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 JUNE 30, 1999
 BURNS MRS. LESLIE C.
 10902 VAN RUITON S.
 NORWALK CA 90650

Voice of the Caprock Canyons

The Valley Tribune

WEATHER

DATE	HI	LO	PREC
SEPT 18 83	61	--	--
SEPT 19 78	49	--	--
SEPT 20 83	47	--	--
SEPT 21 88	67	--	--
SEPT 22 92	68	--	--
SEPT 23 90	59	--	--
SEPT 24 73	59	--	--

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VOLUME 36 NUMBER 15 8 PAGES BRISCOE COUNTY QUITAQUE, TX 79255 THURSDAY, SEPTEMBER 26, 1996

Plans Proceeding For Quitaque's Fall Foliage Festival

Plans for Quitaque's Fourth Annual Fall Foliage Festival are well underway as the city and the Caprock Canyons State park Trailway system begin preparations for the day of festivities that will begin on October 19th.

New to the Fall Foliage Festival this year is the Hot Sauce Taste-Off. Fresh homemade hot sauces will be judged and tasted by the people in town at the festival. People wishing to enter their homemade hot sauce may do so by contacting Mike Knezek at Caprock Canyons State park.

Motorized tours of the trail have proven very popular and will be available again this year so everyone will have the opportunity to view the scenic canyons and beautiful fall foliage. Everyone is also reminded that this is a prime time of the year for bicycling because the weather is perfect for trail riding.

This tour has been highlighted in Texas Highways Magazine and should be seen by all in Panhandle—South Plains area.

Quitaque City Council Has Called Meeting

The City Council of the City of Quitaque had a called meeting on Monday, September 23, 1996 at 5:30 p.m. Those attending were councilmen, Arnold Castillo, Janice Henson, Rhonda Rogers, Wilburn Leeper and Randy Stark and City Secretary, Maria Cruz.

During the session the Council discussed hiring of an Interim City Administrator until a permanent City Administrator can be hired. The Council selected James Brunson, former City employee for the job until a permanent City Administrator is hired.

It was decided that applications for City Administrator will be taken until November 4, 1996 at 5 p.m. The last day to file an application for the job of Water Supervisor will be October 14, 1996 at 5 p.m.

Fall Foliage Festival
 October 19, 1996
 Quitaque, Texas

Rock Creek Church Of Christ Celebrates 80th Anniversary

The Rock Creek Church of Christ which is located seven miles west of Silverton will be celebrating 80 years of service on October 6, 1996.

Sunday services will start at 10:30 a.m. with Bro. Steve McLean, the great-grandson of the late Bro. Steven Cantwell who was a charter member, leading the service. Lunch will follow the morning service.

At 2 p.m. gospel singing will begin and then the evening service will be at 6 p.m.

On Monday through Wednesday services will begin at 7:30 p.m.

All former members, preachers and friends are urged to come and join in this celebration of eighty years of service.

After participating in the morning trail tours or before leaving for the afternoon tours a Soup and Salad luncheon will be served beginning at 11 a.m. Homemade fall desserts will be a great feature of the luncheon.

Other highlights of the day will be a health fair, kids bike race, and bike parade. Quitaque will look great and you're encouraged to be there.

Turkey Museum—Library Meeting

The committee working on a joint combining of the Turkey Museum and Library will be holding a meeting on Monday, September 30, 1996 at 2 p.m. at the Turkey Library.

All citizens of Turkey who are interested in combining the Turkey Library and Turkey Museum are urged to attend. The group needs your opinions and helpful thoughts.

Brent Mullin has graciously donated his building which is next door to Beth Mills building which the group hopes to acquire. Plans are to display ancient farm equipment in Brent Mullin's building.

Do come to the meeting on Monday, September 30 at 2 p.m. at the Library. Your assistance is desperately needed.

Donations for this project are being accepted at the Turkey Bank. Your assistance is needed so that Beth's Beauty Shop building may be purchased.

Turkey Hamburger Lunch Kicks Off Hall County Picnic

The Main Street in Turkey was a busy place last Thursday as over 100 people showed up to enjoy the hamburgers and beans that were being served down town by the Hall County Picnic Association. The hamburgers, cooked over mesquite, were quite delicious.

Those assisting Marjorie Bell with the serving were Maurice Fuston, Iona Lane, Oleta Randell, Vernell Cotten, Betty Driskill, Mable Morse, and Leota Johnson.

James Fuston assisted by supplying the mesquite wood for the grills and helping with the cooking. The men from the Association in Memphis also were on hand to help with the cooking.

Operators At Laura's Shop Attend School

"Arabian Nights" was the theme of the beauty school sponsored by Armstrong McCall in San Antonio recently. Attending were Laura Stewart and Tessa Myers. They were accompanied by their husbands, Danny Stewart and Dan Myers, but the men reported they did not attend the school.

Mrs. Stewart reported that they learned of some new colors that are now available, but basically everything else they saw was the same cuts and style that are now in style. They remain about the same.

Funds Donated To Turkey Ambulance Fund Recently

Mr. D. M. Cogdell arrived at the Turkey Drive In recently and asked Karen Yates who took care of the Turkey Ambulance Fund. Mrs. Yates then called Steve Farley to come to the cafe that Mr. Cogdell wanted to talk to him about the ambulance service.

When Steve arrived at the cafe, Mr. Cogdell handed him a very generous check from the Martha Ann Cogdell Hospital Trust to be used for ambulance up keep.

Mr. Farley was quite elated and the whole town is quite appreciative of this generous gift.

Cowboy Campfire Evening

Saturday, September 28, 1996 at 7:30 there will be a gathering at Little Red Tent Camping Area in the Caprock Canyons State Park for a Cowboy Campfire Evening under the stars.

This second in a series of evenings will feature Jimmy Burson, cowboy musician and singer from Silverton and Perry Williams, cowboy poet of Lubbock.

Prior to the program under the stars, Dale and Donna Smith will be serving a brisket sandwich to those who have called the park for reservations. This will start at 6:30.

A small fee will be charged for the evening under the stars but the park entrance fee will be waived for those attending the program.

Please remember to bring your blanket or lawn chairs for your comfort in enjoying the evening.

Haylift For Texas Drought-Relief

Farm Aid, Texas Farmers Union, Lutheran Social Services of the South and other team workers joined together Friday, September 20, at a ranch near Bastrop and unloaded a tractor-trailer of hay made possible through Farm Aid's Haylift program for the drought stricken areas of Texas.

The haylift began Tuesday at the home of South Carolina farmer Tom Trantham, with a Teamster-donated tractor-trailer filled with hay donated by Trantham and other hay producers in South Carolina. Willie Nelson, president of Farm Aid, Texas Farmers Union President Wes Sims, Norm Hein of Lutheran Social Services of the South-Austin office, and other volunteers met at the Fannie Simnacker ranch, the main drop off point, and unloaded the hay for Ms. Simnacker and other area family farmers and ranchers.

TFU President Wes Sims said Fannie Simnacker called the Hay Hotline and requested hay to feed her cattle through the winter. Sims said, "Texas Farmers Union is involved in this drought-relief program with Farm Aid by operating the Hay Hotline, because we feel it is important that organizations representing farmers and ranchers work together to help people involved in production agriculture."

Register To
 Vote By
 October 6, 1996
 For
 1996 General Election

October 19 Is Date For Hot Sauce Taste-Off

Quitaque will be having their first Hot Sauce Taste-Off on Saturday, October 19, 1996.

Everyone in the Quitaque area is encouraged to pull out that hot sauce recipe and get busy with the peppers and tomatoes to make up a batch of hot sauce for the contest.

Prizes will be awarded in three categories. One category is the hotness of the sauce, one for the all around flavor and the third will be people's choice. Even if you do not have a hot sauce recipe you want to make, you can participate by coming out and tasting what you friends and neighbors have cooked up.

Entries will be taken on Saturday, October 19. For more information on the contest, call Mike Knezek at Caprock Canyon State Park at 806/455-1492.

Varsity cheerleaders Bake Sale—Car Wash

The Varsity Cheerleaders will be having a bake sale Saturday, September 28, 1996 in Turkey in front of Laura's Shop. The bake sale will start at 9 a.m. and last as long as baked goods are available.

In Quitaque the girls will also be washing cars at Allsups, weather permitting. Starting at 9 a.m. the cheerleaders will wash cars until 5 p.m.

Quitaque EMS Service Receives Generous Donation

The Quitaque EMS Service has received a generous donation from the Martha Ann Cogdell Hospital Trust. Mr. D. M. Cogdell presented Jack Wellman, president of the EMS Service with a check recently from the Trust.

This donation will be very useful in the operation of the ambulance service for the Quitaque area. It will be used for updating equipment and new equipment needed for the ambulance and for the further education of the EMS service personnel.

The EMS Service and the residents of the Quitaque area are very grateful for this most generous gift from the Martha Ann Cogdell Hospital Trust.

Saturday
 October 26, 1996
 Quitaque Quest
 Bike Race

Good Guy Award

On a Sunday afternoon recently Clema Johnson, Nadine Baisden and Foy Lane arrived at my house to play forty-two. Upon their arrival they saw a rattlesnake on my front step. I called my neighbor, U. F. Coker to come kill it but when he arrived we couldn't find the snake.

Several days later Coker saw the rattler on the side of the road in front of my house. He was able to kill him.

For being a good neighbor and killing the snake I think he deserves the "Good Guy Award."

THEN & NOW!

Support. What comes to mind with this word? Do you think of someone making a living for their family, the bracing under a bridge or house, giving moral support, making donations to your favorite charity, to endure the cost of something that is dear to your heart, support hose, paying taxes to help maintain the standard of living that we have come to accept as our due here in the United States of America, an actor who is not in a starring role, to give encouragement, or to help some a group obtain a goal that they have set for themselves?

In many ways we support something each day of our lives. Each time we go to a ball game, we are supporting the youth of our community and egging them on to make a better showing in the game. Each time we attend church we are showing that we support the Christian way of living. Each time that we help our neighbor, we are showing that we care for them. When we trade at home we are showing support of our local merchants and telling them that we hope they will remain in business for a long while. Each time we vote, we are showing support of our democratic way of life. Each time we pay our taxes, we are saying that we support our government. (We may not always approve of the way in which our taxes are used!) Each time we volunteer to do some community service we are supporting our city and those who live there.

A group of young girls are working very hard to obtain a goal that they have set for themselves. They need our support to get there. The Varsity Cheerleaders are working very hard to make enough money so that they can take advantage of the opportunity offered them to go to Hawaii to perform at the Hula Bowl. These seven girls have taken on a big job! But they have worked at anything that they felt could bring them in a few dollars to add to their Hawaii Fund. This past Sunday they had a delicious dinner at Quitaque. Quite a few in the community supported them by turning out to purchase a lunch from them. In the past they have hoed cotton, had car washes and bake sales.

This coming week end they will be having a car wash at Quitaque and a bake sale at Turkey. Each job that they take on and do is just that much closer to their goal. How can you help them? Give them your support! Show them that you really approve of their hard work to obtain their goal. And of course while you are giving them your support, you will also be gaining a clean car or a great dessert to eat. No one can be the loser in this win-win situation.

Biking Events
 Upcoming
 Kids Parade
 Kids Race
 Saturday
 October 19, 1996

Calendar of Events

- September 26**
 Al Anon Meeting @ Quitaque Methodist Church @ 8 p.m.
- Jr. Hi Football @ Nazareth 5 p.m.
- JV Football @ Ralls 6 p.m.
- September 27**
 End of First 6 weeks
 Tunnel Bat Flights
 Varsity Football—Nazareth H 7:30 p.m.
- Jr. Class Mexican Stack @ 5:30 to 7 p.m. @ Valley School
- September 27-28**
 Orienteering @ Caprock Canyons State Park
- September 28**
 Cowboy Campfire Evening @ Caprock Canyons State Park
- Varsity Cheerleaders' Bake Sale, Turkey
- Varsity Cheerleaders' Car Wash, Quitaque
- September 30**
 Begin Second 6 weeks
 Turkey Library—Museum Meeting @ 2 p.m. @ Library

- October 1**
 Quitaque Masonic Lodge
 Briscoe Co. Historical Society
 Quitaque Chamber of Commerce
 Turkey Fire Department
- October 2**
 Quitaque EMS
- October 3**
 Quitaque Senior Citizens Business Meeting
- Jr. Hi Football—Motley Co. H @ 5 p.m.

Cowboy Campfire
 Evening
 Caprock Canyons
 State Park
 Saturday,
 September 28
 7:30 p.m.

OBITUARIES

On the QT

MEMBER 1996 TEXAS PRESS ASSOCIATION

THE VALLEY TRIBUNE Successor to The Quitaque Tribune, Established at Quitaque in 1960

Advertising rates upon request. Classified advertising 15 cents per word; minimum charge is \$4.50 per week for 30 words or less.

Childress Hosts Air Show

Childress will be hosting a second annual air show on Sunday, October 6th, beginning at 1:30 p.m. at the Childress Municipal airport.

There will also be a display of antique and classic cars. Gates will open at 11 a.m. Concessions and vendors are sponsored by the Childress Chamber of Commerce.

There are some men who lift the age they inhabit, till all men walk on higher ground in that lifetime.

Happy Birthday

September 26 Tate Bennett, John Scott Garner III September 27 Kristy Wilson, Albert Castillo, Zeld Leeper, Tessa Meyer September 28 Ora Geissler September 29 Christopher Price September 30 Cindy Shorter, Brandon Morrow, Morris Wilson, Odis Reagan, Kami McCall Mullin, Shawna Brooke Davis, Kathy Farley

Happy Anniversary

October 2 Mr. and Mrs. Dale Ramsey Mr. and Mrs. Ed Hammock October 3 Mr. and Mrs. Brent Brown

Louise Clary

Services for Louise Brandenburg Clary, 62, of Quitaque were at 2 p.m. Tuesday, September 24, 1996 at First Baptist Church of Quitaque with the Rev. Anthony Sisemore, pastor, officiating.

Burial was in Reshawn Cemetery under the direction of Myers-Long Funeral Directors of Quitaque. She died Saturday, September 21, 1996.

Mrs. Clary was born January 6, 1934, in Colorado Springs, Colorado. She and Bill Clary were married 46 years. She had lived in Quitaque 28 years.

Survivors include her husband, four daughters, Cathy Crawford of Fairfield, Idaho, Barbara Goolsby of Runaway Bay, Susan Stephenson of San Antonio and Bonnie Lindenfeld of Hudson Colorado; a son, Allen of Council Grove, Kansas; three brothers, Freddy Brandenburg, Donnie Brandenburg and John Brandenburg, all of Aztec, New Mexico; two sisters, Mary Mueller of Alamosa, Colorado, and Carolyn Brandenburg of Aztec, New Mexico; 16 grandchildren and five great grandchildren.

Palbearers were Prof Patrick, Glyn D. Pigg, Clayton Pigg, Clinton Pigg, Larry Don Price, Allen Brummett, Billy Meyer, Jerry Brannon and Morris Hasty.

Wilma Hodges

Services for Wilma Hodges, 79, will be at 10:30 a.m. Thursday, September 26, 1996 at the Fairmont Baptist Church with the Rev. W. J. Richey, pastor officiating.

Interment will be in Gray Mule Cemetery under the direction of Myers Long Funeral Directors.

She died Tuesday, September 24, 1996 at her home in Quitaque.

She was born July 9, 1917 in Parker County. She and O. V. Hodges were married in 1940. He preceded her in death in 1985. She was a grocery store owner and a member of the Fairmont Baptist Church.

Survivors include three brothers, Bennie Pigg of Yuma, Arizona, Jack Pigg and John Pigg, both of Quitaque; two sisters, Maggie Cobb and Jean McCarver, both of Hale Center and several nieces and nephews.

Palbearers will be nephews. Memorials are suggested to the Fairmont Baptist Church or to the Waxahachie Home for Children.

A house is a machine for living.

-Buckminster Fuller

Bob Eudy

Services were held for Bob Eudy, 79, of Joshua, Texas on Monday, September 23, 1996 at 1:30 p.m. at Crosier-Pearson-Mayfield Funeral Home in Cleburne, Texas with Calvin White officiating. Johnny Reed assisted.

Burial was in the Caddo Cemetery at Joshua, Texas.

Mr. Eudy died Saturday, September 21, 1996 in Joshua. Bob was born in Turkey Texas on June 25, 1917 to Jim and Ethel Eudy. He and Lola Mae Hamilton were married February 15, 1940 in Memphis, Texas.

He was a farmer in Turkey for many years, moving to Ft. Worth in 1953. He was a veteran of World War II serving in the air force. He retired from Bell Helicopter as a flight line mechanic in 1983. He was a Deacon and Elder at Westworth Church of Christ in Ft. Worth for 15 years. Having lived in Joshua for the past 23 years, he was a member of Joshua Church of Christ.

Survivors include his wife, a son, Jimmy Eudy, Jr. of Joshua, Texas; two daughters, Shirley Taylor and Myra Del Reeves both of Burleson, Texas; four brothers, Lewis Eudy and Tom Eudy both of Turkey; Hugh Eudy of Midland and Jay Eudy of Austin; a sister, Cleo Green of Slaton, Texas; 8 grandchildren and 8 great grandchildren.

The family suggest memorials to Alzheimers Association, P.O. Box 9709, Ft. Worth, Texas 76147.

Paducah Plans A Fall Festival In October

Paducah, Texas is the site of a Fall Festival and Invitational Roping on October 12 and 13. The top 40 professional calf and steer ropers in the world will be in Paducah competing for prizes. Big names will be there.

Along with the roping there will be a Big Buck Show, Wild Hog Lunch, Antique Tractor show, Carnival, Steak Dinner, Arts and Craft Show and a Jody Nix dance on Friday and Saturday nights.

Booth Spaces are still available indoors and outdoors. Call Shalane Wesley at 806/492-2219 or 806/492-2044.

Visiting in the home of Ruby King last week were Imogene Bethel, Gene Grundy of Lamesa, Claude Henderson and his mother-in-law, Opal Broxson, Lawrence and Gladys Bedwell. Ruby returned to Lamesa with Imogene and Gene where her son, Jerry King was to pick her up to spend a few days with him and his wife, Wanda in Odessa. Ruby, Jerry and Wanda plan on going to visit Jane Hawkins in Terrell.

Roy Shepperd of Matador spent Sunday afternoon visiting with his daughter and her husband, Eunice and Sid McFall this past week.

Conservation Plans Kept Confidential

Conservation district officials, attending their annual state meeting, want formal steps taken to assure that information contained in a producer's conservation plan will be kept confidential.

With the advancement of computers and the Internet, electronic mail has become a way of conducting business among local, state and federal agencies. This has caused concern, due to the ability of information to become inadvertently exposed. Although no conservation plans have currently been sent over electronic mail systems, SWCD districts directors want steps taken to ensure no producer's conservation plans will be electronically transferred without prior consent from the producer, SWCD District Director and the Natural Resources Conservation Service (NRCS) District Conservationist.

"There has always been an informal understanding between the NRCS and soil and water conservation districts that a district cooperators' conservation plans were confidential and the property of the district cooperator," said John Earl Smith, Chairman of the Maverick SWCD in Eagle Pass. "We just want to make sure that a producer's privacy is protected."

Over 800 soil and water conservation district directors representing 214 Texas Soil and Water Conservation Districts (SWCDs) and other conservation leaders are attending the 56th annual meeting of SWCD directors which is being held in Ft. Worth.

Mr. and Mrs. Joe King of Dumas visited in the home of Una Lee, Danny and Judy Barrett over the week-end. Sunday night Judy and Jana Boyles furnished tickets for the following to go to Lubbock to see Charlie Pride at the Fair; Joe and Owayne King, Marie Ramsey, Una Lee and Danny Barrett and Anita Ramsey. They stopped at Leals in Plainview on their way up to eat supper. The group enjoyed the concert.

Kay and Deloy Myers recently returned from their vacation at Red River, New Mexico. They also had their little granddaughter, Rayann Race of Lockney visiting them from Sunday until Tuesday while they were on vacation.

Weekend visitors in the home of Roberta Farley were her cousin, Opal Moore of Sidney, Nebraska; a friend Henrietta Mitchell of Tularosa, New Mexico; Larry, Linda and Matthew Farley of Amarillo; Joe and Owayne King of Dumas; Virginia Degan of Turkey; Leona Degan of Flomot and local residents, Jack, Debbie, Jamie, Richard, Ryan and Jessica Wellman; Dennis, Lisa, Melody, Vance, Randy and Mitchell Farley.

James and Ruth Brunson traveled to Kerrville last Friday to visit with his sisters, Wanda Jordan and Ruby Ray. The Brunsons reported a grand time when they returned home on Tuesday.

FUTURE OPENINGS LIVE HOGS OCT. 5695 K.C. WHEAT DEC. 4344 LIVE CATTLE OCT. 7165 COTTON OCT. 7440

BAKE SALE SAT., SEPT. 28 9 A.M. TURKEY, TX IN FRONT OF LAURA'S CAR WASH - SAT. SEPT. 28 9-5 QUITAQUE, TX ALLSUPS (weather permitting)

MERRELL FOOD STORE the price fighter Venture FOODS All Your Favorite Brands... All The Time! Potato Chips, Pot Pies, Coffee, Vegetables, Shurfine 32 Oz., Grape Jelly, Del Monte Fruit, Paper Towels, Hellmann's Reg. Mayonnaise, Pork Chops, Ground Beef, Smoked Sausage, Jimmy Dean Sausage, Margarine, Halfmoon Cheese, Health & Beauty.

COME AS YOU ARE... There's no need to do a lot of "fixing up" just because you have some business at the bank. We see lots of working people every day. And whether you're decked out in your Sunday best, or just in from the field, we'll work hard to see that your needs are taken care of to the best of our ability. FIRST NATIONAL BANK QUITAQUE, TEXAS

Page 3 ATM Estrogen may female heart COLLEGE STA... A&M University ex... study reinforces a... regular exercise to... tor for cardiovascular... The study by Tex... physiology rese... Grandjean, Steve C... Green, measured 12... and six post-menop... lipid (fat) levels after... session. The researchers... the effect the single... triglycerides, VLDL... sity lipoprotein chole... C (high density lip... terol). Specifically... ested in the way the... might affect the lipi... The results sho... women's triglycend... levels had decrease... exercise and remaine... afterwards. Texas A&M bu... college given COLLEGE STA... A&M University's... ness Administration... School of Business MINIMIZE - AND Wearing an... forages can... When feed in... By providing... -feed intake... stress is redu... Anipro's We... consumption... mance and p... ANIPRO'S V... Provide: • All Natura... • A readily... energy so... • High pola... to reduce... • Chelated... the immu... • 8 vitamins MINIMIZE ST... CATTLEMA... YOU 8



Texas A&M University
Office of University Relations
College Station, Texas 77843-1372
409/845-4641

ADD ONE

Estrogen may reduce female heart failure

COLLEGE STATION — The results of a Texas A&M exercise physiology study imply that post-menopausal women taking estrogen may have a reduced risk of heart failure.

The cross-sectional study, conducted last summer, compared the pumping chamber sizes and the pumping capacities of the hearts of 45 post-menopausal women divided into four groups: those taking hormones and exercising, not taking hormones and exercising, taking hormones and not exercising, and not taking hormones and not exercising.

"In young men, young women and older men, certain changes in the cardiovascular system have been shown to occur as a result of an aerobic exercise regimen," says John Green, a visiting assistant professor in Texas A&M's Department of Health and Kinesiology and author of the study. Green says two of the most common changes are that the main pumping chamber of the heart becomes slightly enlarged, and the blood flow coming out of this chamber during peak exercise increases.

"This study was designed to determine why these changes were not seen in post-menopausal women and whether or not these changes were influenced by estrogen supplementation," he says.

Women encouraged to exercise for heart

COLLEGE STATION — A Texas A&M University exercise physiology study reinforces a woman's need for regular exercise to reduce a risk factor for cardiovascular disease.

The study by Texas A&M exercise physiology researchers Peter Grandjean, Steve Crouse and John Green, measured 12 pre-menopausal and six post-menopausal women's lipid (fat) levels after a single exercise session.

The researchers were looking at the effect the single session had on triglycerides, VLDL-C (very low density lipoprotein cholesterol) and HDL-C (high density lipoprotein cholesterol). Specifically they were interested in the way these three enzymes might affect the lipids.

The results showed that the women's triglyceride and VLDL-C levels had decreased 24 hours after exercise and remained lower 48 hours afterwards.

Texas A&M business college given high marks

COLLEGE STATION — Texas A&M University's College of Business Administration and Graduate School of Business ranks among the

top 10 undergraduate business programs in the nation, according to a new report.

The 1996 Gourman Report Ranking of Undergraduate Programs reviewed 849 undergraduate business programs in the United States and gave Texas A&M a number 10 ranking. In determining rankings, reviewers evaluated programs on the basis of 18 criteria that include admission requirements, computer facilities, faculty caliber, curriculum, library facilities and support services.

"This top 10 ranking reflects the commitment we have made to providing an excellent undergraduate business education," noted Dean of Business Administration A. Benton Cocanougher. "This continued recognition of the quality of our teaching, support staff and facilities also contributes to the career opportunities available to Texas A&M business graduates."

Also included in the top 10 were, in order, the University of Pennsylvania, Massachusetts Institute of Technology, Indiana University, University of Michigan, University of California-Berkeley, University of Texas-Austin, New York University, Carnegie-Mellon University and the University of Illinois-Urbana-Champaign.

Insecticide application made more practical

COLLEGE STATION — Two Texas A&M University researchers have discovered a new and efficient approach for preparing aminolevulinic acid (ALA). The new method drastically reduces the acid's production cost, making ALA more practical for applications such as herbicides and insecticides.

ALA, a naturally occurring substance found in the human body, is free from fluorocarbons, phosphorus, PCBs and other toxic chemicals. Due to current high production costs, it is not used for crop protection.

The new method invented by Alan Scott and Jianji Wang of Texas A&M boasts several advantages over previous means of ALA synthesis.

The process, which has been successfully tested in the laboratory, is far less labor intensive than current procedures. Another advantage gained by using this new process is a high yield, typically in the range of 93 percent. The new process can be completed in less than one-fifth of the time the current technique requires.

Elusive form of DNA may have been found

HOUSTON — For 10 years biochemist Richard Sinden has tried to prove the existence of a peculiar form of DNA that researchers believe may be responsible for certain human neuromuscular diseases.

Many other researchers have tried too. Now Sinden's lab has produced the first real evidence that the DNA structure actually does exist.

Sinden's discovery could lead to early diagnosis and better treatment of myotonic dystrophy (the most common form of muscular dystrophy) and fragile X syndrome (the most common genetic cause of mental retardation in males). Sinden's research is done at Texas A&M University's Institute of Biosciences and Technology in the Texas Medical Center in Houston.

Chromosomes clogged by too much genetic information in the wrong places seem to be the culprits behind these two (and about eight other) diseases. Long, repeated series of small molecules in or near important genes somehow destroy or alter the important information carried by the gene.

SEE YOUR DOCTOR

Breakthrough For Emphysema Patients

(NAPS)—Recent breakthroughs in emphysema treatments mean it may be more important than ever to see your doctor regularly, and promptly if you smoke or have such symptoms as breathlessness, chronic cough, wheezing and fatigue.

Emphysema destroys normal lung tissue and distends air spaces, compressing the lungs and flattening the diaphragm. Doctors can, in many cases, now use a technique known as Laser Reduction Pneumoplasty, a minimally invasive surgical procedure. The new technique shrinks the spaces and removes diseased tissue. Many feel, after the procedure, they can "catch their breath" for the first time in years.

To learn more, doctors and patients can call U.S. Lung Centers at 1-800-US-LUNGS.

WTA&M University Hosts Intro To College

West Texas A&M University Office of Admissions will host *Intro to College*, a program for high school students and their parents, from 1-4:30 p.m. Saturday, October 19. This workshop is designed to introduce prospective WTAMU students and their parents to the campus, education issues and college life.

"We try to answer all of the questions from the students and their parents about how college life works," Tara Van Doren, an admissions adviser coordinating the workshop, said. The day will consist of programs covering questions about college life, admissions procedures, housing and financial assistance.

The workshop begins at 1 p.m. with registration and tours. The first session begins at 2:15 p.m. with a look at the college admissions process. At 2:30 p.m., the Office of Student Financial Services will host a session on financial assistance followed by a fair sponsored by the Office of Student Services that will highlight the campus organizations WTAMU has to offer. The Office of Career Services will discuss choosing a major and career at 3:15 p.m. Those participating in the workshop then will meet with faculty members from their prospective academic disciplines. A panel composed of faculty, students and parents will address any other questions or concerns.

Following the workshop, a tailgate party and barbecue will be held at Kimbrough Memorial Stadium. The participants are also invited to attend the WTAMU vs. East Texas State University football game at 6 p.m.

The workshop is free to students and their parents. There will be a small charge for the tailgate party and entrance to the football game. Reservation deadline is Wednesday, October 16.

For more information or to make reservations, contact Van Doren or Scott Edwards in the Office of Admissions at 806/656-2020 or 1-800-99-WTAMU.

Turkey News

By Ann Coker

Lewis and Mozelle Eudy recently received a thank you card from Bro. W. L. Armstrong and Faye. They had sent them a 50th wedding anniversary card earlier. The Armstrongs reported that their family gave them a great "This is your Life" show, and they had guests from so many places they had served in their ministry. W. L. and Faye helped the Eudys celebrate their 50th anniversary several years ago.

Traveling to Abilene last Saturday were Betty Jean Williams, Kelly and Brittany Kelly of Clarendon and Arlie Williams of Turkey. The group attended a barbecue at the home of Mr. and Mrs. Terry Doc Williams.

The affair was held to celebrate the marriage of their son, Craig and Christy Williams. They wanted to introduce their daughter-in-law to the Williams family and to their friends in Abilene. Sixty five people were present and the weather was beautiful.

Charles Daniels is quite pleased to have finished his chemo treatments in Lubbock. He took them for six weeks, five days each week. Mr. Daniels drove back and forth most of the time but did spend a few nights in Lubbock.

Spending the day in Memphis last Saturday to celebrate the Hall County Picnic were Daniel and Jackie Jenkins. They also visited with Mrs. Jenkins' parents.

Mitchie Patrick of Midland came after her grandmother last week. She took Lois Lipscomb back to Midland with her. Mrs. Lipscomb had been told she needed a pacemaker so Mitchie wanted her grandmother with her in Midland if she has to have the surgery.

At last report Don Howard is still a patient at High Plains Hospital in Amarillo and isn't doing too well. His wife, Connie is still with him.

Mrs. Howard also has a sister in the ICU unit in the same hospital.

Mr. and Mrs. Lewis Eudy received a letter recently from Stella Davis, a former resident of Turkey. Mrs. Davis reported she could no longer attend church and she reported how much she loved all her friends in Turkey. She especially misses Byron Young and his family.

Mrs. Davis is ninety four now and still lives alone in Bartlesville, Oklahoma near her daughter and husband, Charlene and Charles, who look after her. She stated she

really loves the "Thinking of You" cards signed by the Turkey Church members.

David Paul Majors and family of Idalou visited with his parents last week-end, Jim and Willie Majors.



The above picture is the children of Mr. and Mrs. Ben Adams who gathered at the Caprock Canyons State Park. Last week we incorrectly named them as the Davis children.

RIDICULOUS BUT TRUE

(NAPS)—In the past five years, the cost of medical treatment paid by auto insurance has increased dramatically, even though the claims studied by the Insurance Research Council (IRC) show less serious injuries, fewer hospitalizations and fewer disabilities!

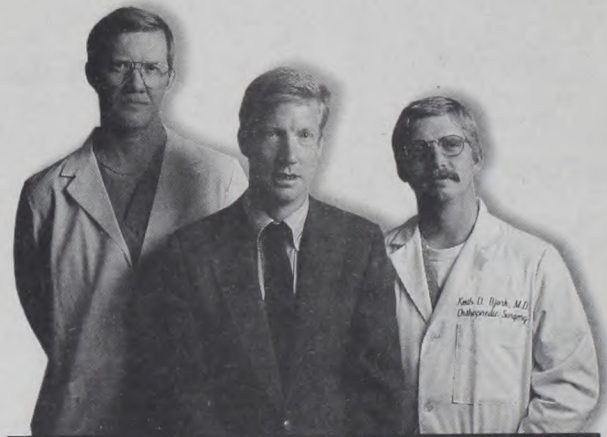


Claim costs for injured parties are about four times higher, on average, than they were 15 years ago. Researchers say there is a correlation between these higher costs and attorney representation of accident victims.

Surprisingly, the average person collected only about \$100 more by hiring an attorney to handle his or her auto injury case. But the average attorney-assisted settlement was nearly \$8,700 higher! All that extra money went to pay lawyers, chiropractors, and others who make part of their living from insurance company payments.



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FLOMOT

OVERHEARD

When my son came in from playing, covered with dirt from head to toe, I told him to get washed and use "some elbow grease."

He went into the bathroom and it was quiet for the longest time, until he hollered, "Mom, where do you keep the elbow grease!?"

Mr. and Mrs. Johnny Turner and son Cobey attended the High School Rodeo in Dumas Saturday.

At the bedside of Mrs. Doris Morris at Lockney Care Center are her daughters Mrs. Coleen Burns, of Granbury, Mrs. Bobbie Morris of Fulton, son and wife Wendell and Melva Morris of Flomot, and Niece Mrs. Denise Blanchard of Ft. Worth.

Mrs. C. W. Starkey and daughter Mrs. Homer Cypert of Lockney visited the weekend in Hart with her sister Mrs. Jometa McLain.

Mr. and Mrs. Kevon Kleibrink and Kyler and Julia Clay of Lubbock joined their family Mr. and Mrs. Joe Ike Clay and Mr. and Mrs. Larry Clay, Kelsey, Tanner and Sarah at the South Plains Fair Saturday. They also visited at Methodist Hospital with the Ray Cruse family.

Visiting last weekend with Mr. and Mrs. Howard Rogers and Donnie Rogers were Mr. and Mrs. Randy Rogers and Kaylin of Lubbock. Visitors during this weekend were Mrs. Donna Sue Degan of Kalgary, and Mr. and Mrs. Ronnie Rogers and Mr. and Mrs. Richard Rogers of Lubbock.

Howard Sandifer of Hale Center visited Mr. and Mrs. D. M. Gilbert Monday morning. Guests in their home Monday afternoon were Mr. and Mrs. J.C. Moss, Mrs. Rhetha

Moss and John Gilbert of Anson, and Mr. and Mrs. Wilburn Martin of Flomot.

Mr. and Mrs. Clois Shorter were at the Running Water Draw in Plainview Saturday morning, and visited in Petersburg with Christi and Dwain Milam. Saturday afternoon, they and daughter Cindy and Keri of Lubbock enjoyed touring the Country Peddler Show at the Civic Center in Lubbock. Sturday night, Mr. and Mrs. Shorter attended the acappella Concert at Texas Tech.

Visiting during the weekend with Mrs. Viola Calvert were her daughter

and family Mary Ann and E. J. Browning of Rising Star and Mr. and Mrs. Lee J. Browning and Whitney of Turkey. The families also visited Mrs. Dona Browning and in Lubbock with the Ray Cruse family.

Mrs. Leland Heiskell of Dalhart visited from Friday until Sunday with her parents Mr. and Mrs. D. M. Gilbert. They enjoyed the day in Plainview Saturday.

Louis Shorter of Mansfield met his parents Mr. and Mrs. L.E. Shorter at Dallas Airport Friday. Saturday, they, Megan Shorter and friend Jennifer enplaned to San Antonio to enjoy Sea World. Mr. and Mrs. Shorter returned home Sunday.

Mrs. Doyle Calvert and son Glenn visited in Lubbock Sept. 13-20 with daughter, sister, and family, Mr. and Mrs. Tim Mandrell, Dustin, Shae Lynn and new baby daughter Peyton. Mr. Calvert visited the family last Saturday.

LOOK WHO'S NEW



Peyton Lee Mandrell

Gwen and Tim Mandrell of Lubbock are proud to announce the birth of their baby daughter, Peyton Lee. She was born at 8:30 a.m. Thursday, September 12, at the Methodist Hospital in Lubbock, weighing seven pounds.

Welcoming the new arrival are brother Dustin, 12, and sister Shae Lynn, 10; grandparents Mr. and Mrs. Doyle Calvert of Flomot and Mrs. Sharon Mandrell of Lubbock. Her only great-grandparent is Mrs. Viola Calvert of Flomot.



Unless someone messes up, heavy traffic tends to keep itself at a speed of about twenty two miles per hour, the speed that allows the most cars to use a road at once.

DPS Has Openings For Trooper-Trainees

The Texas Department of Public Safety is seeking applicants for a recruit school scheduled to begin January 7, 1997. Persons who successfully complete the rigorous six-month recruit training academy in Austin will join one of the country's premier law enforcement agencies.

"We're encouraging all person interested in a career with the DPS to go by their nearest DPS office and get a complete application package and a list of all the qualifications," said Lt. Curley Colquitt, who heads the DPS's recruitment effort. "The DPS is very interested in attracting qualified female and minority applicants, since historically those groups have been underrepresented in law enforcement," he said. "DPS offers a challenging and rewarding law enforcement career."

Graduates of the school initially are assigned to one of the uniform services of the Department—Highway Patrol, License and Weight or Driver License Service. After gaining experience, the trooper can apply for promotions within those or other areas of the DPS.

Applicants must be at least 20 years old on the date of probationary appointment to the position of trooper-trainee and be of good moral character and habits. Applicants must have at least 60 hours (prior law enforcement or military experience may be substituted for some or all college requirements). A final conviction (including probation) for any DWI, DUID or felony automatically will disqualify applicants. Both oral and written statements given during the application process will be verified for accuracy.

He who wants a rose must respect the thorn.
—Persian proverb

Those selected for the recruit school will be required to successfully complete psychological testing, physical examinations, drug screening and additional physical demands. Their character, habits, previous employment and other factors also will come under scrutiny.

Applications will be accepted through Oct. 11 from out-of-state and through October 25 from Texas residents. For more information, contact your nearest DPS office.

CHICKEN AND BLACK BEAN TOSTIZZAS

PIZZA

- 1 (17.3-oz.) can large refrigerated flaky biscuits
- 1/2 cup thick and chunky salsa
- 1 cup diced cooked chicken
- 1 cup canned black beans (from 15-oz. can), drained
- 1/4 cup chopped fresh cilantro
- 1/4 teaspoon cumin
- 2 green onions, chopped
- 1/2 cup green or red bell

- pepper strips (1 inch long)
- 6 oz. (1-1/2 cups) shredded Cheddar Cheese

GARNISH, IF DESIRED

- 1/2 cup dairy sour cream
- 1/2 cup guacamole

Heat oven to 350°F. Separate dough into 8 biscuits. On ungreased cookie sheets, press or roll each biscuit into 5-1/2-inch circle. In medium bowl, combine salsa, chicken, black beans, cilantro and cumin; mix well. Spread evenly over biscuits to within 1/4 inch of edges. Top evenly with green onions, bell pepper strips and cheese.

Bake at 350°F for 20 to 24 minutes or until biscuits are golden brown and cheese is melted. To serve, garnish with sour cream and guacamole. Yield: 8 servings

Call For "Home For Holidays"

Southwest Airlines and the Area Agency on Aging of the Panhandle have announced the start of the 18th annual "Home for the Holidays" program which will provide Panhandle seniors with complimentary tickets to visit family and friends over the holidays. Applications are available at senior centers across the Panhandle and by contacting the Area Agency on Aging at 372-3381 if calling from the Amarillo/Canyon area or 1-800-642-6008 outside of Amarillo. To apply, a person must be 65 years of age or older and demonstrate a strong economic need. Deadline for submission of applications is October 18, 1996.

like the selection committee to consider both as possible recipients. Past recipients may apply, and only one application per person will be accepted. No ground transportation or additional travel expenses will be provided. Recipients may begin their trip any time after December 2, 1996 but trips must be completed by January 11, 1997.

Since the program began in 1979, thousands of citizens have been sent "Home for the Holidays." In 1986, President Reagan cited the program as an outstanding community service program and awarded it the Presidential Award for Private Sector Initiatives.



A group of turtles is called a "bale."

Fifteen applicants from the Panhandle area will be selected to receive complimentary round-trip tickets based on their need for economic assistance and their reason for travel. Married couples may name their spouses on the application if they would

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- The Valley Tribune
- Valley Peanut Growers



...*"He that is greedy of gain troubleth his own house"*...

-Proverbs 15:27

Though money can't buy happiness,
With the purchases we like to flaunt
We are enabled to possess
The kind of misery we want;
Yet lessons of our faith imply
That hoarding of excessive wealth
Results in taxes much too high
And often, damage to our health.
According to a Bible phrase,
The love of money is the root
Of evil, till we mend our ways
And make our faith a substitute.
So give your loved ones what they need,
But spend more time with them alone;
Because they are, a you'll concede,
The greatest treasure you could own.

- Gloria Nowak

- 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 of 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 of 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: Les Hall
Weekly Schedule of 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 SETON 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.

Cooking Corner

Light And Easy Baking

(NAPS)—On the cover of Beatrice Ojakangas' new cookbook, she offers readers two choices.
 A) Be a martyr and eat melba toast and apple slices forever.
 B) Pick up a copy of her book, *Light & Easy Baking* (Clarkson Potter, \$25) and say yes to that second piece of pie.

MOCHA CHOCOLATE CAKE
This cake is really quick to make and has minimal cleanup because it is mixed right in the baking pan.

1 1/2 cups all-purpose flour

- 1/4 cup unsweetened cocoa powder
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 3/4 cup packed brown sugar
- 4 tablespoons canola or corn oil
- 1 cup water
- 1/2 teaspoon vanilla
- 2 tablespoons strong coffee
- Confectioners' sugar

Preheat the oven to 350°F. Measure the flour, cocoa, baking powder, and salt into a

sieve or flour sifter placed over a 9-inch square cake pan. Stir to sift, then add the brown sugar and mix with a fork until completely blended and no lumps of the brown sugar remain.

Pour the oil over the dry ingredients. Mix the water with the vanilla and coffee in a small bowl and pour over. Blend with a fork or a small whisk until the cake batter is smooth. With a rubber spatula, check that all the dry ingredi-

ents from the corners of the pan are incorporated.

Bake for 25 to 30 minutes, or until a toothpick inserted into the center of the cake comes out clean and dry. Cool in the pan for 5 minutes, then turn onto a wire rack to cool. Dust with confectioners' sugar and cut into squares to serve.
Makes 9 servings.

Per serving: 198 calories, 30% calories from fat, 6.70 gm fat, 0 mg cholesterol, 159 mg sodium, 1.230 g dietary fiber

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First National Bank

Farley's Flowers

Sportsman

The Valley Tribune

Myers-Long Funeral
Directors

"I will get unto me the great men... for they have known the way of the Lord."

-Jeremiah 5:5

THE FAITH OF OUR FOUNDING FATHERS INSURED OUR FREEDOM



There is a tendency to regard any encouragement of religion by our elected officials as an attempt to impose a government-mandated form of it on our citizens. This comes from a natural concern about the separation of church and state, but it can result in an attitude toward religion normally reserved for an insidious disease. It should be remembered that our founding fathers who make no secret of their reliance on divine guidance, insured our own religious freedom by including it in the laws by which we live. Moreover, to this day every public official takes the oath of office with one hand on the Bible, and legislative sessions routinely begin with prayers; with no harmful effects on the populace. Indeed, perhaps the encouragement of faith would help to solve many of our own serious problems. Our revered forefathers thought so, and we would do well to follow their example.

UNITED METHODIST CHURCH

Quitaque, Texas
 Pastor: Les Hall

Weekly Schedule of 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 Schedule of 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 Schedule of 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 Schedule of 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 Schedule of 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.



News From and about Valley School



FHA FACTS Project

by Mindy Proctor
Some of the Valley FHA officers which included Mindy Proctor, Kristie Leal, Elena Fierro, Amy Valdez and Jamie Taylor participated in a FACTS project last week. FACTS stands for "Families Acting For Community Traffic Safety." The officers split into two groups and stood beside the stop signs as you leave Valley School. Each group stopped cars and made a quick seatbelt check. If they had their seatbelts on, the officers rewarded them with a piece of candy. If they did not, the officers gave them a paper reminding them to buckle up.

When they started this project they had two buckets of candy. When they were finished there was no candy left. The results were very pleasing to the FHA officers. This was a surprise inspection. The officers may do it again sometime. So, Buckle UP!!

School Menu

- | | | |
|------------------|------------------------|-----------|
| Monday | Steak Fingers | Gravy |
| | Whipped Potatoes | Hot Rolls |
| | Mixed Vegetables | Honey |
| | Milk | |
| Tuesday | Baked Ham | Fruit |
| | Macaroni & Cheese | Hot Rolls |
| | Green Beans | Milk |
| Wednesday | Taco Roll | Corn |
| | Cheese Sauce | Milk |
| | French Fries | |
| | Chocolate Cake | |
| Thursday | Hamburger Steak | Salad |
| | Stewed Potatoes | Hot Rolls |
| | Fruit Jello | Milk |
| Friday | Barbecue on Bun | Chips |
| | Lettuce—Tomato—Pickles | Milk |
| | Fruit | |

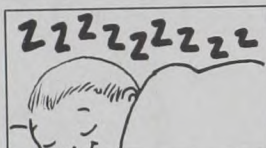
F.A.C.T.S Project with Jamie Taylor, Amy Valdez and Mindy Proctor stopping Jamie Wellman.

JV Football Results

by Coach Saul
Last week the Valley J. V. was defeated by the Dimmitt J. V. with a score of 22-20. Valley took the lead in the 1st quarter on a 1 yard run by Nathan Wheeler. The extra point was blocked and Valley led 6-0. Dimmitt answered back, however, and held an 8-6 lead at halftime. Dimmitt scored again in the 3rd quarter, and led 14-6 at the end of 3 periods. The Patriots roared back early in the 4th quarter as Nathan Wheeler scored from 1 yard out. Nathan Wheeler successfully completed the 2 point conversion with a 3 yard run and the game was tied at 14.

Later in the fourth quarter, Valley reclaimed the lead with a 2 yard run by Nathan Wheeler. The conversion pass failed and Valley led 20-14 with about 3 1/2 minutes to go. Dimmitt reclaimed the lead with a little over 2 minutes remaining by the score of 22-20. Valley fought back, as they moved the ball the length of the field, but turned the ball over on downs inside the 30 yard line with less than a minute to play.

The J. V. is currently 2-1. They play next on Thursday night at Ralls at 6 p.m.



New parents take heart: by nine months of age most babies will sleep through the night.

Hypoglycemia and Good Nutrition

by Calley Payne, CEA-FCS
Hypoglycemia (low blood sugar) has been a popular diagnosis in recent years. It is not a disease, however, but a symptom. Hypoglycemia indicates a disturbance in glucose metabolism in which glucose has been removed from the blood faster than it can be replenished, resulting in low blood sugar. Many organic and functional states can result in low blood sugar.

ORGANIC HYPOLYCEMIA
Hypoglycemia may be caused by the over production of insulin by the pancreas because of physical abnormalities such as pancreatic tumors, cirrhosis (a disease of the liver) or a deficiency of the adrenal gland. The symptoms of organic hypoglycemia often occur before breakfast or if a meal is skipped. Symptoms of serious organic hypoglycemia include mental confusion, depression, loss of consciousness and coma. Diet changes alone may not be much help if hypoglycemia is organically caused.

FUNCTIONAL HYPOLYCEMIA
Some 70 percent of low blood sugar problems are functional or reactive in nature. Symptoms include extreme hunger, nervousness, difficulty in concentration and headaches. These symptoms begin about 1 1/2 to 2 hours following consumption of a meal rich in starch or sugar. As sugars are absorbed, a rapid rise in the blood glucose triggers the release of insulin, which

in turn causes a rapid drop in blood sugar. Stress seems to aggravate this condition. An accurate diagnosis of the condition can only be made by one's physician.

TREATMENT OF HYPOLYCEMIA
Treatment varies according to the causes of the symptoms. Organic problems such as pancreatic tumor require medical or surgical treatment. Functional problems such as depression, anxiety or stress require psychological counseling and/or drug therapy. When eating too much sugar or caffeine or eating at erratic times is the cause, treatment of hypoglycemia may be by diet.

FREQUENT MEALS
To treat hypoglycemia, three regular meals a day with three snacks between meals are recommended. This ensures a constant release of glucose into the blood stream. It is very important to eat a snack containing a meat group food before going to bed because of the long period between the evening meal and breakfast.

Nutritious snacks will not cause excessive weight gain if the portions are small and lower calorie foods from each food group are selected. It is of utmost importance to maintain your ideal weight.

FOOD SELECTION
Special dietetic foods need not be purchased. Most foods eaten by the family can also be eaten by the person with hypoglycemia. Foods to be avoided include those with concentrated sugars (pie, cookies, candy, doughnuts, jam, jelly, marmalade, sugar-coated cereal, syrup, honey and soda), and beverages containing alcohol or caffeine.

Read food labels carefully for clues on the sugar content of processed foods. If the words sucrose, glucose, dextrose, lactose, fructose or syrups appear first, there is a

large amount of sugar in the product.

Select fresh fruits and vegetables, canned products without sugar, or canned, lightly sweetened fruits, drained and rinsed in cold water to remove the syrup. Avoid dried fruits and frozen fruits and vegetables with sauces or added sugar. Avoid breaded cutlets, meats containing cereal fillers or creamed meat dishes because these are high in carbohydrates.



Some serigraphs or silk-screen prints are smudged or damaged during production. You can plan on losing ten percent of an edition each time you add a color.



While only 19 women competed in the 1900 Summer Games in Paris, 3,800 women were among the 10,800 athletes who competed in Atlanta in 1996.

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Cinnamon Rolls MRS. FRESHLEY'S 8 CT. PKG. 11.5 OZ. 89¢	Paper Towels VALLEY FARE JUMBO ROLL 2 \$1.00
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Sunny Cookies ALL VARIETIES REG. 2 FOR \$1.00 40¢ EA.	Lay's Grab Bags FRITOS®, LAYS® OR WAY'S LAYS® REG. 75¢ 40¢
Blue Bunny VANILLA & VARIETIES Champ! Cones REG. 89¢ 40¢	Ozarka Spring Water 24 OZ. SPORT CAP BTL. 40¢
Fresh Coffee ALLSUP'S 12 OZ. CUP 40¢	Honey Buns MRS. FRESHLEY'S 3 OZ. PKG. 40¢

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VALLEY PATRIOTS
Back: Coach Burt...
Jeffcoat; 3rd row: C...
P. Jay Merrell, Coac...
Jonathan Curry, Ni...
Hughs, Shawn Stev...

WHEELER & CONSTRU...

CARS...
INSURANCE
PAT & T...

CC VAL...
MARK...
CHARLES & CAR...

CITY AUTO...
FLOYDADA...

CITY OF T...

CLINTON, J...
JARRE...
& JAMIE

FRED THA...
DIANNE WASH...
CERTIFIED P...
ACCOUNTA...

JACK, DEBBIE...
RICHARD, R...
JESSICA WE...

FIRST NAT...
BANK

FLOMOT...

GRIFFIN O...

HAMMOND...
META...
YOUR LEAD...
FLORIDA, T...

1996-97 VALLEY PATRIOT FOOTBALL



VALLEY PATRIOTS VARSITY TEAM

Back: Coach Burtch, Archie Ortega, Michael Sylvia, Vance Lemons, Miguel Mendoza, Coach Jeffcoat; 3rd row: Coach Easley, James Walker, Jeremy Taylor, Alex Hinojosa, Bubba Cruz, P.Jay Merrell, Coach Saul; 2nd row: Ciro Mendoza, J.R. Reyna, Cody Yates, Coy McKay, Jonathan Curry, Nick Castillo, Matt Abram; Front Row: Joe Warner, Heath Watson, Jeremy Hughs, Shawn Stevens, Andre Gaddis, Jason Payne. (Photo - Wilburn Leeper)



VALLEY PATRIOTS JUNIOR VARSITY

BACK: Coach Easley, Jessie Hernandez, Shane Reynolds, Roman Hernandez, Mario Haro, Hector Mendoza, Coach Jeffcoat. Middle row: Coach Burtch, Chris Price, Donny Cagle, Jess Yeary, BJ Price, Nathan Wheeler, Brody Davis, Coach Saul; Front row: Eddie House, Ben Pigg, Morgan Payne, Stephen Ortiz, Teal Bennet, Billie Fuston, Omar Alanis. (Photo- Wilburn Leeper)

Valley Patriots VS NAZARETH



Valley Cheerleaders

Back row: Monica Ortiz, Kristin Ramsey, Mandy Pigg; Front: Janet Ross, Katrina Stewart, Jessica Ortiz, Jamie Taylor (Wilburn Leeper)

Date	Opponent	Site
September 6	Vega	There
September 13	Claude	Here
September 20	Crowell	There
September 27	Nazareth**	Here
October 4	Motley Co.**	There
October 11	Happy**	Here
October 18	Farwell**	There
October 25	Springlake-Earth**	Here
November 1	Kress**	Here
November 8	Sudan**	There

* Scrimmages
** District Games

**FRIDAY, SEPTEMBER 27
HERE
7:30 P.M.**

**WHEELER & SONS
CONSTRUCTION**

**J & K
INSURANCE**

**CARSON
INSURANCE
PAT & TINA**

**JERRY & DANA
CHAMBLISS**

**CC VALLEY
MARKET
CHARLES & CAROL HAMNER**

**JERRY & BRENDA
SMITH**

**CITY AUTO, INC
FLOYDADA, TX.**

**BENNIE, JO ANN
&
BRYCE REAGAN**

CITY OF TURKEY

**JOHN'S SERVICE
CENTER**

**CLINTON, JOANIE,
JARRET
& JAMIE PIGG**

JOHNSON GIN

**FRED THAYER-
DIANNE WASHINGTON
CERTIFIED PUBLIC
ACCOUNTANTS**

**K-96 COUNTRY
96.1
CHILDRESS, TEXAS**

**JACK, DEBBIE, JAMIE,
RICHARD, RYAN &
JESSICA WELLMAN**

**KAROL'S KOUNTRY
KORNER**

**HOTEL TURKEY
GARY & SUZIE**

**FIRST BAPTIST
CHURCH
QUITAQUE, TX**

**DALE'S 66
DALE, DARLENE, JULIA,
DUSTIN, JENNIFER**

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MEMPHIS STATE BANK
WILDA, MARY, VICKI, NANCY,
BONNIE**

MERRELL FOOD

**CAP ROCK
TELEPHONE CO-OP
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MACY & MARY KATE
DAVIDSON**

**FIRST NATIONAL
BANK**

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LAURA, DANNY, KATRINA
& BRANDON**

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DRY GOODS**

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WALT & WES
HENSON**

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PROCTER**

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PHARMACY
FLOYDADA, TEXAS**

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RANDY, ALANA, CARA**

**VALLEY
TRIBUNE**

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**QUITAQUE
PRODUCERS COOP**

**RHODERICK
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**BUYING?
SELLING?
CHECK OUT THE...**

CLASSIFIED ADS

**REAL ESTATE
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FOR SALE: HOUSE AT 209 Anderson, Quitaque. 3 bedroom, 2 bath, fireplace, ceiling fans, central air and heat, storm cellar. Phone 817/897/2261. **47 tnc**

FOR SALE: CENTURY 21 Mashburn Realty & Invest. 817/937-3136

3-2 brk. on 160 acs Hwy. 83 North-highly motivated seller wants an offer.

341 acs of CRP-reduced price & owner will consider terms. Reba for details
3-2-c a&h \$32,900 buyer incentive offer. Call Betty for details
380 acres in Cottle Co.—350 in CRP—irrigation well—modern two bedroom, 1 bath brick home, fireplace, kitchen with appliances, carport, storm cellar—price \$145,000.00. Call Betty for details.
North of Paducah Hwy. 83 All of part 457 acs. \$200. per ac. Betty for details
quail-deer-hogs-water. Cottle Co. Properties
After hours : Diane 817/937-3136; Betty 817/937-8169; Reba 817/937-6239. **3 tfn**

HELP WANTED

HELP WANTED: PANHANDLE Compress, Quitaque. Apply in person at office between 8 a.m. and 5 p.m. Mon.—Fri. **15 2tc**

FOR SALE

FOR SALE: TOMATOES AND jalapenos. Good eating and nice for hot sauce. Joan Helms, 806/469-5387. **14 2tc**

FOR SALE: 1993 FORD RANGER XLT pick-up. Excellent condition. Call 806/455-1431. **15 tfn**

THANK YOU

Thanks for your cards, visits and flowers at the hospital and food since I've been home. A special thanks to Marjorie Boyles, to those who cared for my home while I was away and Dennis, Albert and Debbie for their quick response to my call for help.
Yolan **15 1tc**

We want to thank each of you for your prayers, food, phone calls, visits and sympathy cards during the loss of our loved one, Bob Eudy, recently.
God Bless You!
Lewis and Mozelle Eudy

NOTICES

WEIGHT WATCHERS IS NOW meeting every Tuesday in Turkey. For more information, Please call 1-800-359-3131. **3 tfn**

CLARENDON FAMILY HAS opening to care for elderly or mentally challenged adult. Good care, references available. State certified adult foster care home. State assistance available in most cases. Contact Suzie Rhinehart at 806/874-5000. **15 4tp**

GARAGE SALE

RAINED OUT BARN SALE: Everything 1/2 price. Many items to choose from: furniture, glassware, clothes, linens, antiques and collectables. 1/4 mile west of 13 Street and Highway 207, Silverton. Saturday and Sunday. **15 1tp**

LEGAL NOTICE

NOTICE: Gene Latham, Independent Executor of the Estate of Jewell C. Lyon, deceased, will accept bids on the Lyon home located at 604 First Street, and being a 100' x 313' lot out of the Northwest one-fourth of Section No. 20 in block A, in the town of Silverton, Briscoe County Texas. Bids will be accepted until October 1, 1996.

This home may be seen by appointment by calling Gene Latham at 806/633-4446. Seller reserves the right to refuse all bids.

Gene Latham, Independent Executor. **14 2tc**

THE CITY OF QUITAQUE IS now taking applications for the position of City Water Supervisor. Closing date for applying will be October 14, 1996 at 5:00 p.m. Applications may be picked up at City Hall. **15 2tc**

THE CITY OF QUITAQUE IS now taking applications for the position of City Administrator. Closing date for applying will be November 4, 1996 at 5:00 p.m. Applications may be picked up at City Hall. **15 2tc**

POLITICAL CALENDAR

The following candidates have announced their intent to run for political office.

Tax-Assessor
Hall County
Re-election
Pat Floyd

Commissioner
Precinct # 1
Briscoe County
Re-election
Aaron Younger

Election
Terry Grimland

County Attorney
Re-election
Hall County
John M. Deaver II

State Representative
District 85
Election
Hollis Cain

Local Subscription Due In Sept.
\$17 per Year

Jack Barnhill
Author Beck
George Calvert
Clyde Dudley
Leslie E. Hall
Ross Herrington
W. F. House
R. V. Johnson
Trent McKay
Jimmy Ross
O. R. Stark Jr.
Judy True
Mrs. Willis Walker
Peggy Woods

Subscriptions Due In Sept. Non-Local
\$20.00 per Year

Tom Burson, Silverton
Viola Calvert, Flomot
Ronald Clay, Flomot
Bill Elliott, Metairie LA
Glenn Gibson, Hemphill
Amy & Jeffrey Grimland, Lubbock
R. John Smith, Salem, OR
Janice Timmons, Northfield
Jendy Townsley, Amarillo
Dean Turner, Matador

The environment is everything that isn't me.
—Albert Einstein

Yesteryear

Taken from The Turkey Enterprise Thursday, September 25, 2941

W. D. Stewart Earns \$115 For First Bale

Last Friday afternoon, after several interruptions from rain storms and cloudy weather, W. D. Stewart pulled every open boll in his cotton patch and brought them to town to make the first bale ginned at a local plant this season.

Stewart's bale brought him a total of \$115.19 including a \$33.15 cash premium raised by local merchants. Gregory Gin paid 18 cents a pound for the lint and \$17.50 for 640 pounds of seed, buying the seed at \$55 per ton. Prices for both seed and lint are far above prices offered last year and much higher than average over the period of the past 12 years, according to cotton producers.***

Homemaking Girls Install Officers

Approximately forty-five Homemaking girls met Friday night at 7:30 to install officers and initiate the Homemaking I students. After everyone had arrived, the installation of officers began. This was followed by a formal initiation of new members, in which the president told the aims and ideals of the club and the Freshmen girls and Miss Gates repeated the Girl's creed after Birdie Bell Eudy. The informal initiation was next. The Style Show was the outstanding event with Miss Gates winning the prize, an all-day sucker. Refreshments were served to end the party and the Freshmen had to wash the dishes. All reported a swell time, including the Fish.***

Ellie Ruth Robinson of Quitaque underwent a tonsillectomy Friday, September 19. Dr. P. Alan Filkill performed the operation.***

Little Barbara June Geisler spent Monday in Turkey with her grandparents, Mr. and Mrs. J. M. Hall.***

Mrs. Mary K. Officer visited her daughter Mrs. Poss of Plainview last week end.***

Redell Irby left Wednesday to take an examination to get into the Army Air Corp.***

Faye Wellman was a Memphis visitor Saturday.***

Ed House's Sow:
Had a litter of 17 pigs the other day! That must be a record in these parts.***



You should keep at least one car length between your car and the car ahead for every ten miles per hour of speed.



You need one person for every thirty cows to run a self-sufficient dairy farm.

Texas Forest Service Helps Grow Windbreaks

by Shelley Abendschan
A West Texas nursery is planting conservation throughout two-thirds of the state, while also lending a helping hand to High Plains Producers.

For the last 18 years the Texas Forest Service (TFS) West Texas Nursery (WTN) has grown windbreak seedlings, evergreen and deciduous trees and shrubs, for landowners from the coast of Corpus Christi to Texline in the Panhandle. The WTN's primary objective is to produce and sell quality seedlings at a price that landowners can afford, enabling them to plant large quantities of trees to establish multiple row windbreaks.

Windbreaks are trees and shrubs systematically planted adjacent to fields, homesteads, or feedlots as a barrier to reduce or redirect the wind. They create permanent, natural protection and habitat for wildlife, reduce erosion and increase land value and aesthetics.

Each year the seedlings are sold and delivered through 93 participating Soil and Water Conservation Districts (SWCD) around the state. The date of delivery, beginning in January, is dependent on the planting season within the delivery region.

But the WTN's service does not

halt at production. Nursery staff members also assist High Plains producers by taking conservation from the greenhouse to the field. Upon the request of High Plains land owner, the TFS WTN will meet with the landowner, discuss the protection needs and design a windbreak plan according to those needs. Landowners willing to follow the guidelines listed within their plan are then personally assisted by the TFS in planting the windbreak. (Qualifying landowners must own at least 160 acres).

The TFS supplies a tree planter, which plants 400 to 500 seedlings per hour, and a fabric layer, rolling out a UV synthetic fabric over the seedlings. The fabric conserves moisture and reduces weeds.

The TFS assists in planting field, livestock, homestead and wildlife windbreaks and living snow fences. In 1995 the TFS assisted High Plains landowners in planting 14 miles of windbreaks.

Producers, be it farmer or rancher, interested in windbreak protection can begin ordering seedlings this fall for the 1997 planting season at participating SWCD's. For more information contact your local district, or for assistance in planning a multiple row windbreak contact the TFS WTN at 806/746-5801.

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