITY, TEXAS

March 11-16

11:00 A.M.
12:00 Noon

Sunday, March 11
Monday-Friday

7:00 P.M.
7:30 P.M.

The noonday service will begin at 12:00 noon with a covered dish luncheon — each family bringing sufficient food for their family. Services will conclude by 12:55 each day. Our community is invited to these and the evening services.

Nursery Provided For Each Evening Service

WELCOME

Jane's News Notes

By Jane Locknane

By Jane Locknane
March has arrived and if you're like me you think we missed February somewhere.

Today's topic is going to be the effects of stress. Researchers have divided the body's reaction to stress into three stages.

STAGE I...ALARM
This first stage occurs when the body recognizes that a stressor is lurking and mobilizes the body's biological/chemical defenses to cope with it.

Certain hormones are pumped into the bloodstream which speed up the heart rate, increase respiration and slow down digestive activity.

THE BODY IS READY FOR A FIGHT!
In animals or primitive man this alarm system triggers physical action (fight) or running away (flight) which releases tension.

If there is neither fight nor flight, then there is NO RELEASE for the stress. Such a situation can lead to stress-related illnesses such as ulcers, headaches, backaches, palpitations of the heart, rashes, and various other ailments.

STAGE II...RESISTANCE AND ADAPTATION
In this stage, the body tries to repair the damage caused in stage 1 and bring the body back to a "normal" condition.

This defense system works so well that most of the time, we are not even aware of it. We are all bombarded by stress-but we are not all sick. IT IS ONLY WHEN STRESS IS NOT POSITIVELY DEALT WITH THAT STAGE III RESULTS.

STAGE III...EXHAUSTION
A body cannot be under stress all the time. Release must occur or illness is likely to be the result.

How does stress effect us? Some doctors attribute more disease to stress than others do; but most agree that stress is associated with the mind, body (psychosomatic) diseases. They are physical disorders that have their origin in or are worsened by psychological or emotional processes. In other words, in psychosomatic diseases, the mind affects the condition of the body. Some of the psychosomatic conditions that are related to stress are ulcers, diarrhea, and constipation, allergies such as asthmatic reactions, and migraine and tension headaches.

Other doctors believe that conditions such as hypertension (high blood pressure), coronary heart disease, stroke, cancer, diabetes mellitus, obesity, and accidents are caused in part by stress. There is agreement among doctors and researchers that stress is a factor in

Vets Entitled To Unclaimed Exemptions

A large number of veteran and their surviving spouses and children are entitled to property tax exemptions which they are not claiming. According to Allen Lowrey, Veterans Service Officer for Knox County, the tax exemptions apply to service-connected disabled veterans and their surviving spouses, and in some instances, their children.

Under a State law, a veteran with a compensable service-connected disability is entitled to claim a property tax exemption. The amount of the exemption depends upon the percentage of disability of the service-incurred disabilities as rated by the Veterans Administration or the branch of the U.S. Armed Forces in which a veteran served. Each year, generally during February, veterans in receipt of VA compensation are sent letters showing the percentage of disability that is in effect. The veteran must then take a copy of the VA letter to each taxing entity in which his taxable property is located.

The automatic VA letter is sent to all veterans whose VA records are located in either of the VA Regional Offices in Waco and Houston. If a

veteran has taxable property in Texas, but resides elsewhere or the VA records are located in another State, he must obtain from his own

VA Regional Office a letter verifying his disability rating. Also, there is no letter automatically sent to the widows of deceased veterans. These people must contact the appropriate VA Regional Office and ask for the tax exemption letter.

The request for the property tax exemption should be made to all of the appropriate taxing offices before April 1 each year in order to take credit for the entire year. If a

letter of verification is needed, it may be requested from the VA Regional Office of jurisdiction. Your local Veterans Service Officer will assist you in this request.

Bran Muffins: Flavorful Fiber

The benefits of fiber in our daily diets has received special attention in recent years. Fiber is a valuable aid to our digestive process and often can be indirectly helpful in preventing certain digestive-related disorders. It is found in many different foods, but most noticeably in bran, the outside seed-coat of cereal grains.

Bran has a flavorful taste and is used in countless recipes for muffins, breads, cakes, and cookies. Dried Apple and Bran Muffins are a good example of how to put healthful and appetizing bran into your diet. These muffins rely on bran flake cereal and chopped dried apples for their wholesome taste and nutritious quality. Nutmeg and cinnamon are also used to add just a hint of spice flavoring.

Although muffins are traditionally served at breakfast, these tasty baked goods can easily find their way into menus for brunch, lunch, tea-time, or snack-time any time of day. Serve them piping hot with butter or jam and coffee, tea, or fresh-squeezed juice.

DRIED APPLE AND BRAN MUFFINS (Makes 12 muffins)

- 1 1/2 cups 40% bran flakes
- 1 cup water
- 1/4 cup oil
- 1 slightly beaten egg
- 3/4 cup chopped dried apples
- 1 1/4 cups flour
- 1/3 cup dry Carnation nonfat dry milk
- 3/4 cup sugar
- 2 teaspoons baking powder
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon salt

Soak bran flakes in water in medium bowl 5 minutes. Stir in oil, egg, and apple. Combine flour, dry nonfat milk, sugar, baking powder, cinnamon, nutmeg, and salt. Make a well in center. Stir in bran mixture just until moistened. Spoon into 12 buttered 2 1/2-inch muffin cups. Bake in moderate oven (375°F.) 20 to 25 minutes, or until toothpick inserted in center comes out clean. Remove from muffin cups and serve warm, or cool on wire racks.



Add Catfish To Your Diet

The holidays are a wonderful time for fancy foods with marvelous sauces and heavy desserts, but thank goodness it only comes once a year.

If you have added a few extra pounds and are contemplating a weight loss program, be sure to add tasty steamed and baked catfish to your New Year's diet. An ounce of cooked catfish is only 30 calories and a good source of protein. Instead of tuna fish or salmon salad, try the recipe below for a delicious taste treat.

Catfish Salad

- 3 cups flaked, cooked Country Skillet Catfish (about 1 1/2 lb.)
- 2 stalks celery, chopped (about 1 cup)
- 1 apple, chopped (about 1 cup)
- 1/2 teaspoon pepper
- 2 teaspoons grated lemon peel
- 1/4 teaspoon garlic powder
- 2/3 cup low calorie mayonnaise or salad dressing

In large bowl, combine catfish, celery, apple, pepper, lemon peel and garlic powder; stir in mayonnaise. Cover and chill. Serve salad on lettuce with crackers and tomatoes, if desired. Makes 6 servings.

KC Woman's Sister Dies In Quannah

Services for Mrs. Jessie Toland of Quannah, sister of Mrs. Bea Benedict, were held Tuesday, March 6, at 2:00 p.m. from the First Christian Church in Quannah with Dr. Edgar Fox, pastor, officiating.

Burial was in Quannah Memorial Park.

Mrs. Toland died Sunday in a Quannah nursing home. Born Feb. 9, 1908, in Memphis, Texas, she moved to Hardeman County in 1935. A registered nurse, Mrs. Toland was employed by Quannah Memorial Hospital for many years before her retirement several years ago.

Survivors include a daughter, Mrs. Billy M. Burch of Quannah; two sisters, Jose Tackitt of Seymour and Mrs. Benedict of Knox City; four grandchildren and six great-grandchildren.

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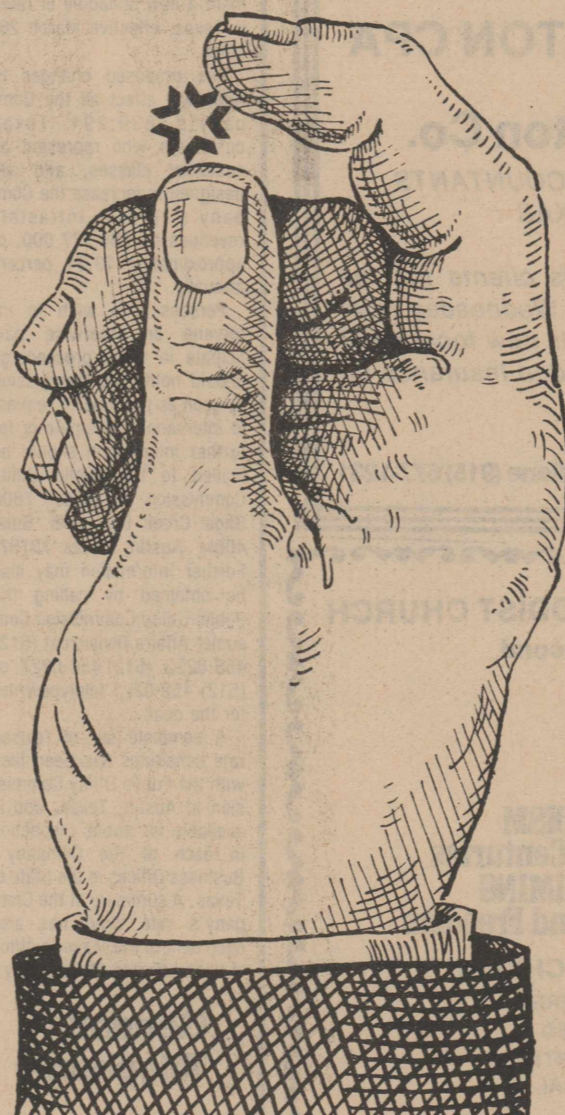
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9 MONTHS TO 1 YEAR (270 thru 364 days)	10.125%
1 YEAR TO 2 YEAR (365 thru 729 days)	10.75%
2 YEAR TO 3 YEAR (730 thru 1094 days)	11.00%
3 YEAR TO 4 YEAR (1095 thru 1459 days)	11.00%
4 YEAR TO 5 YEAR (1460 thru 1824 days)	11.00%

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Crop Losses From Drought 'Staggering'

Crop losses from the drought in 1983 were staggering...corn yields were down 48 percent and soybeans and cotton down by one-third, according to USDA estimates.

Crops, however, that were under some form of conservation tillage, particularly no-till, were in better shape than those under conventional tillage, said Peter Myers, Chief of U.S. Department of Agriculture's Soil Conservation Service. Improved moisture holding capacity is one of the greatest benefits of conservation tillage in a drought year like this one.

Conservation tillage can make the bad times better and make the best of the good times, said Myers in the October issue of Soil and Water Conservation News. Farmers using conservation tillage and researchers studying demonstration plots have learned that:

*Crops under conservation tillage show signs of stress 5 to 10 days later than conventionally tilled crops. Delaying stress during pollination and critical growth stages often mean higher yields;

*Crop residue delays evaporation of moisture and allows the rainfall too soak in;

*During stress periods, there can be as much as 2 inches or more of soil moisture available for crops with conservation tillage and no-till than with conventional tillage;

*No-till on irrigated wheat can save as much water as it takes to irrigate the crop once with 4 inches of water; and

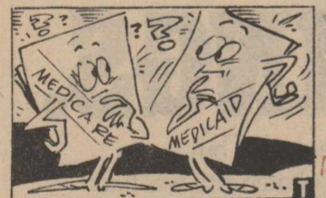
*In dry years, crops under conservation tillage, particularly no-till, yield better than conventionally tilled crops. In the Midwest, corn under conservation tillage, yielded 10 to 25 bushels more per acre than conventionally tilled corn.

The plant residue left on the surface by conservation tillage helps hold moisture by covering the surface to reduce moisture evaporation and decreasing runoff to allow more infiltration of water into the root zone. As the organic matter content increases in the seeding zone, the water holding capacity of the soil improves.

DID YOU KNOW?

Now that Medicare and Medicaid have been functioning for nearly 20 years, most people know the difference. Right?

Wrong, says the Health Insurance Association of America. Many people still think the two programs are the same.



There is a difference between Medicare and Medicaid.

Though both programs pay for health care, they definitely are not the same. Medicare is the federal program that helps pay for basic health care services for almost everyone aged 65 and over and for certain disabled persons under 65.

Medicaid, a federal-state partnership, pays for health care for needy and low-income people, without regard to age.

While Medicaid pays all of a person's health care bills, Medicare pays only a portion of them. Thus, the need for private health insurance to supplement Medicare.

Free Booklet

An informative guide, "How To Use Private Health Insurance With Medicare," is available free by writing to: Health Insurance Association of America, Dept. N-702, 1850 K Street, N.W., Washington, D.C. 20006.

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Hightower Receives C of C Endorsement

DALLAS -- Jack Hightower, who represents the thirteenth Congressional District of Texas, has received the endorsement of the U.S. Chamber of Commerce, the nation's largest business federation. A record 173 candidates running for election as members of the 99th Congress, including 19 Democrats and 154 Republicans, have received the endorsement. Officially approved by the Chamber's 65-member Board of Directors at its regularly

scheduled February meeting, the Chamber endorsements outnumber by 61 the total number made in the 1982 election cycle.

These endorsements are the result of a revamping of the Chamber's political endorsement program following the 1982 election, designed to ensure responsiveness to the views of the Chamber's membership.

Under the new endorsement procedures, mailed to members of Congress last summer, all incumbents with

70 percent or above cumulative voting records are eligible for Chamber support, contingent on local business support. One hundred sixty-four incumbents running for re-election were endorsed under that procedure.

Among those endorsed on the basis of their cumulative voting records are 17 Democrats and 135 Republicans in the House and one Democrat and 11 Republicans in the Senate. These endorsements, based on voting record, apply in both the primary and general elections, regardless of the business orientation of the incumbent's challenger.

Although most endorsements were based on the members' cumulative voting records in Congress, nine other House races were also selected for endorsement based on the Chamber's traditional endorsement criteria of close race, philosophical difference and support of business. Among those nine are two Democrats and seven Republicans.

Richard Lesher, president of the U.S. Chamber, said, "We take this endorsement process very seriously, and are very proud of it. We sought input from more than 9,000 of our members nationwide, including member state and local chambers, and every member who sponsors a political action committee. The Chamber's Board of Directors made the final decision."

John A. Kochevar, national executive director of the Chamber's political action committee, the National Chamber Alliance for Politics, added that, "This list represents just a starting point for the 1984 election. More endorsements will be added as races meet the Chamber's criteria, and we will be looking closely at the 23 open seats and more than a dozen challenge races for inclusion in the Chamber's next endorsements."

The first "Endorsement Report" is scheduled to be published as part of the March edition of The Business Advocate, the Chamber's monthly membership newspaper.

The goal of the Chamber's political program is to elect members to Congress, both Republican and Democrats, who share the business community's objectives. Since the Chamber first endorsed candidates in the 1978 election cycle, 59 percent of the 323 endorsed candidates have won election.

Range Seeding Made Possible With Program

By Judy K. Albus, SCS

Weinert Farr installed 420 acres of kleingrass on his ranch in neighboring Baylor County during the spring of 1983.

"Seeding freshly root-plowed ground is a necessity in this part of the country," Farr stated. "We completed rootplowing 250 acres last year and rotraked 170 acres more of treedozed land. That

the time to get started for landowners who plan range seeding this spring. Albus pointed out that secrets to a successful range seeding include a good clean seedbed, excluding grazing while seedlings become established, and seeding to an adapted range species. For more information on range seeding, readers may contact the SCS office in Knox City.

ground was left bare and it cost plenty to get the mesquite brush off, so we protected our investment in brush work by establishing a Kleingrass stand on the treated land."

Farr entered his land into a Great Plains Conservation Program contract in 1976 to reduce erosion on rangeland and cropland on this place. Through the contract, Farr is eligible to receive cost share on waterways, brush management, range seeding, and a cross fence to set up a grazing system.

"We entered into this program with the Soil Conservation Service in Knox City to get conservation on the ground over a scheduled period of time," Farr says. "With the GPCP program set up this way, we knew that funds were definitely there for us to receive cost share for our work."

The GPCP program is the only USDA program that is completely funded and technical assistance provided by the SCS to provide cost share to individual landusers.

According to Judy Albus, Range Conservationist for the SCS in Knox City, now is

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PCA Presidents At Annual Conference

AUSTIN -- R.C. "Cliff" Cobb, president of Rolling Plains Production Credit Association, was among Farm Credit officials throughout Texas who gathered in Austin for the 1984 Annual PCA Presidents Conference, March 1-2.

According to Cobb, the meeting serves as a place for PCA presidents to exchange ideas and gather information on the status of the Tenth Farm Credit District. Presentations revolved around the theme, "Where are we? Where are we going?"

Sessions included a micro computer workshop, techniques for improving growth, image and professionalism and an update on Project 1985.

Project 1985 is a nationwide study being conducted

by the Farm Credit System to assess its operating environment in the 1990s. Results will provide a basis for strategic planning in each of the 12 Farm Credit districts.

Rolling Plains PCA is a member-owned agricultural finance cooperative which serves the credit needs of 1,032 farmers and ranchers in a 17 county area.

Rolling Plains PCA is one of 29 PCAs in Texas. Collectively they serve more than 15,000 agricultural producers and aquatic harvesters. Last year over \$2 billion was loaned through Texas PCAs.

PCAs have been a source of agricultural loans since 1933. Nationally they serve the credit needs of almost 241,000 credit needs of almost 341,000 farmers, ranchers and commercial fisherman, with more than \$19 billion in loans outstanding.

ints For Homeowners

Protection Against Fire And Burglary

Three security devices that homeowners can install in just minutes can help save thousands of lives, protect homes and the people who live in them. The three are the smoke detector, fire extinguisher and alarm system. The National Fire Protection Association reports that residential fires kill some 7,800 people each year and injure another 200,000. Half of those killed are children under five years of age.

In a fire, toxic gases and smoke form quickly. A family may have no more than a few vital minutes between detecting a fire and getting the family out safely.

Like fire, burglary can happen to anyone. According to the Federal Bureau of Investigation, one burglary occurs every eight seconds. Burglars look for easy targets, and unprotected homes offer just that.

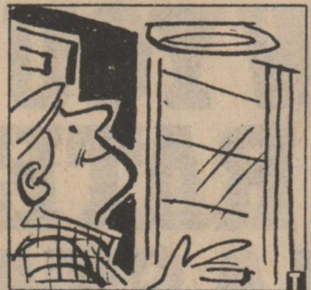
FBI statistics show most burglars are young, nervous and inexperienced. They will run when startled by an alarm.

These are just a few good reasons why it makes sense for homeowners to install security systems. One company, already known for its home care products, now

offers a complete set of these security devices.

The Amway Halon Fire extinguisher fights fire three ways—by cooling with a vapor, smothering flames by blocking oxygen and chemically interfering with the combustion process.

The smoke detector is battery operated with two microelectronic chips for circuitry. A dual alarm comparator avoids triggering the 85-decibel horn when toast or bacon is burnt.



The Amgard Perimeter Alarm System helps prevent theft in any size home by remote sensors and a console system that's simple to install.

Amway products are sold by Amway distributors. Check the phone book for the one nearest you or call toll-free 1-800-253-4463.

Notice of Rate Change Request

General Telephone Company of the Southwest, in accordance with the Rules of the Public Utility Commission of Texas, hereby gives notice of the Company's intent to implement a new schedule of rates in Texas, effective March 28, 1984.

The proposed changes in rates will affect all the Company's 829,291 Texas customers who represent all customer classes, and are designed to increase the Company's gross intrastate revenues by \$84,777,000, or approximately 13.34 percent annually.

Persons who wish to intervene or otherwise participate in these proceedings should notify the Commission as soon as possible. A request to intervene, participate or for further information should be mailed to the Public Utility Commission of Texas, 7800 Shoal Creek Boulevard, Suite 400N, Austin, Texas 78757. Further information may also be obtained by calling the Public Utility Commission Consumer Affairs Division at (512) 458-0223, (512) 458-0227, or (512) 458-0221 teletypewriter for the deal.

A complete set of revised rate schedules has been filed with the Public Utility Commission at Austin, Texas, and is available for public inspection in each of the Company's Business Offices in the State of Texas. A summary of the Company's rate filing has also been sent to the Mayor's office of each affected Municipality.

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Retired Teachers Aid With Literary

Members of the Knox County Retired Teachers Association served as judges and graders for the school literary meet held in Knox City and Munday February 29 and 30. This activity followed the regular meeting in the Knox City Community Center, Tuesday, February 28.

Wyman Meinzer of Benjamin presented the program with a discussion of wildlife photography and slides showing examples of his work.

Jessie Roberts and June Tankersley were hostesses. Refreshments of chocolate dessert, dip, coffee and spiced tea were served. The Gift Cottage of Knox City provided brass wildlife figurines to help carry out the theme of the program.

The next meeting will be on March 27 when the program will be a book review given by Jessie Roberts.

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