

JUNE 20, 1995  
 NAME Mrs. LILLIE C.  
 10822 W. WITTEN S.  
 HOWLAND CA 94028

# The Valley Tribune

"Voice of the Caprock Canyons"



VOLUME 35 NUMBER 4 4 PAGES BRISCOE COUNTY QUITAQUE, TX 79255 THURSDAY, JULY 13, 1995



Senior showmanship winners at the 1995 Texas Junior Hereford Association Field Day were: left, P Jay Merrell, Quitaque, first; Si Berrwinkle, Earth, second; and Scott Ashorn, Anderson, third. (Photo by American Hereford Association 5#2.)

## Merrell Tops TJHA Showmanship

P Jay Merrell of Quitaque, Texas earned the honor of Champion Senior Showman at the 1995 Texas Junior Hereford Association field day held at Tareyton State University. Merrell, 16, was named Champion Showman out of a field of 13 exhibitors ages 15 to 21. The competition consisted of a 20 minute fitting followed by an intense showmanship contest. P Jay will represent Texas at the National Showmanship Contest held in conjunction with the All-American Hereford Expo in Chico, California July 12-17, 1995.

## Chamber Readies October Plans

The Quitaque Chamber of Commerce is making plans for the Fall Foliage Tour on October 21, 1995. The day will start early with coffee and donuts served by the Senior Citizens.

Foliage tours up the Caprock Canyon Trail will once again be hosted by Circle Dot Ranch and an early morning bike ride will be sponsored by the Bike Club.

There will be a Flea Market-Craft Sale on Main Street and a Book Sale at the Library.

We the Women will sponsor a Tour of Fine Homes and the Lion's Club will sponsor a Health Fair.

Antique Tractors will be on display and there will be Kiddie Train rides. The ever popular soup & salad luncheon with pumpkin desserts will be sponsored by the Chamber.

So, mark Saturday, October 21st on your calendar and help make this Fall Foliage Tour the best ever!

Questions? Call the Chamber of Commerce at 806/455-1700 or 806/455-1456.

## Summer Shine Out Revival!

The First Baptist Church of Quitaque will be hosting a Youth Led Revival, July 16-19. All revival services and the many special events during the Summer Shine Out Revival week will be led by guest college students.

Sunday services will be at 10:30 a.m. and 6 p.m. Monday through Wednesday evenings services will be at 7 p.m. On Sunday, July 16, there will be a potluck lunch following the morning worship service.

A day camp, for children grades 1-6 will be held Monday through Wednesday from 9:15-11 a.m. at the church.

A schedule of events for youth and children are listed below:

Monday, July 17—9:15-11 a.m., Camp Sonshine; 5:30-6 p.m., Youth Visitation Blitz; 6:45-8:30 p.m., Youth supper with team.

Tuesday, July 18—7 a.m., Youth Prayer Breakfast; 9:15-11 a.m., Camp Sonshine; 5:30-6 p.m., Youth Visitation Blitz; 6:45 p.m., Youth/children Hot Dog Supper and 8 p.m. Youth Video Scavenger Hunt.

Wednesday, July 19—9:15-11 a.m. Camp Sonshine and 5:45-6:45, Youth Fellowship.

Everyone in the community are welcome to attend any of the services. Any child or youth may participate in any of the planned activities.

## 4-H Family Fun Night

All Briscoe County 4-H families and any others who are interested in getting involved in 4-H are welcome to attend the 4-H Family Fun Night which will be held on Monday, July 17th at 7:00 p.m. at the County Showbarn.

A hamburger supper will be served to all, followed by a variety of activities in several different 4-H project areas. These activities will be conducted by 4-H'ers involved in each of these project areas.

Please RSVP to the Extension Office at 806/823-2131, ext. 11, by July 14th, the number in your family that will be attending. Please give us a call if you have any questions or would like to be involved in planning the activities.

4-H'ers, bring a friend and help them to get involved in the 4-H Fun!

## TAFCE Club To Meet Monday Night

The Turkey TAFCE Club will have its regular monthly meeting Monday night, July 17, 1995, at 6:30 in the Turkey Senior Citizens Center.

Rosemary Foster, from the Department of Regulatory Services of Wellington, Texas will be the speaker. She will speak on "Maintaining an Independent Life Style."

Hostesses will be Wilma Eudy, Mary Beth Adamson and Kristi Morgan. Edna Earl Blakney will give the "Inspirational Moment." All members are urged to attend and to bring a friend with them.

## Methodist To Have Joint Picnic

The Turkey-Quitaque Methodist Churches are having a joint picnic at the Caprock Canyons State Park. Participants are asked to meet at 6 p.m. in the park Sunday, July 16.

The menu will consist of sandwiches, chips and dips and home made ice cream. Volunteers are asked to bring a freezer of ice cream.

## Caprock Public Library News

New books at Caprock Public Library include: *The Late Child* by Larry McMurtry. This is the sequel to *The Desert Rose*.

*8 Weeks To A Well Behaved Child* by James Windell. James Windell is the clinical psychologist with the Oakland County, Michigan Juvenile Court and has won several awards for his parent training courses.

For juveniles: *The Saru Summer* by Mary Downing Hahn. Emily is 5'8" and in the sixth grade. The other kids make fun of her and think she is weird, but then she meets Sara, who is 5'9" and doesn't let anyone push her around...not even grown-ups. What a summer!

*Ashanti to Zulu* by Margaret Cosgrove. A book describing African traditions by following the alphabet. Illustrated by Leo and Diane Dillon. This is a Caldecott Medal book.

HAPPY READING!



This Century Plant is now in bloom at the Dee Whittington home at 410 Jones in Quitaque. Dee said, "When the plant first started the bloom shoot, it grew 8" in 10 hours."

## Benefit Lunch At Quitaque July 23

A benefit luncheon will be served on Sunday, July 23, 1995 at the Catholic Center in Quitaque by the citizens of Quitaque and the surrounding area. Serving will begin at 11:30 and continue until 2:00 p.m.

The luncheon is being held to help the Quitaque Senior Citizens pay for the new roof they recently had to put on their building.

If you wish to help with this project in any way please contact Ruth Anderson at 455-1461; Mary Woods at 455-1264; Ann Chadwick at 455-1248 or Florene Cobb at 455-1249.

Turkey City Council Meeting July 20, 1995

## Calendar Of Events

- July 13 Turkey City Council, Nerve Study Club, Quitaque Senior Citizens Lunch, Turkey Baptist Bible School, Quitaque City Council
- July 14 Motley Co. Rodeo, Turkey Baptist Bible School
- July 15 Motley County Rodeo
- July 16 Attend Church of your choice, Quitaque Baptist Youth Revival, Turkey-Quitaque Methodist Picnic
- July 17 Quitaque Lions Club, Briscoe County 4-H Family Night, Quitaque Baptist Youth Revival TAFCE Club
- July 18 Turkey Fire Dept., Quitaque Baptist Youth Revival
- July 19 Quitaque Baptist Youth Revival
- July 20 Turkey City Council

## Motley County Junior Rodeo Begins Friday

The 21st Annual Motley County Junior Rodeo, sponsored by the Motley County 4-H will be held at the Old Settler's Arena in Roaring Springs on July 14 and 15, 1995.

Tooled saddles will be awarded to the Senior Division best All-Around Boy and Girl. Buckles to the Pee-Wee division and Bits and Spurs by Rickey Trammell to the best All-Around Boy and Girl in Junior Division.

A nightly dance will be featuring the *Three Quarters Band* beginning at 9 p.m.

A drawing will be held to win a pocket knife donated by Moore Maker, Inc. or a saddle pad donated by Texas Horse Pad.

A concession stand will be open during all three performances.

## EMT Classes Set For Quitaque In August

Quitaque Ambulance Service in conjunction with Clarendon college will be sponsoring an EMT class in Quitaque within the next month. All interested persons are asked to come by and sign in at the City Hall in Quitaque or call Maria Cruz at 455-1456.

This class will also serve our local EMT's whose license is up for renewal in September of '96. We must have at least 10 registers before we can sponsor a class. Quitaque Ambulance Service would greatly appreciate any and all who are interested in helping our EMS service to register.

At present there are nine active EMT's with only a few being able to make most of the runs because of job locations, time, children, and other activities.

If you are interested in being an EMT register for the class as soon as possible. Times and schedule for the class will be printed as soon as available.

This class is open to all surrounding area towns who are looking to recruit for their local ambulance service and anyone interested in taking an EMT course.

## FBC Youth Return From Mission Trip

Ten youth and three adult sponsors from the First Baptist Church of Quitaque have returned from a mission trip to South Texas, June 24-29.

The group did project work at the South Texas Children's Home in Beeville, Texas. While on the mission trip, the group toured the air craft carrier, the U.S.S. Lexington, located in Corpus Christi. Also, the group recreated at "Fiesta Texas" in San Antonio.

John Hall commented, "The young people that were able to go on the mission trip did an outstanding job of representing the Lord, the church, themselves, and the community of Quitaque."

## Defensive Driving Course Offered

The WTAMU Office of Continuing Education will offer a course in defensive driving from 6-9 p.m. Monday, July 24 and Tuesday, July 25.

This course may be used to void traffic citations if approved by the Justice of the Peace. It may also be used to reduce the premium for automobile liability.

Pre-registration is required. For more information, cost or to register, contact the Office of Continuing Education in Room 222 of Old Main on the WTAMU campus or call 806/656-2037.

## Sixteen Valley FFA Members To Attend Convention

Sixteen Members of the Valley FFA and their sponsors, Rick McKay and Daren Martinez are in Lubbock this week attending the 67th Annual Texas Future Farmers of America State Convention at the Lubbock Memorial Civic Center.

Beginning Tuesday, July 11, 1995 the convention is to last through July 17. During the convention scholarships will be awarded, workshops presented, industry tours taken, speeches listened to, a new state president elected and new officers installed.

Currently about 60,000 students are members in Texas with the National members in excess of 430,000 members. The first FFA chapter was begun in 1928 in Virginia.

Member goals are self-improvement and self-development. Members improve on their leadership qualities to be able to better present their views now and in the future for the agriculture society from which they come.

Speaker of the House, Pete Laney from Hale Center is expected to speak at the event where 6,500 members and guests will gather at Lubbock Civic Center.

Local FFA member, Krissa Pigg has been nominated by the Area I FFA to compete this week for a state office of the FFA.

## THEN & NOW!

by Eunice McFall

Are we who live in small town USA too naive? Is the wholesome lifestyle that we live good for us and our community or should we be just a bit more cautious? We live in a small world where we feel that we know all of our neighbors, trust them and want to be spontaneous and open in our dealings with not only our neighbors and friends but also with strangers who cross our path. This trait is part of the charm of small town living. But can we be too trusting?

Recently I was told about a lady who lives alone in our town who received an unwelcome visitor because some good neighbor and friend told the wrong person where she lived.

In our unaffected, natural open world we always try to help someone who is searching for a member of our town. Perhaps we should question the person who is doing the looking before we reveal where the member of our town lives. Perhaps even call the neighbor to see if they want to be found by the stranger! This would only take a few minutes out of your day and could save a lot of grief in the future.

We like our wholesome and uncorrupted world in which we raise our children and enjoy a very calm, if busy lifestyle, but the only way we can do so in good conscious is to protect our neighbors' privacy just as we would like our own privacy protected.

We instinctively want to answer any questions that a stranger puts to us so that our town will stand out in their memory as a place that is friendly and a town that they would like to return to or perhaps even to move to and enjoy the lifestyle that we enjoy. This is a good way to look at life but we must do so with caution today in this very mobile society in which we live. We can not take everyone and everything that they say at face value today. We must be just a bit cautious when answering a stranger's questions. We can still be sincere and straightforward with our dealings with others but not naive.

I read this week that we should do all the good you can, by all the means you can, in all the ways you can, in all the places you can at all the times you can, to all the people you can as long as ever you can. So this week lets give some thought to the words naive and god. We might just change our mind about both of them!

**MEMBER 1995**

**TEXAS PRESS ASSOCIATION**

**THE VALLEY TRIBUNE**  
 Successor to The Quitaque Tribune, Established at Quitaque in 1960  
 Published Every Thursday at Quitaque, Texas 79255  
 Jimmie C. Taylor, Publisher  
 Eunice McFall, Editor  
 Judy Bearden, Advertising  
 Earlyne Jameson, Reporter

**SUBSCRIPTION RATES PER YEAR**  
 BRISCOE, HALL, MOTLEY, FLOYD COUNTIES .....\$15.00  
 ELSEWHERE.....\$18.00

Advertising rates upon request. Classified advertising 15 cents per word, minimum charge is \$4.50 per week for 30 words or less.  
 Any erroneous reflection upon the character, standing or reputation of any person, firm or corporation which may appear in the columns of The Valley Tribune will be gladly corrected upon its being brought to the attention of the publisher. The publisher has the right to accept or refuse any article brought to the newspaper for publication. Publisher reserves right to cancel any advertisement at any time.  
**POSTMASTER, SEND ADDRESS CHANGES TO**

THE VALLEY TRIBUNE, BOX 478, QUITAQUE, TEXAS 79255

**Happy Birthday**

**July 13**  
 Billie Jeane Griffin, James Lynn Kimbell  
**July 14**  
 Jerry Bob Smith, Theresa Clinton, Paula Scoggins  
**July 15**  
 Beverly Hardesty, Joe House, Ora Lee King, Doyle Dean Procter, Inetha Blankenship, Ruby King  
**July 16**  
 Doyle Calvert, Mack Seymour, Joe McKay, Amber Stark, Samantha Ortiz  
**July 17**  
 Sam Pierce, Sara Fierro, Royce Lyles, Sandy Taylor, Delene Tyler  
**July 18**  
 Christine Brummett, Trec Harmon

**Letter to The Editor**

I do enjoy the paper even though many of the people I do not know. It's been a long time since I lived there.  
 Some may remember my mother, Ruby Hardwick who is 97 years old and doing fine here in Sacramento.  
 Thanks and keep the paper coming.  
 Inez Fuston  
 3161 El Camino #46  
 Sacramento, CA 95821  
 \*\*\*  
 The line that is straightest offers most resistance.  
 —Leonardo da Vinci

**Obituaries**

**Beverly Kay Bennett**

Services for Beverly Kay Hall Bennett were at 2 p.m. Friday, June 30, 1995 in the First Baptist Church of Dumas with the Rev. Roger Orr, Rev. Vaughn Tatum and the Rev. Dan Turner, all of the church, and the Rev. Bill Williams of Non-Denominational Church in Tulia officiating.  
 Burial was in the Dumas Cemetery by Morrison Funeral directors.

Mrs. Bennett, 18, a former Dumas resident, died Monday, June 26, 1995 in Roanoke, Va.  
 Mrs. Bennett was born in Dumas and had been a resident until moving to Williamsburg, Va., in February. She had attended Dumas public schools. She and Fate D. Bennett Jr. were married in 1994 in Dumas. She was a member of First Baptist Church.

Survivors include her husband; a daughter, Keirstin Bennett of the home; her parents, Dick and Mary Hall of Dumas; two brothers, Richard Dale Hall of Dumas and John Wayne Hall of Quitaque; three sisters, Terri Lynn Hall, Ginger Rhea Hall and Susan Rane Morris, all of Amarillo and grandparents, Chester and Bernice Hall of Dumas.

**Annie Lee McBee**

Services for Annie Lee McBee, 73, of Amarillo were at 2 p.m. Saturday, July 8, 1995 in the Chapel of Central Church of Christ with Dick Marcear and Paul Sneed officiating.  
 Burial was in Memory Gardens Cemetery by Bell Avenue Chapel of Schooler-Gordon—Blackburn-Shaw Funeral Directors, 5400 Bell St.

Mrs. McBee died Wednesday, July 5, 1995.  
 Mrs. McBee was born in Matador and had lived in Amarillo since 1957. She and James McBee were married at Snyder in 1941. She was a Church of Christ member and a homemaker. Her husband, James preceded her in death in 1985.

Survivors include two sons, James William McBee Jr. of Quitaque and Dale Gordon McBee of Amarillo; a daughter, Nelda Karen Williams of Amarillo; three sisters, Vennie Kimbell of Tulia, Ruby Willoughby of Flagstaff, Arizona and Bea Strain of Portales, NM and seven grandchildren.

**On The QT**

Guests in the home of Lillie Sperry over the 4th of July weekend were Sharon and Dugan Wickliff and granddaughter, Logan from Odessa, Texas; Ray and Gaye Sperry of Idalou, Texas; Pat and Wanda Beane of Austin, Texas and Jeff and Renee Sperry from Anniston, Alabama.  
 Kay Beavers received word that her son, Buster Beavers mother-in-law died this week. (We will print on obit when it is available.)  
 Cam Washington spent last week visiting with Una Lee, Judy and Danny Barrett. A good time was reported by all.  
 Thurman and Lynna Davis of Del Rio and Lynna's daughter Patricia Hinely and her children, Matt, Mark, Laura and Emily of Orlando, Florida were guests of their uncle, Ralph and aunt, Hattie Lois Carter and aunt, Floye McCracken from Sunday until Tuesday. Also arriving with the group was Lynna's grandson, Ben Greiving of Denver who has been visiting with his Hinely cousins in Orlando.  
 Glenda Francis of Silverton and Stewart McCracken of Tulia visited with them on Monday at Floye McCracken's home. Mrs. McCracken is Glenda's and Stewart's mother.  
 After a picnic in the park at Plainview with the other side of their family the Davis and Hinely family left Wednesday for Denver to return Ben home and visit for awhile with his family, Laura and Paul Greiving and their other children.  
 Sid McFall spent Sunday with his son, Bruce and family at Matador.  
 Eunice McFall joined her father, Roy Shepperd of Matador Sunday for a trip to Welch, Texas to attend the Parker Family reunion. Eunice's mother was a Parker. Family members came from as far away as Houston and Rapid City, South Dakota. They spent Saturday night

visiting in Tahoka with Roy's sister, Lylia Knight. On the way home Sunday they stopped in Lamesa to visit with the Calvin Phillips family who were unable to attend the reunion due to illness.



**Bethany Mariah Houghtaling**

Gerald and Oleta Lane of Clarendon are the proud grandparents of a new baby grand-daughter.  
 Little Miss Bethany Mariah Houghtaling, daughter of Oleta (Lane) and Tim Houghtaling was born June 25, 1995 in a Carlsbad, New Mexico hospital. She weighed seven pounds, nine and one-half

ounces and was 19 inches long. Her parents Oleta and Tim live in Artesia, New Mexico.  
 She is the niece of Gelene and Doyle Proctor of Turkey and the great niece of Estelle and Tink Lane also of Turkey.

**Julie Ann Williams**

Kyle and Ann Williams of Canyon are the proud parents of a new baby girl, Julie Ann. Julie was born July 8, 1995 at 2:50 p.m. at Northwest Texas Hospital in Amarillo. She weighed seven pounds, one ounce.

Grandparents are Harve and Betty Williams of Clarendon and Larry and Jean Morris of Dimmitt. Great grandmother is Arlie Williams of Turkey.  
 \*\*\*

Play is one of the main bases of civilization.  
 —Johan Huizinga

**Time After Time**  
 2155 50th St.  
**Storewide Sale**  
**50% OFF**  
 Everyone is loving it!  
 Always giving you our best shot.

**Karol's Kountry Korner**  
 Quitaque, TX  
**SUMMER CLOTHES 1/2 PRICE**  
**TUXEDO SHIRTS \$5**

**Did You Know?**

(NAPS)—Dentists can now offer patients transcutaneous electrical nerve stimulation (TENS) technology such as the 3M Patient Comfort System, that lets the patient control the level of anesthesia.  
 Creative solutions for living up a child's summer vacation are plentiful in *The Best Summer Ever* (Tricycle Press, \$9.95). To order, call 1-800-873-5487 or write 59 Rosedale Rd., Watertown, MA 02172.  
 A vehicle with fuel efficiencies up to three times today's comparative vehicle is just down the road, reports the Partnership for a New Generation of Vehicles, which includes the U.S. government and the three major American car manufacturers.

**REINKE IRRIGATION SYSTEMS**

**Summer Soakin DEALS**

**8.75% PICK-A-DATE LEASE**

NO DOWN PAYMENT! YOU PICK THE DATE OF FIRST PAYMENT! Up to 1/1/97

On Systems Delivered By: JULY 1-JULY 31 **REBATE! \$1000\*\*** OR

5 yr. Loan **8.25%** Fixed APR  
 7 yr. Loan **8.90%** Fixed APR  
 Low down payment of \$150 per tower  
 First payment due January 1, 1996

**INTRODUCING: UNIVERSAL PUMP SERVICE**  
 GARY SCOTT & PERRY WILLIAMS OWNERS  
 INSTALL & REPAIR SUBMERSIBLE PUMPS  
 806-684-2444  
 KRESS, TEXAS

See Your Local REINKE Dealer:  
**G & S IRRIGATION**  
 Gary Scott, Owner  
 Hwy 87 & 4th St. Box 608  
 Kress, Texas 79052 806-684-2444

*a generation ahead!*

**A Few Simple Arrangements Can Make Your Vacation Trouble Free!**

**DON'T FORGET YOUR TRAVELERS CHECKS**

**FIRST NATIONAL BANK**  
 "Dependable Services Since 1920" MEMBER FDIC

The Valley Turk  
 THINGS SEEN AND HEARD  
 by Ann Coker  
 Totsy Bain and her  
 Ginna Sue Turner spent  
 of July, last Tuesday  
 home of Virginia Dege  
 Ginna Sue live in Loc  
 Dale Garner has be  
 dent of the Country Cl  
 in Amarillo. Both  
 Dale Lynn and J  
 Amarillo.  
 It was reported by  
 that his sister, Mary  
 recently suffered a  
 Gilmore is hospitaliz  
 ist Hospital at Lub  
 Gilmore is a former  
 Turkey and a former  
 in the Turkey school  
 Enjoying the music  
 tourist attractions  
 Missouri this week  
 Turkey residents. Th  
 Price, Anna Beth  
 Shannon and Wadie  
 that Angela Clay's  
 Panhandle also acco  
 group.  
 A patient in Nor  
 Hospital in Amarillo  
 His wife, Nadine Dav  
 with her sister-in-l  
 (Davis) Price in Cany  
 Davis is hospitaliz  
 Beth Mills, who h  
 ing in Wheeler, is n  
 the prison school at  
 lege. Her classes wer  
 week. This will qu  
 accept a job in one  
 Deanna Lane, the  
 Lane, is hospitalize  
 hospital following su  
 improving at this tim  
 to leave the hospital  
 she continued to imp  
 Lane's parents, Jan  
 from Greeley, Colora  
 in DeSota on Tuesd  
 days.  
 Ronnie and Kay E  
 visited their parent  
 Mozelle Eudy during  
 union of 1955 at Hot  
 Eudy's enjoyed visit  
 their "kids" at the ho  
 members of the cl  
 quently in the home  
 Mozelle during Ronn  
 years.  
 Ola Lisenby of Ha  
 Mozelle were the onl  
 Mothers of the class  
 grateful all class m  
 sponsors, U.F. and A  
 still living. Mozelle s  
 if they were on th  
 again, and are looki  
 the next one in five y  
 Byron Young is in  
 a vacation, joining h  
 wife, Jane; his gra  
 Jennifer, Audrey and  
 Mark Miller  
 daughter, Mackenz  
 brother, Truman You  
 that his great gra  
 Mackenzie is as bea  
 pictures!  
 SALES- DAVID  
 PARTS- GARY  
 SERVICE- STA  
 CASE and IH are registered  
 Oops  
 We have cov  
 JIM MART

# Turkey News

## THINGS SEEN AND HEARD

**Ann Williams**  
Ann Williams and her daughter, Ginna Sue Turner spent the Fourth of July, last Tuesday visiting in the home of Virginia Degan. Toty and Ginna Sue live in Lockney.

Dale Garner has become a resident of the Country Club Rest Home in Amarillo. Both of Dale's sons, Dale Lynn and Jerry, reside in Amarillo.

It was reported by Dewitt Vardy that his sister, Mary Gilmore, has recently suffered a stroke. Mrs. Gilmore is hospitalized in Methodist Hospital at Lubbock. Mrs. Gilmore is a former resident of Turkey and a former school teacher in the Turkey school system.

Enjoying the musicals and other tourist attractions in Branson, Missouri this week are several Turkey residents. They are Delores Price, Anna Beth Clay, Susie Shannon and Wadie Clay. I believe that Angela Clay's mother from Panhandle also accompanied the group.

A patient in Northwest Texas Hospital in Amarillo is O'Neal Davis. His wife, Nadine Davis, is staying with her sister-in-law, Imogene (Davis) Price in Canyon while Mr. Davis is hospitalized.

Beth Mills, who has been working in Wheeler, is now enrolled in the prison school at Amarillo College. Her classes were to begin this week. This will qualify Beth to accept a job in one of the prisons.

Deanna Lane, the wife of Jeffrey Lane, is hospitalized in a Desota hospital following surgery. She is improving at this time and expected to leave the hospital last Tuesday if she continued to improve. Jeffrey Lane's parents, Jan and Keith Lane from Greeley, Colorado, were to be in DeSota on Tuesday for a few days.

Ronnie and Kay Eudy of Austin visited their parents, Lewis and Mozelle Eudy during his class reunion of 1955 at Hotel Turkey. The Eudy's enjoyed visiting with all of their "kids" at the hotel. Some of the members of the class were frequently in the home of Lewis and Mozelle during Ronnie's high school years.

Ola Lisenby of Hampshire and Mozelle were the only living Room Mothers of the class and are so grateful all class members, and sponsors, U.F. and Ann Coker are still living. Mozelle said they felt as if they were on the Senior trip again, and are looking forward to the next one in five years.

Byron Young is in Tres Ritas for a vacation, joining his son Gary and wife, Jane; his granddaughters, Jennifer, Audrey and her husband Mark Miller and their daughter, Mackenzie and his brother, Truman Young. Byron says that his great granddaughter, Mackenzie is as beautiful as her pictures!

The Fuston family celebrated the Fourth of July with a family picnic at a tank near Turkey. Those enjoying all the good food and lots of good fishing were: James and Wilda Fuston, Mitchie and Denny Fuston of Hereford and son Mike of Turkey; Johnny and Joannie Fuston of Hereford, Charmaine and Rex Adamson and children from Lubbock, Laura and Jon Davidson and girls of Turkey, Lana and Brian Bursen and boys from Silverton, Mary Beth Adamson of Turkey and Clara, Jimmy and Estelle Davidson of Quitaque.

Marshall, Gracie and Parker Eudy of Austin, spent Saturday with Lewis and Mozelle Eudy.

The Brewer sisters recently had a gathering at Esther Butler's home in Amarillo. Odie Lane drove from Mesa, Arizona and Therma Farley from Turkey. Bernice Arnold came from Big Springs while Connie and her husband, Weldon Townsend arrived from Oxnard, California. A good visit and lots of shopping was enjoyed by the sisters. Steve Farley took his mother, Therma, to Amarillo to visit with her sisters.

Jim Cunningham of Amarillo was in Turkey one day last week tuning pianos. He managed to get to visit some of his relatives while in Turkey.

The son of Rex and Charmaine Adamson, Aaron, spent the test of the week with the James Fustons helping his granddaddy, James Fuston. Wilda took Aaron to Tulia Friday afternoon to meet his father, Rex, who returned Aaron to his home in Lubbock.

Returning from Ringling, Oklahoma a week ago Wednesday was Tink and Estelle Lane. They had spent some time visiting their daughter and husband, Kay and Bobby Clay.

The Lanes also reported that their son, Kenneth Lane of Houston, had recently returned from working in Indonesia. The day after his return to the states he had surgery but is doing fine.

Glenn Perkins of Lubbock is undergoing some radium treatments in a Lubbock hospital. Glenn is the brother of Lavern Hamner.

We met our daughter, Brenda Coker in Tulia last Saturday afternoon. She and some friends were driving to Colorado Springs to be spectators at the Ladies Golf Tournament. We had supper together and all left for our own destinations.

As we approached Silverton on our return home, we saw the ambulance helicopter land in Silverton. We discovered later it had picked up Shawn Stephens and had air-lifted him to an Amarillo Hospital.

The last report I heard Shawn was suffering from Hyperventilation Syndrome and is now home being treated with medication.

## Kristi Morgan Receives Honors

Kristi Morgan was selected by Region IX Education Service Center out of Wichita Falls to attend the Early Childhood Education Summer Institute in Dallas, Texas, June 26-30.

She was also selected as a leadership consultant to travel to Washington, D.C., July 10-14, with the American Student Travel Foundation out of Houston, Texas.

**Cruse On President's List**  
Shannon Cruse of Justin, Texas has been notified that he was included on the Dean's list for the University of North Texas in the School of Visual Arts for the 1995 Spring Semester.

To be included on this list a student must carry at least a course load of 12 hours and earn a grade point average of 4.0.

Shannon's name is being submitted to the National Dean's List, a publication which recognizes outstanding academic achievements of students throughout the United States.

Shannon, formerly of Turkey is the son of Marie Cruse of Justin (& Turkey, part-time) and Paul Cruse, currently of Teague, Texas.

Cruse is working toward a B.A. degree and wants to get his teaching certificate in Elementary Education.

## Yesteryear

Taken from *The Turkey Enterprise*, Thursday, July, 28, 1949

**Turkey Will Play Truscott Here Sunday.**

The playing season of the Greenbelt League is nearing its close with only two more games remaining on the schedule. Both of Turkey's games will be played on Barnhill Field, Sunday, July 31, Truscott will play here and on the following Sunday, for the last game, Paducah will furnish the opposition.

### New Ford Owners

Russell-Mohon Motor Co. delivered two new Ford cars last week. On Friday a gray coupe was delivered to Carl Gilmore and Saturday Mrs. Charley Lane took delivery on a maroon sedan. A new pickup went to Clinton Lane.

### He Likes Fish, Too

Mmes. Roy Cooper and Mabel Christian returned home Monday night from Colo. where they visited the fishers there from Turkey. They enjoyed a fish supper Saturday night given for them. Sunday night they gave the fishers a chicken supper (chicken from home). Mrs. Cooper stated they had a contest to see who could eat the most chicken and Elmer Christian won. They never saw anyone eat chicken like Elmer did.

### Flomot Young People Attend Baptist Encampment

Young people from the Flomot Baptist church who attended encampment at Blanco Canyon last week included a group of intermediates who went over Thursday for the day. They were Mary Elizabeth Gunn, Peggy Jane Gunn, Eula Mae Cavitt, Nola Mary Starkey, Lillie Wanda Gilbert and her cousin, Miss Currie from Amarillo.

On Tuesday Bro. and Mrs. J. E. Lee and Mrs. S. H. Gilbert accompanied the following juniors for the day: Bobby Starkey, Myra Nan Whittaker, Annie Beth Tanner and Patricia Hines.

### Thieves Enter Meyers Home

The home of Mr. and Mrs. Fred Meyers, east of Quitaque about three miles, was entered Sunday morning while the family was at church and a number of valuables, some money from a savings bank and other articles were taken. Another thing which was missed was a large cake which Mrs. Meyers had baked.

## Turkey Baptist Hold Bible School

The Turkey Baptist Church began their Vacation Bible School last Monday evening at 6 p.m.

Supervising the Nursery was Amanda Fuston.

The four and five year olds were under the direction of Karen Rice. Assisting Karen was Dean Mullin, Jessica Carter and Robin Williams.

Mary Beth Adamson was in charge of the first and second graders. Her assistants were Donna Roys and Edna Earle Blakney.

The third and fourth graders had Teresa Clinton as their instructor. Helping Teresa was Tina Carson and Ruth Fuston.

Melvin Clinton worked with the fifth and sixth graders. His assistant was Izell Proctor.

The Activity Director was Marcie Roys.

Those responsible for providing the refreshments for the group were Izell and Sue Proctor who handled the kitchen work.

Friday evening at 7:30 the attendants will present their sharing time and hope all their friends, relatives and parents will attend.

## FOOD PYRAMID IS BASIS FOR GOOD NUTRITION

When you think of pyramids, you think about Egypt's enduring architectural wonders. But according to health officials, one modern "pyramid," is founded on recent scientific research on nutrition and health. The "Food Guide Pyramid" is a concept for grouping kinds of foods in their order of importance to good nutrition.

Like the Egyptian pyramids, the Food Guide Pyramid is constructed from the bottom up. The food pyramid stands on a base composed of bread, cereal, rice and pasta. The narrower level above that consists of vegetables and fruits. What these food levels have in common is that they are low in fat and high in vitamins, minerals, and fiber.

As the pyramid tapers upward, meats and dairy products contribute protein, calcium, and iron, but shouldn't be used as the basis of a meal or a diet. At the peak of the pyramid are the foods that should be eaten least often. These include candies, butter, sweet desserts and oils. All are high in fat and have limited nutritional value.

It used to be that meals were planned around a chosen meat, but with the food pyramid, meals can be planned to enhance pasta, grains, fruits, and vegetables, and maybe a little cheese or chicken. It is a more healthful way to eat.

A healthful daily diet, according to the pyramid, would include 6 to 11 servings of bread, cereal, rice or pasta; three to five servings of vegetables; two to four servings of fruit; two to three servings of dairy products -- including milk, yogurt and cheese; two to three servings of meat, poultry, fish, dry beans, eggs, or nuts; and few -- if any -- old, fats, and sweets.

**BOWMAN'S**  
Nothing Fancy

"A place to stay in Quitaque"

Call To Be Sure  
806-455-1377

# RATTLESNAKE ROUND-UP!

## ALLSUP'S

### Instantly Win Up To \$5,000 Cash!

Weekly Drawings To Win Free Gas For a Year!



Win A 1995 Ford F-150 Super Cab XLT!

TURKEY & QUITAQUE		PRICES EFFECTIVE JULY 13 - JULY 19	
<b>SAVE ON COCA-COLA SOFT DRINKS</b> 6 PK CANS <b>\$1.79</b>		<b>GAS FOR A YEAR WINNERS:</b> Bobby Langston • Plainview, TX. Leroy Bray • Gallup, N.M.	
<b>COOKED FOOD SPECIAL OF THE WEEK</b> <b>CORN DOG &amp; COCA-COLA</b> 20 OZ. N/R BOTTLE <b>99¢</b>		"We have plenty of prizes to be won. Keep on playing for your chances to <b>WIN!</b> "	
ALL FLAVORS <b>Fritos® CHIPS</b> REGULAR 99¢ <b>79¢</b>	 <b>SHURFINE CHARCOAL BRIQUETS</b> 10 LB. BAG <b>\$1.59</b>	 <b>ALLSUP'S SAUSAGE, EGG &amp; BISCUIT</b> FOR ONLY <b>99¢</b>	
SERVING OF 6 <b>TYSON CHICKEN NUGGETS</b> FOR ONLY <b>99¢</b>	SPREE, SWEETARTS, & FUN DIPS <b>SUNNY'S FUN CANDY</b> REG. 59¢ EACH <b>2 FOR 99¢</b>	SAVE ON <b>TOOTSIE BUNCH POPS</b> 7 CT. <b>2 FOR 99¢</b>	ALLSUP'S 1.5 LB. LOAF <b>SANDWICH BREAD</b> 69¢ EACH OR <b>2 FOR \$1</b>
<b>STORE SPECIALS</b> TEXAS FIRECRACKER <b>SAUSAGE</b> EA. <b>69¢</b> ALL FLAVORS 2 OZ. <b>CORNNUTS</b> 2 FOR <b>99¢</b> GARDEN SNACKS <b>SUNFLOWER SEEDS</b> 7 OZ. <b>99¢</b> SHURFINE <b>FLOUR</b> 5 LB. <b>89¢</b> SHURFINE SALTINE <b>CRACKERS</b> 1 LB. <b>79¢</b>		* * * <b>\$50.00 WORTH OF GASOLINE FREE!!!</b> TAKE THIS COUPON TO BIG COUNTRY FORD 2400 MABRY DR. CLOVIS, NEW MEXICO 88101. IF YOU PURCHASE A NEW VEHICLE BEFORE AUGUST 19, 1995 YOU WILL RECEIVE \$50.00 WORTH OF FREE GASOLINE COURTESY OF ALLSUP'S.	

No Purchase Necessary. Game begins May 28, 1995 and ends August 18, 1995. Official Rules and game piece available at participating ALLSUP'S locations or by sending a SASE to "RATTLESNAKE ROUND-UP", P.O. Box 1277, Lynnwood WA 98046-1277 by August 18, 1995. Game open to legal NM, OK and TX residents. Void where prohibited.



## Instantly Win Up To \$5,000 Cash!

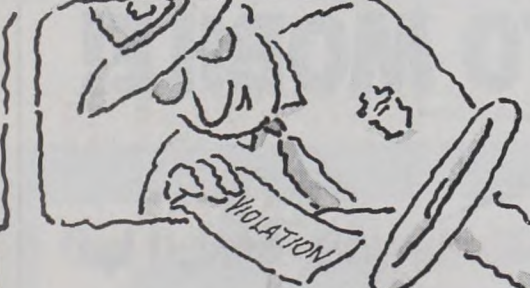
**Brown McMurtry Implement**

P.O. Box 777  
Silverton, Texas 79257  
(806) 823-2441

SALES - DAVID REAGAN  
PARTS - GARY CHANDLER  
SERVICE - STANLEY GAMBLE

**CASE III**

CASE and IH are registered trademarks of Case Corporation



## Oops again. Call us.

We have coverage just for you, priced right! Call us for details.

**J & K**  
**INSURANCE**

JIM MARTIN                      PATTI WHITTINGTON  
QUITAQUE, TX 806-455-1100  
OR 652-3387

**You're in good hands.**

**Allstate**

©1994 Allstate Insurance Company, Northbrook, Illinois. Subject to applicable laws and regulations.

Free Things To Send For!



For a free brochure on wisdom teeth, write to: the American Association of Oral and Maxillofacial Surgeons, 9700 W. Bryn Mawr Avenue, Department P8, Rosemont, Illinois 60018-5701.

For information about Penzoil's Z-4 all-purpose spray lubricant call 1-800-332-6457.

For information on how to get the most from your next medical appointment, send for a free brochure, "The Doctor Visit," c/o Mycellex-7, 303 East Wacker Drive, Suite 440, Chicago, IL 60601.

# Flomot News

by Earlyne Jameson  
OVERHEARD

A Barber was joshing with a little boy and asked him, "What would happen if I cut off one of your ears?"

"I couldn't hear on that side," the boy replied.

"What would happen if I cut off your other ear?" the barber continued.

"Then I couldn't see or hear," the boy answered.

"You couldn't see?" the barber questioned. "Yeah," the boy retorted, "My cap would fall down over my eyes!"

ANNIVERSARY CELEBRATION

Mr. and Mrs. Wayne Hunter were honored on their 49th wedding anniversary during the weekend by family and friends.

Their son and family, Mr. and Mrs. David Hunter and Greg of Midland presented them a beautiful bouquet of flowers Friday night at a dinner in their home. Other guests were Mr. and Mrs. John Speer of Floydada. Saturday morning, H.G. Hunter of Quitaque joined the Hunter families for breakfast.

Sunday noon, Mr. and Mrs. John Speer hosted an anniversary luncheon for them at the Far East Restaurant in Plainview. Other guests were Mrs. L. D. Bilberry of Lockney, and H.G. Hunter.

Sunday night, their anniversary was observed in the Fellowship Hall following the Flomot Baptist Church evening services. They were presented a decorated cake served with ice cream and punch. Attending were Bro. and Mrs. Nathan Mulder of South Plains, Mrs. Clois Shorter, Mrs. Herb Martin, Mr. and Mrs. Clayton Bond and Mr. and Mrs. L. E. Shorter.

PERSONALS

Mr. and Mrs. Larry Clay were hosts and leaders of the non-denominational Bible Study in their home July 6. Special music was presented by the Three M's Company. More than 45 people attended the spiritual session.

Mrs. Nada Starkey was hospitalized from Thursday until Saturday of last week at Mangold Hospital in Lockney, suffering with a back injury. Visiting in the Starkey home during the weekend were daughters and families, Mrs. Jackie Davis and Michael of Fritch, and Bessie and Clifton Reid and Christina of Amarillo.

Visiting Mr. and Mrs. Bill D. Washington during the holiday and enjoying a fireworks display were Mr. and Mrs. Lance Barclay and Colton, Lubbock; Aaron Ballinger, Canyon; Mr. and Mrs. S. D. Barclay, Lockney; Amy Pipkin, Matador; Mr. and Mrs. Tim Washington, Matt and Lacey, Roaring Springs; and Mrs. Connie Franks, Cary, Cory and Cara, and Mr. and Mrs. Jerry Barclay and Ty of Flomot.

Mr. and Mrs. Morris Stephens visited the Fourth in Clarendon with Mr. and Mrs. Scott Martin and Shanon. They enjoyed the parade, rodeo and renewing friendships.

Dr. Jerry Gilbert of Jacksonville, AL visited recently with his parents, Mr and Mrs. D. M. Gilbert and his mother-in-law, Mrs. Leona Degan.

Mary Ellen Barton and viola Stinson were in Lubbock Wednesday for Viola's medical check-up. She received a good report.

Visiting recently with Mr. and Mrs. Larry Clay, Kelsey and Tanner were her parents, Mr. and Mrs. Curtis Metcalf of Panhandle.

Mr. and Mrs. Morris Stephens attended the annual Stephens family reunion Sunday held at the home of Mr. and Mrs. Doc Cross in Plainview. Enroute home, they visited in Lockney with his mother, Mrs. Juddie Stephens.

Mr. and Mrs. Lane Cypert and baby daughter of Dallas visited his great-grandmother, Mrs. C. W. Starkey, Wednesday. Visiting her Sunday were Mr. and Mrs. Homer Cypert of Lockney.

D. M. Gilbert and Tubb merrell enjoyed fishing at Miller Creek last week. Visiting in the Gilbert home Sunday were Mr. and Mrs. Butch McBee and Mrs. Florine Cobb of Quitaque.

Mr. and Mrs. Wilburn Martin visited in Floydada Friday with Mrs. Bessie Martin.

BIRTHDAY PARTY

Mrs. Christeen Gilbert had a happy birthday party in her home Monday morning July 10, when friends arrived with coffee, cake, cards, and gifts.

Sharing the celebration were Mmes. Mary Jo Calvert Leona Degan, B. Rogers, Trula Martin, and Sylvia Lee Martin.

\*\*\*

Prosperity doth best discover vice, but adversity doth best discover virtue.

—Francis Bacon

FOURTH CELEBRATED WITH MUSIC AT THE DO-GOODERS CLUB

The Do Gooders' Club of Flomot celebrated the Fourth with entertaining music and recitations at the Community Center. Featured performers were Mrs. Trula Martin and Mrs. Annie B. Cloyd.

The program was a diversity of music selections and poems, including patriotic songs. With Mrs. Cloyd at the keyboard, Music Trivia Games were played. Mrs. Waydette Clay was presented an original antique sheet music certificate made by Mrs. Martin, for identifying the most songs.

Mrs. Alma Shorter, president conducted the business meeting. The Community Center has had mini-blinds matching the new carpet installed since last club meeting. This was done by the club. In other business, the members voted to have a Flea and Craft market in October. Plans to be announced later.

Table appointments and decorations were in a patriotic decor, and July 4th refreshments were served by hostesses Judy True and Erma Washington.

Members attending besides those mentioned above were Mmes. Leona Degan, Christeen Gilbert, Jimmie Hunter, Bernice Bond, Lucille Monk, Mary Jo Calvert, and B. Rogers. Guests were Mrs. Geneva Martin and Mrs. Kathy Shorter.

On July 5, Wilburn and Trula Martin, Mmes Mary Jo Calvert, Annie B. Cloyd, Leona Degan, B. Rogers and Waydette Clay mowed and cleaned the Community Center grounds.

Speed Limit Repealed

The U. S. Senate voted 65-35 to turn back to the states the right to set speed limits for automobiles. U.S. Sen. Phil Gramm, R-Texas, supported the repeal of the 55-mile-per-hour national speed limit. "Driving from long distances across Texas at 55 mph, two things happen. You either get discouraged and turn back, or you're going to get run over," joked Gramm, adding that he believed the Texas Legislature was fully capable of setting an appropriate speed limit in rural areas. Current law sets national limits for all vehicles of 55 mph on most roads and 65 mph on rural interstates. "It's illogical for politicians in traffic-congested Washington, D.C. to make a law that sets the same speed limit on a 100-mile stretch of the Texas Panhandle and a crowded Houston freeway," Gramm said. The primary aim of the bill is to designate 159,886 miles of roads across the country -- primarily interstates and main highways -- as the National Highway System and provide \$13 billion over two years to upgrade these roads. The measure has yet to be considered by the House. Under a 1991 law, roughly \$440 million from the Highway Trust Fund is to be provided in each of 1996 and 1997 to help improve and maintain Texas roads, if the National Highway System by Sept. 30 of this year. In 1974, Congress set a national speed limit of 55 mph in an effort to conserve gasoline at the height of the Arab oil embargo. Congress approved a 65-mph speed limit for rural interstates in 1987, and extended it to four-lane highways in 1991, subject to state approval.

## A Cure for the Summertime Blues!

Are you and your family suffering from the summertime blues? Are your children or spouse constantly complaining that they're uncomfortable? Are you tired of tolerating rooms that never seem cool enough...no matter how low you set your thermostat? If so, you're not alone. In fact, nearly every homeowner reports at least one room that tends to be too hot in the summer (or too cold in the winter).

Why? Some room registers have poor airflow because of their long distance from the blower or because of bends in the ductwork.

Help is finally here. The Equalizer EQ2 "Register Airflow Booster" is designed to pull twice as much air from your poorly performing registers every time your central forced air cooling system (or heating system) operates. As a result, the cooled air spends less time getting to the room and the air temperature is significantly improved.

This ingenious booster simply mounts over your existing floor or wall register (6" x 12" or smaller) and plugs into any 110 volt outlet. It functions on and off automatically at the temperature you select on its built-



in thermostat, or can run continuously for improved air circulation. The EQ2 operates for less than three cents a day, far less than other supplementary cooling (or heating) products.

The Equalizer can be left running overnight or when no one is home, because it has no potentially dangerous heating elements. It is designed to be safe for small children and pets. This simple place and plug-in unit is also portable and can be moved from room to room.

For more information, call (800) 999-FANS, Dept. A, or write: Suncourt, Inc. 102 Fifth Street, Dept. A. Durant, IA 52747.

Man's unhappiness; as I construe, comes of his greatness; it is because there is Infinite in him, which with all his cunning he cannot quite bury under the Finite. —Thomas Carlyle

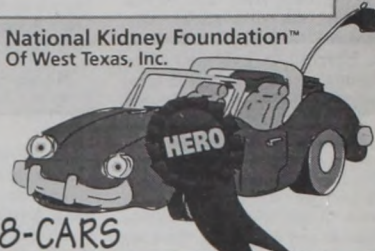
## MAKE YOUR CAR A HERO!

Donate your car to the National Kidney Foundation.

- Free Towing • Simple To Do •
- A Great Tax Deduction •

NK National Kidney Foundation™ Of West Texas, Inc.

Call 1-800-488-CARS



## Cooking Corner

(NAPS)—A winning idea from the Fresh Ideas In Shrimp recipe contest is yours for the taking.

The contest was hosted by Rich-Sea Pak Corporation and the Johnson and Wales College of Culinary Arts.

One of the 12 winning recipes is an ingenious interpretation of the increasingly popular Caesar Salad. SeaPak Popcorn Shrimp and Caesar Salad with Grilled Breadsticks was created by Chef Michael Moskwa.

SEAPAK POPCORN SHRIMP AND CAESAR SALAD w/ GRILLED BREADSTICKS

- Ingredients: (Serves 6-8)
- 2 heads romaine, rinsed and dried thoroughly
  - 2 whole eggs or whites only, beaten
  - 1 cup extra virgin olive oil
  - 1 tbsp fresh minced garlic
  - 2 tsp kosher salt
  - 1 tsp coarse grind black pepper
  - 1 tsp Dijon mustard
  - 1 tsp Worcestershire sauce
  - juice from 1/2 a lemon
  - 3/4 cup grated Parmesan cheese
  - 1/4 cup freshly shaved Parmesan cheese

12 4 inch x 1 inch cuts of French or Italian bread, brushed with olive oil and grilled

24 oz. SeaPak Popcorn Shrimp, or Shrimp Poppers, baked or deep fried

Procedure: Remove base of romaine heads and discard. Separate leaves, rinse well and pat dry. Discard larger leaves. Separate leaves into six portions and set aside. Prepare the dressing as you would any traditional Caesar dressing by beating the oil into the eggs with the other ingredients to form an emulsion. Blend in the grated Parmesan cheese and set aside. In a large bowl, toss a portion of the romaine leaves with about 1/4 cup dressing and artfully arrange on a serving platter with leaves all going the same way. Place 2 pieces of French bread on grill for a minute to crisp and set alongside the salad leaves. Pile the cooked SeaPak Shrimp on top of the cut ends of the leaves or scatter across the top like breaded croutons in typical Caesar fashion. Be sure salad greens are crisp and cool while bread is warm and shrimp are hot.

**Merrell Food Store**  
PRICES EFFECTIVE JULY 14-15, 1995

*the price fighter*  
**Venture**  
FOODS

**HOT, HOT, HOT Deals!**

<b>Bath Tissue</b> 4 ROLL PKG. \$2.09	<b>Paper Towels</b> ROLL 89¢	<b>Ultra Cheer</b> 98-106 OZ. BOX \$5.99	<b>Crisco Oil</b> 48 OZ. \$2.19	<b>Coffee</b> 12-13 OZ. \$2.59
<b>Potato Chips</b> LAY 56 REG. OR WAY \$1.49 SIZE 99¢	<b>Cascade Dish Soap</b> 65 OZ. \$2.99	<b>Brownie Mix</b> 17.8-18.9 OZ. \$1.69	<b>Duncan Hines Asst. Muffin Mix</b> 17.8-18.9 OZ. \$1.69	<b>Sleep 'N More Cat Food</b> 3.5 LB. BAG \$1.99
<b>Facial Tissue</b> PUFFS ASSORTED 144-250 CT. \$1.69	<b>Del Monte Plastic Squeeze Ketchup</b> 24 OZ. 99¢	<b>Hunt's Asst. Spaghetti Sauce</b> 27 OZ. 99¢	<b>Country Crock</b> BISCUITS \$1.69	<b>Charcoal Steak</b> PREFERRED TRIM BONELESS SHOULDER 1 LB. ROLL \$1.69
<b>Dawn Liquid Dish Soap</b> 32 OZ. \$1.99	<b>Downy Fabric Softener</b> 64 OZ. \$2.99	<b>Meat Specials</b> SALSA & BISCUITS... \$2.99 STEAK MEAT... \$1.99 ROAST... \$1.99	<b>Iceberg Lettuce</b> CELLO WRAP 48¢	<b>Chuck Roast</b> PREFERRED TRIM BONELESS 1 LB. \$1.19
<b>Fresh Produce</b> CORN... 89¢ BELL PEPPERS 3... \$1.99 CUCUMBERS 3... \$1.99	<b>Country Crock Biscuits</b> \$1.69	<b>Health &amp; Beauty</b> Aleve... \$2.99 Pain Reliever... \$2.99 Pepto Bismol... \$3.99 Shampoo... \$3.99 Tooth Paste... \$1.99	<b>Iceberg Lettuce</b> CANTALOUPE... 39¢	<b>Sausage</b> OWENS REG. HOT, 1 LB. ROLL \$1.59

**Venture**  
**Merrell Food Store**  
QUITAUQUE, TX 455-1282

NOT ALL ITEMS AVAILABLE AT ALL STORES. WE RESERVE THE RIGHT TO LIMIT.

## THE POWER OF DC!

# 20¢/MIN. MOBILE TO MOBILE!

As a Digital Cellular customer, you can talk to other Digital Cellular customers for just 20¢ per minute! (Both parties must be within the DC home area.) So if you own a business with multiple cellular phones, your people can talk to each other for less money per minute per phone! It's just one more way The Power of DC is making cellular phone communication easier, more efficient and more economical than ever. Contact your local Digital Cellular dealer today and put The Power of DC to work for you!

IN SOUTH PLAINS: Dean's Auto Service • Highway 207 • 806/983-5827

IN TURKEY: Rolling Plains Communications • 107 Main • 806/423-1289

## Digital Cellular

OF TEXAS

Box 53118 • Lubbock, Texas 79453 • 1-800-662-8805 • 806-924-5432

The Valley Tribune  
Briscoe  
For Emergency  
Briscoe County  
proved for emergency  
grazing of CRP ac  
tent of emergency  
grazing of CRP ac  
alleviate livestock  
agency when the  
yield of 1995 hay  
have been reduced  
because of a natura  
Producers may f  
CRP acreage from t  
are approved until  
30, 1995. The ac  
hay may only be  
time. The hay mus  
September 30, 1995  
hay or graze the C  
will be 25% of the a  
payment per acre  
grazed. This cost m  
advanced or with  
annual rental paym  
Producers may e  
graze CRP acreage.  
Hay cannot be har  
to July 16, 1995.  
All producers on  
must sign the agr  
conditions for Em  
ment of CRP Acrea  
ment for Condition  
agency Hay of CR  
Only one CRP part  
sign the Form DF-  
to Participate in S  
and Grazing of CR  
Producers must d  
acres to be haye  
aerial photography.  
Neither the CRP  
or livestock produ  
designated CRP ac  
file a CCC-653 (Ap  
Livestock Feed), or  
loss.  
Caution Ne  
With Schoo  
With the final bel  
the end of another l  
comes a special air o  
Kids will be going t  
swimming pools, mov  
may be playing in or  
Trooper L.B. Stude  
Department of Public  
to remind Texas mot  
take care of our kids  
Be especially watchf  
who may be playing  
streets. Remember,  
ment of play, kids m  
these things, but it o  
lapse of memory on  
and we may be look  
hood of our vehicles  
frightened eyes.  
Trooper Snider  
There will be a lot of  
this summer. Kids a  
ber the rules of the  
should also rememb  
them. Above all, th  
member that vehicl  
than they are and wh  
for a space in the ro  
thousand pound  
ways win."  
The Department o  
not only wants you  
of our children on t  
highways, but to hel  
involved in construct  
summer. There are  
things for young peo  
as parents, will only  
Let's all help our kid  
healthy, happy sum

Dial  
Call Energ  
48 hours bef  
plan to dig in  
alleys or eas  
We will mark  
tion of all ou  
free of charg  
Be certain yo  
Call Energ  
you dig.

ENER  
1-800-

# Briscoe County Approved For Emergency Use Of CRP

Briscoe County has been approved for emergency haying and grazing of CRP acres. The intent of emergency haying and grazing of CRP acreage is to alleviate livestock feed emergency when the growth and yield of 1995 hay and pasture have been reduced substantially because of a natural disaster.

Producers may hay or graze CRP acreage from the date they are approved until September 30, 1995. The acreage to be hayed may only be hayed one time. The hay must be baled by September 30, 1995. The cost to hay or graze the CRP acreage will be 25% of the annual rental payment per acre hayed or grazed. This cost may be paid in advanced or withheld from the annual rental payment.

Producers may either hay or graze CRP acreage, but not both. Hay cannot be harvested prior to July 16, 1995.

All producers on the CRP-1 must sign the agreement for conditions for Emergency Grazing of CRP Acreage or Agreement for Conditions for Emergency Haying of CRP Acreage. Only one CRP participant must sign the Form DF-21 (Request to Participate in Special Haying and Grazing of CRP Acreage).

Producers must designate the acreage to be hayed or grazed on aerial photography.

Neither the CRP participants or livestock producers using the designated CRP acreage must file a CCC-653 (Application for Livestock Feed), or prove a 40% loss.

## Caution Needed With School Out

With the final bell announcing the end of another long school year, comes a special air of excitement. Kids will be going to the parks, swimming pools, movies, and a lot may be playing in or near the streets.

Trooper L. B. Snider of the Texas Department of Public Safety wants to remind Texas motorists to help take care of our kids this summer. Be especially watchful for the ones who may be playing in or near streets. Remember, in the excitement of play, kids may do things they shouldn't, such as darting or running into the roadways into the path of your vehicle. Most of our kids have been taught not to do these things, but it only takes one lapse of memory on a child's part and we may be looking over the hood of our vehicles into their now frightened eyes.

Trooper Snider also states, "There will be a lot of kids on bicycles this summer. Kids should remember the rules of the roadway and should also remember to abide by them. Above all, they should remember that vehicles are a lot larger than they are and when competing for a space in the roadway, a three thousand pound vehicle will always win."

The Department of Public Safety not only wants you to help take care of our children on the streets and highways, but to help them get involved in constructive things this summer. There are a lot of good things for young people to do if we, as parents, will only look for them. Let's all help our kids have a safe, healthy, happy summer.

The only way to entertain some folks is to listen to them.

—Kin Hubbard

## Dial Before You Dig!

Call Energas Company 48 hours before you plan to dig in streets, alleys or easements. We will mark the location of all our pipelines free of charge.

Be certain you're safe. Call Energas before you dig.

ENERGAS 1-800-692-4694

Before any haying or grazing occurs, the participant must:

1. File an agreement to participate in the haying and grazing program.
2. Agree to re-establish at their own expense any failures of approved cover resulting from haying or grazing.
3. Agree to leave at least 25% of each field or contiguous fields unhayed or ungrazed for wildlife cover.
4. Agree to a 25% reduction in annual rental payment for the acreage hayed or grazed.

Producers must also report the acreage to be hayed or grazed as well as the 25% not hayed or grazed. These acreages must also be identified on a photocopy of the farm.

Producers who intend to graze the CRP cannot stock the acreage in excess of SCS's Forage Inventory and Annual Grazing Plan.

The Acreage to be hayed may only be hayed one time. The hay must be baled by September 30, 1995. Hay must be removed from the CRP acreage by December 31, 1995.

Participants are required to sign a register, meet all requirements and be approved before any haying or grazing can occur.

On or before October 14, 1995, participating producers must report to this office the acreage hayed and the tons of hay harvested and/or the number of livestock grazed and the acres grazed.

## Communicating With Your Physician

(NAPS)—Tongue-tied when you try to talk to your doctor—especially about intimate issues?



"Communicating is critical to your physical and mental health," says Ramona Slupik, M.D., Northwestern University Medical School. Some advice on how to address very personal issues, or even seemingly simple ones:

- Write down difficult questions in advance, and bring your notes along.
- Keep a health diary to track relevant health issues.
- When scheduling the appointment, say that you want to talk, so that time is set aside during the visit.
- Take notes during the discussion.
- If you feel very anxious about talking to your doctor, consider asking a friend or relative to accompany you—to boost your confidence and to help remember what has been said.
- Review confusing technical terms or instructions before the visit ends—you might even ask the doctor to summarize the discussion.

Good health is the joint responsibility between you and your doctor, and strong communication is essential to this teamwork.

For more information on how to get the most from your next appointment, send for a free brochure, "The Doctor Visit."

# HEALTH ALERT!

## The Overlooked Heart Condition

(NAPS)—One in five adults frequently suffers from it. More than a half-million Americans are hospitalized every year because of it. A new epidemic sweeping the country?



No, it's cardiac arrhythmia, a condition which causes the heart to beat too fast, too slow, or out of rhythm. Although it has been around as long as people have had a heart beat, arrhythmia is often misunderstood, overlooked, and undertreated.

Now, consumers can call the Arrhythmia Awareness Foundation at (800) 600-7111, ext. 233 to receive free information on irregular heart rhythms.

Arrhythmia can be serious, continuing for hours or days, or it can be as simple as a hardly noticeable skipped heart beat. The danger is many don't know if they have a serious health problem.

Many sufferers also are not aware of the various treatments available to control, or eliminate, arrhythmia. Some patients battle arrhythmia daily with drugs, while others seek a one-time, non-invasive procedure that can "fix" the heart and wipe-out their arrhythmia altogether.

For more information, call the Foundation's toll-free line at (800) 600-7111, ext. 233 or write to: AAF, P.O. Box 1626, Ventura, CA 93002. Information about arrhythmia (including a simple test consumers can use to find out if they suffer from arrhythmia symptoms) and a list of local cardiologists familiar with arrhythmia and its diagnosis will be provided.

\*\*\* Nothing that was worthy in the past departs, no truth or goodness realized by man ever dies or can die. —Thomas Carlyle

# LEGAL MATTERS

BY ATTORNEY GENERAL DAN MORALES

## CHILD SUPPORT: QUESTIONS AND ANSWERS

Child support enforcement, which comprises more than half of our agency's personnel, is one of our crucial missions. When your child needs help getting a non-custodial parent to pay court-ordered child support payments, we stand ready to help.

Child support is a complex issue. It can be a confusing process for our customers as well. The following are some of the most frequently asked questions and answers regarding child support.

### What does the OAG Child Support Division do?

We are responsible for establishing paternity, locating non-custodial parents, establishing and modifying child support orders, establishing and modifying medical support orders, enforcing delinquent child support orders, and collecting and distributing child support payments.

### Who can apply for child support services and what is the fee?

We accept applications from both custodial parents and non-custodial parents. Our attorneys do not represent either parent, rather they represent the State of Texas in providing child support services. We are required to provide all appropriate services for the benefit of Texas children — we cannot pick and choose our clients. There is no fee for services provided by our office.

Aid to Families with Dependent Children (AFDC) recipients automatically become a part of our caseload. Persons not on AFDC must apply directly with our office for child support services.

### Where do I apply?

We operate child support enforcement field offices around the state where people may apply for services. The telephone numbers and addresses for these offices are in local telephone books. You may also call our toll free phone number (800-252-8014) to request an application.

### Do other agencies handle child support enforcement cases?

In Texas, county-operated domestic relations or child support offices, private attorneys, and private collections agencies also

provide some child support enforcement services.

### How long will it take before payments begin?

That varies on a case-by-case basis. For example, your case might require the full gamut of services — locating the non-custodial parent, establishing paternity, obtaining a support order, and enforcing the order. Or you might have all the necessary information and groundwork already laid out. In that case, you may begin to receive payments much sooner.

### What information does we need to locate a non-custodial parent?

The most important information an applicant can provide, aside from the non-custodial parent's current address and social security number, is the name and address of the non-custodial parent's employer. If the current employer is not known, the name and address of the last known employer should be provided.

Other very useful information about the non-custodial parent includes his or her social security number, date of birth, names and addresses of relatives and friends, and names of organizations, unions, or clubs to which he or she belongs. It is also helpful to have the names of the non-custodial parent's banks or creditors and a list of the places where he or she spends free time.

### What documents do I need?

If available, child support applicants should submit copies of the following:

• Divorce decree or separation agreement (necessary only if you were married to the other parent).

• The children's birth certificates.

• All documents which may reflect both parents' income and assets, such as paycheck stubs, tax returns, and bank statements.

• Copy of court order for child support (if you have one).

• Evidence of payment history (if you have one).

### How do AFDC recipients seek child support?

To receive AFDC benefits through the Texas Department of Human Services, you must cooperate with our efforts to identify the non-custodial parent and collect child support. In addition, the state of Texas will recoup the AFDC payments made by the state from the non-custodial parent.

### For more information

We are dedicated to giving our customers quality service. For more information or to apply for our services, please call (800) 252-8014 or consult your phone book for the office nearest you.

Studies have shown that consuming vitamin A, as well as vitamins C and E, may help prevent cataracts, the leading cause of blindness in Americans over 65.

IF YOU HAVE CANCER, WE CAN HELP.

IF NOT, YOU CAN HELP.

AMERICAN CANCER SOCIETY 1-800-ACS-2345

## ROLLING PLAINS COMMUNICATIONS

Bag Phones from \$5.90 while supplies last

107 MAIN ST. TURKEY, TEXAS 806-423-1289

## Valley Summer Dealin' Days

\$1000\* CASH BACK ON ORDERS PLACED JUNE 16 - JULY 31

\*Based on a new 8 tower Valley 8000.

7.75% FIXED APR 3 YRS

8.25% FIXED APR 5 YRS

- 1st payment due January 1, 1997
- Low down payment -- \$150/tower
- No prepayment penalty

(OR)

## Super "Cash Flow" Financing

- No payment until January 1, 1997
- Low down payment -- \$150/tower
- Interest waived until March 1, 1996
- No prepayment penalty

ON NEW ORDERS ONLY. DELAYED DELIVERY OPTIONAL. Limited time/quantity offer. Subject to change without notice — financing (available only in the U.S.A.) subject to credit approval — certain restrictions apply. See your Valley dealer for full details today! For your nearest Valley dealer call 1-800-853-9268.

Get a quote. Get a thermos. FREE

Rugged. Handsome. Unbreakable. This 34 oz. Alladin thermos is yours FREE with a new quote all summer long. Program ends July 31st, 1995.



CONTACT: HELMS IRRIGATION

469-5387 OR 455-1304





# FIND YOUR WORLD IN THE CLASSIFIEDS

## GARAGE SALE

**GARAGE SALE: FRI, JULY 14** and Sat., July 15, 9-5 8th Denver in Turkey. Lots of clothes, furniture and misc. 4 1tp  
**GARAGE SALE: FRIDAY & SATURDAY**, July 14 & 15 starting at 8 a.m. until 5 p.m. Clothes, furniture and much more. 2nd and Tunnel Street, Quitaque. 4 1tc

## FOR SALE

**FOR SALE: ALFALFA HAY.** Call 806-455-1230. 3 2tp

## JOBS AVAILABLE

**WANTED: LVN CHARGE** nurse day and evenings full or part time competitive salary and benefits Prairie House Living Center, 1301 Mesa Drive, Plainview, TX Fax resume 806/293-3837. 3 2tp

## CARD OF THANKS

The family of Berry Barham wish to thank the Flomot Community for their love, compassion and support at the death of our loved one. Berry truly loved all the good folks at Flomot and had asked to be brought "home" to be buried. Thank you for the wonderful meal.

We love you,  
 Sandra Leutwyler  
 Shane, Leann & Denver Tipton  
 Chad & Rendon Tipton 4 1tc

Beth and I would like to thank the community of Quitaque for the many expressions of concern and love at the death of my sister. The many cards, flowers, and phone calls were much appreciated. Also, I would like to thank our church family for their remendous ministry to our family during this time of grief.

Sincerely,  
 John and Beth Hall 4 1tc

## Ramsey Family Hold Reunion Saturday

The Ramsey children and their families gathered Saturday, July 8, 1995 at the Catholic Center for a day of visiting, picture taking and lots of good food.

Those attending were Jo Jo and Gerald Wade, Sandra Rippetoe, Charles Glenn and Ruth Stankewitz of Tyler; Adina, Jimmy and Shirley Ramsey of Oklahoma City, Oklahoma; John Lindeoman and Linda Aldoor of Brooklyn, New York; Pam, Tonya, Mitchell and Michael Elrod of Tahoka; Charles Ramsey and Louise Taylor of Eastland, Durwood Lewis of Amarillo; Ray Doyle Ramsey of Plainview; Patti Deadman, Courtney, Amanda and Michael of Sweetwater; Barbara Willis, Kandice and Koby Rodgers of Abilene; Terri, Amber and Andrew Stone of Idalou.

Coralee Taylor, Bucky and Judy Duvall of Coleman; Glenda Clapp, Dustin and Natalie of Arlington; Wanda Chadwick and Jordan of Amarillo; Bryan Ramsey of Canyon; Dwight, Anita and Dara Ramsey, Kyle, Amy, Torrey and Shelby Fuston of Silverton; Cameron Jameson of Claytonville also attended.

A. B. and Marie Ramsey, Dale, Carol, Russell and Kristin Ramsey, Glen and Lila Ramsey, Greg, Sue, Zack, Maddie, Brady and Ben Seth Ramsey, Mark, Karen, Dalton, Landon and Brennan Allen all of Quitaque enjoyed the family gathering.

## Maroon Carrots Nearing Market

**COLLEGE STATION**—People who aren't Texas Aggies may not appreciate the merits of a maroon carrot.

The maroon carrot being developed by Texas Agricultural Experiment Station horticulturist Dr. Leonard Pike is actually extremely healthy and tastes good.

"We've selected maroon carrots for high sugar content, which means the carrots are sweeter, and for high beta carotene, which the medical people say is good for us, especially to help prevent heart diseases," Pike said. "We feel that we can release this carrot now as a carrot that has a genetic marker of being a different color so that we know that it has high beta carotene in it."

Pike, who's also director of Texas A&M's Vegetable Improvement Center, found three slightly maroon-tinted carrots a few years ago and began breeding them for their maroon color. He admits that he started developing the maroon carrot as a novelty item for Aggies, because Texas A&M's school colors are maroon and white.

However, he soon discovered that in addition to its high beta carotene content, the maroon carrot tastes sweeter than orange carrots and is easier to chew. The maroon carrot's crispness more closely resembles the chewable texture of celery or an apple than the crunchiness of an orange carrot.



## Help refrigerator keep its cool!

The 'dog days' of summer will again place their usual strain on humans, pets, air conditioners—and refrigerators.

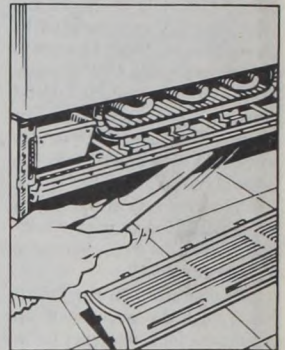
A reliable refrigerator can be a virtually inexhaustible source of ice cubes in the heat of summer. And a clean, well-maintained refrigerator is not only reliable but will use less energy in operation.

Unfortunately, according to Whirlpool home economists, the label "no-frost" is too often interpreted to mean "no cleaning necessary."

To keep refrigerators at peak performance the experts suggest cleaning condenser coils and gaskets about every other month. They recommend...

For door gaskets (the flexible strips around the door that seals the cold air in and keeps the heat out when the door is closed): use a sponge or soft cloth and wash thoroughly with mild detergent and warm water. Rinse and dry.

Never use cleaning waxes, bleaches, strong detergents or petroleum-based cleaners on gaskets. These harsh cleaners may cause the gasket material to yellow, harden and crumble.



Condenser coils: remove the base grille from the lower front edge of the refrigerator and use a vacuum cleaner to remove dust, lint and pet hair from the metal coils. Clean the coils gently to avoid dents or damage. Remove lint and pet hair using only the crevice tool (the long thin attachment) from your vacuum—or a long-handled brush carried by some appliance dealers. Regular cleaning of refrigerator gaskets and condenser coils can save energy and money—and help your refrigerator keep its cool!

Printing & Office Supplies  
 Copiers•Calculators•FAX•Typewriters•Furniture  
**Script Printing & Office Supply**  
 108 S. Main Floydada, TX 806-983-5131 FAX 806-983-2414

**QUITAQUE PRODUCERS COOP**  
 Standing Together Standing Strong  
 Joe Edd Smith, Manager  
 Fuel & Supplies Quitaque, Texas  
 Phone 455-1388

**LAURA'S SHOP**  
 "Specializing in Family Care"  
 Turkey, Texas 423-1222  
 Laura & Tessa  
 Stylist - Manicures - Facial Waxing Mon. - Fri.

**DALE'S 66 STATION**  
 HWY DIESEL NOW AVAILABLE 423-1257  
 See Us For Your Tires, Batteries & Fuel Supplies  
 "Your Full Service Station in Turkey, TX"

**Chamberlain MOTOR COMPANY**  
 HIGHWAY 287 CLARENDON, TEXAS  
 BUICK • OLDSMOBILE • CHEVROLET • GEO  
 PONTIAC • CADILLAC • GMC TRUCKS  
**CLAUD ROBISON**  
 Home Phone: 806-874-2785  
 CHAMBERLAIN MOTOR CO. Clarendon (806) 874-3527  
 Highway 287, East Amanilo 376-9041  
 Clarendon, Texas 79226 Texas WATS (800) 692-4088

**CLARK PHARMACY**  
 of Lockney  
 DANNY CLARK, Pharmacist  
 DAILY MAIL PRESCRIPTION SERVICE  
 Paid PCS - Blue Cross - Medi Met - Medic Aid - Farm Bureau -  
 Se Habla Espanol  
 Phone 806-652-3353, nights 806-652-3712  
 RX ONLY: 1-800-783-3312

For all your ginning, marketing, and planting needs  
**JOHNSON'S GIN**  
 Silverton, Texas 823-2224  
 Turkey, Texas 423-1159  
 Family owned and operated  
 Buy USA Grown and Made - It Matters!

SERVING THE PANHANDLE SINCE 1930  
**WALLACE MONUMENT COMPANY**  
 MONUMENTS - GRAVE SLABS  
 SURFACE BURIAL VAULTS & CURBING  
 Contact: Lewis Eudy  
 423-1295 Turkey Texas  
 Drawer N Clarendon, Texas 79226

Domestics Imports certified by  
 Mon. - Fri. 8-6 We Make  
 Sat. 8-12 Service Calls  
**JACK'S AUTOMOTIVE**  
 Quitaque, TX 455-1243  
 Electronics Fuel Injection

## Local Subscriptions Due In July

\$15 per year  
 Vernell Cotton  
 G. P. Driskill  
 D. M. Gilbert, Flomot  
 Eiland Johnson  
 Wilburn Martin, Flomot  
 Mrs. Tom Pierce  
 Jerry Smith  
 Otho Stubbs

## July Non-Local

\$18.00 per year  
 J. D. Baisden, Grapevine  
 G. W. Childers, Bakersfield, CA  
 Anita Hunter, Lubbock  
 Dennis Irby, Rockwall  
 Guy Mullin, Fresno, CA  
 Norman Mullin, Amarillo  
 Robert Pierce, Vernon  
 Katherine Russell, Amarillo  
 Dr. Tommy Russell, Winters  
 Everett Womack, Amarillo

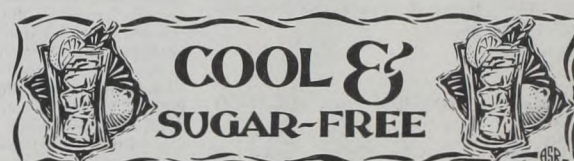
**Laun Mower & Small Engine Repairs**  
**BARRETT'S REPAIR SERVICE**  
 CALL DANNY AT 806-455-1189

**TURKEY DRIVE-IN**  
 TURKEY, TX 423-1373  
 WED: Mexican Food FRI: Fried Fish  
 MON-FRI. CLOSED SATURDAY & SUNDAY  
 7 A.M.-9 P.M.

**FARLEY'S FLOWERS & VARIETY**  
 Quitaque, TX Mon-Sat. 9-5 455-1410  
 Fresh Flowers - Plants  
 Gifts - Cards - Videos - Much More

**STAPP Paint & Body Shop**  
 120 N. Main Lockney, TX Phone 652-2354  
 "In Business Since 1952"  
 Specialize in Hail Damage, Hard Hits, Glass Work  
 "We do it all!"

**Germania Insurance**  
 Homeowners, Auto, Personal & Farm Liability and Life  
**Lee's Insurance Agency**  
 Flomot, TX 79234 (806) 469-5370



## Summer Refreshers

Whether you're relaxing poolside or having friends over for a backyard barbecue, you'll find these recipes—Sparkling Sangria and Apple-Grape Cooler—light, refreshing and delicious. Because these drinks are made with sugar-free iced tea mix, they taste sweet without all the calories from sugar.

The sangria is especially great for entertaining. This fun, easy-to-make recipe blends mandarin orange flavored tea with white grape juice, seltzer, and slices of fresh apple, lemon and lime and their natural juices.

The Apple-Grape Cooler recipe uses lemon flavored tea as a base and adds apple and white grape juices for a smooth, fruity tasting drink. Make it in a thermos and take it along on a summer picnic or a long bike ride. If you're sensitive to caffeine or are simply trying to limit your caffeine intake, this recipe calls for a decaffeinated iced tea mix. (If caffeine isn't a concern, the recipe is equally tasty in the regular lemon variety).

These cool, fat-free drinks will replenish your thirst without adding to your waistline. So, indulge. Healthy doesn't have to be boring.

To send for your free recipe brochure, mail your name, address and ZIP code to: Refresh Body & Mind, P.O. Box 1100, Grand Rapids, MN 55754-1100.

**Sparkling Sangria**  
 1/2 cup Lipton Sugar-Free Mandarin Orange Flavored Tea Mix sweetened with NutraSweet  
 1 cup white grape juice  
 1 bottle (33.8 oz.) seltzer  
 1 apple, cored and chopped  
 1 lemon, cut lengthwise in half, then sliced  
 1 lime, sliced, then each slice cut into quarters

In large pitcher, blend mandarin orange iced tea mix and grape juice. Stir in fruit, then seltzer. Serve over ice. Makes about 6 (1-cup) servings.  
**Nutrition Information Per Serving:** Calories 50, Total Fat 0g, Cholesterol 0mg, Sodium 10mg, Total Carbohydrate 15g, Protein 1g.

**Apple-Grape Cooler**  
 1/2 cup Lipton Sugar-Free Decaffeinated Lemon Flavored Iced Tea Mix sweetened with NutraSweet  
 3-1/4 cups water  
 3-1/4 cups apple juice, chilled  
 3/4 cup white grape juice, chilled  
 In 2-quart thermos or insulated container, combine all ingredients. Serve with ice. Makes about 8 (1-cup) servings.

**Nutrition Information Per Serving:** Calories 70, Total Fat 0g, Cholesterol 0mg, Sodium 5mg, Total Carbohydrate 16g, Protein 0g.

\*\*\*  
 Life is what happens to us while we are making other plans.  
 —Thomas La Mance

**The Cookbook everyone is talking about...**  
  
 •256 pages of easy-to-prepare recipes from the viewers of the popular television show hosted by Bob Phillips  
 •Features interesting quotes on recipes ranging from 1944 War Worker rolls to creative concoctions using Texas tumbleweeds  
 (With this coupon) **\$12** PLUS TAX AND SHIPPING  
**TEXAS COUNTRY REPORTER COOKBOOKS**  
 Available during normal business hours at  
**VALLEY TRIBUNE**  
 455-1101 QUITAQUE, TEXAS