

JULY NON LOCAL SUBSCRIPTIONS DUE

Rick Braden, Nacogdoches
Clyde Dudley, Arlington
Sam Elliott, Amarillo
D. M. Gilbert, Flomot
Jerry Green, North
Bill Hardcastle, Meridian
Dennis Irby, Rockwall
Joe Lyles, Amarillo
Mike Mullin, El Paso
Norman Mullin, Amarillo
James Lee McDonald, Pampa
Scott Saul, Lockney
Ursei Taylor, Lockney
Jendy Townsley, Amarillo

JULY LOCAL SUBSCRIPTIONS DUE

Mrs. Bud Bailey
Bruce Barker
E. E. Chandler
Vernell Cotton
Faye Dudley
Thomas Fuston
Bob Ham
Tomas Hinojosa
Earl Patrick
Mrs. Tom Pierce
Jimmy Rose
Jerry Smith
Otho Stubbs
Dick Taylor
Jack Wellman
Jimmy Woods

Support Public Television Without Spending A Cent!

Are your closets cluttered? Is your attic absolutely atrocious? Now you can clean up your act and help support Public Television in the Panhandle!

KACV-TV, the Panhandle's Public Television Station, is planning a gigantic garage sale August 20th and 21st. The noncommercial, nonprofit station raises money by selling things you donate. **All gifts are tax deductible.**

Please drop your donations in Amarillo at Russell Gym on the campus of Amarillo College between 10 a.m. and 2 p.m. Monday through Thursday. Pick up of larger items can be arranged if there is enough for a truck load in an area community.

VOLUNTEERS to work the sale are needed the week prior to the sale (beginning August 16th) and during the sale (August 20th and 21st). We also need baked items for those who like to cook!

Come get a great buy on some neat stuff during the two-day sale August 20th and 21st in Russell Gym on the campus of Amarillo College.

For more information call 371-5138 or 1-800-999-9243 ask for Julie Stair.

Heat Stress

Summer's sizzling temperatures can subject the body to hazardous stress. The potential toll of excessive heat ranges from mild discomfort to life-threatening heatstroke.

"When it's both hot and humid, it becomes more difficult for the body to release the heat that builds up," said Lowell Johnson, M.D., family physician on staff at Methodist Hospital. "As a result, the body temperature begins to climb. Initially, this might cause mild discomfort-headache, dizziness and fatigue are typical symptoms."

Following are the three degrees of heat stress, how to recognize them and prevention techniques.

"Heat cramps" Represents the mildest form of heat stress. They are most often seen in poorly conditioned athletes who drink inadequate amounts of liquid before and during exercise. Symptoms included painful muscle spasms and sweaty skin. To relieve heat cramps, sit or lie down in a cool area. Drink cool water and stretch cramped muscles.

"Heat exhaustion" Results when heat stress produces excessive fluid loss. Heat exhaustion causes nausea, vomiting, headache, muscle aches, dizziness, rapid pulse, thirst and clammy or pale skin. When heat exhaustion is mild, the treatment is the same as for heat cramps. However, if vomiting, confusion or headache persists, gently apply wet towels and call for emergency help.

"Heatstroke" Heat exhaustion can rapidly lead to heatstroke, a condition in which the temperature regulating center in the brain fails. At this point, the body temperature soars, leading to severe and even fatal brain, liver or kidney damage. A person experiencing heatstroke may lose consciousness. If conscious, symptoms include confusion, a staggered walk and agitation. Other symptoms include hot, dry skin (rarely sweating) and a body temperature of 105 degrees Fahrenheit or more. A person experiencing heatstroke should be moved to a reclining position in a cool area. Emergency help should be called immediately. If the person is conscious, cool sips of water can be given. Large amounts of cold or ice water should be applied immediately.

Amarillo Seniors Sponsor Tournament

The Amarillo Senior Citizens Association annual golf tournament is scheduled for July 31, with the first team teeing off at 7:00 a.m. at Ross Rogers West course.

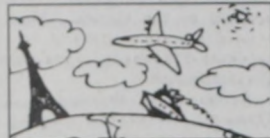
The ASCA tournament will again feature "Putt for Paradise." The winner will receive two round-trip tickets, courtesy of American Airline, to any AA destination in the lower 48 states. Other prizes will also be awarded to winners.

The 3-hole putting contest is open to the public. The putter starts with five balls on the first hole and advances to the next with the balls sunk on the first. Balls made on the second advance to the third. If no balls are made on the third hole, the closest to the pin wins. Last year's winner was the last putter of the day.

The Amarillo Senior Citizens Association is a not-for-profit organization supporting the senior citizens of Potter and Randall counties. In addition to furnishing low cost meals, some delivered to shut-ins, at eight nutrition sites in the two county area, some 12,000 meals are served each month.

Independence Village is owned and operated by ASCA. This facility provides low cost housing for senior citizens.

The Senior Aide Employment Program provides jobs for seniors throughout the community, in various non-profit agencies.



The most popular tourist destination is France, which received over 49 million foreign tourists in 1989.

When the temperatures rise, avoid heat stress by scheduling exercise for the early morning or evening, drinking plenty of fluids, avoiding the sun, keeping your home cool and wearing lightweight, loose-fitting clothing.

Power-of-Attorney Agreements And Joint Bank Accounts Are Not Enough

by Mary Jane Shanes, Social Security manager in Plainview Texas

When a person who gets Social Security or Supplemental Security Income (SSI) checks is unable to manage benefits in his or her own best interest, the Social Security Administration appoints a representative payee to assume these responsibilities. In these cases, the Social Security or SSI benefits are sent directly to the representative payee. The payee takes care of using funds for the personal care and well-being of the beneficiary and agrees to report certain changes in the beneficiary's circumstances that could effect the continuing eligibility to receive benefits.

Social Security representatives often come across situations where family member have worked out other agreements for handling the benefit checks of a family member. Joint bank accounts and power-of-attorney agreements are common methods used to allow one member of a family to control funds belonging to another family member.

Such common practices are, however, not acceptable ways of managing Social Security benefits. While joint bank accounts and powers-of-attorney may be convenient ways to pay bills, they do not provide for the responsibility and accountability that Social Security requires.

If the beneficiary is unable to manage benefits, applying to be the representative payee is the most appropriate step for a responsible family member to take. A payee will be appointed only if medical and other evidence establishes that the beneficiary cannot manage his or her own finances because of

severe mental or physical limitations.

Another misconception Social Security representatives run into is the belief that legal guardianship is a sufficient basis for managing someone else's benefits. If a Social Security or SSI beneficiary has a legal guardian, the legal guardian or a close family member should apply to be the representative payee. The accounting that a guardian makes to the court does not cover all of the aspects of responsibility required from a representative payee.

For more information about becoming a representative payee, call Social Security toll-free at 1-800-772-1213 weekdays 7:00 a.m. to 7:00 p.m. Ask for the free booklet, **A Guide For Representative Payees.**

REFRIED BEANS

- 2 cans Goya Pinto Beans, drained
- 1/2 cup Goya Corn oil
- 2 tbs. flour
- 2 large onions, chopped
- 2 large tomatoes, chopped
- 1 clove garlic, crushed
- 1 can hot chili peppers, minced
- 1 tsp. salt
- Black pepper to taste

Mash beans by hand or blender. Add corn oil. Add flour and stir until it begins to brown. Combine mashed beans with remaining ingredients, and add to skillet. Cook, stirring, until shortening is completely absorbed and the beans are fairly dry. Cool slightly and mold into a long roll. Yield: 4 to 6 servings.

For a copy of the Goya Bean Book, send one dollar and two labels from any Goya food product, plus your return address, to Bean Book, Goya Foods, Inc., 100 Seaview Drive, Dept. B, Secaucus, NJ 07096.

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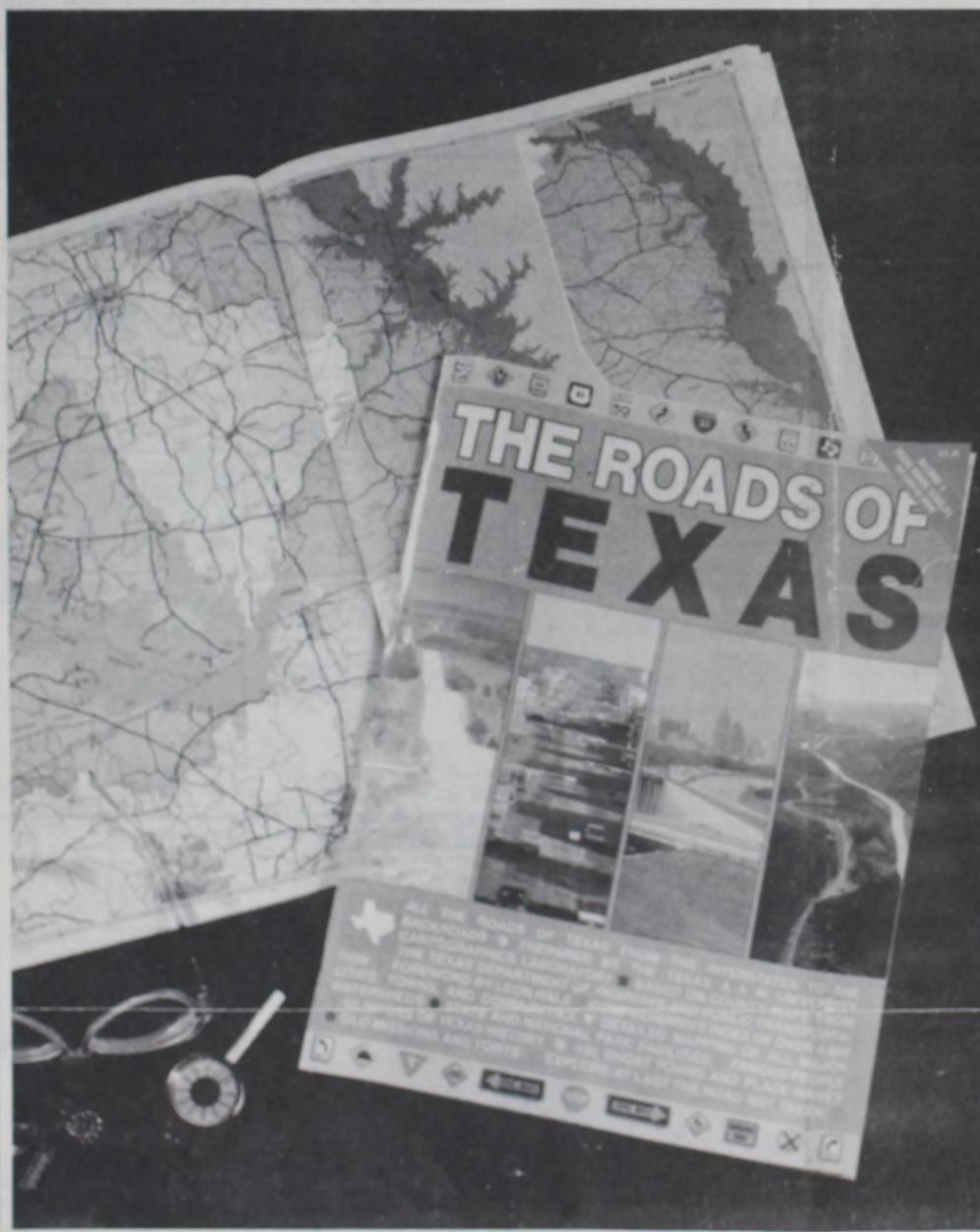
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Turkey News

Charles, Pauline and Ben Harlen from Stratford, Texas visited with Oneal and Nadine Davis Saturday. They went to the Watson family reunion in Childress, Sunday.

Sunday Methodist Men Prepare Breakfast

The United Methodist Men in Quitaque will be serving breakfast at the church Fellowship Hall Sunday morning from 7:30-8:30 a.m. The great menu includes waffles, sausage, bacon, eggs, biscuits, gravy and more. The men are doing breakfast to help cap off the big Sunday School event going on at the church this week.

Sunday School in the Middle of the Week is offering something for all age groups. The event began on Wednesday night and continues through Saturday night and the celebration on Sunday morning. The youth are serving supper each evening. After a time of praise, well prepared teachers guide their classes in Bible study and a class project. Children's classes do crafts while youth and adults work on projects around the church.

Kathy Taylor is the Sunday School Superintendent. Teachers include: Julie Ulrey, Edie Sargent, Debbie Myers, Jimmy and Velda Ross, Jimmy Davidson, Walter Wayne Taylor, Clara Ruth Davidson, and Sid McFall. Steve Ulrey is the pastor.

How To Get A Safe Bronze Glow

If you want a bronze glow that's safe for your skin, stay out of the sun this summer and hit the bottle. That is, a bottle of artificial tanning cream.

"The only truly 'safe' tan is the kind you rub on your skin," says Dr. John Wolf, chief of Dermatology at the Methodist Hospital in Houston. Don't be fooled into believing the artificial color on your skin is actually a base for a deeper, darker tan.

"Artificial tanning creams offer no protection against the sun's damaging rays," says Wolf, "so be sure to apply sunscreen or sunblock before you head out into the sun."

Wolf says a suntan is simply a sign of damage to your skin, so he strongly discourages anyone from deliberately "tanning."

Turkey News—Turkey News

BY ANN COKER

Things Seen Or Heard

Harvey and Marlene Wellman of Guthrie were in Turkey last week to visit Harvey's sister, Faye Cawley and to help Faye celebrate her birthday.**

J.W. and Jo Lacy of Sidom, Miss. were in Turkey last week visiting with Jo's brother and family, the Jerry Bob Smiths and other friends and relatives.**

Travis and Evelyn Lyles were visiting in town last weekend with relatives and friends. They live in Lubbock.**

Dovie Wheeler had cataract surgery last Thursday, July 22, in Pampa. She was accompanied to Pampa for the surgery by her son and wife, Billy and Janice Wheeler. She returned to her home the same day and seems to be doing great. Dovie's neighbor, Deesie Mae Robertson, is helping Dovie with the drops for her eye that are necessary after surgery.**

In Northwest Texas Hospital is Bonnie Hill. Mrs. Hill had a hip replacement last Thursday, July 22nd. We hope Bonnie is home soon.

E.L. Hill is staying in Claude with his son, Rod, while Bonnie is in the hospital.**

Arriving in Dallas last Thursday was Rod Setliff. His wife and daughters are visiting in Holland until Rod can find living accommodations for his family. He will begin work as soon as he can find an apartment to move into. At present, he is staying in De Sota with his brother and family, the Kenny Setliffs. Rod also stated he has to acquire a Texas Drivers license!**

Estelle and Tink Lane hosted a Sunday dinner last Sunday for a group of sixteen. Enjoying Frank Lane's, (the designated chef) barbecued chicken, ribs and sausage with all the trimmings were Keith, Jan and daughter, Jonda Lane of Greeley, Colorado; Barry Lane and children, Sasha, Cassie and Cash of Booker; Frank Cindy and children, Michael and Robyn and friend, Brian from Silverton and U.F. and Ann Coker.

While in Texas, the Keith Lanes visited in DeSota with their son, Jeffery.**

The sons of Russell and Kathy Barnhill of Houston have been visiting with their grandparents, Jack and Mary Jo Barnhill. They are Cody and Brent Barnhill.**

Arlowene Williams received a

phone call recently from Berle and Lee Blackshear of Forrestville, Calif. Beryl had received a cornea transplant which they believe is going to work. The Blackshears are former residents of Turkey and still have several relatives living in the area.**

Wasn't the article on Turkey in Monday's *Amarillo News* great? It covered a full page and I thought that each article written was quite good. I'm especially appreciative of those Turkey residents who were interviewed for the article. They were Lisa Price, Byron Young, Delores Price, Buster Hanna, Margie Chaney, Scott Johnson, Stuart Smith, Archie Ortego and Mayor Steve Farley.**

Byron Young has recently returned from a trip to Tres Ritos to his mountain cabin. He enjoyed the cool and doing some stream fishing. He returned to Turkey last Saturday.

Truman Young is also in Tres Ritos at this time at his cabin. Truman does not plan to return until August. He is really enjoying the cool mountain air.**

Turkey Extension Homemakers Club Visits Woodson Club

The Turkey Extension Homemakers Club was recently invited to Woodson on July 21 as the guests at the District Cultural Art Day held in Woodson.

Beautiful and exquisite exhibits of arts and crafts were on display for the enjoyment of the guests and also for the opportunity to vote on the people's choice.

The carving knives made out of mesquite and made by Rex Sullivan from Woodson were admired by the visitors. They enjoyed his explanations of how he selected his mesquite and the steel for the blades.

Barbara Lynn Bellas, also of Woodson, showed her gorgeous China Dolls and explained all the intricate work that is involved in making and dressing these precious dolls.

Colorful art work from Paris France was presented by Bonnie Seidurt. Bonnie also served as the Mistress of Ceremonies.

Those attended from the Turkey Club were Ying Lyles, Iona Lane, Oleta Randall and Marjorie Bell.

The Turkey Club's next meeting will be Monday, August 16th, at the Senior Citizens Room at 7:30 p.m.

A wonderful program will be presented by Margaret Smith, a well known local artist, and Rhenda (Gafford) Burson of Silverton. Their program will be on Nature's Creations. Instructions of how to make arrangements of dried native flowers and weeds will be presented. The two use lots of broom weed in their arrangements and they will show and explain the process of making these beautiful arrangements.

Flomot News Flomot News Flomot News

Overheard

Let landowners decide what is an endangered species and animals that need to be eliminated without government intervention!

Fierce Storms Assault Area

A storm cell produced a twister, hail, a thunderstorm, power and telephone outage around 6:00 p.m., Thursday, July 22 east, northeast of Flomot.

Following twisting winds, Mr. and Mrs. L. E. Shorter had a farm structure completely destroyed, barn roofs damaged and trees uprooted. Their home escaped damage. The Turner Gin also suffered the wrath of the twister.

Farmers reporting extensive crop damage included Donnie and Howard Rogers, Glen and Doyle Calvert, Seab Washington, Herb Martin, Clois Shorter, Johnny Turner, Jerry Jones, Coy Franks, Billy Morris and Ronald Clay.

Mrs. Tommie Cruse of Flomot, NWSN, registered 1.48 inches of moisture. Others in Flomot reported

from .40 to 3.00 inches of rain. Due north of Whiteflat on Highway 70 had .20 to 2.00 inches of rain with no hail. Scorching temperatures of 103-104 degrees was recorded during the weekend.

Lee Honored on Birthday

The Rev. J. E. Lee of Plainview was honored on his 88th birthday with a luncheon, birthday cake and gifts at the Dairy Queen in Lockney, Friday, July 23.

He, his wife and friends had presented a religious service at the Lockney Care Center previous to the birthday luncheon. Those celebrating the occasion besides his wife, Mrs. Lee were Bro. Nathan Mulder of South Plains, his mother, Mrs. Leatha Mulder of Clarendon, Wayne Hunter and Mr. and Mrs. Clayton Bond of Flomot.

Cruse Attends USN Reunion

Mr. and Mrs. Ray Cruse attended his U.S. Navy Reunion held July 16-18 in Houston. It was the 16th reunion of Veterans' who served in U. S. Navy Standard Landing Craft

Unit 36 of Boat Pool Baker during World War II.

Mr. and Mrs. Cruse joined other couples from throughout the United States at the Merriot Hotel for an entertaining and reminiscing weekend.

Mr. and Mrs. Stanley Degan, Shay and Dane of Kalgary visited during the weekend with Mr. and Mrs. Howard Rogers and Mrs. Leona Degan.

Summer Energy Quick Snacks

Milk shakes made with low-fat milk or fruit juice, finger-size servings of crisp, raw vegetables, peanut butter-stuffed celery pieces, low-fat string cheese, miniature pizzas, slices of low-fat sandwich meat rolled around pieces of fruit or low-fat cheese, natural frozen fruit pops, whole-grain crackers, graham or animal crackers, unsweetened or lightly sweetened cereal.

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COMBO OF THE MONTH 2 SAUSAGE & EGG BISCUIT, 22 OZ. COKE FOR ONLY \$1.59

ALL VARIETIES M&M'S CANDY BARS REG. 55¢ NOW 3 FOR \$1

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SHURFINE WHOLE TOMATOES... 2/99¢

AJAX LAUNDRY DETERGENT... \$1.19

SHURFINE PORK & BEANS... 2/59¢

SHURFINE CORN... 3/\$1.00

SHURFINE CUT GREEN BEANS... 3/\$1.00

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