

JUNE 30, 1999  
BURNS MRS. LESLIE C.  
30902 VAN BUIEN S.  
NORWALK IA 50650

# Voice of the Caprock Canyons

# The Valley Tribune

50¢

## WEATHER

DATE	HI	LO	PREC.
DEC. 9	38	26	—
DEC. 10	35	19	—
DEC. 11	42	20	—
DEC. 12	55	25	—
DEC. 13	65	29	—
DEC. 14	76	30	—
DEC. 15	61	27	—

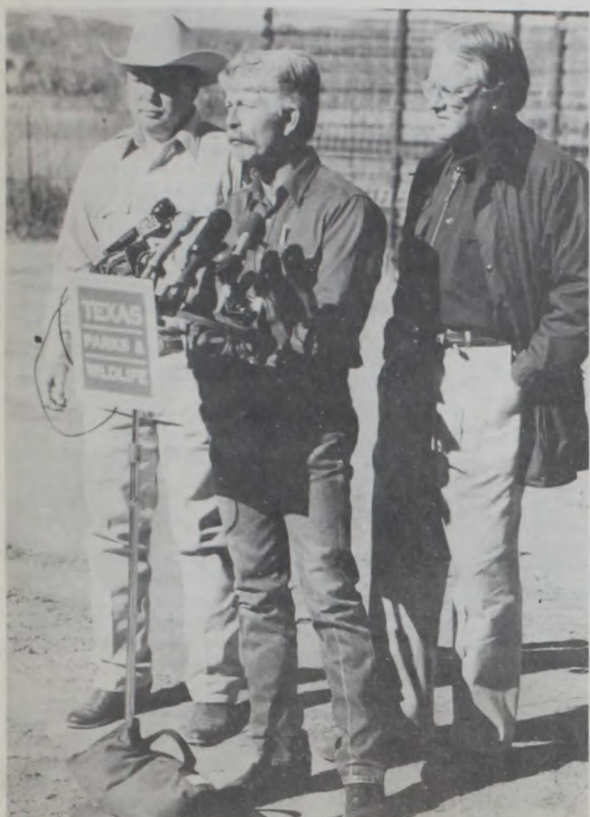
VOLUME 37 NUMBER 27

8 PAGES

BRISCOE COUNTY

QUITAQUE, TX 79255

THURSDAY, DECEMBER 18, 1997



Jeff Hulsey, Caprock Canyons State Park manager, Roy Welch, Bison Project manager, and Andy Sansom, TPWD Director, answer questions at a news conference at the release of the bison into Caprock Canyons.

## Historic Buffalo Herd Finally Arrives At Home In Canyon

While cameras rolled and clicked park personnel turned some of the pure herd of bison out into their new home. A total of eighteen bison are now in the twenty acre trap awaiting the completion of the 300 plus acre pasture under construction.

Monday, December 15, 1997 the Caprock Canyons State Park was host to media personnel from all across the State of Texas. The news people had been invited for a viewing of the bison herd that has been moved to the park from the JA Ranch.

Lydia Saldana, Texas Parks and Wildlife director of communications division introduced Andrew Sansom, TPWD executive director who told a bit of the bison history in Texas. At one time an estimated 60 million head of buffalo roamed the great plains and caprock area of Texas.

Colonel Goodnight started out with a herd smaller than those now residing in the park which are the ancestors of the new park bison. He commented on the great unified support of the area for the bison to remain in the Panhandle where they had roamed free for hundreds of years.

By accepting the JA herd, TPWD are trying to ensure the bison will not become extinct and future generations can see the mighty buffalo of the plains in their natural habitat.

"This historic day concerns a historic project being preserved for future generations. Texas Parks and Wildlife feel it is a privilege to be a part of preserving this bit of history for future generations," said Andy Sansom of TPWD.

Speaker of the House Pete Laney of Hale Center stated that he wanted to thank TPWD for leaving the buffalo at Caprock Canyons State Park. Sansom replied, "They are where they belong."

Building up the herd in size so that the offspring can eventually be transferred to other locations thus providing other parks with pure bred bison for future generations to be able to enjoy is the aim of the project.

The JA Ranch wanted a source for continuation of the herd, and approached the TPWD. By selected breeding, the survival of the pure bison will be insured.

During the delivery of the five new bison from the JA Ranch, Monday, inmates from the Tullia Unit of the Texas Department of Correction continued work on the pasture which will be fenced by nine foot cable and net wire for future use by the bison.

Chevrolet Motor Division, represented by Mr. Steven Ramsey announced that they had signed on to become exclusive automotive sponsor of the bison herd, and pledged a six figure dollar amount for each year of 1998 and 1999 to support the bison project.

Some others attending the historic day in addition to those mentioned were photographer, Wyman Meinzer; David Cole of the Tullia Unit; Andy Wilkerson of Lubbock, a nephew of Colonel Goodnight and members of the Caprock Partners Foundation.

Park officials met with local residents before returning to Austin. Mr. Sansom stated that he enjoyed working with the super people of the Quitaque area, during two great projects, the opening of Caprock Canyons State Park in the 1980's and the opening of the Trailway in the 1990's. Now a third project which will be a neat journey with the buffalo. How rich the future looks with the bison project.

The bison at Caprock Canyons State Park will be a living monument to a dead past.



Andy Sansom, TPWD executive director, and Steven Ramsey, representing Chevrolet Motor Division, deep in conversation at Caprock Canyons State Park Monday.

## Caprock Foundation Asks For Hay To Feed New Buffalo Through Winter

Delivery of the JA Buffalo herd to Caprock Canyons State Park began a few days ago, and the Caprock Partners Foundation is spearheading a drive to secure a good supply of hay so there will be plenty for the buffalo to eat in the coming months.

There are presently 18 head of buffalo on the Park site, and delivery is being made each week, a few days after the buffalo are captured on the JA Ranch.

Between 40 to 50 head of buffalo are expected to eventually be moved to their new home at Caprock Canyons State Park.

The Caprock Foundation is hoping that a large number of farmers and ranchers will help the State Park by donating

## Hall Treasurer Marion Bownds Seeks Re-Election

The Valley Tribune has been authorized to announce that Marion Bownds will seek re-election to the office of Hall County Treasurer subject to action of the Democratic Primary election on March 10, 1998.

In her announcement, Mrs. Bownds said: "I would like to take this opportunity to express my appreciation for the help and support that I have received during the past four years and nine months that I have been privileged to serve as Hall County Treasurer."

I am announcing my candidacy for re-election to the office in the forthcoming election, subject to filing with the Hall County Democratic Party Chairman, and have paid my filing fee. I sincerely welcome and encourage your comments and questions regarding my qualifications for the office. Your support and vote for me will be most sincerely appreciated.

I hope to be able to personally visit with each voter while knowing that I will certainly miss some of you I welcome any citizen to drop by my office, or call me with questions about the office that I might be able to answer, and about my campaign and goals for the office."

Sincerely, Marion Bownds

round or square bales of hay for the bison project. Almost any kind of hay except alfalfa can be used.

This will be the official Texas Bison Herd for the State of Texas, and the Caprock Partners Foundation is hoping that those in this area who have an ample supply of good hay will help get the historic bison program off to a good start.

Arrangements for hay delivery can be made by contacting Park Superintendent Geoff Hulsey or any member at the Park Headquarter. Their number is 455-1492.

## Christmas Dinner For Those Alone

Being lonely and away from relatives on Christmas Day can be a sad time. To help make Christmas Day a better time for the elderly and less fortunate, a group of volunteers from Floydada and the area are serving Christmas dinner on Christmas Day.

Sudie Cochran and her two daughters started serving this meal seven years ago in Floydada. Every year since then the group of volunteers that help her has grown as has the group of people that need the warmth and love that the dinner gives them.

This year the group wants to include people in Quitaque and Flomot that would not have a Christmas meal. This meal is for anyone that would like to have Christmas Dinner on Christmas Day, but because of the cost, effort, or other reasons are not able to prepare the meal.

Help is needed getting together a list of names of people that would like to have Christmas dinner delivered to their house at 12 noon on Christmas Day.

If one of the churches would be willing the meals could be served at the church. Also, we would like to hear from anyone that would like to donate time, money, or food. People to deliver meals will be appreciated.

If you have any thoughts on how to make this project work, please contact Fred Thayer at 806/983-3121 in Floydada or Dianne Washington at 806/455-1132 on Thursday or at home at 806/469-5278.

## Lions Sponsor Lighting Contest

Many of the homes in Quitaque have been beautifully decorated this holiday season. The businesses and homes are bright with the glitter of Christmas lights. Lots of effort has been put forth to make the town of Quitaque a "bright" spot this holiday season.

The Quitaque Lions Club is happy to announce that they will be sponsoring a Christmas Lighting Contest for both businesses and homes.

Cash prizes will be awarded for first and second in both categories.

Judging will be done by out of town judges on December 20th or 21st.

## Turkey Firemen Prepare For Christmas Eve

Plans are progressing quite nicely for Santa's trip on Christmas Eve with members of the Turkey Fire Department.

If you wish to donate a gift for a less fortunate child, please take your gift to Dale's 66 Station, the Turkey Drive-In or any fireman. If you prefer to donate money, please make your donations at the same places.

If you have children in your home on Christmas Eve that you would like Santa to visit, take your toy or toys with the child's name on it to the same places.

## Social Night For Senior Citizens

The Quitaque Senior Citizens are planning a big gathering Friday, December 19, 1997 at 5:30. Refreshments will be served and games will be played.

Everyone is encouraged to come and enjoy the evening with the group. You do not need to be a Senior Citizen to attend. Just come on by and enjoy the gathering with the Senior Citizens.

## THEN & NOW!

by Eunice McFall

In recent weeks the news media has been taking a beating by the public because of some of the gung-ho tactics that they employ to gain either news items or pictures of persons of importance. Much of the publicity has been of the morbid nature or as in the case of Princess Diana perhaps the cause of an accident. This makes everyone want to not trust anyone from the world of the news, whether it be TV, magazines, papers, or word of mouth!

However this week I was fortunate to be able to observe the news gathering crews at work out at Caprock Canyons State Park. Reporters and camera people were here from all over the state of Texas, large cities and small towns as well as many of Texas Parks & Wildlife personnel were in attendance. I have never been a witness to a more orderly group of people than what they were. Any request that the park personnel had for them they immediately obeyed without any grumbling.

Just because there are several bad apples in the pile, we should not consider throwing all of them out. Some might just be such a good keeper that we could make an all-American apple pie out of it. Think of all the pleasure that you would have taken away from your taste buds if you had thrown all the apples out! True there are rude and unruly people in the news business but perhaps they just don't know any better. After all they live in a highly competitive world with lots of deadlines and stress galore. This is the Christmas season, so come on, lets give the news media a break and at least give them the benefit of doubt.

I am sure that many of you ran into these guests of Quitaque at the bank gathering or at the local cafes as they gathered for breakfast or lunch Monday. If we want them to give our town a good report, we must give them the chance to know what a nice friendly little place we are and that we welcome strangers who visit our area.

Next time you see a stranger in town, give them a big smile and welcome them to our area and invite them to come back again.

## Calendar of Events

- December 18**  
Valley School Dismissed at 1 p.m.
- December 19**  
BB Patton Springs H 6:30 p.m.
- December 20**  
Motley Co. BB Tournament
- December 21**  
Winter Begins  
Attend Church of Choice
- December 22**  
Quitaque Fire Dept.  
Turkey Lions Club
- December 23**  
Driver's Testing at Silverton
- December 24**  
Christmas Eve
- December 25**  
Christmas Day

## Turkey Heritage Foundation Receives Check

by Ann Coker

On Tuesday, December 16, the Turkey Heritage Foundation received a \$5,000 check from the C.H. Foundation in Lubbock. This check was given to the Foundation to help in the renovation of the old Gem Theatre.

Lawana Cruse has spent many hours of hard work to receive this donation. Thanks to her diligent work, the Heritage Foundation received this donation.

Hopefully, the work on the renovation will begin soon.

Mrs. Cruse stated that the Foundation has signed Ray Price for another concert next fall. The concert will be held on October 17, 1998. This concert proved to be quite a lucrative affair last year for the Heritage Foundation.

## Chandler Seeks Re-Election

I will seek re-election to the office of Briscoe County Commissioner of Precinct number 2 subject to the Democratic Primary Election on March 10, 1998.

I appreciate and thank you for the support you have given me in past years.

I ask for your vote and continued support.

Thanks,  
Jack Chandler



**Texas Highways**

by Mozelle Eudy  
I found this article quite interesting about Turkey in the December "Texas Highways" magazine. It has a picture of the Bob Wills sign north of town, the compress and its water tower are seen in the background; then wild turkey leaving their tracks in Palo Duro Canyon.

They stated that in the northern part of the Panhandle, nighttime temperatures dip to freezing or below on more than 130 days of the year. The Texas "big chill" of the century in December 1983, lasted 17 days, and dozens of Texas communities experienced sub-freezing temperatures for 12 consecutive days. Coldest temperatures on record, -23° F in Seminole on February 8, 1933. -23° F in Tulia on February 12, 1900. Average low temperatures for January: in Brownsville 49.9° F; in Dalhart, 19.4° F. Coolest year, statewide—1976. Coldest winter, statewide—1898-1899.

Jimmy Owens, formerly a Turkey resident writes about Blanco Canyon saying that the canyon made a natural corral for Coronado's horses as he pointed to the vertical rims on both sides. Those canyon walls are what kept the Spaniard's horses from running away when the big hailstorm spooked them.

Jimmy has spent hundreds of hours in here, searching for flint points left by thousands of years of prehistoric Indian hunters, for iron arrowheads that New Mexican Comancheros traded to the Comanches, and more recently for the copper cross bow points dropped by Coronado's men. The Floyd County Museum plans to exhibit lots of artifacts of the Coronado expedition.

In his 1987 book, Majestic Journey, Coronado's Inland Empire, Secretary of the Interior says it's high time for American historians to give full recognition to the accomplishments of Spanish explorers. In the 16th century Cabaza de Vaca, Coronado and DeSoto explored much of the southern half of the United States. The Panhandle has a long rich history. Future generations of west Texans may soon be able to point to a recorded past that predates that of almost every other region in the nation.

**At Your Fingertips!**

**Healthy Nails for Life**

Nails can represent an art form, a fashion statement, a method of personal expression and a mirror of inner health. Dermatologists can improve the appearance of the nail, recommend cosmetics that can maintain nail health, treat nail disease, and diagnose other conditions of medical importance, based on the appearance of the nails. Short or long, decorated or plain, your dermatologist can help you keep healthy nails for life.

"Nails are an important part of appearance. In addition, they protect the fingers and toes from injury, and they can be an indicator of disease," says Zoe Diana Draeolos, M.D., Clinical Associate Professor, Department of Dermatology, Bowman Gray School of Medicine, Wake Forest University, North Carolina.

The lifespan of the nail begins before birth. "Properly formed, smooth nails in a newborn reassure that all is well. Teenagers value nails for their fashion versatility. Men and women recognize that healthy nails present a positive image beginning with the first hand shake."

Society has come to enjoy nails as an artform and a fashion statement. Stores and salons nationwide offer various press-on nails, nail sculpture, tips and jewels. Millions apply nail polish, nail sunscreens, and the latest strengtheners and quickdries.

"Of utmost importance is that nails are a mirror of inner health," says Dr. Draeolos. For example, patients suffering circulation problems may experience a bluish/purple nail bed. Psoriasis sufferers may have tiny holes in the nail plate, and fungal infections may show in a misshapen nail plate with

**We The Women Christmas Party**

We the Women held their annual Christmas Luncheon and white elephant gift giving last Wednesday, December 10. Ms. Linda Stark prepared a delicious meal and after a quick business meeting, during which Mrs. Delene Tyler presided, the gifts were exchanged.

New officers for the year include Arlene Hinkle, president; Linda Purcell, vice-president; and Ann Chadwick, secretary/treasurer.

All ladies of the community are encouraged to attend the next meeting January 13. It is going to be a Good Year!

debris. In addition, broken blood vessels beneath nails may signal lupus, and a discolored nail plate may indicate liver or kidney disease. Chemotherapy may present horizontal grooves in the nail plate. "See your dermatologist if any of these problems exist. Your dermatologist is a nail expert," she says.

Of particular interest to the elderly, new antifungal drugs such as itraconazole, fluconazole and terbinafine are being used in the treatment of onychomycosis, a fungal infection which affects the finger and toe nails. Onychomycosis accounts for 50% of all nail diseases, and causes the nails to become thickened, hard to cut and often painful. The disorder is made worse by moisture, warmth, trauma, communal bathing, and other activities that lead to exposure to fungi.

"These medications, coupled with new dosing regimens, offer new and improved ways to treat this disorder. There is a constant reservoir of fungi in the nail that can reinfect the patient, or be passed on to others. It is important that treatment is not neglected," warns Dr. Draeolos.

Some tips for maintaining healthy nails for a lifetime include: Do not remove the cuticle; Give your nails a rest for one to three months per year from any cosmetic adornments; Eat plenty of protein and biotin; moisturize the nails daily; protect the nails from harsh detergents and solvents; and see your dermatologist quickly if any problems develop.

**NEWS OF HEALTH**

**Combating Colds With Zinc**

(NAPS)—The body needs zinc to maintain normal immune functions and to help cells reproduce. It is also an important part of the body's antioxidant system.

Many Americans do not consume as much zinc as they should. According to the Second National Health and Nutrition Examination Survey, the average woman has less than 10 mg of zinc per day. Therefore supplementing even a good diet is often necessary.

Additionally, tests show zinc lozenges can actually reduce the length and severity of a cold. A study at Dartmouth College reported that colds were a day shorter among students who sucked on zinc lozenges at two hour intervals vs. students who did not. A similar study found that those who took zinc lozenges had colds lasting an average of three days less than those who took nothing. In addition, people using zinc lozenges were bothered for a shorter period by coughing, headache, hoarseness, stuffed or runny noses, and sore throats.

One Life USA offers zinc lozenges made from a tested formula containing natural herbs to soothe inflamed surfaces, aromatic and expectorant elements to break up congestion, mild circulatory stimulants and other herbs to help the body's own natural defenses fight infection. One Life also has an antioxidant formula that contains 10 mg of zinc in each tablet

**HINTS FOR HOMEOWNERS**

**De-Icing Device**

(NAPS)—Here's news that may warm the hearts of many homeowners. You can now get a de-icer for your walkways and driveway that works better than rock salt.



An ice melter made of calcium chloride, studies show, can melt twice as much snow and ice as rock salt and it won't leave an ugly white residue to track into the house.

Pellets of unblended calcium chloride actually give off heat as they work. They bore through the ice quickly, turning it into a brine that's easy to brush away.

What's more, unlike rock salt which loses effectiveness below 20° F, these pellets work right down to -25° F.

For maximum performance, look for Driveway Heat® from Prestone, Ultramelt® from Peak, or Peladom® calcium chloride pellets from The Dow Chemical Company at local hardware stores and supermarkets.

**Obituaries**

**Nellie Gillespie**

Nellie Gillespie, 86, of Veradale, Washington, a former Wellington resident, died Monday, December 1, 1997.

Services were at 10 a.m. Friday, December 5, 1997 in Adams Funeral Home Chapel. Burial was in Fairview Cemetery.

Mrs. Gillespie was born in Oklahoma. She moved to Wellington in 1915 with her family. She attended school in West Ward, Wellington and Saltfork. She graduated from Wellington High School in 1929.

She and Frank Gillespie were married in 1930 in Wellington. They moved to Quitaque, where she owned a bakery. They later moved to Dallas, where they owned and operated movie theaters for 25 years. They retired and moved to Missoula, Montana. She was preceded in death by her husband.

Mrs. Gillespie was a former member of the Order of the Eastern Star.

Survivors include a daughter, Kay Block of Spokane, Washington and a granddaughter.



Mexican dollars, minted in 1790, could be chopped into eight pieces called bits, or into quarters, called two bits.

**MEMBER 1997**  
**TEXAS PRESS ASSOCIATION**

**THE VALLEY TRIBUNE**  
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**Happy Birthday**

- December 18**  
Dorothy May, Dorothy Fulbright, Jimmie Hunter, Nickelynn Bays
- December 19**  
Vicky Billegas, Lela Mae Hutcheson, Christine Hinojosa, Callie Helms, Greg Ramsey, Parker Clayton Eudy, Kristi Hill
- December 20**  
Cheri Davis, Mozelle Eudy, Suzie Shannon, Gene Payne, April Farley, Wilburn Leeper, Beth Whitener, Asia Beavers, Susie Shannon
- December 21**  
Dalton Allen, Bob Hill
- December 22**  
Bly Shannon, Tori Edwards, Donnie Perkins
- December 23**  
Matt Washington, Charles Hamner, Michael Dowd, Dale Ramsey
- December 24**  
Nicholas Ortiz, Bill Pigg, Delbert Phelps
- December 25**  
Floye McCracken

**Happy Anniversary**

- December 18**  
Mr. and Mrs. Ike Ferguson
- December 19**  
Mr. and Mrs. Jack Pigg
- December 21**  
Mr. and Mrs. Weldon Purcell
- December 22**  
Mr. and Mrs. Richard Irby
- December 23**  
Mr. and Mrs. Jerry Bob Smith  
Mr. and Mrs. Jerry Barclay  
Mr. and Mrs. Seab Washington  
Mr. and Mrs. Dan Longbine
- December 25**  
Mr. and Mrs. Prof Patrick

**BUENOS DIAS YEAH!**  
There are 3,000 languages spoken in the world but only 12 are widely used.

**PINKEY'S FLOWERS & GIFTS**  
Quitaque, TX Mon-Sat. 9-5 455-1410  
Fresh Flowers - Plants - Gifts - Cards - Balloons -  
Coca Cola Collectables

**HOME CRAFTSMANSHIP**  
**Do-It-Yourself Tips On The Internet**

(NAPS)—Put yourself online. That's what many home do-it-yourselfers are doing to find all the information they need to start and complete home and garden projects.

The Internet is proving to be a valuable resource for do-it-yourselfers. Among the Web sites you may want to bookmark is www.ryobi.com, where Ryobi has logged plenty of helpful information about the company's wide range of power tools and lawn and garden products.

**Power Tools**  
In the power tools category, "net surfers" will find the complete tool company catalog, project tips, and an on-line forum to share ideas and pick-up tips from other power tool users.

**HOLIDAY BAKING**  
Need Some Holiday Baking Done?  
CAKES  
PIES  
BREAD  
CINNAMON ROLLS  
COOKIES  
DINNER ROLLS  
Anything You'd Like Baked!!  
**VERLA FLOWERS 455-1187**

ROLLING PLAINS COMMUNICATIONS  
806-423-1289  
**CHRISTMAS SPECIAL**  
NOV. 10TH - DEC. 31ST  
\$69.95  
NEW MOTOROLA  
HANDHELD OR NEW  
MOTOROLA RAG PHONE  
ALL ACCESSORIES INCLUDED  
ACTIVATION WAIVED  
WRAPPED AND READY TO GO UNDER THE TREE!!  
LIMITED SUPPLY - PLACE YOUR ORDERS EARLY.

**A SAFE DEPOSIT BOX**  
offers you  
• PRIVACY  
• SECURITY  
• PEACE OF MIND  
The Cost Is Low - Only Pennies A Week - Get One!  
SOME THINGS ARE PRICELESS  
An old watch - A Letter - A Keepsake  
SOME THINGS CAN BE REPLACED  
BUT WITH GREAT EFFORT AND EXPENSE  
Stocks - Bonds - Abstracts - Deeds  
Should Be Kept Where They Are Safe From Fire Or Theft -  
IN A SAFE DEPOSIT BOX IN OUR VAULT  
**FIRST NATIONAL BANK** Quitaque, Texas  
"Dependable Services Since 1920" MEMBER FDIC

Date	Opposite
Nov 19	Quitaque
Nov 20	Quitaque
Nov 25	Quitaque
Dec 1	Quitaque
Dec 4	Quitaque
Dec 8	Quitaque
Dec 11	Quitaque
Dec 15	Quitaque
Dec 19	Quitaque
Dec 20	Quitaque
Jan 2	Quitaque
Jan 6	Quitaque
Jan 9	Quitaque
Jan 10	Quitaque
Jan 13	Quitaque
Jan 16	Quitaque
Jan 20	Quitaque
Jan 23	Quitaque
Jan 27	Quitaque
Jan 30	Quitaque
Feb 3	Quitaque
Feb 6	Quitaque
Feb 10	Quitaque



1997-1998 Jr. High Basketball Schedule

Date	Opponent	Site	Time	Teams
Nov 25	Lakeview	There	4:30	8B, 8G
Dec 1	Motley Co.	Here	4:00	7G, 7B, 8G, 8B
Dec 8	Paducah	There	4:00	7G, 7B, 8G, 8B
Dec 15	TBA			
Jan 5	Crowell	There	4:00	7G, 7B, 8G, 8B
Jan 12	Motley Co.	There	4:00	7G, 7B, 8G, 8B
Jan 17	Motley Co. Tourn.	There	TBA	8G, 8B
Jan 19	Paducah	Here	4:00	7G, 7B, 8G, 8B
Jan 26	Silverton	Here	4:00	7G, 7B, 8G, 8B
Jan 31	Valley Tourn.	Here	TBA	8G, 8B
Feb 2	Crowell	Here	4:00	7G, 7B, 8G, 8B
Feb 9	Silverton	There	4:00	7G, 7B, 8G, 8B



# 1997 VALLEY PATRIOT BASKETBALL



**DECEMBER 19**  
**PATTON SPRINGS**  
 VB, VG  
**HERE 6:30 P.M.**

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**DEC. 20**  
**MOTLEY CO. JV TOUR.**  
 THERE 4 p.m.  
 JG, JB, VB, VG

1997 - 1998 Valley Basketball Schedule

Date	Opponent	Site	Time	Teams
Nov 18	Silverton	There	4:00	8J, 8K, 8L, 8M
Nov 20-22	Rails Tourn.	There	TBA	VB, VG
Nov 25	Lakeview	There	5:30	VB, VG
Dec 2	Sammon	Here	4:00	8J, 8K, 8L, 8M
Dec 4-6	Valley Tourn.	Here	TBA	VB, VG
Dec 9	Memphis	There	4:00	8J, 8K, 8L, 8M
Dec 11-13	Memphis Tourn.	There	TBA	VB, VG
Dec 16	Amherst	There	4:00	8J, 8K, 8L, 8M
Dec 19	Patton Springs	Here	6:30	VB, VG
Dec 20	Motley Co. Jv Tour	There	TBA	JG, JB
Jan 2	Amherst	Here	1:00	8J, 8K, 8L, 8M
Jan 6	Patton Springs	There	4:00	8J, 8K, 8L, 8M
Jan 9	Motley Co.	There	4:00	8J, 8K, 8L, 8M
Jan 10	Valley Jv Tourn.	Here	TBA	JG, JB
Jan 13	*Paducah	Here	4:00	8J, 8K, 8L, 8M
Jan 16	OPEN			
Jan 20	*Crowell	There	4:00	8J, 8K, 8L, 8M
Jan 23	*Chillicothe	Here	4:00	8J, 8K, 8L, 8M
Jan 27	*Motley Co.	Here	4:00	8J, 8K, 8L, 8M
Jan 30	*Paducah	There	4:00	8J, 8K, 8L, 8M
Feb 3	OPEN			
Feb 6	*Crowell	Here	4:00	8J, 8K, 8L, 8M
Feb 10	*Chillicothe	There	4:00	8J, 8K, 8L, 8M

\* Denotes District Games



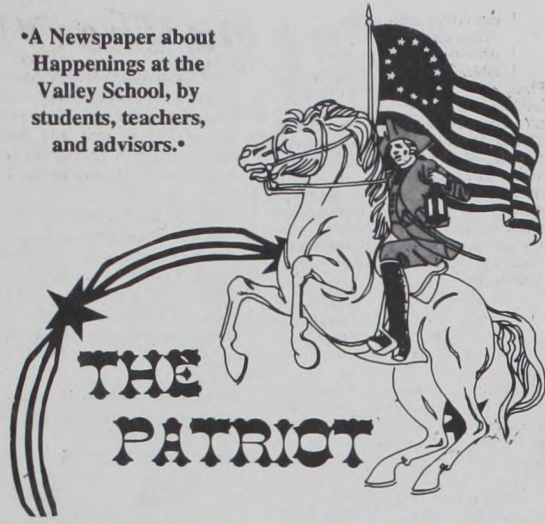
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- BYRON YOUNG
- BRISCOE IMPLEMENT
- CAPROCK HOME CENTER  
ROLAND & DONNA HAMILTON
- CARSON INSURANCE  
PAT & TINA
- CC VALLEY MARKET  
CHARLES & CAROL HAMNER
- CHAMBERLAIN MOTORS  
CLARENDON, TEXAS
- CITY AUTO, INC.  
FLOYDADA, TEXAS
- CITY OF TURKEY
- CLINTON, JOANIE,  
JARRET & JAMIE PIGG
- DALE'S 66  
DALE, DARLENE, JULIA, DUSTIN, JENNIFER
- DOYLE & GELENE PROCTOR
- JACK, DEBBIE, JAMIE, RICHARD,  
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- FLOMOT GIN

- LARRY DON PRICE FAMILY
- GRIFFIN OIL CO.
- HIGGINBOTHAM BARTLETT  
MATADOR, TEXAS
- JERRY & BRENDA SMITH
- BENNIE, JO ANN & BRYCE  
REAGAN
- JOHNSON GIN
- JON, LAURA, MOLLY, MACY &  
MARY KATE DAVIDSON
- LACY DRY GOODS
- LAURA'S SHOP  
LAURA, DANNY, KATRINA & BRANDON
- LEE'S INSURANCE  
ORVILLE & RUTH LEE
- LIGHTHOUSE ELECTRIC  
FLOYDADA, TEXAS
- MEMPHIS CONVALESCENT  
CENTER
- MERRELL FOOD
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& ASSOCIATES
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QUITAQUE, TEXAS
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- WILBURN & ZELDA LEEPER



•A Newspaper about Happenings at the Valley School, by students, teachers, and advisors. •



**Valley Enters Area FFA Leadership Contest**

Clarendon College hosted more than 450 high school students on Saturday, December 6 for the annual Area FFA Contest. Future Farmers of American (FFA) students from Area I competed in nine different events. The winners of the Area contest participated in the State FFA Contest on Saturday, December 13, at Sam Houston State University.

Valley School came in fifth in Senior Skills. They were competing with students from 39 other area schools.

**Clarendon College Names Favorites**

Clarendon College's annual Favorites awards were given out at the Winter Ball on December 2, 1997. Sponsored by CC's Student Senate, the honors range from Most Academic to Most Mischievous.

Most Spirited Girl went to Dodie Morris from Flomot. She is the daughter of Mr. and Mrs. Billy Morris. Dodie was also chosen as the Freshman Favorite Girl.

Chosen as Most Mischievous Girl was Brianna Sperry of Quitaque, Texas. She is the daughter of Mr. and Mrs. Terry Sperry of Quitaque.

**Valley Gym Closed**

According to UIL rules, the Valley Gym will be closed from December 22nd through December 26th. Valley Coaching Staff

**Valley School Closes For Holidays**

The Valley students will have a Christmas and New Year Holiday beginning at 1 p.m. Thursday, December 18 when the buses will run the routes for the final time in 1997.

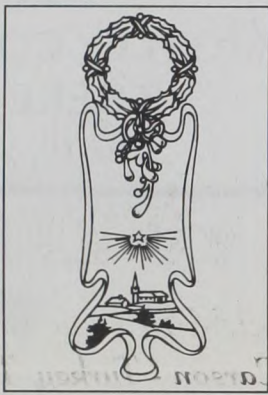
School classes will resume on Monday, January 5, 1998.

Teachers will have a work day on December 19.

**Business Offices Of Valley School Close**

The Valley School business office will be closed for the Christmas Holidays from December 22 through December 26, 1997.

The Tax office will be open at 9 a.m. on December 27th.



**Varsity Results**

by Coach Saul

The Varsity traveled to Memphis last Tuesday night and avenged a loss that the Cyclones gave Valley in the Finals of the Patriot Invitational the previous week. Valley jumped out to a 15-8 first quarter lead and led 26-21 at the half. Valley increased its lead to 43-35 in the third quarter and held on for the win by the score of 62-59. Jeremy Taylor led the Patriots with 25 points. Morgan Payne scored 14 and Cory Chandler added 13.

On Thursday, Valley played the undefeated Trinity Fellowship Loins from Amarillo in the first round of the Memphis Tournament. Valley ended up on the short end of a 48-81 score. Jeremy Taylor led the Patriots with 17 points and Cory Chandler added 15.

On Friday, Valley played the Memphis J.V. and won by the score of 57-39. Leading scorers were Jeremy Taylor with 16 and Cory Chandler with 14.

On Saturday, Valley won the consolation game against the Miami J.V. by the score of 78-18. Double-digit scorers for Valley were: Cory Chandler-14 points, Nick Ortiz-13 points, Rowdy Mullin-12 points, and Jeremy Taylor-11 points.

The Varsity record is 8-5.

**J.V. Results**

by Coach Saul

Last Tuesday night, the Valley J.V. played Memphis at Memphis. The Patriots started slow, trailing 9-19 at halftime, but roared back in the second half to win by the final score of 39-35. Mario Haro led the Patriots with 17 points and Vance Chandler added 9.

The J.V. record is 2-0.



(NAPS)—To learn about participation in the CNBC-MCI Student Stock Tournament, teachers and students can go to the official Web site at [www.cnbcst.mci.com](http://www.cnbcst.mci.com).

**4-H Reining Clinic Set For December**

provided by Calley Payne, CEA-FCS

The Annual State 4-H Reining Clinic will be December 21-22 at West Texas Fairgrounds in Abilene.

This is the 10th year for the clinic, which is a specialty school offered through the Texas State 4-H horse committee.

Coordinators are Vicki Hoggett of Glen Rose, Roger Blackmon of Baird and Dr. Bill Jackson of Stephenville.

The lead instructor for this year's clinic is Terry Thompson of Aubrey. Thompson is one of the top reining horse trainers in the United States, having shown horses successfully at the National Reining Horse Association furtuity.

Stalls will be available on December 20, with the clinic being held from 8 a.m. until 5 p.m. December 21 and from 8:30 a.m. until 4:30 p.m. on December 22. The cost of the clinic includes a stall.

Chaperoning adults may audit the clinic at no cost.

The clinic is designed to teach 4-H members and youth how to train and ride a reining horse. Having a "finished" reining horse is not a prerequisite for clinic attendance, but basic horsemanship and some reining skills are mandatory. Topics will include circles, spins, stops, rollbacks and lead changes.

All participants will receive hands-on training throughout the clinic. Youth will be divided into groups and will be instructed by accomplished horse trainers and teachers.

To be eligible to attend, each youth must be a Texas 4-H member (six out-of-state youth will be accepted); bring a "broke" horse; and, if under the age of 13, must have parental or volunteer supervisor.

"The quality of youth reining performances in both 4-H and breed shows in Texas has increased tremendously over the past several years," said Dr. Doug Householder of College Station, Extension horse specialist.



"Much of the increase in skill level can be attributed to clinics and schools such as the Texas State Reining Horse Clinic for 4-H members."

Host motels for the clinic are the Abilene Travel Lodge on Hwy. 80 and Days Inn on IH 20.

Registration is limited to 65 youth on a first-come first served basis. Further information or the cost of the clinic is available from Vicki Hoggett, Somervell County Extension office, P.O. Box 895, Glen Rose, TX 76043, telephone, (254) 897-2809, or Dr. Householder or Dr. Pete Gibbs, Extension horse specialists, Kleberg Center 249, College Station, TX 77843, telephone (409) 845-1562.

Additional information on the Texas State 4-H Adult Leaders' Reining Horse Clinic also may be obtained from Ms. Hoggett. The clinic is scheduled for April 28-30, 1998.

**Briscoe Co. Sr. 4-H**

The Briscoe County Senior 4-H Club will meet Monday, December 22 at 7:30 p.m. in the county extension office to work on their community service project for the holiday season. Please bring small plastic bottles.



**Look Who's Forty!**



**Happy Birthday! MOM & DAD**  
Jon, Laura, Macy, Molly, Mary Kate.

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LACY'S DRY GOODS

VALLEY PEANUT GROWERS

THE VALLEY TRIBUNE

HOTEL TURKEY

*"...whatsoever good thing any man doeth, the same shall he receive of the Lord."*

-Ephesians 6:8



In a simpler age than the one in which we are now living, people used to help each other and their communities whenever they were needed. If the neighbors' house burned down, everyone pitched in with labor and materials to help them rebuild it, and provided food, clothing and blankets. If the town needed a place cleaned up to establish a park, the entire population went to work on it. Fortunately, this spirit of cooperation still prevails in some areas. Many a House of Worship must be maintained on a very limited budget; so if the one you attend calls for volunteers to paint the walls, pull the weeds in the parking lot or type the bulletin, raise your hand and lend it for whatever task you are able to perform. It is so little to ask in return for all the blessings you have received there from God's guidance and love.

**CHURCH OF CHRIST**

Turkey, Texas  
Minister: Stuart Smith  
Weekly Schedule Meetings  
SUNDAY  
Morning Service.....10:30 a.m.  
Evening Service.....5:30 p.m.  
WEDNESDAY  
Evening Service.....8:00 p.m.

**FIRST BAPTIST CHURCH**

Turkey, Texas  
Pastor: Melvin Clinton  
Weekly Schedule Meetings  
SUNDAY:  
Sunday School.....9:45 a.m.  
Morning Worship.....11:00 a.m.  
Singing.....5:00 p.m.  
Training Union.....6:00 p.m.  
Evening Worship.....6:00 p.m.  
MONDAY

Women's Missionary Society.....4:00 p.m.  
WEDNESDAY  
Prayer Meeting.....8:00 p.m.

**MT. OLIVE BAPTIST CHURCH**

Turkey, Texas  
Pastor: Samuel Holloway, Plainview, Texas  
Weekly Schedule Meetings  
Pastoral Days...1st & 3rd Sundays  
MONDAY  
Mission.....4:00 p.m.  
WEDNESDAY  
Prayer Meeting.....8:00 p.m.

**UNITED METHODIST CHURCH**

Turkey, Texas  
Pastor: Julius Early  
Weekly Schedule Meetings  
SUNDAY  
Morning Worship.....9:30 a.m.  
Church School.....10:30 a.m.  
Evening Worship  
1st & 3rd Sundays.....6:00 p.m.  
MONDAYS (1st & 3rd)  
United Methodist Women.....4:00 p.m.

**ST. ELIZABETH ANN SEION CATHOLIC CHURCH**

Turkey, Texas  
Sister Joyce Blum, F.S.P.A.  
SUNDAY  
Sunday School.....11:00 a.m.  
Mass.....12:00 p.m.

**FAIRMONT MISSIONARY BAPTIST CHURCH**

Fairmont  
Pastor, W. J. Richey  
SUNDAY  
Worship.....11:00 a.m.



# FLOMOT NEWS

## FLOMOT NEWS OVERHEARD

A case can be made that Christmas is the best holiday of the year. All across this country people come together to celebrate and recall the best that is in most of our hearts. The ultimate expression of love is fully symbolized with religious overtones.

### HAS SURGERY

Mrs. Sylvia Lee Martin had surgery at the Hodges Cancer Center at the Methodist Hospital in Lubbock Monday, December 8. Her daughter Mrs. Nova Turner of Matador was with her during surgery and recuperation. Mrs. Martin is thankful for the good diagnosis following the surgery.

### CHRISTMAS PARTY

The Rev. and Mrs. Nathan Mulder of South Plains hosted a Christmas party in their home Wednesday evening, December 10 for members of his Flomot Baptist Church congregation.

Attending the holiday courtesy were Mr. and Mrs. L. E. Shorter, Mr. and Mrs. Wayne Hunter, Mr. and Mrs. Joe Ike Clay, Mr. and Mrs. Herb Martin, and Mr. and Mrs. Clois Shorter. Special guests were Bro. and Mrs. Ernest Stewart, pastor of the South Plains Baptist Church.

### IN ACCIDENT

Ernie Lee of Clarendon, grandson of Mr. and Mrs. Orville Lee, and friend Clint Green, student at Clarendon Jr. College, were involved in a one-vehicle accident Saturday night December 13, when they encountered a deer in the middle of the highway, 12 miles north of Clarendon. Ernie escaped serious injury, but Clint is in ICU at Northwest Hospital in Amarillo. Ernie's pickup had extensive damage.

Mr. and Mrs. Orville Lee, daughter Teresa McGraw, and Kelland and Kacee of Turkey, visited in Clarendon Sunday with Ernie and family, Mr. and Mrs. Joey Lee, Robert and Jason. They also visited in Amarillo with the Green family.

## COLD TEMPERATURE SLOW HARVEST

A mixture of snow and sleet fell Thursday, December 11. There was little accumulation of the wintry precipitation in northwest Motley County, but across the region from December 3-12, temperatures hovered around 22 to 30 degrees with a wind chill factor in the teens.

Saturday, December 13, arrived with sunny, warm day and is in the forecast all week to the satisfaction of farmers who are still harvesting their cotton crops.

Mrs. Johnney Turner attended the inspirational Christmas Cantata at the Methodist Church in Matador Sunday night. It was narrated and under the direction of Mrs. Marion Woodruff, choir director of the church.

Mrs. Wendell Morris visited last week in Breckenridge with son and family Mr. and Mrs. Tommy Morris and Lane. She was in Lubbock Tuesday for a medical appointment.

Mr. and Mrs. Wayne Hunter were in Quitaque Tuesday attending to business. They were in Lubbock Wednesday for Wayne's neurological appointment. They visited H.G. Hunter before returning home.

Tom Ross and sister Mrs. Elizabeth Andestad of El Paso were in Dallas from Thursday until Tuesday of last week, attending to business. Mrs. Ross met his plane in Lubbock and they visited Mrs. Elisa Wigley before returning home.

Following Sunday morning services at the Baptist Church, a sandwich lunch was enjoyed. That afternoon, the members packaged Christmas gifts of videos, calendars and pens, and distributed them to residents in Flomot.

Mrs. Margie Cypert of Lockney, Floyd and L.T. Starkey of Ralls, and Mrs. Jackie Davis and Michael of Fritch visited during the weekend with Mrs. C. W. Starkey and Mr. and Mrs. Jack Starkey.

Weekend visitors of Mr. and Mrs. Tom Ross and Aleda Elaine were Stan and Elisa Wigley and David Wigley of Lubbock, and Mr. and Mrs. Tommy Ross and Megan of Plainview.



## Quick and Festive Meals Solve the Meal Time Dilemma

Some times of the year are just naturally busier than others. The time crunch has everyone suffering from the stress of too much to do and too little time. That doesn't mean good nutrition and great food are a memory from the past. Plan ahead for quick and easy meals that will soothe frazzled nerves and quiet empty stomachs.

Today's fresh pork is leaner than ever and not difficult to prepare for show stopping entrees that will please family and guests alike. A pork loin roast or tenderloin doesn't require a lot of advance preparation and leftover roast can supply many quick and easy weeknight meals. By planning ahead and using simple fresh ingredients, good nutrition won't be an afterthought.

Ask busy mom Pat Harlow, Farmland farmer-owner and mother of three children. Pat uses simple ingredients to create meals that are popular with husband Jerry and their children. With basketball games and cheerleading practice—Pat manages to sandwich in quick meals for her active family on the move.

By planning meals in advance and serving convenient soups and sandwiches, meals can be on the table in minutes. Try these recipes from our farmer-owners:

### Pull Apart Bacon Bread

- 1 package (16 ounces) Farmland Bacon, fried crisp and crumbled
- 1 teaspoon vegetable oil
- 3/4 cup chopped green pepper
- 3/4 cup chopped onion
- 3 tubes (7.5 ounces each) refrigerated buttermilk biscuits
- 1/2 cup margarine, melted
- 1/2 cup (2 ounces) shredded Cheddar cheese

Cook bacon until crisp. Drain, crumble and set aside. Place oil in skillet; heat over medium-high heat until oil is warm. Add green pepper and onion; saute until vegetables are tender.

Preheat oven to 350 degrees F. Cut biscuits in fourths and place in large mixing bowl.

Add sauteed vegetables, crisp bacon, margarine, and cheese; toss until well combined. Pour into lightly greased 10-inch tube pan. Bake in preheated oven for 30 minutes. Immediately invert onto large serving plate. Serve warm. Yields 10 to 12 servings.

### Cubed Potato Soup

- 4 large potatoes
- 2/3 cup low-fat margarine



## Cranberry-Glazed Pork Roast

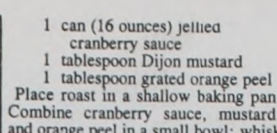
- 1 can (16 ounces) jellied cranberry sauce
- 1 tablespoon Dijon mustard
- 1 tablespoon grated orange peel

Place roast in a shallow baking pan. Combine cranberry sauce, mustard, and orange peel in a small bowl; whisk to blend. Spoon about 1/4 cup of sauce on roast. Place roast in a 375 degree oven; baste occasionally for 1 1/2 hours or until a meat thermometer registers 160 degrees F. Remove roast from oven and allow to stand 15 minutes before slicing. Heat remaining sauce and serve with roast. Yield: 12 servings.

2/3 cup flour  
7 cups skim milk  
1 tablespoon instant minced onion  
1 package (16 ounces) Farmland Bacon, fried crisp and crumbled, divided  
1 1/4 cups (5 ounces) shredded Cheddar cheese, divided  
1 carton (8 ounces) sour cream  
1/2 teaspoon white pepper

Bake or boil potatoes until fork tender. Allow to cool slightly, peel and cut in 1-inch cubes. Melt margarine in large saucepan. Blend in flour with wire whisk, stirring until smooth. Heat, stirring constantly. Gradually blend in milk, stirring constantly. Add potatoes and onions. Bring to a boil, stirring constantly. Reduce heat and simmer 10 minutes. Add remaining ingredients, except for 2 tablespoons crumbled bacon and 1/4 cup shredded Cheddar cheese. Stir until cheese is melted. Ladle into bowls and garnish with reserved bacon and cheese. Yields: 8 servings.

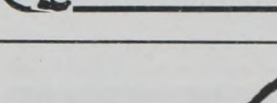
1 Farmland Extra Tender Boneless Pork Loin Roast (about 3 pounds)



## Need Something Special For The Holidays?

Call **UNIQUE TEMPTATIONS** For all your holiday baking. Linda Stark 455-1447

For useful advice on maintaining your home through the winter, visit HouseNet on the Internet at www.housenet.com, or on America Online at keyword: HouseNet. To find out about KPMG Peat Marwick LLP and its World of Spirit Day celebration, visit the Web site at www.us.kpmg.com.

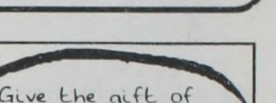
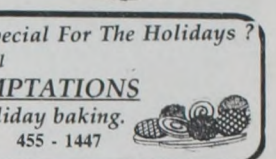


# On The QT

Robert and Kim Patrick and sons of Spearman were visitors in Quitaque last week-end. They were guests of St Patrick and Earl Patrick as well as having supper with Prof and Jo Patrick on Saturday evening.

Guests of Estelle Davidson Saturday were her daughter and son-in-law, LaVada and Stewart McCracken of Tulia and their son and family, Ronnie, Sharon, Travis and Garrett McCracken of Andrews. Local residents joining them were Floye McCracken and Jimmy Davidson.

Joyce Price was hospitalized Monday in Methodist Hospital in Lubbock. They are running tests at this time.



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Pat Carson - Turkey, Texas

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**FIRST NATIONAL BANK**

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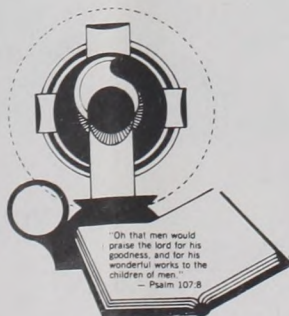
**SPORTSMAN**

**THE VALLEY TRIBUNE**

## LET'S GIVE THANKS FOR ALL THE BLESSINGS THAT WE HAVE

We don't appreciate our health Until it's here no more. And anything we've known as wealth We manage to ignore. We take advantage of our friends With selfishness and greed. But then we try to make amends If ever we're in need. And when it comes to loved ones dear, Whom we've relied upon. We often hurt them while they're here. Then grieve when they are gone. So let's be thankful for the things The Lord saw fit to give. The blessings that His goodness brings. As long as we shall live.

— Gloria Nowak



**UNITED METHODIST CHURCH**  
Quitaque, Texas  
Pastor: Julius Early  
Weekly Scheduled Meetings  
**SUNDAY**  
Church School.....9:45 a.m.  
Morning Worship.....10:50 a.m.  
Evening Worship.....6:00 p.m.  
**WEDNESDAY**  
Bible Study.....7:00 p.m.

**CHURCH OF CHRIST**  
Quitaque, Texas  
Minister: Delos Johnson  
Weekly Scheduled Meetings  
**SUNDAY**  
Morning Worship.....10:30 a.m.  
Evening Worship.....5:00 p.m.  
**WEDNESDAY**  
Bible Study.....7:00 p.m.

**FIRST BAPTIST CHURCH**  
Flomot, Texas  
Pastor: Nathan Mulden  
Weekly Scheduled Meetings  
**SUNDAY**  
Sunday School.....10:00 a.m.  
Worship Service.....11:00 a.m.  
Discipleship Training.....5:00 p.m.  
Worship.....6:30 p.m.  
**WEDNESDAY**  
Prayer Meeting.....7:30 p.m.

**FIRST BAPTIST CHURCH**  
Quitaque, Texas  
Pastor: Anthony Sisemore  
Weekly Scheduled Meetings  
**SUNDAY**  
Sunday School.....9:30 a.m.  
Morning Worship.....10:30 a.m.  
Training Union.....5:00 p.m.  
Evening Worship.....6:00 p.m.  
**WEDNESDAY**  
Missions Program.....5:00 p.m.  
Prayer Meeting.....6:00 p.m.

**JEHOVAH'S WITNESSES**  
First & Jago  
Quitaque, Texas  
Weekly Scheduled Meetings  
**SUNDAY:**  
Public Meeting.....10:00 a.m.  
Watchtower Society.....11:00 a.m.  
**FRIDAY**  
Congregation Study..... 7:30 p.m.  
Ministry School.....8:30 p.m.  
Service Meeting.....9:15 p.m.

**CHURCH OF CHRIST**  
Flomot  
**SUNDAY**  
Worship.....10:30 a.m.



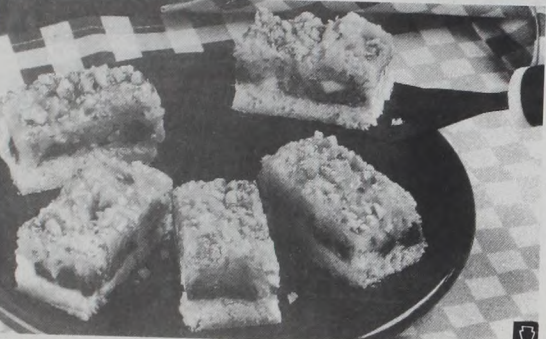


JA Ranch worker Carroll Jack Lewis (left) and Texas Parks & Wildlife biologist Steve Jester strap a bison onto a skid plate at the JA Ranch for transfer to its new home at Caprock Canyons State Park. Photo credit: Earl Nottingham, Texas Parks & Wildlife.



Mother bison and calf on the JA Ranch near Amarillo. Photo credit: Earl Nottingham, Texas Parks & Wildlife.

cooking  
**SWEET TREATS**  
the microwave way



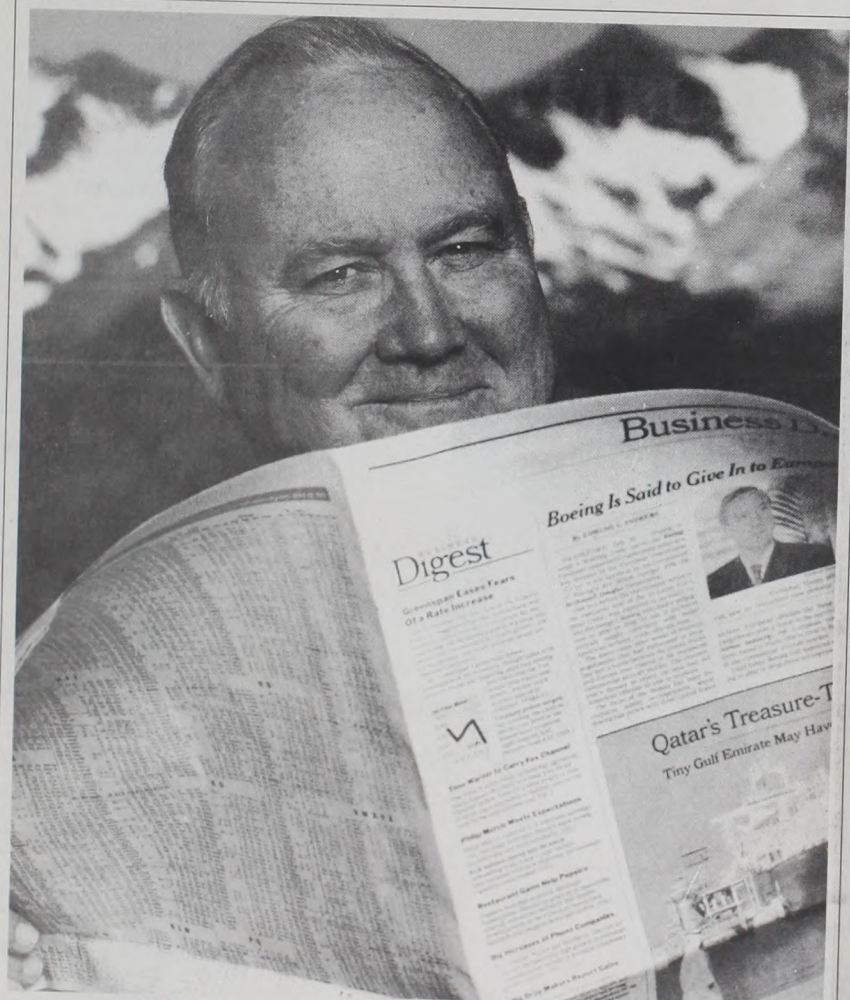
- NUTTY COCONUT BARS**  
(24 bars)
- 1 1/2 cups all-purpose flour
  - 2 tablespoons sugar
  - 1/2 cup margarine, softened
  - 1/2 cup semi-sweet chocolate morsels
  - 1/2 cup premier white morsels
  - 3/4 cup flaked coconut
  - 1 can (15 oz.) sweetened condensed skimmed milk
  - 3/4 cup chopped walnuts

1. Combine flour and sugar in small bowl. Cut in margarine. Press evenly in bottom of 11 x 7 x 1 1/2-inch glass baking dish. Microwave at HIGH (100%) for 3 minutes or until set, rotating dish a half turn once during cooking time.
  2. Sprinkle chocolate and white morsels evenly over warm crust. Then sprinkle with coconut. Pour sweetened condensed milk evenly over coconut. Top with walnuts.
  3. Microwave at HIGH for 7 minutes, rotating dish a half turn once during cooking time. Remove from microwave oven. Let cool several hours or overnight before cutting into bars.
- Nutrition Information (1 bar):** 208 calories, 3g protein, 10g fat, 0 cholesterol, 26g carbohydrates, 70mg sodium.

(DM)—Treat yourself to something sweet with Nutty Coconut Bars. This rich and chewy confection is made with a buttery crust, topped with layers of chocolate and white morsels, coconut, nuts and sweetened condensed milk. Using a microwave oven, a total cooking time of 10 minutes is all that is needed. Whirlpool Corporation home economists recommend overnight cooling before cutting.

**Whirlpool TimeSmart Tip**  
**STARTING TEMPERATURE:** The starting temperature of most foods affects the total microwave recipe cooking time. Refrigerated foods take longer to heat than the same foods starting at room temperature. "Room temperature" even varies, summer to winter! And if you substitute a frozen ingredient for a canned ingredient in a recipe, the cooking time will need to be increased.

Editor's Note: Color photos are available upon request, call 630-960-4690.



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**THE VALLEY TRIBUNE**  
It all starts with newspapers.

THIS LITERACY MESSAGE IS BROUGHT TO YOU BY THIS NEWSPAPER AND THE NEWSPAPER ASSOCIATION OF AMERICA\*



"Read a newspaper every day because you need more than television to get you through the world."  
—Tabitha Soren, TV Journalist  
**THE VALLEY TRIBUNE**  
It all starts with newspapers.

THIS MESSAGE IS BROUGHT TO YOU BY THIS NEWSPAPER AND THE NEWSPAPER ASSOCIATION OF AMERICA\*

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The Valley Tribune, Quitaque, Texas, Th

# Farm to Table Meals

*Pork* By Hayley Matson

## Holiday Entertaining Made Easy

Recreate Holiday Memories from delicious to...  
 Holiday entertaining requires advance planning to avoid the last-minute crunch that can ruin get-togethers. Scratch cooking may seem like a distant memory. Many of the dishes that Mom or grandma prepared looked so effortless, but their secret to successful meals was advance planning. Unravel the mystery of party planning with some old-fashioned hints.

Take it from a farm wife who knows— Eunice Stafford, one of the farmer-owners of Farmland, entertains a crowd during the holidays. The secret to her holiday meal is reviewing the menu well in advance and planning a detailed shopping list. It helps organize the shopping list according to the store layout to avoid forgetting something and to save time.

Eunice and her husband Bob feature Farmland ham on the buffet. It's an annual favorite with a results, requires little fuss. For the perfect meats each and every time. The meat thermometer takes the guesswork out of meal preparation. Hams should be cooked to an internal temperature of 140 degrees. A simple glaze

day, Dec. 18, 1997

Slice ham and place in baking dish. Cover and bake in a 325 degree oven for 30 minutes or until ham reaches an internal temperature of 140 degrees F. In a medium saucepan, combine cranberries, orange juice and cranberry juice cocktail concentrate. Bring to a boil, partially cover, reduce heat and simmer 15 minutes or until cranberries have popped and mixture has thickened. Remove zest or peel from oranges to measure 2 teaspoons; add to cranberry mixture. Cut peel and outer membrane from oranges. Remove sections from membranes and coarsely chop sections; add to cranberry mixture. Add sugar, if desired. Bring to a boil. Serve warm sauce over ham. Yield 10 servings.

This casserole is perfect for leftover ham and great on the holiday buffet.

### Farmland Brunch Casserole

- 4 slices bread, cubed
- 1 pound Farmland Ham, cut in bite sized pieces (about 3 1/2 cups)
- 12 eggs
- 1 cup lowfat milk
- 1 cup lowfat sour cream
- 1 cup grated Cheddar cheese
- 3 green onions, chopped

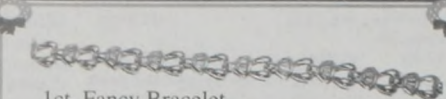
Spread bread cubes evenly over bottom of 13x9x2-inch baking pan. Cover bread cubes with ham. In a large bowl, beat eggs, milk, and sour cream until smooth. Stir in cheese and onion. Pour mixture over ham. Bake uncovered at 325 degrees for 35 to 40 minutes or until knife inserted near the center comes out clean. Let stand for 5 minutes before serving.

### Ham With Cranberry Orange Sauce

- 1 Farmland Tradition Ham (About 2 pounds)
- 2 cups fresh cranberries
- 1 cup orange juice
- 1/4 cup frozen cranberry juice cocktail concentrate, thawed but not diluted
- 2 oranges
- 1 tablespoon sugar, optional

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fat, regular exercise may actually increase your weight. Monitoring both weight and body fat on a regular basis provides a truer picture of how your fitness level is improving. Reducing body fat can mean a much slower process than dropping pounds. It takes about a month of proper diet and active exercise to drop one percentage point of body fat. However, each percentage drop in fat can mean significant improvement in both appearance and health.

## Facts About Fat and Fitness

(DM)—As winter approaches, many Americans vow to exercise regularly to make it through the Holidays and start the year without a few extra pounds. Yet according to the American Council on Exercise, more than half will quit regular exercise within the first few months. One reason Americans find it difficult to stick with an exercise program is they have unrealistic expectations and get discouraged too easily.



Monitoring with products that show how much of the body is composed of fat, is a key factor in overall fitness.

The fitness experts at Tanita Corporation, global manufacturers of precision body fat monitors and scales, offer these tips on getting fit:

### Understand what it means to be "fit."

Body fat and muscle composition are key factors in determining overall health and fitness. Experts recommend that body fat levels for men generally not exceed 24 percent, and levels for women not exceed 27 percent. Exercise increases the body's muscle mass, which is the second most metabolically active tissue in the body, aside from nervous tissue. As metabolism increases, their body uses more calories faster. In order to maintain a proper energy balance, the body begins burning its stored fat supply, which results in fat loss. People with high metabolisms even burn more calories while at rest.

**Don't rely on appearance alone.** A person who appears "thin" may actually have too much "inner" body fat, whereas someone who is very muscular and weighs more may be more fit.

### Tailor your exercise program.

Just as height and weight varies among healthy adults, so too does an appropriate exercise program. Your program should be developed to fit your own individual fitness needs, whether it's maintaining or increasing strength and flexibility, losing weight and body fat, or both.

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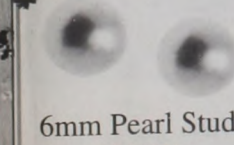
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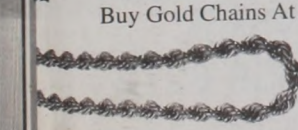


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## New Books At Library

New books at Caprock Public Library include *PETALS ON THE RIVER* by Kathleen Woodiwiss. Shermaine O'Hearn, daughter of one of England's most successful businessmen, ahs made powerful enemies, and is placed on board a slaveship bound for the colonies where she is to be sold to the highest bidder.

*COMANCHE MOON* by Larry McMurtry. The final volume of the Lonesome Dove Saga.

Two books for children: *SNUG BUG'S PLAY DAY* by Cathy Dobowski and *THE GREAT RACE* by David McPhail.

## Yesteryear

Taken from *The Turkey Enterprise* Thursday, December 18, 1941

### Woman Dies of Burns Received When Her Clothes Catch Afire

Mrs. Clara Gray, 53 was fatally burned last Wednesday when her clothing caught fire while she was building a fire in a wood stove in a rent house on the Ed House place.

Mrs. House stated that Mrs. Gray became excited when she discovered her clothing afire, left the building and ran about 300 yards before anyone on the place could stop her. By that time her garments were completely burned from her body and part of her hair had burned, leaving her with extensive first and second degree burns.

She was placed in a car and Mrs. House rushed her in to town where Dr. P. Alan Filkill gave first aid treatment before sending the patient to the Plainview Sanitarium. However, she lapsed into unconsciousness and died soon after arriving at the hospital.

### Wolf Flat Church To Celebrate Christmas With 8-Day Meeting

A meeting will be held for one week at the Wolf Flat church, beginning Sunday evening, December 21 at 6:30 p.m. and continuing nightly through the Christmas week, ending Sunday evening, Dec. 28.

Alva Johnson will be the speaker, and everyone is welcome to join the congregation in worshipping during this Christmas week meeting.

Beryl Blackshear, Dale Garner and Howard Castleberry transacted business in Amarillo Sunday.

Mr. and Mrs. Tom Pierre spent the week end in Lubbock with Mr. and Mrs. J. G. Hill.

Mrs. Albert Lacy, Mrs. Jack Holcomb, Mrs. Perry Wilson and Mrs. Fred Lacy attended the funeral Wednesday of Bob Cooper of Turley, Okla. Because sleet storms made driving dangerous, they spent Wednesday night in Childress and returned home Thursday morning.

## GIFT GIVING IDEAS

### Tips To Make The Perfect Bow

(NAPS)—A beautifully wrapped gift can create a wonderful impression, even on the simplest of presents.

Elegant ribbon and simple bow-making techniques are all that's needed to produce excellent results.

Try creating beautiful bows with simple tips from Mokuba Ribbons. These Japanese ribbons, known as the most exquisite ribbons in the world, are now available at retail in the U.S.

For ribbons with a distinct right and wrong side, such as those that are velvet, braided or embroidered, this technique ensures that the ribbons will be "pretty-side-up."

1. Pass one end under the other end and pull snugly. Twist so that the left end is upside-down and the right end is right-side up.

2. Pressing on the center of the knot, fold right end forward and to the left, to form a loop.

Make a second loop, about twice as large, with left end. Hold both at their centers.



Mokuba ribbons, known as the most exquisite ribbons in the world, are now available at retail in the U.S.

3. Lap left loop over right loop.  
4. Bring left loop forward and under the right loop to tie bow.  
5. Tug on loops to tighten knot. The underside of the ribbon will be showing on the left end. Twist to reverse it.

6. Trim ends to suit size of loops. For a tailored "bow-tie" effect, spread ends out horizontally.

For more information about Mokuba ribbons, visit their web site, festivegiftwrap.com.

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The horsetail is sometimes called scouring rush because it was once used to polish metal. All parts of the plant contain silica, an abrasive material.

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FOR ELECTION  
Briscoe County Treasurer  
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Hart County District - County Clerk  
RAYE BAILEY

FOR RE-ELECTION  
Hart County Judge  
KYNETH DALE

FOR ELECTION  
Briscoe County Judge  
TED KINERY

FOR RE-ELECTION  
Briscoe County Precinct 2  
DALE RAMSEY

FOR RE-ELECTION  
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