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Razorbacks rally to defeat LSU--Page 4

LIFE
News about Hereford life

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Wednesday, March 4, 1992

The Hereford Brand

Hustlin' Hereford, home of Kathy Hernandez **91st Year, No. 171, Hereford, Deaf Smith County, Texas** **10 Pages** **25 Cents**

Buchanan gets Bush's goat again

By JOHN KING
 AP Political Writer

President Bush is seeking peace with Republican voters after a three-state primary sweep that still stung of protests. Democrats had almost as many winners as primaries, but set the stage for a feisty battle over economics between Paul Tsongas and Bill Clinton.

Tuesday's coast-to-coast balloting spread victories among four of the five Democratic candidates, a week before the 11-contest Super Tuesday battle for 783 convention delegates.

Former California Gov. Jerry Brown squeaked out a remarkable win in Colorado, requalifying his low-budget campaign for federal matching funds.

Iowa Sen. Tom Harkin won Idaho's tiny caucuses and led a sampling of Minnesota caucus precincts. That put him in the winner's circle, but didn't give him the significant breakthrough his struggling campaign needed.

Nebraska Sen. Bob Kerrey came away winless.

GOP challenger Patrick Buchanan technically didn't win either, but also heard no reason from voters to end his conservative rebellion. Bush won in Georgia, Maryland and Colorado, but Buchanan scored 36 percent in Georgia and 30 percent in the others, signaling continued unrest in the Republican ranks.

"We have done it again," Buchanan said. "I think King George is getting the message."

The president confirmed as much, beginning the day by apologizing for breaking his 1988 no-new-taxes pledge and ending it by pleading for party peace.

Tsongas, the former Massachusetts senator, won convincingly in Maryland and Utah, and in a random sampling of Washington caucus precincts.

Clinton, the Arkansas governor, picked up his first primary win in Georgia and looked ahead to the nine Southern contests in the next week.

Clinton shaped the contest as a two-man race. "Next Tuesday, you will have a clear choice now between two Democrats," he told a Miami rally. He called his Georgia victory with 57 percent one "of rather staggering proportions."

Clinton portrayed Tsongas as an advocate of retooled Reaganomics

ELECTION '92

because of his support for a capital gains tax break, relaxation of antitrust laws and looser corporate reporting guidelines.

Tsongas saw it otherwise. "We can appeal to Democrats, Independents and thoughtful Republicans," he said.

Tsongas had been expected to win Colorado. But Brown, who spent much of last week in the Rocky Mountain state hammering away on environmental themes, eked out a narrow win, with Clinton and Tsongas just behind.

"This is a race between the tortoise and hare," Brown said. "We're not the rabbit jumping out in front. We're the tortoise moving slowly, building each week a larger base of small voters and committed supporters all over this country."

The volatile results were the latest grambings from a dissatisfied electorate. Exit polls showed high anxiety over the economy and Bush's economic stewardship. Four in 10 Democratic voters said they wished they had another choice; 80 percent of Buchanan's Maryland voters said they would defect and vote Democratic in the fall—a foreboding sign to the White House.

For Democrats and Republicans alike, the crowded calendar now turns South, including high stakes and high cost contests in the giant states of Texas and Florida.

Bush was heading to Florida today, and Clinton already was there to campaign before moving on to South Carolina, which holds its primary Saturday.

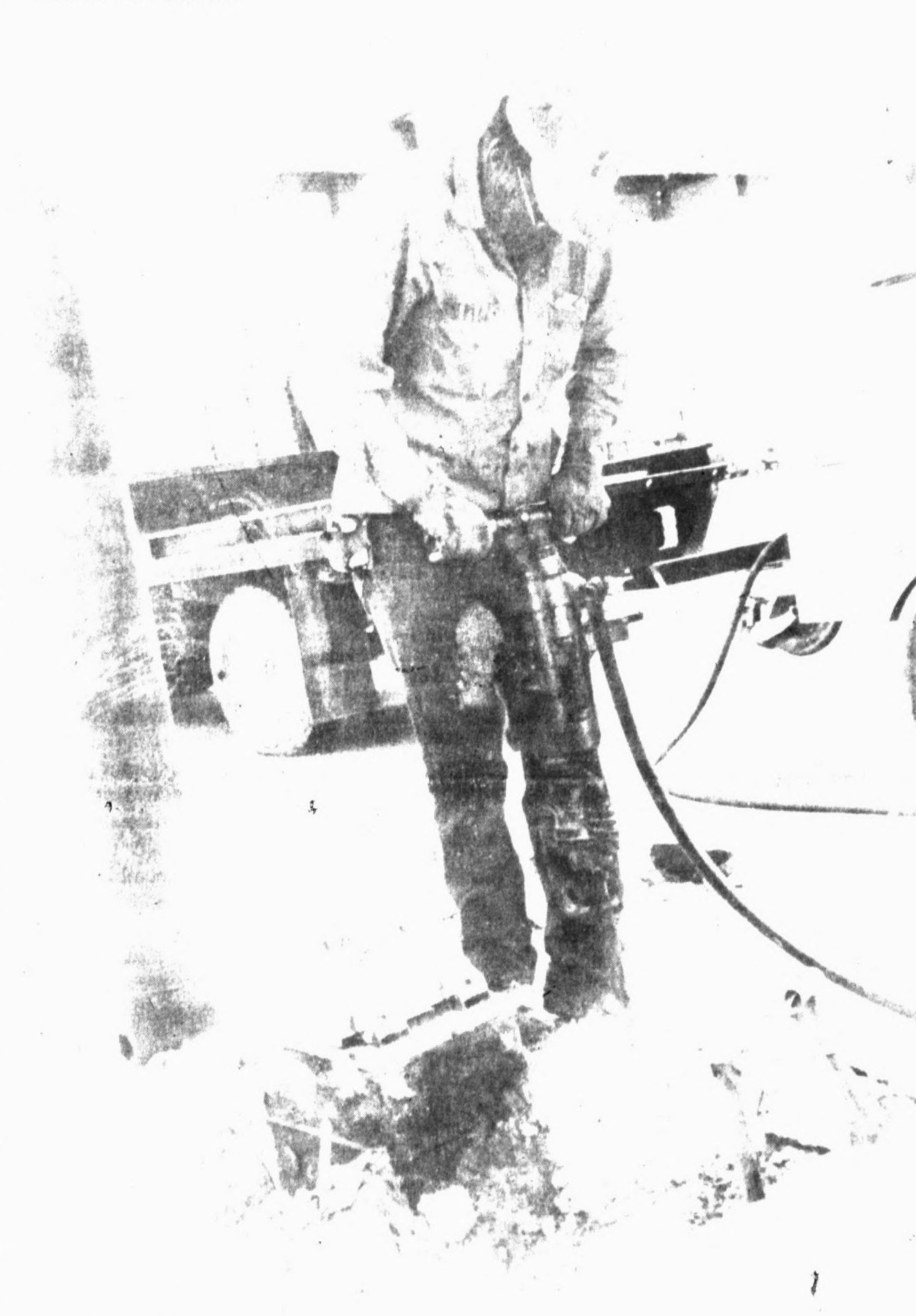
Tuesday's results suggested both nominating contests would drag on longer than each party had hoped.

"This is going to be a long haul," predicted Tsongas, who looked forward to home-region contests in Massachusetts and Rhode Island on the Southern-dominated Super Tuesday.

The numbers were bleakest for Kerrey.

The Nebraskan failed to gain one delegate Tuesday, but vowed to press on.

Hammer time



Hammer time

An unidentified worker uses a jackhammer to tear out concrete islands at the old Phillips 66 station at the corner of U.S. 385 and Park Avenue in Hereford. Much of the structure is coming down, but future plans for the building aren't known.

Juniors open bee Thursday

The Deaf Smith County Spelling Bee gets underway Thursday as fourth and fifth graders compete for the junior bee championship. The bee starts at 3 p.m. at Deaf Smith County Library.

The winner of the junior division will be eligible to compete for the county title Friday, joining sixth through eighth-grade contestants in the spell-off beginning at 3 p.m. Prizes will be awarded the winner and runnerup in each division, said O.G. Nieman, county bee director.

Anna Witkowski, last year's county champion will be back as a seventh grader to defend her title. Jantzen Louder, last year's junior winner, will also be competing for the county title.

Thursday's junior bee contestants include: Cindy Bedolla, Shannon Walker, Jessica Martinez and Tiffani Cabezuella of Bluebonnet school; Jonathan Montgomery, Cinda Rico, Jessica Mejia and Kitt Wimberley of Shirley school; Jennifer Palacios, Lisa Conway, Tan Nguyen and Robin Bell of West Central; Shannon Revell of St. Anthony's Catholic School; Carey Lyles of Nazarene Christian Academy, Brit Hall of Community Christian School; and Amy Perrin of Walcott School.

The junior bee champion will receive a \$50 savings bond from First National Bank, and the runnerup will receive a \$25 award from West Texas Rural Telephone Cooperative.

The winner of the county championship Friday will advance to the Regional Bee, sponsored by the Amarillo Globe-News and West Texas State University.

Richards applauds AG action

AUSTIN (AP) - Gov. Ann Richards says the felony indictment of a nursing home corporation in the deaths of two patients puts teeth into state efforts to ensure patient safety.

"The governor talking about it is not enough," Richards said Tuesday, the day after Attorney General Dan Morales announced indictments against a corporation and individuals.

"I cannot applaud Dan Morales enough for what he is doing ... It says this is not just talk, this is not just rhetoric but now we're getting serious," she said.

Morales on Monday announced indictments against Texas Health Enterprises, Inc. of Denton. The corporation owns the Amarillo nursing home where the two patients were under care.

Texas Health Enterprises is the third-largest nursing home corporation in the state, and the ninth-largest in the nation, Morales said. The corporation also operates homes in Iowa, Oklahoma, Michigan and New Mexico.

Morales said the action marked the first time the state has indicted a major nursing home corporation under a law against injury to elderly people and invalids. The attorney general's office said the law was strengthened in 1989 to make it easier to bring such charges, by adding the word invalid.

One indictment against the company alleged injury to an invalid; one, injury to an elderly person; and 13 that the corporation tampered with a government document, the attorney general's office said.

The attorney general alleges that corporate officers falsified and fabricated records related to in-service training of nursing home employees.

The company said in a statement that it expected to be exonerated, along with its employees.

Lawyers argue workers' comp law

SAN ANTONIO (AP) - State and labor lawyers once again have squared off over the fairness of the Texas workers' compensation law.

Now, it's a waiting game until the 4th Court of Appeals rules on the constitutionality of the law that a Maverick County judge declared unconstitutional last year.

"I think the trial judge was lured into crossing that line and making himself a super-legislator," said attorney Shannon Ratliff of the group Texas Association of Compensation Consumers, which backs the new law.

Ratliff said state District Judge Rey Perez was wrong in declaring the law unconstitutional.

But plaintiffs' attorneys who filed a lawsuit challenging the law argued Tuesday in support of the May 1991 ruling by Perez of Eagle Pass. The attorneys contend the law lowers disability benefits for many injured workers and restricts employees' access to jury trials.

The appellate court is not expected to rule for several weeks.

Much of the questioning by the seven-member panel revolved around jury trial access, and whether that access is a "fundamental" right under the Texas Constitution.

"A right to a trial by jury, do you consider it to be fundamental or non-fundamental?" Justice Alfonso Chapa asked one lawyer, then repeated the question throughout the hearing.

Ratliff said the new law may not be perfect, but he said legislators created a good law that provides for equality in workers' compensation disputes around the state.

"I think they have seriously tried to take care of the injured worker," Ratliff said. "The system is working."

The Texas Legislature passed the business-backed workers' compensation reform bill after two special sessions in 1989. Then Gov. Bill Clements signed the measure into law, and it took effect Jan. 1, 1991.

The new system relies more heavily on an administrative process to determine benefits.

Under the old system, businesses complained of high workers' comp insurance rates and blamed those rates on the cost of litigating disputes in court. But labor groups and attorneys for injured workers blamed the high premiums on unsafe businesses and greedy insurance companies.

Despite Perez's ruling in trial court, the new system remained in place during appeal because the judge did not issue an injunction preventing it from operating.

Assistant Attorney General Joe Pitner argued Tuesday the plaintiffs in the case—several workers and the Texas AFL-CIO—had no standing to pursue the suit. Pitner also said the new law generally provides more money to injured workers more quickly than the previous system.

"The new law is a vast improvement over the old law," he said.

Under questioning by Chapa, Pitner said a common law jury trial is not a fundamental right if an employee waives that right in order to be covered by a workers' comp system providing for an administrative and appellate dispute process.

Bill Whitehurst, an attorney for the Texas AFL-CIO, said the right to a jury trial is a fundamental constitutional right.

He attacked the new system for relying on the American Medical Association Guides to the Evaluation of Permanent Impairment in a "rigid and mechanical system based on impairment" that he says does not

take into account a person's age, training and the job market.

He also said the Legislature did not seek AMA advice on how to use the guides and said the guides no longer are in print.

Ratliff, though, cited trial testimony from experts who said the guides were being used properly and

said the guides are readily available.

Whitehurst also said the new law reduces attorney involvement for workers, but not for employers or insurance companies.

"This act has shut down the plaintiffs' workers' compensation system in this state," he said. "It is literally shut down."

"I think the trial judge was lured into crossing that line and making himself a super-legislator," said attorney Shannon Ratliff of the group Texas Association of Compensation Consumers, which backs the new law. Ratliff said state District Judge Rey Perez was wrong in declaring the law unconstitutional. But plaintiffs' attorneys who filed a lawsuit challenging the law argued Tuesday in support of the May 1991 ruling by Perez of Eagle Pass. The attorneys contend the law lowers disability benefits for many injured workers and restricts employees' access to jury trials.

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Page Two

Local Roundup

Four face marijuana charges

Four persons were arrested Tuesday on charges of possession of marijuana when police executed search warrants. The men, ages 27, 22, 21 and 22, were found in possession of the substance.

Other arrests by Hereford police included a man, 29, for driving while intoxicated, and a woman, 29, for theft by check.

Reports included investigation of aggravated sexual assault of a child in the 800 block of Third; criminal mischief to a vehicle in the 100 block of Ave. C; vicious dog running loose in the 400 block of Barrett; burglary of a business in the 300 block of Third; and a prowler in the 100 block of Hermosillo.

Police issued five citations Tuesday and investigated a minor accident.

Chance for weekend rain

Tonight, partly cloudy with a 20 percent chance of evening showers. Low in the upper 30s. West wind 10 to 20 mph.

Thursday, partly cloudy with a high in the middle 60s. Northwest wind 10 to 20 mph and gusty.

The extended forecast for the weekend: partly cloudy Friday and Saturday with a chance for a few showers Saturday. Fair Sunday. A little cooler through the period. Highs in the 60s Friday cooling to the 50s on Sunday. Lows in the upper 30s to lower 40s.

This morning's low at KPAN was 38 after a high Tuesday of 70. KPAN recorded 1.28 of an inch of rain in Tuesday's showers.

News Digest

World/National

ACROSS THE USA - Democrats had almost as many winners Tuesday night as there were primaries and caucuses, propelling a muddled field into the all-important Super Tuesday contests. President Bush lost one-in-three primary votes to a persistent Pat Buchanan.

WASHINGTON - The exit polls explain how there could be four winners and no gold medal. Black turnout was small but concentrated in Bill Clinton's favor. High-income voters' turnout was big and gave Paul Tsongas a lift. Young people and environmentalists gave Jerry Brown's campaign a Rocky Mountain high. President Bush's support was widespread but cratered with disaffection.

WASHINGTON - Outnumbered Republicans are urging quick Senate passage of a Democratic tax cut for the middle class so President Bush can veto it and clear the way for a compromise more to his liking.

UNITED NATIONS - The Bush administration is urging the United Nations to seize billions of dollars in frozen Iraqi assets if Baghdad continues to defy cease-fire terms that mandate the destruction of its unconventional weapons.

NEW YORK - Like a hands-on corporate manager, John Gotti was there, in person, to oversee the hostile takeover that prosecutors say lifted him to the top of organized crime in America, according to testimony at his trial.

NEW ORLEANS - Hundreds of thousands of merry-makers closed out Mardi Gras with the traditional burst of debauchery in the French Quarter - the final note in a Carnival season marked by bitterness over an anti-bias law.

AGDAM, Azerbaijan - Police say they have recovered the bodies of 120 Azerbaijanis killed as they fled an Armenian assault in Nagorno-Karabak, and commonwealth military forces halt their pullout from the disputed region after being attacked by Armenian guerrillas.

WASHINGTON - Boris N. Yeltsin is returning to Washington for a mid-June summit with President Bush but the election-year timing makes it unlikely he'll get major financial help for Russia's faltering economy.

Texas

AUSTIN - Televangelist Robert Tilton today is expected to continue his fight to keep state officials from reviewing financial records of his Word of Faith Outreach Center Church.

DALLAS - Thousands tune in daily to the Rev. Robert Tilton for advice on matters spiritual and material. Sometimes, however, the sermon's message gets a bit muddled. Even so, Tilton's energetic style makes up for the lack of biblical teachings. There's even a Tonight Show-quality orchestra and a church that looks more like Caesar's Palace than a sanctuary.

AUSTIN - Gov. Ann Richards says the felony indictment of a nursing home corporation in the deaths of two patients puts teeth into state efforts to ensure patient safety.

DALLAS - They are huge and expensive and rich in delegates - politically critical. And they wouldn't have it any other way. Texas and Florida, the never-bashful bookends of the South, now assume center stage for Super Tuesday.

DALLAS - Union leaders say the 5,000 bus drivers who have been on strike for two years against Greyhound Lines Inc. can go back to work even though the strike will technically continue.

CORPUS CHRISTI - A vigorous South Texas measles outbreak is probably more extensive than reports indicate, but health officials believe they are finally getting it under control.

SEGUIN - A retired postal worker has been awarded \$120,000 in damages in a lawsuit he filed against a doctor who left a surgical instrument inside the man after an operation.

Obituary

LEON B. SANDOVAL SR.
March 2, 1992

Leon B. Sandoval Sr., 60, of Dimmitt, died March 2, 1992.

Services will be Thursday at 2 p.m. at Immaculate Conception Catholic Church in Dimmitt with the Rev. Norbert Choong, pastor, officiating. Burial will follow in Westlawn Memorial Park by Foskey Funeral Home.

Mr. Sandoval was born in Bertram. He married Margarita Cardenas on

the Hereford Brand

The Hereford Brand (USPS 242-060) is published daily except Mondays, Saturdays, July 4, Thanksgiving Day, Christmas Day and New Year's Day by The Hereford Brand, Inc., 313 N. Lee, Hereford, TX, 79045. Second class postage paid at the post office in Hereford, Texas.

POSTMASTER: Send address changes to the Hereford Brand, P.O. Box 673, Hereford, TX, 79045.

SUBSCRIPTION RATES: Home delivery by carrier in Hereford, \$4.29 monthly; by mail in Deaf Smith County and adjoining counties, \$43.76 a year; mail to other areas, \$47.75 a year.

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The Brand was established as a weekly in February, 1901, converted to a semi-weekly in 1948, to five times weekly on July 4, 1976.

Publisher: John Brooks
Managing Editor: Mauri Montgomery
Ad. Mgr.: Charlene Brownlow
Circulation Mgr.

Feb. 3, 1952 in Donna. He was self-employed in agribusiness for many years in the area.

Survivors include his wife; a son, Leon Jr., of Dimmitt; three daughters including Griselda Mendez of Hereford, Olga Martinez of Lockney and Margie Sandoval of Dimmitt; two brothers, Feliciano Sandoval of Donna and Carlos Sandoval of Dimmitt; three sisters, Maria Dones and Sabina Carranco, both of Florence, and Maria Elena Alaniz of Donna; and 12 grandchildren.

Hospital Notes

PATIENTS IN HOSPITAL
W.J. Albracht, Melinda Bridge and infant girl Bridge, Sadie Bustamante, Sabina Camarillo, Lucy Cottam, Aurora Del Torro, Anna Lisa Garza and infant boy, Stella Hershey, Mary Ann Laing, Zena Janie London, Alice Martinez, Misty Nicholson, Jewel K. Smith.



Bluebonnet names junior spellers

Bluebonnet Intermediate School has named its entrants for the Deaf Smith County Junior Spelling Bee on Thursday at the Deaf Smith County Library. They are, from left, Cindy Bedolla, Shannon Walker and Jessica Martinez, fifth graders, and fourth grader Tiffani Cabezuella.

ROBERT TILTON

Televangelist's church features glitz, glamour and big TV ratings

DALLAS (AP) - Backed by a "Tonight Show" quality orchestra and a Caesar's Palace-like stage - or pulpit - complete with Romanesque columns on each side, Sunday morning at the Word of Faith World Outreach Center has the look and feel of a frenetic Las Vegas show.

The Rev. Robert Tilton takes center stage, along with a 60-plus member choir, featured songleaders and assistant pastor the Rev. Don Clowers.

For the first hour and a half during a Sunday service in late February, musicians, singers and two video testimonials from church members dominated the service.

By the time Tilton took over, the tithes - collected in wastebasket-size paper buckets - were in. Then, the "name-it-and-claim-it" style sermon began.

Tilton, who has refused to give interviews and often speaks only through his lawyer, J.C. Joyce of Tulsa, Okla., is a tall man with an ever-present grin and graying hair.

Though the point of his sermon isn't always clear, the audience generally responds approvingly with applause and "Amen."

He peppers his message with such rambling statements as: "When someone tries your faith in a court, first of all it's something you cannot see, but it can produce evidence what you can see."

...A person that doesn't have faith cannot see what you say you saw. Something like that."

Both Tilton and his wife, Martha "Marte" Tilton, are expected to appear in federal court in Austin Wednesday to ask a judge to extend a restraining order against the state. The order, if granted, would continue to bar the state attorney general's office from access to the financial records belonging to the couple's ministry in the Dallas suburb of Farmers Branch.

The state is investigating the ministry for possible fraudulent fund-raising practices.

Hearing held in Austin court

AUSTIN (AP) - Televangelist Robert Tilton today is expected to continue his fight to keep the state from obtaining financial records of his Word of Faith Outreach Center Church.

U.S. District Judge Sam Sparkes will hear arguments on whether to extend Tilton's temporary restraining order against Texas Attorney General Dan Morales.

That temporary order is hindering Morales' legal team from investigating allegations of fraud against the Farmers Branch-based church, located north of Dallas.

A preliminary injunction today could further bar the state from the records investigators want.

Tilton's attorney, J.C. Joyce of Tulsa, Okla., Tuesday said Morales' pursuit of the records is nothing more than harassment of a religious organization.

"It's not a business to start with," said Joyce. "It's just a church."

Both Tilton and his wife, Martha "Marte" Tilton, are expected to appear at today's hearing. Joyce said some church members are chartering buses, to Austin to attend the hearing as a sign of support.

Sparkes granted Tilton the temporary restraining order Feb. 7 after Morales ordered Word of Faith to produce 55 types of financial, marketing and administrative records.

The matter stems from a probe Morales launched last year to learn whether the church has violated charitable practices and committed fraud in its fund-raising activities.

It features testimonials of those who say Tilton's ministry changed their lives and asks viewers for contributions.

Within the last year, the "Success-N-Life" household share has increased 53 percent and Tilton is rated 12th among the top 20 syndicated religious shows, according to Arbitron.

Tilton's message is not much different from other TV ministries. He, like other televangelists, suggests to the faithful that their requests and prayers will be answered.

Tilton's practice of encouraging viewers to make "vows of faith" and promising that God will give them wealth in return first came under national scrutiny after he was featured in a segment on ABC's "PrimeTime Live."

On Wednesday, several church members are expected to show their support for Tilton and his wife when they appear in court.

The sprawling Word of Faith Church was built in the late 1970s. Ushers sporting red blazers greet churchgoers and guide them to cushioned folding seats.

One of the church's two entrances forces the visitor to walk through a Book Center featuring wall-to-wall videos, books and religious tracts that members can check out without charge. Donations are accepted.

Tilton's lawyer denies newspaper reports that the church receives \$100 million annually. He declined to say how much the church receives in donations from the 8,000-member congregation.

Tilton's church and related companies are titleholders on 16 pieces of property in Farmers Branch worth a total assessed value of \$15,503,710, city records show.

Kreig clarifies statement

Kreig clarifies statement

Marian Kreig, one of two persons attending the Hereford City Commission meeting Monday night to discuss the city budget, reports she was misquoted on part of a statement she read.

Mrs. Kreig complained that the city was spending money on the golf course that could be better used in other departments. She called the golf course and park improvements "pleasures" that are not as needed as other city services.

She was then quoted as saying, "As a non-golfer, I do not wish to pay for the golf course." This statement was incorrect, Mrs. Kreig said today. "What I said was: As a non-golfer, I do not wish to pay for any additional pleasures for such a few."

Mrs. Kreig said she realized that the golf course is city owned and must be funded, but added that she believes golfers could pay another dollar or two on fees, thus allowing that saving to be used in other city departments.

Mardi Gras closes with bitterness

NEW ORLEANS (AP) - Hundreds of thousands of merry-makers closed out Mardi Gras with the traditional burst of debauchery in the French Quarter - the final note in a Carnival season marked by bitterness over an anti-bias law.

The dispute over the ordinance, which could force elite, century-old parade clubs to integrate and admit women, seemed far from the minds of revelers who jammed the city for Fat Tuesday, the day before Ash Wednesday and the start of Lent.

"Unity, baby, Unity. They'll get it together." New Orleans-born Lillian Davis said as she watched the parade of the mostly black, all-male Zulu Social Aid and Pleasure Club.

At 12:01 a.m. today, police on horseback moved through the French Quarter to send the revelers on their way.

The anti-bias law, scheduled to take effect next year, bitterly divided city leaders and raised fears of racial violence during the celebration. But no major problems were reported along Tuesday's parade routes, and arrests for the Carnival season appeared to be down, said Lt. Sam Fradella, a police spokesman.

Two women were found dead Tuesday morning, but police did not know whether the apparent slayings were related to Mardi Gras. The bodies were found in separate areas downtown. Neither victim was immediately identified.

Fire Chief William McCrossen said the crowd was at least as big as in past seasons, when the unofficial tally was well over 1 million. The city will weigh the huge piles of trash left behind to gauge just how successful the party was.

Harmony was the order of the day as Mayor Sidney Barthelemy, who is black, delivered the traditional toast to Rex, the King of Carnival.

In the French Quarter, hundreds of people, many in elaborate costumes and others barely dressed, walked up and down Bourbon Street. Hotel and restaurant balconies filled fast for the yearly ritual - men encouraging women to bare their breasts, rewarding those who do with strands of colorful plastic beads.

There were reminders of the controversy. A balcony was draped in black and hung with a sign that read, "Thank You For Killing Mardi Gras, Dorothy Mae Taylor." Ms. Taylor is a city councilwoman and author of the new law.

In protest of the law, two all-male, all-white clubs canceled their parades, including the 135-year-old Mistick Krewe of Comus, which traditionally holds the final procession on Tuesday.

And Rex toasted his queen in front of a hotel rather than at the exclusive Boston Club because club members refused to play host to the ceremony in protest.

The law would deny parade permits to clubs, or krewes, that exclude people because of race, gender, religion, nationality or sexual orientation. It is especially irksome to secretive old-line krewes with invitation-only memberships reserved for men from the city's oldest families.

Two independent polls taken in January showed a vast majority of whites and a smaller majority of blacks opposed the ordinance.

Life!

Help reduce diabetes by eating properly

COLLEGE STATION -- Practicing sound eating habits is important for all Americans, but research suggests good nutrition is especially vital to blacks when it comes to diabetes.

Black Americans have one of the highest rates of non-insulin dependent diabetes--60 percent higher than Anglo Americans, according to the American Diabetes Association.

"While celebrating Black History Month this February, black Americans may want to make it a point to get a checkup to determine if they're diabetic," said Dr. Mary Kinney Bielamowicz, nutritionist with the Texas Agricultural Extension Service.

"Diet has always been important in diabetes management, but new research has shown that specific foods can significantly influence long-term diabetes care," she said. "Fiber-rich foods like whole grains, legumes and vegetables are good choices because they tend to reduce blood sugar and blood-fat levels."

These foods also are believed to be effective against heart disease and kidney disease that can result from diabetes if left untreated. Blindness, limb amputations and even death also can occur from diabetes complications.

Latest statistics from the Centers of Disease Control show that about 14 million Americans--more than 800,000 Texans--have diabetes, and half of them have not been diagnosed. Each year more than 700,000 diabetes cases are diagnosed nationally, and at least 150,000 persons die because of the disease and its complications.

Studies show that one in four black males between the ages of 65 and 74 has diabetes, and one out of every four black women over 55 is stricken with the disease.

Researchers believe that the high incidence of this disease in certain populations, which includes Hispanics and American Indians, may be rooted in genetics as well as ethnic dietary habits and environment.

According to Bielamowicz, national studies found that diabetes is prevalent among blacks because of these reasons:

-Obesity, one of the risk factors for diabetes

-Hypertension, another risk factor for diabetes, also has a high incidence among blacks.

-High cholesterol and low-fiber diets are more common among blacks than whites.

-Medical care is not sought by blacks as often as it is by whites. Also, blacks are less likely to ask to be tested for diabetes when they do visit a physician.

Diabetes symptoms are blurred vision, excessive tiredness, weight gain or loss and wounds or scratches that don't heal, Bielamowicz said. Even if symptoms do not exist, physicians recommend that high-risk individuals get a blood glucose test at least once a year and follow up with appropriate medical care.

"In most cases, symptoms can be controlled by weight loss, good diet and exercise," she said. "Carrying around extra weight can lead to a host of difficulties--it's a drain on energy and can cause heart and lung problems."

About 90 percent of the people with diabetes develop the non-insulin dependent type in adulthood (after age 23) where the body is unable to properly use some of the insulin produced by the pancreas, which causes glucose to build up in the blood. In insulin-dependent diabetics, the pancreas either stops or does not produce enough insulin to meet the body's needs.

Since the body produces glucose from the foods consumed, eating right is the first step in controlling diabetes, Bielamowicz said. Cutting down on fat, salt and sugar is important.

Because the majority of people with non-insulin diabetes are overweight, most are advised to lose extra pounds, Bielamowicz said. Even slight weight losses have dramatically improved blood-glucose levels by helping the body use its own insulin more efficiently.

"Whether you have insulin-dependent or non-insulin-dependent diabetes," Bielamowicz said, "contact your doctor for a referral to a dietician who can help design a meal plan that will match your eating habits to your diabetes management goals."



Over here, Mom, Dad,

In conjunction with Texas Public School Week currently being observed, open house was held Monday evening at Aikman Primary School. Second graders, Mindy and Mandy Lange, show some of the displayed work to their parents, Mr. and Mrs. Thomas Lange, and sister, Susan.

Paula Burt to speak

Paula Burt of Burkburnett will be the guest speaker at the Hereford Flame Fellowship meeting at 7 p.m. Thursday at the Christian Assembly Church located on south Main St.

Mrs. Burt and her husband, Danny, co-pastor the Agape Church in Burkburnett. Paula is a principal and a teacher at Burkburnett Christian School. She is a graduate from Midwestern University and Rhema Bible Training Center and is a graduate student at Oral Roberts University in Tulsa, Okla. She is vice president of the Women's Ministries International.

The public invited to attend the meeting.

Senior Citizens

LUNCH MENU

THURSDAY-Beef stroganoff on rice, green beans, stewed tomatoes, baked custard.

FRIDAY-Catfish nuggets, macaroni and cheese, vegetables, cucumber and tomato salad, fruit cobbler.

MONDAY-Mexican stack, refried beans, spanish rice, salad fixings, peaches and cookie, tostados.

TUESDAY-Chicken fried steak with gravy, baked potato, Italian green beans, tossed salad, meringue pie.

WEDNESDAY-Barbecue chicken, pinto beans, potato salad, coleslaw, fruit and cookie, Texas toast.

ACTIVITIES

THURSDAY-Stretch and flexibility 10 a.m., oil painting 9 a.m., 1 p.m., choir 1 p.m., water exercises every day.

FRIDAY-Line dance 9:45 a.m., board meeting 12:30 p.m.

MONDAY-Line dance 9:45 a.m., devotional 12:45 p.m., Retired

Teachers Association 11 a.m. until 2 p.m.

TUESDAY-Stretch and flexibility 10 a.m., Beltone hearing 1 p.m., Living Will Seminar 7 p.m.

WEDNESDAY-Stretch and flexibility 10 a.m., ceramics 1:30 p.m., Alzheimer's Support Group 11:30 a.m., DSGH blood pressure and glucose testing 10 a.m.

PARIS (..) - The French press is ridiculing Culture Minister Jack Lang for honoring Sylvester Stallone for excellence in the arts.

The "Rambo" and "Rocky" star was named an officer of the Order of Arts and Letters on Feb. 21, becoming one of four Americans to win the honor this year. The others are Warren Beatty and directors Martin Scorsese and Oliver Stone.

The satirical weekly Le Canard Enchaîné ran a cartoon showing Lang, waving some medals, clutched in the fist of a giant Rambo.

Bernard Pivot, a literary critic, described the award as ridiculous and said Stallone represents the worst of American cinema.

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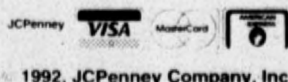
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SPORTS

Girls' state tourney set to start

AUSTIN (AP) - Three top-ranked teams, and another with a perfect record, are among the 20 schools who will compete this weekend for the five vacant state high school girls basketball crowns.

All five champions will be new title-holders, as no defending champs earned spots in the 42nd annual tournament, sponsored by the University Interscholastic League.

Play begins Thursday with the Class A, 3A and 4A semifinals, while the 2A and 5A semis will be played Friday.

All five title games will be held Saturday. The three-day tournament will be played at the University of Texas' Frank Erwin Center.

Only five of last year's 20 semifinalists return. Notably absent are 1991 champions Amarillo

Tascosa, Levelland, Tulia, Abernathy and Nazareth.

"I think we're beginning to see more parity throughout the state in girls basketball," said Duncanville coach Sandra Meadows, whose team joins Yoakum, Winnsboro, Marion and Georgetown as 1991 tournament teams returning.

"The turnover from last year is proof to me. Those teams not back are not just one shot in the pan state tournament teams. It speaks very well for girls basketball in Texas. I think it's going to be a great state tournament," Meadows said.

Duncanville, a four-time state champion, was atop the final Texas Association of Basketball Coaches poll at 37-1. Meadows' team plays 27-7 Plainview Friday at 7 p.m., the last semifinal game.

That winner will face either San

Marcos, 28-4, or 29-6 Sugar Land Dulles in Saturday's final.

One of the toughest brackets is Class 4A, where all four teams are ranked among the top 10.

Kaufman, 27-7, is set to face 32-2 Georgetown at 7 p.m. Thursday. That game will be followed by 28-4 Westlake taking on 31-2 Canyon Randall, a four-year-old school.

Six-time Class 3A champion Canyon is a semifinalist again, but at 28-8 it has the worst record of the semifinalists. Canyon's Thursday afternoon opponent is 33-1 McGregor.

The other Class 3A semifinal pits No. 1 Winnsboro, 35-3, and 31-5 Yoakum. They are scheduled to tip off Thursday at 2 p.m.

Marion, ranked atop Class 2A at 34-2, faces 25-7 Dublin in Friday's second game. But first on the court

will be Lovelady, 32-5, and 29-5 Panhandle.

In Class A, Claude, 33-2, knocked off 12-time champion Nazareth en route to its semifinal game against 32-4 Brock. Their 8:30 a.m. Thursday battle is the tournament's first game.

Other Class A semifinalists are 35-0 Celeste, the state's only undefeated team, facing 32-4 North Zulch.

Cycling club being started

A bicycling club is being started in Hereford, and the first meeting of the club will be at 2 p.m. Saturday at Northwest School. A ride will follow, weather permitting.

The aim of the club is to get people together for regular rides, Donny Henson said. People of all ages are welcome.

For more information, call Henson at 364-0787 or Gary Billingsley 364-3410.

WIBC meets Thursday

The Hereford division of the Women's International Bowling Congress will hold its annual meeting Thursday. The meeting will be at 7:30 p.m. in the Reddy Room at SPS offices.

Herd freshmen whip Dalhart

Hereford's freshman baseball team beat Dalhart's junior varsity 13-6 Tuesday in Dalhart.

Gregg Kalka pitched all five innings of the darkness-shortened game. He allowed three earned runs, struck out 12 and walked two.

Hereford's offense scored three runs in the first and second innings and four in the third. The Herd was led by Jacob Lopez, who went 2-for-4 with two RBIs, and Michael Marquez, who scored three runs.

The only other sports event involving a Hereford team scheduled for Tuesday--a dual match between the Hereford tennis team and Palo Duro in Amarillo--was canceled because of Tuesday's rain.

Pampa advances to regionals

Pampa, the District 1-4A boys' Pampa (32-2) will meet Everman basketball champion, beat Brown- (29-6) at a time and site to be announced. Everman beat Andrews to move on the Region 1-4A finals. 58-51 Tuesday.

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Thigpen to get work in spring

By The Associated Press

Bobby Thigpen has a new manager and a new pitching coach this spring. The Chicago White Sox reliever also has a new schedule.

Thigpen set a major league record with 57 saves in 1990, but slumped to 30 saves last season after getting limited work (10 innings in 10 games) in spring training.

"I'm not going to comment on what was done before, but he'll be stretched out, maybe four innings or more," manager Gene Lamont said. "He's going to pitch more than 10 innings."

That's fine with Thigpen. "I don't mind stretching it out," Thigpen said. "It might help. Last year, I threw a lot on the side. That was the thought, anyway. Maybe it wasn't enough. I'm not going to blame anybody."

Thigpen may have to share closing duties this season with Scott

Radinsky, who had eight saves in 15 opportunities last year.

"If Rad pitches the eighth, maybe he'll stay and pitch the ninth," Lamont said. "That's one luxury we have. If you've got two guys who can save games, if somebody gets hurt you don't have to go out and hunt for someone."

At Sarasota, Fla., pitcher Ben McDonald agreed to a one-year contract with the Baltimore Orioles for \$355,000.

McDonald, the Orioles' first-round draft pick in 1989, is eligible for arbitration next year so he didn't want to get into a salary squabble this year.

"I'm going to arbitration after this year, so why worry about it?" said McDonald, who was 6-8 with a 4.84 ERA last season. "There wasn't any point. I just want to play baseball and not worry about all that."

At Clearwater, Fla., pitchers

Tommy Greene and Pat Combs, shortstop Kim Batiste and outfielder Ruben Amaro agreed to terms with the Philadelphia Phillies.

That leaves the team with seven unsigned players - pitchers Kyle Abbott, Jose DeJesus and Jason Grimmsley; infielders Dave Hollins and Mickey Morandini; and outfielders Braulio Castillo and Julio Peguerc.

At Scottsdale, Ariz., Oakland manager Tony La Russa said Bob Welch will not pitch in an exhibition game for at least two weeks.

Welch, a 27-game winner two years ago and 12-13 last year, has been bothered by a tender left knee.

"He's scheduled to pitch live batting practice for the first time tomorrow," La Russa said Tuesday. "We want him to throw batting practice five or six times. He'll still have time to be ready for the season."

Franco focusing on defense

PORT CHARLOTTE, Fla. (AP) - Julio Franco, last season's American League batting champ, says the Texas Rangers won't be relying on hitting in the West division race.

"Defense and pitching will be the keys to this team," he said Tuesday. "We're working hard on our defense in spring training."

Franco's focus is on fielding. He has made 46 errors in three years.

"I know I can swing the bat," said Franco, who hit .341. "My defense needs to get better."

Franco believes new shortstop Dickie Thon will help.

"Last year we had three or four different shortstops and that made it hard," Franco said. "Each shortstop is different. You have to know how he likes the ball thrown to him and get your timing down. I'd like to work with one shortstop."

Franco is pacing himself through early workouts, because of a mild case of tendinitis that developed in his knees during the off-season,

which he obviously spent doing lots of weightlifting.

"The knees are okay. I just ice them every day after practice. They're just a little sore sometimes."

Franco was to be examined Wednesday in Fort Lauderdale to determine if there's any damage to his knees.

The Rangers' exhibition opener is Friday in Bradenton against the Pirates. The World Champion Minnesota Twins visit Port Charlotte Saturday afternoon.

Former UT athlete Appleton dies

AUSTIN (AP) - Scott Appleton was remembered by his ex-roommate as a fierce competitor who had overcome his drug problems and "was real happy with his life and where he was going."

Appleton, a tri-captain of the Texas Longhorns' 1963 national champion team and the school's first Outland Trophy winner, died Monday night of heart failure. He was 50.

McWilliams, also a tri-captain of the 1963 squad, said he last saw Appleton at a ceremony honoring the 1961 Texas team during this past season. McWilliams said he had no idea Appleton was sick.

"That's kind of like Scott, he wasn't the type to talk about his

problems. Every time I've seen him he's been real up. He came up to me four or five times to say 'Boy isn't this great,'" said McWilliams, now a UT associate athletic director who resigned as football coach after five seasons in December.

"I've got great memories about him. For three years there were probably not too many things we didn't do together. Every time you were around him, he always wanted to compete. It didn't matter if it was pitching quarters or flatfoot jumping, he just was a great competitor."

"Around the coaches, he was real quiet, but around the players he was real mischievous. He was always doing something to you," he said.

After his career, Appleton struggled with alcohol problems. But McWilliams said Appleton worked hard to overcome his troubles and, since becoming a minister,

Appleton spent six years in the NFL with the Houston Oilers, San Diego Chargers and Oakland Raiders. But he is best remembered for his standout career at Texas from 1961-63.

In 1963, Appleton won the Outland Trophy, was an All-America tackle, and was the nation's lineman of the year.

As a prep player in his hometown of Brady, Appleton led his team to the state football finals three of his four years. As a senior in 1960, the team won the title.

In 1986, Appleton was enshrined in the Longhorn Hall of Honor.

Del Rio signs with Vikings

IRVING, Texas (AP) - Jack Del Rio's departure to Minnesota leaves the Dallas Cowboys with only one middle linebacker on the roster: one, like Del Rio, left unprotected by Plan B.

Del Rio, the Cowboys' leading tackler last season, signed Tuesday as a Plan B free agent with the Vikings. Former Cincinnati defensive end Skip McClendon also signed with Minnesota.

"Any time you lose a good player, it's going to have an effect," Cowboys coach Jimmy Johnson told The Dallas Morning News. "Although I'm disappointed, that's part of Plan B. We knew the risk. I can understand him leaving."

Darrick Brownlow remains as sole

middle linebacker for Dallas. But the Cowboys left Brownlow unprotected, gambling that the second-year player would stay put.

Stronside linebacker Ken Norton, who played some in the middle last summer, is currently without a contract.

Del Rio accepted a two-year deal from the Vikings worth \$1.25 million. He received a \$150,000 signing bonus and salaries of \$500,000 in 1992 and \$600,000 in 1993.

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Rebels win what may be Tark's last game

LAS VEGAS (AP) - No book on Jerry Tarkanian can be closed. If Tuesday night was his last game as a college basketball coach, "Tark The Shark" closed his career atop the record book.

The 18,000-seat Thomas & Mack Center became the site of an emotional farewell from a man who is the winningest coach ever by percentage, and for the school and city he brought to the highest level of college basketball.

many people. It was special to see the support from the fans and community. Tarkanian, who has rarely been at a loss for words, especially in recent weeks when a battle with school president Robert Maxson escalated, had to walk away from the microphone as he addressed the crowd.

reached their highest level of the night. After his wife Lois spoke for a few minutes, Tarkanian returned to the microphone to thank his current and former coaching staff and players.

between the pro-Maxson and pro-Tarkanian camps reached their zenith this week as the final drew near. The crowd was definitely on the side of Tarkanian.

Tarkanian didn't address any of the controversy at a postgame news conference, but he did present an interesting idea when asked about his future plans.

UT running up scores for attention

AUSTIN (AP) - Texas coach Tom Penders admits he's been running up the score on his opponents lately, but he says he has a good reason. "We've jumped way up in both polls. I wish it wasn't that way but we have to concern ourselves with that because the league doesn't get the respect it deserves," Penders said Tuesday.

Tournament, Penders has kept his starters in until the game's final seconds, averaging 18.5 points more than their opponents in their last four games.

after Texas' 97-67 victory over the Bears. The victory against Baylor was Texas' 20th - considered the mythical magic number for a tournament invitation. The Longhorns also could earn an automatic berth by winning the SWC postseason tournament next weekend.

Penders also wants his players to be comfortable with several different lineups. He often has called this year's team his deepest at Texas and wants to be able to use a variety of combinations in the postseason.

Many others in the stands and throughout the city wore shirts which had "Keep Tark" on one side and "Fire Maxson" on the other.

UT finished its season with a 26-2 record, one which gave Tarkanian a 509-105 mark in his years there and a 625-122 record overall. He was second among active coaches to Dean Smith on the victory list and now stands 10th all-time.

Buckeyes exploit Michigan's youth

COLUMBUS, Ohio (AP) - It took 31 seconds for Michigan to show that the Wolverines can still look like just a bunch of 19-year-olds.

Michigan stayed right with the more-experienced Buckeyes. No one in the capacity crowd at St. John Arena would have guessed the Wolverines were first-year players after they forged a 36-32 lead at the half and were up 57-52 with 6:50 to play.

Jackson, who had 25 points, 13 rebounds and six assists. "Those plays came from our defense." Well, partly - for those 31 seconds, the Wolverines treated the ball as a foreign object.

record nine 3-pointers and scored a career-high 35 points as Arkansas rallied from a 15-point halftime deficit to win a key Southeastern Conference game.

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Mr. Burger advertisement listing menu items and prices.

Top picks come through in clutch

By The Associated Press Top picks make top plays. Just look at David Robinson and Danny Manning.

pinpoint pass to set up the winning basket in a 117-116 victory at Miami.

"Paul made sure I got the ball in that situation," Robinson said. "Both he and Sean (Elliott) made good passes to get the ball into me, and I just laid it in."

went 12-for-12 from the free throw line. In one stretch, Malone scored 15 straight points.

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Tech women's coach gets 4-year contract

LUBBOCK, Texas (AP) - Texas Tech women's basketball coach Marsha Sharp will have to wait to go shopping.

winningest coach in Lady Raider history. "We have got business to take care of against Texas A&M," said Sharp, who is in her 10th season as Tech's coach.

Also on Tuesday, it was Utah 123, Golden State 101; Portland 105, the Los Angeles Lakers 101; Indiana 103, Chicago 101; Seattle 111, Denver 92; Phoenix 112, Houston 107 in overtime; Washington 106, Orlando 93; and New York 102, Dallas 83.

Jazz 123, Warriors 102 At Oakland, Karl Malone scored a season-high 44 points and Golden State had just 40 first-half points, a season low. Malone also had 11 rebounds and

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7PM - LA Story	7PM - The Silence Of The Lambs	6PM - Green Card
8:35PM - Redcover America Sweptstakes	9PM - Redcover America Sweptstakes	7:45PM - Redcover America Sweptstakes
9PM - Miscy	9:15PM - Elaine Broder Line Make Girls	8PM - Dances With Wolves
11PM - Texasville	10:30PM - Keeper Of The City	

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Ask Dr. Lamb



Preparing for event

Karnival Krazy, an annual event held at St. Anthony's School, has been scheduled in April. The sixth grade students in Beckie Fry's class have begun painting Christmas yard signs to be sold at the carnival. Putting the first coat of paint on one of the yard signs is, from left, Staci Betzen, and Tamara Diller.

DEAR DR. LAMB: I have had herpes for about three years. I never slept around with a lot of women. I now know the importance of wearing a condom ALWAYS. Recently I told my girlfriend about it and she understands, but would like to know what chance she has of catching herpes. I have been told that if I wear a condom, she might not catch it. I told her until the sores go away, we won't do anything, and she agreed.

Can herpes be spread by touching with your hands? Is it only confined to your sex organs? Are people still looking for a cure? Please send us some information.

DEAR READER: Anyone who has herpes has an obligation to tell his or her sexual partner. It is wise to abstain from sex when sores are present. That is the time when the most viruses are present and it is most likely to transmit the disease. The viruses are in the blister formations.

But you are never free of the herpes virus. It rests dormant in nerves that supply the skin area, and when activated for any reason, multiplies and travels along the nerve fiber to the skin area. You can shed some viruses even when no sores are present. That is why you are correct in saying you should ALWAYS use a condom.

But there are other reasons why your girlfriend may not be at risk. The absence of a history of herpes or signs of herpes does not mean a person has not been infected. A high percentage of individuals have silent herpes simplex. It is sufficiently common that there is a fair chance that she could have been infected at some time earlier. In that case, she is already infected and cannot be infected again. The way to tell is to have an antibody test to see if there are antibodies to genital herpes. It is now possible to separate antibodies caused by genital herpes from antibodies to oral herpes.

I am sending you my new Special Report 116, Do You Have Herpes?, for more information. Others who want this report can send \$3 with a long, stamped (52 cents), self-addressed envelope for it to THE HEALTH LETTER/116, P.O. Box 5537, Riverton, NJ 08077.

Herpes simplex is not always confined just to the lips or the genitals. It can involve the eyes and even the brain. It can involve the hands, most often a finger. If there is a break in the skin, the herpes virus may enter and cause a localized area of herpes simplex that can be confused with a bacterial infection.

Yes, the search for ways to prevent and cure herpes goes on. The key will probably be in learning how to kill viruses that are in the dormant stage

to prevent recurrences.

DEAR DR. LAMB: I am over 65 years old, and for the past two years I have been troubled with numbness in the two fingers next to my thumb of my left hand. My thumb is not affected. At times I get a stiffness in my left arm between my wrist and elbow. I get a tight feeling in my left shoulder when I raise my left arm over my head. I have gone to a doctor and was given very small pills that did not help me. What do you suggest?

DEAR READER: See a neurologist. Your story sounds like entrapment of nerves to your hand, as in carpal tunnel syndrome. Nerves to the hand are squeezed in the wrist area and cause such symptoms. This can also cause pain in the forearm or

even into the shoulder. The speed of nerve impulses through the nerves can be measured to determine if they are compressed or not. One also needs to look for other areas of entrapment that can occur—in the neck or shoulder.

If it is the carpal tunnel entrapment, rest, splinting or even injections of corticosteroids may help. Otherwise a rather simple operative procedure can relieve the pressure.

Dr. Lamb welcomes letters from readers with health questions. You can write to him at P.O. Box 5537, Riverton, NJ 08077. Although Dr. Lamb cannot reply to all letters personally, he will respond to selected questions in future columns.

Television

WEDNESDAY MARCH 4

6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	
News	Cosby	MacNeil/Lehrer	Hoppy	News	Welltons	Jeffersons	Married	College Basketball	Diff World	Looney	MacGyver
6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
Movie: Snoopy, Come Home (1972)	Super	Movie: Freshman *** M. Brand, M. Broderick (PG)	Tracks of	News	Quantum Leap	News	(35) Tonight Show				
Movie: Uncommon Valor ** G. Hackman, R. Stack (R)	Star Trek: Next	Armenia Hall		Brotherly Love	Father Dowling	700 Club	Bordertown	Gun Hawk ** R. Callahan	Night Court	Kojak	
Movie: Young Indiana G. Hall, S. Patrick	Homerun!	(65) News	(35) Cheer.	(65) Ent.							
Movie: Home Alone *** M. Culkin	Movie: Lena's Holiday ** F. Waterman (1991)	Blind Fury * R. Hauer (R)									

THURSDAY MARCH 5

7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM
Gummi	Pooh	Tree	Dumbo	Donald	Music Box	Wuzzles	Raccoons	Care Bears	Lunch Box	Asterix in
Today	Business	Simply	Sesame Street	Mr. Rogers	Read	Lamb Chop	Your	Your	Ventured	Ventured
Movie: Huff	Movie: Midsommar * S. Ozorny, M. Wood (1979) (PG)	Movie: Happy	Movie: Perry Mason	Movie: The Untouchables	Movie: The Untouchables	Movie: The Untouchables	Movie: The Untouchables	Movie: The Untouchables	Movie: The Untouchables	Movie: The Untouchables

Comics

The Wizard of Id By Brant Parker and Johnny Hart



Barney Google and Snuffy Smith By Fred Lasswell



BEETLE BAILEY By Mort Walker



BLONDIE by Dean Young and Stan Drake



Marvin By Tom Armstrong



12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
(12:00) Asterix in Britain	Fred's	Tree	Gummi	Donald	Jump	Kids Inc.	Mickey	Win, Lose	B.R.A.T.	
(12:00) Crt. Another World	Santa Barbara	Cooking	Sesame Street	Read	Sandiego?	Square One	321	Newton		
(12:05) Alarm: 13 Days (1) ** (1987)	(05) Tom & Jerry	(05) Flint	(05) Brady	(05) Happy	(05) Jerry	(05) Holly	(05) Andy			

6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM
(5:30) B.R.A.T. Patrol *	(05) Movie: Courage Mountain ** J. Cain, C. Sheer	Movie: Tall in the Saddle *** (1944)	Lady Liberty	News	Cosby	Diff World	Cheers	Wings	L.A. Law	(35) Tonight Show
MacNeil/Lehrer	LP Show	Mystery!								
Addams	Sanford	M & M	Movie: Stealer *** G. DiCaro, S. Palsback (1976)	News	Wheel	Columbo	PrimeTime Live	(65) News	(35) Cheer.	(65) Ent.
Welltons	My Dog	You Asked	Father Dowling	700 Club	Bordertown	Law and Order ** (1953)	News	Night Court	Kojak	Studs
Jeffersons	Can Be	NBA Basketball Bulls at Timberwolves (L)								
Married	Night Court	Top Cops	Street Stories	Knots Landing	News	Golden	Studs			
Sports	College Basketball Michigan State at Northwestern (L)	College Basketball Texas at Rice (L)								
Diff World	M*A*S*H	Simpsons	Dressin'	Beverly Hills, 90210	Star Trek: Next	Armenia Hall	Hunter			
Looney	Looney	Van Dyke	Van Dyke	Van Dyke	Van Dyke	Van Dyke	Van Dyke	Van Dyke	Van Dyke	Van Dyke
MacGyver	Movie: Murder, She Wrote	Movie: Continental Divide ** J. Belushi, B. Brown	PGA Golf Doral Ryder Open, 1st Round (L)	Movie: For Richer, For Poorer ** (65) Chevy	Movie: Silver Streak (1976)	Movie: Bullseye ** M. Cain (1991)	Movie: Subspecies * M. Wilson, L. Tate	Movie: Another 48 Hrs. *** (1990)		
(5:30) Movie	Movie: Friday the 13th * B. Palmer (R)	Rowan Atkinson	Movie: For Richer, for Poorer ** (65) Chevy	(5:00) Silver Streak (1976)	Movie: Bullseye ** M. Cain (1991)	Movie: Subspecies * M. Wilson, L. Tate	Movie: Another 48 Hrs. *** (1990)			
(5:00) Cori	Be a Star	On Stage	Music Shop	Nashville Now	Crook	On Stage	Music Shop	Nashville		
Days of Century	Carriers	GI Diary	Beyond 2000	America Coast to Coast	Natural World	Wood and Galapagos				
David Letterman	Galapagos	20th Century	Movie: Force	Movie: Force	Movie: Force	Movie: Force	Movie: Force	Movie: Force	Movie: Force	Movie: Force
China Beach	L.A. Law	Movie: Murder in Black and White ** R. Crava	Movie: Psycho IV: The Beginning (1990)	Movie: Psycho IV: The Beginning (1990)	Movie: Psycho IV: The Beginning (1990)	Movie: Psycho IV: The Beginning (1990)	Movie: Psycho IV: The Beginning (1990)	Movie: Psycho IV: The Beginning (1990)	Movie: Psycho IV: The Beginning (1990)	Movie: Psycho IV: The Beginning (1990)
TX	Honey Hole	SportsTalk	Groovy: Key of Sil	College Basketball California at Arizona (L)	Hall of Greatest					
(5:30) Bugs Bunny	Movie: G.I. Joe *** M. Chelvan, L. Carr (1988)	Movie: The Untouchables *** F. Astaire, C. Christie	Movie: The Untouchables *** F. Astaire, C. Christie	Movie: The Untouchables *** F. Astaire, C. Christie	Movie: The Untouchables *** F. Astaire, C. Christie	Movie: The Untouchables *** F. Astaire, C. Christie	Movie: The Untouchables *** F. Astaire, C. Christie	Movie: The Untouchables *** F. Astaire, C. Christie	Movie: The Untouchables *** F. Astaire, C. Christie	Movie: The Untouchables *** F. Astaire, C. Christie
Clothes	Gloria	Paid	Joy of	Invitation to Life	COPE	COPE	COPE	COPE	COPE	COPE
Muchachitas	Atrapado	Novela	Novela	Fortuna	De	De	De	De	De	De



Day of Prayer Friday

Gracie Shaw, Charlotte Patzold and Eloise McDougal, members of Church Women United, look over the agenda for Friday's World Day of Prayer Service at St. Anthony's Church. The informal service will be held from 12:15-12:45 p.m., and everyone in the community is invited to join in fasting and prayer.

World Day of Prayer is Friday

Church Women United will host fasting and prayer Friday in observance of the World Day of Prayer at St. Anthony's Church in Hereford.

All men and women in the community are invited to the informal service. The theme for the service is "Caring For All Creation."

Eloise McDougal of Hereford, a national leader in church Women

United, said 170 countries will be observing the 105th annual World Day of Prayer this year.

"We are challenged to make the necessary changes in our lives to restore and heal the resources of this planet," she said. Persons attending the service are asked to donate what they would have spent for lunch to CWU, who will use the funds gathered across the world Friday to help third-world countries.

Many travelers lose vacation time to illness

The World Health Organization estimates that 20 to 50 percent of international travelers will develop traveler's diarrhea (TD) while vacationing this year.

This intestinal infection is caused by bacteria, viruses or parasites in contaminated food or water. While it can occur at any time, it usually strikes within the first week of travel and lasts an average of three to four days.

More than 20 different germs can cause TD. But up to 70 percent of cases are associated with the bacteria *Enterotoxigenic Escherichia coli*.

There are three types of TD. Simple TD, accounting for more than 50 percent of cases, usually lasts a few days and often causes nausea, vomiting, abdominal cramps and low-grade fever.

More serious is dysentery. Symptoms are bloody diarrhea, high fever and severe abdominal pain.

Chronic TD—the least common but most serious type of TD—is often associated with loss of appetite, fatigue, low fever, vague abdominal pain, bloating and nausea and may last several weeks. Both dysentery and chronic TD should be treated by a physician or infectious disease specialist.

The risk of developing TD often depends on the country visited, with increased incidence occurring in developing countries where sanitation is poor. According to the 1990 International Travel Health Guide, high-risk destinations include Mexico, the developing countries in Africa, South and Central America, the Middle East and Asia. Medium-risk areas are Southern Europe and the Caribbean islands. Northern Europe, North America, New Zealand

and Japan are considered "safe" destinations.

Weather may also contribute to the risk of developing TD. When the rainy season begins in the tropics, for example, many lakes and rivers overflow, washing dried fecal matter into waste supplies.

How to Avoid

While travelers have no control over weather, they can take steps healthy:

- *Avoid foods likely to contain living bacteria, such as:
 - raw vegetables, raw meat, raw fish
 - tap water/ice
 - unpasteurized milk
 - dairy products
 - unpeeled fruit
- *Stick to hot or bottled beverages, such as:
 - soda
 - beer
 - wine
 - tea
 - boiled water
- *Use bottled water for brushing teeth
- *Try to prepare your own food; if you don't have access to a kitchen, eat in clean restaurants.

Treatment

Despite how careful a traveler may be, TD can still occur. To help recover, drinking enough "safe fluids" to avoid dehydration is important. Eating salted crackers, bouillon, soup, or rice water (cooked rice diluted with extra water and some added salt) may be effective. It's also advisable to eliminate caffeinated beverages, liquor and unpeeled fruit and vegetables from the diet.

Ann Landers

DEAR ANN LANDERS: I am a drunk driver. Late one night last September, a police officer saw me run two red lights. She pulled me over to the side of a busy street and arrested me for driving while intoxicated.

I had never been arrested before. I had never seen the inside of a lockup or been fingerprinted. I felt degraded and humiliated. It was awful. I could only think that this stupid policewoman had no business hassling a respectable person like me.

I am writing this letter to publicly thank her for possibly saving my life and preventing me from causing the injury or death of others.

In accordance with Connecticut law, my driver's license has been suspended for 90 days. I can't drive to work. I can't drive to do my marketing. I can't drive anywhere. And I can't stop thinking about all the other times I pulled up to my favorite bar, tanked up on premium beer and then became the self-designated driver from hell.

Many times I don't remember how I got home. I can't figure out why I was never arrested before. Some might say my luck finally ran out. Actually, my good fortune is just beginning. After several months of sobriety, I am thinking more clearly and acting more responsibly than I ever have in my entire life.

I'm taking it one day at a time. I now know that alcoholism is a powerful disease. Its deadliest symptom is denial. I had no idea I was

an alcoholic. I thought I was simply a misunderstood guy who drank a little too much but not enough to get into trouble. Members of my family are still confused by my former behavior. Even though they saw me when I was loaded it never occurred to them that I had a serious problem.

Continuous recovery means I won't be drinking an alcoholic beverage for the rest of my life. The thought of never drinking again scares me, but the thought of EVER drinking again terrifies me. So I will continue to get help. I now have the strength and clarity of mind to ask for it.--Windsor, Conn.

DEAR WINDSOR: Thank you for a letter that may wake some people up. You didn't say, but I have an idea you found Alcoholics Anonymous. Good luck and God bless.

DEAR ANN LANDERS: I had a very special pen pal during Operation Desert Shield. We exchanged letters two and three times a week. In his last letter, he sent me \$300 so I could come visit him when the war was over.

Unfortunately, he never wrote me after that. I think he must have lost my address. Can you help me find him?--Becky in Crystal Springs, Mass.

DEAR BECKY: It could be that your pen pal was married or possibly engaged and he sent the money to ease his guilt—or heaven forbid, he was killed in action. Whatever the reason, I hope you will put him out of your mind and get on with your life. It wasn't meant to be, dear.

DEAR ANN LANDERS: The etiquette maven strikes again. In a recent column you said a divorced woman should have her mail addressed to "Mrs. Martha Jones." WRONG! She should be addressed by her maiden name plus married name, "Mrs. Smith Jones." "Mrs. Martha Jones" is NEVER correct. Just plain Martha Jones is permissible.--V.L., Chicago, Ill.

DEAR V.L.: According to Letitia Baldrige, the premier authority on etiquette in America and whose books are considered "gospel", a divorced woman should go by her first name and her ex-husband's last name as "Mrs. Martha Jones." Or, if she prefers, she can return to her maiden name. That should settle it.

New Arrivals

Cathy and Robert Chase are the parents of a daughter, Kelsie Morgan, born Feb. 21 at Amarillo's Northwest Texas Hospital. She weighed 7 lbs. 10 oz.

Grandparents are Janet Guthrie of Amarillo, Ronnie Chase of Borger and Leonard and Betty Bartels of Hereford. Great-grandparents are Lillian Guthrie of Amarillo and Frieda Bartels of Hereford.

Living will discussed by Jackson

Jerrye Jackson presented a program concerning the legal aspects of being a widow and the need for a living will when members of Cultural Extension Homemakers Club met Feb. 28 at the Hereford Senior Citizens Center.

Nell Pope offered a prayer and Naomi Hare led the pledges to the flags. For the opening exercise, Fannie Townsend read "What A Volunteer Is."

During the business meeting with President Perry Keyes presiding, Townsend read the minutes of the previous meeting which were approved. Byrdie Fellers gave the treasurer's report and communications were ready by Keyes and Townsend.

Townsend reported on the exhibits which were featured at the recent Annual Appreciation Luncheon. She also announced that Nikki Messer and Jeff Carlson won honors at the recent Houston Livestock Show.

Winnie Wiseman reported for the telephone committee. Vernis Parsons stated she had sent two cards for the cheer committee.

Jewel Hargrave, in the absence of council delegate Wilma Goettsch, gave the council report. She reminded members of the tickets that need to be sold for the upcoming quilt to be given away.

Members present were Parsons, Daisy Steele, S.T. Walton, Nell Pope, Hargrave, Fellers, Jewel Rogers, Wiseman, Hare, Edna Marrell, Keyes and Townsend.



A '50's Youth Musical for the '90's!

presented by
First Baptist Church Youth Choir
 Friday March 6th, 7:30pm
 Sunday March 8th, 7:00pm

Both productions will be held at
Stanton Learning Center Auditorium
 711 Park Ave.



Preparing for celebration

Jeri Bezner helps decorate the Deaf Smith County Museum for its 25th anniversary celebration planned from 1:30-4 p.m. Sunday, March 8. The public is invited to attend. A special post mark for mailings will be available to note the occasion.

A LONE STAR "STEAL"

Reach 2.4 MILLION Texans for ONLY \$250

Now you can run your classified ad in newspapers all across Texas for only \$250. That's right—a 25 word ad costs only \$250 to run in 225 newspapers with a combined circulation of 1,260,218 (that's 2.4 million readers) throughout the Lone Star State.

One call to this newspaper, that's all. We'll place your ad in 225 newspapers. All you have to do is get ready for the results.

This new sales opportunity is brought to you by this newspaper and the member newspapers of the Texas Press Association.

CALL 364-2030



- 1- 10x13 (Wall Photo)
- 1- 8x10
- 2- 5x7
- 2- 3x5
- 16- King Size Wallets
- 8- Regular Size Wallets

30 Color Photos

99¢ Deposit
 \$11.00 Due at Pick up (plus tax)

\$1199

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 Thur., Fri., Sat., - March 5-6-7
 9am-1pm & 2pm-7pm



Shugart's inc.

Group charge 99¢ per person



Neva's

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SALE

Starts Monday March 2nd
 Everything Must Go! Fixtures TOO!

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or come by 313 N. Lee to place your classified advertising.
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Fax: 364-8364
313 N. Lee

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Classified advertising rates are based on 15 cents a word for first insertion (\$3.00 minimum), and 11 cents for second publication and thereafter. Rates below are based on consecutive issues, no copy change, straight word ads.

TIMES	RATE	MIN
1 day per word	15	3.00
2 days per word	26	5.20
3 days per word	37	7.40
4 days per word	48	9.60
5 days per word	59	11.80

If you run ads in five consecutive issues with NO changes, you get the same ad in the **Reach 4 More** free. The regular charge for that ad would be \$4.00.

CLASSIFIED DISPLAY
Classified display rates apply to all other ads not set in solid word lines those with captions, bold or larger type, special paragraphing, all capital letters. Rates are \$4.15 per column inch; \$3.45 an inch for consecutive additional insertions.

LEGALS
Ad rates for legal notices are same as for classified display.

ERRORS
Every effort is made to avoid errors in word ads and legal notices. Advertisers should call attention to any errors immediately after the first insertion. We will not be responsible for more than one incorrect insertion. In case of errors by the publishers, an additional insertion will be published.

1-Articles For Sale
New and now in stock: **The Roads of New Mexico, in book form.** Also **The Roads of Texas, \$12.95 each.** Hereford Brand, 313 N. Lee. 15003

A Great Gift!!! **Texas Country Reporter Cookbook -- the cookbook everyone is talking about.** 256 pages featuring quotes on recipes ranging from 1944 War Worker rolls to a creative concoction using Texas tumbleweeds. **\$13.95 at Hereford Brand.** 17961

Repossessed Kirby & Compact Vacuum. Other name brands \$39 & up. Sales & repair on all makes in your home. 364-4288. 18874

Copier for sale - Minolta EP-50 with 5 toner cartridges. Like new. 364-5568. 19045

Most TV's can be repaired in your home. Call Tower TV, 364-4740, for quick service. All makes & models. 19549

Tandy 1000 SL2 computer, 20 meg hard drive, color monitor, 2 years old, \$800.00. Tandy DMP133 printer, \$150.00. 364-7776, leave message. 19960

Wanted good used quality furniture. Maldonados 208 N. Main. 19992

Used Nintendo games for Sale, \$10 each. W.H. TV & Appliance, 136 W. 3rd. Call 364-1588. 19993

Console Entertainment unit includes, TV, turntable, stereo, dual cassette player, equalizer, in excellent condition. Call after 5 p.m. 364-2522. 19995

White bedroom suite for sale, dresser, mirror, desk & chair. Call 364-4640 or 364-5332. 20013

For sale: 30-06 Winchester Model 70, like new, w/Simmons 3-10x44 scope, double case, etc. \$500 cash. 364-1446. 20015

For sale 3 piece living room set. \$600.00. Fair condition. 824 S. McKinley after 6 p.m. 20017

1A-Garage Sales
Yard sale, Thursday 9a.m.(only) til 7. 118 A So. Centre, behind Thames Pharm. 20016

Garage Sale 433 Star Thursday & Friday 8-? Also Saturday 8-12. Lots of everything. 20018

3-Cars For Sale

We Will Pay Cash Or Sell On Consignment Clean Used RV's. 359-7116.
1-800-658-9889

MUFFLER SHOP CROFFORD AUTOMOTIVE
Free Estimates
For All Your Exhaust Needs
Call 364-7650

Take over very low payments on extra clean sporty red 1990 Plymouth Sundance. Would make good school car. 276-5621. 19925

Buy cars, trucks, computers, houses, and much more dirt cheap from the U.S. Government. For information call (214)601-1331 19959

1987 F150 Ford Pickup Clean & Extra Good condition, \$4,995.00. 364-0660. 19979

1986 Ford Tempo, GL, low miles, good condition. Reasonably priced, 364-0660. 19980

For sale 1979 Chevrolet Suburban, 454 engine, super clean, \$2500.00. Call 364-1646. 19987

For sale 1987 Chevy Silverado, 1984 Delta 88, All options prices negotiable, also set of GMC Rallye Wheels. Call 578-4497. 19990

1982 Ford Escort. Clean and runs great! Owner financing available. Several other used cars also. Call 364-0763. 19991

1985 4 dr Celebrity 2.8 V6, air, cruise, radio, beige, good brakes/tires, 810 Brown Rd. Canyon. (806)655-4410. Asking \$2850 or best offer. 20001

'89 Nissan 300ZX All the Bells & Whistles, low mileage, excellent condition, new tires. 538-6339, leave message if no answer. 20007

CROSSWORD
by THOMAS JOSEPH

ACROSS

1 Come home, e.g.
6 Disrobe
10 Cherishes
11 Singer
12 Signs of tomorrow
13 Draw out
14 Dictionary entry
15 Semiprecious stone
16 Time period
17 Beltry resident
18 Mystery author
19 New Jersey beach town
22 Calaboose
23 Cream of the crop
26 Bed type
29 Political party
32 Born
33 Compass dir.
34 Banished
36 Hero's tale
37 Vetoes
38 Goddesses of destiny
39 Does paper work

DOWN

1 More like a tortoise
2 Indian Ocean islands
3 Ham it up
4 Tear
5 Road curve
6 Coverings for jet engines
7 Blow one's top
8 Sajak or Cullen
9 Suspicious

40 Ten-percenter
41 Golf gadgets
42 Parks and Convoy

Yesterday's Answer

11 Serving cart
17 Titled lady
20 Aperitif of white wine
21 Affirmative vote
24 Cardigan
25 Trig function
27 Forged a trail
28 Baking

29 "The Maids"
35 Allows playwright
30 Oxygen compound
31 Sprite
35 Allows fellow
36 Wise for the Beatles

1	2	3	4	5	6	7	8	9

Credit Problem-No Problem. You can own a car. Call Sam at 364-2727. 19628

'86 Isuzui Pickup, excellent condition. 364-2057. 19872

1979 Mustang, air conditioning, rebuilt auto transmission, great school car, \$1800.00 OBO. Call John Cox 364-2141-Days; 355-5532 after 6 p.m. 20012

4-Real Estate
Money paid for houses, notes, mortgages. Call 364-2660. 790

Quality Section of irrigated farm land for lease near Dimmitt. Team Bank (806-378-3270). 19871

5-Homes For Rent

PARK PLACE APT.
Apartment for Rent
DBL Car Garage
364-4350

1,2,3 and 4 bedroom apartments available. Low income housing. Stove and refrigerator furnished. Blue Water Garden Apts Bills paid. Call 364-6661. 770

Best deal in town, furnished 1 bedroom efficiency apartments. \$175.00 per month bills paid, red brick apartments 300 block West 2nd Street. 364-3566. 920

Nice, large, unfurnished apartments. Refrigerated air, two bedrooms. You pay only electric-we pay the rest. \$305.00 month. 364-8421. 1320

Self-lock storage. 364-6110. 1360

2 bedroom unfurnished duplex w/d hookup, fenced yard, no pets, \$225.00 monthly. Call 364-4730 evenings. 17133

Need extra space? Need a place to have a garage sale? Rent a min-storage. Two sizes available, 364-4370. 18115

Eldorado Arms Apartments. One & Two bedroom by the week or month, \$75 Deposit, Free cable & water. 364-4332. 18873

For rent 2 bedroom apartment, Paloma Lane Apartments, yard maintained, carpeted, range furnished, no pets, \$170/deposit, HUD contracts welcomed. 364-1255. 19567

DIAMOND VALLEY MOBILE HOME PARK
Lots Located Sioux, Cherokee Sts., G&H Office Space-415 N. Main w/ janitor service & Utilities
Doug Bartlett-415 N. Main
364-1483-Office
364-3937-Home

Store front building for lease, 3500 sqft. at 421 North Main. Former Sears retail store. Call Diamond Valley Enterprise for information. Store available after March 1st. 364-1483. 19831

Owner to sell NW, 3 bedroom, 2 bath with large shop. 9% non-qualifying assumable loan. 364-4633 after 6:30 p.m. 19930

Eastern New Mexico Ranch, 10,000 ac. grama grass, 3,000 ac. cult. 1,000 ac. C.R.P. Deaf Smith Co. Ranch-3300 ac. ranch/large pre conditioning yd. Contact Tony Gabel at Scott Land Co. 276-5341. 19939

Retire at Lake Tanglewood near Amarillo! 4 bedroom, 3 bath on tree lined lake front. Will trade for farmland. Call Larry or Kay, 358-7421 or 358-2022 or 622-2000, Larry Brown Realtors, Inc. 19950

House to be moved, 1200 sq.ft., metal siding, hardwood floor in living room, lots of cabinets, closets. Call 647-5526 or 647-3335. 19994

For rent 1 bedroom apartment, all bills paid, stove, refrigerator & A/C provided. 364-3209. 19825

Three bedroom, 1 1/2 bath, fenced backyard. 293-5637. 19937

Two bedroom, stove, fridge, washer/dryer hookup, water paid. 364-4370. 19956

Nice 3 bedroom brick at 841 Blevins. Attached garage, hookups, fenced yard, \$350 + deposit. References. 364-4049 or 364-4921. 19976

For rent furnished efficiency duplex, stove, refrigerator, water paid, \$159.00. 364-4370. 19985

For rent 3 bedroom, 2 bath, washer/dryer hookup, cellar, \$250 + \$100 deposit, 215 Knight. 364-4908. 19988

For rent, 2 bedroom duplex with water paid. 364-2131. 19999

For rent 2 bedroom house, washer/dryer hookup, \$100 deposit, \$275/mo, you pay bills. 364-5855. Available March 5th 20000


House for rent or lease, 3 bdrm, 1 1/2 bath, builtins, fenced yard. 364-1274, 8-5; 364-3750, night; References & deposit required. 20009

For rent 3 bedroom 1 1/2 bath. 847 Irving, 375.00 month + deposit. 364-5299. 20010

6-Wanted
Want to buy small recliner chair that does not rock. Must be in good condition with good springs. Call 364-6957.

7-Business Opportunities
Make approx. \$200/day. Need churches, schools, athletic group, club/civic group or person 21 or older, to operate a family fireworks center, June 24-Jul 4. Call 1-800-442-7711. 19922

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The Hereford Brand




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364-2030

Classifieds.

They're just for you, everyday, in the Hereford Brand.

Call Janey Allmon today at 364-2030 and get a classified to work for you.

Calendar of Events

THURSDAY

San Jose prayer group, 735 Brevard, 8 p.m.
 Weight Watchers, Community Church, 6:30 p.m.
 Kids Day Out., First United Methodist Church, 9 a.m. until 4 p.m.
 Kiwanis Club, Community Center, noon
 TOPS Club No. 941, Community Center, 9 a.m.
 Story hour at the library, 10 a.m.
 Hereford Toastmasters, Ranch House, 6:30 a.m.
 Ladies exercise class, First Baptist Church Family Life Center, 7:30 p.m.
 Immunizations against childhood diseases, Texas Department, of Health office, 914 E. Park, 9-11:30 a.m. and 1-4 p.m.
 Al-Anon, 406 W. Fourth St., 8 p.m.
 Bud to Blossom Garden Club, 9:30 a.m.
 Elketts, 8 p.m.
 L'Allegria Study Club, 10 a.m.
 Alpha Iota Mu Chapter, 7:30 p.m.
 Wyck Extension Homemakers Club, 2:30 p.m.
 Bay View Study Club, 2 p.m.
 VFW, VFW clubhouse, 8 p.m.
 BPOE Lodge, Elks Hall, 8:30 p.m.
 National Association of Retired Federal Employees, Hereford Senior Citizens Center, 1 p.m.
 Hereford Child Care Providers, 7:30 p.m.
 Camp Fire Leaders Association, Camp Fire Lodge, 7:30 p.m.
 Merry Mixers Square Dance Club, Community Center, 8 p.m.

FRIDAY

Kiwanis Whiteface Breakfast Club, Cason House, 6:30 a.m.
 Community Duplicate Bridge Club, Community Center, 7:30 p.m.
 Hereford Senior Citizens governing board 2 p.m. and business meeting 3 p.m. at Senior Citizens Center.
 Patriarchs' Militant and Ladies Auxiliary, IOOF Hall, 8 p.m.
MONDAY
 AA meets Monday through Friday, 406 W. Fourth St., noon, 5:30 p.m. and 8 p.m. For more information call 364-9620.
 Spanish speaking AA meetings each Monday, 406 W. Fourth St., 8 p.m.
 Ladies exercise class, First Baptist Church Family Life Center, 7:30 p.m.
 Odd Fellows Lodge, IOOF Hall, 7:30 p.m.
 TOPS Chapter No. 1011, Community Center, 5:30-6:30 p.m.
 Rotary Club, Community Center, noon.
 Planned Parenthood Clinic, open Monday through Friday, 711 25 Mile Ave., 8:30 a.m. until 4:30 p.m.
 Civil Air Patrol-U.S. Air Force Auxiliary, Community Center, 7 p.m.
 Masonic Lodge, Masonic Temple, 7:30 p.m.
 Easter Lions Club, Easter Clubhouse, 8 p.m.
 Hereford Music Study Club, 1:30 p.m.
 Beta Sigma Phi City Council, Reddy Room of Southwestern Public Service building, 8 p.m.
 Texas Retired Teachers Association, Hereford Senior Citizens

Growing rhubarb discussed

Billee Johnson gave tips on raising rhubarb in the home garden when members of the Bud to Blossom Garden Club met recently at the Hereford Garden Center.
 Johnson explained that rhubarb should be planted in the fall using an abundance of fertilizer. The plant needs clay and sandy soil and has to freeze during the winter months. It can be planted thick and makes a good edging. It should not be picked the first year. Johnson also recommended that the plant be cooked with apples and strawberries. Rhubarb punch may be made when the plant is too stringy to eat.
 Roll call was answered with "vegetables I plant in my garden." Maria Escamilla presented the conservation series entitled "A Kitchen Garden in Containers."
 During the business session, club members made plans to attend the District I Spring Convention to be held in Lubbock.
 Johnson and Escamilla served refreshments to Phyllis Brown, Mildred Fuhrmann, Naomi Hare and Ursalee Jacobsen.

Center, 11:30 a.m.
 Valeda Study Club, 7:30 p.m.
 Deaf Smith County Historical Museum: Regular museum hours Monday through Saturday 10 a.m. to 5 p.m. and Sunday by appointment only.

TUESDAY

TOPS Chapter No. 576, Community Center, 9 a.m.
 Kids Day Out, First United Methodist Church, 9 a.m. until 4 p.m.

St. Thomas 12-step recovery program, open to the public, 7:30-8:30 p.m. For more information call the church office at 364-0146.
 Domestic Violence Support Group for women who have experienced physical or emotional abuse, 5 p.m. Call 364-7822 for meeting place. child care is available.
 Hereford Rebekah Lodge No. 228, IOOF Hall, 7:30 p.m.
 Problem Pregnancy Center, 801 E. Fourth St., open Tuesday through Friday, 9 a.m. until noon. Free and

confidential pregnancy testing. Call 364-2027 or 364-7626 for appointment.
 Free women's exercise class, aerobics and floorwork, Community Church, 7:30 p.m.
 Hereford AMBUCS Club, Ranch House, noon.
 Social Security representative at courthouse, 9:15-11:30 a.m.
 Kiwanis Club of Hereford-Golden K, Senior Citizens Center, noon.
 Lone Star Study Club, 2:30 p.m.
 Order of Eastern Star, Masonic

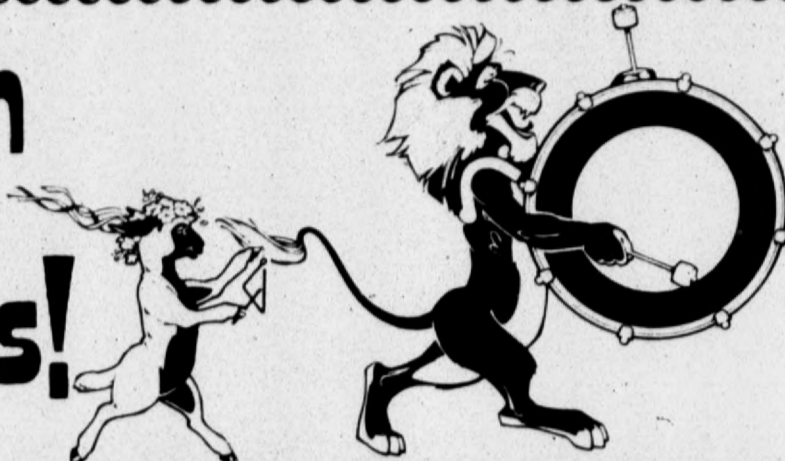
Temple, 8 p.m.
 Westway Extension Homemakers Club, 7 p.m.
 Pioneer Study Club, 10 a.m. for business meeting and luncheon follows.
 Pilot Club, Community Center, 7 a.m.

WEDNESDAY

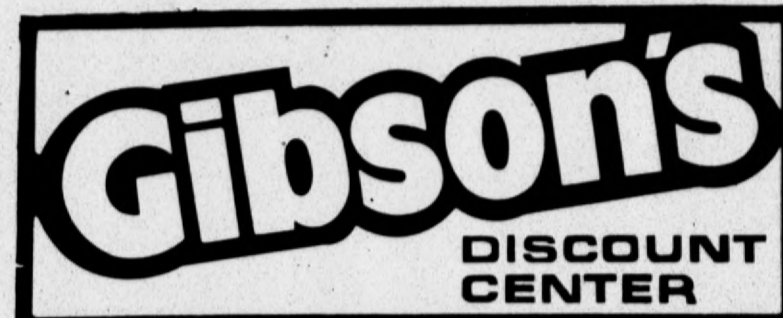
Noon Lions Club, Community Center, noon.
 Young at heart program, YMCA,

9 a.m. until noon.
 Al-Anon, 406 W. Fourth St., 5 p.m.
 Bippus Extension Homemakers Club, 2 p.m.
 United Methodist Women of First United Methodist Church, in Ward Parlor, 9:30 a.m.
 Credit Women International, Ranch House, noon.
 Wesley United Methodist Women, at church, 7:30 p.m.
 Sweet 'n' Fancy Cake Decorating Club, Community Center, 7 p.m.

March into Savings!



1115 W. Park
 364-3187
 Mon. - Sat.
 9:00am
 to
 9:00pm
 Sunday
 12:00pm
 to
 6:00pm



EFFECTIVE THRU SAT. MARCH 7TH.

GROCERIES

Alcon Opti-Free Rinsing, disinfecting and storage solution. \$6.99 12 fl.oz. REG. 7.53	BEST FOR LESS EVERYDAY Listerine Antiseptic Kills germs that make plaque, gingivitis, bad breath. \$3.96 32 fl. oz. 	Oil of Olay Beauty Fluid \$6.99 6 fl.oz. 	Dove Beauty Bar Moisturizing Beauty Bar. 79¢ 3.5 oz. bar REG. .89c
Huggies Diapers Disposables Small, medium, large, extra large. \$9.99 	Lunch Buckets 8.5 oz. 99¢ REG. 1.18 	Krispy Crackers 79¢ 16 oz. pkg. REG. .99c 	Coke \$3.49 12 pack 

HOUSEWARES

BEST FOR LESS EVERYDAY Vanish Drop-Ins Blue or green 1.7 oz. \$1.09 	Hefty Baggies Food storage bags. 50ct - 1 gal. 20ct - 2 gal. \$1.00 REG. 1.67 
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CLOTHING & FABRIC

Fabric Cotton Belle Available in all Colors 100% Cotton Crease Resistant 45" Wide \$2.79 per yd. REG. 3.29 Per Yd. Springs Industries	Fabric Sheermist Available in all Colors 65% Kodel Polyester 35" Combed Cotton \$2.19 per yd. REG. 2.49 Per Yd. Springs Industries	
Toddler Pocket T Shirts \$1.96 REG. 2.96 5400	No Nonsense Briefs Ladies 3 pk stretch briefs. Asst. colors \$4.99 	Wrangler Jean Shirts Long sleeves 2 pockets, button front. Asst. colors \$9.96 

ENTERTAINMENT

Emerson 27" Color Stereo TV While Supplies Last! TS2750D \$450.00 REG. 529.95	Video Cassette Rewinder Turbowinder-Save wear & tear on VCR Heads HE 8672 \$9.97 REG. 12.88
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TOYS

Cycle Products Nor Mor Flats asst. sizes \$12.99, \$13.99, \$15.99	BEST FOR LESS EVERYDAY Wilson James Worthy "sign" Basket Ball \$9.95 B2062	BEST FOR LESS EVERYDAY Nelson Nylon Sport Roll Bag \$5.99 839
ERTL Farm Country Barn and Silo Set \$26.99 REG. 29.99 4242	BEST FOR LESS EVERYDAY Mead 3 Subject Notebook Wide and Col. \$1.57 05746-05748	BEST FOR LESS EVERYDAY Mead 12 Pocket All Purpose File 35220 \$3.99 REG. 4.76

PETS, HARDWARE & AUTO.

BEST FOR LESS EVERYDAY Edward Lowe Cat Litter \$1.24 10lb. Bag 
BEST FOR LESS EVERYDAY Furnace Filters 58¢ 
BEST FOR LESS EVERYDAY Gumout Carb. & Jet Spray \$1.78 7450 

Dr. Milton Adams
 Optometrist
 335 Miles
 Phone 364-2255
 Office Hours:
 Monday - Friday
 8:30-12:00 1:00-5:00

HOMELAND®

BIG ONE CENT SALE

SAVE OVER \$153.00 ON 95 ONE CENT SALE ITEMS

Soft'n Gentle
4 Rolls
White Bathroom Tissue

SAVE 98¢

Package of 4 Rolls All Available Varieties Pre-Priced 99¢
SOFT N' GENTLE BATH TISSUE

¢cent

BUY ONE, GET A LIKE ITEM FOR JUST...

JENO'S
Crisp 'n Tasty

GREAT FOR SNACKING TOO!

7.6-oz. Package

SAVE \$1.48

JENO'S FROZEN PIZZA Combination, Sausage, Pepperoni, Canadian Bacon or Hamburger

¢cent

BUY ONE, GET A LIKE ITEM FOR JUST...

Large Head

CRISP ICEBERG LETTUCE

¢cent

BUY ONE, GET A LIKE ITEM FOR JUST...

Wilson
Certified Since 1911

1 LB. Bacon

1-lb. or 2-lb. Packages

SAVE UP TO \$4.56

WILSON SLICED BACON

¢cent

BUY ONE, GET A LIKE ITEM FOR JUST...

BACK BY POPULAR DEMAND!

UP TO \$1.00 DOUBLE COUPONS

DOUBLE MANUFACTURER'S COUPONS (UP TO \$1.00) GOOD NOW THRU THE END OF MARCH

SEE YOUR NEARBY HOMELAND STORE FOR DETAILS

HOMELAND®

FAX SERVICES AVAILABLE IN ALL HOMELAND STORES

SALES IN RETAIL CONSUMER QUANTITIES ONLY, PLEASE

MARCH						
SUN	MON	TUES	WED	THUR	FRI	SAT
			4	5	6	7
8	9	10				

PRICES EFFECTIVE WEDNESDAY, MARCH 4 THRU TUESDAY, MARCH 10, 1992 IN DUMAS AND HEREFORD, TEXAS 116
Newspaper Advertising Supplement to The Moore County News/Press and The Hereford Brand

BIG ONE CENT

BUY ONE OF THE FOLLOWING ITEMS AND GET A LIKE ITEM FOR JUST ONE CENT



Buy One, Get One For...

42-OZ. BEST BUY
PRE-CREAMED
SHORTENING

SAVE \$1.58



Buy One, Get One For...

24-OZ. CRUSHED
WHEAT
BREAD

SAVE \$1.22



Buy One, Get One For...

1-LB. TOWN HOUSE
LONG GRAIN
RICE

SAVE 49¢



Buy One, Get One For...

.75-OZ. DURKEE
BROWN
GRAVY MIX

SAVE 74¢



Buy One, Get One For...

4-OZ. HOMELAND PURE
VANILLA
EXTRACT

SAVE \$3.98



Buy One, Get One For...

8.5-OZ. AZTECA
FLOUR
TORTILLAS

SAVE 98¢



Buy One, Get One For...

1-LB. TOWN HOUSE
YELLOW
POPCORN

SAVE 68¢



Buy One, Get One For...

5.5-OZ. PILLSBURY
SPECIALTY
POTATOES

SAVE \$1.18



Buy One, Get One For...

1-OZ. DURKEE
BLACK
PEPPER

SAVE 88¢



Buy One, Get One For...

6.5-OZ. LAY'S
POTATO
CHIPS

SAVE \$1.48



Buy One, Get One For...

1-LB. TOWN HOUSE
PINTO
BEANS

SAVE 44¢



Buy One, Get One For...

10-OZ. AMERICAN BEAUTY
ASSORTED
PASTA

SAVE 78¢

LOOK BELOW FOR MORE OF HOMELAND'S LOW PRICES

LONGHORN CHEESE OR COLBY BEST BUY HALF MOON Pre-Priced \$2.59 16-oz. Package

DOROTHY LYNCH SALAD DRESSING OR REDUCED CALORIE 8-oz. Bottle 89¢

HOMELAND YOGURT ALL AVAILABLE 8-OZ. VARIETIES 2 For 89¢

HUNT'S SPAGHETTI SAUCE HUNT'S ALL AVAILABLE VARIETIES 27-oz. Can 99¢

2% LOWFAT MILK HOMELAND BRAND Gallon \$1.99

CITRUS ROYALE FRUIT PUNCH Half-Gallon Carton 99¢

HOMELAND BUTTERMILK Half-Gallon Carton \$1.29

LIBBY'S WHOLE PEELED TOMATOES 28-oz. Can 79¢

HOMELAND

The Best A Market Can Be

BUY ONE GET ONE FREE

BUY ONE OF THE FOLLOWING ITEMS AND GET A LIKE ITEM FOR JUST ONE CENT

Buy One, Get One For...

7-OZ. BANQUET FROZEN POT PIES

All Available Varieties

SAVE 74¢

Buy One, Get One For...

16-OZ. GREEN GIANT FROZEN VEGETABLES

Sweet Peas or Mixed Vegetables

SAVE \$1.34

Buy One, Get One For...

28-OZ. BANQUET FAMILY ENTREES

All Available Varieties

SAVE \$2.88

Buy One, Get One For...

12-OZ. DOLE FROZEN PURE & LIGHT JUICE

All Available Varieties

SAVE \$1.88

Buy One, Get One For...

16-OZ. GREEN GIANT NIBLETS CORN

SAVE \$1.34

Buy One, Get One For...

3-OZ. LUCERNE CREAM CHEESE

SAVE 48¢

Buy One, Get One For...

12-OZ. LITE FLUFF TEXAS STYLE BISCUITS

Butter, Sweet Milk or Buttermilk

SAVE 74¢

Buy One, Get One For...

PACKAGE OF TWO 8-OZ. TUBS BLUE BONNET SPREAD

SAVE 98¢

Buy One, Get One For...

EAGLE TORTILLA CHIPS

14-OZ. RESTAURANT STYLE OR 9.5-OZ. RANCH OR NACHO

SAVE \$1.98

Buy One, Get One For...

6.5-OZ CARNATION CHUNK LIGHT TUNA

SAVE 88¢

Buy One, Get One For...

5-LB. BAG TASTY NUGGETS DOG FOOD

COMPLETE & BALANCED DOG FOOD

SAVE \$2.78

Buy One, Get One For...

GALLON HOMELAND SPRING WATER

SAVE 98¢

LOOK BELOW FOR MORE OF HOMELAND'S LOW PRICES

DAIRY LUCERNE FAT FREE FROZEN DESSERT Half-Gallon Carton **\$1.99**

ICE CREAM BARS Regular or Crispy Package of 6 **\$2.49**

RANCH STYLE BEANS Original, With Jalapeno or Pintos With Jalapenos 15-oz. Cans **2 \$1**

PEPSI COLA 12 Pack 12-oz. Cans **\$2.79**

BANQUET DINNERS FROZEN All Available Varieties 9-oz. Packages **4 \$5**

REAMES FROZEN EGG NOODLES 16-oz. Package **\$1.39**

FUDGE BROWNIE MIX GOLD MEDAL 10.25-oz. Package **69¢**

HOMELAND

The Best A Market Can Be

BIG ONE CENT

BUY ONE OF THE FOLLOWING ITEMS AND GET A LIKE ITEM FOR JUST ONE CENT



Buy One, Get One For...

FUJI T-120 VIDEO TAPES



Buy One, Get One For...

16-OZ. BOTTLE PLEDGE HOUSEHOLD CLEANER



Buy One, Get One For...

PACKAGE OF 160 HOMELAND BABY WIPES



Buy One, Get One For...

PACKAGE OF 2 HOMELAND LIGHT BULBS



Buy One, Get One For...

PACKAGE OF 100 CURITY SOFT PUFFS



Buy One, Get One For...

PACKAGE OF 54 Q-TIPS SWABS



Buy One, Get One For...

2.5-OZ. PACKAGE POWER STICK DEODORANT



Buy One, Get One For...

9-OZ. AQUA NET HAIR SPRAY



Buy One, Get One For...

PACKAGE OF 20 WHITE MAGIC FABRIC SOFTENER SHEETS



Buy One, Get One For...

PACKAGE OF 20 16-OZ. DIXIE COLORED PARTY CUPS



LOOK BELOW FOR MORE OF HOMELAND'S LOW PRICES

GILLETTE ATRA CATRIDGES
Package of 5
\$2.79

GLADE AIR FRESHENER
7-oz. Can
99¢

FUJI 8-MM VIDEO CASSETTE
Package of 20
\$4.99

MR. COFFEE COFFEE FILTERS
Package of 200
\$1.69

GILLETTE TRAC II CATRIDGES
Package of 5
\$2.79

DURACELL ALKALINE BATTERIES
PACKAGE OF TWO C OR D OR ONE 9-VOLT
\$2.49

LACTAID FOR LACTOSE INTOLERANCE
CAPLETS
Package of 50
\$5.99

BIC DISPOSABLE LIGHTERS
Package of 5
\$2.99

MAALOX MINT HEARTBURN RELIEF
12-oz. Bottle
\$6.99

BAN CLEAR SOLID DEODORANT
1.75-oz. Package
\$1.99

BLUE WILLOW 12-INCH ROUND PLATTER
Beautifully Decorated Dinnerware
\$11.99 Each
3 PC. PLACE SETTING **\$3.99**

60¢ OFF WHEN YOU BUY TWO FUJI T-120 HQ VIDEO TAPES
OFFER GOOD ONLY AT HOMELAND, SUNDAY MARCH 1, THRU TUESDAY MARCH 10, 1992.
CONSUMER: One Coupon per purchase. Good only on products indicated. Consumer pays sales tax. RETAILER: Redemptions on terms stated for consumer upon purchase of products indicated. Any other use constitutes fraud. For reimbursement of face value plus 8¢ mail to: Fuji Tape, P.O. Box 870054, Ft. Worth, TX 76187-0054. Failure to produce invoices proving purchase stock covering coupons may void all coupons submitted. Void if used, restricted, prohibited or processed by other than retailers of the product. Cash value 1/20¢ of 1 cent. Fuji Photo Film U.S.A., Inc. Coupons claims must be received 90 days after the expiration date.
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CHARLIE BROWN 'CYCLOPEDIA VOLUME 10
\$2.99 Each

HOME OF GOOD HEALTH
FREE PRESCRIPTION CARD
Details are available at any of the 55 Homeland Pharmacy locations on how you can GET A FREE PRESCRIPTION CARD (Up To \$10.00 Value).

HOMELAND The Home Of Friendly Service
EXTRA LOW PRICES

BIG ONE CENT SALE

BUY ONE OF THE FOLLOWING ITEMS AND GET A LIKE ITEM FOR JUST ONE CENT

Buy One, Get One For...

1-LB. OR 2-LB. WILSON SLICED BACON



1¢

Buy One, Get One For...

16-OZ. WILSON JUMBO MEAT FRANKS



1¢

SAVE \$2.38

Buy One, Get One For...

12-OZ. MR. TURKEY VARIETY PACKS



1¢

SAVE \$2.88

Buy One, Get One For...

8-OZ. SWIFT PREMIUM BROWN N' SERVE SAUSAGE



1¢

SAVE \$1.98

Buy One, Get One For...

6-OZ. HEALTHY FAVORITES LUNCH MEATS



OSCAR MAYER Smoked, Oven Roasted or Honey Roasted Turkey Breast or Boiled, Honey or Smoked Ham

1¢

SAVE \$2.38

Buy One, Get One For...

16-OZ. FROZEN FISHER BOY CRUNCHY FISH PORTIONS



1¢

SAVE \$2.98

LOOK BELOW FOR MORE OF HOMELAND'S LOW PRICES ON QUALITY MEAT PRODUCTS

 BONELESS HAMS HORMEL CURE #1 Whole, Small Whole or Small Half lb. \$2.99	LUNCHBREAKS LOUIS RICH OR OSCAR MAYER LUNCHABLES 4.5-oz. Package \$1.39	DELUXE LUNCHABLES OSCAR MAYER 5.5-oz. Package \$1.89	LUNCHABLES WITH DESSERT OSCAR MAYER 5-oz. Package \$1.69
BONELESS STEAKS TENDERIZED BOTTOM ROUND BEEF lb. \$2.49	BONELESS ROASTS BEEF RUMP OR BOTTOM ROUND lb. \$2.29	TURKEY BACON LOUIS RICH 12-oz. Package \$1.99	SMOKED SAUSAGE ECKRICH Regular or Polish 16-oz. Package \$1.99
		JIMMY DEAN SAUSAGE 2-LB. ROLL \$4.37 1-lb. Roll \$2.19	



PORK LOINS BONUS PACKS OF ASSORTED CHOPS OR RIB HALF LOIN WHOLE OR CUT TO ORDER lb. \$1.19 SAVE lb. 90¢	SPARE RIBS REGULAR OR COUNTRY STYLE SAVE lb. 60¢ OR MORE lb. \$1.39
PORK ROASTS FRESH PICNICS lb. 97¢	PORK STEAKS SHOULDER BLADE lb. \$1.49
CUBE STEAKS SAVE lb. \$1.11 lb. \$2.58	PORK CHOPS CENTER RIB BONUS PACKS OF 12-POUNDS OR MORE lb. \$2.19
	BONELESS CHOPS PORK TOP LOIN OR BUTTERFLY lb. \$3.49
BONELESS LOINS WHOLE PORK lb. \$2.99	PORK LOINS QUARTER SLICED lb. \$1.49

Deli

CHEESE PIZZAS
2 12-inch Pizzas **\$5.99**

Buy Two 12-inch Cheese Pizzas and Get a 8-oz. WILSON SLICED PEPPERONI For Just... **1¢**

SMOKED WHITE TURKEY
FOSTER FARMS **\$3.99**
lb.

Buy One Pound of Smoked White Turkey and Get a Package of 10 KANGAROO POCKET BREADS For Just... **1¢**

SHRIMP-IN-THE-SHELL
MEDIUM SIZE 40 to 50 Per Pound..... lb. **\$5.29**

FRESH PERCH FILLETS
WHILE SUPPLIES LAST
lb. **\$3.69**

FRESH MAHI MAHI FILLETS
WHILE SUPPLIES LAST
lb. **\$4.89**

FRESH CATFISH NUGGETS
lb. **\$2.19**

GRAB MEAT BLEND
EMERALD SEA BRAND Frozen..... lb. **\$2.99**

Seafoods

HOMELAND The Home Of Friendly Service
EXTRA LOW PRICES

BIG ONE CENT

BUY ONE OF THE FOLLOWING ITEMS AND GET A LIKE ITEM FOR JUST ONE CENT

Buy One, Get One For...



1-LB. BAG FRESH CARROTS

SAVE 58¢

Buy One, Get One For...



FRESH GREEN SPINACH

SAVE 98¢

Buy One, Get One For...



LARGE HEAD ICEBERG LETTUCE

SAVE 98¢

Buy One, Get One For...



LARGE STALK FRESH CELERY

SAVE 78¢

Buy One, Get One For...



8-OZ. SNOWY WHITE FRESH MUSHROOMS

SAVE \$1.38

Buy One, Get One For...



3.5-OZ. NATURE'S FAVORITE APPLE CHIPS

All Available Varieties SAVE \$1.48

SHOP FOR THESE ITEMS SHOWN BELOW AT HOMELAND'S LOW PRICES




YELLOW ONIONS

A Cooking Favorite

SAVE 34¢ ON 4 lbs.

4 lbs. \$1



HASS AVOCADOS

Small Size, Big Flavor

SAVE 11¢ ON 2

2 For 89¢



FRESH TANGELOS

MINNEOLA Rich In Vitamin C

SAVE lb. 20¢

lb. 69¢



NAVEL ORANGES

Makes A Sweet, Healthy Snack

SAVE 30¢

4 -lb. Bag \$1.69



CAULIFLOWER

SNOWY WHITE

SAVE 20¢

\$1.29 Each



FRESH BROCCOLI

You'll Love These Tender Fresh Spears

lb. 88¢

Bakery

Available Only At Locations With In-Store Bake Shops

FRIED APPLE PIES

Enjoy The Good Taste, Enjoy The Savings

Package of 4

\$1.49

Buy A Package of 4 Fried Apple Pies and Get A Second Package of Lemon, Peach or Cherry FRIED PIES For Just...

DECORATED CAKE FOR 2

Shop The Homeland Bakery For The Finest Quality

Only

\$3.99

Buy A Decorated Cake For 2 and Get A LARGE, UN-ICED ANGEL FOOD CAKE For Just...

HOMELAND

APPLES FOR THE STUDENTS

HURRY

Don't forget to donate your Homeland receipt tapes to your favorite school. This school year's program will be ending March 14, 1992.

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EXTRA LOW PRICES