

The Hereford Brand

Wednesday
Dec. 30, 1987

★ Hustlin' Hereford, home of Dennis Wosnitsky

87th Year, No. 125, Deaf Smith County, Hereford, Tx.

10 Pages

25 Cents

DSGH hires Moore, accepts bond bids

By JOHN BROOKS
Managing Editor

Deaf Smith General Hospital officially has a new administrator, and will soon receive almost \$1.5 million from the sale of general obligation bonds after accepting a bid for those bonds at a special Deaf Smith Hospital District board meeting Tuesday night.

Gary Moore, 43, currently administrator of a hospital in Electra, has already begun part-time work as the DSGH administrator. Moore will be in Hereford on Fridays, Saturdays and Sundays until he is released from his position in Electra in late January.

Moore was offered the hospital post here earlier this month after the DSHD board spurned an offer from a management company, Hospital Management Professionals. He will be earning an annual salary of \$47,500 on a two-year contract.

Until Moore begins working full-time, Phillis Morrison will continue as interim administrator, according to DSHD board president Margie Ford.

"She will still have full responsibility at the hospital while Gary is not here," Ford said, "but will consult with him on major decisions. They have already begun sharing information so Gary will be prepared when he moves here." Ford said Morrison will resume her duties as comptroller when Moore begins full-time work here.

Moore has been in Electra since mid-summer, moving there from Littlefield where he served as administrator for two years. Prior to that, Moore had headed hospitals in Levelland, Kansas and Iowa.

The board also accepted bids from a syndicate including three firms to purchase the bonds, which will be used to pay off notes at Hereford State Bank, First National Bank and from Ed Barrett, and to finance capital needs.

Terry Colip, who works with health care financing for Boettcher and Company, a Denver-based investment banking firm, said the bond issue received only two bids because of the relative small size of the issue



GARY MOORE
... New DSGH administrator

and because it is a rural hospital.

"I'm disappointed that Moody's gave us a B-AA rating," Colip said. "Deaf Smith County is a AA, and this should have been the same. The problem is that Moody's is saying that rural hospitals everywhere have problems. A lot of bond buyers want an A or better rating before they will do anything."

"We don't get a lot of interest in a small issue like this because it's too much of a bother, but we were able to get two syndicates to bid on the issue."

The winning bid calls for an average overall interest rate of 8.44 percent over 15 years on \$1.25 million of the bonds, and 8.51 percent over 10 years on the other \$250,000.

DSGH should have the money in hand by Jan. 26. Morrison explained that DSHD will not begin paying on the bonds until February 1989 because the district could increase the tax levy by enough to meet each year's bond payment. The next tax levy won't go into effect until the fall of 1988.

TCFA marks good year

By Speedy Nieman
Editor-Publisher

Twelve consecutive months of profit, on the average, highlighted the year for cattle feeders in Texas, according to Clark Willingham, president of the Texas Cattle Feeders Association.

"Happily, profitability has moved to our counterparts in the cow-calf and stocker segment of the industry," Willingham added during the annual TCFA yearend news conference in Amarillo Tuesday. Part of the credit for cattlemen's return to prosperity should go to the \$1-per-head checkoff program, said Willingham.

"This year, the beef industry embarked on the most ambitious and aggressive self-help campaign ever when the beef ads funded by the \$1-per-head checkoff hit the streets." While Willingham says the beef ads

aren't completely responsible for the profitable prices, "I feel certain the ads have helped capitalize on a trend in the U.S. that is leading consumers back to beef."

Willingham says that while the ads are the most visible part of beef promotion, "I think the most beneficial aspects of the program come from the working relationship we've established with doctors and dietitians."

That relationship is paying dividends to cattlemen. "Earlier this year, the Texas Beef Industry Council and the Texas Affiliate of the American Heart Association announced a new working relationship. More importantly, the American Heart Association endorsed lean beef as an important part of a healthy diet."

However, the TCFA President said 1987 had its share of disappoint-

ments, too. "Perhaps the biggest was given to us by the U.S. Congress when it abolished the use of cash accounting by a family farm corporation that has over \$25 million of gross receipts," he said. "What concerns us about this arbitrary action is that it sets a precedent for future arbitrary reductions that could imperil many more family farm corporations."

Looking ahead to 1988, Willingham is optimistic it will be a good year for cattlemen. "But it will be a year of challenges."

The key challenge for the beef industry is to approve the referendum on the \$1-per-head checkoff. "The day to vote on the referendum will likely be May 10, 1988, and I encourage all cattlemen to head for their county Extension office and vote 'yes' on the referendum."



Cattle Feeders Report

Clark Willingham, center, of Dallas gave a yearend report on activities of the Texas Cattle Feeders Association in Amarillo Tuesday. Jim Gill, TCFA marketing direc-

tor, left, and Charles Bell, TCFA executive director, also made brief reports on the state of the cattle feeding industry.

'Happy Site' out of SSC consideration

AUSTIN (AP) — Much work still remains to be done to try to land a \$4.4 billion atom smasher research project for Texas, now that one of two submitted sites has been selected one of eight finalists nationwide, Gov. Bill Clements said.

"We still have a long way to go, and I pledge to do my utmost in working with the Texas delegation to bring this project to our great state," the governor said Tuesday.

Sen. Phil Gramm, R-Texas, announced Tuesday in Washington that a site in Ellis County, near Waxahachie, 25 miles southwest of Dallas, is on the short list in the national competition for the so-called super collider, along with Arizona, Colorado, Tennessee, New York, Illinois, Michigan and North Carolina.

Clements said it is regrettable that a site near Amarillo, Texas, didn't

survive to the final round of consideration, but added, "If the project comes to Texas, the entire state will benefit."

"This is a great Christmas present. But it is one based on hard work, an outstanding proposal and unprecedented bipartisan teamwork," Clements said. "I applaud the fine work of the many people who helped us get to this point."

Gramm said he got the names in a telephone call from Energy Secretary John Herrington, as Herrington had promised when the selection process began.

"Needless to say, everyone here is pretty excited about this. We felt all along that we could make the final list," said Waxahachie's city manager, Bob Sokoll.

"We intend to do our best to be the

final choice. It will definitely be the biggest thing that this town has ever seen."

William Banowsky, in charge of the effort to land the super collider in Ellis County, said Texas' chances of landing the project are excellent.

"If you look at it, it's a race between Illinois and Texas," Banowsky said. "Every state will be in there with a strong case, but I don't think anyone will be there with a stronger one than Texas, and we want to leave no stone unturned."

Banowsky said Texas now needs to concentrate on gaining alliances with surrounding states. Universities in Oklahoma, New Mexico, Louisiana and Arkansas need to be reassured that they will benefit if the super collider is located in Texas, he said.

Dallas Mayor Annette Strauss said, "Everything points to us having a great chance of getting the project. It will have a tremendous impact economically and academically."

Along with the Amarillo-area site, two independent bids for sites — one near Midland and one near El Paso — also were not included on the list, which the Energy Department will narrow to one preferred site by July 1988. A final decision is expected by January 1989.

"I'm very, very disappointed," Amarillo Mayor Glen Parkey said. "We were very optimistic about being on the short list because we were the lowest-cost site. ... But we're still going to be 110 percent behind Texas getting the Super Collider."

Thane Akins, a Midland geologist

who helped coordinate the Midland bid, said: "For anybody who's put the effort into this, it's got to be a real downer." The Midland bid was funded with \$400,000 and had extensive volunteer effort.

Gramm said important work lies ahead in Washington. "Every one of these states has a good proposal. Now it will be the little extras" that determine the winner, Gramm said.

The inclusion of a Texas site means "We have a dog in the hunt, so to speak," Gramm said. "We have eight sites that are technically feasible. The question is, who can get that last little bit of effort to put them over the goal line?"

If Congress appropriates the funds, the U.S. Energy Department will build the 53-mile circular atom

smasher to be used in high-energy physics research.

The super collider is expected to have a \$20 billion economic impact over the next two decades and could create 4,500 construction jobs, 2,500 scientific jobs and 5,600 jobs for firms doing business with the super collider operation.

Gramm said he believed the fact that the announcement was made a month ahead of schedule is a positive sign and hoped the selection of the final choice would come as early.

Banowsky said the Dallas-Fort Worth authority he heads will now plan a \$1 million fund-raising drive to lobby for its site during the next few months.

"The race has now begun. It's now a political battle, to be sure," Banowsky said.

Smithee staying put, congressional race hot

State Rep. John Smithee announced this morning that he will seek reelection to the 86th District seat that includes Randall and Deaf Smith Counties.

Smithee, as late as Tuesday night, was considering the race for the 13th Congressional District seat now held by Beau Boulter, provided that Boulter entered the U.S. Senate race against Lloyd Bentsen.

This morning, State Sen. Bill Sarpalius and former U.S. Rep. Bob Price announced as candidates for

the U.S. Representative post in District 13. Boulter is not expected to announce his plans until Jan. 4 the final day for filing.

Amarillo businessman Jim Brandon is also expected to announce today as a candidate in the 13th Congressional District race. Brandon had indicated he would be a candidate for the 86th District seat if Smithee did not seek reelection, but that changed this morning and Brandon will enter the congressional race. Another Republican, Patty Lou Dawkins, has also been considering

the race for Smithee's seat.

Smithee, in a phone call to **The Brand** this morning, said family considerations and Sarpalius' decision were prime factors in his choice to seek reelection. Smithee and his wife have two small children and he said a job in Washington would be "too disruptive" for his family at this time. He added that, with Sarpalius

leaving his seat, "we need someone with experience to protect the interests of the area."

There had been rumors that Sarpalius would run for state ag commissioner in 1990. Sarpalius said yesterday he had looked at that post for some time, "but I enjoy serving the people of the Texas Panhandle and I saw a tremendous opportunity

to continue the work that I've been doing...on the federal level." Vernon businessman Ed Lehman will oppose Sarpalius in the Democratic primary.

A Pampa farmer and rancher, Price was the 13th District's congressman from 1967 to 1975. He lost his seat to Jack Hightower, then won a special election to fill a vacancy in

the Texas senate left by Max Sherman. Price lost his seat to Sarpalius in 1980.

Brandon has been active in Republican politics for more than 25 years in Amarillo. He formerly served on the state Republican executive committee and was Panhandle chairman for Reagan in 1976 and state vice chairman in 1980.

Local Roundup

Burglary reports continue

A rash of Hereford burglaries, which began just after Christmas, continued on Tuesday with break-ins at Stanton Junior High School and at a residence in the 800 block of Irving.

Police officers were also called on to investigate harrasing, threatening and obscene phone calls; a broken vehicle window in the 1300 block of W. U.S. 60 and a child custody case in the 100 block of Ave. A.

A 22-year-old man was arrested and charged with public intoxication. Seven citations were issued and two minor accidents were investigated.

Hereford Fire Department volunteers responded to an alarm in the 1600 block of Seventeenth Street where a 1976 Buick, owned by Linda Smith, was destroyed by a fire which gutted the engine compartment.

Medical fund started

A medical fund to benefit Pat Cagle has been started at Hereford State Bank. Cagle has been receiving medical treatment for quite some time and has no medical insurance.

Brand to take off Friday

The **Brand** will take a holiday Friday, New Years Day. The **Brand** will have a combined issue on Thursday, and will resume publication with Sunday's issue.

For Sunday's **Brand**, deadlines will be moved up one day for all news, and display and classified advertising. The final deadline for insertion, changes and stopping classified ads will be 3 p.m. Thursday.

The **Brand** office will be closed Friday, and will not reopen until Monday.

Cold front coming

A cold front is charging through the West and is headed our direction for New Years Eve.

Tonight should be partly cloudy and colder, with a low near 20. West-northwest wind will be 10 to 20 mph and gusty.

Thursday will be partly cloudy and colder, with a high near 30. Northeast wind will be 10 to 15 mph.

This morning's low at KPAN was 27 after a high Tuesday of 44.



BILL SARPALIUS



JOHN SMITHEE

Page Two

In farm, energy states

Population skid continues

WASHINGTON (AP) — Farm and energy-depressed states continue to lose residents while the South and the West are booming, with states such as Florida and California posting large population gains in the 1980s, the Census Bureau says.

Florida's population has grown 23 percent since 1980, pushing it past Pennsylvania to become the nation's fourth most populous state, after California, New York and Texas, the bureau said Tuesday.

Meanwhile, Alaska, the least populous state at the time of the 1980 census, is now second-smallest with an estimated population of 525,000. Wyoming now ranks last, with a population of 490,000.

The estimated mid-1987 overall U.S. population was 243,400,000, up from 241,096,000 in mid-1986 and 226,546,000 in 1980.

The bureau said the South and the West continue to be the fastest growing regions, accounting for 15 million of the nation's 17 million increase in population since 1980.

However, population losses continued between 1986 and 1987 in the farm states of Iowa, Nebraska, North Dakota, Montana and Idaho.

Iowa was down from 2.83 million from 2.85 million in 1986; Nebraska was down to 1.59 million from 1.60 million; North Dakota to 672,000 from 679,000; Montana to 809,000 from 817,000; and Idaho to 998,000 from 1 million.

Energy-depressed states such as Louisiana, Oklahoma, West Virginia

and Wyoming also showed losses, and Texas grew far more slowly than earlier in the decade, the agency said.

Louisiana declined to 4.46 million from 4.50 million in 1986, Oklahoma to 3.27 million from 3.31 million in 1986, West Virginia to 1.90 million from 1.92 million and Wyoming to 490,000 from 507,000 in 1986.

Florida, with a mid-1987 population put at 12.02 million, nudged Pennsylvania, population 11.94 million, into fifth place, the bureau said.

Ranked seventh at the time of the 1980 census, Florida moved past Ohio in 1984 and past Illinois in 1986.

Florida was the only state in this decade to cause a shift in the relative rank of the nation's Top 10 states.

Those states, in their present order and estimated population, are:

California, 27.66 million; New York, 17.82 million; Texas, 16.79 million; Florida, 12.02 million; Pennsylvania, 11.94 million; Illinois, 11.58 million; Ohio, 10.78 million; Michigan, 9.20 million; New Jersey, 7.63 million; and North Carolina, 6.41 million.

Pennsylvania, despite its drop in relative rank, posted an increase in population. Its mid-1987 estimate of 11.94 million is up from 11.89 million in 1986 and 11.86 million in 1980.

The new figures are only estimates. "They are provisional, our best guesses," Census Bureau spokesman Gary Wilkinson said.

The government will conduct a full-fledged census in 1990.

Florida's gain was surpassed only by California, which has grown by 4 million people since 1980, to 27.66 million; and by Texas, up 2.6 million

to 16.79 million since the start of the decade.

However, Texas, hard hit by the decline of world oil prices, only grew by 100,000 people between July 1986 and July 1987.

All the northeastern states grew from 1986 to 1987 as the region's population increased by 1.1 million in the 1980s after losing ground in the 1970s.

Some large but slow-growing states like New York and Pennsylvania appear sure to lose seats in the House of Representatives to faster growing states like Florida and Arizona.

Florida currently has 19 seats in the House, while Pennsylvania, the state it surpassed in population, has 23 — a ratio almost certain to change after the 1990 census.



Not good for cactus

Ocotillo are tired of all this snow—it's pretty yucca stuff. The weather has been a pretty prickly topic of conversation, now that it's been a thorn in our side for so long. I saguaro! This stuff may never melt, and there's supposed to be another front moving into the region later this week.

Robertson, Xerox want holds on millions in cash

WASHINGTON (AP) — Republican presidential candidate Pat Robertson doesn't want the check to be in the mail to him on Monday, because he's just not sure he wants that \$4.5 million in federal money for the 1988 election.

On the other hand, Democrat Gary Hart definitely wants the \$100,000 in federal matching funds due him next week, but Xerox Corp. doesn't want

that check to go into the mail either.

Jesse Jackson wants his federal funds, but he's having trouble getting an OK from the Federal Election Commission.

Xerox obtained a District of Columbia Superior Court order Tuesday aimed at seizing Hart's matching money to settle a 1984 presidential campaign debt owed for copier rentals.

Sue Casey, a Hart campaign aide in Denver, said there would be no immediate comment on the matter because the campaign had not seen the court order.

The FEC has approved money for both Robertson and Hart, and on Monday, the money is scheduled to flow to Robertson, Hart and 10 other candidates who have qualified for nearly \$25.6 million in the first installment for the 1988 campaign. Checks will be written or the money will be wired to the campaigns.

Jackson is the one remaining uncertified candidate. The FEC staff found problems with the documentation submitted by his campaign, and the campaign has been asked to resolve the problems, FEC spokeswoman Sharon Snyder said Tuesday. Ms. Snyder would not specify what those were.

Jackson pledged to clear up the problems with his submissions today or Thursday and get in line for his matching money.

Robertson, in an unprecedented request, asked the FEC to delay sending the money for as much as 30 days beyond Jan. 4.

Robertson campaign attorney Marion Edwyn Harrison, in a letter to the FEC, said the delay would "enable Americans For Robertson to determine whether Americans For Robertson wishes to accept matching funds and participate in the

matching funds regimen."

Robertson, the former television evangelist, has expressed opposition to accepting money from the government for his campaign. But the campaign filed all the documents necessary to be ruled eligible for matching money.

No candidate has ever refused matching funds once qualified, said the FEC's Ms. Snyder. And the letters from the FEC to the U.S. Treasury telling it to issue Robertson the check have already been sent.

Harrison's letter said Robertson wanted to avoid testing whether the campaign must abide by the spending limits attached to matching funds, even if it later rejects the money.

Robertson, who already has raised and spent at least \$11 million, would have to abide by state and national spending limits in the primary season if he takes the money. The national limit will be about \$27 million.

If he takes no federal funds, he would have to abide by all contribution and disclosure rules, but could spend as much money as he could raise.

Through last week, the Robertson campaign had qualified for \$4,495,607.72 in matching funds, more than any other candidate except Vice President George Bush.

Killing suspect was 'Slavedriver' to wife, children, neighbors say

DOVER, Ark. (AP) — R. Gene Simmons Sr. was a sullen "slavedriver" who dominated his family and was despised by a teenage daughter who called him a "drunken bum," neighbors and the girl's classmates said.

The daughter was among 16 people Simmons is suspected of killing in a Christmas-time shooting rampage. Authorities said murder charges would be filed later this week, and a judge Tuesday ordered Simmons held without bond.

Relatives say Simmons, 47, committed incest six years ago with

another of his slain daughters and fathered her child, who also was killed, according to reports today in the Arkansas Gazette and the El Paso (Texas) Times.

A New Mexico grand jury charged Simmons in 1981 with three counts of incest that were dropped a year later after he moved to Arkansas, the Gazette said.

Simmons was described Tuesday as a quiet, stinky, retired Air Force master sergeant who made his wife and children do hard work.

"I called him a slavedriver," said Karen Shaddon, a resident of the

Pleasant Grove community where the family lived.

"He'd have them (the children) carrying five-gallon jugs" of dirt to maintain a steep driveway leading to the property where 14 bodies have been discovered since Monday, she said.

"He'd keep them very isolated," Mrs. Shaddon said, and if neighbors passed, "he'd shoo the kids up the hill."

Loretta Simmons, 17, disliked her father, said Summer Mooney, a 17-year-old classmate at Dover High School. "She said he was a drunken bum. She was real mean to him," Ms. Mooney said.

Loretta Simmons got \$5 in spending money each month from her mother, who saved it from cash Simmons gave her for groceries, Ms. Mooney said.

She said that when she occasionally stayed overnight at her slain friend's home, Simmons "had a beer in his hand all the time. He had one little room he would stay in all the time. It was dark and seemed spooky and it stunk. Nobody ever went in there but him."

She said Loretta Simmons tried to commit suicide with an overdose of pills last summer.

"I knew none of the children liked their father much at all," said 17-year-old Jennifer Mayhew, another classmate. "He was kind of quiet, coming from a military background, he was very reserved. He wasn't the kind of person you could sit and visit with."

Teachers and schoolmates said Tuesday that the four Simmons children living at home were bright, well-behaved students who did not discuss their family life.

Adeline Schower of Cloudcroft, N.M., where the Simmonses lived from 1977 to 1981, recalled that Becky Simmons, Simmons' slain wife, was not allowed to mingle with neighbors. "She was a lovely woman. He was an abusive man."

Wilma Simmons, ex-wife of R. Gene Simmons Jr. — who was killed along with the couple's 3-year-old daughter — said her former father-in-law often stayed in his bedroom alone to avoid contact with his family.

Edith Nesby of Briggsdale, Colo., said her sister, who married Simmons after they met at a 1959 United Service Organization dance, was abused by him and protected by their seven children. "They were good kids, they loved her beyond belief," she said. "He never let us see the family."

Mrs. Simmons' brother, Manuel Ulibarri of Denver, said Simmons "fenced her in so nobody could look inside the house. He had her isolated so she could not go anywhere or do anything. The only time she could go out was to wash clothes."

Hypermart USA opens to big crowds

GARLAND, Texas (AP) — Many shoppers at the grand opening of the country's first Hypermart USA said they were overwhelmed by the crowds at the 222,000-square-foot store.

"We thought everybody would have spent their money at Christmas time and there would be lots of lookers and no shoppers," said Patricia May of University Park. "We obviously misjudged."

Shoppers were greeted Monday with 30-minute waits for parking spaces and hour-long checkout lines at the grand opening.

Many of the several thousand shoppers Monday at the retail mecca in this Dallas suburb found traffic worse than Central Expressway and lines were longer than at some rock concerts.

"Have you ever been to the zoo?"

quipped Gary Winover of Carrollton after braving the crowds.

The building, large enough to house a football field and several other sports arenas, is a combination supermarket, discount department store and fast-food outlet. It offers shoppers a supervised playroom for children, an auto shop and major appliance sales.

Help to lost shoppers comes from employees roller skating through the huge red, yellow and blue building.

Beth Simpson, who has been roller-skating for 17 years, said she loves her new job as a store skater. But she must be less aggressive than those trying to get into the 1,600-space parking lot.

"I haven't run over anybody yet. I'm just waiting for that one little kid," she joked.

Laws changing Friday

AUSTIN (AP) — Thirty-three new laws that take effect Friday will touch a diverse group of Texans, including couples waiting to be married, farm workers and people who ride all-terrain vehicles.

The final installment of the \$5.7 billion tax package passed by the 1987 Legislature also goes into effect Friday, when the state sales tax will be extended to most data processing services and to repairs and remodeling of non-residential property.

Lawyers also will have to pay an annual \$110 occupation tax. The state corporate franchise tax will be raised, and a surtax will be placed on insurance companies.

Couples who want to be married beginning in 1988 will have to wait at least 72 hours between the time a marriage license is issued and the time the marriage ceremony can occur. Marriages that take place within the "cooling-off" period will be subject to annulment, except in certain cases.

People on active duty in the U.S. armed forces are exempt from the measure, and those who do not want to wait can ask a state district judge for an exemption.

Among other soon-to-be laws is a measure to give agricultural employees access to information about hazardous chemicals they may be exposed to. That law will protect farm workers from retaliation by employers when they exercise their right to know about the chemicals.

Another law will strengthen the prohibition against the abuse, sale or delivery of volatile chemicals, abusable aerosol paint or glue. Officials have said the abuse of the substances by sniffing is an important problem in the state.

The law will require businesses

that sell abusable glue or aerosol paint to conspicuously post a sign in English and Spanish outlining the penalties for selling the abusable substances to people under age 18, and for abusing glue and paint.

It also will step up the penalty against someone who delivers abusable glue or paint to someone under age 18.

Organ donors are the subject of another new law, which will require hospitals to develop a procedure for identifying potential organ and tissue donors when deaths occur.

The law says the person authorized to make an organ donation on behalf of a person who dies in a hospital shall be asked if the dead person had volunteered to be a donor.

If not, the authorized person — generally the next of kin — shall be told of the option to donate organs, says the law.

The law urges sensitivity on the part of hospital officials. It also says the donor-request procedure is not necessary if the dead person is not a suitable donor or if the person earlier voiced objections.

Obituaries

ROSS LOMENICK
Dec. 27, 1987

Ross Lomenick, 86, of Hereford died Sunday.

Services were held Tuesday afternoon at Rix Funeral Chapel with the Rev. J.L. Bozeman, retired Baptist minister, officiating. Burial was in Restlawn Cemetery by Rix Funeral Directors of Hereford.

Mr. Lomenick was born at Lebanon, Mo. He had been a Hereford resident since 1937, moving from Eastern Oklahoma. He was married to Alyene Holliman in 1930 in Oklahoma. She died in 1979. He was a retired farmer. He was a member of First Baptist Church and Hereford Senior Citizens Association. He was a past member of Hereford Odd Fellows Lodge.

Survivors include a daughter, Marian Kreig of Hereford; two sons, Melvin Lomenick and Neal Lomenick, both of Hereford; nine grandchildren; and five great-grandchildren.

HARTLAND CARAWAY
Dec. 28, 1987

Former Hereford resident, Hartland Caraway of Stratford, 79, died at 10:30 a.m. Monday in Stratford after a brief illness.

Services will be at 11 a.m. Thursday at Church of Christ in Stratford with Alfred White, minister from Groom, officiating. Burial will be in Stratford Cemetery by Morrison Funeral Directors.

Mr. Caraway, born Jan. 14, 1908, near Ranger, moved to Hereford in 1924 where he resided until moving to Stratford in 1955. He was a retired farmer and rancher, a member of Church of Christ, a past member of the city council, a former school trustee and a past member of Sherman County Water Board.

Survivors include his wife, Oline; three daughters, Ann Cummings of Hereford, Kay Dyess of Canadian and Mary Caraway of Houston; a sister, Mrs. Iverson Leake of Canyon; two brothers, Johnny Caraway of Dawn and Toby Caraway of Axtell, Neb.; and four grandchildren.

The family requests that memorials be made to High Plains Childrens Home in Amarillo or a favorite charity.

LOUISE SHIPMAN
Dec. 29, 1987

Louise Stubblefield Shipman, 71, of Amarillo died Tuesday. She is survived by a son, Duane Stubblefield of Hereford.

Services are pending with Scholler-Gordon Funeral Directors of Canyon.

Mrs. Shipman, born in Runnels County, was a homemaker. She was a member of St. Paul United Methodist Church. She was married to Fender Stubblefield in 1932. He died in 1963. She later married Hollis Shipman in 1978. He died in 1984. A brother, Aubrey McKown, died in 1985.

Letter to the Editor

Dear Friends of United Way,

Our 1987 United Way campaign has been very successful, and we believe that it is important to express special gratitude to those of you who contributed greatly to its success. Every gift was needed, every gift was appreciated, every gift will be used to benefit Deaf Smith County residents. Our motto for this year's campaign stressed the importance of uniting our monies, both large and small, to make our life here more united.

To those of you who made special efforts to give more sizeable amounts to our campaign fund, we are especially grateful. We do hope that your generous giving will prove to be satisfying to you as you realize how many more persons can, and will, receive services from our twelve United Way agencies. Thank you for caring about others.

We wish you a happy holiday season, and an absolutely wonderful New Year as you continue to live in our great community.

Sincerely yours,
Howard Birdwell, President
Wayne Amstutz, Executive Director
Margaret Bell, Co-Campaign Chmn.
Buddy Peeler, Co-Campaign Chmn.

THE HEREFORD BRAND

THE HEREFORD BRAND (USPS 562-000) is published daily except Mondays, Saturdays, July 4, Thanksgiving Day, Christmas Day and New Year's Day, by The Hereford Brand, Inc. 313 N. Lee, Hereford, Tx. 79045. Second class postage paid at the post office in Hereford Tx. POSTMASTER: Send address changes to The Hereford Brand P.O. Box 673, Hereford, Tx. 79045.

SUBSCRIPTION RATES: Home delivery by carrier in Hereford, \$4.20 month tax included; by mail in Deaf Smith or adjoining counties, \$6.70 a year tax included; mail to other areas, \$7.75 a year tax included.

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THE BRAND was established as a weekly in February, 1901, converted to a semi-weekly in 1948, to five times a week on July 4, 1978.

O.G. Nieman Publisher
John Brooks Managing Editor
Marj Montgomery Advertising Mgr.
Charles Brownlow Circulation Mgr.

Lifestyles

Ann Landers

DEAR ANN LANDERS: I am married to a minister in North Carolina. Please do not print the name of the city. He would kill me.

The problem is my husband. Whenever I ask him to do something that he doesn't want to do, he says, "I spoke to God and He said I shouldn't do it." I wish the man would have the decency to say straight out that he doesn't want to do something instead of laying it on the back of the Lord.

I haven't seen my mother in three years. I told my husband last week that I want to go visit her. Well, he prayed over it and God told him this wasn't the right time. It WAS the right time, however, for him to treat 15 friends to lunch in a nice restaurant while I stayed home and cooked for 22 Girl Scouts.

God tells my husband when to play golf and when to go fishing. He has also instructed him to go to some beautiful vacation spots (alone) so he can meditate and pray.

I know I need counseling, but a minister's wife isn't supposed to have any problems and I am afraid that it might reflect poorly on my husband if I went for help. In this town everybody knows everybody else's business.

Just writing this letter has made me feel better. Thanks for being there. And, please tell me what to do, Ann—Stymied and Stuck in a No-Name Place

DEAR S&S: Get some counseling, women! Ministers' wives need it just as much (if not more) than other wives.

Make plans at once to visit your mother. Tell your husband you wrote to me and I consulted with the Lord. He quoted the commandment that says, "Honor thy father and mother," and I decided you should honor your mother with a visit right away.

DEAR ANN LANDERS: Ever

since I graduated from college 20 years ago I have had periodic nightmares about being back in school.

The end of the term is near and final exams are coming up. I have not been to classes and I haven't studied. If I don't make a good score on these tests I won't graduate. I try to cram but I'm so upset I can't remember anything. I am in a state of near hysteria.

These nightmares have increased in intensity and frequency. As my wedding date draws near I become more exhausted from lack of sleep. This is the second marriage for me. I'm a nervous wreck.

Why am I having these awful dreams? The faces of the people are always different. I don't recognize anyone I know. The dreams are always the same—sheer panic. Please try to explain this to me. I am—Terrified in Florida

DEAR FLORIDA: I would not be so presumptuous as to try to interpret your dreams, but it is obvious that you are filled with anxiety about something. Could it be the uncertainty of the upcoming marriage?

Before you tie the knot I suggest that you discuss this problem with a psychiatrist or a psychologist. Dreams do tell us something about our subconscious. You need to find out what your dreams mean.

DEAR ANN LANDERS: Please stop worrying about the woman whose husband's snoring drove her to sleep in a closet where she has a lamp, an alarm clock and a small TV.

In New York we call this a one-bedroom apartment.—Leonard R.

DEAR LEONARD: My friends who live in your city tell me that you are right. They say the ones in Manhattan start at \$800 a month.



Reason for the Season

Although Christmas 1987 is now past history, one can still reflect upon the true meaning of the season. One local residence featured a nativity scene in remembrance of the birth of Jesus Christ.

This scene along with non-religious holiday decorations can still be found throughout Hereford as 1987 comes to a close.



Ron Hunt, an infielder who played with various National League teams holds the record for getting hit by pitched balls.

The world's largest lake is the Caspian Sea with an area of 143,244 square miles.

"Hope paints only in the bright colors."
—Taylor County News, Abilene, Texas, Jan. 19, 1894.

DIET CENTER
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Special service at church

There will be a Watch Night Service beginning at 8 p.m. Thursday in the First Church of the Nazarene fellowship hall. Snacks will be provided and games played. Also, the gym will be open for the children.

The congregation will gather at the altar from 11 p.m. to midnight to pray in the New Year. There will be no regular prayer service or choir Wednesday evening but the teens will have L.I.F.E. on Wednesday.

With most of the six scents on a scratch-and-sniff test used in an international smell survey, a decline in detection becomes noticeable at about age 70 and significant after 80, says National Geographic.



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Economist suggests keeping financial record for 1988

If you're paying year-end bills and wondering where your money went in 1987, now may be the time to improve your financial record keeping for 1988.

"The best record keeping system is one that works for you," says Nancy Granovsky, a family economics specialist. "Typically, this will be a simple system that allows you to easily retrieve the information you want and need."

She maintains that an effective record-keeping system will provide a means of organizing and filing receipts, cancelled checks, income statements and other financial papers and a method for summarizing information about income and expenses.

According to the Texas A&M University Agricultural Extension Service home economist, any one of several basic record keeping strategies will be helpful:

-Receipt method. Keep file and sort receipts according to categories of expense, such as food, utilities, or entertainment.

-Envelope method. Place the money you have allocated weekly or monthly for each category into an envelope. As you spend it the money, write what you spent it for on the envelope.

-Checkbook method. Code each entry in your checkbook according to the category of income or expense.

-Ledger system. Keep detailed dai-

ly entries in a ledger. You can buy a record-book in almost any size at the store, obtain one at your county Extension office or make your own forms in a spiral notebook.

Computer system. Computer software is available that allows each income or expense item to be entered after a system of categories is established.

"When you use a credit card, be sure to record the individual purchases in the appropriate categories," advises Granovsky. "Recording a single credit card payment for a variety of purchases gives you very little information about how your money is being spent."

"None of these methods of keeping track of income and expenses and income will do much good unless you summarize the transactions on a weekly or monthly basis," she emphasizes.

"However, once you have the summaries they will be invaluable for preparing your taxes at year's end, and getting a good grasp on your family finances."

The specialist says there's no secret to organizing family finances.

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Sports



Brockman Scores

Hereford's Carmen Brockman (50) goes up for a basket with 22 seconds left in the first quarter Tuesday night. The basket, two of Brockman's 11 points in the game, gave Hereford a 9-4 lead. Hereford held an 11-6 lead early in the second quarter, but Clovis raced to a 27-13 halftime lead and then defeated the Lady Whiteface varsity 48-40. (Brand photo by Gary Christensen)

In tourney semifinals

Herd loses to Clovis 71-61

Hereford High School's varsity boys' basketball team will go against Midland Lee today in the third place game of the Clovis Holiday Tournament, after dropping a 71-61 decision to Clovis Tuesday in a semifinal game.

Game time for today's contest is 7:30 p.m. Central Standard Time (6:30 p.m. Mountain Standard Time).

The Whitefaces, who beat Tucumcari 75-49 in a first-round game on Monday, trailed Clovis 43-30 at halftime. Clovis then held a 59-38 lead at the end of the third quarter.

Hereford shot 51 percent from the field, hitting 24 of 57 attempts, but made just half of its free throws, nine of 18. The Whitefaces made five three-point goals in the game — two by Kevin Hansen and one each by Pat Mercer, Clint Cotten, and Ross

Torres.

Hansen led the Whitefaces with 15 points, and Marcus Brown scored 10 points. Other scorers included Rodney McCracken with eight points, Cotten with seven points, Brad Smith with six points, and Mercer, Torres, and Bobby Robbins each with five points.

Three players each had four rebounds — McCracken, Cotten, and Mercer. Hansen led the Herd with three assists and four steals, and Torres had three steals.

This Saturday, the Whitefaces play at home against Pampa at 7:30 p.m., and on Tuesday, the Herd plays at home against Lubbock Dunbar at 8 p.m.

Other HHS boys' games those two days will be a junior varsity game at 4:30 p.m. Saturday, a sophomore game at 6 p.m. Saturday, and a junior varsity game at 6:30 p.m.

Visitors have hot second quarter

Lady Whitefaces fall to Clovis 48-40

By GARY CHRISTENSEN
Sports Editor
A hot second quarter by Clovis eventually proved to be too much for the Hereford High School Lady Whitefaces to overcome, and Clovis defeated Hereford 48-40 in a non-district basketball game Tuesday night in Hereford.
Clovis outscored Hereford 23-4 in

the second period en route to a 27-16 halftime lead. The Lady Whitefaces held an 11-6 lead early in the second quarter, only to see Clovis outscore them 21-2 the rest of the period.
The loss drops Hereford to 5-13 for the season. Clovis also took the junior varsity contest, 43-26. The HHS junior varsity team now has a 2-9 season record.

Freshman quarterback to lead A&M in Cotton Bowl

By DENNE H. FREEMAN
AP Sports Writer
DALLAS (AP) — A freshman will lead the Texas Aggies in the 52nd Cotton Bowl Classic New Year's Day against Notre Dame. But he's no ordinary one.
Bucky Richardson, who scored the winning touchdown in A&M's Southwest Conference title-clinching 20-13 victory over Texas, will start at quarterback.
He doesn't want to think about it. "I'll try to have fun and not worry about it," Richardson says. "It's exciting to start against Notre Dame. I think the team has a lot of confidence in me. I made a few friends in the Texas game."
Richardson, a triple option, Wishbone quarterback in high school at Baton Rouge, La., has averaged 6.8 yards per carry and rushed for 423 yards.
His seven-yard scoring run beat Texas, and he had an 82 yard touchdown run against Southern Mississippi and a 56-yarder against Rice.
"He's the fastest guy on the team coming out of the blocks," said senior quarterback Craig Stump, who also will see action. "The coaches timed us in a five-yard dash and Bucky was the fastest."
Texas A&M offensive coordinator

Lynn Amedee said Richardson has amazing poise for an 18-year-old.
"The thing that is impressive about Bucky is that he doesn't get rattled," Amedee said. "He has a lot of confidence for someone who is as young as he is. He just has a feel for doing the right thing."
"Here is another chance for Bucky to show his wares before a big crowd."
The Aggies almost redshirted Richardson, who eventually started four games.
"They told me if I didn't play in the first five games they were going to redshirt me," Richardson said. "I was trying to do everything I could to get some playing time."
The Aggies' offense started slowly and the decision was made to switch from a pro-style passing attack to a ground-oriented option.
"We didn't get to work with Bucky in August because we thought we were going to redshirt him," Amedee said. "Then we decided to change our offense."
Richardson broke his long run against Southern Mississippi, and his speed convinced the coaches he should be in the lineup.
"I think that run was what they (the coaches) were looking for," Richardson said. "It added some excitement to our attack. It was kind of a bolt from the blue."
Stump said Richardson is amazing for a freshman.
"He's tough to bring down, and he has great speed," Stump said.
Stump started five games this year. He passed for 175 yards in a come-from-behind victory over Texas Christian.
"It doesn't bother me to come off the bench," Stump said. "I put too much pressure on myself at the start of the season because I wanted to play well. I finally relaxed and quit worrying about it. It helped me play better."
The Aggies also have another freshman quarterback, Lance Pavlas, in reserve should they fall too far behind the Fighting Irish.

Hereford plays at home on Saturday against Pampa and on Tuesday against Lubbock Dunbar. The varsity games, which are District 1-4A contests, will be at 6 p.m. on Saturday and 6:30 p.m. on Tuesday, in the La Plata gym.
The junior varsity games are scheduled at the Hereford High School gym, at 7:30 p.m. Saturday and at 8 p.m. Tuesday.

In the third quarter of Tuesday's varsity game, Clovis maintained leads of at least 10 points. Clovis' biggest lead of the final period was 18 points at 45-27 with 5:30 left.
Hereford then outscored Clovis 12-11 in the three and one half minutes of the game to slice the lead to 46-39. Crystal Ball scored six of those points for the Lady Whitefaces, Cande Robbins scored four points, and Kathy Banner scored a basket after rebounding a missed free throw.
A three-second violation was called on Clovis with 1:30 left, but the Lady Whitefaces missed an attempt for a three-point goal. Time then ran out on Hereford, and Clovis won 48-40.
Scorers for Hereford included Carmen Brockman with 11 points, Robbins with eight points, and Ball and Stacy White each with six points.
Brockman also led the Lady Whitefaces with 12 rebounds, and Robbins had 11 rebounds. Tricia Kahlich led in assists with four, and Cindy Tice had three assists.
The junior varsity game saw Clovis hold a 17-13 halftime lead. Clovis then gradually built its lead

the rest of the way for the 43-26 victory over Hereford.
Poppy Richardson, who totaled 10 points, was the only HHS player with more than four points. Richardson led Hereford with six rebounds, and Chandra Brown had five rebounds. The assists leader was Brienna Townsend with four.

HEREFORD VARSITY: Carmen Brockman 5-10 1-5 11; Cande Robbins 3-10 2-3 8; Stacy White 3-4 0-0 6; Crystal Ball 1-3 0-5 6; Tricia Kahlich 1-4 0-2; Kathy Banner 1-1 0-1 2; Brandi Binder 1-1 0-0 2; Shea McGinty 0-2 1-2 1; Cindy Tice 0-3 1-2 1; Amy Coneway 0-4 1-3 1. Totals: 15-45 10-21 40.
Hereford 9 4 14 13-40
Clovis 4 23 11 18-48
Rebounds: Brockman, 12; Robbins, 11; Banner, 6; Kahlich and Coneway, 3 each; Ball, Tice, McGinty, and White, 2 each.
Assists: Kahlich, 4; Tice, 3; Coneway and White, 2 each.
HEREFORD JUNIOR VARSITY: Poppy Richardson 4-10 2-4 10; Chandra Brown 2-7 0-4 4; Michelle Kwilinski 1-3 1-3 3; Nikki Self 1-3 1-3 3; Jessica Dearing 1-3 0-1 2; Jill West 1-4 0-4 2; Brienna Townsend 1-4 0-4 2. Totals: 11-43 4-9 28.
Clovis 10 7 13 13-43
Hereford 4 3 7 6-28
Rebounds: Richardson, 6; Brown, 5; Dearing, 4; Daphne Roddy, 3; Kwilinski and Crystal Sims, 2 each.
Assists: Townsend, 4; Richardson, 2.

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Few serious injuries was key for New Orleans

By AUSTIN WILSON
AP Sports Writer
NEW ORLEANS (AP) — Jim Mora could remember only one other year in which a team of his went through a season with so few serious injuries as did this year's New Orleans Saints.

That was one of the factors in the Saints' first-ever winning season and a first-ever playoff berth.

"My first year with the USFL Philadelphia Stars, we played 20 games — 18 regular season games and the playoffs — and we had one guy miss more than one week," Mora said. "One guy missed several weeks with a knee. Other than that, we'd have something like a hamstring pull or something and a guy would miss one week and be back the next."

"That was the most injury-free team I've been around."

The Saints were hit harder than that, but have been fortunate.

Starting center Steve Korte and defensive end Jumpy Geathers, the team's best pass rusher, both went down in preseason. Korte came back three weeks ago, and Geathers returned last week, just in time to play himself into shape for Sunday's wild-card playoff game against Minnesota.

Safety Antonio Gibson broke his arm a month ago, but he got a smaller, lighter cast on it and could be activated for the Minnesota game.

Cornerback Reggie Sutton, who spent a month in a substance-abuse clinic, also returned last week against Green Bay.

Mora thought on Sunday that his luck had turned bad. Inside linebacker Alvin Toles had to be helped off the field with a knee injury, and Vaughan Johnson, a starting inside linebacker, re-injured his ribs.

"We were left with one inside linebacker," Mora said.

"It's not as bad as I thought it would be, particularly at the linebacker position. Toles has a sprained knee and should practice this week and should play. Vaughan has cartilage damage in his ribs, and he'll have it the rest of the way. It will be sore, but he will play."

Quarterback Bobby Hebert, knocked out of the second half of the Cincinnati game two weeks ago with a sprained knee, played the entire Green Bay game without further damage, Mora said.

"He played with pain, but he was no worse today than he was when he started the game, and he's much better than he was a week ago. I would guess he will be close to 100 percent on Sunday," Mora said.

"Compared to last Monday, it's great," Hebert said. "Unless something happens this week where I'd twist it and it would puff up, there should be no problem."

Buffalo linebacker Conlan is defensive rookie of year

BUFFALO, N.Y. (AP) — Buffalo Bills Coach Marv Levy says he has the two most productive defensive players from the 1987 NFL draft.

And, the nation's sportswriters agree.

Linebacker Shane Conlan, one of the defensive catalysts who helped the Bills to their best season in five years, was selected Tuesday as The Associated Press NFL defensive rookie of the year.

He beat out his own teammate and fellow linebacker, Cornelius Bennett, in the voting conducted among three sports writers or sportscasters representing each of the NFL's 28 teams.

The acquisition and signing of Ben-

nett on Oct. 30 allowed the Bills to move the 6-foot-3, 230-pound Conlan from outside linebacker to inside, where he led Buffalo in tackles with 114 in 12 games. That included 14 in a 34-21 loss to the Los Angeles Raiders.

Conlan, one of the leaders of Penn State's collegiate national champion last season, earned the rookie honor despite missing four weeks of training camp in a contract dispute.

He was the eighth player taken in the linebacker-laden 1987 draft. Bennett was the second player chosen, by Indianapolis, Cleveland got Mike Junkin with the fifth pick and Brian Bosworth went to Seattle in the supplemental draft.

Associated Press honor

Rice is NFL offensive player of year

By DAVE GOLDBERG
AP Football Writer
NEW YORK (AP) — Jerry Rice of the San Francisco 49ers, who set two new NFL records for touchdown catches despite playing in only 12 games

of this strike-shortened season, was named today the NFL's offensive player of the year by The Associated Press.

Rice, called by San Francisco Coach Bill Walsh "the single most

dominating player in the game today," had 22 touchdown catches, breaking the single-season mark of 18 set in the 16-game season of 1984 by Miami's Mark Clayton. Rice also ran for a touchdown.

Rice continues to ride a record streak with touchdown catches in 13 straight games, two more than the mark set by Elroy "Crazy Legs" Hirsch in 1950-51 and tied by Buddy Dial in 1959-60.

The Rice streak includes one game last season and the 12 non-strike games this year. The streak doesn't include playoff games. In fact, Rice dropped the ball as he was running for a sure touchdown last year in San Francisco's 49-3 playoff loss to the New York Giants.

Rice easily beat out his teammate, quarterback Joe Montana, for the offensive honor in voting by three sportswriters and broadcasters covering each of the NFL's 28 teams. Rice got 68 votes to nine for Montana, with quarterbacks John Elway of Denver and Bernie Kosar of Cleveland getting one vote apiece.

Rice wasn't the leading receiver for the 49ers, finishing one back of running back Roger Craig's total of 66. But Craig netted just 492 yards and one touchdown while Rice had 1,078 yards and 22 touchdowns.

In 44 career games over three seasons, only 31 of which he has

started, Rice has scored 43 touchdowns. The product of Mississippi Valley State was the 16th player taken in the 1985 draft and was a backup to Freddie Solomon for part of his first year.

"You've got to work hard and have faith in yourself," Rice said. "I wanted to contribute when I first came in and I bit off too much. I kept my head up and everything fell into place."

"He gets us into the end zone," safety Ronnie Lott said. "In the years I've been here, if the offense has had trouble with one thing, it was scoring when it got inside the 20. Not with Jerry."

Rice, the only unanimous choice on The Associated Press All-Pro team, said he's just having fun.

"I don't think about records, I just want to go out there and win," he said. "I love the game of football. I'm like a little kid."

"I expected everything to fall into place by my fourth year and this is my third," Rice said. "So I plan to come back next year and be better."



Brown Attempts A Layup

Chandra Brown (54) of the Lady Whiteface junior varsity basketball team attempts a layup late in the first half Tuesday night against Clovis. Brown scored four points in the home game, lost by Hereford High School to Clovis, 43-26. No. 14 of Hereford is Jill West (Brand photo by Gary Christensen)



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Pies add rich flavor to meals

(AUSTIN)--Holiday dinners demand sumptuous desserts, and what could be more sumptuous than dense, rich sweet potato-pecan pies? Not only do they make a fitting climax to a celebratory meal, they are authentically Texan.

Part of the state's culinary history, sweet potatoes came to Texas with wagon loads of settlers from the southern United States. When the settlers arrived, pecans were here to greet them: Texas is one of few states boasting native pecan trees. Even Georgia, the country's leading producer, had to import stock to get its industry going.

This year's native Texas crop will be around 30 million pounds. It would have been bigger, but a late spring freeze nipped early blooms in the bud. Another 20 million pounds will come from improved varieties developed by agricultural researchers.

Nationwide the harvest will be the biggest in five years. The U.S. Department of Agriculture predicts a 291 million-pound harvest. Figures do not include an additional 30 million pounds from California and Arizona, which will put the total well over 300 million.

Combining sweet potatoes and pecans in pie recipes yields thick, substantial fillings and sweet, crunchy toppings. Though not the delight of calorie-counters, these pies contain the high nutritive value of their main ingredients.

Sweet potatoes are one of the world's most nutritionally balanced foods. Their carbohydrate-protein-mineral-vitamin content helped see many Americans through the Revolutionary War, Civil War and Reconstruction period when food was scarce and diets poor. According to Texas Department of Agriculture (TDA) home economist Carol Ware, a medium potato equals nearly 10,000 units of vitamin A, 36 percent of the

recommended daily allowance for vitamin C, potassium, iron, calcium, thiamine, riboflavin and niacin. It is also a good source of dietary fiber.

East Texas growers report finishing harvest of this year's crop, made smaller by lack of rain during growing season. Potatoes for the most part are also smaller in size and may be slightly blemished or imperfectly shaped. Eating quality, however, has not been harmed.

"We're so hooked on what everything looks like from people to produce," said Mineola grower Marie Galyean. "People who eat sweet potatoes all the time know that a crooked potato tastes as good as a straight one."

Pecans are also a nutritious food. High in polyunsaturated oils, they contain protein, carbohydrates, calcium, phosphorus, potassium, vitamin A, iron, thiamine, riboflavin and niacin. A few points on selecting and keeping them:

Unshelled pecans should have smooth, clean shells minus splits, cracks, stains or holes. Kernels should not rattle when nuts are shaken. Choose shelled pecan meats that are plump and uniform in size and color. Aside from garnishes or special effects, pecan pieces suit most cooking needs. They usually cost less than halves and save on chopping time.

Their polyunsaturated fat content gives pecans their rich flavor but also encourages shrinkage and rancidity when the nuts are not properly stored. Whole nuts retain quality longer, but both shelled and unshelled keep better in the refrigerator. Freezing is the best way to ensure flavor and crispness for nuts held over a period of time. Frozen pecans do not have to be thawed before being added to a recipe. They can be refrozen several times without quality loss.

Here are two recipes for sweet potato-pecan pies from the TDA test

kitchen. Either will end a holiday dinner on a festive note.

SWEET POTATO PIE WITH PECAN CRUNCH TOPPING

- 4 C. cooked, mashed sweet potatoes
- 1/4 C. softened butter or margarine
- 4 eggs
- 2 C. granulated sugar
- 2 T. all-purpose flour
- 1 tsp. salt
- 1 C. buttermilk
- 1/2 tsp. baking soda
- 1 T. vanilla
- 2 (9-in.) unbaked pastry shells
- Pecan Crunch Topping

Combine sweet potatoes, butter and eggs, mixing well. In separate bowl combine sugar, flour and salt; stir into sweet potato mixture. Mix buttermilk and soda, add to potato-sugar mixture and blend well. Stir in vanilla. Pour filling evenly into pastry shells. Bake at 350 degrees F. 60-70 minutes or until set. Add Pecan Crunch Topping. Makes 2 pies.

Pecan Crunch Topping

- 1/4 C. butter or margarine
- 2 C. chopped pecans
- 1 C. brown sugar

Heat butter in saucepan over low heat until melted. Remove from heat. Stir in pecans and brown sugar. Spoon topping evenly over pies. Broil pies 5-7 inches from heat approximately 2 minutes or until topping is golden and sugar is dissolved. Serve warm or cold. Makes 2 pies.

"Hope is the rafters of faith. Hope sings like a bird. It sings everywhere and pierces the fog of the morning and the tears of the sorrow-stricken."

—Billy Sunday, Dallas Morning News, Oct. 17, 1918.

Television

WEDNESDAY

- 6:00** News
 Nightly Business Report
 Remington Steele
 Cheers
 SportsCenter
 Family Ties
 You Can't Do That on TV
 Altvoll
 Family
 Tall Tales & Legends: Darlin' Clementine Ed Asner, Shelley Duvall (1987) NR
 You Can Be a Star
 Living Isles
 Montreux Rock (1986) NR
 PTL Club
 La Dama de Rosa Jeanette Rodriguez, Carlos Mata
- 6:05** Andy Griffith
- 6:30** Mouseterpiece Theatre
 M*A*S*H
 Autograph with Marilyn MacKay
 Wheel of Fortune
 Barney Miller
 Love Connection
 College Football
 Webster
 Mr. Wizard's World
 Fandango
 Return of the Fur Seals
 Buffalo Bill Dabney Coleman, Max Wright
- 6:35** Sanford and Son
- 7:00** Edison Twins
 Highway to Heaven
 From 7 to 28 Up (1987)
 Perfect Strangers
 Second Handson
 College Basketball
 The China Odyssey: Empire of the Sun
 Freedom Bowl
 Car 54 Where Are You?
 Ripside
 Lady Blue
 Brothers Christmas Special Robert Walden, Paul Regina NR
 Mr. Wizard's World
 (MAX) MOVIE: Into the Homeland
 (MAX) MOVIE: Back to the Future
 Nashville Now
 Perspective
 Air Power Walter Cronkite
 Camp Meeting USA
 El Pecado de Oyuki
- 7:05** MOVIE: Monte Walsh ***

- 7:30** Danger Bay
 Head of the Class
 Last Frontier
 Mr. Ed
 Knight Among the Cats of Venice
 The Twentieth Century Walter Cronkite NR
- 8:00** Anne of Avonlea, Part 3 Megan Follows, Colleen Dewhurst (1986) NR
 Unsolved Mysteries
 Hoopernation
 700 Club
 Kennedy Center Honors
 My Three Sons
 MOVIE: Love Is Forever
 MOVIE: Sound of Murder
 MOVIE: King Kong Lives 1/2
 Mossad: Human Factor
 Living Dangerously Ricardo Montalban
 Pastor's Study
 La Indomable
- 8:30** Slap Maxwell Story
 Donna Reed
 New Country
 Amazing Facts
- 9:00** Anne of Avonlea, Part 4 Megan Follows, Colleen Dewhurst (1986) NR
 NBC News Special Scared Stiff (1988)
 Dynasty
 Straight Talk
 News
 Laugh In
 (HBO) 1st & Ten: Going for Broke
 (MAX) MOVIE: Soul Man **
 Crook and Chase
 Profiles of Nature
 Carole King: One to One
 PTL Club
 Noticiero Univision
- 9:05** MOVIE: Rio Grande ***
- 9:30** Mark Russell Comedy Special
 American Snapshots
 Monkees
 (HBO) Comedy Hour Live: Robert Townsend (1987) NR
 Videocountry
 Muy Especial
- 10:00** The Missing Adventures of Ozzie and Harriet
 Are You Being Served?
 Remington Steele
 Jeffersons

- NHL Hockey
 WKRP in Cincinnati
 Ann Sothern
 Altvoll
 Cover Up
 MOVIE: Fast Walking *** A amiable prison guard is confronted by a clever inmate, who is his cousin, with a plot to break out of prison. James Woods, Kay Lenz (1982) R
 You Can Be a Star
 Pioneering the Space Frontier
 Dwight Thompson
 MOVIE: Flor Marchita Cuando una mujer descubre su egoismo, tambien comprende que debiera vivir el resto de su vida en la soledad y en la tristeza permanente. Maria Rivas, Guillermo Murray G
- 10:30** MOVIE: One Magic Christmas A disillusioned young mother rediscovers the power of love through her children's belief in Santa Claus and a special visit from a Christmas angel. Mary Steenburgen, Harry Dean Stanton (1985) G
 Tonight Show
 Centennial
 Cheers
 Magnum, P.I.
 Love Connection
 Milton North Report
- 11:00** Entertainment Tonight
 Burns and Allen
 CBS Late Night Adderly
 Dragnet
 Flamingo Road
 (MAX) MOVIE: Heartbreak Ridge *** 1/2 in the twilight of his Marine Corps days, a gunnery sergeant is forced to reflect on the rewards and failures of his 24 year career. Clint Eastwood, Marsha Mason (1986) R Profanity, Violence, Mature Themes
 Unofficial Fame
 Air Power Walter Cronkite
 Practice Plus One

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Comics

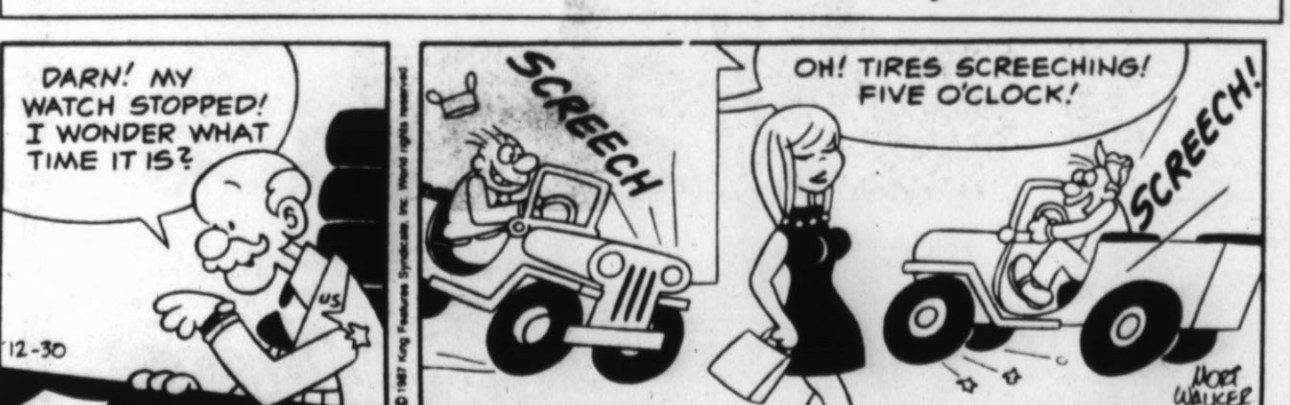
BLONDIE by Dean Young and Stan Drake



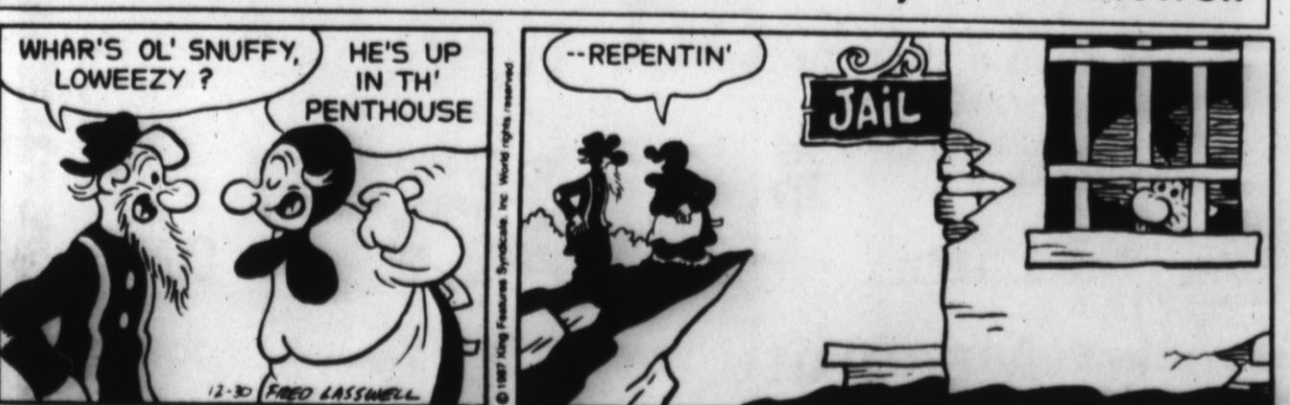
The Wizard of Id By Brant Parker and Johnny Hart



BEETLE BAILEY by Mort Walker



Barney Google and Snuffy Smith by Fred Lasswell



Marvin by Tom Armstrong



THURSDAY

- 6:00** News
 Nightly Business Report
 Remington Steele
 Cheers
 SportsCenter
 Family Ties
 You Can't Do That on TV
 Altvoll
 Family
 (HBO) Inside the NFL
 You Can Be a Star
 New Explorers
 BBC Rockline from London
 PTL Club
 La Dama de Rosa Jeanette Rodriguez, Carlos Mata
- 6:05** Andy Griffith
- 6:30** Hollywood Squares
 Michigan Outdoors
 Wheel of Fortune
 Barney Miller
 Love Connection
 NCAA Final Four Highlights
 Webster
 Mr. Wizard's World
 (MAX) MOVIE: Close Encounters of the Third Kind ****
 Fandango
 Discovering Elegance
 Buffalo Bill Dabney Coleman, Max Wright
- 6:35** Mouseterpiece Theatre
 Sanford and Son
- 7:00** Kids Incorporated Rock in the New Year (1986) NR
 The Cosby Show
 Great Performances
 Sledge Hammer!
 Hell Town
 MOVIE: The Four Seasons *** Experience four stages of friendship among three middle aged couples who vacation together and how one couple's divorce affects their relationships. Alan Aida, Bess Armstrong (1981) PG Profanity, Nudity, Adult Situation.
 Bugs Bunny's Mad World of Television
 College Basketball

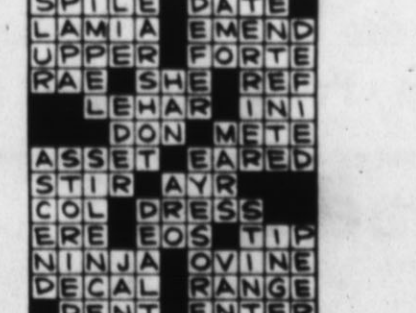
- Bluebonnet Bowl
 Car 54 Where Are You?
 Ripside
 Lady Blue
 MOVIE: Highlander **
 (HBO) Comic Relief '87 Harry Anderson, Billy Crystal (1987) NR
 Nashville Now
 Living Tomorrow
 Miller on Mozart Jonathan Miller
 Camp Meeting USA
 El Pecado de Oyuki
- 7:05** MOVIE: Indiscreet ***
- 7:30** A Different World
 The Electric Horseman
 The Romance of Betty Boop (1985)
 Mr. Ed
 Amazing Years of Cinema
 Così Fan Tutte Ashley Putnam, Jean Rigby NR
- 8:00** MOVIE: Gambling's White Tiger ** The story of quarterback Jim Gregory, who became the first white player on a scholarship to an all black college. Bruce Jenner, Harry Belafonte (1981) NR
 Cheers
 700 Club
 MOVIE: CBS Special Movie Barnum
 My Three Sons
 Prime Time Wrestling
 MOVIE: Joseph Andrews *
- Commodities
 Pastor's Study
 La Indomable
- 8:30** Night Court
 Donna Reed
 New Country
 Way of the Winner
- 9:00** King Orange Jamboree Parade
 Happy New Year U.S.A.1 Harry Anderson, Mel Torme (1987) NR
 Jubilate
 News
 A.W.A. Championship Wrestling
 Laugh In
 Paul Simon's Graceland: The African Concert (1987) NR

- (HBO) On Location: Paul Reiser, Out on a Whim Des Amaz, J. Carre Fisher NR Profanity
 (MAX) MOVIE: Gorky Park ***
 Crook and Chase
 New Animal World
 PTL Club
 Noticiero Univision
- 9:05** MOVIE: That's Entertainment ****
- 9:30** Great American Outdoors
 Monkees
 Videocountry
 Wild Refuge
 Univision Presents
- 9:45** DTV
- 10:00** The Missing Adventures of Ozzie and Harriet
 News
 Remington Steele
 Jeffersons
 WKRP in Cincinnati
 Ann Sothern
 MOVIE: Animal Crackers *** A wealthy woman scores a social coup for her home party when an intruder African explorer is to be guest of honor. Grauche Mary, Hilda Mary (1930) G
 Way Off Broadway
 (HBO) On Location: Roseanne Barr Show NR Profanity
 You Can Be a Star
 Automated Factory
 Capitol Christian Center
 MOVIE: Los Supervivientes de los Andes Hugo Stigitz, L. N. Aguilar
- 10:30** The Missing Adventures of Ozzie and Harriet
 Tonight Show
 Cheers
 Magnum, P.I.
 Happy New Year America
 SportsCenter
 Milton North Report
 I Spy
 Eric Clapton and Friends NR
 Nashville Now
 Pacific Outdoors
- 11:00** MOVIE: South Pacific *** A young American Navy nurse falls in love with a French planter during World War II in this Rodgers and Hammerstein musical. Mitz Gaynor, Rossano Brazzi (1958) NR
 Entertainment Tonight
 Burns and Allen
 Women's Weightlifting
 Dr. Ruth
 (HBO) On Location: Bob Goldthwait, Share the Warmth (1987) NR Profanity
 Bright Blue Sky for a Ceiling
 Miller on Mozart Jonathan Miller
 Sound Effects
- 11:15** (MAX) MOVIE: Let's Get Harry ** In Colombia, a man is kidnapped by drug dealers & the U.S. government won't rescue him. His buddies back home decide to, knowing nothing about combat. Mark Harmon, Gary Busey (1986) R Profanity, Violence.
- 11:30** Late Night with David Letterman
 Dick Clark's New Year's Rockin' Eve
 Jack Benny
 MOVIE: Things to Come *** Adaptation of the H.G. Wells novel about a post world war collapse of civilization and its rebuilding through 2036. Raymond Massey, Cedric Hardwicke (1936) NR
 College Football
 Combat
 Car 54 Where Are You?
 Elton John in Australia (1986) NR
 North American Indian Portraits
 Così Fan Tutte Ashley Putnam, Jean Rigby NR
 Jimmy Swaggart
- 11:35** MOVIE: Night and Day *** Entertaining portrayal of the life of Cole Porter, who defied his family by going into show business. Gary Grant, Eve Arden (1946) NR
- 12:00** Great Performances
 I Predict the Year 2000
 Best Racing
 Mr. Ed
 MOVIE: Night of the Living Dead *** A space experiment sets off high level radiation that activates the dead and transforms them into man eating monsters. Duke Jones, Judith O'Dea (1968) NR
 Investment Advisory
 (HBO) On Location: Jerry Saint-On: Stand Up Confidential NR Profanity, Mature Themes
 New Country
 Animals of the Great Northwest
 Success-N-Life
 Rina Otero Medina, Enrique Alvarez Felix PG
- 12:30** Allie

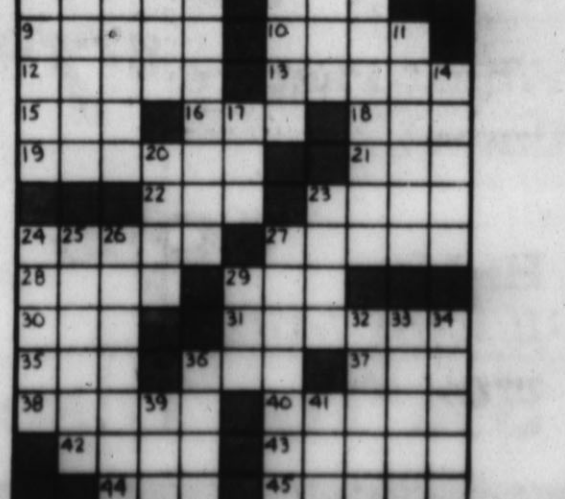
CROSSWORD

Crossword by THOMAS JOSEPH

- ACROSS**
- 1 Harass
 - 6 - canto
 - 9 Aristocracy
 - 10 Drooping
 - 12 Bucolic
 - 13 Built a nest egg
 - 15 Dutch town
 - 16 Cote
 - 18 Before
 - 19 Term
 - 21 Egyptian king
 - 22 Tattle (sl.)
 - 23 Use an oast
 - 24 - goose
 - 27 Candle
 - 28 Soviet sea
 - 29 Colloidal substance
 - 30 Make lace
 - 31 Passe
 - 35 Resident of (suff.)
 - 36 Corn site
 - 37 Black cuckoo
 - 38 Scandina- vian
 - 40 Talent
 - 42 Picnic spoiler
 - 43 Aquatic animal
 - 44 Trawler need
 - 45 Craves DOWN
 - 1 Cap
- 2 Avoid**
- 3 capture
 - 3 Temptress
 - 4 Zeta
 - 5 follower
 - 5 Navigation device
 - 6 Abject
 - 7 Old
 - 8 musical note
 - 8 Caress
 - 11 Wig
 - 14 Inhibit
 - 17 Moisten
 - 20 Soviet river
 - 23 One kind of eagle
 - 24 Lustrous fabric
 - 25 Cicero, e.g.
 - 26 St. John - , Roman church
 - 27 Bronson film
 - 29 Sticky stuff
 - 32 Writer Bret
 - 33 Fed the
 - 34 Rows
 - 36 Camp
 - 39 You (Ger.)
 - 41 Native (suffix)



- Yesterday's Answer**
- 25 Cicero, e.g.
 - 26 St. John - , Roman church
 - 27 Bronson film
 - 29 Sticky stuff
 - 32 Writer Bret
 - 33 Fed the
 - 34 Rows
 - 36 Camp
 - 39 You (Ger.)
 - 41 Native (suffix)



Calendar of Events

THURSDAY
 San Jose prayer group 735 Brevard, 8 p.m.
 Kids Day Out, First United Methodist Church, 9 a.m. until 4 p.m.
 Kiwanis Club, Community Center, noon.
 TOPS Club No. 941, Community Center, 9 a.m.
 Story hour at library, 10 a.m.
FRIDAY
 Happy New Year's.
MONDAY
 AA meets Monday through Friday 406 W. Fourth St. 5:30 p.m. and Tuesday through Saturday, 8 p.m.
 Odd Fellows Lodge, IOOF Hall, 7:30 p.m.
 TOPS Chapter No. 1011, Community Center, 5:30-6:30 p.m.
 Rotary Club, Community Center, noon.
 Planned Parenthood Clinic, open Monday through Friday, 711 25 Mile Ave., 8:30 a.m. to 4:30 p.m.
 Ladies exercise class, Church of the Nazarene, 6:30 p.m.
 Civil Air Patrol-U.S. Air Force Auxiliary, Community Center, 7 p.m.
 Dawn Lions Club, Dawn Community Center, 7 p.m.
 Ladies Christian Endeavors, 7 p.m. in members' homes.

Hospital Auxiliary, hospital board room, 11:45 p.m.
 Women's American G.I. Forum, Community Center, 6 p.m.
 Order of Rainbow for Girls, Masonic Temple, 7:15 p.m.
 VFW Auxiliary, VFW clubhouse, 6:30 p.m.
TUESDAY
 Deaf Smith County Historical Museum: Regular museum hours Tuesday through Saturday 10 a.m. to 5 p.m. and Sunday by appointment only. Museum closed Monday.
 TOPS Chapter No. 576, Community Center, 9 a.m.
 Ladies exercise class, Church of the Nazarene, 6:30 p.m.
 Kids Day Out, First United Methodist Church, 9 a.m. until 4 p.m.
 Hereford Rebekah Lodge No. 228, IOOF Hall, 7:30 p.m.
 Problem Pregnancy Center, 505 E. Park Ave., open Tuesday through Saturday. Free and confidential pregnancy testing. Call 364-2027 for appointment.
 Free women's exercise class, aerobics and floorwork, Community Church, 7:30 p.m.
 Free blood pressure screening, Tuesday through Friday, South Plains Health Providers Clinic, 603

Park Ave., 8:30 a.m. until 5 p.m.
 Hereford AMBUCS Club, Ranch House, noon.
 Social Security representative at courthouse, 9:15 a.m. until 11:30 a.m.
 Kiwanis Club of Hereford-Golden K, Senior Citizens Center, noon.
 St. Anthony's Women's Organization, Antonian Room, 8 p.m.
 Hereford Young Homemakers Club 7:30 p.m.
 Alpha Alpha Preceptor Chapter of Beta Sigma Phi Sorority 7:30 p.m.
 Hereford Ministerial Association, Hereford State Bank Community Room, 10 a.m.
 Advisory Board of Hereford Satellite Work Training Center, Caison House noon.
 San Jose Women's Organization, San Jose Catholic Church, 7 p.m.
 American Legion and Auxiliary, Legion Hall, 7:30 p.m.
 La Afflatus Estudio Club, 3 p.m.
 Baptist Women of Summerfield Baptist Church to meet at the church, 9 a.m.
 Xi Epsilon Alpha Chapter of Beta Sigma Phi Sorority, 7:30 p.m.
 Toujours Amis Study Club, 7 p.m.
WEDNESDAY
 Noon Lions Club, Community Center, noon.
 Young at heart program, YMCA, 9 a.m. until noon.
 United Methodist Women of First United Methodist Church, executive meeting at 10 a.m. in church library, followed by general meeting in Ward Parlor at 10:30 a.m. and covered dish luncheon at noon in fellowship hall.
 United Presbyterian Women's Association lunch at the church.
 Draper Extension Homemakers Club, noon.
 Knights of Columbus at KC Hall, 8 p.m.

Christmas readings presented

Christmas readings were presented by Edith Higgins, Peg Hoff and Martha Lueb when members of North Hereford Extension Club met recently in the home of Bell Reid.

Also, during the Christmas party, gifts were exchanged and refreshments of candy, cookies, spiced tea and coffee were served to guests and members.

The next meeting was planned Jan. 7, 1988, in the home of Naomi Brisendine when the program will consist of filling out yearbooks.

Those welcomed as guests included Mrs. Carl Luke, Marcella Hoffman's mother; and Mrs. Robert Burns and daughter Michelle of Temperanceville, Va., daughter of Mrs. Brisendine. Members present were Evelyn Crofford, Higgins, Hoff, Hoffman, Lueb and Brisendine.

PURPOSE OF PRAYER

"The purpose of prayer is to lift humanity above the discordant things, into the realization of being in harmony with God and His laws. The unceasing prayer of earnest desire for good avails much and accomplishes man's deliverance from evil.

"Failure is due to the lack of faith or spiritual understanding. Increased confidence in good and more implicit reliance on good is the great human need. Lasting harmony in the present or the future comes as the result of moral and spiritual growth. In this way one builds a sure foundation and his work will stand."

—Willis F. Gross, *Randall County News*, Canyon, Texas, Oct. 10, 1912.

Senior Citizens

ACTIVITIES
THURSDAY - Beginners oil painting 9-11:30 a.m., advanced oil painting 1-4 p.m.
FRIDAY - Happy New Year's. The center will be open.
LUNCH MENUS
THURSDAY - Salisbury steak,

baked potato, mushroom creamed spinach, perfection salad, roll, banana split cake.

FRIDAY - Ham or fried fish, blackeyed peas, turnip greens, carrot-cabbage-raisin salad, corn-meal muffin, cookie.

Hints from Heloise

PECAN PRALINE CLEAN-UP
 Dear Heloise: I made your praline recipe — delicious!

I thought I would pass along my method for cleaning the pan the candy was cooked in.

After cooking the candy, fill the empty pan with as much water as it will hold without boiling over. Put it back on the burner until it boils and everything will be dissolved and the pan will be easy to wash. This also works for divinity and fudge. — Lanette McClain, El Paso, Texas

MICROWAVE DISHES

Dear Heloise: The little plastic dishes from gourmet meals are useful for many things. I fill them with cookies or slices of cake and take them to shut-ins, first wrapping the plate of goodies in plastic with a pretty bow attached. These plates are also good for freezer storage when wrapped properly.

I also make up TV dinners from my own choice of leftovers and then wrap in foil and freeze. Remove the foil, of course, if heating the dinner in the microwave.

The plates are nice for pet dishes (cats especially), for special treats and for kids' tea parties on the patio — the plates won't break easily. I set a plate under a paint can to catch drips. I also keep one under the sink to hold a scouring pad. Hope these tips help! — Alice Ann, St. Paul, Minn.

CUPCAKE LINERS

Dear Heloise: I discovered that if I lightly spray cupcake liners with a non-stick vegetable spray before pouring in the batter, the baked cupcakes won't stick to the paper. — Elizabeth Chmielewski, Pittsburgh, Pa.

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Accent on Health

Make Holiday Travel Safer

The combination of bad weather, drinking drivers and weary travelers speeding home for the holidays can make travel on Texas roads especially hazardous during the Christmas season. Taking a few precautions, however, can ensure a safer trip and happier celebration.

Buckling up on every ride can be a major against being injured or killed in a traffic crash. Statistics from the Texas Department of Public Safety show that in 1986, more than 75 percent of the 3,568 persons killed in traffic crashes in Texas were not using safety belts. The chances of being killed in an accident in 1986 were 14 greater for those persons not buckled up.

Safety belts hold passengers in place, preventing the second, or "human collision," in which unbelted passengers are injured or killed when they hit the windshield, dash, door or thrown from the vehicle.

Children, especially vulnerable to being injured or killed in a traffic accident, are best protected when buckled in child passenger safety seats. Texas law requires children under age 2 to ride in a safety seat, and youngsters from age 2 to 4 to ride either in a safety seat or secured by a safety belt. All front-seat passengers, regardless of age, are required by Texas law to ride buckled up.

Driving defensively means not only looking out for the "bad" drivers, but also being responsible and alert when behind the wheel. Drinking alcohol impairs driving skills by slowing reflexes, limiting coordination and dulling response time to emergency situations. In Texas in 1986, 42 percent of fatal traffic accidents on rural roads involved driving while intoxicated (DWI), and more than a third of all the state's fatal traffic accidents involved DWI.

"Some people brag that they can drive just fine when they drink," said Dr. Robert Bernstein, Texas Commissioner of Health. "If that is true, why do nearly half the deaths on America's roads involve alcohol?"

Those persons who do drink before driving should limit alcohol consumption to no more than one drink

per hour. Each ounce-and-a-half of liquor or 12-ounce beer requires about an hour to be metabolized in the bloodstream. Food helps slow the absorption of alcohol, but eating while drinking will not keep someone from getting drunk. Also, coffee and cold showers cannot help someone sober up.

Recently enacted Texas laws make hosts, restaurants and bars liable for actions of inebriated guests or customers and have prompted many communities to arrange free or inexpensive taxi service to transport persons who are unable to drive safely. Dr. Bernstein recommends a "designated driver" plan, in which one person in a group volunteers not to drink and assumes the responsibility of driving others home. Many restaurants and bars now provide free non-alcoholic beverage to the "designated driver" in the group.

"In so many cases, traffic crash deaths could have been prevented," said Dr. Bernstein. "Many people who died last year might have been alive to day if they had buckled up or had driven sober. It doesn't cost anything to buckle up or drive without drinking. But these precautions can save everything—a life."

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"Like the Ten Commandments, the Sermon on the Mount reveals and defines the relation that man sustains to God and to mankind and the corresponding obligation arising out of this twofold relation."

—George C. Rankin, *Dallas Morning News*, Feb. 22, 1898.

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Ask Dr. Lamb

Heart Attack Risk BY LAWRENCE E. LAMB, M.D.

DEAR DR. LAMB: My husband's father died at age 40 of a heart attack. My brother-in-law, age 37, has just had heart surgery. My husband, age 38, has quite calmly decided he will not reach retirement age. He sat me down and explained insurance, investments, and a will he is going to have drawn up. I quite determinedly did not listen. But I realize that I must face up to the possibility of his early death. What are the "best guess" odds?

DEAR READER: When there is a family history of heart attacks at an early age, there is a greater chance a person will also have one. Many of these families have an inherited tendency to have high total cholesterol levels and high LDL-cholesterol levels — the cholesterol in the fatty-cholesterol particles big enough to lodge in arteries and cause blockage.

The answer as to what the "best guess" is depends on what your husband's risk factors are. How high is his total cholesterol? How high are his HDL-cholesterol (good fatty-cholesterol particles that may decrease blockage) and his LDL-cholesterol? What is his blood pressure? Does he smoke? Does he exercise?

The appropriate measures in terms of diet, exercise and habits are essential to control any of his risk factors that are not in a favorable range. If they cannot be controlled by diet, then medicines should be used to correct them. That means medicines to lower total cholesterol and if his blood pressure is high, to control it at favorable levels.

A great deal can be done. There is ample evidence that people can significantly decrease their risk of heart attacks by correcting their risk factors. Yet, most people have not done nearly as much as they could do about both exercise and diet. Millions more continue to smoke, which increases their risk about threefold.

The national program to prevent heart attacks has fallen far short of its objectives and potential simply because people do not take advantage of what is known. I have discussed this problem and risk factors in more detail in a special issue of THE HEALTH LETTER 30-06, Status of Preventing Heart Attacks and Strokes, which I am sending you. Others who want this issue can send \$1 with a long, stamped, self-addressed envelope to THE HEALTH LETTER, Dept 30-06, P.O. Box 19622, Irvine, CA 92713.

DEAR DR. LAMB I am bulimic. If I were to get pregnant, would the bulimia cause any difficulty? If so, how could I avoid it? I want all my

children to be born healthy. I am 21 years old and smoke two to three cigarettes a day. I am slightly overweight — 5 pounds. Please answer my letter so I can stop worrying every time I vomit.

DEAR READER: To have the best chance of having a healthy baby, you will need proper nutrition. The only thing that counts for your nutrition is what is absorbed from your small intestine into your bloodstream. Vomiting your stomach contents runs the risk of a deficiency in vitamins, minerals and even calories. I would strongly recommend that you stop the habit. If you cannot control it, get professional help.

Poor nutrition will not only affect your baby, but it will be harmful to you during your pregnancy. You run the risk of calcium and vitamin deficiencies that will affect your health. For example, your body will be robbed of calcium to provide calcium for the baby's skeleton.

Dr. Lamb welcomes letters from readers with health questions. You can write to him at P.O. Box 19622, Irvine, CA 92713.

Ask Dr. Lamb

NUTRIENT ABSORPTION

Nutrients from food are of no value unless absorbed through the small intestine into the bloodstream.

© 1988 North America Syndicate, Inc.

DEAR DR. LAMB: My mother became ill and had swelling of the stomach. Her doctor didn't find anything wrong and thought it was nerves due to my father's death six months earlier from cancer of the esophagus. Six weeks later she looked like she was seven months pregnant. Her doctor admitted her to the hospital and three weeks later she

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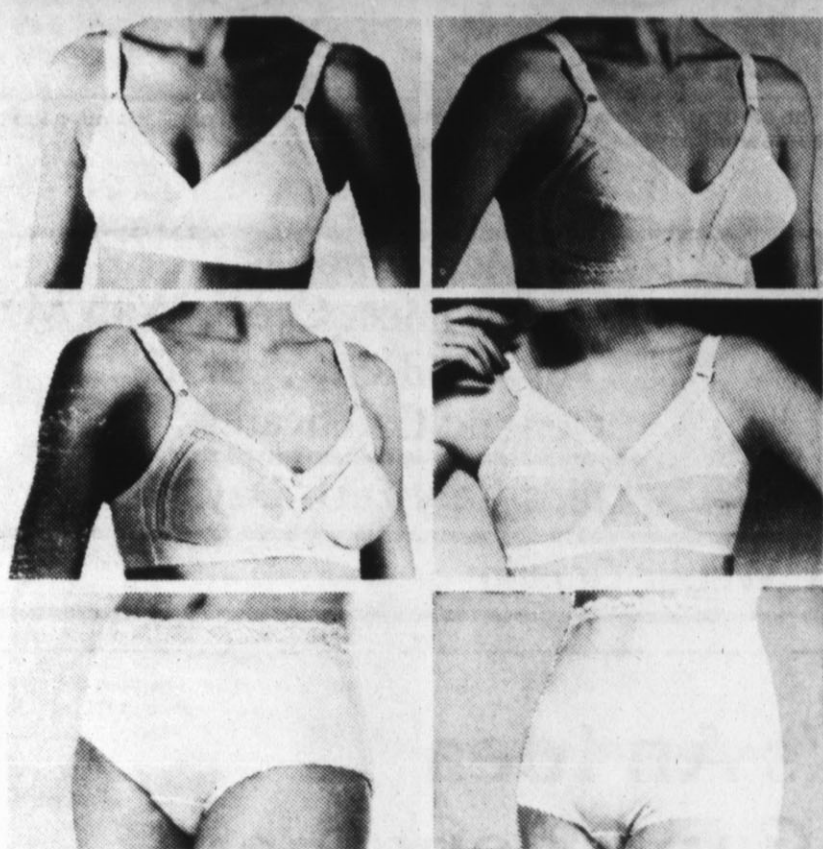
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You'll Love It! (806) 364-7744

Prices Effective Tuesday, December 29, 1987

Schlabs Hysinger 364-1281
1500 West Park Ave. COMMODITY SERVICES
Richard Schlabs Steve Hysinger Brenda Yosten
Phone 364-1286 Each Trading Day After 5:30 P.M.
for Recorded Commodity Update.

CATTLE FUTURES										GRAIN FUTURES										METAL FUTURES									
[Detailed commodity price data for Cattle, Grain, and Metal futures contracts, including contract specifications and current market prices.]																													

SEMI-ANNUAL Stock-up Sale



25% off

All our bras and briefs

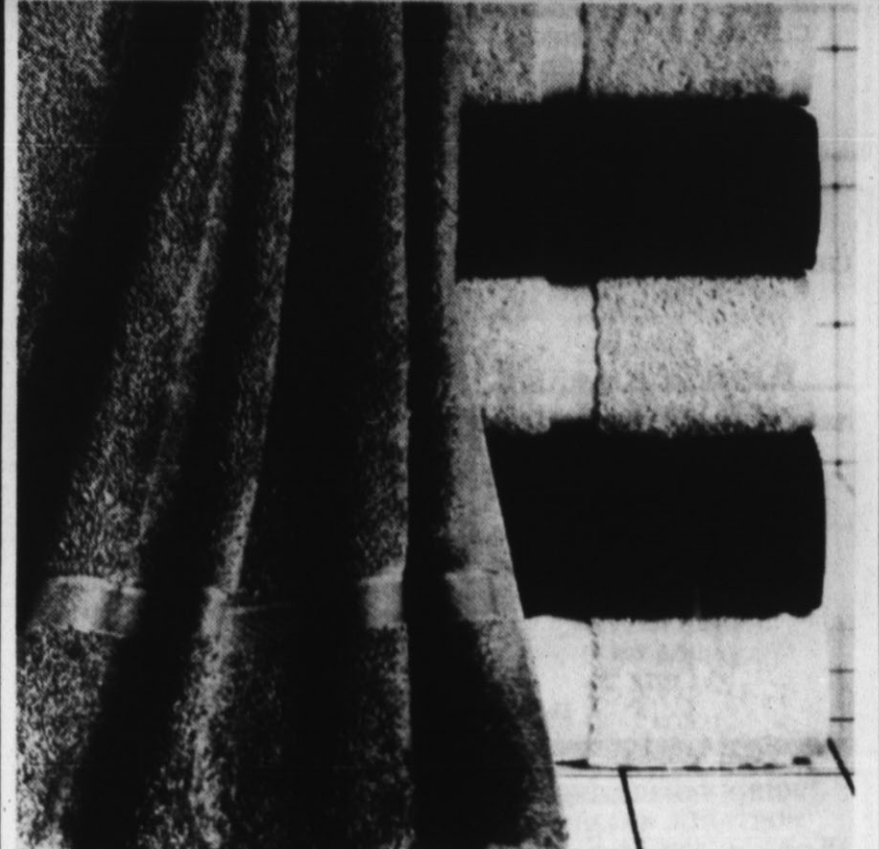
Save on our entire collection of bras and briefs. From lace lavished to more simply adorned and everything in between, you'll find just the styles you want for a smooth, flattering line under all your clothes. Stock up now for a beautiful year!



Sale 12.99 ea.

25% to 40% off fashion fleece tops

Reg. \$24. Today's fleece means a lot more than just sweats! It's go-anywhere fashion, like this boldly striped Johnny collar pullover or a pocketed mock turtleneck from French Navy. Both are cotton for absolute comfort. Come see. There's more in store.



Sale 2 for \$9

The JCPenney Bath Towel

Reg. \$8 each. The JCPenney Towel comes in 5 glorious colors. Absorbent cotton loops filling and durable polyester/cotton base. Hand, body, washcloth also on sale.



25%-50% off

Men's flannel shirts and all sweaters

Save on all you need to wrap up for winter. Par Four™ yarn-dyed cotton flannel shirt. Reg. \$12 **Sale \$9.00**. St. John's Bay™ heavyweight flannel shirt. Reg. \$18 **Sale \$13.50**. Fox™ ramic cotton shaker knit crew sweater. Reg. \$30 **Sale \$14.99**



Sale 8.99

Jr. shirts

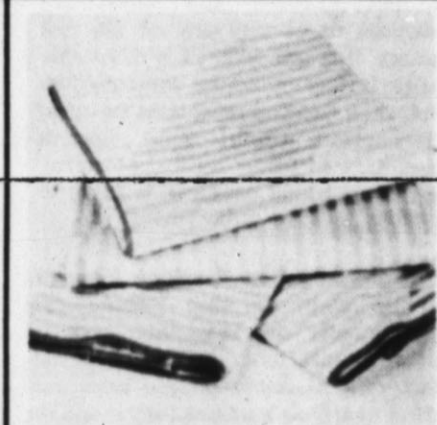
Reg. \$22. Great Connections colors your world casual with pastels in a two-pocket camp shirt. Junior sizes.



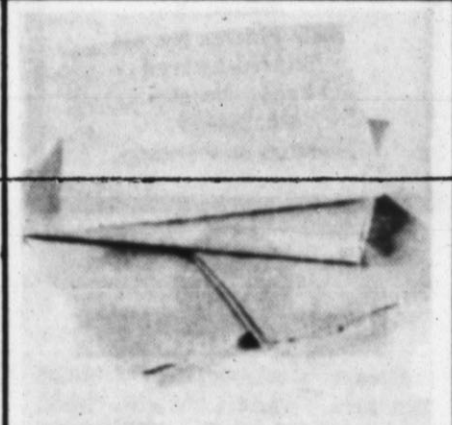
Sale 15.99

Misses' shirts

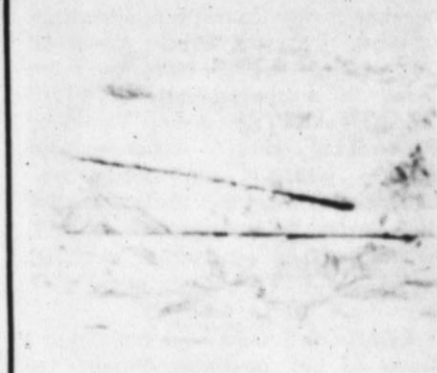
Reg. \$22. A washed sheeting shirt in solids and prints for where you want to be ready for spring!



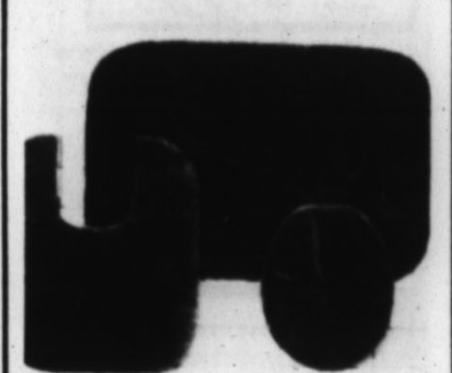
Sale 12.99 twin set
Reg. \$19. Cotton/polyester percale sheet set. 1 full, 1 flat sheet, 1 case. Full, queen sets also on sale.



2 for \$9 twin
Reg. 4.99 ea. Plain hem solid or print cotton polyester sheets. Full, queen, king on sale.



Sale 9.99 twin set
Reg. 12.99. Cotton/polyester sheet set. Full, queen, king sets have 2 cases, are on sale.



30% off
Reg. 9.10 Reg. \$13 ea. DuPont nylon contour or oblong bath mat. Lid cover, Reg. \$7 **Sale 4.90**



1/2 Price bonus

All socks, basics

Buy any regular priced men's hosiery or underwear and get another item of equal or lesser value at 50% off.



Sale 13.99

Levi's knits

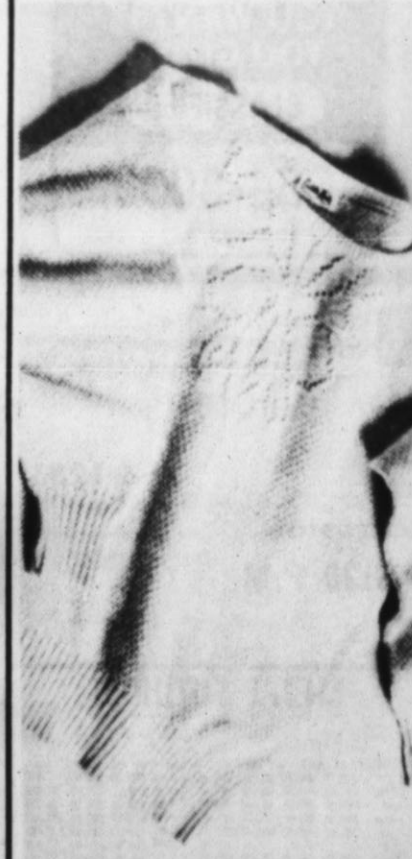
Reg. \$18. Poly cotton pique knit polo, complete with long shirttail back. New relaxed fit.



Sale 16.99

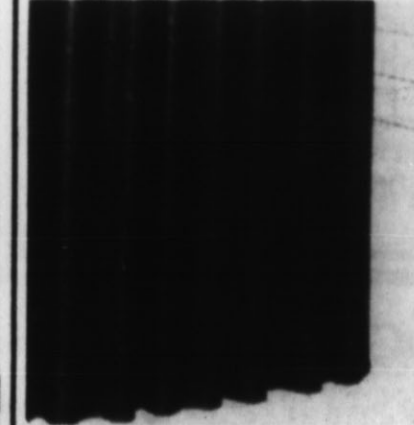
St. John's Bay

Reg. \$28. Count on St. John's Bay for the solid comfort of this poly cotton pieced rugby. Great color combos for men's sizes.



Special 12.99

Our long sleeve cotton sweater with an updated look. Handsome jacquard designs in brights or pastels. Misses' sizes.



25% off
Reg. 20.20 Reg. \$27 Polyester shower curtain and liner in The JCPenney Towel colors.



25% off
Ceramic bathroom accessories. Tumbler, soap dish, toothbrush holder, Reg. \$5 each **Sale 3.75**



Sale 9.99 twin

Mattress pads

Reg. 13.99. Fitted poly/cotton mattress pad. Full, Reg. 16.99 **Sale 12.99**. Queen, Reg. 23.99 **Sale 17.99**



30%-50% off

Bed pillows

in three sizes, we've got the pillow for you in soft, medium or firm. All at great savings.



Sale prices effective through Saturday, January 31st. Percentage off represents savings on regular prices. Originally priced items are on sale until stock is depleted. Does not include Inert Value items.

JCPenney
Sugarland Mall

Store Hours
Mon. thru Sat.
9:30 a.m. to 7:00 p.m.
Sun. 1:00 p.m. to 5:00 p.m.