

30, 1987
BURNS
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The Valley Tribune

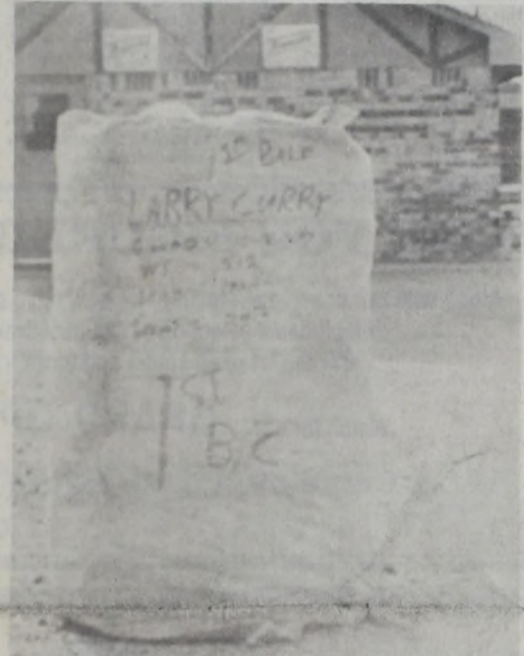
VOL. 27 NO. 18 8 PAGES QUITAQUE, TEXAS BRISCOE COUNTY 79255 THURSDAY, OCTOBER 15, 1987

Larry Curry Brings Gin First Bale

Larry Curry ginned his first bale of cotton for the season on Thursday, October 8th at Paymaster Gin in Quitaque.

The Lankard Cotton bale weighed 512 pounds, had 1000 pounds of seed with 24% turnout.

Paymaster, who gins the first bale free, also purchased the bale for \$1.00 a pound. Other donations were from Rothwell Cotton Co., Consolidated Cotton, Panhandle Compress, and First National Bank.



First Bale Of Cotton Ginned For Larry Curry

Patriots Upset By Crowell

In an upset this past Friday, Crowell defeated the Valley Patriots 17 to 13 at Crowell. The Patriots controlled the game with 16 first downs vs Crowell's 9. Eric Scoggins had an 80 yard kick off return called back, which, if it had not been called back would have won the game for Valley.

The scoring was as follows; Crowell scored first to make it 7-0, then Valley scored on a 16 yard pass from Taylor to Smith (kick failed). Crowell kicked a field goal to make the score 10-6, then Valley scored on a one yard run by Taylor with Joe Silva kicking the extra point. Crowell again scored on a kick-off return to make the final score Crowell 17, Valley 13.

Eric Scoggins had 86 yards rushing and Brandon Smith caught 5 passes for 40 yards.

Soil Conservation Offers Advice On Weed Control

by John Crowell

The wet weather has resulted in some very good stands of grass on cropland placed into the Conservation Reserve Program. A lot of the grass is up and making a good seed crop. This seed crop of grass should help insure healthy stands of grass in future years.

However, along with the good stands of grass come some very good (or bad) stands of weeds. These weeds will become a very serious problem if allowed to mature and blow into neighboring fields this fall. This is especially true where the neighboring field is planted to cotton. Large tumble weeds

can make harvesting cotton almost impossible.

If you have large kochia or thistle weeds on your CRP land, you should make arrangements now to have the weeds shredded before they break loose and begin to blow into your neighbors fields and fences. The best time to shred is after the grass seed matures and before the weeds begin to break loose and blow. This should be within the next three or four weeks.

Check your fields closely to see if you have a potential problem. Then stop by and discuss it with us. We will be glad to go the field with you and look at the situation.

USDA Clarifies Rules For Program Benefits

Final rules clarifying the requirements of the conservation provisions of the Food Security Act of 1985 have been issued by the U. S. Department of Agriculture.

Under the conservation provisions of the act, farmers can retain eligibility for USDA program benefits by installing a conservation plan on highly erodible cropland and by not converting wetlands.

The rules, which were to be published in the Federal Register Sept. 16, clarify definitions of highly erodible land, wetland and converted wetland.

They also say that although plowing alfalfa, legumes or other grasses in a crop rotation is considered sodbusting, the rotation may be an acceptable conservation system.

However, farmers need to have the rotation approved by the local conservation district before plowing.

Certain crop acreage bases may now be exchanged for high residue crops if called for in an approved soil conservation plan.

Still out for public comment is a rule dealing with what is considered an acceptable level of soil erosion reduction. This issue was addressed in an amendment to the interim rule on June 27, 1987 and will be resolved this fall.

To remain eligible for USDA program benefits,

farmers must have a conservation plan for highly erodible cropland by Jan. 1, 1990. It must be fully implemented by Jan. 1, 1995.

"We will do our best to help

farmers and ranchers develop conservation plans and systems that are realistic and practical," SCS Chief Wilson Scaling said. "The sooner they ask for help, the sooner we'll be able to assure that they will remain eligible for program benefits."

4-H'ers To Be Honored With Banquet Saturday

Outstanding 4-H members, leaders, and supporters will be recognized at the annual County 4-H Achievement Banquet Saturday, October 17, at 7:30 p.m. in the Silverton School Cafeteria.

Two top 4-H members will be awarded the Gold Star Award, the highest award for a 4-H youth at the county level.

The "I Dare You" Award, challenging youth to greater accomplishments in 4-H, will be presented to two senior 4-H members.

county 4-H program.

4-H members will receive awards and recognition for project work during the past year.

All 4-H families and leaders are invited to attend and asked to bring two dishes of food - vegetable, salad, or dessert - to accompany the meat sponsored by the two Electric Cooperatives.

Directors To Attend State Meeting

Jarus Flowers and Robert McPherson, directors from the Caprock Soil and Water Conservation District will be in Galveston, October 12-14, 1987 to attend the Forty-seventh Annual State Meeting of Texas Soil and Water Conservation District Directors. The meeting will be held in the Moody Civic Center.

The purpose of the meeting is to review developments

Representatives of Light-house Electric Cooperative and Swisher Electric Cooperative, banquet sponsors, will make the presentation of the Silver Spur Award to two top leaders in the county.

The "Friend of 4-H Award" will be awarded to a business, organization, or individual which has made a special effort in supporting the

Absentee Voting Begins October 15

Phyllis Becker, County Clerk, stated that Absentee Voting will begin Thursday, October 15, 1987 and will run through Friday, October 31, 1987, on the 1987 Constitutional Amendment Election of Tuesday, November 3rd. Texas Registered Voters will be voting on 25 Constitutional Amendments and two referendums.

Area Happenings

Youth Bake Sale

There will be a bake sale Saturday, Oct. 17, beginning at 9:00 a.m. at Merrell Food Store in Quitaque. The bake sale will be held to help raise money for the Spring Youth Ski Retreat in March.

Young people and parents from both Turkey and Quitaque will be involved in this fund-raising activity, whether it is baking the goods or selling it. Please come out and support these young people in all their efforts.

Turkey Saturday night, Oct. 17.

Supper starts at 6:00 and Bingo at 8:00. Come for all or any part of this event, the Committee urges. All proceeds will go to Cemetery Fence Fund.

Chili Supper and Bingo

Don't forget the Bingo Night and Chili Supper at the Bob Wills' Cafeteria in

Valley 4-H Meeting

Valley 4-H'ers will be having their monthly meeting on October 19th, a week later than usual. The place of the meeting will be announced.

Officers will be elected at this meeting so members need to be sure and attend.

Animal Control Help Given To Landowners

Landowners who need poisons for prairie dog control may contact Lynda Fogerson at the County Extension Office at 823-2343.

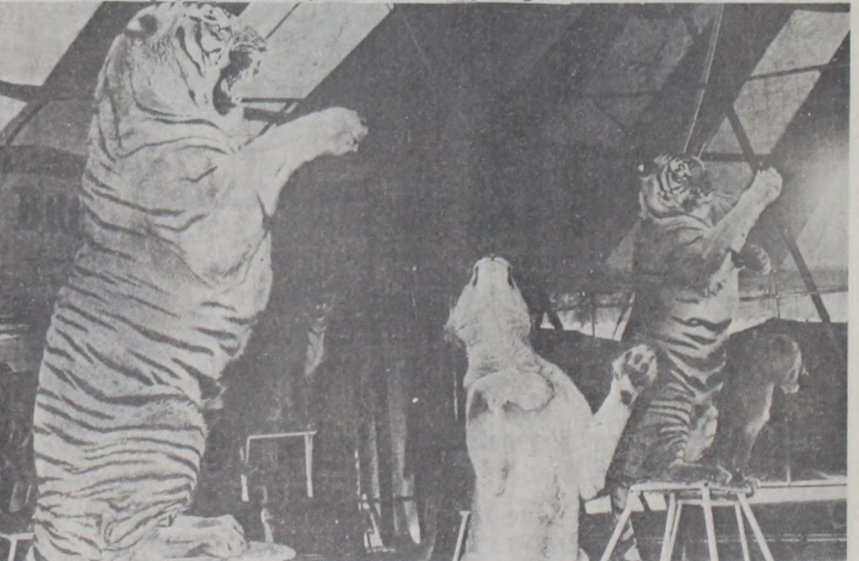
The Texas Animal Damage Control Service in

Canyon is taking orders for zinc phosphide oats and phostoxin pellets, and will deliver these to the county when they have several orders in the area.

The zinc phosphide oats are

\$35.70 for a 50 pound sack which is enough to treat approximately 50 acres of prairie dogs. Towns should be prebaited with clean oats at least once, preferably twice, before the application of treated oats. About one teaspoon of oats should be

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NUBION LIONS AND ROYAL BENGAL TIGERS, natural jungle enemies, will be brought together in one steel arena on October 25, 1987, at the Franzen Bros. Circus. You might find it necessary to cover your eyes as renowned animal trainer, Wayne Franzen, opens the steel door and steps into the arena with the snarling jungle beasts. Don't cover your eyes for long, because you won't want to miss a thing as he begins putting the wild animals through their paces - rolling globes, walking on their hind legs, and jumping through flaming hoops, just to name a few. This act, a favorite of young and old alike, is just one of the reasons Franzen Bros. Circus has acquired the nickname "America's Favorite Show."

You can help your local St. Mary Magdalen by buying tickets in advance, and save \$1.00 per ticket by doing so. Advance tickets are available. The Circus will be held October 25 on the rodeo grounds in Floydada.

TA
MEMBER 1987
TEXAS PRESS ASSOCIATION

THE VALLEY TRIBUNE
Successor to The Quitaque Tribune, Established at Quitaque in 1960
Published Every Thursday at Quitaque, Texas 79255
Frank and Patty Adams, Publishers
Barbara Mayfield, Editor

SUBSCRIPTION RATES PER YEAR
BRISCOE, HALL, MOTLEY, FLOYD COUNTIES.....\$10.50
ELSEWHERE.....\$12.50

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Any erroneous reflection upon the character, standing or reputation of any person, firm or corporation which may appear in the columns of The Valley Tribune will be gladly corrected upon its being brought to the attention of the publisher. The publisher has the right to accept or refuse any article brought to the newspaper for publication. Publisher reserves the right to cancel any advertisement at any time.

POSTMASTER: SEND ADDRESS CHANGES TO
THE VALLEY TRIBUNE, BOX 478, QUITAQUE, TEXAS 79255



Jr. High Plays Tough Game Tuesday, 5th

Claude 28 Valley 24
A week ago Claude came from behind to defeat Valley 28-24 in a well played game which featured a controversial ending.

Both teams played extremely well and hard which made for an excellent Jr. High game.

Offensively for Valley, Clay Edwards had 2

touchdown and Manuel Silva had 1. Henry McNary had a 2 point conversion and Clay and Manuel had 1 each. The offensive line blocked well; they are led by guards,

Stephen Silva and Alex Badillo; tackles, Chad Powell and Tommy Pinkerton; ends, Jay Gray and Lawrence Hendrix, and center Cal Farley.

The defense was softer than normal this week which gives something to work on next week.

I wish to express thanks to all those who sent me get well cards to Grapevine when I was recently in the hospital there.

I returned to Grapevine Sunday, Oct. 11, in order to have more surgery. While I'm away, Marcella Patterson is in charge of getting the advertisements and News for the Valley Tribune in Turkey. She will be working at my home each Monday typing the news and you may call her there, other times you can contact her at her home telephone - 492-1023.

Choice Bits:

Every failure teaches a person something if he will learn.

Until next time, I leave you with this: "Today is the tomorrow you worried about yesterday. Nothing has ever happened tomorrow."

Animal Control

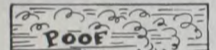
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scattered near the entrance to each burrow.

Phostoxin pellets are also available at \$39.70 for 500 tablets and \$9.70 for 100 tablets.

These are both restricted use pesticides. Persons wishing to purchase these must have a certified private applicator license and must furnish the license number to the Extension Office when ordering.

For additional information regarding prairie dogs or control of other wildlife, contact Rick Gilliland, Wildlife Damage Control Specialist in Canyon at 655-9417.



A homing pigeon can fly at a speed of up to 60 miles an hour over a distance of 75 miles.

Obituaries

Brian Ludwig

Brian Ludwig, 39, of Beloit, Kansas, died Wednesday, Oct. 7, at the Mitchell County Hospital, Beloit.

Mr. Ludwig was born March 7, 1948, at Beloit. He was paralyzed as a result of a football injury while playing for Bethany College, Lindsborg. Only 19 years old at the time, he was told he would be confined to a bed for the rest of his life. However, Ludwig overcame his disabilities, and later graduated, and reached his eventual goal of being a football coach. Despite the uphill battle of fighting to overcome the broken neck and two shattered vertebrae, his strong personality and courage sustained him and encouraged friends and family.

He was featured in the December 23, 1984 issue of Parade magazine, and in a 1985 issue of Esquire Register. He was considered Beloit's most inspirational citizen.

Ludwig has relatives in the Quitaque area.

State Meeting

(cont. from page 1)

affecting Texas conservation programs. An array of top agricultural leaders will highlight the meeting. Speakers will include S. M. True, president, Texas Farm Bureau; John E. Birdwell, president, Texas and Southwestern Cattle Raisers Association; Roddy Peeples, Voice of Southwest Agriculture, and Ernest C. Shea, executive vice president, National Association of Conservation Districts.

Approximately 1,200 SWCD directors and other conservation leaders are expected to attend the meeting.

Do You Remember?

**From the Files of the Turkey Enterprise--Oct. 2, 1947
LIONS WEDDING IS ONE BIG RIOT OF LAUGHTER**

In his best ministerial style "Rev." J. V. Mohon united Miss George Ray Colvin and Mr. Shorby James in the unholy bonds of connubial incompatibility at the high school auditorium last Friday evening. The Womanless Wedding, sponsored and staged by the Lions Club under the direction of Mrs. Carl Gilmore, was enjoyed by a house-full of friends.

The bride, only six and a half feet tall, was attired in a beautiful wedding costume fashioned of vari-colored feed sacks set off with a veil formed by a lace window curtain.

The groom, who reaches the height of approximately five feet, was attired in the usual formal evening clothes -- only they were made for a man six feet tall, and borrowed for the occasion.

With R. C. Green at the piano, the wedding party entered to the lilting strains of "Coming Round the Mountain." For the recession he played "Oh Susanna."

DeWitt Huffines was father of the bride, and J. E. Barnhill was father of the groom. Calvin Young, mother of the bride; Dr. Blume, Matron of Honor; flower girls Harold Horn and Jimmie Guest; Dr. Achor, best man; bridesmaids, Jack Barnhill, Rev. Parmenter, Rev. Powell, and

Garland Coker; aunt of the bride, Harry Barnhill, Uncle of the bride, Arville Setliff, and usher Carroll Edgar.

REFLECTING BACK FIFTY YEARS

By Clova Dell Crgdill

When I look back fifty years to the things I started keeping house with, I wonder how newlyweds would view it today?

We thought of love, strength, contract of vows and our duty to God to keep them. Never thought about quits. We strove for better against the odds. We looked to God who is the Giver of all to supply our needs.

We began housekeeping with two pie pans, a stewer, a skillet, the old ironside, a mixing bowl, water bucket and dipper; a sheet, a quilt, a homemade table, iron bedstead, four orange crates, and two apple boxes which made a cabinet and dresser, and two cane bottom chairs.

Many marriages don't make it because there is a lot of pulling and tugging. We had no pulling or tugging, we worked out our problems by ourselves. Money does not bring happiness. Many separations are caused by others, which causes a lot of pain and suffering. "What God hath joined together, let not man put asunder."

A golden anniversary is something to be proud of indeed. Thank the Lord for the strength he gives when you ask of him.

DPS Gives Tips For Safer Winter Driving

"Driving on icy, snow-covered, or wet roads is just some of the hazards motorists will be encountering this winter. Drivers will need to be more cautious and learn to adjust their driving habits from day to day or sometimes from hour to hour," said Major V.J. Cawthon, Regional Commander of the Texas Department of Public Safety.

Major Cawthon continued, "Most of our winter time accidents are caused by driving too fast for conditions. Sometimes 20 or 30 miles per hour is too fast when driving on icy or snow-packed roadways."

Some of the first things a motorist should do is to have their cars "winterized", whether it be replacing a worn wiper blade or a worn tire. He also cautioned those people who operate a 4-wheel drive vehicle that they may have better traction when starting off, -- but the distance required to stop is the same as other cars, and by using more caution, slowing down, and leaving earlier to go to school or work, we can make winter driving safer.



The Orangutan gets its name from a word in the Malay language meaning "man of the woods."

HAVE YOU FIGURED IT OUT ?

Along with our passive exercising, we now have a New Gift Shop, which includes a selection of Country Crafts, Gifts, Cards, Art of all kinds, and more to come....

Watch for our **GRAND OPENING**

Come by to figure it out !!

Carm & Lorna

Drivers Cautioned To Watch For Little Ghosts & Goblins

On Saturday, October 31st, children everywhere will be celebrating one of their favorite holidays, Halloween. As soon as it becomes dark, thousands of miniature "Goblins and Monsters" will invade our neighborhoods with the familiar cry of "Trick or Treat."

Major V.J. Cawthon, Regional Commander of the Texas Department of Public Safety, suggests a few safety precautions for motorists and parents that could keep this a safe evening for everyone. If your children go trick or treating, one of the parents should go along to insure their safety. Have your child wear make-up, rather than a mask that could restrict their vision. Children should wear a light colored costume that can be

seen easily by motorists. Children should not be allowed to cross the street except at an intersection and should carry a flashlight in order to see and be seen. Motorists should be especially cautious when driving in the residential areas. Because Halloween falls on a Saturday, there will be more traffic than normal and in some areas the high schools may be having a football game.

Major Cawthon stated, "If parents and motorists join together, this can be a safe and enjoyable Halloween for us, as well as the children."

The cat-gut used to make strings for violins and tennis rackets has nothing to do with cats. The word comes from *kit*, an old term for a small fiddle.

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FALL SAVINGS

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We can also make your old furniture like new.

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THE VALLEY TRIBUNE

Se
VA
PA

NAME
BRANDON SMITH
JACKIE MCNARY
CURTIS WILLIAMS
ERIC SCOGGINS
BUBBA CLARDY
NOAH GRAY
KIRK GARNER
DEREK MULLIN
JAMES TAYLOR
LANCE FULBRIGHT
CALVIN WILLIAMS
SCOTT GARNER
COLBY WALDROP
WARREN MERRELL
JESS LITTLE
SHANE HOUSE
ROBBIE HARMON
JESSIE CHIVERA
JASON LITTLE
CHAD ISBELL
JOE SILVA
CRAIG SETLIFF
BRANDON STARK
EPI GARZA
BENGI HUGHES
JOHN HARMON

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See VALLEY PATRIOTS

'87 FOOTBALL

Sept. 4	at Claude	47-0	8 p.m.
Sept. 11	at Happy	7-27	8 p.m.
Sept. 18	McLean	33-6	8 p.m.
Sept. 25	Nazereth	21-42	8 p.m.
Oct. 9	at Crowell*	13-17	7:30 p.m.
Oct. 16	at Motley County*		7:30 p.m.
Oct. 23	Paducah*		7:30 p.m.
Oct. 30	Knox City*		7:30 p.m.
Nov. 6	at Chillicothe*		7:30 p.m.

*Indicates zone game

NAME	HT.	WT.	NO.	POS.	CLASS
BRANDON SMITH	5'8"	155	20	QB	SR.
JACKIE MCNARY	6'0"	180	22	B	SR.
ERIC SCOGGINS	5'8"	160	30	B	SR.
CURTIS WILLIAMS	5'9"	122		B	FR.
BUBBA CLARDY	5'5"	120	33	B	FR.
NOAH GRAY	5'9"	155	86	B	FR.
KIRK GARNER	5'10"	135	88	B	FR.
KIRK MARTIN	6'2"	190	40	E	SR.
DEREK MULLIN	6'0"	175	72	E	SR.
JAMES TAYLOR	5'10"	170	5	E-QB	SR.
LANCE FULBRIGHT	5'5"	140	7	E	JR.
CALVIN WILLIAMS	5'9"	160		E	JR.
SCOTT GARNER	5'10"	155	80	E	JR.
COLBY WALDROP	5'8"	115	11	E	SOPH.
WARREN MERRELL	5'9"	118	31	E	SOPH.
JESS LITTLE	5'9"	199	65	T	SR.
SHANE HOUSE	6'0"	185	71	T	JR.
ROBBIE HARMON	6'0"	175	75	T	JR.
JESSIE CHIVERA	5'10"	165	74	T	JR.
JASON LITTLE	5'9"	195	79	T	SOPH.
CHAD ISBELL	5'10"	150	68	T	FR.
JOE SILVA	5'11"	185	66	G	SR.
CRAIG SETLIFF	5'6"	160	61	G	SR.
BRANDON STARK	5'6"	170	20	G	JR.
EPI GARZA	5'8"	140	52	G	JR.
BENGI HUGHES	5'8"	145	60	G	SOPH.
JOHN HARMON	5'10"	140	50	C	JR.



1987 - 88 CHEERLEADERS

- Sandy Price
- Lacy Price
- Melissa Maupin
- Amy Hewitt
- Amy Maupin
- Michelle House



HEAD COACH: STEVE ADAMS
 ASSISTANT COACHES: TOMMY WALDROP,
 SAM BROWNING, RICK PRICE
 SUPERINTENDENT: WILBURN LEEPER
 PRINCIPAL: JERRY MAUPIN

PATRIOTS
 vs.
MOTLEY CO.
MATADORS
 There - Friday, Oct. 16
 7:30 p.m.



This page is sponsored by the following PATRIOT supporters:

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Valley Tribune
Martin Construction
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First National Bank
Valley Peanut Growers
Paymaster Gin
Quitauque Diesel
C. & L. Food
Farley's Flowers & Variety
Quitauque Producers Coop
Young's Auto Supply
Turkey Branch of the Memphis StateBank

Driving
 on icy, snow-
 wet roads is just some
 of the things that
 this winter. Drive
 to be more cautious
 adjust their driving
 day to day or some-
 hour to hour," said
 Cawthon, Regional
 of the Texas Depart-
 ment of Safety.
 Cawthon continued,
 "our winter time ac-
 cused by driving too
 fast. Sometimes 20
 per hour is too fast
 on icy or snow-
 ways."
 The first things a motor-
 ist should do is to have their cars
 checked, whether it be replac-
 ing a wiper blade or a worn
 tire. Cawthon cautioned those peo-
 ple who operate a 4-wheel drive ve-
 hicle may have better trac-
 tion starting off, - but the
 vehicle is still required to stop is the
 driver's cars, and by using
 caution, slowing down, and
 being alert to go to school or
 work can make winter dri-
 ving safer.

OUT?
 Shop, which
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 bank

MEMBER
 FDIC

On the Q-T

Lewis and Mozelle Eudy met their granddaughter, Angie Eudy at the home of Jerry and Nadine Cargile in Kress Friday morning. Jerry and Nadine had met Angie's plane in Lubbock Thursday night. Angie spent the weekend in Turkey and was a bridesmaid at the wedding of Brent Brown and Delane Proctor. She is employed in Dallas with the Arthur Anderson Accounting Firm.

Mrs. Edith Timmons of Tulsa, OK is spending two weeks with her aunt, Rubie Barton of Turkey.

Lottie Owens was in Plainview Wednesday afternoon visiting with Mrs. Olive Owens in the Heritage Home, and Mrs. Olen Lane of Pecos. Eddie Owens and daughter Kami joined them later that evening.

Bobby and Punk McWilliams and Dena Washington attended the funeral of Brian Ludwig in Beloit, KS.

Vernon Cagle was taken to the Veteran's Hospital on Thursday of last week.

Mr. and Mrs. Keith Green accompanied by Kaylene and Criss Morrison of Lubbock went to San Antonio Friday night where they met Jerry and Kathy Green and children of Sam Rayburn and all enjoyed a get-together at James

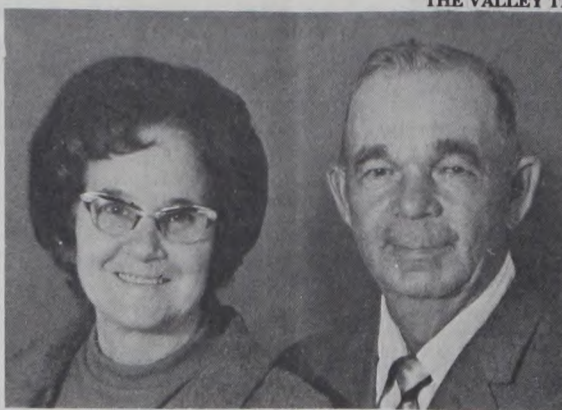
Green's apartment there. They reported a good time and said all the folks got to their respective homes safely.

Visitors during the weekend in the home of Mr. and Mrs. Lewis Eudy were Bill and Cleo Green of Slaton; Susan, Jamie and Brandon Talkmitt of Lubbock, and Hugh and Juanita Eudy of Van Horn.



JUST SAY NO!

If you've ever found it hard to say no to friends and classmates who want you to try alcohol or other drugs, consider a few facts: There are more reasons not to drink than just that at your age it's illegal. Drinking can make you clumsy, talk funny and have a hard time seeing. It gives you bad breath, can make you fat and makes you sick. What's more, it's expensive. Is that how you want to waste your allowance or odd-job money? Telling your parents, a teacher you trust or an older brother or sister about your trouble can help you learn to say no. If you're over eight, you're old enough to know in your own mind what's right and wrong for you. For a free book about how to be smart and say no to alcohol, write: National Clearinghouse for Alcohol and Drug Information, P.O. Box 2345, Department 5, Rockville, MD 20852.



Mr. & Mrs. Lon McKay

Mr. & Mrs. McKay Celebrate 65 Years Of Marriage

On Sunday, October 8, 1922, Lon and Cecil McKay were joined in holy wedlock by Brother Tom Colvin at the home of the beautiful bride.

The couple have been blessed with fourteen children, thirteen living, to share a life of love, a life of giving and a life of kindness.

On Saturday, October 10, 1987, all thirteen children were present to honor their parents, Lon and Cecil, in celebrating 65 years of marriage.

Quite coincidentally, 65 relatives were present to honor the couple. Those present, beginning with the children of the honored couple: Juanita Lane, Turkey; LeRoy (Bud) McKay, Amarillo; Bonnie Giesler, Denver City;

Margie Purcell, Albuquerque, N.M.; Doris Davis, Amarillo; Theresa Gregory, Lorenzo; Gaye Sperry, Idalou; Dwight McKay, Amarillo; Charlotte (Charlie) Kemp, Ruidoso, N.M.; Devorah Justus, Mustang, OK; Renee Dudley, Arlington; Gwen Martin, Quitaque, and Trent McKay, Quitaque.

Grandchildren, great-grandchildren, sons and daughters-in-law, other relatives and friends of the couple present: Bill Lane, Turkey; Brenda Chamberlain, Clarendon; Suzzane, John & Mark Thomas, Perryton; Clint Lane and Jo McKay, Amarillo; W. F. and Loree Giesler, Denver City; Lonnie, Sheila, Rusty and La Shay Giesler, Sundown; Renita, Katie, Matthew and Josh Marshall, Albuquerque; Corky Davis, Amarillo, Ray and Steve Sperry, Susan and Matthew Kirk, Mike Sparks, Cris Kurkland, Idalou; Janet and Jody McKay, Monty, Kris, Bryan and Drenda Owens, Amarillo; Randy Rogers, Lubbock; Melvin, Jeff, Chad and Jake Justus, Mustang, OK; Clyde, Lisa and Eric Dudley, Arlington; Eldon, Kirk and Lori Martin, April Stephens, Traci Harmon, Tena, Coy and Hollie McKay, Ruby Mae and Shorty Woods, Quitaque; Edna and Cecil McKay, Plainview, Veda and Elmer McKay, Bovina.

Everyone had a beautiful day of sharing love, laughter, memories, food, fun and games, but most of all - joy in being able to take part in honoring two very special people who have always given love and never asking in return. Another remarkable happening of the day, was that this was only the fourth time that ALL the McKay children were ever together at the same time.

Nuevo Study Club Met October 8

The Nuevo Study Club met in the home of Kathleen Green on Oct. 8. Mrs. Walker, vice-president, presided during business in the absence of the president, Mrs. Patterson. It was decided that each leader of a program bring a devotional before her program.

Mrs. Green presented the program on the club's collect, written by Mary Stewart in the early 1900's. The Collect has been a meditation for club women for many years, not only in the United States, but other countries also.

A refreshment plate was served to the following members: Mmes. Setliff, Gafford, Degam, Walker, Colvin, Meacham, and Green.

Next meeting will be in the home of Ella Colvin on Oct. 22.

Locals Compete In Contest

Two local residents will compete in the district Make It Yourself with Wool contest Saturday, October 17, in the J. Lindsey Nunn Building on the Wayland Baptist University campus in Plainview. The public fashion show will begin at 2 p.m.

Ashleigh Wyatt, a Silverton 4-H member, and Virginia Hardin, a local Extension Homemakers club member, will model garments they have constructed using wool fabric.

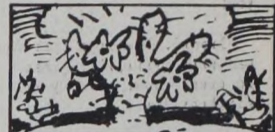
The purpose of this contest is to focus attention on the beauty and versatility of wool. The state contest is sponsored by the Texas Sheep and Goat Raisers Auxiliary and the American Sheep Producers Council.

The public is invited to the fashion show, and there is no charge.



Mr. and Mrs. Scott Eudy announce the arrival of a son born Sept. 26 in Basking Ridge, N.J. He weighed 8 lbs., 6 oz., and has been named Jordan Samuel. Scott is a former Turkey resident, having been born and reared there.

Grandparents are Mr. and Mrs. Jay Eudy of Austin, formerly of Turkey; Mr. and Mrs. Paul Hesley and Mr. and Mrs. Charles Frazier of Cincinnati, Ohio. Mayme Blume of Round Rock, formerly of Turkey, is the baby's great-grandmother.



The bright flowers of the prickly pear cactus bloom for only one day.



The term drawing room is a shortening of the word withdrawing, for the room to which guests withdrew.

Dr. Robert H. Lindsey Jr.

announces the opening of a Branch Office Of Orthodontics in Floydada at 315 S. 2nd Street on Alternate Wednesdays call Plainview 293-9491 for Appointment



Service.

Meet Jerry West, Memphis Operations Manager

One of GTE's professionals who are working to bring you better and more efficient service in Quitaque and Turkey.

"Quality local service is my main concern. I want to insure that our customers in the receive a quality level of service from GTE's network."

Your GTE team works 24 hours a day, 7 days a week to insure just that!

At GTE, excellence in telephone service is never an accident. It is the result of hard work and effort. That's why we are here! "We are People Serving People ... Quitaque, Turkey and GTE."



JERRY WEST

We make it GTEasy!

DID YOU KNOW ?

Millions of Americans are drinking bottled water in their homes, offices and restaurants.

Bottled water is pure water, free from organic and microbiological contaminants. There are two main categories of bottled waters.

Drinking Water: Water that is derived from a spring, well, or other approved source. It is non-carbonated and is used by the consumer as an alternative to the tap.

STIHL THE ONE. NEW! More Power to You



Stihl packs more power than you thought possible into a lightweight saw with the new 012 Series. At only 9.5 pounds, a 2.7 cubic inch Stihl 12 Series saw will tackle your tough jobs.

- 2.7 cu. in.; 9.5 lbs.
- Stihl anti-vibration system
- Specially impregnated cylinder
- Front and rear hand guards
- Stihl Quickstop™ Inertia Chain Brake

THOMPSON BROS. TRUE VALUE HDW. 702 NOEL MEMPHIS, TX



C. & L. FOOD

TURKEY, TX Specials for Oct. 16 - 17

FRESH CUT LOIN TIP STEAK	CAP OFF CLUB STEAK
\$2.19 lb.	\$2.49 lb.
WHOLE BONELESS BEEF BRISKET	LEAN PORK ROAST
\$1.09 lb.	\$1.49 lb.
REG. / HOT 1 LB. ROLL OWENS SAUSAGE	TV SPECIAL REG. / HONEY 93% FAT FREE WILSON HAM
\$1.89	2-4 LB. AVG. \$2.58 lb.
T.V. SPECIAL ALL GRINDS FOLGER'S COFFEE 3 LB. CAN	T.V. SPECIAL 4 ROLL. PKG. SOFT-N-PRETTY BATHROOM TISSUE 89¢ ea
\$5.49 ea.	
T.V. SPECIAL FROZEN, REG., +CALCIUM CITRUS HILL ORANGE JUICE 12 OZ. CAN	OZARKS FROZEN POT PIES 4/\$1.00
89¢ ea.	
REG. / BUTTER FLAVOR CRISCO SHORTENING 3 LB. CAN	DIET OR REG. COCA-COLA CLASSIC 2 LITER BTL. 99¢
\$1.98 ea.	
LUNCHEON MEAT REG./SMOKED SPAM 12 OZ.	SHURFINE ASSORT. PINEAPPLE 15 1/4 CAN 59¢ ea.
\$1.49 ea.	
GIANT SIZE TIDE DETERGENT 42 OZ.	HUNTS STEWED TOMATOES 14 1/2 OZ. CAN. 2/\$1.19
\$1.79 ea.	
CALIFORNIA ICEBERG LETTUCE 59¢ HEAD	U.S. NO 1 YELLOW ONIONS 4 lb./\$1.00
NEW CROP BARTIETT PEARS 2 LBS. \$1.00	FRESH CORN 5 / \$1.00

THE VALLEY TRIBUNE
Caprock
If you can see yourself
ere see you and not go
...you're a philosopher!
It matters not how sick y
you probably should not ta
first pill that comes along!
Guys who roll up their
seldom lose their shirts!
It's paradoxical that the
er your skull, the more like
are to blow your top!
A California law
mandatory that you must
hunting license before you
a trap to catch a mouse!
Did you know that ther
separate strand of silk for
single kernel in an ear of corn?
It's a funny thing that yo
find anything in the world
of these big discount stores
your wife who went shopping
you!
Caprock Pete says that
self-made people, if they ha
do over, would probably c
somebody else!
Wonder if there is any
eat celery to keep it from
ding like you are stepping
basket?
If you want to know what
get out of it before you get
you'll never get started!
One way to remember the
of light is that it gets here too
every morning!
Wine was used as a med
for two thousand years b
people learned they could
it!
The longest song title
written by Hoagy Carmicha
I'm a cranky old Tank on
Streets of Yokahama with
Honolulu Mama Doin' T
Beat-O, Flat on my Se
Hirohito Blues!
The common peanut is a
not a true nut!

Small Town Pri
*Affordable Quality
*Personal Attention
*Loving Care For Yo
*Exceptional Depen
*Super Convenience
*Friendly Atmosphe
*Courteous Service
*Area Wide Delivery
VISA
We Accept
MasterCard - American Exp
Discover - Visa
CLOSED SUNDAY
TIL THANKSGIVING 10

Caprock Comments

by Uacnum

If you can see yourself as others see you and not get madyou're a philosopher!

It matters not how sick you are, you probably should not take the first pill that comes along!

Guys who roll up their sleeves seldom lose their shirts!

It's paradoxical that the thicker your skull, the more likely you are to blow your top!

A California law makes it mandatory that you must have a hunting license before you can set a trap to catch a mouse!

Did you know that there is a separate strand of silk for every single kernel in an ear of corn?

It's a funny thing that you can find anything in the world in one of these big discount stores except your wife who went shopping with you!

Caprock Pete says that these self-made people, if they had it to do over, would probably call in somebody else!

Wonder if there is any way to eat celery to keep it from sounding like you are stepping on a basket?

If you want to know what you'll get out of it before you get into it, you'll never get started!

One way to remember the speed of light is that it gets here too soon every morning!

Wine was used as a medicine for two thousand years before people learned they could drink it!

The longest song title was written by Hoagy Carmichael..... "I'm a Cranky Old Tank on the Streets of Yokahama with my Honolulu Mama Doin' Those Beat-O, Flat on my Seat-O, Hirohito Blues"!

The common peanut is a fruit, not a true nut!

You can't tell a man's income by the way he dresses; look at the way his wife dresses!

Happiness is when the wife doesn't think she could have done any better, and besides that, she sort of likes the guy!

Why is it, that in a Western Movie, you have never seen a barber give back any change?!

Probably the first person to see the handwriting on the wall is the Landlord!

If you think habits are not hard to break, try shaving the other side of your face first!

If our family budget looks sick toward the end of the month, it's probably because of somethings we ate!

Wife to husband reading the newspaper at breakfast table : "You can stop saying uh-huh;... I stopped talking five minutes ago!"

Blessed are those people who are too busy to worry in the daytime and too sleepy at night!

That's -30- for this time, remember, it's not that money makes everything good ...it's that no money makes everything bad!

Health HINTS

Here's good news for the millions of Americans who've survived a heart attack: a new free booklet summarizes up-to-date information on diet, exercise, stress reduction and aspirin therapy—the major therapies in preventing a second attack. Cardiologists believe lifestyle changes can help heart attack victims reverse much of the damage to their hearts and live full, energetic lives.

The booklet is part of a public education effort by the makers of Ecotrin safety-coated aspirin. The suggestions in "Your Heart, An Owners Manual," include: an exercise routine; a well-balanced, low-fat diet; and aspirin therapy.

Sophisticated Shoe Styles

Fashion trendsetters are wearing sophisticated shoe designs in exotic shades these days.

Shoes are walking away with fashion these days. Style-setters say the right shoe can make a difference as to whether an outfit has that total look you like—and so can the left shoe. Flattering footwear it seems, catches the eye in the '80s.

Embroidered details and metallic and fur trims add sparkle to ladies' feet after night falls. Gentlemen prefer slip-ons with leather or rubber soles and moccasins in combinations of leather and suede. Many men and women wear Ital-

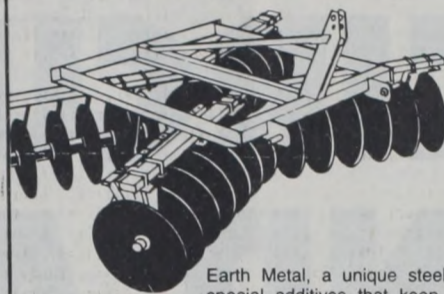
ian-made shoes because they have dramatic designs and are well-constructed. The Italian Shoe Center notes shoe manufacturers are using lambskin and patent leather in many of the designs. Shoe colors for modern times include deep purples, dark blue grays, burgundy, camel and metallics.

For a free brochure on the latest Italian shoe styles write: The Italian Shoe Center, 499 Park Avenue, New York, NY 10022.



Dark raisin bread is a delicious filler to use in apple brown Betty.

Case IH Earth Metal® blades last UP TO 20% longer... are UP TO 60% tougher and NOW ARE ON SALE!



20" full-concavity blade as low as **\$13¹⁴**



Earth Metal, a unique steel developed and patented by Case IH, has special additives that keep the sulfide inclusions naturally occurring in steel in globular form. Our disks don't have the sulfide stringers that allow cross-rolled blades to fracture or split edgewise when subjected to stress.

We have conical Earth Metal blades for John Deere harrows

We promise you up to 20% more wear than you'd get with John Deere's cross-rolled blades... up to 20% more wear plus substantial cash savings. Check us out now!

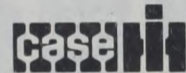
We have full-concavity blades for all competitive harrows

We have the most popular diameters, thicknesses, and center-hole sizes in stock. We can fit John Deere and all other popular makes of harrows. Again our Earth Metal promises up to 20% more wear.

We have crimped center blades for IH and Case IH harrows

Crimped center blades require 33% less drawbar pull, providing fuel savings you can add to the savings through up to 20% longer wear. We don't recommend full-concavity blades for IH or Case IH harrows.

Now, all harrow owners can enjoy the benefits of Earth Metal



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Silverton

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**SATURDAY, OCTOBER 17
10:00 A.M. - 6:00 P.M.**

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FREE Gifts and Flowers for the first 100 Guests

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Browsers Welcome - Check Out Our Fantastic Fall Sale

Something for Everyone and Every Occasion

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\$1500.00 Instant Credit Plan- Gift Certificates

Small Town Pride Equals:

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- *Personal Attention
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- *Exceptional Dependability
- *Super Convenience
- *Friendly Atmosphere
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TIL THANKSGIVING 10 A.M. - 5 P.M. and by appointment**

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Discover - Visa

513 Commerce

OCTOBER 15, 1987
als
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Contest
local residents will
in the district Make It
with Wool contest Satur-
er 17, in the J. Lindsey
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University campus in
The public fashion
begin at 2 p.m.
h Wyatt, a Silverton 4-
er, and Virginia Har-
al Extension Homemak-
member, will model
they have constructed
fabric.
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y of wool. The state com-
pensored by the Texas
nd Goat Raisers Aux-
d the American Sheep
Council.
ublic is invited to the
show, and there is no

ht flowers of the prickly
us bloom for only one day.

SPAWING
ROOM

a drawing room is a shorten-
e word *withdrawing*, for the
which guests withdrew.

Come In
And See Our
Collars
by
Melba Jo Merrell
Special Orders Welcome
from Sewing and Other
Craft Items
B.J.'s
Beauty Shop

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\$2.49 lb.
RK ROAST
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PECIAL REG. HONEY
FAT FREE WILSON
M
B. AVG. \$2.58 lb.
PECIAL 4 ROLL. PKG.
T-N-PRETTY
THROOM
SUE 89c ea
KS FROZEN
S
4/\$1.00
T OR REG.
CA-COLA
ASSIC
TER BTL. 99c
RFINE ASSORT.
EAPPLE
1/4 59c ea.
TS STEWED
MATEOS
2oz. 2/\$1.19
NO 1
LLOW
IONS
4 lb./\$1.00
SH
RN
5/\$1.00

PADUCAH IS HAVING A CIRCUS AND A FALL HARVEST FESTIVAL SAT. OCT. 24

BRING YOUR ARTS AND CRAFTS TO SELL ON THE SQUARE AND JOIN THE FUN, OR JUST COME AND SEE THE CIRCUS AND ENJOY YOURSELF.

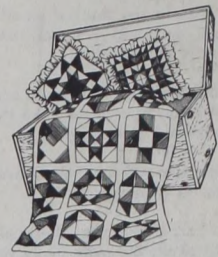
SAVE \$1 ON EACH TICKET

ADVANCE CIRCUS TICKET PRICES ARE: CHILDREN 13 & UNDER & SENIOR CITIZENS \$3. ADULTS \$4, FAMILY, 2 ADULTS & 4 CHILDREN \$15. CONTACT PADUCAH CHAMBER MEMBERS FOR TICKETS.

THERE WILL BE A STREET DANCE ON THE NORTH SIDE OF THE SQUARE SATURDAY NIGHT.

ALL EVENTS SPONSORED BY THE PADUCAH CHAMBER OF COMMERCE

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- 1- 8x10
- 2- 5x7
- 2- 3x5
- 16-King Size Wallets
- 8-Regular Size Wallets

\$10⁹⁹

99¢ Deposit
10¢ Due At Pick up
Plus Tax
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GIVE OUR PICTURES FOR CHRISTMAS

FARLEY'S FLOWERS & VARIETY
Monday, Oct 26

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TURKEY SK

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On Oct. 17th we will
Prizes will be given
Anyone who
will get in fo

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RUSSELL YATES
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4th & Main
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OFFICE
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30 COLOR PHOTOS
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 1- 8x10
 2- 5x7
 2- 3x5
 16-King Size Wallets
 8-Regular Size Wallets
\$10⁹⁹
 99¢ Deposit
 10th Due At Pick up
 Plus Tax
 WE USE KODAK PAPER

GIVE OUR PICTURES FOR CHRISTMAS

FARLEY'S FLOWERS & VARIETY
 Monday, Oct 26
 9-5

GROUP CHANGE THE SERVICE

Shugart, Inc.

COLOR PHOTOS

Unicare Grant Awarded

The Unicare Foundation, a national not-for-profit charitable organization, announced today that it has awarded a grant to the Texas Tech University Health Services Center in Lubbock, Texas, to develop a regional center for the dissemination of information and referrals related to Alzheimer's Disease.

The \$10,000 initial grant will be used to establish the Alzheimer's Disease Information and Referral Center, which will identify clinical, educational and research resources related to Alzheimer's Disease, provide a 24-hour communications center, and provide assistance and educational programs to caregivers and support groups.

Serving as Director for the center will be J. Thomas Hutton, M.D., Ph.D., who is a professor in the Department of Medical and Surgical Neurology at Texas Tech University Health Sciences Center. Dr. Hutton also serves as the Director of the Texas Tech Alzheimer's Disease Center and the Texas Tech Parkinson's Disease Information and Referral Center.

Unicare facilities in Texas are located at Floydada Nursing Home, 925 West Crockett, Floydada, TX 79235, and Lockney Care Center, 401 North Main Street, Lockney, TX 79241.

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 28-4tc

COMMERCIAL PRINTING of all kinds: Letterheads, envelopes and business cards, newsletters, invitations, etc. We will get you a cost estimate on any job. None too large or too small. The Valley Tribune, Ph. 455-1101.
 34-4fnc

SEE US FOR LOW PRICES on carpet (\$5.95 per yard plus installation), vinyl linoleum (\$3.95 per yard plus installation.) A & B Carpet and Builders Supply, 1605 Ave. F NW, Childress, TX 817/437-6305.
 41-4tc

SCHOOL MENU
 Oct. 19th
 Steak fingers, cream gravy
 Corn on cob
 Tossed Salad
 Fruit Danish
 Hot rolls w/butter
 Oct. 20th
 Chili Cheese burritos
 Chips, Tater Tots
 Cinnamon rolls
 Oct. 21st
 Turkey Roast w/gravy
 Fried Squash
 Scalloped Potatoes
 Peanut butter cookies
 Hot rolls w/butter
 Oct. 22nd
 Beef Enchilada
 Spanish rice, Refried Beans
 Cherry Cobbler
 Corn bread
 Oct. 23rd
 Char-broiled Hamburgers on bun
 Cheese
 Lettuce w/tomatoes, pickles
 Onion Rings
 Chilled Mix Fruit

WORK WANTED

WANTED: Custom Shredding. Johnny Monk, Box 112, 455-1112, Quitaque. 17-4tc

WORK WANTED: School boy looking for week-end work. Also, will haul trash on weekends. \$3.00 a barrel. Chad Isbell, 423-1495. 16-3tc

FOR SALE

FOR SALE: 19 ft. Evinrude boat, inboard/outboard. Swivel seats, tandem axle dilly trailer. All in good shape. 455-1133 or 455-1388. 48-4tc

FOR SALE: Original type set cases. \$25.00. The Valley Tribune. 455-1101.

FOR SALE: Sears Kenmore Electric stove with self-cleaning oven. 455-1266, after 5:30. 17-2tc

FOR SALE: Sweet potatoes, 4-1/2 miles south of Valley School. Joe Edd Helms, 469-5387. 17-4tc

PIANO FOR SALE: Wanted: Responsible party to assume small monthly payments on piano. See locally. Call Credit Manager 1-800-447-4266. 17-3tp

TIFFIN TALK: - Large group men's knit shirts - 25% off. Hanes Hosiery, styles 709, 710 - 2 for price of 1. Large group shoes and all weather boots - 30% off. All fabric - 20% off. Tiffin's Dept. Store, Silverton. 18-1tc

FOR MONUMENT SALES and service, call Schooler-Gordon, Quitaque, 455-1313, Turkey 423-1313, and Silverton, 823-2121. 1

FOR SALE: 1979 Ford T-Bird, vinyl top, 1978 Ford Supercab Pickup, camper special, propane switch-over. For more information, call 423-1250. 16-6tc

FACTS & FIGURES

Each year, Americans moving vital industrial chemicals get HELP when they need it. HELP stands for Hazardous Emergency Leaks Program. It was set up more than 20 years ago by Union Carbide to assure the transportation safety of its own products. Through Chemtrec, the emergency response program of the Chemical Manufacturers Association, HELP teams now assist other chemical companies as well as communities in emergency situations. Today, others regard it as a model for their hazardous emergency response programs.



FREE SLEEP TIPS
 Here's an eye-opening fact about sleep: If you've been feeling grumpy and tired during the day, it may not be a therapist you need—but a visit to a local bedding retailer. The Better Sleep Council recommends an annual bed check, particularly when your bed reaches the eight-to-ten-year-old range. Is the mattress firm? Is the foundation sound? A bed that's puckering, worn out, sagging and uncomfortable can keep anyone from getting a good night's sleep. A brand-new bed may help you feel better—night and day. For more sleep tips write for your free 16-page "Guide to Better Sleep," Box 13, Washington, D.C. 20044.

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 Inspected. Kill days Monday through Friday. Custom processing. Wholesale and retail meats. Halves and quarters cut, wrapped, frozen and fully guaranteed.
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\$4.50
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 Flowers express what cannot be said
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 (806) 823-2121
 (806) 423-1313

TURKEY SKATING RINK
 *** STARTING OCTOBER 10 ***
 OPEN ON SAT. NIGHTS 7:30 to 11:30
 On Oct. 17th we will have a Halloween party. Prizes will be given for the best costumes. Anyone who wears a costume will get in for HALF PRICE.

R. & T.
 RUSSELL YATES TOMMY BECK
WELDING & REPAIR
 4th & Main Turkey, Texas
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 Will be OPEN beginning Sept. 5
 7 a.m. - 9 p.m. Mon. - Sat.
 Mexican Food - Wed. Only Fish on Friday

CANDY, NUTS, GIFTS, GREETING CARDS & SILK FLOWERS
 Open 9-5 Mon.-Fri., Sat. 9-2
BROWNING PEANUT PATCH
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 MAIN ST. QUITAQUE, TX. 455-1105
 We Have As Big A Supply Of Spray Parts & Nozzels, - Lawn & Garden Products, & Vet Supplies As Anywhere In The Area.
 *We Make and Repair Hydraulic Hose
 *Repair ACE Pumps
 FARM & RANCH HUNTING & FISHING SUPPLIES
 WE APPRECIATE YOUR BUSINESS
 WEAR COTTON - MADE IN AMERICA



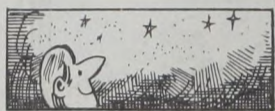
Caprock Camera Club

1st Place Bitterweed
by Dr. Dora Crandall

2nd Place Reach
by Kathy Frizzell

3rd Place Weather Watcher
by Randy Stark

Call them partners: birds called egrets feed on insects stirred up by grazing cattle. In return, the egret warns the cattle of danger by flying away.



It's out of this world—a nebula, that is. These masses of glowing gas, millions of miles across, are visible from 900,000 light years away. Each is as large as an entire galaxy like our own.

Briscoe County Agent

By Linda Fogerson
Briscoe Co. CEA-HE
DEVELOPING SELF-ESTEEM

Alfred Lunt, an actor, said, "There is nothing I need so much as nourishment for my self-esteem." We are extremely concerned about our outward self and take great care to nourish our bodies, control our weight, exercise, and improve our personal appearance. But how much effort do we devote to the person we are on the INSIDE? Do we try to develop our inner selves and increase our feelings of self-worth to be the BEST THAT WE CAN BE?

A philosopher has said that, "the deepest urge in human nature is to be important." Another has said, "The deepest principle in human nature is the craving to be appreciated." Everyone wants to feel important, appreciated, and worthwhile. How do we get these feelings?

Self-confidence and self-esteem is learned. Children learn to feel good about themselves when others praise them and recognize their abilities and behave toward them as though they are a valuable person.

As adults, if we missed having these good feelings as a child, we have the power to change the way we feel about ourselves by taking control of our lives and being responsible for what happens to us.

Accepting responsibility for ourselves and our behavior shows maturity; blaming others for our shortcomings shows insecurity.

Begin by telling yourself that you are a special, unique person (each of us is) and behave in a manner that reinforces that feeling. Recognize that you have some ability that others do not have.

Practice accepting compliments graciously. People with low self-esteem have difficulty believing others' compliments.

Work daily to develop your abilities and try to improve those areas you are not proud of. Remember that praise and recognition from others is icing on the cake, but our feelings about our own worth must come from within us because of pride and satisfaction in our own accomplishments and abilities.

Compare yourself with your own abilities, not with others. A poet wrote, "If you compare yourself with others, you may become vain and bitter for always there will be greater and lesser persons than yourself."

Confidence is believing that we DESERVE good things (not material possessions) and have the power to make these things happen for us.

If you wonder why I have written three columns this year on the topic of self-esteem, it is because I know from personal experience the long road from insecurity and lack of self-confidence to the development of a measure of positive self-esteem. The growth process is an unending one -- we never one day arrive at the right

CONSUMER CORNER



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 4. Place rags in shoes and boots to prevent sagging.
- Taking care of your shoes can help them look new and feel fine season after season.
- For a free brochure on the latest Italian shoe styles write: The Italian Shoe Center, 499 Park Avenue, New York, NY 10022.

amount of confidence. We continually work to develop more each day.

There are many personal development books and cassette tapes on the market. Try some of these if you need a place to start on your road to self-improvement.

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