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 BRISCOE COUNTY
 QUITAQUE, TEXAS

The Valley Tribune

"Voice of
 the Caprock Canyons"



35¢

VOLUME 35 NUMBER 5 8 PAGES BRISCOE COUNTY QUITAQUE, TX 79255 THURSDAY, JULY 20, 1995

Calendar Of Events

- July 20**
Turkey City Council
- July 23**
Attend Church of Choice
Quitaque Senior Citizens
Benefit Luncheon
- July 24**
Quitaque Firemen
- July 27**
Triple I Club

Physicals
 August 4
 4 p.m.
 Valley High School Gym
 6th grade, 7th grade
 9th grade
 Last year's injured

Local Valley FFA Members Awarded Lone Star Degree

The Texas FFA Association awarded Tracy Guest, and Michael Lane of the Valley FFA Chapter the Lone Star FFA Degree at the 67th Annual Texas FFA Convention held July 11-14, 1995 in Lubbock.

This award is the highest honor conferred by the State Association. To receive the degree a student must display strong leadership skills, complete a Supervised Agricultural Experience Program and demonstrate citizenship and community involvement.

There were over 6,000 members and guests that attended the FFA Convention this year several of which were local residents. Those attending from

Valley FFA were Kriase Pigg, Brandi Price, Tracy Guest, Michael Lane, George Pigg, Jarret Pigg, Jake Justus, Alex Hinojosa, J. D. Beck, Russell Ramsey, Briana Sperry, Michah Stark, Mandy Pigg and Walt Henson. Mandy Pigg and Walt Henson had the opportunity to serve as members of the State Courtesy Corps.

Other local residents attending the convention were Jon and Laura Davidson and daughters, Molly, Macy and Mary Kate; Jackie Jenkins; Clayton and Donna Pigg, and boys, Ben, J. C., and Blake and sponsor Joan Pigg and Advisors Rick McKay and Darin Martinez.

Turkey City Council
 Meeting
 July 20, 1995

Memphis Little League Wins District Title

The Memphis Minor League Team made up of 9 and 10 years olds played High Plains West at Wellington on Thursday, July 13 to come home with a winning score of 9-8 to win the District title. This was after having defeated Dumas on Wednesday to capture the Area title.

On Friday July 21 the team will be competing at Lubbock at 8 p.m. at the Southwest Regional Park in the playoffs for State Tournament. Play will continue through July 25. The Tournament is double elimination.

Boys from Quitaque and Turkey included in the team are Cliff Yeary, Justin Wilks, Dakota Smith and Ramiro Ramos. On Tuesday night Pitcher Ramiro Ramos struck out eight of nine batters in the first three innings in the game with Quanah.

Jamaica Is At Silverton.
 The Quitaque Catholic Community will be sponsoring a food booth at the Silverton Our Lady of Loretto Annual Jamaica.

Game booths to entertain all ages, food booths, volley ball tournament, bingo, cake walk, Spanish Band performing on the grounds, and much more will be taking place Sunday July 23, 1995 in Silverton at Our Lady of Loretto Catholic Church. Starting time is 11 a.m. till late afternoon.

A Spanish Dance with a live band performing at the Silverton Showbarn Saturday night will kick off the Jamaica.

ENJOY YOUR SUMMER!

THEN & NOW!

by Eunice McFall

When we help our neighbors, we truly help ourselves. This Sunday there will be a luncheon served at the Quitaque Catholic Center that will benefit the Senior Citizens of Quitaque. Recently the group had to put a new roof on their meeting building. The cost was quite a bit more than the organization had funds to pay out. As a result of this unfortunate occurrence, people of the area are pitching in and are going to try to help out the organization.

Volunteers are to be commended for all the wonderful acts of kindness that they do each and every day in our small towns. In fact I do not think that the small town could exist as it does today without the help of all the volunteers that perform all the many duties that the city governments can not afford to pay for. It seems if there is a need someone is there ready, willing and able to take on the job and complete it.

I read this week in the Lockney Care Center Newsletter the following—"Volunteers Are Angels, In Disguise—We make a living by what we get, we make a life by what we give. One of life's greatest gifts is the opportunity to give. Volunteering to serve others is the rent we pay for the space we occupy in this world.—Author Unknown.

Their newsletter also gave reasons to be a volunteer—It's not for money, It's not for fame, It's not for any personal gain, It's not for Love of fellowman, It's just to give a helping hand.

It's just to give some of yourself, It's something you can't buy with wealth, It's not for medals worn with pride, It's for the feeling deep inside, It's your reward down in your heart, It's feeling that you've been a part of helping others far and near that makes you want to volunteer.

So if you want to have that reward down in your heart, come on out Sunday and help support a group in need of our help! Support them with your money, food and/or time. It will be well worth your effort.

Quitaque City Council Meets

The Quitaque City Council met in regular session on Thursday, July 13, 1995 at 6 p.m. with Mayor Jim Davidson, Councilmen Arnold Castillo, Randy Stark, Janice Henson, Rhonda Rogers, City Secretary Maria Cruz and Robert Patrick City Administrator in attendance.

The Council voted to purchase two new radios from Helms Irrigation for the use of the Fire Department and the Ambulance service on a trial basis. The Ambulance Service reported six runs in the past month. There is to be a class for training of EMTs in Quitaque during the month of August.

Farm Road Clears Next Hurdle

Courtesy of Floyd Co. Hesperian-Beacon

Judge Bill Hardin announced the receipt of a letter from Carl R. Utley, District Engineer for the Lubbock District of the Texas Department of Transportation which contained encouraging news concerning a proposed farm road in the northeast section of Floyd County.

According to the letter, the project has been selected for Priority 2 development. This means that TxDOT is authorized to continue project development.

The next step in the process is a route alternative analysis, environmental assessment and public involvement. According to Utley, a public meeting will be scheduled in Floyd county sometime in the fall of 1995 concerning the project.

Utley reminded the county that Priority 2 authority to continue does not provide funding for the project. It must still compete for funding against other projects statewide at the proper time. The county is free to acquire right-of-way at this time but was advised against expending any county funds on the proposed farm road project until after environmental clearance has been secured.

Attention Valley Youth! Summer Excitement

Thursday, July 20, 1995
 7:00 P.M. - 10:00 P.M.
 Prizes, Volleyball, Cookout

All youths between the grades of 6th through 12th, are urged to attend the Summer Excitement gathering at the Quitaque City Park. From the park the group will go to Larry Clay's house in Turkey for a hot dog cookout.

There will be a scavenger hunt, prizes, volleyball and games.

Drop off and pick up will be at the park. If you need a ride, call Les, 423-1249, or Stuart 423-1414.

The use of the baseball field for adults to play baseball was taken under advisement. The Council voted to let adults play ball in the Park Field as long as they agreed to the rules established by the Quitaque City Council.

Discussion of the Junked Vehicle Ordinance in the city limits was voted upon and passed. All junked vehicles will have to be removed from the city limits. At a later date the City Ordinance will be published in detail.

The Council reviewed the FY95-96 Budget and tabled it for another meeting.

At a called meeting on July 17 with all members present the budget was passed. The Council also completed the annual employee evaluation at the called meeting.

Brother Lee To Be Honored by College Heights Baptist

College Heights Baptist Church will honor Brother J. E. Lee on the occasion of his 90th birthday in the 6:00 p.m. worship service on Sunday, July 23. Bro. Lee will preach that morning at the Prairie House Living Center in Plainview. During the evening worship service at College Heights, Bro. Lee will present a devotion. Following the service, a reception will be held in the church's activity center. All family and friends of Bro. Lee are asked to attend.

J. E. Lee answered God's call to preach at the age of seventeen at the Caprock Baptist Church in Garza County, northeast of Post. A few years later he was called to his first pastorate and ordained at Refuge Baptist Church in the Cross Roads Community. Through the years he served the Duck Creek Baptist Church outside of Spur in Dickens County, Oriana Baptist Church, Double Mountain Baptist Church and Red Hill Baptist Church. In 1944, Bro. Lee was called to Flomot Baptist Church in Motley County. This was his first full-time pastorate. From 1952 to 1965 he pastored 2nd Baptist Church in Spur. In 1962 Bro. Lee moved to Plainview. A year later he began preaching in area nursing homes and has continued in this ministry to the present.

"All the other places I served were exciting, but this present ministry has been the most rewarding of all," stated Bro. Lee. He plans to keep preaching the gospel until the Lord takes him home.

Bro. J. E. Lee is the father of Orville Lee of Flomot.

School Physicals To Be Given

Physicals will be given for all 6th and 7th graders, all 9th graders and anyone who was seriously injured in the Valley School Sports program last year.

Dr. Turner will be giving the physicals at the Valley High School Gym on August 4, 1995 at 4 p.m. There will be a \$5.00 cost for the physicals.

Bottom Line Farming Class To Be At Floydada

Clarendon College will offer the Bottom Line Farming curriculum on financial management in agriculture in Floydada starting August 1, 1995. The class will be held at the Light-house Electric Co-op Community Room starting at 6 p.m. and ending at 10 p.m. The balance of the 36 hour course will be on Tuesdays and Thursdays through August 29, 1995 (nine total class periods).

Registration for this Clarendon College Continuing Education Class will be held the first class meeting. Spouses are encouraged to attend. This class meets the requirements for financial training of the Rural Economic and Community Development Service.

If you have any questions, please contact Dr. Donald Williams at 806/874-2313, Clarendon College at 806/874-3571 or your local RECD office.

If 15 or 20 students from the Briscoe County area (Turkey, Flomot, Tulia, Claude, Kress, etc.) desire a course at Silverton or Quitaque, please contact Dr. Williams as soon as possible so that an additional class might be set up.

Water Aerobics Class

Water aerobics will be offered at the Silverton Swimming Pool for ladies only starting on July 24, 1995 at 7:30 p.m. The class will last until 9:30 p.m.

Classes will be on Monday and Thursday nights for four weeks.

Mary Woods will be the instructor. Call 455-1132 during the day or 455-1264 at night if you are interested in this class.

We are never so happy nor so unhappy as we imagine
 —Francis Duc De La Rochefoucauld

MEMBER 1995

TEXAS PRESS ASSOCIATION

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 Carolyn Johnson, Reporter

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POSTMASTER: SEND ADDRESS CHANGES TO THE VALLEY TRIBUNE, BOX 474, QUITAQUE, TEXAS 79055



Fred Wilkins
 Graveside services for Fred E. Wilkins, 81, of Rearing Springs were held Wednesday in Afton Cemetery with the Rev. Sidney Lawrence, pastor of First Assembly of God Church in Rearing Springs, officiating.
 Burial was under direction of Single Funeral Home.
 Wilkins died Sunday, July 16, 1995, in an automobile accident near Rearing Springs.
 He was born April 14, 1913, in Oklahoma. He married Bernice Wilkins in 1931, in Oklahoma.
 He operated a blacksmith shop in Afton, and he was a farmer in Quitaque. A son, Willie, and a daughter, Beverly, preceded him in death.
 Survivors include his wife, Bernice, Frankie of Phoenix, David and Donald Gene, both of Rearing Springs, Dale of Jacksonville and William Boyd of Wheeler, seven daughters, Linda Kay Harvey of Illinois, Ohio, Lenora Galey of Lubbock, Mary Jane McFarland of Fox, Ohio, Jan Jane Wilson of Wilhoit, Jo Ann McDaniel of Croydon, Ohio, Virginia of Colorado Springs, Colo., and Gloria Pender of Beaumont, four brothers, Bruce of Lubbock, Buck of Lubbock, and Jack and George, both of Mineral Wells, three sisters, Cluette Durbin and Phyllis Hudson, both of Mineral Wells and Ruby Wilson of Houston, 20 grandchildren and a number of great-grandchildren and great-great-grandchildren.

Merrell Reunion Held Last Week-end

The annual Merrell Reunion was held Saturday, July 15 at the picnic grounds of the Merrell Home Place. Cousins traveled from all over Texas and from New Mexico and Missouri to attend.
 The weather turned out perfect for the gathering. The first two days brought the creek down to the delight of the children and adults alike. This brought back memories of old for the grown-ups and created new for the younger generation. The second stream brought about a real evening for the men of Lubbock, surrounding towns and all the surrounding. This year the McGowan family of Mrs. W. W. Merrell was included in the reunion.
 James and Jean Merrell of Hobbs, N.M. were special attendees this year. They are descendants of Cousin Billy Merrell, who was a neighbor of Alex Merrell and one someone that they had a whole host of relatives.
 Also in attendance this year were Betty and Betty Wood, Ben and Bula McGowan, Jim McGowan, John and Sue Wise, Dale and Nona Baker, Phyllis and William Hunt, Timmy, Brandon and Justin Hunt of Killeen, Ray Hunt, Lena Merrell, Anna Merrell, Marie and Fred, Jay Garcia of Arlington, Dale, Katie, Willy, Jay and Peter Pearce, Eric Alvarado and Don Douglas, of Lubbock and Laura Silverwood and Jerry Merrell of Wilhoit.

Jane Pigg, Matt and Misty Nash of Silverton, Bob and Dale Merrell of Grand Prairie, Gene Kaykendall of Longview, Warren and Amy Merrell of El Paso, Wilbur and Marsha Merrell of Forney, MO, Nicki Edelman and Kay House of Eastlake, Joe and Virginia Taylor of South Plains, James and Jean Merrell of Hobbs, NM and Tex, Linda and Doreen Martin of Kress were in attendance.
 Jeff, Gene, J. W. and Jamison Meade of Amarillo, Gregg, Orie, Tiffany, Jackson and Carolyn Taylor, Mike, Emma, Trinity and Leah Ford of Lockney, Mark, Shirley and Missy Merrell, Josh and Cammy of Pecosville, Cliff, Cheryl, Clint and Cassie Cooper of Snyder, Ike and Christeen Gilbert, Ronald and Wayne Clay of Floreat, DeWayne, James, James, O. J. and Jeremy Adams of Ft. Worth and Derry, Jr. Beth, Holly and Colby Gardner of Vico Park, also enjoyed the reunion.
 Attending from Quitaque were Jake and Jo Mae Merrell, Warren Lee and Jane Merrell, Mary Elizabeth and Katherine Pigg, Dale and Donna Smith, Fish Wilson and Truman Merrell.

 The greatest food is he who thinks he is not one and all others are.

Swimming Party

By Sue Hall
 Sixty teenagers, thirteen pizzas and one pool added up to a great time at the Summer Entertainment party. After the night was over, everyone agreed that the pool needs to be enlarged for our annual pool party! The kids who attended enjoyed the skit about the wicked servant and all thought that Chris Abraham made a great king. (Maybe he has a future as a member of the royal family!) The group appreciated Kathy Farley for helping out and Peanut Patch for cooking all the pizzas. The next Summer Entertainment event will be this Thursday, July 20, at 7:00 PM in the Quitaque City Park. It will be a scavenger hunt and hot dog cook-out. All youth grades 6 thru 12 are invited to come.

On The QT

Recent visitors in the home of Randy and Linda Stark were her brother's family, Bob and Barbara Hays and their children, Steven, Carol and Jimmy of Dayton, Ohio.
 Bob and Lee Hays of Camarillo, California (Linda's parents) were also here for a visit.
 Joyce Price had her daughter Carl Mawka and children visiting from Ft. Worth last week.
 Thursday, Joyce and Ruby King went to Lamesa, spent the night with Inogene Bellard and then went to Odessa to spend a few days with Jerry King and family. While there, Corley Garner stopped by to visit Jerry and Wanda.
 Lawrence Redwell and his wife, Gladys of Pharr visited his sister, Ruby King on Tuesday of this week.
 John Whitener of Paducah spent a few days last week visiting with his grandparents, the Sid McFalls. Saturday, Eunice met John's mother, Beth and his sister, Paula at Matador for John to return home. While in Matador the group visited with Kay Sheppard, Eunice's father.
 Sunday afternoon Ofred and Christine King of Silverton visited the Sid McFalls.

Correct Use For Best Results

by Ronda Alexander
 This advice can be counted on in almost every situation. Read the directions and follow them carefully, to a tee. This advice is especially true when using insect repellents. Always read the label first. Even before you buy the product. This will ensure that you are buying exactly what you need. Although it may take a little longer to shop, you at least won't have a cabinet full of things that you can't use.
 One of the newest products on the market are ultrasonic repellents. According to Texas A&M entomologist Jim Olson "ultrasonic repellents work pretty well and can offer relief in the immediate area, if they are turned on in a protected area-one that is not too expensive and is protected from wind." Ultrasonic plants are another way to ward off mosquitoes, but Olson says most people aren't aware that you have to crush the leaves in order to release the repellent. He also says that bug sprays do kill mosquitoes, but they attract other bugs, so don't put them near the area that you want to keep bug free.
 Covering yourself in products that contain DEET is still your best bet. DEET is the active ingredient in many of the sprays and lotions you apply to your skin and clothing. Another idea for mosquito control is to eliminate standing water-even if it is less than a quarter of an inch deep. Beyond that, your choice is to avoid them and their habitats completely. Good luck in your efforts to stay insect free.



Nolan Blake Pigg

Clyton and Donna Pigg are the proud parents of a new baby boy, Nolan Blake. He was born June 20, 1995 at 11:25 P.M. at Methodist Hospital in Pharrsville. He weighed eight pounds, four ounces and was twenty inches long.
 He has two sisters, Kristin and Mandy and two brothers, Ben and J. C.
 Proud grandparents are Jack and Johanna Pigg, Norles and Doris Dudley of Tulsa.
 Great Grandparent is Irene Holt of Houston.

Happy Anniversary

- July 20 Mr. and Mrs. Billy Ray Clary
- July 21 Mr. and Mrs. Doyle Dean Proctor
- July 22 Mr. and Mrs. Jim Davidson
- July 23 Mr. and Mrs. Ray Whitaker
- July 24 Mr. and Mrs. George Calvert
- July 25 Mr. and Mrs. Alan Bowheart
- July 26 Mr. and Mrs. David Landry
- July 27 Mr. and Mrs. Monty Hysinger
- July 28 Mr. and Mrs. Gus Houser
- July 29 Mr. and Mrs. Curtis Swenson
- July 30 Mr. and Mrs. Larry Price
- July 31 Mr. and Mrs. Ronald Mullin

Happy Birthday

- July 20 Carol Hattner, Coys Payne, Helene Reed, Kim Cloyd
- July 21 Zachary Green
- July 22 Linda Turner, Page Crawley, Daniel G. Galvan
- July 23 Warren Wayne Merrell, Raymond Marx, Jessie Chavez, Maxine Mullin
- July 24 Wiley Davis, Lori Martin, Melody Farley, Robert Patrick, Sharon Richardson
- July 25 Jack Pigg, Jane Boyles, Deborah Justice, Mary Kay Davidson



A powerful mole gerrilla may weigh as much as 450 pounds.

Improved writing skills object of child study

COLLEGE STATION — Large improvements in school children's writing can be linked to the combination of inquiring thought and the study of children's literature, according to a Texas A&M University study.
 During a 10-week study involving 270 children in grades one through eight, teachers used children's classics like "Charlotte's Web" and "Cinderella" as a basis for thinking and writing. Teaching techniques that resulted in significant increases in a student's writing include applying critical thinking such as forming conclusions or generalizations about the story.
 The study, conducted by Texas A&M's Dr. Mark Isakoff, shows that by analyzing a story's plot, theme and character development, students were able to go beyond understanding the story. This thinking promoted longer and more elaborate compositions, says Isakoff, who is a professor of educational curriculum and instruction and principal investigator of the study.

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a generation ahead!

Senior Citizens Benefit Lunch

July 23

11:30-2:00 p.m.

Catholic Center,
4th & Funnell,
Quitaque

\$5.00 for adults
Donations will be accepted.

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The Valley Tribune
Turkey
 Things Seen And
 by Ann Coker
 While at Methodist
 week ago Wednesday,
 with Wendell Morris. N
 was a patient in Lubbo
 just where she had had a
 knee replacement.
 Billy Joe Pinkerton
 bladder surgery recent
 life. It was reported th
 ding fine. Billy Joe an
 were even planning a
 home city to visit E
 brother, Leland Pinker
 We enjoyed a visit a
 Thursday with our daugh
 and grand daughter,
 Makenna Coker from
 While Kim was in Au
 convention Lisa and Mal
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 returned to Breham la
 While visiting wit
 Verly recently, he said
 with Mary Gilmore last
 the Lubbock Methodist
 Mary had shown very
 prominent after her str

Majors Family Reunion Last W
 The Majors family 3
 annual reunion last Sat
 Sunday, July 15th and 1
 annual affair was
 Howardwick at the Cab
 and Willie Majors.
 On Saturday, most of
 took advantage of the
 bank and spent most of
 the links. The ladies vi
 sited.
 Those attending were
 James Jones, Lorene Rog
 Vernon, Jatin Pyle, Nell
 and Doreen Majors/Loren
 and Betty Williams, Ko
 Justine Kelly and Darryl
 of Cleveland.
 Others standing were
 James Williams of Lubbock;
 Charles Williams of a
 Shirley Townsend, Edna
 Joe and Lee Nelson of Ker
 Texas; Kristi Nelson of La
 James Wynn, Flower Moun
 They and Tanya Gre
 Oklahoma David, Gloria,
 Marc Majors and Bridget
 son of Dallas.
 Marshall, Sheri, Lindsey,
 and Hannah Hughes from
 Texas; Bas Green, Ann
 Courtney Geers of Canyon
 Kaley, Teyn, Hunter Toy
 Tim and Anders Tuvra
 Grapevine Texas enjoyed
 union.
 Also Kyle, Ann and Ju
 James of Canyon; Bill an
 Burns of Breckenridge, Tex
 Jim Boyles of Canyon; Ch
 jans of Irving and Jim an
 Majors and Adolena Will
 of Turkey joined the reunit
 for a week-end of visitin
 and visiting up.

SALES-DAVID P
PARTS - GARY CH
SERVICE - STANLE

ONE YEAR WARRANTY

For r
CO
anyt
sock

JIM MARTIN
QU

Turkey News

Things Seen And Heard

by Ann Coker
While at Methodist Hospital a week ago Wednesday, we visited with Wendell Morris. Neva Morris was a patient in Lubbock Methodist where she had had surgery for a knee replacement.

Billy Joe Pinkerton had gall bladder surgery recently in Amarillo. It was reported that he was doing fine. Billy Joe and Marjorie were even planning a trip to Oklahoma City to visit Billy Joe's brother, Leland Pinkerton.

We enjoyed a visit a week ago Thursday with our daughter-in-law and grand daughter, Lisa and Makenzie Coker from Brenham. While Kim was in Austin for a convention Lisa and Makenzie visited in Olton with her parents, the Brinhalls, and also visited us. They returned to Brenham last Sunday.

While visiting with Dewitt Vardy recently, he said he visited with Mary Gilmore last Sunday in the Lubbock Methodist Hospital. Mary had shown very little improvement after her stroke.

Majors Family Enjoy Reunion Last Week

The Majors family held their annual reunion last Saturday and Sunday, July 15th and 16th. The annual affair was held at Howardwick at the Cabin of Jim and Willie Majors.

On Saturday, most of the men took advantage of the local golf course and spent most of the day on the links. The ladies visited and cooked.

Those attending were Greg and Jacob Jones, Lorene Rogers from Vernon; Janie Pyle, Nelion Majors and Dustin Majors of Lorenzo; Harve and Betty Williams, Kelly and Brittany Kelly and Darryl Cash all of Clarendon.

Others attending were O. H. and Jane Majors of Lubbock; Terry and Charlotte Williams of Abilene; Shirley Townsend, Euless, Texas; Jan and Les Nelson from Lewisville, Texas; Kristi Nelson of Kenner, LA; Jennie Wynn, Flower Mound, Texas; Trey and Tanner Gearn, Enid Oklahoma; David, Gloria, Zane and Maril Majors and Bridgette Johnson all of Idalou.

Randall, Sheri, Lindsey, Ryan and Hannah Hughes from Rowlett, Texas; Sue Groom, Amarillo; Courtney Gearn of Canyon; Scott Kelsey, Tarryn, Hunter Townsend; Tim and Andra Townsend of Grapevine Texas enjoyed the reunion.

Also Kyle, Ann and Julie Williams of Canyon; Bill and Dale Burns of Sweetwater, Texas; Brandon Boyles of Canyon; Chuck Majors of Irving and Jim and Willie Majors and Arlowene Williams all of Turkey joined the reunion group for a week-end of visiting, golfing and catching up.

Buddy and Veta Colvin visited in Lubbock last Sunday with Buddy's Mother, Ella Colvin. For the first time since Ella became ill, she spoke very plainly to them - four words. They were encouraged.

Our daughter, Brenda Coker was in Colorado Springs last week as a spectator at the Women's 50th PGA Tournament. While on the golf course one day she happened to meet some cousins. She met Sheri Haynes, her parents, Johnny and Joyce from McLean and a new cousin she has never met, Charlie Bogan of Colorado Springs. They had quite a cousin's reunion.

I saw Hugh and Juanita Eudy from Midland and Tootsie Mullin from Childress last Monday. They had all been in town for a Case family reunion.

Betty and Billy Farley traveled to Abilene last week-end to attend the graduation of their daughter-in-law, Mrs. Wes Farley. The Billy Farley's also visited in Waco.

Rita and Ray Urton and Leroy Roberts of Amarillo spent Tuesday with Lewis and Mozelle Eudy and Byron Young. Rita is a niece, and Leroy a nephew of Bryon and Mozelle.

Bill and Cleo Green of Slaton visited Lewis and Mozelle Eudy last week. Carol Wade and sons, Trey and Eric of Pampa visited Bill and Cleo at Oak Creek in Turkey.

**Experts Offer Parents Advice:
Protect Your Child's Skin**



(DM)—While most parents would not think of letting their child play outside without a coat, hat and mittens during the cold winter months, Dr. Alberto Pappo, a pediatric oncologist at St. Jude Children's Research Hospital, in Memphis, Tenn., thinks parents need a reminder that summer weather can be just as tough on children.

"There is good evidence that unprotected and excessive sun exposure that starts in early childhood predisposes to the development of skin cancer in later years. Parents need to make sure their children are wearing appropriate sunscreens and clothing while playing outside," Pappo said.

Pappo and other doctors at St. Jude are often asked a number of questions by parents on how to protect their children's skin from the harmful effects of the sun.

Q: What is an SPF and what is the best SPF to use on my child's skin?

A: SPF stands for sun protection factor. The SPF number, which refers to the ability of the product to screen or block out the sun's rays may range from two to 50, and is determined by measuring the amount of time needed to produce sunburn on protected versus unprotected skin. Use a sunscreen that has an SPF over



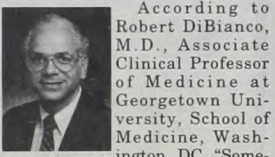
Summer days find St. Jude patient Gregg Pitts, 10, remembering to wear sun screen, sun glasses and a brimmed hat.

15 and make sure it is a "broad spectrum" product to block out both UV-A and B rays.

HIGH BLOOD PRESSURE AND YOU

Pill Problem? Try Apple Juice!

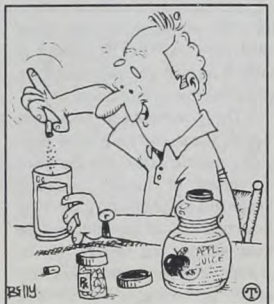
(NAPS)—If you're one of the many people who have trouble swallowing medications like pills and capsules you may be compromising your health without realizing it.



According to Robert DiBianco, M.D., Associate Clinical Professor of Medicine at Georgetown University, School of Medicine, Washington, DC, "Sometimes this difficulty can prevent people from taking medications that are needed to help control serious conditions like high blood pressure, or hypertension. Exercise and diet can sometimes help control this condition, but medical therapy is often needed."

Because high blood pressure can lead to other, more serious heart diseases, it's important to follow whatever recommendations your doctor may provide. If your doctor has prescribed an ACE inhibitor, and you find it difficult to swallow, there may be an easy solution.

Hoechst-Roussel Pharmaceuticals markets its antihypertensive medication, Altace® (ramipril) Capsules with instructions for mix-



Here's good news for people who have difficulty swallowing pills: now, there's an alternative! Ask your doctor.

ing the drug in water, apple juice or applesauce. Altace, a drug known as an ACE inhibitor, is the only drug in its class that is available in capsule form.

If your doctor has prescribed medication that is difficult to swallow, remember to ask if there is an appropriate alternative.

Further information may be obtained from a healthcare provider or pharmacist. Other sources of information are the Physician's Desk Reference and the package insert for the product.

Human felicity is produced not so much by great pieces of fortune that seldom happen, as by little advantages that occur every day.
—Benjamin Franklin

Roll-Over 'Convincer' May Persuade Texans to Buckle Up

COLLEGE STATION — For years Texans have been told that buckling up can save their lives. Now they are about to be shown.

With the use of a "roll-over convincer," the Texas Agricultural Extension Service and the Texas Department of Transportation are demonstrating how people can be tossed about or even thrown from a motor vehicle in a roll-over crash when they are not wearing their safety belts.

"In the convincer, which is a pickup cab mounted on a trailer, dummies representing an adult and a young child are placed in the vehicle without seat belts to illustrate what happens to occupants when they are not belted," said Janie Harris, Extension passenger safety specialist, based at Texas A&M University.

Typically, the dummies flop and fly about — sometimes out the windows — as the cab is rolled over on a mechanical pivot.

"The dummies are then buckled in and the machine is operated again to demonstrate how the occupants are held in position during the roll-over crash," Harris said.

County Extension agents, law enforcement officers and traffic safety specialists can use the convincer at health fairs, county fairs, automobile shows and other events to demonstrate seat belt safety, she said. The reality of what actually happens to people who do not use their safety belts is made more visible with the roll-over device.

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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.



Enter To Win A 1995 F-150 Super Cab XLT!

Private Citizens Can Help Control Mosquitoes

According to Texas health officials, this year's mild winter and wet spring have contributed to an annoying boom in the state's mosquito population. But although the insects may spoil some outdoor recreation, so far no mosquito-borne illness outbreaks have been reported.

Key Vaughn, chief of the vector control program of the Texas Department of Health (TDH) General Sanitation Division, said, "So far, most areas with mosquito infestations are bothered by pest varieties of the insects, not the more notorious disease vectors."

He explained that of about 83 mosquito varieties native to Texas, only four or five species readily transmit serious diseases. The viruses that cause St. Louis encephalitis, and eastern and western equine encephalitis are native to parts of Texas and are of special public health concern. Other mosquito-borne illnesses, degue (or "break bone fever") and malaria, were endemic to the state early in the century, but today are rare in Texas and usually are "imported" by travelers from other countries.

From about April through October each year, TDH classifies mosquitoes collected from infested areas. This year alone, the TDH Bureau of Laboratories may classify as many as 100,000 specimens from throughout the state.

In addition, the laboratories analyze blood samples from animals, particularly from test flocks of chickens in specified areas of the state, to detect encephalitis before human cases are reported. If mosquito-borne disease outbreaks occur, TDH assists local health authorities with insect control efforts.

Vaughn stressed that mosquito control is the responsibility of local governments—city, county or designated mosquito control districts. We advise the local authorities on pesticides and other control methods, assist with laboratory support and disease surveillance, but whether a local government sprays to control the insects is its own decision, he said.

He added, "But regardless of what the community does as a mass effort, individuals can do much to eliminate the places on their own property where mosquitoes can

Vaughn explained that since mosquitoes must hatch in standing

water, people should empty or dispose of any outside containers where water can collect. Old tires, outside flower pots, holes in trees and clogged gutters on houses are infamous hatching places for mosquitoes. In addition, the water in pet dishes, wading pools, birdbaths should be changed twice a week.

FCC Urges: Have Safe Trip on the Information Highway

By The Federal Communications Commission

It's summer and Americans are taking to the roads. Whether you're traveling the real highway or the information highway, the Federal Communications Commission (FCC) wants you to have a safe trip.

Each year, about three billion "away from home" calls are made from hotel and motel phones, payphones and other public phones. And most calls don't cause any problem. But every month the FCC receives more than 300 complaints from consumers who fell into a telephone trap for the unwary.

Carriers that serve hotels, motels, payphones in airports, hospitals and other public places are called Operator Service Providers (OSPs). If you dial 0+ the phone number you are dialing, your call is routed to the OSP that serves that phone.

The OSP that handles your call may or may not be your carrier and may or may not charge the rates that are about the same as your carrier.

Many callers mistakenly believe if they use a telephone calling card or credit card, the call will always be rerouted to their own carriers.

These callers can then be unpleasantly surprised by high telephone bills from one trip out of town — or one stop at a payphone.

As the summer travel season nears, the FCC wants consumers to know they have rights and can make their own choice when they use a public phone.

FCC rules guarantee consumers using public phones the following rights:

> You have the right to know the carrier that will handle the call.

> You can find out how much you will be charged for that call and, if you think it's too much, how you can access the carrier of your choice.

> You are guaranteed the right to reach the carrier of your choice. If you have a calling card for a long distance carrier, look at the back for instructions on how to reach that carrier using an

FACTS & FIGURES

(NAPS)—What makes a county work well? Consider Henrico County, Virginia which has consistently been ranked in the top five counties in the country.

access code. If not, call your carrier before you leave home and ask for this information.

You can protect yourself when using the information highway just like you protect yourself when crossing a real highway —STOP-LOOK-LISTEN.

STOP before you use the phone in a hotel room, airport, hospital or other public place.

LOOK at the information on the phone. These phones are required by law to have posted on or near them the name of the carrier serving that phone and information on how to check the rates for that carrier.

LISTEN after you dial for the message naming the carrier that is handling your call. If you don't like what you hear, hang up.

If you get stung by high rates, you should first try to resolve your complaint with the carrier that handled your call. If the call was made in-state, file your complaint with that state's local or state regulatory commission. If the call was made between states, you can file a complaint with the FCC. Send a letter describing what happened to:

FCC
Common Carrier Bureau
Enforcement Division
Informal Complaints and Public Inquiries Branch, Mail Stop 1600A2
Washington, D.C. 20554.

Include the name of the carrier that handled your call, the name of the location where call was made (hotel name or payphone location, for example) and a copy of your phone bill.

(This article is an unofficial announcement. Only release of the full text of a Commission order constitutes official action. For information, write the FCC, Office of Public Affairs, 1919 M Street NW, Room 254, Washington, D.C. 20554 or call 202-418-0200 or TT at 202-418-2555).

Summer is a plum (and a berry) good time to bake!

Roadside stands, city markets, fruit orchards and berry farms across the country are bursting with sweet flavor, and jam-packed with people filling their bags and bushels with summer's tastiest treats. Juicy plums, peaches and berries are at their peak of perfection right now, and that's the best reason there is for turning on an oven this time of year.

Homespun desserts like cobblers, tarts and turnovers are wonderful ways to enjoy fresh summer fruit. Baked and still warm from the oven, Fresh Plum Cobbler and Blueberry Triangles are two such recipes, and they're even more appealing because they're significantly lower in calories than a traditional cobbler or turnover.

To keep calories in check, added table sugar is not used at all; you replace it with your choice of either Equal® or Equal® Measure™ sweetener. See the complete nutrition information that follows each recipe.

Equal tastes like sugar, but its cooking properties are different. That's why food professionals recommend that you use recipes specially designed with it in mind. But, you don't have to open lots of packets to bake with Equal. Equal Measure is the same sweetener as Equal in packets, but it's in a convenient, easy-to-measure bulk form.

This recipe is a 43% reduction in calories from a traditional recipe:

Blueberry Triangles
1-1/2 cups fresh or frozen blueberries, slightly thawed
3-1/2 teaspoons Equal® Measure™ or 12 packets Equal® sweetener
1-1/2 teaspoons cornstarch
2 to 4 teaspoons cold water
1/2 teaspoon Equal® Measure™ or 1-1/2 packets Equal® sweetener

1. Rinse blueberries; drain slightly and place in medium saucepan. Sprinkle berries with 3-1/2 teaspoons Equal® Measure™ and cornstarch and toss. Cook berries over medium heat, stirring constantly. Add water, 1 teaspoon at a time, if bottom of saucepan becomes dry, cooking and stirring until berries begin to release juice and form a small amount of thickened sauce. Cool; refrigerate until chilled.

2. Roll pastry on floured surface to 1/8-inch thickness; cut into 8 squares, 5 x 5 inches, rerolling scraps as necessary. Place scant 2 tablespoons blueberry mixture on each pastry square; fold in half to form triangles and press edges together. Flute edges of pastry or crimp with tines of fork; pierce tops of pastries 3 or 4 times with tip of knife.

3. Brush tops of pastries lightly with milk and sprinkle with 1/2 teaspoon Equal® Measure™. Bake on foil or parchment-lined cookie sheet in preheated 400-degree oven until pastries are browned, about 25 minutes. Makes 8 servings.

Nutrition Information per Serving:
147 cal., 2g pro., 21g carbo., 6g fat., 0mg chol., 134mg sodium.
Diabetic Food Exchanges: 1/2 Fruit, 1 Bread, 1 Fat.

***Pastry**
1-1/4 cups all-purpose flour
1 teaspoon Equal® Measure™ or 3 packets Equal® sweetener
1/4 teaspoon salt
4 tablespoons cold margarine, cut into pieces
5 to 5-1/2 tablespoons ice water

Combine flour, Equal® Measure™ and salt in medium bowl; cut in margarine with pastry blender until mixture resembles coarse crumbs. Mix in water, 1 tablespoon at a time, mixing lightly with a fork after each addition until a dough is formed. Refrigerate until ready to use.

This cobbler recipe is a 38% calorie reduction from a traditional recipe:

Fresh Plum Cobbler
1/2 cup water
5-1/2 teaspoons Equal® Measure™ or 18 packets Equal® sweetener
1-1/2 tablespoons cornstarch
1 teaspoon lemon juice
4 cups sliced pitted plums
1/4 teaspoon ground nutmeg
1/8 teaspoon ground allspice
1 cup all-purpose flour
1-1/2 teaspoons baking powder

Combine water, 5-1/2 teaspoons Equal® Measure™, cornstarch and lemon juice in large saucepan; add plums and heat to boiling. Boil, stirring constantly, until thickened, about 1 minute. Stir in nutmeg and 1/8 teaspoon allspice. Pour mixture into ungreased 1-1/2-quart casserole.

2. Combine flour, baking powder, 1-3/4 teaspoons Equal® Measure™, salt and 1/8 teaspoon allspice in medium bowl; cut in margarine with pastry blender until mixture resembles coarse crumbs. Stir in milk, forming dough. Spoon dough into 6 mounds on fruit.

3. Bake cobbler, uncovered, in preheated 400-degree oven until topping is golden brown, about 25 minutes. Serve warm. Makes 6 servings.

Nutrition Information per Serving:
195 cal., 3g pro., 32g carbo., 6g fat, 0mg chol., 378mg sodium.
Diabetic Food Exchanges: 1 Fruit, 1 Bread, 1 Fat.

For more great tasting pies, desserts and other delicious home-baked treats made with Equal® sweetener, write to: "Home Sweet Home," P.O. Box 7777-E50, Mount Prospect, IL 60056-7777.

Include your name and address, along with zip code. The company's offer is limited to one request per household or organization, and it expires December 31, 1995, or while supplies last. Allow 6 to 8 weeks for shipment.



1-3/4 teaspoons Equal® Measure™ or 6 packets Equal® sweetener
1/2 teaspoon salt
1/8 teaspoon ground allspice
3 tablespoons cold margarine, cut into pieces
1/2 cup skim milk

Combine water, 5-1/2 teaspoons Equal® Measure™, cornstarch and lemon juice in large saucepan; add plums and heat to boiling. Boil, stirring constantly, until thickened, about 1 minute. Stir in nutmeg and 1/8 teaspoon allspice. Pour mixture into ungreased 1-1/2-quart casserole.

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FREE THINGS TO SEND FOR

(NAPS)—For a free makeup guide from Avon, send a stamped, self-addressed, business-sized envelope to: Consumer Information Center, Avon Products, Inc., 9 West 57 Street, New York, NY 10019.

For information on hiring an insulation contractor or which insulation materials to use, write to the CertainTeed Home Institute, P.O. Box 860, Valley Forge, PA 19482 or call 1-800-782-8777.

For free information about hernia, call 1-800-HERNIAS, or write to National Hernia Month, P.O. Box 8569, Cranston, RI 02920.

For information on ground fault circuit interrupters, write to the National Electrical Safety Foundation at 2101 L Street, N.W., Suite 300, Washington, D.C. 20037; or call (202) 457-1962.

For information about relieving mouth and throat pain, call your physician, dentist or Procter & Gamble at 1-800-478-0686.

For the location of FDA-certified mammography facilities, call the National Cancer Institute's information line: 1-800-4-CANCER (1-

800-422-6237) weekdays between 9 a.m. and 8 p.m. Eastern Time.

For information about reformulated gasolines for lawn mowers, call 1-800-468-6734.

For a free brochure on electronic filing systems for offices, call Tab at 1-800-676-3109, ext. 3843.

For information on obtaining a fully accredited bachelor's degree from DeVry Institutes, call 800-554-6767.

For free information about exercising through indoor or on-water rowing, call Concept II at 1-800-245-5676.

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Take Back The Night!

Take Part In America's Night Against Crime!

Tuesday, August first, Americans coast to coast will turn on their porch lights in recognition of National Night Out — a special night designed to raise awareness of crime prevention and take back the night. And you can join them.

Take the lead in your neighborhood. Organize a block party or barbecue. Encourage your neighbors to attend. It's a great chance to get to know them better.

Invite local police to come and talk about crime prevention and demonstrate safety procedures. Get your kids involved. Encourage them to make posters and yard signs.

Spend one night out for safety. You'll rest easier year-round.

NATIONAL NIGHT OUT

America's Night Out Against Crime

For more information on fighting to help fight crime, contact WTU.

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

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Krisse Pigg Elected State FFA Vice-President

Krisse Pigg, a member of the Valley FFA Chapter, will serve as the Texas FFA Vice-President for the 1995-96 year. Krisse was elected at the 67th Annual Texas FFA Convention held July 11-14, 1995 in Lubbock.

Krisse will represent the Texas FFA Association at local, state and national functions. She will have the opportunity to speak to many groups both in her home area and throughout the state. The Texas FFA officer team is made up of ten area representatives, including Pigg. These young leaders will coordinate the Association's activities and programs throughout the next 12 months.

Krisse brings a strong leadership and community service background to the office and is well prepared to meet the challenges of being Texas FFA Vice President. She has served as Area I FFA Vice President, Greenbelt District President, and as Valley FFA President. These achievements are just a few of her many Area and State FFA awards.

FFA is a student organization comprised of students enrolled in Agricultural Science and Technology classes. Texas FFA has more than 60,000 members in 950 chapters across the state. The State Convention set a new attendance record this year with 6,397 members and guests attending the State Convention in Lubbock.

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James L. Phillips, M.D.
Baylor College of Medicin
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Kids, parents views sought on educational television

By The Federal Communications Commission

Surveys have shown that children under the age of 18 spend thousands of hours each year glued to their television sets. Children as young as 2 watch TV more than 23 hours a week, a figure that remains amazingly consistent until they turn 17.

Some experts now say many infants are propped in front of the tv to be dazzled by the sight and sound.

Federal Communications Commission, the government agency that regulates the television industry, is studying ways to ensure that an adequate supply of educational and informational television programming is available to children.

The FCC also is asking that this programming be clearly identified for children, their parents and care givers. From now until September 14 the FCC will be receiving comments and suggestions and will consider adopting new rules to improve children's tv programming. The date to reply to comments was extended to October 16.

There will be many comments from the broadcasters, from the people who produce the programs, from lawyers and from professional children's advocates. But the Commission would also like to get comments from kids, their parents and care givers.

Because it found that broadcasters were not providing enough educational programming for children, Congress in 1990 enacted the Children's Television Act to ensure such programming was available. The FCC was charged with overseeing this effort.

Based on the results an FCC's 1993 inquiry and a 1994 hearing on the effectiveness of its children's television programming regulations, the FCC proposed to make changes to assure that broadcast station license holders comply with the Children Television Act and to implement the Act more effectively.

In developing the proposed changes, the Commission has followed three principles: (1) judgments about the

quality of programming, educational or otherwise, are best made by audiences, not the federal government; (2) the Commission's rules must be clear, simple and fair; and (3) broadcasters should be guided by market forces...in determining whether they meet their programming obligations.

Specific proposals suggest that stations identify programs as educational and informational at the time they are aired and provide identifying information to publishers of programming guides.

Stations would publicize the availability of their children's programming, perhaps by announcing their existence and air time.

So - kids and parents - sit down at your kitchen table, at your desk, on the floor, wherever you are comfortable, and let the FCC know what's right about the way educational programs come into your home, if there's enough available, what's wrong with it, and how it should be identified so you'll know when to tune in.

Please send your comments to: Federal Communications Commission Office of the Secretary 1919 M St., NW Washington, DC 20554 Also, so the FCC will know what you're sending comments about, please write "MM Docket 93-48" on the first page.

Readers seeking more information can obtain the 50-page Notice of Proposed Rulemaking via internet by anonymous ftp (either .txt or .wp) from pub/Bureaus/Mass_Media/Notices/FCC95143.

(This article is an unofficial announcement. Only release of the full text of a Commission order constitutes official action. For information, write the FCC, Office of Public Affairs, 1919 M Street NW, Room 254, Washington, D.C., 20554 or call 202-418-0200 or TT at 202-418-2555.)

health hints

How Aloe Heals

(NAPS)—Aloe has a legendary reputation. Prevention Magazine, which calls aloe "a real healer," receives more mail from its readers attesting to the healing power of aloe than any other remedy.



Minor cuts and burns respond well to aloe-based treatments.

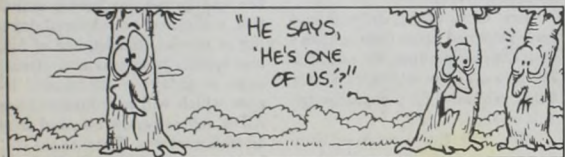
While aloe vera's burn-healing properties are well-known, few people understand how it works its magic. First, it soothes the inflammation caused by a wound or burn. Next, it inhibits swelling. Finally, it carries moisture through the damaged skin layers and keeps enough blood flowing to restore injured tissue. Aloe is an anesthetic, an anti-bacterial, and anti-fungal. It is effective on sunburn, windburn, and surprisingly, even frostbite.

Recognizing aloe's wonders, many consumers search for products with aloe. But putting aloe into a product is one thing, putting enough into the formula so the aloe will be effective is another.

Todd Waller, Research and Development Director for AloeCorp, says "there are some products that use aloe vera simply for its name recognition on the label and not for its efficacy." If the concentration of aloe in the formula is too low, the product will not give the desired benefits.

According to Diane Gage, author of Aloe Vera, "if the aloe vera is not at or near the top of the ingredient list," like it is in Family Medic first aid treatment, "it is probably in such small amounts as to be of little value." With 80 percent or more aloe, the consumer can be assured of the product's efficiency.

In high concentrations aloe gel has been called "one of nature's biggest powerhouses." To learn more about aloe-based first aid, call 800-258-4696.



The bald cypress is not a true cypress but related to the sequoia.



Exercise Key to Good Health in Later Years

HEALTH FOCUS

James L. Phillips, M.D. Baylor College of Medicine Houston, Texas

There's no avoiding the facts. Exercise is good for you, especially as you get older.

Exercise can help you take charge of your health and maintain a level of fitness necessary for an active, independent lifestyle.

Sadly, many people think that, just because they age, that physical decline is inevitable. This is simply not true. The President's Council on Physical Fitness and Sports reports that much of the physical frailty attributed to aging is actually the result of inactivity, disease, or poor nutrition.

A brochure put out by the President's Council and the American Association of Retired Persons says that these problems can often be helped or even reversed by making lifestyle changes.

One of the major benefits of regular physical activity is protection against heart disease. Indeed, researchers at Baylor College of Medicine in Houston have found that exercise can affect how calcium is "transported" within the heart -- an important process that allows the heart to function better.

Physical activity can also provide some protection against other chronic diseases such as adult-onset diabetes, arthritis, hypertension, certain cancers, osteoporosis, and depression. A balanced, nutritious diet with no more than 30 percent of calories from fats, plenty of sleep, and regular exercise are the keys.

Choose an activity that you will enjoy and that you are capable of doing. Walk, swim, play tennis, lift weights, do simple calisthenics -- whatever is fun for you and is approved by your doctor.

Some steps to effective exercise should include: Always drink plenty of water before, during and after exercise. Make exercise a daily routine. Ask a friend to join you. Start gradually, 5 to 10 minutes a day, and slowly build up to about 30 minute workouts. Breathe deeply, and evenly during and between exercises. Rest when necessary. Exercise to lively music or television for added enjoyment. Always stretch before and after exercise.

Most people have heard the phrase, "You are what you eat." Perhaps there should be another phrase for seniors, "You are what you DO." Make exercise a fun and central part of your life. It may just make your golden years a little more golden.

Cooking

BAKED APPLE FRENCH TOAST

- 1/2 cup firmly packed brown sugar
- 1/2 cup butter
- 1/2 cup Strawberry Polaner® All Fruit® Spreadable Fruit
- 2 tart apples, peeled and sliced
- 1 loaf (12 inches) French bread, cut into 1-inch slices
- 5 eggs
- 1 1/2 cups milk
- 1 teaspoon vanilla

In a medium saucepan, cook sugar, butter and All Fruit until butter melts. Pour into a 9x13-inch baking pan and spread to coat bottom. Arrange apple slices over

syrup. Place bread slices over the apple slices. In a small bowl, whisk together the remaining ingredients and pour to coat bread. Cover and refrigerate overnight. Bake uncovered in a 350°F oven 40 minutes or until knife inserted into center of bread comes out clean. Cool slightly before serving. Makes 6 servings.



cooking

LOW-FAT HIGH FIBER FOODS

the microwave way

(DM)—Hearty Four-Bean Bake combines dried lentils, baby lima beans, pinto beans and chick peas (garbanzos) in a sweet and tangy molasses-based sauce. Low-fat smoked sausage and sliced onions are added for even more flavor. Nutritionists remind us often of the benefits of lower fat, higher fiber diets. Each serving of this recipe contains 4 grams of dietary fiber and only 2 grams of fat.

The convenient microwave oven, according to Whirlpool Corporation home economists, makes it possible to reduce the total cooking time to a fraction of what is usually associated with baked beans while retaining all of the robust, "slow-baked" flavor.

HEARTY FOUR-BEAN BAKE (10 servings)

- 1/2 cup dried lentils
- 1/2 cup dried baby lima beans
- 1/2 cup dried pinto beans
- 1/2 cup dried chick peas
- 1 teaspoon salt
- 2 teaspoons prepared mustard
- 1/2 cup firmly packed brown sugar
- 1/2 cup molasses
- 1 cup catsup
- 1 small onion, thinly sliced
- 7 oz. thinly sliced lowfat smoked sausage

1. Rinse dried beans thoroughly. Pour water over beans to cover (about 3 cups) in large glass casserole or mixing bowl. Microwave at HIGH (100%) until boiling, about 10 minutes. Cover and let stand 1 hour. Drain and rinse.

2. Add enough fresh water to cover beans in same glass casserole (about



4 cups). Microwave at HIGH until boiling, about 12 minutes. Then microwave at MEDIUM (50%) for 1 hour. Drain well.

3. Combine beans with remaining ingredients in casserole, stirring well. Microwave at HIGH for 5 minutes, stirring once. Cover loosely with waxed paper to prevent splattering. Microwave at MEDIUM for 45 minutes, stirring occasionally. Let stand several minutes before serving.

Nutrition Information (per serving)	
Calories	249
Protein	11 g
Fat	2 g
Cholesterol	9 mg
Carbohydrates	49 g
Sodium	707 mg
Dietary Fiber	4 g

Whirlpool TimeSmart Tip
CLEANING THE MICROWAVE OVEN: Wipe often with warm sudsy water and a soft cloth or sponge. For stubborn soil, boil a cup of water in the oven for 2 or 3 minutes. Steam will soften the soil.

Love your life, poor as it is. You may perhaps have some pleasant, thrilling, glorious hours, even in a poorhouse. The setting sun is reflected from the windows of the almhouse as brightly as from the rich man's abode.

—Henry David Thoreau

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Sportsman
Closed Sunday until 3:00p.m. (reopen at 3)
Patrons are urged to go to Sr. Citizens lunch at Catholic Center



FIND YOUR WORLD IN THE CLASSIFIEDS

GARAGE SALE

GARAGE SALE: SATURDAY—4 blocks East of blinker light in Quitaque on South side of Hwy 86. 455-1274. 5 1tc

GARAGE SALE: FRIDAY AND SATURDAY, July 21 & 22 from 9 a.m. 'til? Home of Lacy Shannon at Turkey on Clarendon Highway. 5 1tc

ESTATE SALE: INSIDE HOUSE Furniture, miscellaneous items. 607 Childress Ave, Turkey. July 21, & 22—Friday and Saturday 9:00 'til? 5 1tc

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FREE THINGS TO SEND FOR

(NAPS)—For a free Critics' Choice Video catalog, call 1-800-367-7765.

For free oral care information for older adults, call Viadent at 1-800-962-2345.



CARD OF THANKS

We would like to thank everyone for your care and concern during my illness and the loss of my eye.

Thank you for the cards, letters, phone calls and the food that was brought to the house but most of all the prayers of the ones we love. May God bless. Buster and Gladys Hanna 5 1tc

A special heartfelt thank-you for all the acts of kindness and concern you showed during Shaun's sickness. May god Bless Each Of You.. Shawn Stephens Family 5 1tc

NOTICE

HUNTING LEASE WANTED within Caprock area. Any size acreage. We are safe and responsible hunters. House a plus, but not a must. Call Perry at (806)293-6220. 5-3tc

Texas Pines Being Cut Faster Than Growth

COLLEGE STATION — The entire state may some day pine for the woods of East Texas, say officials with the Texas Forest Service at Texas A&M University. Texas pine trees are being cut down faster than they can grow, says Roger Lord, a staff forester with the forest resource development department of the state forest service in College Station.

In 1993, the number of pines being harvested by the wood-based industry rose 3 percent over the year before — an upward trend seen in 15 of the last 19 years. The same figures show that pines were being plucked from the forest at a rate of 9 percent above estimated growth, he says.

Statistics for the 1994 harvest are not yet available, but Lord expects those numbers to be up over 1993, possibly by 2 percent to 5 percent. He says rising timber prices and a growing national demand for Texas timber are behind the increasing harvest.

"It's a problem," says Lord, "but on the horizon there are some good things that make it less worrisome."

Lord says some members of the wood-based industry are planting pine plantations that should help the situation — provided the trees come on line like industry expects.

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Free Tree-Pruning Guide

"How to Prune Young Shade Trees," an illustrated, easy-to-follow bulletin, can be obtained free-of-charge from The National Arbor Day Foundation.

"How to Prune" includes step-by-step drawings showing how proper pruning in the early years of a tree's life can save money in the long run and result in safer, more beautiful, healthy, easy-to-maintain trees.

This valuable bulletin is filled with illustrations showing you how to make a pruning cut...how to prune for desired form...how to strengthen your tree by removing certain branches...how to maintain the tree's health by removing trouble spots...when to leave temporary lower branches, and when to cut them.

"How to Prune" even shows how to hold a pair of pruning shears and how to make pruning cuts at the proper angle.

You'll learn how to shape and guide a shade tree when it's young so that it's tall, straight, and healthy when it's old.

The design of the bulletin makes it easy to browse through to pick up tips. You'll discover why tree paint isn't necessary, even on large cuts...how to select and care for pruning tools...how to prune according to the tree's function.

To obtain your free copy, send your name and address to: "How to Prune," The National Arbor Day Foundation, Nebraska City, NE 68410.

Colonias do not fit myths about their dire plights

COLLEGE STATION — Myths typically associated with poor communities along the Texas-Mexico border have been challenged in a study by Texas A&M University researchers.

What did emerge in an analysis of five of the largest and oldest colonies in Texas was the daily impact of inferior infrastructures on the impoverished, predominantly Hispanic areas.

"Their lives are completely impacted by not having roads and water and by being extremely poor," says the study's lead researcher, Dr. George O. Rogers. "This stems from being isolated from social, health and welfare systems. The lack of infrastructure, together with this isolation, works against the colonial residents."

Rogers, an associate professor of urban and regional planning, is a researcher with Texas A&M's Center for Housing and Urban Development. The center, located in the College of Architecture, pursues community development efforts among Texas' low-income residents on the Texas-Mexico border.

The study focused on the colonies of Cameron Park and Ranchito in Cameron County, and Lopezville, Lull and Progress in Hidalgo County. Rogers says it's the first step in documenting the effects of public policy on the poor communities.

Punctuality is the thief of time.
—Oscar Wilde

Yesteryear

Taken from The Quitaque Post, Thursday, July 17, 1958

City Opens Park Wading Pool

The well constructed wading pool that graces the center of Quitaque City Park, has been readied for action, and will be open on Tuesday and Thursday evenings and nights, James Brunson, City Secretary reported this week.

The pool has been cleaned, treated and painted, and will receive another coat of paint in the near future. Closing time has been set at 8 o'clock on each of the evenings that the pool will be open for children, and the water will be pumped out to irrigate the park grass. The City Council favored the idea of draining the pool so that there would never be water left in it overnight. This will decrease the hazard to small children who might venture near when there are no adults present.

Brunson reported that there would need to be some adult on hand at all times when the pool was open. If you send your child with someone, make sure that the adult is going to stay at the pool, and if you are not sure, accompany the child yourself. The water is only about 2 ft. deep, but could become dangerous if a small child accidentally fell in.

Mr. and Mrs. Gaston Owens and Eddie of Wichita Falls, are visitors in the home of his parents, Mr. and Mrs. George Owens and her relatives in Silverton.

Mrs. O. R. Stark, Jr. and boys have returned home from a week's visit with her parents, Mr. and Mrs. Hartgraves in Sweetwater. Sherry Stark remained for a visit through this week.

Mrs. T. J. Bural returned Sunday morning from Floydada where she has been visiting her daughter and family, Mr. and Mrs. Albert Martin and son.

A-1C and Mrs. Charles Whitaker left Wednesday for Portsmouth, New Hampshire, his new assignment at Peace Air Base. They visited his parents, Mr. and Mrs. G. E. Whitaker and at Matador with his sister and brother-in-law, Mr. and Mrs. Bennie Brown.

Mrs. Lela Mae Hutcheson, Ray Gene, Marilyn and Ronnie are visiting friends and relatives in New Mexico this week and will be on vacation for the next several days.

Etiquette means behaving yourself a little better than is absolutely essential.
—Will Cuppy

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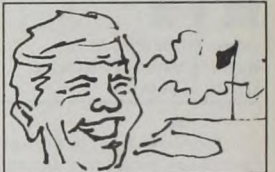
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"Get Real"-Lock-In Planned For July 28

by Ronda Alexander
All Briscoe County youth age 9-19 are invited to "Get Real" (Responsible Experiences About Life). The event is being sponsored by the Briscoe County 4-H and Youth Development Committee and Briscoe County 4-H. It has been planned in order to help the youth of today to become aware of some of the issues in the world which will be affecting them.

The evening will begin on Friday, July 28th with registration at 9 p.m. and will end at 7 a.m. Activities for the evening will include: fun and games, leadership activities, a choice of recreational dancing or movies, snacks, lots of fun, and special programs and discussions on today's youth issues. Issues which will be addressed are AIDS, self-esteem, stress and drug abuse/awareness. Parents are also invited to attend the Lock-IN.

"Get-Real" will be held at the County Showbarn in Silverton and will have free admission to all. If you have questions or would like more information, please call 806/823-2131, ext. 12 or come by the Briscoe County office of the Texas Agricultural Extension Service.



The first golfer to win the Masters tournament four times was Arnold Palmer in 1958, 1960, 1962 and 1964.

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