

# The Hereford Brand

Hustlin' Hereford, home of Amanda Almazon

93rd Year, Vol. No. 16 Deaf Smith County, Texas

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## County debates salary hikes, taxes in new budget

By GARRY WESNER  
Managing Editor

Deaf Smith County Commissioners cannot decide whether they want to increase salaries for all county employees, or raise them for everyone but the elected officials -- or even if the raises can be given with or without a tax increase.

Commissioners discussed the fiscal 1993-94 budget during their regular meeting on Monday, sometimes arguing loudly their preferences for or against raises and tax increases.

Although no action was taken, the consensus was that commissioners favored some sort of salary increase for county employees, the first since

a 3 percent raise took effect on Oct. 1, 1991.

And they all agreed that the commissioners would be automatically excluded from any raises that are given.

However, Commissioners Troy Don Moore and Tony Castillo argued that all other elected officials should get a raise, while Lupe Chavez said only hired workers should receive raises.

County Judge Tom Simons began the budget workshop by saying he believed a 5 percent pay raise across the board could be done within the existing tax rate and without affecting the year's ending balance.

Moore disagreed, noting that

budget figures already include a projected \$70,000 shortfall by the end of the fiscal year and that by adding \$110,121 needed to pay for the pay raise, the county has no choice but to raise taxes.

Moore also disagreed with Chavez's contention that elected officials be excluded from the raises, saying the department heads should be considered the same as managers in private enterprise who do not have any control over the budget process.

"I don't see how we can have a pay increase without a tax increase because we operate on a balanced budget," Moore said.

Chavez then said he flatly opposed any tax increase and would not support one when the time came for

a vote.

Commissioner Johnny Latham, who spoke little during the sometimes animated discussion, said he does not see any reason to raise taxes if county reserves have been growing through monies left over at the end of the fiscal year.

Chavez proposed an alternative to the 5 percent raise, suggesting that a 3 percent raise be granted to all employees -- elected officials included -- with the exception of the Commissioners Court.

Simons, however, said, of the money needed to give raises, only \$10,000 would go to increases for elected officials, which should not keep the commissioners from

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### The long and winding road

Rita Chamberlain, right, and her 12-year-old daughter Rachel, put the road behind them as they take part in Saturday's Muscular Dystrophy Association fundraising walk. The two were walking a five-mile course in and around Veterans Park to raise money for the organization. See additional photo, Page 10.

## Homeowners leave as two rivers near crest in Kansas

KANSAS CITY, Mo. (AP) - Thousands of businesses and homeowners piled sandbags at their doors, boarded up their windows and cleared out as the Missouri and Kansas rivers closed in, both bulging toward a crest today.

"It's an unknown what will happen," said George Hanley, spokesman for the Army Corps of Engineers. "That's the reality. The levees have never been tested."

The Kansas River, which converges with the Missouri at Kansas City, was expected to crest at 55 feet this morning - well above the flood stage of 33 feet and close to the top of a 57-foot-high levee. The Missouri was expected to crest later in the day at 49 feet, 17 feet over flood stage and just below the flood

walls, which are about 52 feet high.

About 3,500 people were evacuated Monday night from Armourdale, a low-lying residential and commercial neighborhood in Kansas City, Kan. No immediate evacuations were ordered in Kansas City, Mo., across the Missouri River.

Northwestern Missouri was under a flash flood watch early today that could cause the water to slosh into both Kansas City, Kan., and Kansas City, Mo.

Hanley said the extent of any flooding also depended on how much water from the Missouri backed up into the Kansas where the rivers meet. Water crept into mostly empty Armourdale before daybreak.

At Taylor's and Mike's fireworks store, employees and friends of owner

Michael Koska packed a warehouse full of firecrackers into trucks as the water rose.

"I saw the '51 flood," Koska said, directing a convoy of trucks. "This could be worse."

Flooding across the Midwest had been blamed for at least 42 deaths. Damage has been put at more than \$10 billion.

About 50 miles north of Kansas City, Mo., 33,000 St. Joseph-area residents remained without water for a fourth day. Floodwaters knocked out the city's water treatment plant on Saturday. Officials said the plant may not be fixed until Friday or later.

The Missouri River threatened Lynn Rowan's bait and tackle shop and Christian book store in St. Joseph. And there were no sandbags to be found. "I'm going to lose my business," Rowan lamented.

Missouri looked to Iowa for advice. After floodwaters knocked out Des Moines' water treatment plant, some 250,000 people went 12 days without running water until last week.

The river is expected to crest at Ste. Genevieve next week at 48 feet.

### Robbers hit local store

Hereford police are investigating a weekend armed robbery at a convenience store, the department has noted.

Officers were called to the Allsup's store at 515 S. 25 Mile Avenue at about 4 a.m. Sunday in reference to the incident.

Responding officers learned from the clerk that two men had entered the store, one holding the clerk at gunpoint with a large caliber snub-nose revolver, while the other took two cases of beer and four packs of cigarettes.

The subjects fled the scene before police arrived.

No arrests have been made, but police are continuing to pursue leads in the case and the incident is still under investigation.

## 'Get on with it,' Clinton tells Congress

WASHINGTON (AP) - Urging Congress to "get on with it," President Clinton pressed lawmakers for a compromise deficit-reduction bill just as key Democrat Rep. Dan Rostenkowski was telling him to butt out.

"This institutionalized gridlock and delay is bad for America," Clinton told a jobs conference Monday in Chicago, Rostenkowski's home town. About the same time, Rostenkowski had a few choice words of his own for Clinton.

"I wish the president would be president and let us negotiate," the House Ways and Means Committee chairman said in a telephone interview with The Associated Press.

It was not the first sign of uneasiness as Democrats struggling for a deficit-reduction compromise face deadlines and unanimous

Republican opposition. Rostenkowski's Senate counterpart, Finance Committee Chairman Daniel Patrick Moynihan, D-N.Y., complained last week that administration negotiators were not being flexible enough.

The nimble Clinton managed Monday to attack the sluggishness of the House-Senate negotiating committee working on his deficit plan while commending its leaders, Moynihan and Rostenkowski. He told his Chicago audience that the two

men should be lauded "for their enormous labors."

Then there was what may have been an awkward moment at the Midway Airport in Chicago, where Rostenkowski boarded Air Force One with Clinton, just hours after criticizing the president. The pair returned to Washington together early today.

Rostenkowski also attended a party fund-raiser with Clinton on Monday, but the press was kept away. The

White House is walking a razor's edge with Rostenkowski: They must deal with the still-powerful lawmaker, even though there is concern about fallout over his alleged involvement in a House Post Office embezzlement scheme. Rostenkowski has denied any wrongdoing.

But Clinton's main concern is getting the deficit package passed, and he opened a new, stronger offensive Monday. Adopting a common strategy of embattled presidents, he attacked Congress.

"The government needs to pass this budget and get on to the rest of the business," he said. "Hanging out there, debating it, dragging it out for weeks and weeks will only make it worse. ... We've got other things to do, and you need to know what the rules are going to be."

The president clearly was frustrated by Republican tactics that last week delayed action on flood aid, threatened to kill his national service plan for college students and nearly scuttled a hearing for his surgeon-general nominee, Joycelyn Elders.

"Let's get on with it," he said. "Let's vote. I don't have to win them all, but let's make decisions."

But Republicans aren't the only problem for Clinton. Democrats are causing him headaches, too.

Rostenkowski was upset with Clinton for rebuffing his proposal to raise the gasoline tax by 9 cents a gallon.

## Employment Cost Index notes 3.6 percent increase

WASHINGTON (AP) - American workers' wages, salaries and benefits rose 3.6 percent in the year ending June 30, the same pace as that of the previous 12 months, the Labor Department said today.

Analysts had predicted the increase in the department's Employment Cost Index, considered one of the best gauges of wage inflation pressures.

The report said wages and salaries increased 2.8 percent, failing to keep pace with the 3.0 percent inflation rate for the period as measured by the department's Consumer Price Index.

It was fresh evidence of the curbing effects of the sluggish economy on wages, which account for 72 percent of employment costs. Wages and salaries had risen 2.9 percent during the year ended June 30, 1992.

Benefit costs, on the other hand, rose 5.5 percent, slightly faster than the 5.3 percent pace a year earlier.

For the second quarter, overall employment costs rose 0.7 percent, slower than the 1.2 percent advance during the first three months of the year.

Analysts prefer to track the latest 12-month performance because it

smooths out the volatility of the quarterly reports and provides a truer picture of inflationary trends.

Despite the increase in overall costs in the year ended in June, the advance was much slower than the pace of early 1990s, just before the economy entered the recession.

Economists at Mitsubishi Bank in New York noted that overall costs were rising 5.5 percent in the year ended March 30, 1990, with the benefit component alone jumping 7.4 percent.

"However, the impact of the recession caused a pronounced slowdown in labor costs," they wrote in their Weekly Economic Indicator Report.

## Jubilee activities set

Here is a schedule of events Wednesday and Thursday for the Town and Country Jubilee:

- WEDNESDAY**  
Back to school sales: Being held at a variety of local merchants.
- THURSDAY**  
Citywide sidewalk sale: Being held at a variety of locations throughout the city.  
Jubilee team roping: 7:30 p.m. at the Hereford Riders Arena. Books open at 6:30 p.m. Sponsored by the Hereford Riders Club.

### Hereford Bull



By Speedy Nieman

That feller on Tierra Blanca Creeks says listen to your critics and opponents; they are the first to discover your mistakes.

"The game is well worth the candle that may have to be burned far into the night. There is no feeling like the feeling of success." --J. Paul Getty

"Im warning you," said the exasperated piano teacher, "if you don't behave yourself, I'll tell your parents you have talent!"

The Town & Country Jubilee is the exasperated piano teacher, "if you don't behave yourself, I'll tell your parents you have talent!"

There will be several HHS class reunions scheduled during the

Jubilee--including at least those of 1958, 1963 and 1973. We'll have a lot of out-of-town folks coming back home, so let's help welcome them!

Speaking of reunions, two women were overheard at one of the gatherings:

Jane: "Do any of these guys make you wish you were single again?"  
Nancy: "Definitely."  
Jane: "Which one?"  
Nancy: "My husband."

Have you ever wondered who sits around and thinks up jokes and cartoons? Someone drops by our office occasionally with a funny story or cartoon. The latest to pass our way were the following terms from an "Arkansas Medical Dictionary."

Artery--the study of paintings.  
Bacteria--the back door of a cafeteria.

(See BULL, Page 2)



### Vials of Life explained

Margie Daniels, left, director of the Hereford Senior Center, and Elizabeth Fowler, second from right, guest services director at Deaf Smith General Hospital, explain the Vials of Life program to Helen Spinks, second from left, and Eunice Boyer. Participants in the Vials of Life receive a 40 dram medicine bottle which contains an emergency information sheet. The information is completed, placed in the bottle, which is then placed inside the refrigerator door. A "Vial of Life" sticker placed on the front door alerts emergency personnel where to go to find pertinent health information when it is needed. The program was designed by Emergency Medical Technicians and physicians. It is available from: the Hereford Senior Center; Mrs. Fowler at the hospital; and Celia Serano at Panhandle Community Services. The program is co-sponsored by Northwest Texas Healthcare Systems.

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# Local Roundup

## Slight chance for rain

Hereford had a high of 95 Monday and a low of 67 this morning, according to KPAN Radio. Tonight, the AP forecast calls for partly cloudy with a 20 percent chance of evening thunderstorms. Low in the mid 60s. Northeast wind 5-15 mph. Wednesday, mostly cloudy with a 20 percent chance of thunderstorms. High near 90. East to southeast wind 10-20 mph.

## COUNTY--

balancing the budget. "I don't think that \$10,000 in the whole scheme of things is an insurmountable figure," Simons said. Chavez made a motion that a 3 percent raise be given, but it died for lack of a second. To further complicate matters, Tax Assessor-Collector Margaret Del Toro told commissioners that she had requested \$2,500 to adjust salaries for employees who have not been paid commensurate to their jobs. Simons, however, said there are several such situations throughout the courthouse complex, but that he would prefer to settle the issue of pay raises before addressing compensa-

tion for assistants to elected officials. County Auditor Alex Schroeter said raising salaries without increasing taxes would require the county to dip into reserve funds. Moore objected to that, however, saying that prudent financial planning dictates that three months expenses -- or \$900,000 -- be kept on reserve in case of need. If taxes are raised, Del Toro cautioned, an approach similar to that taken by the City Commission should be taken to present it to the public, that the tax hike is needed to keep up with escalating costs, not to pay salaries. The taxpayers of the county, she said, would be more accepting of a tax increase if it was to pay for county services and to make it easier to do business with the county than if it was to pay other county residents. Schroeter said state taxation laws were written in such a way that the county could raise taxes 3 percent each year, which he said should be done just to pay for the added cost of doing business -- such as workers compensation insurance, electric service costs and other regular bills. Moore said that approach makes sense, but noted that the taxpayers are saying they do not want any more tax increases. He concluded the discussion by saying the county can, as Latham had suggested, make realistic budgets for each department and watch spending, but that the commissioners cannot budget items without having a way to pay for them. No action was taken on the budget, pay increases, or the tax rate, and no special meeting was called at the time to discuss the issue.



## Tent in a park

Members of the First Church of the Nazarene worked Sunday to erect this tent in Dameron Park for a children's crusade the church is sponsoring this week. The meetings will be held at 6:30 p.m. through Thursday, then the tent will be used during this weekend's Town and Country Jubilee as site of a number of children's activities.



# Police Beat

Here are excerpts from weekend Hereford Police Department incident reports:

### TUESDAY

- A 19-year-old male was arrested for criminal trespass and resisting arrest.
- A 20-year-old male was arrested for public intoxication and minor in possession.
- A 36-year-old female was arrested for theft.
- An 18-year-old male was arrested for public intoxication and minor in possession.
- Criminal mischief in the amount of \$60 was reported in the 500 block of Union.
- Theft of a bike valued at \$50 was reported in the 700 block of

- Avenue G.
- Theft of a license plate was reported.
- Criminal trespass was reported in the 800 block of South Texas.
- Theft of a purse valued at \$100 was reported in the 100 block of Nueces.
- Phone harassment was reported.
- Forgery was reported in the 900 block of East Park.
- Criminal attempt in the amount of \$250 was reported in the 100 block of South Avenue K.
- Four citations were issued. There was one minor accident and one accident with injuries in the 400 block of Ranger.

### MONDAY

- A 20-year-old male was arrested

- in the 300 block of North 25 Mile Avenue for no drivers license.
- Possible burglary of a motor vehicle was reported on South Main.
- Possible child abuse was reported in the 600 block of Irving. The case is under investigation.
- Dog bite was reported in the 100 block of East Park Avenue.
- Disorderly conduct was reported in the 700 block of Avenue G.
- Harassment by phone was reported in the 200 block of Cherokee.
- Criminal trespass was reported in the 100 block of Avenue H and at Heibach and U.S. 385.
- Criminal mischief was reported in the 100 block of Avenue C.
- Reckless driving was reported at North U.S. 385 and 13th Street and on East Park Avenue and Avenue F.
- Child endangerment was reported at 15th Street and Blevins.
- Violation of a court order was reported in the 400 block of Star.
- Theft of a license plate was reported in the 100 block of Hereford Calle.

- Class C assault (domestic violence) was reported in the 200 block of Western. No charges were filed.
- Four citations were issued. There were no accidents.
- The fire department was dispatched at 6:33 p.m. Sunday to a vehicle fire on Main. They were dispatched at 4:10 a.m. Monday to the SPS substation on New York Street on a transformer fire.
- SUNDAY
- A 27-year-old male was arrested at Sixth and Ross for driving while license suspended.
- A 22-year-old male was arrested in the 600 block of Irving for criminal trespass.
- A 49-year-old male was arrested in the 900 block of McKinley for Class C assault (domestic violence).
- An 18-year-old male was arrested in the 500 block of Avenue H for Class A assault (domestic violence).
- A 30-year-old male was arrested in the 200 block of West James for Class A assault (domestic violence).
- A 29-year-old male was arrested in the 400 block of Barrett Street for DWI, evading and resisting arrest.
- A possible overdose was reported in the 400 block of Avenue F. The victim was transported to Deaf Smith General Hospital for observation.
- People trying to start fights were reported at Park and Avenue D.
- Found property was reported in the 400 block of Long Street.
- Dogs running loose were reported in the 800 block of North Miles and in the 500 block of North Schley.
- Criminal trespass was reported in the 300 block of North 25 Mile Avenue.
- Theft was reported in the 100 block of South 25 Mile Avenue.
- Injury to an elderly person charges were filed in the 200 block of Catalpa.
- Class C assault charges were filed in the 200 block of Catalpa.
- Class A assault was reported in the 400 block of Sycamore Street.
- Aggravated robbery was reported in the 500 block of North 25 Mile Avenue.
- Eight citations were issued. There were two minor accidents with no injuries.

# TEXAS LOTTERY

By The Associated Press

No tickets correctly matched all six numbers drawn Saturday night for the twice-weekly Lotto Texas game, state lottery officials said. The ticket is worth \$11 million.

The numbers drawn Saturday night from a field of 50 were: 5, 11, 21, 24, 27, 50.

There were 222 tickets sold with five of the six numbers, with each ticket worth \$1,227. There were 11,179 tickets with four of six numbers, with each winning \$87. And there were 211,634 tickets sold with three of six numbers, with each worth an automatic \$3.

Lottery officials estimate the jackpot for Wednesday night's game will be \$20 million.

Sales from last Wednesday to Saturday's draw were \$10.8 million.

## BULL

- Barium--what doctors do when patients die.
- Bowel--a letter like a, e, i, o, or u.
- Caesarean Section--a neighborhood in Rome.
- Cat Scan--searching for a kitty.
- Cauterize--made eye contact with her.
- Colic--a sheep dog.
- Dilate--to live long.
- Enema--not a friend.
- Fester--quicker.
- Genital--not a Jew.
- G.I. Series--soldier ball game.
- Hangnail--coat hook.
- Impotent--distinguished, well known.

- Labor Pain--getting hurt at work.
- Morbid--a higher offer.
- Nitrates--cheaper than day rates.
- Outpatient--a person who fainted.
- Papsmear--a fatherhood test.
- Pelvis--a cousin to Elvis.
- Recovery room--a place to do upholstery.
- Rectum--dang near killed 'em.
- Seizure--Roman emperor.
- Tablet--a small table.
- Terminal illness--getting sick at the airport.
- Tumor--more than one.
- Urine--opposite of you're out.
- Varicose--nearby.
- Vein--conceited.

# Obituaries

## DILLA M. OLIVER July 25, 1993

Dilla M. Oliver, 89, of Hereford, died Sunday in Amarillo. Graveside services will be held at 11 a.m. Thursday in West Park Cemetery with the Rev. Jackie Thompson of Abernathy officiating. Born in Stephenville, Mrs. Oliver came to Deaf Smith County in 1945 from Quanah. She was married to Keith H. "Shorty" Oliver in 1933. He died in 1978. A member of Trinity Baptist Church, she was a retired nurse. Survivors are a daughter, Lorraine "Sissy" Henshaw of Checotah, Okla.; a son, Tom Oliver of Amarillo; 11 grandchildren and 11 great-grandchildren.

## BEATRICE HINKLE July 25, 1993

Beatrice Hinkle, 94, of Tahoka, died Sunday in Golden Plains Care Center. Among her survivors is a daughter, Dee Wiseman of Hereford. Services will be at 2 p.m. Wednesday in Tahoka Church of Christ with Ron Fant, minister,

officiating. Assisting will be the Rev. Danny Jackson, pastor of Sweet Street Baptist Church.

Burial will be in Resthaven Memorial Park in Lubbock under direction of White Funeral Home of Tahoka.

She was born on July 29, 1898, in Denton County and moved from Armstrong County to Lynn County in 1937. She attended school in Denton County. She married Jim H. Hinkle on Dec. 14, 1919, in Clarendon. He died on April 5, 1972. She was a homemaker and a member of the Church of Christ.

Survivors include a son, James W. of Idalou; three daughters, Sinah B. Gandy of Tahoka, Dee Wiseman of Hereford and Josephine Robinson of Fallon, Nev.; three sisters, Nora Roach and Vivian McLain, both of Oklahoma City, Okla., and Mary Smith of Rolla, Mo.; 11 grandchildren; 22 great-grandchildren; and 12 great-great-grandchildren. Great-grandsons will be pallbearers.

The family suggests memorials to a favorite charity.

# Hospital Notes

## PATIENTS IN HOSPITAL

R.L. Blakely, Irene Cereceres, Roberta Combs, Janice Daniels, Raymond Delgado, Mary E. Garrison, Betty Greenway. Roberto Lucio, Daphne Marie Mariscal, Inf. Girl Mariscal, Blanca Miranda, Infant boy Miranda, Inf. Girl Skelton, Kristi D. Skelton, Rosemary Smithers, Vena Townsend, Faydell Turney.

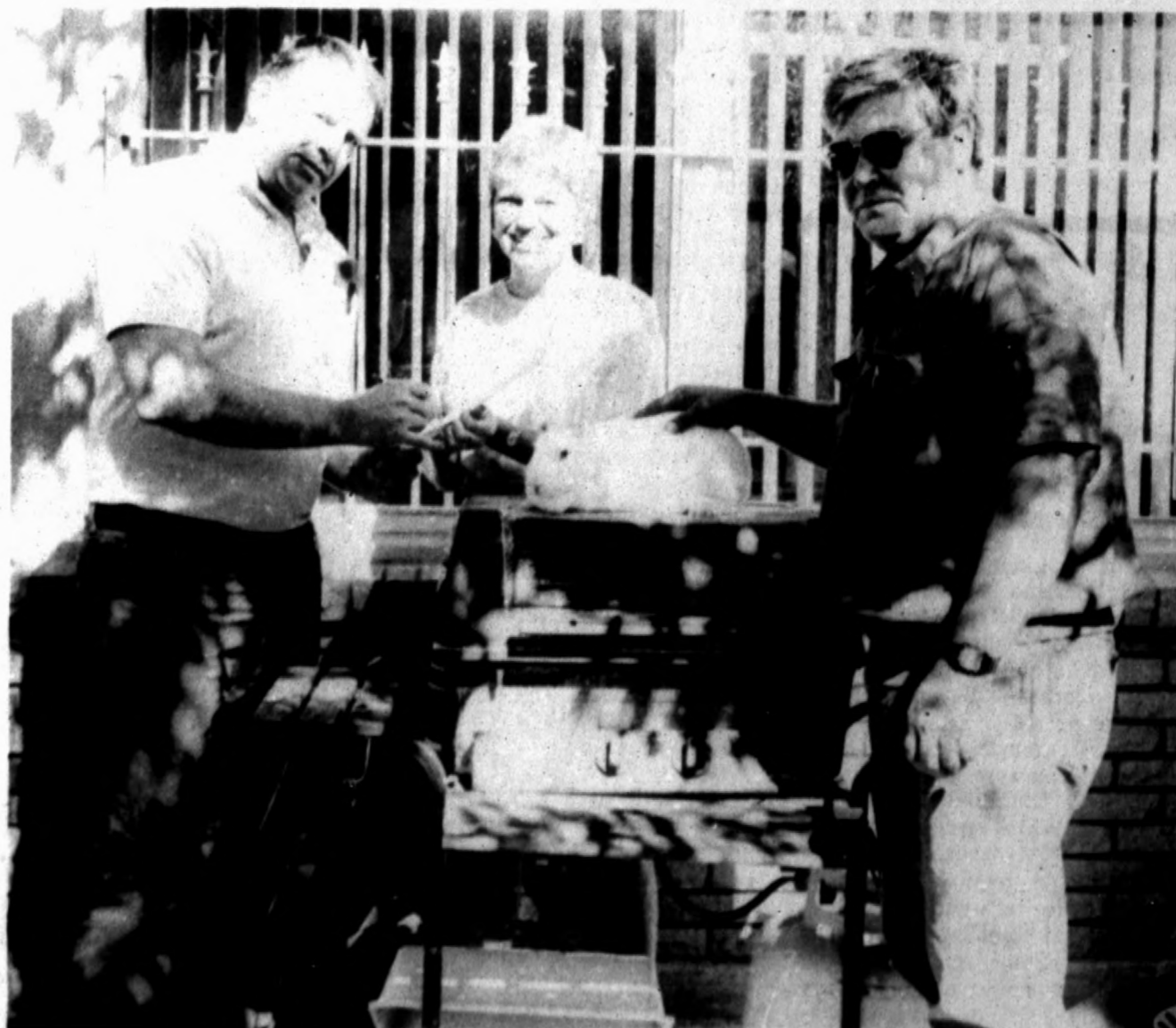
# News Digest

## World/Nation

- KANSAS CITY, Mo. - Hundreds evacuated an industrial section of the city as the Missouri and Kansas rivers bulged toward twin crests today.
- WASHINGTON - The Department of Veterans Affairs today added two more diseases to the list of disorders that entitle affected Vietnam veterans to compensation as a result of exposure to the herbicide Agent Orange.
- WASHINGTON - President Clinton, who already has announced plans to crack down on organized smuggling of illegal immigrants, plans to shorten the reviews of people seeking asylum as part of a broader program to keep unwanted people out of the country, a White House official says.
- LOS ANGELES - Two black men charged with the videotaped beating of white trucker Reginald Denny go on trial this week in another stern test of the city's ability to recover from the riots.
- GENEVA - Leaders of warring factions in former Yugoslavia are due to start peace talks today that will focus on a Serb-Croat plan for a three-way ethnic partition of Bosnia-Herzegovina. Mediators say time is running out for a negotiated settlement: The international community has made it clear it will not give military help to Bosnia's outgunned government forces.
- WASHINGTON - Urging Congress to "get on with it," President Clinton pressed lawmakers for a compromise deficit-reduction bill just as a key Democrat, Rep. Dan Rostenkowski, was telling him to butt out.
- WASHINGTON - Even in Congress, often criticized for its pork-barrel politics, there's a point where so much is too much. Colleagues let Rep. Bob Carr, D-Mich., know that last week after discovering his subcommittee had set aside \$109 million - or more than a third - of the 1994 fiscal year's \$305 million highway demonstration funds for projects in his home state.

## State

- AUSTIN - Thousands of local school board members can breathe a sigh of relief thanks to a legal opinion interpreting a new conflict-of-interest law, says Texas Attorney General Dan Morales.
- DALLAS - As desert-like heat envelops cities across Texas, Dallas and San Antonio are flirting with record-breaking dry spells.
- AUSTIN - Proposed cuts by President Clinton would severely hamper Texas' ability to recover money from culprits who steal millions of dollars a year through welfare fraud, officials say.
- SAN ANTONIO - A Kerr County prosecutor says he will seek the death penalty for two men arrested in the brutal 1992 slayings of three members of a Hill Country family.
- AUSTIN - A state audit says that Stephen F. Austin State University has its priorities confused. The report released Monday said school officials have taken funds that could have been spent on education and used them for athletics.



## Fajita cookoff time

Larry Malamen, right, is preparing to try to retain his title as champion fajita cooker in town, while Brenda Johnson of Hereford Cattlewomen signs up challenger Paul Mason. The cookoff will be held Friday during the Town and Country Jubilee at Veterans Park.

## Cattlewomen set fajita cookoff

The Hereford Cattlewomen will sponsor their annual beef fajita cookoff this Friday at Veterans Park. Applications for participation are being accepted at the Deaf Smith County Chamber of Commerce office until 5 p.m. Thursday. There is a \$15 entry fee to participate. Judging will begin at 6:30 p.m. Friday. The public is invited at 7 p.m. to taste contestants' entries at no cost. In addition, the Cattlewomen will sell fajitas after the judging. Prizes of beef gift certificates will be awarded to the top finishers. First place will receive a \$125 certificate, \$75 for second and \$50 for third. In addition, there will be two showmanship awards.

## THE HEREFORD BRAND

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# Lifestyles

## New Arrivals

Mr. and Mrs. Steve Veigel of Plano are the parents of a daughter, Alyssa Ryan, born July 23, 1993. Grandparents are Mr. and Mrs. Bob Veigel of Hereford.

## Spotlight on health

If you've set your sights on enjoying yourself outdoors during the warm weather season, you might want to warm up to some eye-opening facts about eye allergies.

An estimated 15 million Americans with hay fever or allergic rhinitis also suffer from intense eye itching as a result of seasonal allergic conjunctivitis. While itchy eyes are rarely a threat to vision, they often make sufferers too miserable to work or function normally - and rubbing your eyes only makes things worse, experts agree. Here are some tips that may help:

-Avoid rigorous exercise when pollen levels are highest-when temperature is high, humidity is low, or on windy days when pollen can blow into your eyes.

-After exercising outdoors, remove clothing, shower and shampoo hair immediately.

-Keep windows closed during the pollen season. Before entering the car, let the air conditioner run for several minutes to disperse any pollen that may have settled in the system.

-Install air conditioners or air purifiers at home to remove pollen from the air.

-Avoid wearing contact lenses when you are at risk for a hay fever attack.

-Refrain from hanging clothing and linens outside to dry; pollen can collect on them.

-During peak pollen periods, avoid cutting lawns.

-Avoid overmedicating. Over-the-counter eye washes offer only temporary benefits; topical decongestants can cause unfavorable side effects in some people. Ask your doctor about medications that treat your specific symptoms. A new ocular drug called Acular (ketorolactromethamine) 0.5 percent ophthalmic solution, from Allergan Inc., is the first and only topical nonsteroidal anti-inflammatory drug (NSAID) indicated for the relief of itch associated with seasonal allergic conjunctivitis.

-Most important, make an appointment with your doctor who can help you see your way through the season.



Synchronized swimming was given its first public demonstration by the Modern Mermaids at the Century of Progress Exposition (World's Fair) in Chicago in 1933.



### I'd rather have an ice cream crepe!

Bergan Buckley, shown with her mother Kim Buckley, gets a taste of an apple from Donna West, but by the look on her face, she'd much rather have an ice cream crepe. Members of the Toujours Amis Study Club will man a refreshment booth during the Jubilee of Arts to be held Friday and Saturday at the Hereford Community Center. Club members will be selling sandwiches, Cokes and homemade ice cream crepes from noon until 5 p.m. Friday and from 8 a.m. until 5 p.m. Saturday. All money raised from the event will benefit community projects and various local organizations.

## Rebekah Lodge officers installed at recent meeting

New officers were installed recently in Hereford Rebekah Lodge #228 by District Deputy President Mary Lou Weatherford and her staff.

Taking office for a term of six months were Leona Sowell, noble grand; Sadie Shaw, vice grand; Nan Rogers, treasurer; and Anna Conklin, junior past noble grand.

Appointive officers were Ocie Bolton, R.S.N.G.; Rosalie Northcutt, L.S.N.G.; Jo Irlbeck, R.S.V.G.; Faye Brownlow, L.S.O.G.; Peggy Lemons, warden; Dorothy Collier, conductor; Irene Merritt, inside guardian; Ben Conklin, color bearer; Tony Irlbeck, banner bearer; Marie Harris, chaplain; Genevieve Lynn and Dorothy Lundry, right and left supporters; Erma Loving and Lydia Hopson, right and left supports to junior P.N.G.; and Ursalee Jacobsen, musician.

The lodge charters were draped in memory of Jim Loving by Odd

LOS ANGELES (AP) - Elton John and Billie Jean King are taking their fight against AIDS to court. The tennis court.

The singer and the former Wimbledon champion will play tennis together in a tournament to benefit the Elton John AIDS Foundation.

The Sept. 22-23 event, Smash Hits, will also feature a private concert by John and an invitation-only dinner with Lily Tomlin.

Among the tennis pros and other celebrities scheduled to take part in the tourney are Elizabeth Taylor, John McEnroe, Don Henley and Chris Evert.

LOS ANGELES (AP) - Woody Allen has ended another relationship, this time with TriStar Pictures.

Allen said Wednesday his next three films would be produced at Sweetland Films, an upstart production company headed by longtime friend Jean Doumanian.

Allen's sister, Letty Aronson, is Sweetland's vice president. The company's best-known credit is the 1992 Swedish film "The Ox."

Allen has been with TriStar for two years. The studio will release "Manhattan Murder Mystery," a crime comedy directed by and starring Allen, Aug. 20.

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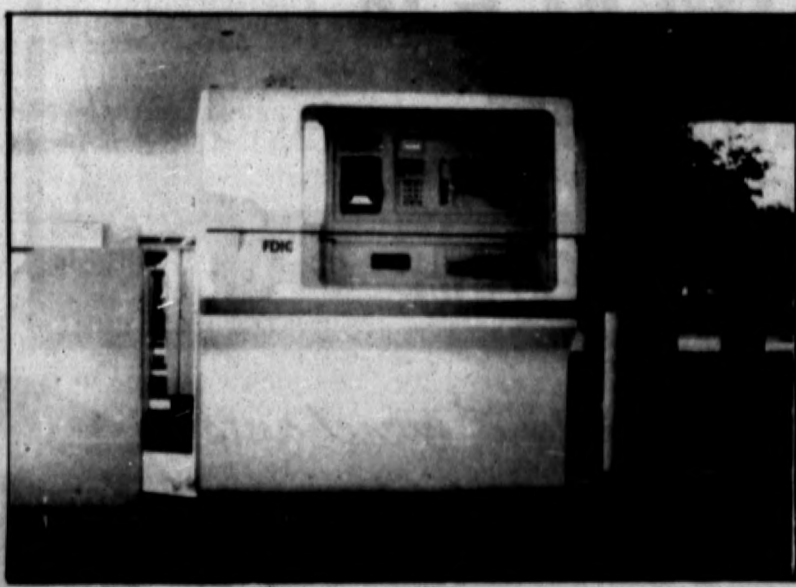
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# Sports



## Tournament champs

The Lady Knights, a Hereford softball team, won the 3rd Annual Lady A's tournament, held July 17-18 in Hereford. The Lady Knights are (front row, left to right) Paula Britten, Clarissa Ramirez, Prisca Cantu, Michelle Brock, Maricella Ramirez, (back row) Melissa Romero, Toni Gerakines, Melissa Celaya, Claudia Ramirez, Mindy Salazar and coach Lupe Ramirez. Not pictured are team members Kathy Hernandez, Jeanne Ann Swanson and Kenya George.

## Cowboys search for tight end

By DENNE H. FREEMAN  
AP Sports Writer  
AUSTIN, Texas (AP) - The Dallas Cowboys were looking today for a commodity in short supply in the NFL, a good tight end.

The Cowboys started checking the help wanted ads after tight end Alfredo Roberts fractured a foot on Monday.

"We're going to investigate all areas and I wouldn't rule out a trade," said Dallas coach Jimmy Johnson. "I'm concerned about our depth."

Six-year veteran Roberts, who was coming off an injury which kept him out of the playoffs last year, fractured his right foot in a pass skeleton

practice against the Los Angeles Raiders.

Roberts was to undergo surgery today at St. David's Hospital in Austin with Dr. Robert Vandermeer performing the procedure.

Doctors said Roberts was expected to miss a minimum of eight weeks. His status will be re-evaluated following the surgery.

Roberts, a 6-3, 215-pound product of the University of Miami, the best blocker in the Cowboys tight end offensive scheme, had major surgery on his right knee but had appeared fully recovered until he suffered the foot injury.

He was trying to catch a pass from Jason Garrett with safety Derrick

Hoskins of the Raiders defending. Slow motion television replays show Roberts coming down on his foot at an awkward angle then rolling over in pain.

Jay Novacek is the starter and Fallon Wacasey, a second-year free agent out of Tulsa, moves into Roberts' position. However, Wacasey also has been nursing a leg injury.

Todd Young and Jason Burleson are the other two tight ends on the training camp roster.

"This injury limits us and may force us to look around the league for help," said Johnson. "We need three solid tight ends."

Offensive coordinator Norv Turner was faced with the same problem last year during the playoffs when Roberts suffered his knee injury in the final game of the regular season. He moved fullback Daryl Johnston to tight end in some formations.

"We moved Daryl around last year and it worked pretty good," said Turner. "It does limit us a little bit not having Alfredo."

However, in the Super Bowl the Cowboys picked up free agent Derek Tennell for insurance. Tennell is with the Minnesota Vikings who will be playing the Cowboys in Texas Stadium on Sunday night.

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## Operation restores sight, career to ex-Tech player

PITTSBURGH (AP) - Pittsburgh Steelers cornerback Sammy Walker used to dread looking back over his right shoulder for an opponent's pass. Legally blind in his right eye, the former Texas Tech player had trouble finding the ball.

But Walker now has 20-20 vision in both eyes after undergoing surgery to implant a plastic lens in the bad eye last spring. A high school football injury had left him with only 20-200 vision in the eye.

"At least now, I can half way fight for my job," said Walker, a 1991 fourth-round pick whose pro career hasn't flourished. "I don't think I ever had any peripheral vision."

Walker decided to have the laser surgery after he was told there was no postoperative risk from playing football.

"The scary thing is you see the whole surgery because they give you a local anesthetic," he said. "They

take your old lens out and everything goes black and they put a new one in and put a patch on it.

"Two days later, they take the patch off. I thought it would be a gradual thing, you know see a little here and then a little color and things would be blurry. But, no, they took the patch off and I was seeing 20-20."

Walker now has the peripheral vision he lacked when he played basically with one eye. His field of vision is larger and he is picking up receivers quicker.

"He can see the receivers better now, he can see the ball," Steelers director of football operations Tom Donahoe said. "It's made a big difference in his confidence level."

Walker and the Steelers left Monday for Barcelona, Spain, where they will play the San Francisco 49ers in their exhibition opener Sunday.

## Two teams go on from Olds Scramble

With strong performances at Sunday's local Oldsmobile Scramble at Pitman Municipal Golf Course, two Hereford foursomes earned the right to go on to a sectional tournament in late August.

The foursome of Dave Workman, Dwayne Cassels, Paul Hubbard and Wayne Boren combined to shoot a 56, giving them the lowest gross score. The 52 net score turned in by Pat McGinty, John Stagner, John Sherrod and Bob Sims was the lowest net score (figured by subtracting the team's Oldsmobile Scramble handicap from its gross score).

Both teams earned the right to advance to a sectional tournament, which could lead to the national scramble.

The teams have their choice of three sectional tournaments: Aug. 30 at Hyatt Bear Creek in Dallas; Aug. 31 at Marriott Golf Course-Fossil

Creek in Fort Worth; or Sept. 1 at Buffalo Creek in Rockwell.

The second best gross score Sunday was 58, turned in by Anthony Gale, Mikel Walsler, Cory Newton and Santry Hacker. The second best net score was the 54 of the Stevens family: Steve, Jerry, Joyce and Linda.

The bad news for the Stevens was

that they finished second. The good news was that Stevens Chevrolet-Oldsmobile, the local tournament's sponsor, didn't have to give away a car.

The first hole-in-one at Pitman's No. 3 would have won the lucky golfer a new Oldsmobile, but no one made it.

## Sharks finish 2nd in Lubbock

The national tournament-bound West Texas Sharks finished second in an AAU 12-under tournament over the weekend in Lubbock.

More importantly, the team of mostly-Hereford youngsters stayed healthy through a rough final tuneup for the national 11-under AAU tournament. The national tournament, to be held in Cocoa, Fla., starts Sunday and concludes Aug. 7.

"I was just glad to come out of the tournament without being hurt, because it was rough," said Burl Miller a coach of the Sharks.

The Sharks lost in the finals to the Lubbock Outlaws, a 12-under team,

68-45. The Outlaws featured a 12-year-old who is 6-foot-3, Miller said, and another who is 6-1.

In the earlier rounds, the Sharks blasted an Abernathy team 69-31, stung the Lubbock Hornets 70-58, and edged the Amarillo Shooters 46-44.

The Sharks are Craig Campbell, Kurtis Flood, Cody Hodges, Slade Hodges, Roy McCracken, Eric McNutt and James Miller, all of Hereford; and Cole Campbell and Garrett Poole, both of Amarillo. Miller and Steve Hodges coach the team.

## Saints' Andersen, Bills' Smith get new contracts

By The Associated Press  
Bruce Smith and Morten Andersen have both ended costly holdouts. Now it will cost their respective teams plenty to have them back.

Smith agreed to a four-year deal with the Buffalo Bills on Monday that

(See NFL ROUNDUP, Page 5)

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## Braves enjoy playing at Mile High Stadium

By The Associated Press

A trip to Colorado during the summer is always a good idea, particularly for the Atlanta Braves.

In their latest visit to Mile High Stadium, the Braves beat the Rockies 12-7 with four home runs Monday night.

The Braves, one of the league's weakest hitting teams until recently, scored 46 runs in four games during their previous visit to Colorado, May 6-9, winning 13-3, 13-5, 8-7 and 12-7.

For those keeping count, that's 58 runs (11.6) and 65 hits (13) for Atlanta in five games at Denver. The Broncos averaged 16.4 points a game last season in the NFL.

"It's a great hitter's park, and we have been swinging the bats good here," said Atlanta manager Bobby Cox, whose team climbed within eight games of San Francisco in the NL West.

Greg Maddux (11-8) held the Rockies to a pair of solo homers through seven innings before reliever Jay Howell gave up a grand slam to Charlie Hayes in the eighth. Hayes also hit a solo homer in the second, and his five RBIs tied a club record.

In addition to Deion Sanders' inside-the-park homer, Ron Gant, Jeff Blauser and David Justice homered for the Braves, who scored 59 runs in their previous six games before arriving in Denver.

"The offensive part of our team is really clicking," Gant said. "That's the key for us now. We've had great pitching all year long. We're starting to score runs, and if we keep doing that, we will catch the Giants."

The Braves jumped on Curtis Leskanic (1-4) for five runs in the first five innings, taking advantage of the rookie's mistakes to score one

run on a wild pitch and another on a balk.

### Dodgers 15, Giants 1

Orel Hershiser improved to 19-7 lifetime against San Francisco in Los Angeles' rout at Candlestick Park. The Dodgers had 17 hits in beating the first-place Giants for the fifth time in seven games this season.

Mike Piazza, Jose Offerman and Eric Davis each drove in three runs as every member of Los Angeles' starting lineup got at least one hit.

Hershiser (8-9) gave up five hits in pitching his fifth complete game. Loser Bryan Hickerson (5-2) lasted only 2 1-3 innings.

### Reds 6, Astros 1

Jose Rijo pitched five-hit ball for eight innings as Cincinnati beat Houston and All-Star Darryl Kile at the Astrodome. Rijo (8-5) improved to 12-5 lifetime against Houston, his best mark against any team. He struck out 10 and walked one.

Kile (11-2) had his nine-game winning streak snapped, giving up five runs and six hits in 2-3 innings.

Jeff Branson drove in two runs, improving his career average against Houston to .433 (13-for-30).

### Cubs 9, Padres 6, 11 innings

Jose Vizcaino's three-run homer with two outs in the 11th lifted Chicago over San Diego at Wrigley Field for its third straight victory.

With one out in the 11th, pitcher Shawn Boskie (2-1) singled off reliever Tim Lincecum (0-1). One out later, Rey Sanchez singled and was followed by Vizcaino's game-winning homer, only his second of the season. Vizcaino finished with four RBIs.

The Cubs tied the score 6-6 in the bottom of the 10th on Mark Grace's RBI single off Gene Harris.

## Padres' unload 2 more salaries

DENVER (AP) - The San Diego Padres traded pitchers Bruce Hurst and Greg Harris to the Colorado Rockies, leaving the cost-cutting team with the lowest payroll in the majors.

Hurst, a 35-year-old left-hander currently on the disabled list, is making \$2.75 million. Harris, a 29-year-old right-hander, is making \$2 million.

San Diego received two minor leaguers - catcher Brad Ausmus, who makes the \$109,000 minimum, and pitcher Doug Bochtler, who was left in the minors. The Padres also will get another player, believed to be right-hander Andy Ashby.

The deal, which came eight days after defending NL home champ Fred McGriff was sent to Atlanta, dropped the Padres' payroll to \$11.9 million.

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## Milwaukee overcomes Boston Red Sox 3-2

By HANK KURZ Jr.

Associated Press Writer

The reliever was hot, the batter was not and the game was on the line.

The result, however, illustrates why the game is played and not decided on paper.

Tom Brunansky - batting .178 - hit an 0-1 slider from Jeff Russell - with eight consecutive saves - over the wall in left field Monday night, giving the Milwaukee Brewers a 3-2 victory over the Boston Red Sox.

The loss snapped Boston's winning streak at 10 games and dropped them a half-game behind idle Toronto in the AL East.

"That was a great comeback for our club," Brunansky said. "This is the type of thing we haven't had for a while."

Indeed. For the Brewers, last in the AL East, it was only their 11th victory in 31 games. They trail the Blue Jays by 14 1/2 games and have little hope of challenging.

Russell, who succeeded in 28 of his 30 previous save situations, offered no excuses for the two-run, two-out gopher ball, which also scored B.J. Surhoff, who reached on a bunt single leading off.

"It was real stupid," Russell (0-3) said. "I knew before the pitch that he had a slider-speed bat. It wasn't a quality pitch."

"It looked like he was looking for an off-speed pitch. It was a mistake by me. It's tough, but now we have to bounce back."

Graeme Lloyd (3-1) earned the victory with two-thirds of an inning's work behind rookie Rafael Nova, who matched Roger Clemens pitch for pitch.

### Royals 12, Rangers 3

### Royals 6, Rangers 5

George Brett paced a 21-hit attack with four hits and three RBIs in the first game, and Kansas City added 10 hits in the nightcap to sweep Texas.

Brett singled twice, doubled and homered for the 56th four-hit game of his career, then added a double in the second game.

In the second game, Brian McRae and Wally Joyner had three hits apiece and Joyner added two RBIs for Dennis Rasmussen (1-2), who gained

his first victory of the season. Jeff Montgomery worked the last 1 2-3 for his AL-high 31st save.

Chris Haney (7-2) lasted eight innings in the opener.

Juan Gonzalez homered in each game to tie Barry Bonds of San Francisco for the major-league lead with 29 homers, and he and Ivan Rodriguez had four hits apiece to lead the visiting Rangers' 13-hit outburst in the second game.

Kevin Brown (7-7) allowed eight runs in just 3 1-3 innings in the opener, and Brian Bohanon (1-4) allowed eight hits in six innings in the second game.

### Athletics 11, Angels 4

Terry Steinbach and Dave Henderson hit back-to-back homers in an eight-run third inning for Oakland, which handed California its 10th straight loss and Chuck Finley (11-8) his 12th setback in 14 career decisions against the A's.

Steinbach finished with four RBIs and Ruben Sierra had four hits and three RBIs in support of Ron Darling (3-4).

California saw Finley exit after just 2 1-3 innings.

### Tigers 5, Yankees 2

David Wells earned his first victory since June 19 and Cecil Fielder hit his 26th homer.

Wells (10-6) outdueled former teammate Jimmy Key (12-4).

Mike Henneman went two innings for his 16th save as Key fell to 0-4 in five starts at Detroit since May, 1990.

Don Mattingly had a solo homer, his ninth, and an RBI single for New York.

### White Sox 4, Indians 3

Consecutive run-scoring singles by Frank Thomas, Robin Ventura and Bo Jackson in the eighth inning rallied Chicago past visiting Cleveland.

Kenny Lofton scored from second base on a sacrifice to put the Indians ahead 2-1 in the third, and it stayed that way until the eighth, when two walks preceded the RBI singles against Jerry DiPoto (1-2).

Jeff Schwarz (2-1) struck out the side in the eighth and Roberto Hernandez earned his 20th save despite yielding Jeff Treadway's homer in the ninth.

## NFL ROUNDUP

will put him among the NFL's highest paid players. Mortensen did the same with the New Orleans Saints and took a giant step on the salary scale.

Smith, who incurred fines totalling \$16,000 by holding out for the first four days of training camp, was seeking a deal comparable to the \$17 million, four-year deal that Reggie White signed with Green Bay.

"I think there were some steps taken, not only on our behalf, but on the Bills' behalf as well," Smith said. "I was very pleased about that."

The Bills were known to have

offered Smith about \$3 million a year.

Meanwhile, Andersen agreed to a contract with New Orleans reportedly worth \$4.2 million over the next four years.

The kicker, who ended an 11-day holdout, was expected to sign after arriving at training camp tonight, team spokesman Neal Gulkis said.

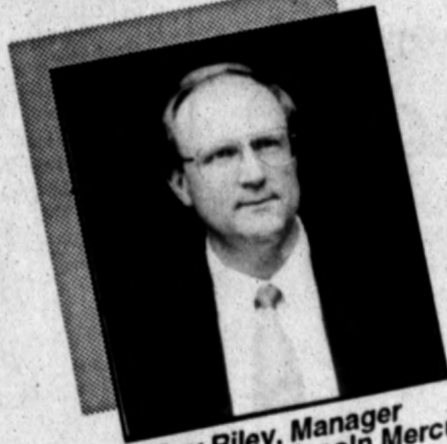
The Saints did not disclose terms of the contract, but a New Orleans television station quoted the NFL players' union as saying Andersen would receive an \$800,000 signing bonus and \$1 million this year, then \$800,000 in 1994, 1995 and 1996.

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## Early diagnosis important

Breast cancer is a leading cause of death among women, second only to lung cancer. One in every nine American women will be devastated by this disease.

While the incidence of breast cancer is increasing, so too is the survival rate, thanks to early detection and advances in treatment.

For this reason, it is critical that women examine their breasts regularly. If cancer is present, an early diagnosis is vital to identifying and treating the disease effectively.

The best time for a breast exam is at the end of each menstrual cycle when the breasts are not tender or cystic (lumpy).

Be on the outlook for cancer warning signs, including: changes in breast or nipple appearance, such as puckering or dimpling; a lump or pain in the breast not associated with monthly periods; or discharge from nipples not associated with pregnancy.

At least 80 percent of breast lumps found by self-examination are non-cancerous. However, if you discover changes in your breasts, make an early appointment with your doctor.

Don't be embarrassed to discuss any problems or concerns with your physician. Speaking openly with your doctor is essential to your good health.

If you have never given yourself a breast examination, have your family physician or OBGYN show you the process during your next visit.

Libraries today carry video tapes, such as the new video edition of the biggest self-help best seller in history: L. Ron Hubbard's "Dianetics."

# Ann Landers

**DEAR ANN LANDERS:** Ten years ago, you published an essay entitled "The Most Clever Thief in the World." That essay changed my life. The next day, I went to my first meeting of Alcoholics Anonymous. I haven't had a drink since.

I clipped out that column and carried it in my wallet for many years. I often showed it to people I thought it might help. Unfortunately, I lost the clipping a few days ago and am asking you to reprint it. Thanks, Ann. You and A.A. saved my life.--Living Sober, Columbia, Mo.

**DEAR LIVING SOBER:** Here's the column. Bless you for asking.

**DEAR READERS:** I received at my office today a most unusual gift--an empty half-gallon whiskey jug. Taped to the bottle was an unsigned essay, which I have altered to fit this space. I hope the jug was merely an attention-getting gimmick and that the author poured the contents down the kitchen sink. Here it is:

### The Most Clever Thief In The World

I invited her into our home for special occasions. We'd become good friends, I thought. And when I began to look forward to our meeting at the end of each day. After a while, we became so friendly I had to see her every evening.

People began to think of us as a couple. Even the police knew our names. Our identities were too closely linked, I thought, so I began to see her on the sly.

At first, she stole small change from my pocket. I wasn't concerned. Before long, she crept into my billfold. I wasn't happy about that, but I enjoyed her company too much to complain.

Friends said I was seeing too much of her and that she had made changes in me they didn't like. I resented their interference and said so. They dropped me.

My wife and children complained about the time I took from them to spend with her. I said, "If you insist that I make a choice, I will choose her." And I did. She began to demand so much of my money I could no longer afford new clothes. I heard people at work whisper about my shabby appearance. They blamed her. I was annoyed and distanced myself from my colleagues.

She started to visit me at the office. My boss became upset. He said my friend was interfering with my work. After several warnings, I lost my job. We had some heavy arguments after that. I told her to stay away for a while, so I could think. She said, "So long, buddy. You'll come back to me before long." She knew me better than I knew myself. Within three days, I was seeing her again.

Our affair became more intense than ever. We spent every day and night together. I lost my wife, my family and my job. The next thing to go was my health.

When I became so sick I couldn't eat or sleep, I realized she had taken everything in my life that had meaning. Although I was not religious, I decided to turn to God. He wrapped his loving arms around me and gave me strength I cannot describe to this day. He made me feel whole. My sense of self-worth and sanity began to return. I knew I would never again let my friend back into my life.

Today, although I still bear the scars of that hideous friendship, I am on my way back. With God at my side, I

know I will make it. My old friend will always be around the corner, waiting for me to weaken and stumble and come back to her, but I am determined to keep her out of my life forever. I have found a magnificent replacement.

Lonesome? Take charge of your life and turn it around. Write for Ann Landers' new booklet, "How to Make Friends and Stop Being Lonely." Send a self-addressed, long, business-size envelope and a check or money order for \$4.15 (this includes postage and handling) to: Friends, c/o Ann Landers, P.O. Box 11562, Chicago, Ill. 60611-0562.

**RENO, Nev. (AP)** - Country singer Doug Supernaw is getting some heat about his hit song "Reno," though he says he only used the name because it rhymes with casino.

The song, which compares the city and casinos to a heartless woman, is in the Top 20 on Billboard's country chart.

Supernaw, of Houston, said he'd never even been to Reno when he wrote it at a Texas fishing lodge last year. "It just made for a good rhyme," he said.

Mayor Pete Sferazza, who first heard the song on his headset while jogging, said his initial reaction was that it portrays casinos as being heartless.

At least one Reno radio station, KHIT-FM, won't play it because some listeners complained.

But Mike Houghton, marketing chief of the Reno-Sparks Convention & Visitors Authority, looked on the bright side.

"Maybe the people will remember Reno and forget what the song is about," he said.

## New food label easier to digest

Low, lite or lean? What do they really mean?

Finally, you can digest these and other food labelings lingo - such as "fat free" or "saturated fat" or "no calories" or "low cholesterol" - because of new federal laws.

And you can trust what you read. New food labels, scheduled to appear on most foods in your supermarkets in 1994, can include nutritional claims only if the food meets government standards. By this summer, many companies are expected to start switching to labels that will provide detailed and clearer information about the content of foods.

Meanwhile, the American Heart Association and the Food and Drug Administration have produced a brochure, "How To Read Food Labels." According to the brochure:

-Calories per serving will be listed along with amount of calories derived from fat. The AHA suggests cutting back on calories and fat if you're overweight.

-Fat, saturated fat, carbohydrates, fiber and protein will be listed in grams per serving.

-Cholesterol and sodium amounts will be listed in milligrams (mg) per serving. The AHA recommends that you eat no more than 300 mg of cholesterol and 3,000 mg of sodium per day.

-The percent of daily values will be listed for all of the above. For nutrients like fat and cholesterol, the daily value percentage tells your upper limit, based on a 2,000-calorie-per-day diet. For example, if a product contains three grams of fat, the daily value column will tell you that the fat in the product is 5 percent of your recommended

maximum daily fat intake. The label will include total daily value numbers for both a 2,000-calorie and 2,500-calorie-per-day diet. But not everyone needs to eat that many calories per day. And those who don't should eat less fat and cholesterol.

-Vitamins and minerals will be listed in their percentage of daily values per serving. The goal is 100 percent of vitamins A and C, calcium and iron. These should be derived from a combination of foods throughout the day.

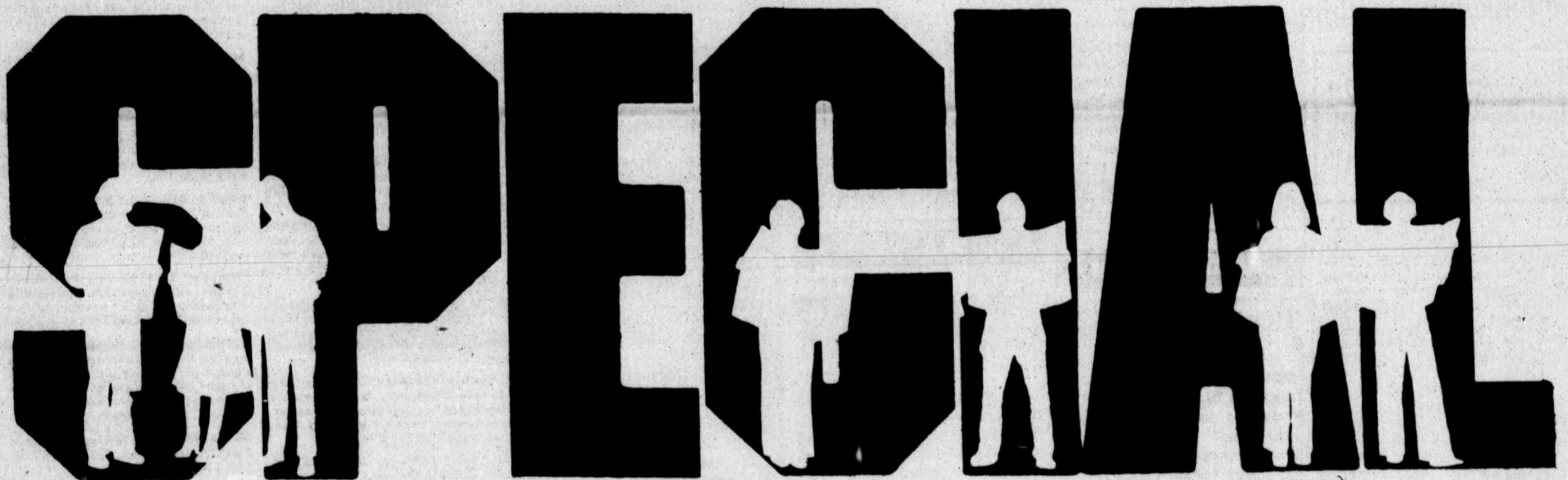
The new label is strict concerning food claims. For example, "fat-free" means less than 9.5 grams of fat per serving and no added fat or oil. "Low-fat" is restricted to three grams of fat, or less, per serving. The description "light" or "lite" is restricted to products that have one-third fewer calories or no more than one-half the fat of the higher-calorie, higher-fat version. To earn a "cholesterol-free" label, the product must contain fewer than two milligrams of cholesterol and two grams or less of saturated fat per serving.

For more information about healthy eating made easier, contact your local AHA or call 1-800-AHA-USA1. (1-800-242-8721).

The practice of numbering houses began on the Pont Notre Dame in Paris, France in 1463.

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## Nutrition hotline can help

Trying to figure out the new Food Guide Pyramid? Worrying about what to feed a baby? The American Dietetic Association, the nation's food and nutrition authority, provides timely advice on these and other topics through its Consumer Nutrition Hot Line at 1-800-366-1655.

Consumers can speak directly with a registered dietician (RD) or listen to the pre-recorded messages, including one in Spanish, featured each month.

By listening to the "Whole Grain Goodness" message, scheduled for July, September and November, consumers can learn how whole-grain foods provide adequate levels of fiber and other necessary nutrients. A message airing in August and September makes it easy to adapt the principles of the Food Guide Pyramid to any lifestyle and explains why some foods such as rice, bread, cereal and pasta are the foundation of one's diet. And, the importance of proper infant nutrition is explained in the October message entitled "Feeding Your Baby During the First Year."

Here's a schedule of upcoming recorded messages:

July: Finding Whole Grain Foods, Winning Sports Nutrition, Figuring Your Fat Allowance, and 10 Tips for healthy Eating (Spanish).

August: Diabetes and Food, Water - The Forgotten Food, Learning About Food Sources of Vitamins and Minerals, Diet and Cholesterol (Spanish).

September: Whole Grain Breakfast Cereals, Learning About Cholesterol, Using the Food Guide Pyramid, and Food Guide Pyramid (Spanish).

Operated by ADA's National Center for Nutrition and Dietetics (NCND), the hot line operates year-round and features recorded messages 24 hours daily. RDs are available to answer questions from 10 a.m. to 5 p.m. (EST). Callers also can get referrals to local RDs for individual or group counseling.

Italian dictator Benito Mussolini and his mistress, trying to flee advancing Allied forces in 1945, were captured and executed by Italian partisans.



### Top fund raiser

Susan Hennessey, left, Muscular Dystrophy Association Hereford coordinator, presents a sport bag to Amanda Almazon as a prize for her having raised more than \$100 in the MDA "Step Ahead" fund raising walk. Almazon raised the most money of any participant in the event. Hennessey said total receipts were \$2,376.

### Recipes for family fun

If your kids' creative spirit is blossoming this summer, here are some time-tested craft recipes you'll want to try. If your child is with a baby sitter part of the day, share this collection of ideas to keep boredom at bay.

**FINGER PAINTS:**  
Mix together 3 tablespoons sugar and 1/2 cup cornstarch in a saucepan. Add 2 cups cold water and stir over medium heat. (An adult should do this). Continue stirring until the mixture is smooth and thick. Remove from heat. Cool.

Spoon the mixture into several sections of a muffin tin or small bowls. Add food coloring and a pinch of soap flakes or a drop of detergent to each

portion. Stir.

Purchase fingerpainting paper at craft and toy stores or economize by using freezer paper (available at the grocery store). Use the shiny side of the freezer paper.

**FACE PAINT:**

Stir together in an empty yogurt container 1 teaspoon corn starch, 1/2 teaspoon water and 1/2 teaspoon cold cream. Add food coloring, one drop at a time. Experiment with the colors to create a new shade, if you wish. Make several batches using different colors. Paint designs on face with a small paintbrush or sponge. remove with soap and water. The paint may be stored in the yogurt containers with a lid snapped on tightly.

## Ask Dr. Lamb

**DEAR DR. LAMB:** I read an article titled "Proper Sodium Intake Helps Prevent Fatigue." I am 72 years old and in good health, but over the hill. I have been anesthetized by the thought of lowering my sodium intake, according to the things I have read. So I eat copious amounts of fruit and vegetables and two heaping tablespoons of cooked oatmeal each day. I do fatigue easily and sweat abundantly when I do lawn work, but I can stand it up to a temperature of 95 F. I do get quite tired after three hours of yard work.

I know my sodium intake is not 200 mg daily. I eat approximately two to three slices of bread daily and drink a little amount of skim milk. Should I take salt additives?

**DEAR READER:** Unless you sweat a lot, it is most unlikely that you need sodium supplements. Doctors and nutritionists have a great deal of trouble devising diets people will follow that provide so little sodium. Usually the people who need to increase the foods in their diets that contain more sodium are heavy laborers or athletes who sweat a lot, particularly if they are not acclimated to heat.

The other common cause of sodium depletion is from diuretics. That is one reason people on diuretics usually have their blood tested for sodium and potassium levels at regu-

lar intervals. There are also a few people who have excess loss of sodium through the kidneys.

One slice of bread usually contains over 500 mg of sodium and a glass of milk around 100 mg. So you are far in excess of the 200 mg minimum intake for sodium. I have included examples of sodium and potassium content in common foods in Special Report 82, About Your Sodium and Potassium Balance, which I am sending you. Others who want this report can send \$3 with a stamped (52 cents), self-addressed, No. 10 envelope for it to THE HEALTH LETTER/82, P.O. Box 5537, Riverton, NJ 08077-5537.

Loss of sodium can make you tired, but there are lots of other reasons to be tired as well, including three hours of yard work.

**DEAR DR. LAMB:** I am a 45-year-old male and I am writing to ask about lumps in my breasts. My doctor calls it gynecomastia. He does not believe it is cancerous, because there is a little pain in the lumps when touched. Still it worries me. Would you please explain what gynecomastia means? I don't know if any of my relatives had it. I do not drink.

**DEAR READER:** Gynecomastia means breast enlargement. Many men develop fat under the breast, which is not true gynecomastia. The term is correctly limited to enlargement of milk ducts and firm knots in the breast. This actually occurs in 40 percent of older men. It is caused by hormone stimulation, just as women's breasts respond to their hormones.

Look Who's  
(6) Today  
Omar Pesqueda  
Happy  
Birthday  
Love, Dad, Mom & Boy



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