

The HEREFORD BRAND

Friday

December 19, 1986

86th Year, No. 120, Deaf Smith County, Hereford, Tx. 12 Pages 25 Cents

Due to food, new car increases

Consumer prices up

WASHINGTON (AP) — Consumer prices, led by increases in food and new automobile costs, climbed 0.3 percent in November, the government reported today.

The increase in the Labor Department's Consumer Price Index, equivalent to an annual rate of inflation of 3.3 percent, followed a 0.2 percent rise in October.

Economists generally predicted that inflation in 1987 would return to the 3.5 percent to 4 percent range that had prevailed before energy prices tumbled last winter.

Because of that decline, inflation at the consumer level for the past year has registered a meager 1.3 percent — the lowest 12-month inflation rate since the early 1960s.

Gasoline prices, down 2.4 percent in October, fell again in November, but more modestly, 0.6 percent. Heating oil prices declined 1.3 percent after a 1.4 percent fall the previous month.

Food prices were up 0.5 percent, after climbing 0.3 percent in October, with increases registered across a wide range of products.

Grocery store prices were also up 0.5 percent, following a 0.4 percent increase the month before. Restaurant meals showed an identical 0.5 percent hike after rising 0.2 percent in October. Fruits and vegetables were up 1.5 percent. Beef, poultry, fish and eggs rose 0.6 percent.

The price of new automobiles in-

creased 0.9 percent in November, after a 0.8 percent rise the previous month. Automobile financing charges, up 4.9 percent, rose for the second month, an increase reflecting the end of manufacturer financing discounts on 1986 models.

Used car prices fell 0.1 percent after rising at that same rate in October.

For the first 11 months of 1986, the CPI has increased at an annual rate of 0.9 percent. Analysts expect it to be about 1.3 percent for the year once December figures are in.

That would make it the lowest rate of inflation since the 1.2 percent rise in 1964. By contrast, inflation for all of 1985 was 3.8 percent.



More than 300 families have applied for CSF help

Hereford's reorganized Christmas Stocking Fund is in the final days of its efforts to help the community's less fortunate this holiday season. Cash contributions totaled \$7,363.40 today.

A Stocking Fund spokesman has announced CSF will assist local churches, civic clubs and other groups in their adopt-a-family for Christmas efforts by serving as a referral source. Any group wishing to assist a family for the holidays may contact the Red Cross office, which is providing office space for CSF, and will be given information on a family in need.

Along with collecting cash contributions, CSF is also gathering canned staples at local groceries. The canned goods will be included in Christmas food baskets that will be distributed to the needy. Local shoppers may leave their donations of canned goods at boxes available at local groceries including Moore's Jack & Jill, Pak-A-Sak, Taylor & Sons and Save & Gain.

Needs of the less fortunate in the community are especially great this year. Over 300 families have applied to CSF for help.

Among the applicants is a mother of two children, ages three and four, who has no funds for food or bills this

holiday season. While the father is employed, he's currently disabled and isn't drawing pay. He'll begin receiving disability pay, but not until sometime in January. Because of the time frame involved, food stamps or other assistance aren't available to this family. Mom is asking for help with food for her family this holiday.

Donations to the Christmas Stocking Fund may be made at the office of The Hereford Brand, 313 N. Lee, or mailed care of The Brand at Box 673, Hereford.

CSF is administered by a group of anonymous local citizens who give of their time to help those in need.

Snowy Scene

Swirls on an icy creek at North Main start to glisten as the sun breaks through clouds. Today's early morning scene was formed from leftovers of a 3-inch snow in

Hereford on Wednesday night and Thursday morning. Highs were to reach the upper 40s today and likely melt away the white scenery. (Photo by Jeri Shire)

More moisture in store by Saturday for West Texas

By The Associated Press

Texas got a brief respite today from the soggy weather that has plagued the state for the past several days.

But the National Weather Service says it won't be long until the rainy weather returns.

Showers are forecast to return to West Texas Saturday and over the rest of the state Saturday night and Sunday.

Skies cleared early today over West Texas and were to continue clearing from the west because of a high pressure center located over Central Texas.

Lows tonight will be in the 30s and 40s except in South Texas where readings will be in the 40s and 50s

with a few readings expected to reach into the 60s.

Highs Saturday will be mostly in the 40s and 50s except in South Texas where readings will be in the lower 60s.

Secondary roads remained icy today across the Panhandle and South Plains where a snowstorm left as much as seven inches of snow on the ground by early Thursday.

Muleshoe had the most snow at 7 inches. About 5-5½ inches fell at Plainview, Tulia and Friona and 3 inches fell at Lubbock, Levelland and Crosbyton.

A travelers advisory was in effect early today for the Panhandle and South Plains because of hazardous

driving conditions on secondary roads and dense fog in the area. Dense fog prompted forecasters to issue a travelers advisory for the Permian Basin and Concho Valley before dawn.

Early morning temperatures were in the 20s in the Panhandle and in the 30s over the rest of West Texas and in the 40s elsewhere. Extremes ranged from 23 at Amarillo to 54 at McAllen.

Other early morning temperatures around the state included 31 at Wichita Falls, 41 at Fort Worth, 37 at Waco, 45 at Austin, 44 at San Antonio, 48 at Corpus Christi, 47 at Houston, 32 at San Angelo, 33 at Lubbock, 35 at Midland and 34 at El Paso.

Local sales taxes ahead 1 percent of last year's

While 1986 payments to Texas cities that levy the one-percent sales were down two percent as compared to payments last year, Hereford is almost one percent ahead for the same period.

The City of Hereford's December payment was \$36,864, which represents taxes collected on sales made in October. The year-to-date total is \$607,167, almost one percent over the total a year ago.

Among cities in the Panhandle, Borger, Pampa and Perryton showed large decreases. Plainview, Canyon and Dimmitt had slight increases.

The state comptroller's office sent checks totaling \$54.3 million in local sales tax to 1,033 cities that levy the tax. Houston's check for \$8.4 million was the largest. Dallas was next at \$7.1 million, and San Antonio had \$3.4 million.

CONTRIBUTORS		
PREVIOUS BALANCE		\$5,963.40
Anonymous		150.00
Black Grain Co.		50.00
Anonymous		50.00
Anonymous		10.00
Mr. & Mrs. Robert Jousserand		100.00
Jerry & Willie Roberts		20.00
Anonymous		50.00
Jack & Lucy Kirksey		25.00
Golden K Kiwanis Club		100.00
Anonymous		100.00
Clint & Margaret Formby		100.00
Anonymous		25.00
Mr. & Mrs. Don T. Martin		100.00
Mr. & Mrs. Bert Brown		25.00
Connie McGill		10.00
Roberto & Albina Almazan Jr.		10.00
Anonymous		40.00
Anonymous		200.00
Champion Feeders (beef certificates)		275.00
Anonymous		10.00
Mr. & Mrs. Jerry Collier		25.00
Anonymous		20.00
The Gilbert Yostens		50.00
Lloyd & Theda Sharp		25.00
Anonymous		50.00
Naomi Hare		25.00
BALANCE TO DATE:		\$7,363.40

Local Roundup

County gets grant

Deaf Smith County has been chosen to receive a grant of \$10,402 to supplement emergency food and shelter programs in the area.

The selection was made by a national board of affiliates of volunteer organizations.

A local board of David Ruland, Tony Cortez, Rocky Lee, Rosemary Shook and Thelma Mercer will determine how funds will be distributed among local service organizations.

Police report

The Hereford Police Department arrested an individual Thursday evening for driving while intoxicated, having no driver's license, and making an unsafe right turn.

Police also heard one report of assault near the intersection of Grand and Ave. F. Police report that charges will be filed in that case.

Also reported Thursday was the burglary to a motor vehicle in the 900 block of Brevard, harrasing phone calls in the 600 block of Ave. G., criminal trespassing in the 800 block of Main, a stolen purse at the Bull Barn, a stolen VCR in the 900 block of North Lee, harrasment in the 500 block of East Park, and the theft of a tire and jack from a vehicle in the 600 block of Irving.

Police issued two citations and investigated one minor accident.

Weather

THURSDAY'S HIGH: 37 LOW: 21
OUTLOOK: Tonight fair with a low in the mid 20s. North wind 5 to 15 mph. Saturday increasing cloudiness and cooler with a 20 percent chance of showers during the afternoon, possibly mixed with snow. High near 40. East wind 5 to 10 mph.

Congress stymied over who funneled money to Nicaragua

WASHINGTON (AP) — The elusive money trail from the Iran arms sales has Congress stymied over who authorized the funneling of funds to Nicaraguan rebels, what became of the money and even how much was involved.

After three weeks of intensive probing behind closed doors and in public, congressional investigators admit they are left with more questions than answers.

The Senate Intelligence Committee ended its preliminary investigation Thursday after 91 hours of testimony from 36 witnesses. The House Intelligence Committee planned to continue today with Attorney General Edwin Meese III.

Judicial officials said the naming of an independent counsel who could clear up some questions through a criminal investigation may come today, although FBI security checks may delay things.

Two members of the court that names the counsel said a number of willing candidates had been disqualified because of potential conflicts of interests since so many U.S. officials may be investigated in the

broad probe.

As the week wound down, many details about the case, which has spanned the most severe crisis of the Reagan presidency, remained shrouded in mystery.

Even the amount of the diversion is unclear. Congressional sources say Meese overestimated the sum when he told the nation on Nov. 25 it was as high as \$30 million. The Washington Post reported today that one congressional source, who asked to be unidentified, said the figure may be \$4 million or \$10 million.

Meese, the Post said, based his original calculations on one hypothetical transaction and simply multiplied it by four, the number of arms shipments he believed had occurred.

William J. Casey, the CIA director who was to have told Congress more details about the case, remained hospitalized after undergoing nearly 5½ hours of surgery for a cancerous brain tumor. Doctors said he should be able to resume his duties, but one expert said his long-term prognosis was uncertain.

Despite the information gaps,

which may be filled only by special House and Senate investigative committees next year, some of those involved in the probe said they were able to reach some conclusions.

Sen. Patrick Leahy, D-Vt., called the arms sale and the siphoning of profits to the Contra rebels a "foolish venture" and "a national tragedy" that had discredited U.S. anti-

Figure may be \$4 million or \$30 million

terrorist policy and weakened foreign policy, particularly in the Middle East.

"I am convinced that the heart of the Iran initiative... was (swapping) American arms for American hostages," Leahy, vice chairman of the Intelligence Committee, said in summing up the panel's work.

Sen. David Durenberger, R-Minn.,

the committee chairman, said it was clear that arms had been sold to Iran at a price which would produce a profit, that part of the profits went to investors and that part went into a Swiss bank account intended for the Contras.

"It was sort of a marriage of convenience between a country, the United States...and a group that was interested in making some money on the sale of arms. And that's the story of this whole thing," he said this morning on ABC's "Nightline."

But he said there remained no hard evidence the money actually went to the Nicaraguan rebels.

"All the money could be sitting in a Swiss bank account as far as we know," he said earlier.

In other developments:

—President Reagan asked the Senate Intelligence Committee to compile for him a detailed report of its three weeks of hearings on the Iran-Contra affair so he can inform the nation about what has been uncovered.

—White House spokesman Albert

Lifestyles



ROBBI AMES, LYNSI AND CRAIG

Now You're Cookin'

By DEBE GRAVES
Feature Writer

"I just try to enjoy life and keep my priorities straight. The important things to me are my children, my family and my friends. I work to be a good mother and a good friend, one you can count on," says Robbi Ames. Noted among friends as loyal and caring, the life of this busy woman revolves around her children and friends.

Employed as bookkeeper for White Implement, Ames states, "I love my job and I really appreciate the people I work with. It is so nice to work for people who allow you to put your family first; they are understanding when I need to take off because one of my children is in a school program or when they are ill and I need to stay home."

Ames is the mother of Lyndsi, 9 and Craig 6, and spends much of her time supporting them in their activities, she recalls, "This summer I spent a lot of time watching Lyndsi play T-ball, and this fall I have been watching Craig's flag football games. I enjoy watching them as they grow and try out new things, it is so much fun to share in their excitement over a game."

Born in Sayre, Okla., Ames feels that Hereford is her real home, "One of the main reasons Hereford is so attractive to me is that I have family here. I have lived so many different places where I knew no one that it has been a relief to live here." Ames is the niece of Clovis Seago and Marie Stringer and is the sister of

Jerry Hardin.

Not all of Ames life is filled with the bubbling laughter she is known for. She observes, "This last year has brought a lot of changes to my life. Without the support of my family and friends I don't think I would have made it through some difficult times."

In the eight years she has been a Hereford resident Ames has surrounded herself with friends and music. She is a member of Hereford Music Study Club and the Chamber Singers.

Members of First Baptist Church are familiar with Ames' rich alto voice through her participation in adult choir, Ladies Sextet and children's choir. Her other interests

include aerobics exercise—she works out at the YMCA three times a week—and shopping.

"I can only afford to window shop," she smiles, "But I really like to go to Westgate Mall and just kill time."

As a break from all of her other activities, Ames enjoys the challenge of difficult jigsaw puzzles. She also enjoys cooking and shares her skills in that area with friends in an informal supper club.

CHEESEBALL

8 oz. Cheddar cheese
8 oz. American Cheese
3 oz. Cream cheese
1 T. Worcestershire
1/2 tsp. Tabasco Sauce
1 clove garlic, crushed (or garlic powder to taste) Mix Well. Form into a ball and roll in chili powder and paprika. (Add chopped nuts, if desired) Let sit overnight in refrigerator. Better over a day or two!

PEANUT BUTTER LOGS

Makes 4 doz.
1-1 lb. box of powdered sugar
1 cup flaked coconut
1 cup chopped pecans
1 tsp. vanilla, 1 c. gram cracker crumbs, 1/2 c. crunchy peanut butter, 1 c. butter, 1/2 block paraffin, 1 6 oz. choc. chips. Thoroughly mix sugar, coconut, pecans, vanilla & crumb into peanut butter. Pour melted butter over mixture & blend well. Shape dough into 2x 1/2 in. logs. Melt paraffin & choc. chips together over boiling water. Working quickly, dip into the choc. & place on wax paper to dry. (To dip, insert small forks into side & dip into choc.) Be sure to leave choc. mixture in double boiler over hot water. Makes 4 doz.

Ann Landers

Cool friendship

DEAR ANN LANDERS: A year ago I had a mild heart attack. I am fine now. My doctor gave me the word to continue with all my regular activities.

The problem is a friend who telephones twice a day to see if I'm "all right." Last week "Martha" called and no one answered. She became panicky and called all our mutual friends. Next she telephoned my neighbors. Finally she called the hospital to see if I had been brought in.

I was furious when she told me what she had done. We had quite a row. She said I didn't appreciate her friendship.

Was I wrong to be angry? I resent being checked on like this. I also don't like the idea that she must know what I am doing 24 hours a day. Please comment.—SLOW BURN IN CONN.

Will you please remind them that it doesn't take any longer to write a short note of thanks than it took us to write the check?

Most of the time I'm not sure they received the check until I get my bank statement. — TIRE D OF DEAFENING SILENCE

DEAR TIRE D: Here's your zinger. I hope it jogs a few thousand young folks into action. Awful, isn't it?

DEAR ANN LANDERS: I have been reading your column for many years and I enjoy it. I especially like to see reruns of the old gems. My favorite is attached. I'll bet there are many others who would appreciate seeing it again. And don't forget, Ann, your audience changes. A few million have never seen it. Just call me — CONSTANT READER IN TENNESSEE

2. If you turn it on, turn it off.
3. If you unlock it, lock it up.
4. If you break it, admit it.
5. If you can't fix it, call in someone who can.
6. If you borrow it, return it.
7. If you value it, take care of it.
8. If you make a mess, clean it up.
9. If you move it, put it back.
10. If it belongs to someone else, get permission to use it.
11. If you don't know how to operate it, leave it alone.
12. If it's none of your business, don't ask questions.

Got those wedding bell blues over cost... guest list... what to wear... and other details? Ann Landers' "New Bride's Guide" will help. For a copy, send \$2.00 plus a long, self-addressed, stamped envelope (39 cents postage) to Ann Landers, P.O. Box 11995, Chicago, Illinois 60611.



801 N. Main 364-8461

Pilot Club of Hereford

has limited quantities of 1 lb.
Del Cerro Pecans

\$400

Call

Donna West 364-3740
Trish Worleman 364-3740
Margie Waddell 364-4515
Margaret Schroeter 364-6641

On the basis of assets, Phillips Petroleum says it was the 20th largest industrial company in the United States at the end of 1985.

U.S. Navy ships of the Sixth Fleet landed 1,800 Marines at Beirut, Lebanon, July 15, 1958, to help support the Lebanese government against rebel forces.



Mt. Hekla, a volcano in Iceland, is known to have erupted 20 times.

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Save 30%
Students' Levi's® 501® jeans

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Reg. 24.99. Levi's® 501® denim jeans are made from 100% cotton that's been prewashed for a comfortable fit. In dark indigo blue for students' sizes 25-31.

Comfort plus Style is part of the bargain!

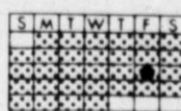
ANTHONY'S

Sugarland Mall

DATE BOOK

December 19, 1986

Today is the 353rd day of 1986 and the 88th day of autumn.



TODAY'S HISTORY: On this day in 1777, the American Continental Army established camp at Valley Forge, Pennsylvania.

TODAY'S BIRTHDAYS: Ford Frick (1894); Sir Ralph Richardson (1902); Leonid Brezhnev (1906); Jean Genet (1910); Edith Piaf (1915); Cicely Tyson (1939).

TODAY'S QUOTE: "The art of acting consists in keeping people from coughing." — Sir Ralph Richardson.

TODAY'S MOON: Between full moon (Dec. 16) and last quarter (Dec. 24).



TODAY'S TRIVIA: Who succeeded Leonid Brezhnev as president of the Soviet Union? (a) Nikita Khrushchev (b) Yuri Andropov (c) Constantin Chernenko

BY PHIL PASTORET
You can now buy 100,000-year-old ice from glaciers. To go with the equally ancient leftovers in the fridge, of course.

Look on the bright side: It's much better to be up the creek without a paddle than to find yourself with the paddle, but no canoe.

TODAY'S TRIVIA ANSWERS: (b) Yuri Andropov succeeded Leonid Brezhnev as president of the Soviet Union.

Balloon Bouquets
for all occasions

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Christmas Open House

Saturday, December 20th
Refreshments

Select Group
Sportswear, Coats
& Lingerie

1/3 off

NEW Denim Watches
Black, White & Chambray

Select Group
Sportswear
& Blouses

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- Estee Lauder Fragrances
- Candles

Little's

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Home Of Aramis & Estee Lauder
364-0414

Local Church News

FIRST PRESBYTERIAN CHURCH

"Staying Ready" is the title of the Reverend Bruce Kochsmeier's sermon for the regular 10:30 a.m. Sunday worship service. The scripture lesson is Matthew 1:18-25.

A candlelight service will be held Sunday at 7:30 p.m. This special service of music and scripture will be presented by the chancel choir.

The youth groups will not meet at 138 Liveoak Sunday evening but will attend the candlelight service. Please let Perry or Betzy know if you need a ride.

The Scripture for Lunch Bunch will not meet on Christmas Eve.

Children's Choir will not meet again until Jan. 8, 1987.

Christmas Eve service will be at 7 p.m. Wednesday. This warm tradition of welcoming the celebration of our Saviour's birth will be a family service of lessons and carols. Please join us.

Mission Yearbook—We have a church for every 400 people in Hereford. There are plenty of places where the Gospel can be heard. But in Nagoya, Japan, where consumerism has become a god of sorts, there is a shortage of places where people can go to worship Jesus Christ. The Meiko Chapel is one such place that serves as the only Christian place of worship in a neighborhood of 70,000. In this setting the ministry of the chapel has called people out of their ordinary lives to hear and respond to the message of Jesus Christ as the Bread of Life. Please pray TODAY that the Holy Spirit will help them find it. The Rev. Frank Sapp and his wife Mary Kay minister in this setting.

ST. THOMAS EPISCOPAL CHURCH

St. Thomas Episcopal Church will celebrate the Nativity of our Lord on Christmas Eve, beginning at 10:30 p.m. with congregational carol singing and special music by Dr. Duffy McBrayer, Mrs. Rose Ann Smith, Mrs. Katie Claypool, and Ms. Linda Gilbert. The Christ Mass will begin at 11 p.m. with Fr. Charles Threewit singing the Mass. Visitors are most welcome. The Episcopal Church offers communion to anyone who has been baptized and who is a communicant of their own church.

A nursery will be available, although children are most welcome in the liturgy. Many life-long Episcopalians have as their fondest memories being bundled up and taken to the Christ Mass and then coming home with the realization that Christmas has arrived.

The greening of the church will take place Tuesday evening, December 23, following the celebration of the Holy Communion at 7 p.m. The children will decorate their tree in the parish hall. Following the decorating, there will be a wassail bowl for adults and hot chocolate for the children.

The Christmas Pageant will replace the Service of the Word on the First Sunday of Christmas, Dec. 28. The pageant will begin at 11 a.m.

WESLEY BAPTIST CHURCH

(Seven miles west on Harrison Hwy.)

The public is invited to hear a Christmas program entitled "Celebrate Jesus" at 7 p.m. Sunday at the church.

Refreshments will be served following the program.

ST. ANTHONY'S CATHOLIC CHURCH

The C.Y.O. Christmas caroling hayride and party are planned at 7 p.m. today. Meet in the school gym.

Caring and Sharing and S.A.W.O. will pack and distribute Christmas food baskets to needy families Dec. 22 at 2 p.m. For those interested in helping, meet in the Antonian Room to sort and pack food. Cash donations are needed to purchase milk, turkey, fruit and other perishable items. Donations may be brought to the church office between 9 a.m. and 5 p.m.

The annual New Year's Eve dance, sponsored by St. Anthony's Women's Organization, will be held at 9 p.m. Dec. 31 in St. Anthony's auditorium. Tickets are available now and may be purchased from Grace Paschel by calling 364-8604.

Holiday Mass is planned at 6 p.m. Dec. 24; 11:30 p.m. Dec. 24; and at 11 a.m. Dec. 25. Mass will also be recited at 6 p.m. Dec. 31 and at 9 a.m. and 11 a.m. Jan. 1.

FIRST UNITED METHODIST CHURCH

The public is invited to hear a Christmas cantata, "Repeat the Sounding Joy," when First United Methodist Sanctuary Choir sings it at 7 p.m. Sunday. Mark Mayer, director of music ministry in the church, will direct the presentation.

Soloists will be Lesley Woodard and Tina Langehenig. George Denton will serve as narrator and the accompanists will be Elaine Calkins, organist, and Betty mayer, pianist.

The cantata is one of a series of Advent services in First UMC. Holy Communion will be observed on Christmas Eve, when members of Wesley and San Pablo United Methodist churches will participate in the candlelight program at 7 p.m.

Last Sunday evening, an hour of carols was presented by all the children's choirs and the Jubilate Ringers, a ladies handbell choir. Youth of the church supplied Bible readings and a Nativity scene.

An annual service, the Hanging of the Greens, was held to start the pre-Christmas observances. Congregational singing of favorite Christmas hymns was the feature of this evening; Corky Lockmiller was the narrator as symbolic decorations of the season were put in place.

FIRST BAPTIST CHURCH

The youth are starting to sign-up for the First Regional Youth Evangelism Conference Dec. 29-30 at the First Baptist Church in Lubbock. If you are interested in this conference call the church office. The fee is \$15.

A New Year's Eve blow-out is planned Dec. 31 for C.R.O. The group will meet in the church fellowship hall for supper and then there will be a scavenger hunt.

FIRST CHURCH OF THE NAZARENE

An old-fashion Christmas party for senior highs is planned at 7:30 p.m. Saturday at Terry and Lisa Hufaker's home, 603 E. Fifth St. Bring homemade gift and a card.

"Salute The Herd" will be shown by Ted Taylor at 7:30 p.m. Saturday, Jan. 3, 1987. It will include pictures of high school and junior high football, pep rallies, band, plus many others. All parents, teens, coaches and fans are invited to view the slides.

WESLEY UNITED METHODIST CHURCH (410 Irving)

The Rev. Lanny Wheeler's sermon for the 11 a.m. Sunday worship service is entitled "Our Prayers Are Answered." The text to study is Malachi 3:1-7, Romans 1:1-7 and Matthew 1:18-23.

A "Christmas Celebration" will be the program presented at 7 p.m. Sunday to be preceded by a covered dish dinner at 6 p.m.

A candlelight and Communion service is planned at 7 p.m. Wednesday at First United Methodist Church.

Rogers serves as hostess

Natural green wreaths and a Christmas tree lit by miniature lights decorated the home of Lucy Rogers for La Plata Study Club's Christmas party Tuesday evening.

Avis White and Yvonne Simpson assisted Mrs. Rogers in serving a variety of holiday treats.

During the business meeting conducted by club president, Rose Mary Shook, members voted to donate to

the Christmas Stocking Fund and also to the Christmas Lights Fund. Suzanne Stevens was welcomed as a new member.

Members exchanged gifts and visited during the remainder of the party. The next meeting is planned at the home of Peggie Fox Jan. 20, 1987.

Members present included the hostesses, and Mary Bartlett, Ruby

Boston, Sunny Brush, Audine Dettman, Fox, Julie Helms, Mary Lyles, Dorothy Mercer, Mozelle Neill, Dorothea Prowell, Margaret Schroeter, Shook, Lola Smalts, Betty Taylor, Betty Williams, Virginia Woodford, Stevens and Lavon Nieman.

Choir to be featured

"A Christmas Sonnet", written and compiled by Susie Curtsinger, will be sung by the Hereford Senior Citizens choir at 5 p.m. Sunday at Trinity Baptist Church located at S. Highway 385 and Columbia St.

Everyone is invited to attend. Jeff Love, minister of music at the First Church of the Nazarene, will direct the choir.

Hospital Notes

PATIENTS IN HOSPITAL

Belinda Anthony, Girl Anthony, Francis Arrendondo, Jo Ann Blackwell, Glen Branson, Becky Cameron, William Davis, Jorge Dominguez, Lela Duggan.

Guadalupe Escobado, Allen Fangman, A.B. Higgins, Fred Mulkey, Woodrow Reed, Debe Roark, Girl Roark, Silvia Salazar, Johnnie Sims.

New Arrivals

Mr. and Mrs. Alan Mowery are the parents of a girl, Elizabeth Anne born December 16, 1986.

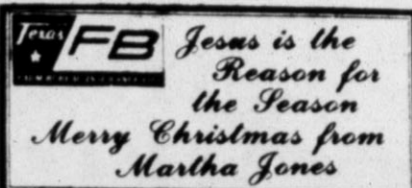
Mr. and Mrs. James Anthony are the parents of a girl, Brittany Diane born December 18, 1986.



To get Brazil nuts out of their shells unbroken, freeze them until the shells crack.



Egg protein is so near perfection that scientists often use it as a standard to measure the value of protein in other foods.



Pilot Club of Hereford

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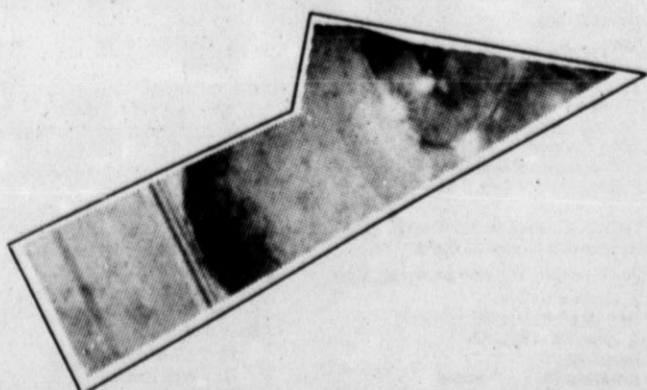
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Getting Ready

YMCA board member, Poppy Head, gives new board member Steve Niemann some cooking pointers in preparation for a casserole sale to be held Saturday at Sugarland Mall. Board members will sell casseroles and baked goods from 10 a.m. to 2 p.m. in conjunction with a garage sale occurring at the YMCA facility from 7:30 a.m. to 2 p.m. All proceeds from the project will benefit the YMCA.

DR. GOTT Cough and hernia seem unrelated

By Peter H. Gott, M.D.

DEAR DR. GOTT — Upper-G.I. X-rays show that I have a small hiatal hernia. I take Tagamet and have raised the head of my bed. However, I still have a cough that is always present. My doctor is not certain if it is related to the hernia. What do you think?

DEAR READER — Coughing is not usually related to a small hiatal hernia — a weakness in the diaphragm muscles that allows gastric juice to flow back into the esophagus and cause indigestion.

You should ask your doctor to investigate the reason for your cough. However, the hernia is probably a separate issue.

To give you more information, I'm sending you a free copy of my Health report on HIATAL HERNIA. Others who would like a copy should send \$1 and their name and address to P.O. Box 91428, Cleveland, OH 44101-3428. Be sure to mention the title.

DEAR DR. GOTT — Every time I wear imported shoes constructed from manmade materials, my feet get numb and tingly. My doctor said I was allergic to some material that leeches out of the shoe as my foot gets warm. How can I determine what's causing the problem?

DEAR READER — The substances most likely to cause your symptoms are the hydrocarbons in the plastic or the coloring agents in the material of the shoe. When your feet heat up during the day, they perspire, the moisture can cause trace amounts of the substances to dissolve and produce the skin irritation. (IN ADDITION,) Some experts believe that manmade shoe materials do not "breathe" as well as leather and other natural materials; therefore, feet get warmer and reactions are more likely to take place. Also, feet naturally get larger as the day goes on; natural materials stretch along with the feet, but manmades have less give — and this can cause numbness and tingling. The answer to the problem is to purchase shoes made of non-synthetics.

DEAR DR. GOTT — I wake up every morning hurting across the kidney area, and when I take a deep breath, it hurts worse. The pain goes away after I get out of bed and move around. I've never known anyone with this symptom, so I'm hesitant to see a doctor.

DEAR READER — Morning low-back pain is a common symptom of arthritis or muscle stiffness. The back pain of arthritis usually does not improve with exercise, so I suspect that your symptoms are due to muscle tension and spasm. Changing to a firmer mattress might help. If it doesn't, check with your doctor for a precise diagnosis.

DEAR DR. GOTT — A couple of weeks ago I had a thymoma tumor removed from the lung area. It was not attached and was noncancerous. What causes these tumors and how can they be prevented?

DEAR READER — Thymoma is a benign tumor of the thymus gland, an organ that is the central gland of the lymphatic system. Thymomas are significant because they can contribute to the neuromuscular weakness called myasthenia gravis; they also may be linked to some non-AIDS immune-deficiency disorders. No one is certain how and why this tumor appears, therefore, there's no known way in which to avoid it.

DEAR DR. GOTT — I've been taking Dyazide for 10 years, as well as calcium and magnesium. Recently I read that you're not supposed to take calcium with diuretics, so I asked my doctor about it. He said I should have asked him about this years ago, and he told me to stop taking the calcium.

I told him I thought I needed the calcium (I'm 54 and female). He said it was a gimmick by the calcium lobby, and that neither he, his wife or his mother take it. What do you think?

DEAR READER — The final word on calcium supplements is not in yet. However, this much is known: Women (and probably men) lose excessive amounts of calcium from their bones starting in middle age. This loss can weaken bones and lead to fractures, height loss and pain. The calcium loss accelerates after menopause. In women, this loss can be counteracted by hormone replacement. However, not all postmenopausal women are candidates for hormone pills; they may not choose to take supplements, or there may be sound medical reasons why they should not.

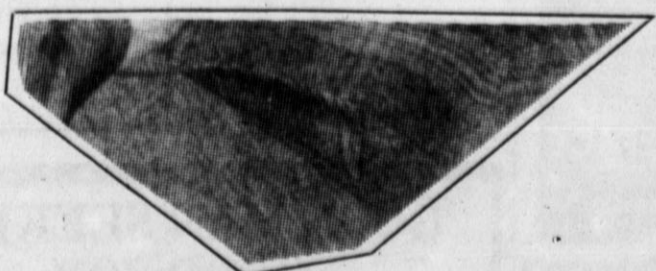
Although less effective than hormone pills, exercise and added dietary calcium (with or without fluoride) can help most women to reduce calcium loss. In my opinion, calcium pills are a harmless way to help counteract calcium excretion. Low doses of a thiazide diuretic, as is contained in Dyazide, actually enhance the flow of calcium into bones.

Therefore, I don't agree with your doctor. I think that calcium pills and Dyazide go well together, unless the patient has history of kidney stones, then the two compounds must be used with caution. In your case, the use of supplemental dietary calcium seems to be a good idea.

DEAR DR. GOTT — I have a very dry scalp despite all the different shampoos I've tried. What can you suggest?

DEAR READER — Dry scalp can be caused by shampooing too often or it can indicate a skin condition, such as psoriasis or seborrhea.

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