

The Hereford Brand

★ Hustlin' Hereford, home of Marlin Gililand

Tuesday
May 31, 1988

87th Year, No. 233, Deaf Smith County, Hereford, Tx.

10 Pages

25 Cents

Storms dump rain, hail

By JOHN BROOKS
Managing Editor

Things were hopping over the western portion of Deaf Smith County on Monday night, with numerous funnel clouds sighted through the early morning hours, with up to 4.5 inches of rain reported in some areas prompting a flash flood warning for the county early this morning.

Officially, Hereford received 2.17 inches of rain as of 7 a.m. today at KPAN, which also picked up .41 inch from Friday night's rainfall to bring the Memorial Day weekend total to 2.48 inches.

Some portions of the county were deluged in a huge storm that just skirted Hereford but dumped 4.5 inches at Northwest Grain in Milo Center. That prompted a flash flood warning in the early morning hours that also included Farmer, Oldham, Hutchinson, Hansford and Moore counties in Texas and Curry and Roosevelt counties in eastern New Mexico.

Later this morning, the National Weather Service issued flash flood warnings for Castro,

Carson, Potter and Randall counties. In Dimmitt, KDHN, the official NWS reporting station, reported 3.11 inches of rain as of 7 a.m. today.

At Easter Grain, midway between Dimmitt and Hereford, they reported 2.65 inches of rain, with some scattered reports of small hail. At Bruegel Brothers Gin and Elevator in Frio, southwest of Hereford in Castro County, they picked up 3.25 inches of rain with more scattered reports of small hail.

The most treacherous weather locally was in the Westway area, about eight miles west of Hereford. Spotters reported a funnel just outside of the community after a tornado had earlier been spotted on the ground about 10 miles east of Friona, near Summerfield. Both the tornado and the funnel cloud are believed to have been spawned from the same storm which had earlier dropped a tornado on the ground about five miles south of Cannon Air Force Base, near Clovis, N.M.

The sighting near Westway pro-

mpted the NWS to issue a tornado warning for Deaf Smith County at about 9:45 p.m. Monday. That warning expired at 10:30 p.m.

Later, at about 1 a.m., the National Weather Service at Amarillo reported a possible tornado from a hook echo on its radar in the Westway area. That possible funnel or tornado was not spotted by ground personnel, however.

Accompanying the storms in the Westway area was hail up to golfball-size that covered the ground at times. Officials reported that the Precinct 3 maintenance barn at Westway was damaged by hail, but other damage reports weren't immediately available. At the county barn they received 2.75 inches of rain.

Interested onlookers in the Westway area Monday night were members of a storm-chasing team from the NWS office in Tulsa, Okla. They followed the storms northward from Curry County and from Bailey County, where the storms began at about 7

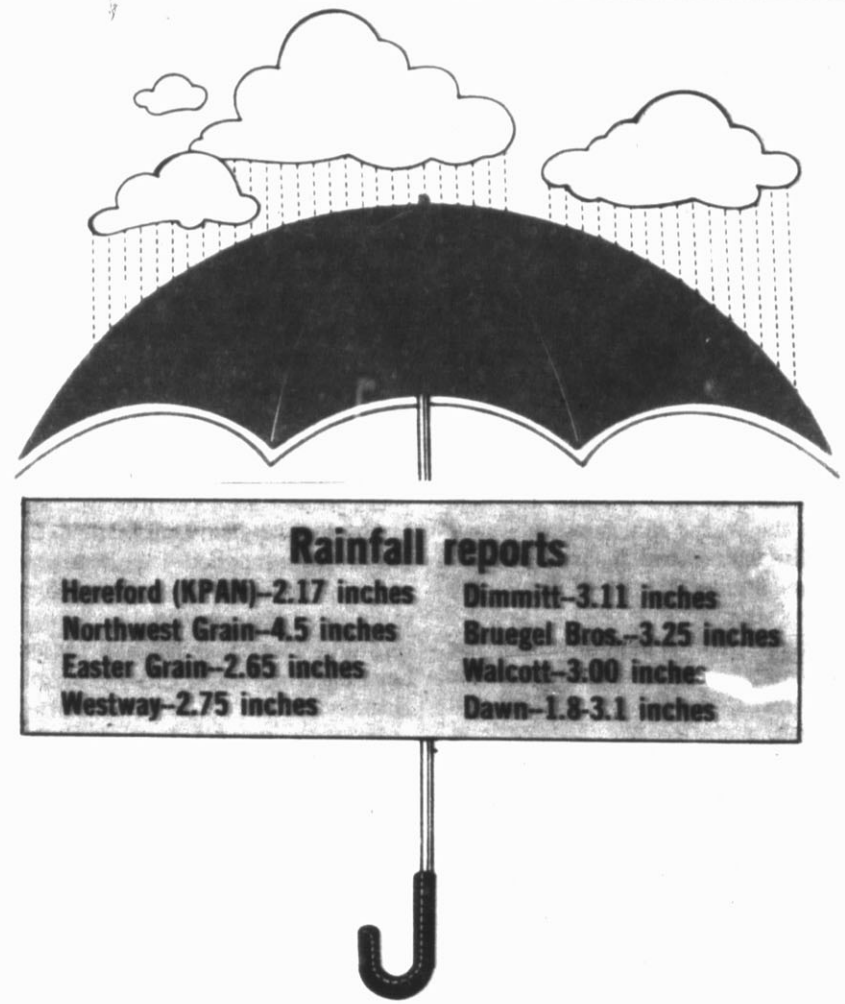
p.m. Monday.

The first funnel sighting was near Needmore, about 15 miles south of Muleshoe on State Highway 214. Other funnels were reported near Enochs, south of Muleshoe, and near Sudan. There were reports of baseball-size hail in the Muleshoe area.

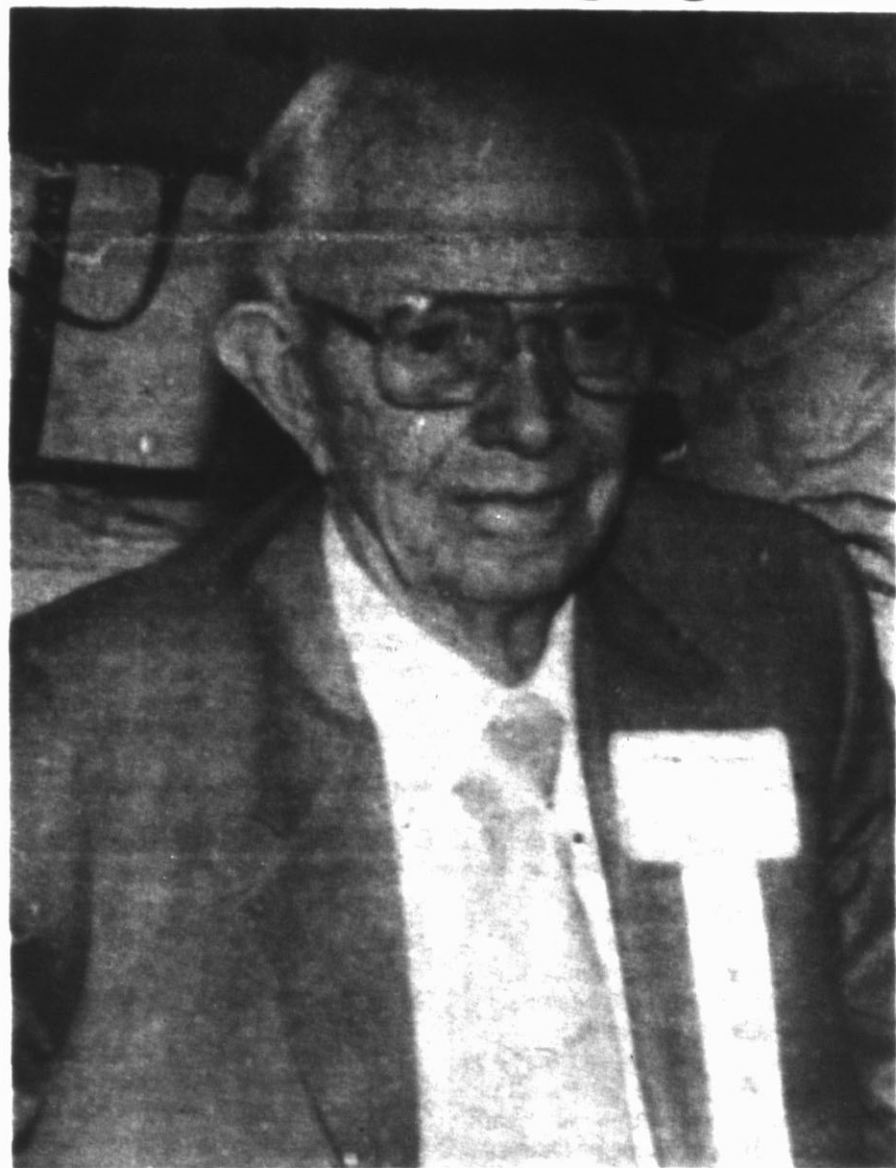
At about 8 p.m. Central Daylight Time Monday, the first of several funnels was sighted in northern Roosevelt and southern Curry counties, but damage reports were light and there were no reported injuries. There was heavy rain along U.S. 70 that stranded several motorists in their vehicles and prompted the first flash flood warning of the night.

Other local rainfall reports included Walcott with 3 inches of rain with some small hail, according to Dan Hall, and Dawn with 1.8 to 3.1 inches of rain, and no hail reported.

Forecasts are calling for a 30 percent chance of more storms this evening, with some possibly severe.



Marlin Gililand is named top pioneer



MARLIN GILILLAND

By JOHN BROOKS
Managing Editor

At about 12:30 p.m. Saturday, Marlin Gililand knew "why they made me wear this tie" to the 65th Mid-Plains Pioneer Reunion at the Deaf Smith County Bull Barn in Hereford.

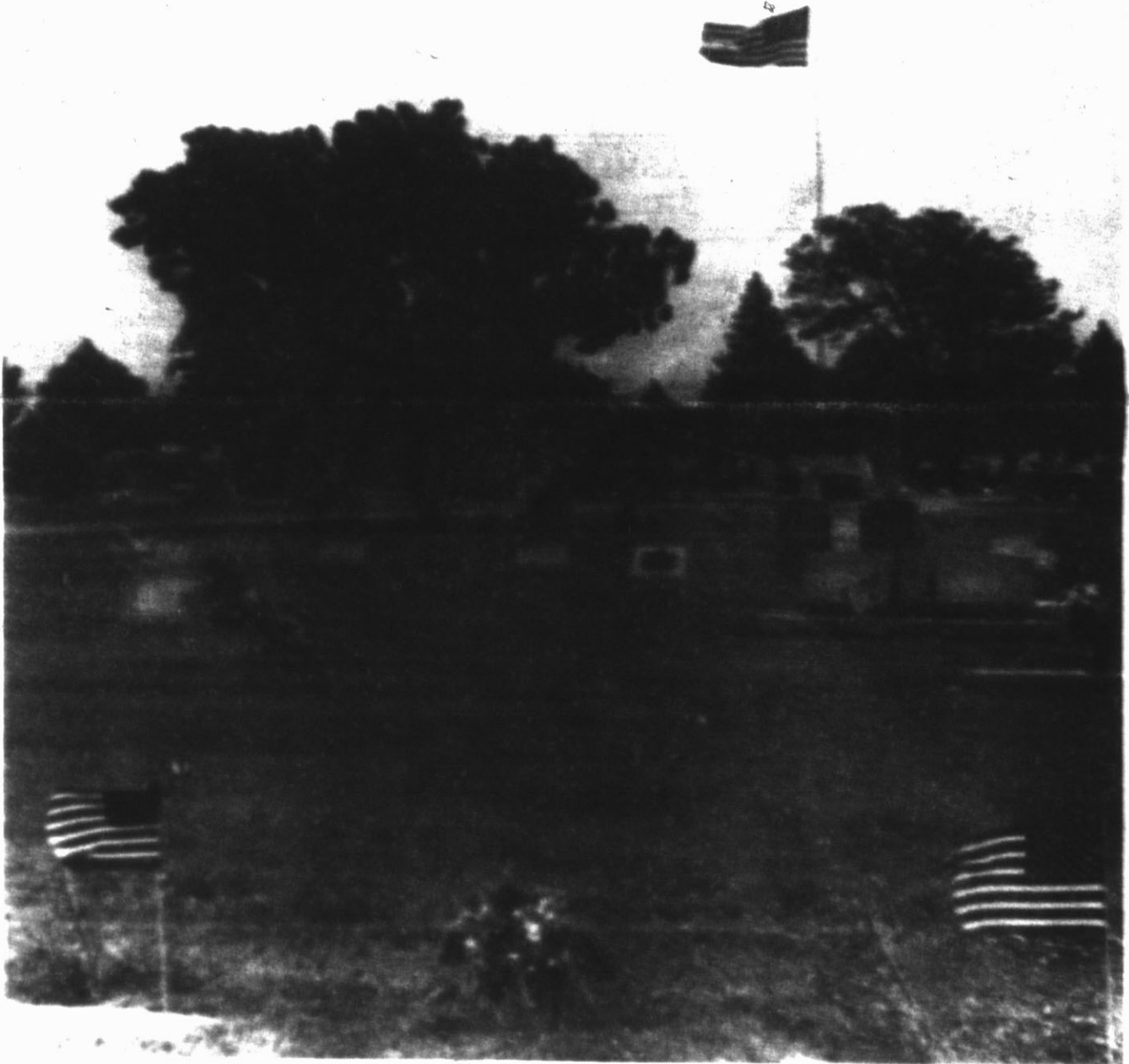
He wore it so he would look even better when he was awarded the 1988 Pioneer of the Year Award before a crowd of over 450. Gililand won the twenty-second Pioneer of the Year Award, presented by KPAN Radio.

Gililand was born in Hereford on Aug. 31, 1907, and has lived here practically all of his life, save for a short period in Pecos and Greenville. He married Eva Virden in 1935 in Hereford.

Mr. Gililand began working as an undertaker for the E.B. Black Company in 1931. In 1948, he and his father, Matt, became partners in the funeral business, renaming it Gililand Funeral Home. He retired in 1972 when he sold the business to his son, John, and his son-in-law, Charles Watson, and the business was renamed Gililand-Watson Funeral Home.

Honored as the oldest man present was Mr. C.R. Walser, who turned 100 in March. The oldest woman present was Roberta Wilson, 95. Honored for traveling the farthest was Lucy Paul, of Syracuse, N.Y.

Receiving special recognition were the Hereford High School classes of 1923-24, with seven persons, and the classes of 1928, 1938 and 1943.



In memory

Flags flew high at West Park Cemetery in Hereford on Monday for Memorial Day. Small flags, including many representing

different organizations, were placed at graves in the cemetery, while the U.S. flag was raised in ceremonies Monday.

Gorbachev wants to 'bang fists' for arms pact

MOSCOW (AP) — Soviet leader Mikhail S. Gorbachev told President Reagan today it may be "time to bang our fists on the table" to prod negotiators to conclude work on a treaty cutting strategic nuclear arms stockpiles by 50 percent.

"I'll do anything that works," the president told Gorbachev.

The Soviet leader expressed new hopes for completing a major arms treaty, but it was not clear whether he was talking about getting it done by summit's end — or merely before Reagan's term concludes next January. Soviet and American officials have said repeatedly they do not expect a strategic arms pact (START) to be concluded here.

On their third day of talks, Reagan and Gorbachev met in the Soviet leader's Kremlin office, sitting beneath a portrait of Karl Marx. After their discussions, they took an unscheduled stroll on Red Square past the tomb of Lenin and shook

hands with surprised tourists.

The leaders also watched and joined in the applause as Secretary of State George P. Shultz and Soviet Foreign Minister Eduard A. Shevardnadze signed several secondary agreements, including a pair of arms accords. Under one such pact agreed to in Moscow, the superpowers will notify each other of the time, place and intended target of intercontinental-range missiles tests.

At the Kremlin meeting, Reagan appeared to dig in his heels on his Strategic Defense Initiative missile defense plan, one of the key obstacles to agreement on a strategic arms treaty. "It's never been a part of the negotiations," he said in response to a question.

Without addressing Star Wars, Gorbachev said he was confident there would be progress on arms issues.

(See SUMMIT, Page 2)

Local Roundup

Game is postponed, moved

The Hereford-Canyon state quarterfinal baseball game that had been scheduled for 6 p.m. today in Plainview has been postponed due to wet grounds.

The game has been rescheduled for 4 p.m. Wednesday at Lubbock Christian University in Lubbock.

The schedule for the rest of the best-of-three series is unchanged. Game Two will be at 6 p.m. Thursday, with the third game, if necessary, at 1 p.m. Saturday. The final two games will be played at Jaycee Park in Plainview.

Man injured in accident

A man, 29, was treated at Deaf Smith General Hospital for minor injuries at 2:30 a.m. Sunday after his vehicle struck a tree in the 100 block of Avenue F.

He also was arrested on charges of driving while intoxicated.

Other arrests include a 28-year-old charged with driving while intoxicated and disorderly conduct at Deaf Smith General Hospital; a 22-year-old charged with driving while intoxicated and not carrying a driver's license, at U.S. Highway 60 and Funston Ave.; a 51-year-old was arrested on charges of public intoxication in the 100 block of Lawton Avenue;

A 37-year-old was charged with having no liability insurance, running a red light and failing to change driver's license; a 34-year-old was arrested on Department of Public Safety warrants; a 37-year-old was charged with driving while intoxicated and not having liability insurance; and a 28-year-old was arrested for driving while intoxicated and disorderly conduct.

A television worth \$700 was taken from a house in the 900 block of south Lee Street; a \$500 sound system was taken from the Church of

Christ at 703 W. Park Ave.; a dog bite was reported in the 400 block of Knight Street; assaults were reported in the 900 block of Julian Street and in the 200 block of Western Avenue.

Harassing phone calls were reported in the 300 block of Avenue A; children were reportedly throwing objects into the street in the 700 block of Stanton Street; a domestic dispute was reported in the 400 block of Third Street; a prowler was reported in the 200 block of Elm Avenue.

A loud party was reported at 447 Sycamore Lane in which charges were filed; and the Country Store at 203 S. 25 Mile Ave. had its front glass door broken, but beer was the only thing stolen, said police; a 14-year-old boy was reported as a runaway; and police spoke to a man at the request of his estranged wife that he stay away from her.

Three minor accidents were reported, and 28 citations were issued.

Firefighters attended to five calls which included several severe weather calls.

Man arrested for burglaries

The Deaf Smith County Sheriff's Office arrested a 36-year-old man Sunday on two charges of burglary of a habitation. This is the county's third arrest concerning at least 12 county burglaries occurring the past four months.

The sheriff's office issued a warrant for the arrest of Manuel Mendiola in April. Deputy Fidel Reyna arrested Mendiola five miles west on U.S. Highway 60, said reports.

According to district attorney's investigator Vernon Hope, officers have connected Mendiola to at least two of the burglaries and a warrant is still out for another suspect.

Mendiola is currently in the Deaf Smith County Jail with two (See ROUNDUP, Page 2)

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Page Two

Babbling Brooks

By JOHN BROOKS

Didja notice that the beef checkoff referendum passed in Alaska by a 2:1 margin?

That is exactly what it passed by. Two guys voted for it, one voted against it.

bb

Did any of you watch *To Heal A Nation* on TV on Sunday night?

The last time I cried like I cried Sunday was when they had to shoot Old Yeller.

I suppose I have a soft spot in my heart for Vietnam memorials. My cousin, Julie White, designed and built the Vietnam Memorial that sits on the Capitol grounds in Phoenix, Arizona.

I was a little young for Vietnam—to serve and to really form an idea about the war. I did, however, have an "America—Love It Or Leave It" bumper sticker plastered across my bicycle seat.

I wasn't too young to watch the news and see people rioting at the 1968 Democratic convention in Chicago, see kids shot to death at Kent State, see the death and devastation that our boys, who became instant men, faced in Vietnam.

It's been said that the Vietnam War split our country even more than did the Civil War. Looking back, older, wiser, and with reams of history to refer to, I can certainly believe it.

Do you remember what the nurse said when she dropped in her donation for the memorial? She said she protested against the war, but everyone over there fought for all of us, for our beliefs, against what we thought was wrong.

A sudden though hit me Saturday just before the Hereford-Everman game. I thought that these kids might have played each other before.

I knew that when this year's seniors were 12 years old, they had a pretty salty ball club. We had just began playing Bronco baseball in Dimmitt, and in return for joining up we got to host the district Bronco tournament. I was the district director, and I'll never forget having to haul Derrel Page's birth certificate around with me because every coach in the tournament wanted to be sure he was just 12.

Anyway, Hereford easily won that tournament, and the sectional tournament here, qualifying for the regional tournament in Everman.

Six years ago, Everman went a lot farther in its own tournament than Hereford advanced—the local boys won only one of three games. Everman got to the semifinals.

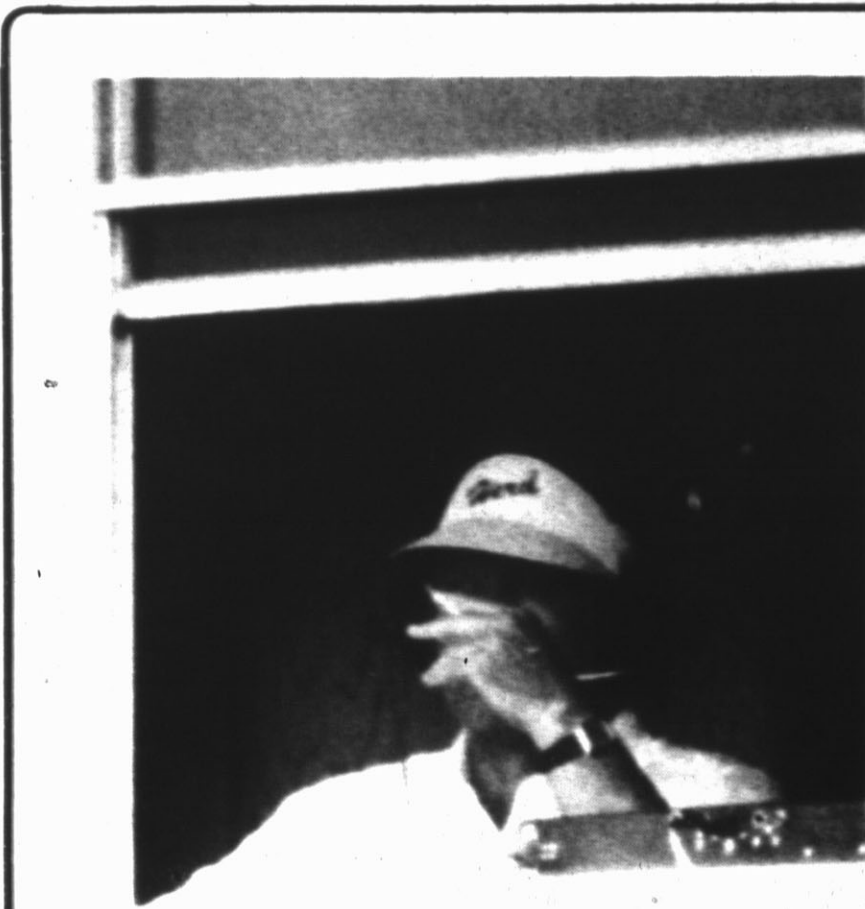
Maybe Everman got that far only because they didn't have to play Hereford.

And now we get to play Canyon again. These guys have faced each other about a jillion times in their lives—in Junior Babe Ruth baseball tournaments, in JV and varsity baseball games, and no telling where else. That doesn't count football and basketball.

Given the rivalry between the two high schools I doubt there are just a whole lot of "friendships" between the two teams, but they should know each other very well.

The Herd has already twice beaten the Eagles this year in baseball. Let's hope for the best this week for the Herd.

I miss Austin.



Handy Dan and Dandy Don

Hereford coaches Danny Haney, left, and Don Cumpston started a new career Saturday doing play-by-play for KPAN from Hunter Field at Hardin-Simmons University in Abilene. The colorful play-by-play team

may be enlisted more often — the Herd was never challenged as it defeated Everman 12-1 in the regional championship game.

Law to stop hiring of illegal aliens

Businesses fear INS checks

NEW YORK (AP) — Hyatt Hotel Corp. executives are basking in government praise for compliance with the new immigration law, which makes it illegal to knowingly hire undocumented aliens.

But with Wednesday's enforcement deadline looming, a Mexican fast-food chain in Texas fears raids by the Immigration and Naturalization Service.

And in Southern California, a waterbed-frame factory is challenging what it calls abusive and arbitrary INS inspection tactics, in the first significant court test of the law's sweeping employer-sanction provisions.

Some say the agency has shown extraordinary tolerance and the new documentation requirements for employees are only a minor nuisance. Others contend immigration officers have failed to educate businesses, and the paperwork is horrendously confusing.

"My sense is that many employers aren't complying with the law," said Ilene F. Lainer, an immigration specialist at a Roseland, N.J., law firm.

Stuart H. Bornpoy, an immigration lawyer here, said large employers are complying because they have the resources to efficiently keep records.

"The little guy who runs the small

garment shop or something like that, probably isn't in compliance and won't be in compliance," he said.

Some like Ronald Klasko, president-elect of the American Immigration Lawyers Association, predict the INS will stage zealous enforcement raids under Wednesday's expiration of the 11-month phase-in, during which it only issued warnings to first offenders and stressed voluntary compliance.

The November 1986 Immigration Reform and Control Act requires the nation's 8 million employers to document the legal status of employees hired after the law was signed, with a form called the I-9. Employers must fire those who cannot prove work eligibility.

Employer penalties range from \$250 to \$2,000 per worker for first offenses, to \$10,000 per worker and 6 months in prison for repeated violations. Failure to do the paperwork can result in \$100 to \$1,000 fines per violation.

INS spokesman Duke Austin said visits to employers nationwide suggest that about 90 percent are in compliance or nearly so.

"We're encouraged by that, because we know the only way this law is going to work will be to have compliance," Austin said. "We don't have the resources to visit 8 million employers."

Experts to talk of wheat issues

Area producers will have an opportunity to view 13 wheat varieties and discuss wheat insect and disease problems at the annual Deaf Smith County Extension Service Wheat Field Day scheduled Wednesday at 10 a.m. at the Raymond Schlabs farm, seven miles north of Hereford on U.S. Highway 385.

On hand for the field day will be Dr. Carl Patrick, area Extension entomologist, and Dr. Brent Bean, area Extension agronomist.

Pot-Shots BY **ASHLEIGH BRILLIANT**

HOW CAN I MAKE MY SUCCESSES GET CLOSER TOGETHER, AND MY FAILURES GET FARTHER APART?



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SUMMIT

"And I'm sure that if the president makes good use of his time that we have remaining, I'm sure that we will be able to prepare the treaty," Gorbachev said.

At that point, a reporter asked Reagan if he, too, thought a treaty could be concluded. "Yes, I'm very pleased to hear what they're saying." Asked again if a treaty was possible, Gorbachev stepped in to answer, saying, "If that question is to me, yes I think a START treaty is possible."

The Soviet leader recalled that he and Reagan, at their first summit in Geneva in 1985, had reached an impasse at one point. He said that at that point, "the president said, 'Well, let's stamp our fists on the table.' I said all right," and by morning

everything was agreed, the Geneva negotiations were successfully completed."

"Maybe now it is again a time to bang our fists on the table once again," Gorbachev said.

Asked by a reporter if he agreed, Reagan said, "I'll do anything that works."

Reagan, continuing his public relations offensive to promote freedom and human rights in the Soviet Union, also met over lunch with writers, film makers, artists and others.

The surprise visit to Red Square threw the official summit schedule out of whack. Reagan told one cluster of people that, "What we have decided to do is talk to each other rather than about each other

and it's working just fine."

Shultz and Shevardnadze also signed an agreement providing for joint tests this summer in Nevada and at Semipalatinsk of U.S. and Soviet devices to measure the force of blasts.

Explaining why Gorbachev and Reagan did not sign the pacts, Soviet foreign ministry spokesman Gennady Gerasimov said, "It's too small for them. It's important, but not that important."

Another agreement, extending for three years and expanding U.S.-Soviet cultural exchanges, was signed by Charles Z. Wick, the director of the U.S. Information Agency, and by Soviet Culture Minister Vasuki Zamharov.

Gorbachev told reporters at a

Kremlin signing ceremony that his morning one-on-one meeting with Reagan dwelled on economic questions.

"I criticized the position of the president and the Congress which has put very many roadblocks on the path of development of healthy economic cooperation," the Soviet leader said. "The president considers that we need to move more actively to improve this."

Nancy Reagan, meanwhile, broke away from the presidential party and flew to the Baltic city of Leningrad, where she viewed the treasures of the Hermitage Museum, housing 65,000 pieces of art, and was visiting the summer palace of Peter the Great, scene of revolutionary Soviet history.

Letters to the Editor

Dear editor:

With the end of an era, in this case the closing of Stanton Junior High, (1964-1988), and formerly Hereford High School, (1926-1964), we saw an end to many activities, both scholastic and extra-curricular.

One of these activities, the production of the Stanton Dogie Yearbook, has been an extra-curricular activity for only 22 years, having begun with the opening of La Plata Junior High.

Ruth Word, Virginia Phillips, Carole McGilvary, Annie Brown and I have been privileged to work with many staff members to produce these 22 yearbooks.

To my knowledge, at no time, this year included, have we ever received a request for dedication pages and/or memorial pages to be included in a yearbook. However, this year we did decide to produce a commemorative yearbook to highlight the history of the school and those who have been a part of that history. In a way, this was a memorial to all those students who had been students at this school, either as a high school student or as a junior high student.

We were overwhelmed with the favorable response to our 1988 commemorative yearbook. We do wish that we had had more pictures from the years gone by and more pages on which to print them. We had sold 75

copies to former students, as well as 400 copies to our present student body and faculty, before publication and have had at least 50 more orders since publication.

We wish to thank all those who helped to make this special issue possible. We especially thank Bill and Marcella Bradley, Juanita Koetting, and Stanton students and teachers who provided pictures and information to compile the history included in this issue.

We'll be the first to admit that we have made mistakes in our 22 issues, as do all producers of yearbooks. We have had spelling errors, mistakes in identification of pictures, left out pictures, (especially when we did not have them)—this year as well as in years past. One year we even left out the pictures of the principal and assistant principal who hadn't noticed until we told them!

We also wish to thank the 1988-1989 faculty and student body for their help throughout the year and for their many favorable comments about the finished product.

As we expressed to our student body, they are a special group in that they are the last of many student bodies who have attended this school and the majority of them have a copy of the last Stanton Dogie Yearbook. We expressed also to our seventh

graders, the 1988-1989 eighth graders, who will enter Hereford Junior High in the fall that they will have the opportunity to be the first "upper classmen" and to have the first issue of the Hereford Junior High yearbook!

Thanks again to all those who have participated in making our yearbook so special, not just this year, but for the past 22 years. It makes the "headaches," the deadlines, the lost copy and the long hours after school all worthwhile when the finished product is so well received.

Sincerely,
Carolyn Waters

Hospital Notes

Mr. and Mrs. Nathan Perez are the parents of a boy, Michael Anthony, born May 27, 1988.

Mr. and Mrs. Hector Trevino are the parents of a girl, Cassie born May 27, 1988.

PATIENTS IN HOSPITAL

Louis N. Arguijo, Elizabeth Bridges, L.A. Burdine, George D. Caison, Anita Chavarria, Sergio Chico, Peral Gonzales, Omar Marquez.

Santiago Morales, Ruby Smith, Shirley Strain, Felipe Valdez, Melanie Wilburn, Roy Wilburn, Jamar Williams, Dolores Zapata, boy Zapata.

ROUNDUP

\$25,000 bonds set for two charges of burglary of a habitation, a \$200 bond for showing a false identification to a police officer and no bond was set on a warrant from the Texas Department of Corrections.

A 2½-year-old black bull calf worth \$200 was stolen Friday from pens southeast of Hereford and a \$250 Brahman calf was stolen from a back yard southeast of Hereford.

Miscellaneous items totaling \$750 were stolen from the Farmer's Elevator at Dawn and tools totaling \$200 were taken from a tractor toolbox two miles east of the Texas state line on Farm-to-Market Road 1068; a 19-inch color television and a microwave oven (value unknown) were stolen Monday from a residence on Farm-to-Market Road 2587. Entry was gained by breaking the front door.

A court protective order was violated and a juvenile was reported as missing.

Obituaries

H. GLENN HAYS

May 28, 1988

H. Glenn Hays, 65, of Monte Vista, Colo., brother of a Hereford resident, died May 28, 1988 in Dallas.

Services are pending, yet burial is planned to be held in Palestine, Texas, under direction of Crane Weiland Funeral Home of Dallas.

Hays was born in Bonham on Oct. 21, 1922. He married Hazel Cook Mitchell in 1955; she preceded him in death in 1972.

Among his survivors are his sister, Opal Bookout of Hereford and several nieces and nephews in this area.

JAMES CRABTREE

May 28, 1988

James E. "Jack" Crabtree, 77, of Hereford died at 11:41 a.m. Saturday in Amarillo's High Plains Baptist Hospital after a lengthy illness.

Services were held at 11 a.m. Monday in Bix Funeral Directors Chapel with the Rev. Travis Luduke of Amarillo's Fellowship Baptist Church officiating. The Rev. Doug Manning, a retired Baptist minister, assisted. Graveside services were held in Lakeview Cemetery under the direction of Bix Funeral Directors of Hereford.

Mr. Crabtree was born in Myra and moved from Happy to Hereford in 1985. He married Mary Clark on May 15, 1949, in Amarillo. He was a U.S. Army veteran of World War II and a member of the American Legion. He was a retired farmer and a member of First Baptist Church.

Survivors include his wife; a daughter, Jackie Fangman of Hereford; a son, Steve of Houston; a sister, Grace Huggins of Amarillo; and a grandchild.

GENE ROBERSON

May 28, 1988

Former Hereford resident, Gene

Milton Roberson, 58, of Amarillo died Saturday in a Hereford motel. Acting Justice of the Peace Les Wagner ruled natural causes in the death.

Services were held at 10:30 a.m. today in Paramount Terrace Baptist Church in Amarillo with the Rev. Gene Meacham of Ropesville officiating. Burial was in Memory Gardens Cemetery in Canyon under the direction of Gilliland-Watson Funeral Home.

Mr. Roberson was born in Summerfield and moved to Hereford in 1955. He married Merle Turner on Nov. 23, 1955, in Amarillo. He was an electrician technician for the U.S. Department of Agriculture. He served in the U.S. Navy during the Korean conflict. He was a Baptist.

Survivors include his wife; and two sons, Philip of Amarillo and Kevin of Aubrey.

The Hereford Brand

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G.G. Nissen Publisher
John Brooks Managing Editor
Muelr Montgomery Advertising Mgr.
Charles Rowland Circulation Mgr.

Lifestyles



Drill team officers

Officers for 1988-89 for the Hereford High School Drill Team include, from left, lieutenants Robin Jones, Dana Zinser and Brenda Allen, and captain Gina Streun.

Ann Landers

DEAR ANN LANDERS: The enclosed column, by Melva Arditti, appeared in the Sacramento Bee. I believe your millions of readers could benefit from it. Do you agree? If so, please print it.—A Sacramento Reader

DEAR SACRAMENTO: I do, indeed. Thanks for sending it on.

BREAKING THE CYCLE OF CO-DEPENDENCY

Jane Zeiger cringes every time the song "People" comes on the radio. When Barbra Streisand warbles, "First you're half, now you're whole," Zeiger says, "it's like an anthem for co-dependents."

Zeiger, a licensed clinical social worker, says the concept of co-dependence came out of the field of alcohol abuse, where spouses of alcoholics were called "co-dependents." Through the years, the definition has broadened.

"It's about relationships and letting the other person's behavior affect your self-esteem," Zeiger explained. "It's also being obsessed with trying to control the other person's behavior, while assuming responsibility for that person's needs."

She gave as an example the woman whose husband has gotten sick from drinking and passed out on the floor at 3 a.m. Not only does she clean up the mess and put him into bed, she sets the clock for 6 a.m. so she can call his boss with an excuse for her husband's absence.

"There is nothing wrong with helping," Zeiger said, "but co-dependency is helping to the extent that you lose yourself in the process. The co-dependent thinks she's being helpful, but she's only postponing her partner's inevitable facing up to the truth of his addiction."

While men can be co-dependents, women are far more susceptible. "I think we're culturally programmed to be the caretakers," said Zeiger. "It seems natural for women to sacrifice themselves for the family."

Co-dependent behavior is not

restricted to partners of alcoholics. Any chronic problem, from gambling to overeating or a history of losing jobs, can produce co-dependency in a partner. It has an addictive quality that makes it almost harder to disconnect from than alcohol.

The cure for co-dependency is to first detach yourself from the relationship. This is easy to say but hard to do. "Let him feel the pain and deal with the consequences."

The second step is learning to take care of yourself. It's like looking into a mirror and doing for yourself all the things you've been doing for him. Zeiger also recommends counseling and groups such as Al-Anon: "You must learn to say, 'I refuse to rescue you anymore.'"

DEAR ANN LANDERS: I just completed the process of finding my bill amid the ads, order blanks and junk they put in the envelope.

I have decided it is time to fight back: I may not accomplish anything but I will feel better. From now on when I send in my check I am going to enclose all the stuff they send me. Let them look for my check the way I had to look for their bill.—Getting Even in Dallas

DEAR GETTING: Happy to let you have your say. And now may I have mine? If the magazine folks

would please quit putting pesky reorder blanks in every 10 pages...

20-year reunion set

The 1968 Hereford High School graduating class is planning its 20-year reunion during the annual Town 'n' Country Jubilee celebration in August.

Former students' addresses are needed by the class reunion planning committee. If you have any information on the following people, please contact Darlene Richardson at 364-0934 or Lynn Gowdy at 364-4135.

Students that have not been located include Kay Neill, Guadalupe Salazar, Bertha Garcia, Paul Nash, Bobby Burwick, Lape Celaya, Ronnie Etheridge, David Evey, Diana French, Sharon Fulton, Servio Gamez, Mary Garlitz, Ruben Granado, Lon Hale.

Also, Terry Hawkins, Sheri Hicks, David Kelly, Scott Lewis, Geneva Maldonado, Daniel Anderson, Rita Anderson, Levenie Benefield, Betty Black, David Bosley, Gary Burnam, Oleta Brooks, Gary Ray, Rosemary Scheetz, Don Speerman, Esparanza Caazos, Karen Moody Bass, Gilbert Moreno and Bobby Watts.

Abundant Life

SOME THINGS DON'T CHANGE

By Bob Wear

Some people say, "everything is changing," others say, "we are living in a changing world", and some say, "the more things change, the more they remain the same", and there are some who say, "some things are unchangeable."

We are free to adopt whatever attitude we wish to adopt. Of course, the choice we make will have a certain influence upon us and our living experience. It is therefore very important that we make the right choice.

The truth is that there is not as much change as some folk want to think there is. The man who flies today is basically the same man who once rode his horse to make his rounds. Yes there have been some changes, but they are superficial and peripheral; they are not basic changes. This man's basic nature and needs have not changed, and will not change. He may try to pretend that everything, including himself, has changed. He may be impatient with the unchanging aspects of living, but there are some things that have not changed and he can never

change them.

It is an observable fact that the more a man pretends that he is some sort of a new man, a modern man, the more trouble he has in his personal living experience. The more he tries to ignore the unchangeable, the basics; the more difficulty he has with life. This man may continue to learn, to grow mentally, and in other ways; and he may learn new skills; however, there are things about him which do not and cannot change. He may pretend that everything is changing, but pretending will not make it so.

The unjustified view that everybody and everything changes, that nothing about us or our world is fixed or certain is a big part of the cause of present-day misery and despair. There are identifiable specifics, and recognizable absolutes, some things are fixed and unmovable, and there are many certainties.

The true; the good; the pure; the decent; and the time-tested right do not change. Any departure from these leads to disappointment and despair. In these unchanging life elements, we find strength, and meaning, and joy, and hope.

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Outstanding College Students of American announces that Dudley T. Womble of Amarillo has been selected as a new member because of outstanding merit and accomplishment as an American college student.

Womble is the son of Mr. and Mrs. Louie Womble of Amarillo and grandson of Mr. and Mrs. Tom Hall of Hereford. His great-aunt is Ethel Womble, also of Hereford.

The honoree is currently attending Texas Tech University.

James Buchanan was the 15th President of the United States. He was born in Franklin County, Pa., in 1791.

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Social Security

A recent change in the law has extended the period during which benefits may be automatically reinstated for Social Security disability beneficiaries who return to work but are unable to keep working because of their disability, according to Jim Talbot, Social Security manager in Amarillo. The reentitlement period increased from 15 to 36 months, as of Jan. 1, 1988.

"This should be a tremendous help to disabled beneficiaries who want to attempt work but are fearful of losing their benefits if their impairment forces them to stop working," Talbot said. "Under this rule, they will be able to receive a benefit check for any month during the reentitlement period that they are unable to perform substantial gainful work."

Social Security disability benefits are paid to people who have a physical or mental disability which is expected to keep them from engaging in any substantial gainful activity for at least a year or to result in death. Benefits start with the 6th full month after the onset of disability.

To help disabled Social Security beneficiaries who wish to return to

work, the law provides a trial work period of up to nine months (not necessarily consecutive) during which they continue to receive disability benefits regardless of the amount of their earnings. Social Security may find that a beneficiary is no longer disabled in the first month he or she engages in substantial gainful activity after the trial work. If so, the beneficiary receives benefits for that month and the following two months.

"A person who must stop working during the automatic reentitlement period because of his or her disability may resume receiving benefits without filing a new application. All the person has to do is let us know and benefits can start right up again," he said. "Also, as under the old law, Medicare may continue for at least 39 months after the trial work period."

The automatic reentitlement rule is just one of a number of Social Security provisions designed to make it easier for disabled beneficiaries to return to work. The change is included in the Omnibus Budget Reconciliation Act of 1987.

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Sports

Hereford wins 12-1 on 10-run rule in five innings

Herd wallops Everman for regional title

By GARY CHRISTENSEN
Sports Editor

A two-hit, six-strikeout performance by pitcher James Hernandez, coupled with a balanced offensive at-

tack that saw seven different players drive in runs, powered the Hereford Whitefaces to a 12-1 victory over Everman Saturday in Abilene for a two-game sweep in the class 4A

regional baseball playoffs.

The Whitefaces battle District 1-4A foe Canyon this week in the state quarterfinals — 4 p.m. Wednesday, tentatively, at Lubbock Christian University; 6 p.m. Thursday, and 1 p.m. Saturday, if necessary, at Jaycee Park in Plainview. Don Cumpston, Hereford athletic director, emphasizes to fans that Wednesday's game has been set tentatively, depending on the weather.

Hereford, 25-3, defeated Canyon, 21-10, twice in district play — 14-1 at Hereford and 12-8 at Canyon. Admission for this week's playoff games will be \$3 for adults and \$2 for students.

Last Tuesday, Hereford had to come from behind to defeat Everman, 7-6, at Snyder, but Saturday's game belonged to the Whitefaces all the way. Hereford jumped out to a 6-1 lead after two innings of play, and added six runs in the fifth inning to win the game on the 10-run rule, 12-1.

James Hernandez had a mastery over the Bulldog batters, especially in the second and fifth innings. He recorded three outs on five pitches in the second inning, one on a grounder back to himself and the others on pop ups to shortstop Russell Backus and catcher Robby Collier.

In the bottom of the fifth inning, Hernandez, with more than a 10-run lead, struck out the side on 10 pitches, with Everman getting the bat on the ball just once for a foul ball grounder.

"James pitched a heck of a game. James wanted to finish it real bad in the fifth inning," Hereford Coach T.R. Sartor said.

Hernandez gave up the one run by Everman on a sacrifice fly in the first inning. A single, plus a sacrifice bunt and a wild pitch, put a runner at

third base. The only other hit off Hernandez was a single in the third inning.

Hernandez struck out six and walked only one batter in winning his ninth game of the season against no defeats.

"Our bats kept singing all the game long. We got off to a hot start. It wasn't just nothing on the mound for Everman, either," Sartor said.

The Whitefaces pounded out eight hits — timely hits. Collier led off the game by walking, and teammate Michael Phibbs belted the second pitch to him over the right field fence for a two-run homer.

Later in the inning, Derrell Page hit an RBI single for a 3-0 lead. Roger McCracken also singled in the inning.

Everman's starting pitcher walked the first three batters he faced in the second inning — Ross Torres, Bill Ruckman and Collier — and was pulled for a relief pitcher.

The relief pitcher recorded a strikeout, but walked Rodney McCracken and Hereford led 4-1. Hernandez helped his own pitching cause with a two-run single to build the Herd lead to 6-1.

Hernandez was backed by a Whiteface defense that committed only one error. Hernandez struck out two batters in the fourth inning after an error, balk and walk enabled the Bulldogs to get two runners on base.

Catcher Collier threw out a Bulldog attempting to steal second base in the third inning, with second baseman Torres catching the throw and making the tag.

Hereford scored all of its fifth-inning runs after Everman struck out the first Herd batter of the inning. Hernandez walked, and courtesy runner Glenn Parker stole second base.

Parker advanced to third base on a wild pitch, and Page walked. Keith Brown stroked an RBI double and Torres knocked in two runs with a single, making the Whiteface lead 9-1.

After a forceout for out No. 2, Bill Ruckman stole second base, Collier

walked, and Phibbs was hit by a pitch on his left arm, loading the bases.

Rodney McCracken walked again with the bases loaded to drive in a run, and his brother Roger hit a two-

run single to put Hereford ahead by 11 runs, 12-1. The inning ended when Everman appealed that pinchrunner Kyle Andrews, running for Page, missed second base on the single by

(See WHITEFACES, Page 5)

4A quarterfinal pairings

Hereford (25-3)

4 p.m. Wednesday (tentatively), Lubbock Christian University; 6 p.m. Thursday, and 1 p.m. Saturday (if necessary), Jaycee Park, Plainview.

Canyon (21-10)

Waxahachie (26-4)

7:30 p.m. Tuesday, Mt. Pleasant; 7:30 p.m. Thursday, Waxahachie; Saturday, if necessary, Lancaster.

Mt. Pleasant (23-8)

Santa Fe (Alta Loma) (24-6)

8 p.m. Thursday; College Station. (One-game playoff)

Brenham (28-3)

Gregory-Portland (15-10-1)

8 p.m. Thursday; Corpus Christi. (One-game playoff)

Robstown (17-2)

In state quarterfinal series

It's Whitefaces vs. Canyon

Jason Scott, who pitched Hereford to two victories over Canyon in District 1-4A games this year, will aim for his third win over the Eagles in game one of the state quarterfinal series.

Scott has an 11-1 season record. Game one of the series has been postponed from today to Wednesday, tentatively, at 4 p.m. at Lubbock Christian University. Game two, and game three, if necessary, remain as originally scheduled, at 6 p.m. Thursday and 1 p.m. Saturday at Jaycee Park in Plainview.

Hereford schools athletic director Don Cumpston emphasizes that Wednesday's game time and place is tentatively.

Canyon's leading pitchers are James Ferguson, 10-2, and David Atkins, 6-3. The Whitefaces defeated Canyon 14-1 at Hereford on April 2 and beat Canyon 12-8 at Canyon on May 7.

Scott pitched a four-hitter, striking out four and walking two, in the April 2 victory. Canyon scored its lone run on a wild pitch.

Backing up Scott's pitching effort were five teammates who batted in runs. Robby Collier, the team's leading hitter with a .548 batting average, hit a pair of RBI doubles and an RBI triple.

Rodney McCracken, the second leading hitter for the Herd with a .425 average, hit an RBI single, a two-run single and an RBI triple. Other RBI

hits were a two-run homer by Michael Phibbs, a two-run double by Rodney McCracken, and a two-run single by James Hernandez.

Hernandez, who has a 9-0 pitching record, is the team's third leading hitter with a .393 average. Rodney McCracken is batting .368, Keith Brown has a .360 average, and Phibbs is batting .356.

Hernandez leads the Whitefaces with 42 runs batted in. Collier has 36, Roger McCracken has 35, Rodney McCracken has 31, and Phibbs has 29.

In Hereford's 12-8 win on May 7, Scott allowed 11 hits by the Eagles, recorded two strikeouts and walked four batters. Hernandez was the batting leader that day, hitting a two-run homer, a three-run homer, and an RBI single for six runs batted in. Also, Collier hit a grand slam home run.

Rodney McCracken leads the Whitefaces in home runs with seven, and Hernandez has five. Roger McCracken has slugged four homers, and Phibbs has hit three. Collier and Derrell Page each have two home runs.

As a team, Hereford is batting .358, averaging 10.5 runs per game. Opponents are averaging 4.6 runs per game. The Whitefaces have team totals of 48 doubles, 13 triples and 25 home runs.

Glenn Parker leads the team in stolen bases with 18. Brown and

Phibbs each have 15, and Collier has 14.

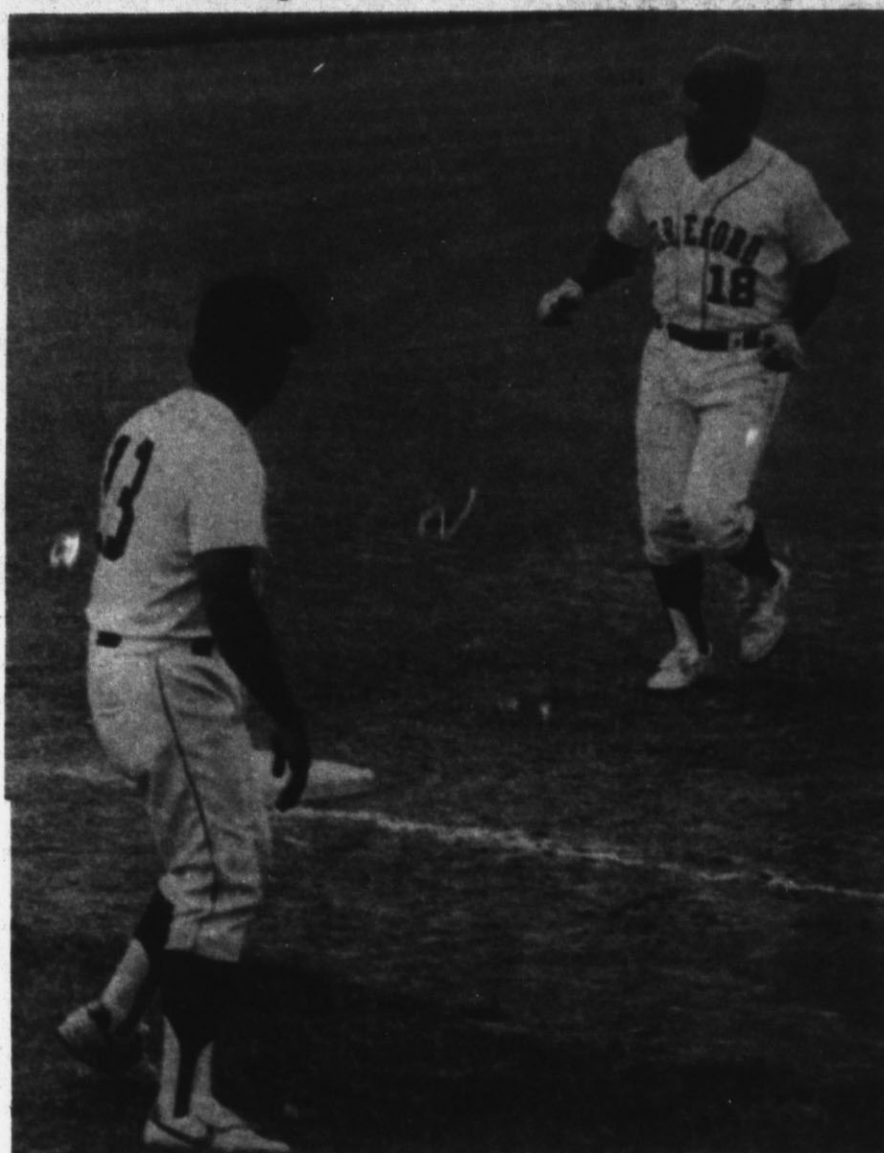
Nine Herd players have on-base percentages of .400 or better, led by Collier's .670 percentage. Collier also leads the team in slugging percentage at .786. Hernandez is also above the .700 mark at .702, and three others have slugging percentages above .500.

The pairings for the state tournament in Austin next week will be determined by the winning percentages of the teams that advance there. By defeating Canyon in two straight games, Hereford would have the best winning percentage at state if Brenham loses in the quarterfinals, or would have the second best winning percentage if Brenham wins.

The teams with the top two winning percentages will play in different semifinal games. The positioning of the other two teams will be determined by a draw.

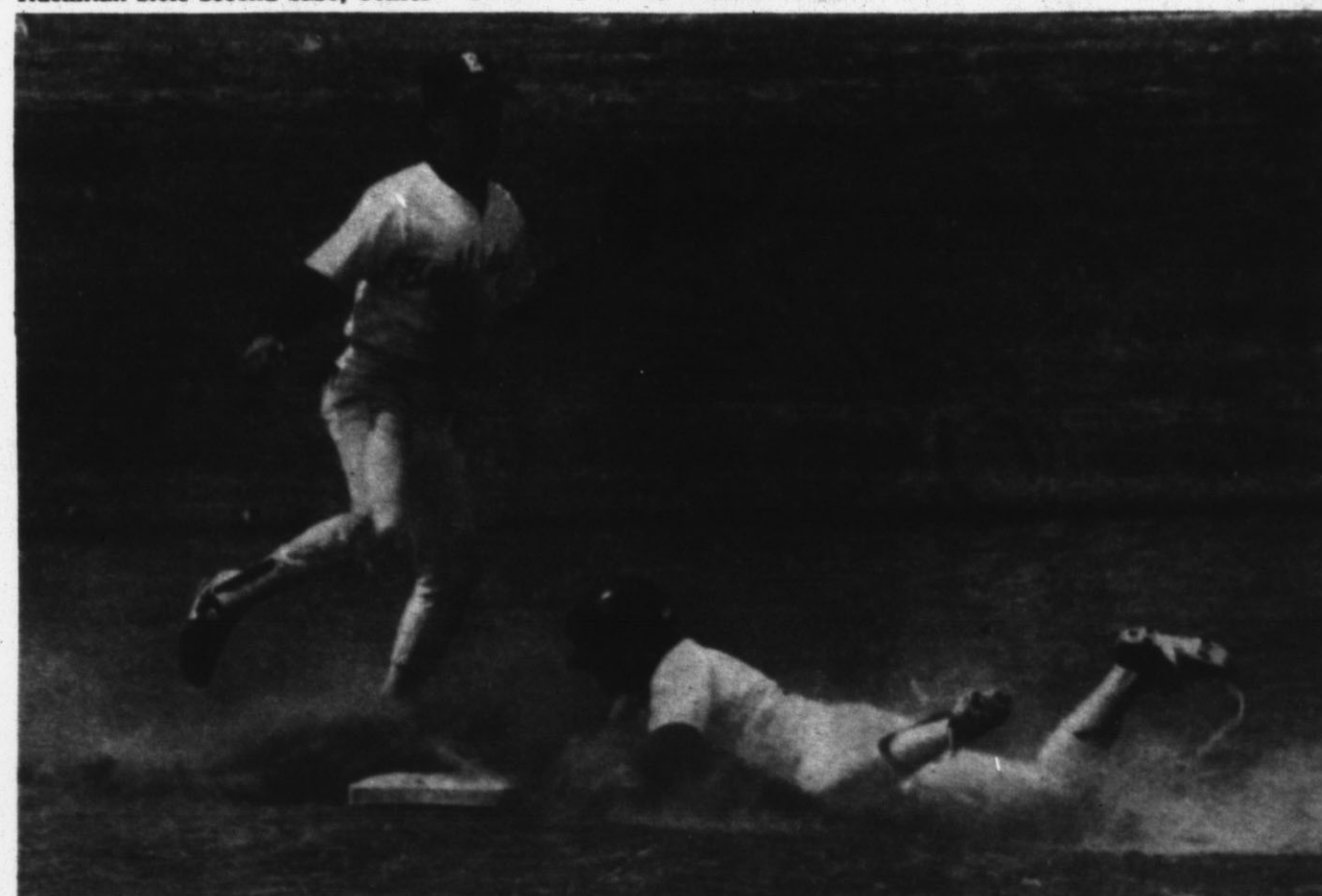
Brenham, 28-3, meets Santa Fe High School of Alta Loma, 24-6, in a one-game quarterfinal playoff on Thursday in College Station. The other quarterfinal matchups are Waxahachie, 26-4, vs. Mt. Pleasant, 23-8, and Gregory-Portland, 15-10-1, vs. Robstown, 17-2.

The Waxahachie-Mt. Pleasant quarterfinal will be a best-of-three series, and Gregory-Portland and Robstown meet in a one-game playoff.



Way to go, Michael!

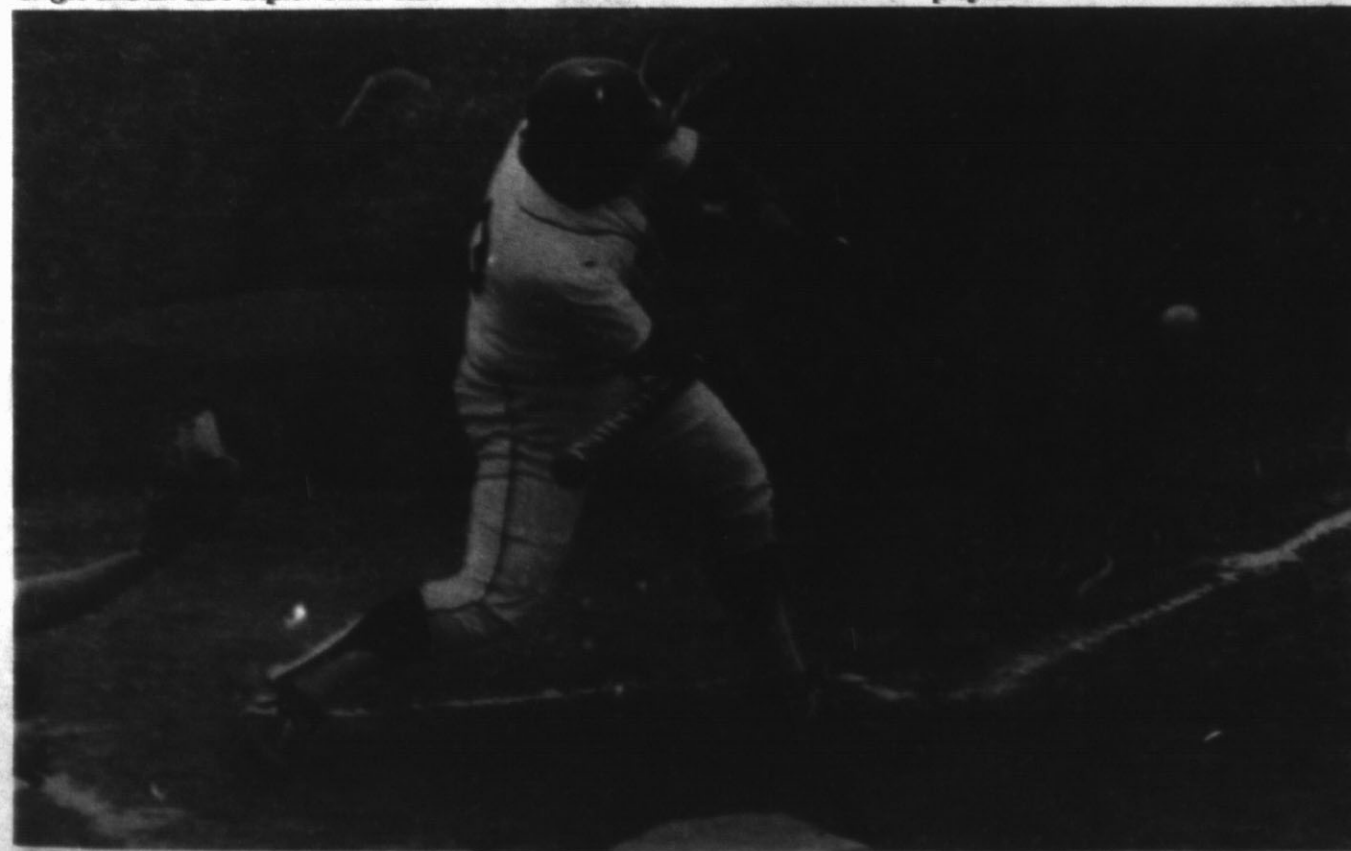
Hereford Whiteface head baseball Coach T.R. Sartor (13) gets ready to congratulate Michael Phibbs (18) at the third base bag after Phibbs hit a two-run homer over the right field fence in the first inning of Saturday's 12-1 victory over Everman. Phibbs hit the second pitch throw to him for the home run. (Brand photo by Gary Christensen)



Parker stirs up a dust storm

Glenn Parker, the team leader in stolen bases for the Hereford Whitefaces, slides into second base long before the throw in the fifth inning Saturday. Parker, who now has 18 stolen bases, scored one of

Hereford's six runs in that inning as the Whitefaces won on the 10-run rule, 12-1, over Everman in the state regional playoffs. (Brand photo by Gary Christensen)



RBI single by Page

Derrell Page, the first baseman of the Hereford Whitefaces, is about to hit an RBI single in the first inning Saturday, to make Hereford's lead 3-0 over Everman.

A 12-1 victory advanced the Whitefaces into this week's state quarterfinals against Canyon. (Brand photo by Gary Christensen)



You're Out!!!!

Hereford Whiteface second baseman Ross Torres awaits the call from the umpire after he tagged an Everman baserunner who attempted to steal second base. The umpire ruled the runner out. Torres

caught a throw from catcher Robby Collier for the out in the third inning of Saturday's game. (Brand photo by Gary Christensen)

HHS baseball statistics

PITCHING
JASON SCOTT: 15 games, 11-1 record, 73 innings pitched, 2.78 ERA, 96 strikeouts, 68 hits, 48 walks, 51 runs, 29 earned runs, 2 saves.
JAMES HERNANDEZ: 12 games, 9-0 record, 66.7 innings pitched, 2.54 ERA, 71 strikeouts, 47 hits, 32 walks, 22 runs, 22 earned runs; 1 save.
CLINT COTTON: 7 games, 4-2 record, 33 innings pitched, 2.23 ERA, 25 strikeouts, 31 hits, 17 walks, 35 runs, 11 earned runs.
RODNEY McCracken: 4 games, 0-0 record, 5.7 innings, 4.95 ERA, 5 strikeouts, 5 hits, 3 walks, 9 runs, 4 earned runs, 1 save.
ROBBY COLLIER: 2 games, 1-0 record, 2.67 innings, 1.91 ERA, 4 strikeouts, 5 hits, 4 walks, 2 runs, 1 earned run.
TEAM: 28 games, 25-3 record, 178 innings, 2.71 ERA, 265 strikeouts, 158 hits, 112 walks, 129 runs, 69 earned runs, 4 saves.

BATTING
BATTING AVERAGE (10 or more at-bats): Robby Collier, .548 (46 for 84); Roger McCracken, .425 (31 for 73); James Hernandez, .393 (33 for 84); Rodney McCracken, .368 (35 for 95); Keith Brown, .360 (31 for 86); Michael Phibbs, .356 (31 for 87); Ross Torres, .338 (24 for 71); Bill Ruckman, .326 (13 for 44); Derrell Page, .284 (23 for 81); Jason Scott, .270 (19 for 37); Russell Backus, .267 (4 for 15); Clint Cotten, .260 (2 for 10); Kyle Andrews, .167 (2 for 12); Glenn Parker, .165 (2 for 19). Team: .328 (287 for 882).

RUNS SCORED: Robby Collier, 46; Michael Phibbs, 37; Rodney McCracken, 34; Keith Brown, 25; Ross Torres, 25; Derrell Page and Glenn Parker, 24 each; James Hernandez, 22; Roger McCracken, 21; Bill Ruckman, 12; Jason Scott, 9; Russell Backus, 7; Clint Cotten, 5; Kyle Andrews, 4; Jared Victor, 3. Team: 294.

DOUBLES: Robby Collier, 12; Rodney McCracken, 4; Keith Brown, 7; Ross Torres, 5; Derrell Page and Michael Phibbs, 4 each; James Hernandez and Roger McCracken, 3 each; Team: 48.

TRIPLES: James Hernandez, 4; Michael Phibbs, 3; Roger McCracken, 2; Keith Brown, Glenn Parker, Jason Scott, and Robby Collier, 1 each. Team: 13.

HOME RUNS: Rodney McCracken, 7; James Hernandez, 5; Roger McCracken, 4; Michael Phibbs, 3; Robby Collier and Derrell Page, 2 each; Bill Ruckman and Jason Scott, 1 each. Team: 25.

STOLEN BASES: Glenn Parker, 18; Keith Brown and Michael Phibbs, 15 each; Robby Collier, 14; Bill Ruckman, 11; Ross Torres, 10; Derrell Page, 7; Rodney McCracken, 6; James Hernandez and Roger McCracken, 3 each; Jason Scott and Jared Victor, 2 each. Team: 167.

HIT BY PITCH: Robby Collier, 6; James Hernandez and Michael Phibbs, 2 each. Team: 14.

BASES ON BALLS: Robby Collier, 25; Derrell Page, 19; Michael Phibbs and Ross Torres, 18 each; Roger McCracken, Rodney McCracken, and Keith Brown, 9 each; James Hernandez and Jason Scott, 7 each; Bill Ruckman and Russell Backus, 5 each; Glenn Parker, 4; Jared Victor, 3; Clint Cotten and Kyle Andrews, 2 each. Team: 182.

RUNS BATTED IN: James Hernandez, 42; Robby Collier, 36; Roger McCracken, 26; Rodney McCracken, 21; Michael Phibbs, 20; Derrell Page, 20; Keith Brown, 20; Ross Torres, 16; Bill Ruckman, 18; Jason Scott, 15; Russell Backus, 3; Glenn Parker, 2. Team: 254.

ON BASE PERCENTAGE: Robby Collier, .478; Roger McCracken, .494; Michael Phibbs, .477; Ross Torres, .472; James Hernandez, .452; Russell Backus, .458; Rodney McCracken, .423; Keith Brown, .427; Derrell Page, .428; Jason Scott, .388; Clint Cotten, .385; Bill Ruckman, .380; Kyle Andrews, .386; Glenn Parker, .361. Team: .462.

SLUGGING PERCENTAGE: Robby Collier, .786; James Hernandez, .702; Roger McCracken, .685; Rodney McCracken, .668; Michael Phibbs, .575; Keith Brown, .685; Jason Scott, .632; Derrell Page, .607; Ross Torres, .608; Bill Ruckman, .586; Russell Backus, .587; Glenn Parker, .511; Clint Cotten, .506; Kyle Andrews, .487. Team: .544.

FIELDING
PUTOUTS: Robby Collier, 289; Derrell Page, 121; Rodney McCracken, 65; Ross Torres, 37; Michael Phibbs, 28; James Hernandez, 16; Russell Backus, 16; Keith Brown, 16; Kyle Andrews, 16; Glenn Parker and Bill Ruckman, 8 each; Jason Scott, 7; Roger McCracken and Clint Cotten, 5 each; Jared Victor, 3. Team: 511.

ASSISTS: James Hernandez, 35; Ross Torres, 33; Russell Backus, 30; Bill Ruckman, 16; Robby Collier, 16; Jason Scott, 12; Clint Cotten and Rodney McCracken, 6 each; Derrell Page and Jared Victor, 3 each; Kyle Andrews, 2. Team: 164.

FIELDING PERCENTAGE (10 or more chances): Robby Collier, .982; Derrell Page, .932; Clint Cotten, .917; Rodney McCracken, .915; Ross Torres, .886; Michael Phibbs, .853; Russell Backus, .821; Glenn Parker, .818; Keith Brown, .806; James Hernandez, .797; Bill Ruckman, .727; Jason Scott, .731; Kyle Andrews, .706. Team: .883.



An overpowering performance

James Hernandez limited the Everman Bulldogs to two hits in helping lead the Hereford Whitefaces to a 12-1 victory Saturday at Abilene. Hernandez had six strikeouts, including three in the bottom of the fifth inning on 10 pitches. In the second inning, he recorded three outs on five pitches, getting Everman batters to hit pop ups and a grounder for outs. (Brand photo by Gary Christensen)

There were no 20-game winners in the National League in 1987. Rick Sutcliffe of the Chicago Cubs led the league in victories with 18.

WHITEFACES

Roger McCracken. But the Whitefaces did not need any more runs — Hernandez made sure of that by striking out the side in the bottom of the fifth. Everman pitchers walked Hereford batters eight times, including Collier three times. "Robby's not getting as many hits in the leadoff position, but he did what you need out of a leadoff hitter. He walked three times and he scored three times," Sartor said. Coach Sartor is a coach determined to have his Whitefaces play the games as he knows they can, rather than being too concerned about who the opponents are. "We'll just take whoever comes and play them," he said, when asked about having to play Canyon in the state quarterfinals. Hereford's probable starting pit-

cher for game one is Jason Scott, who has an 11-1 season record with 96 strikeouts and a 2.78 earned run average in 73 innings pitched. Canyon swept both Andrews and Wichita Falls Hirschi in the playoffs. Canyon reached the playoffs after defeating Dumas and Lubbock Estacado in a district second place tiebreaker tournament, held in Hereford.

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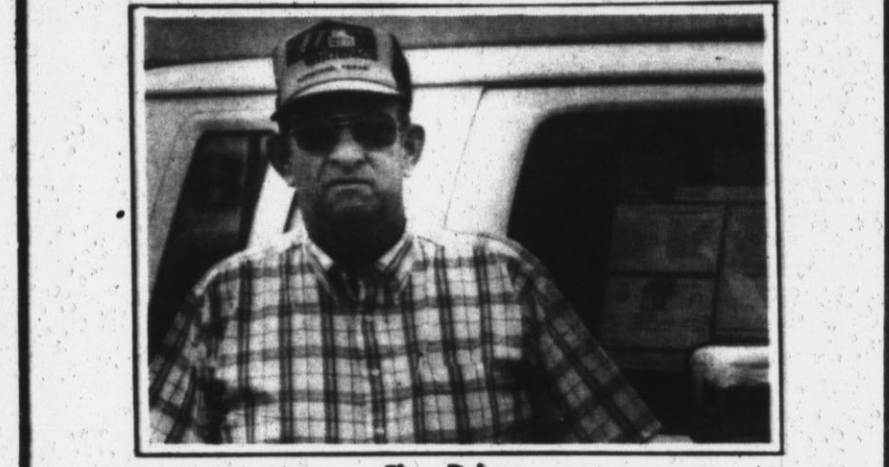
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Respectfully,
 Robert "Bob" Baker

Major league standings

By The Associated Press

AMERICAN LEAGUE

East Division

Team	W	L	Pct.	GB
New York	32	16	.667	—
Cleveland	21	18	.533	1 1/2
Detroit	25	19	.569	3/4
Milwaukee	26	22	.531	6 1/2
Boston	24	22	.522	7
Toronto	19	29	.396	12
Baltimore	10	39	.204	22 1/2

West Division

Team	W	L	Pct.	GB
Oakland	35	14	.714	—
Texas	25	22	.521	9 1/2
Minnesota	24	22	.511	10
Kansas City	22	27	.449	13
Seattle	22	28	.440	13 1/2
Chicago	20	27	.426	14
California	19	31	.380	16 1/2

Monday's Games
 Cleveland 4, Kansas City 1
 Texas 6, Minnesota 1
 Milwaukee 4, Toronto 1
 Oakland 2, New York 2, 14 innings
 Boston 5, California 2
 Seattle 4, Baltimore 1
 Only games scheduled

Tuesday's Games
 Kansas City (Gubisz 5-5) at Cleveland (Farrell 5-3), (n)
 Chicago (Rous 2-2) at Detroit (Tanana 0-2), (n)
 Milwaukee (Bosio 6-5) at Toronto (Stieb 6-3), (n)
 Texas (Kilgus 6-3) at Minnesota (Len 1-3), (n)
 Baltimore (Morgan 0-5) at Seattle (Nunes 1-1), (n)
 Boston (Smithson 0-1) at California (Fraser 4-3), (n)
 New York (Leiter 4-2) at Oakland (Ontiveros 2-1), (n)

NATIONAL LEAGUE

East Division

Team	W	L	Pct.	GB
New York	33	15	.688	—
Pittsburgh	30	19	.612	3 1/2
St. Louis	25	24	.510	8 1/2
Chicago	24	26	.480	9
Montreal	23	24	.489	9 1/2
Philadelphia	19	27	.413	12

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High Plains Epilepsy Assoc. serves DSC

High Plains Epilepsy Association provides services to people with epilepsy and their families. It is estimated that two percent of the population has epilepsy which means as many as 4,000,000 in the United States and as many as 400 in Deaf Smith County.

The services include medical guidance and arrangements, counseling, job assistance, transportation, and public education.

The caseworkers assist people with epilepsy and their families in understanding the nature of epilepsy. Individual and family counseling are provided to help the victims of epilepsy manage their conditions, the parents to handle epilepsy-related social problems with children, and the husband or wife to realize that their spouse is a normal person and the seizure disorder is only one facet of his/her total personality.

The High Plains teens is a support group for teenagers 10-17 years of age and gives the teens an opportunity to meet on a monthly basis to share ideas and feelings and participate in recreational activities and community projects.

Job assistance is imperative to adults with epilepsy because the most pressing problem is finding and keeping a job. High Plains Epilepsy Association assists the person to make a realistic evaluation of his employment potential, prepare resumes, and refer clients to vocational training and placement services.

Transportation can be a barrier

because people with epilepsy must be seizure free for 12 consecutive months before obtaining a driver's license. To help them, the epilepsy staff will provide transportation through the use of volunteers and staff or commercial transportation.

A major part of the work of the epilepsy association is to present programs to the public. School alert programs are conducted for the schools for students, teachers, counselors, principals, and nurses. A puppet show is available to elementary schools for all grades. Programs are also presented to civic clubs, business and industrial groups, nursing and child care groups, and public service employees. The association distributes literature and conducts audio visual presentations. Programs, slides, and films are available on request and High Plains Epilepsy Association mails a newsletter and maintains a lending library.

In order to better serve Deaf Smith County clients, High Plains Epilepsy Association has a branch office in Hereford which is open the first and third Friday of each month from 9 a.m. to noon. The office is located at the Deaf Smith County Courthouse, 3rd and Sampson in room 100A. The telephone number is (806)364-5281.

High Plains Epilepsy Association is proud to be a member of the United Way of Deaf Smith County. With United Way's support, High Plains Epilepsy Association is able to serve Deaf Smith County residents in their community.

ASK DR. LAMB

The Alcohol Debate Continues BY LAWRENCE E. LAMB, M.D.

DEAR DR. LAMB: I am an ear, nose and throat specialist and have read your column from time to time through the years. Now I am concerned greatly. It has gradually become apparent that you have a bias against drinking and the use of alcohol in any form at any time. Dr. Lamb, you are a blatant PROHIBITIONIST and probably for moral/religious reasons rather than scientifically honest ones. You are using your column as a soapbox and your medical degree and reputation to promote your opinion about drinking. I decry your dishonesty. Physicians should be intellectually honest.

DEAR DOCTOR: I have been called a lot of things, but being called a prohibitionist is a first. I note from the rest of your letter that the column that upset you included my recommendation not to drink more than two ounces of Scotch a day and that it was not a good idea to have a daily habit of drinking.

Now, that is far short of the view of a prohibitionist, although it is probably a lot less than a person with an alcohol problem would like to consume.

In my student days I enjoyed the usual parties and cocktails. My classmates would roll with laughter at your comments. And I still have a cocktail, sometimes a glass of wine, on social occasions. But I am objective enough and sufficiently familiar with the current medical literature to know how harmful alcohol is, particularly when it

becomes a regular habit. You have caused me to wonder why you have overreacted to such a degree and what your habits are.

If you are a regular reader of the Journal of the American Medical Association you would have read Health Hazards Associated With Alcohol Consumption (August 7, 1981). If you haven't read it, you should. Did you know that moderate use of alcohol increases your risk of hemorrhagic strokes? Last year the May 7, 1987, New England Journal of Medicine reported that women who drank as little as two to three alcoholic drinks a week had a 40 percent increase in their risk of breast cancer. Those who drank about a half ounce of alcohol a day have 2.5 times the risk of breast cancer. Recently this association has been disputed.

Did you know that alcohol has an adverse effect on the baby during a pregnancy? Or that it causes anemias, affects nutrition, damages heart muscle, and causes skeletal muscle problems, high blood pressure and numerous other disorders? It is often the hidden cause of diarrhea.

While it is usually thought that alcohol helps a person sleep, objective studies have shown that to be untrue. In point of fact, alcohol increases the number of episodes of sleep apnea, when a person stops breathing. As a specialist in ear, nose and throat diseases, you should be aware of that.

Did you know that cirrhosis of the liver is the fifth leading cause of death in both men and women between the ages of 35 and 54, and 60 percent of these cases are from the effects of alcohol? To help you update yourself on what has been published, I'm sending you my new Special Report 84, Understanding Alcohol and Its Effects. It would be a good source of information for your patients. Others who want this information can send \$1 with a long, stamped, self-addressed envelope for it to THE HEALTH LETTER/84, P.O. Box 19622, Irvine, CA 92713.

Don't forget the role of alcohol in automobile accidents and crimes of violence either.

Counseling offered to farmers, ranchers

Help in assessing the financial situations and options for the family farm or ranch is available to families of the Texas Panhandle and Plains. It is offered through a new project, Texas Volunteers for Rural Families, conducted by the Texas Agricultural Extension Service.

The project provides trained volunteer counselors who will help farm and ranch families assess the financial situation in their operation, identify problem areas and offer alternative strategies to improve profitability, explained Dick Cummins, project coordinator of volunteers. It is funded by a grant from ACTION-Center for Volunteers, Inc., which administers domestic volunteer programs sponsored by the federal government, announced earlier this year by U.S. Senator Phil Gramm (R-Tx.)

The volunteer counselors have backgrounds in agriculture and related business and have undergone extensive training by professional specialists of the Extension Service, an arm of the Texas A&M University System, Cummins said. Counties where trained volunteers are ready to serve are: Castro, Dawson, Deaf Smith, Donley, Knox, Lamb, Lynn and Shackelford. Volunteers are being secured and trained for other counties, including Randall, Briscoe, Hale, Lubbock and Jones.

"These volunteers know how to help you look at your business figures and determine what they really mean to you," said Bonnie Piernot, Extension consumer economics specialist at College Station who is project administrator. "They're not going to tell you how to run your business, but they will suggest your options."

Cummins said the volunteers have been trained in procedures to follow for family budgeting and for financial planning of businesses of farming, ranching or which are

agriculturally related. "This includes financial structuring, debt restructuring and reorganization of business to maximize the resources which are available," Cummins said.

"It's a hands-on process, it isn't theoretical, and it is completely confidential," he stressed. "Our goal is to help rebuild rural Texas, one family at a time," Cummins said.

The project resulted from a national competition to find ways to assist financially distressed rural families, Gramm said. Texas A&M won an \$84,000 grant to conduct the effort.

"These funds are important because they apply the resources of Texas A&M and ACTION to the real problems faced by many Texas farmers," Gramm said. The senator said he hopes the Texas volunteer network will serve as a model for other industries confronted with financial difficulties.

Families or individuals wanting information on the project can contact their local county Extension agent; call Cummins at the Texas A&M University Agricultural Research and Extension Center in Amarillo, telephone (806)359-5401; or telephone Bonnie Piernot at Texas A&M, College Station (409)845-7227.

Educational programs conducted by the Texas Agricultural Extension Service serve people of all ages regardless of socio-economic levels, race, color, sex, religion, handicap, or national origin.

STRAWBERRY IS FIRST
NEW YORK (AP) — Americans spent an estimated \$1.1 billion on yogurt in 1987, say food marketing experts.

This compares to \$530 million in 1981 and reflects, according to Dannon Yogurt, a consistent yearly increase in yogurt consumption.

Comics

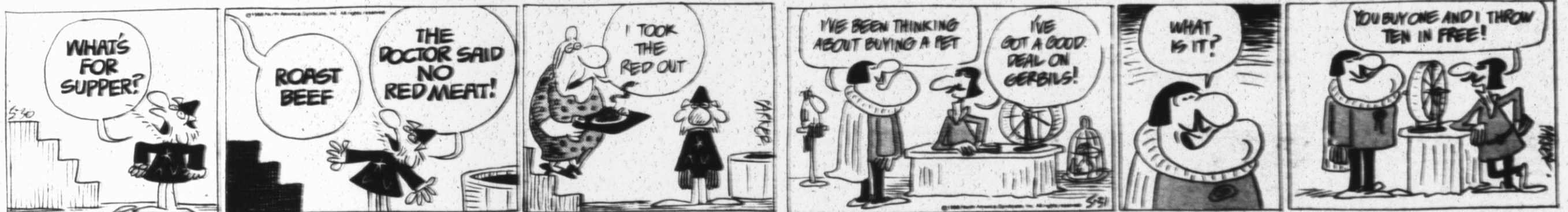
BLONDIE

by Dean Young and Stan Drake



The Wizard of Id

By Brant Parker and Johnny Hart



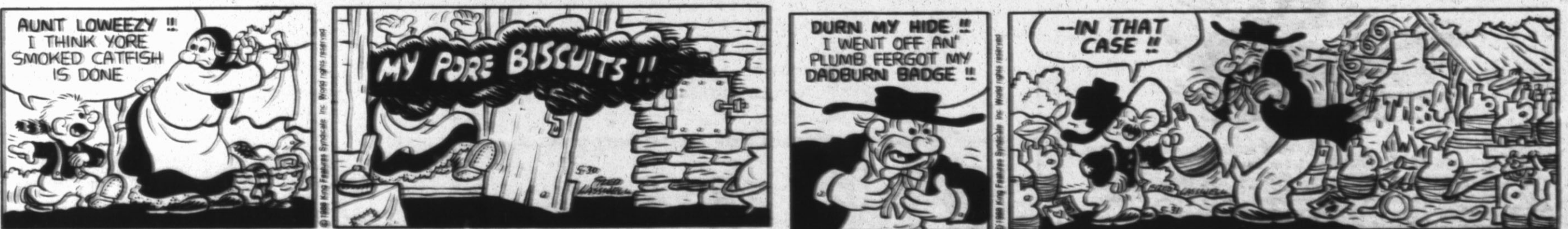
Marvin

By Tom Armstrong



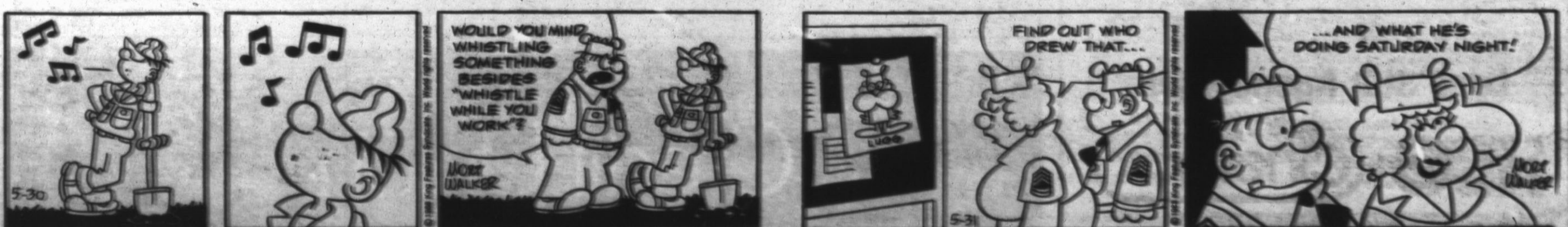
Barney Google and Snuffy Smith

By Fred Lasswell



BEEBLE BAILEY

By Mort Walker



WANT ADS DO IT ALL! BUY - SELL RENT - TRADE

THE HEREFORD BRAND
SINCE 1901

WANT ADS DO IT ALL!

YOU WANT IT YOU GOT IT

CLASSIFIED

364-2030

ADDRESS: 313 N. LEE

CLASSIFIED ADS
Classified advertising rates are based on 14 cents a word for first insertion (\$2.80 minimum), and 10 cents for second publication and thereafter. Rates below are based on consecutive issues, no copy change, straight word ads.

TIMES	RATE	MIN.
1 day per word	14	2.80
2 days per word	24	4.80
3 days per word	34	6.80
4 days per word	44	8.80
5th day FREE		

Ten days (2 free) is \$16.80 minimum; 15 days (3 free) is \$24.80 minimum; one month is \$32.80 minimum.

CLASSIFIED DISPLAY
Classified display rates apply to all other ads not set in solid-word lines—those with captions, bold or larger type, special paragraphing, all capital letters. Rates are \$3.95 per column inch; \$3.25 an inch for additional insertions.

LEGALS
Ad rates for legal notices are 14 cents per word first insertion, 10 cents per word for additional insertions.

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

1. Articles for Sale

Classic queen size water bed. Only been used 3 months, in very good condition. Paid \$500. will sell for \$250. Phone 364-1653. 1-219-tfc

For sale: Two choice cemetery lots in West Park Cemetery. \$600 for both. Fred Wolfington Rte. 3, Tecumseh, Ok. 74873. Ph. 405-598-2614. 1-229-5p

8'x12' Custom built storage building. \$600.00. Harvest gold. Portable KitchenAid Dishwasher \$200.00. Call 364-5416. 1-229-5p

Free puppies, 1/2 blue heeler. Call 364-2194 or 364-3832. 1-231-5c

NFL Easy Drops Patch Diet—a \$29.95 month's supply will bring results. 364-7960. 1-232-5p

Getting married and must sell furniture. Most items only 2-3 years old. After 7 p.m. call 364-0247 Monday through Thursday. 1-232-5c

Garage Sales

For sale: IBM PC Jr., single disk drive, color monitor. 364-0480. 1A-230-5c

DIMMITT'S CITY-WIDE GARAGE SALE DAY June 4th-Over 100 Family Sales, Curb & Sidewalk Sales. All Day in Dimmitt! Map/Listing-Free at Stoplight. Come-shop! 1A-232-5c

2. Farm Equipment

Rebuilt magnetos for sale. Owen Sales & Service. 2-189-tfc

3. Cars for Sale

White 1985 Chevrolet C-10, half ton Pickup. V-8 305, fleetside, 6'4" foot. 56,000 miles. Call Troy Don Moore. 364-1888. 3-232-5c

Bright red with gray 1983 Ford F150 Explorer, LWB, automatic, cruise, a/c. Good tires. 364-4338, 289-5989. 3-232-5c

1976 4070 Int. Truck, 400 Cummins. 1975 Twin screw 427, 3 sp rear end tandem. Call 258-7294; nights 352-3648 or 353-9395. 3-165-tfc

1984 Ford Tempo GLX, 4 dr. 56,000 actual miles. Very good shape. 1985 Buick Skyhawk, 2 dr. 32,000 actual miles. In very good shape. 1984 Fiero, 33,000 actual miles. Would consider trade on any of the above vehicles for a late model heavy pickup. Call 364-0353 between 8 a.m. - 6 p.m. Monday through Friday. 364-4142 after 6 p.m. and on weekends. 3-207-tfc

1968 Freightliner COE, 8V71 engine, 15 speed, fuller 4.63 ratio rears, Splendor interior, A/C, 190" wheel base. Excellent condition. 806-669-9568. 3-224-20c

MILBURN MOTOR COMPANY
We pay cash for Used cars
136 Sampson
Phone 364-0077 3-tfc

NEW & USED CARS
Now for sale at STAGNER-ORSBORN BUICK-PONTIAC-GMC 1st & Miles 3-8-tfc

RV's for Sale

Like new—1986 Silver Kawasaki Concours 1000cc. Excellent condition and only 1,200 miles. Extras include soft luggage and bike cover. For more information, call Jay Montgomery 364-2561 9 a.m. to 5 p.m. 3A-199-tfc

Extra clean. Honda 900 Custom. Honda faring and extras. Low mileage. Must sell. 364-2924. 3A-201-tfc

For sale by owner—pick up camper top in very good condition. Call 364-2062 after 5 p.m. 3A-226-5c

18' Walk Thru Windshield, V-Hull Ski & Fish Boat. 140 HP Evinrude Motor. Lake Ready. New tarp, new wheels & tires. Call 364-1588 or 364-0410. 3A-228-tfc

For sale: 16 ft. boat with 80 horse Mercury motor with some extras. Call (806)364-0174. 3A-231-5p

For sale: self-contained complete travel trailer—gas or butane, heater, air, full bath and kitchen. Good condition. 364-1406 or 364-3466 after 6 p.m. 3A-231-10p

4. Real Estate for Sale

Money paid for houses, notes, mortgages. Call 364-2660. 4-97-tfc

By Owner - 3-1/2-2, Brick. Northwest Hereford. Assumable. Fixed 9 1/2%, fireplace, large pantry, utility room, ref. air, attic storage. 364-8306. 4-124-atfc

FOR SALE BY OWNER ON FIR ST.
3 bedroom, 2 bath home with approximately 1700 sq. ft. Has 4 ceiling fans, garage door opener, nearly new refrigerated air & heat, large rooms & landscaped, utility room, dishwasher, stove and vent-hood, isolated master bedroom, covered patio, mini blinds. Painted inside and out. Clean and ready to move into.
Call 364-4263

AXYDLBAAXR
BLONGFELLOW

One letter stands for another. In this sample A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

CRYPTOQUOTE

5-31
D W C C D T T Z Z L F C , D W C C D T
F T P S D C ; O W J T Z Z L F C ,
O W J F T P S D C . W C ' P M P
P W I A D T M P C Y M C . — M D Z F T X
M F I M R X I L R C M A T F C
Yesterday's Cryptoquote: IF YOU DON'T KNOW WHERE YOU WANT TO GO, YOU MIGHT WIND UP SOMEPLACE ELSE. — SACHEL PAIGE

INVESTMENT OPPORTUNITY OR REASONABLE PRICED LIVING
3 Bd. and 1 Bd. houses on same lot make this a most attractive buy, whether you rent or live in one. Both newly repainted inside & new blinds on windows. Across from hospital. 3 bd, 1 1/2 baths, washer/dryer hook-ups, dishwasher, stove, carpet, covered patio, fenced yard. 1 bd. with nice garage, carpet, furnished. Stays rented at all times for \$175.
Call 364-6957 tfc

MOVING
BEKINS
A&W TRANSFER AND STORAGE
808 S. Houston call collect 806-373-9292 4-152-20c

4 bedroom, 2 bath brick home at 309 Sunset. 2812 sq. ft. \$85,000. John Bingham Land Co. Friona, Texas Phone 806-247-3909. 4-148-tfc

Owner wants cash, 2 bedroom home at 206 Avenue K. Price \$15,000. Hamby Real Estate 364-3566. 4-182-tfc

Investment property. Duplex and house located 608-610 East 3rd. \$20,000. \$600. month income. 364-3803 after 6 p.m. 4-197-tfc

Beautiful 103 Rio Vista Drive. Custom built. 3 bedrooms, 3 baths. Formal dining room. Large office, basement, formal dining room. 2 living areas with sun porch. Sprinkler system. Also: 139 Live Oak, 3 bedrooms, 2 baths, 2 living areas. Sprinkler system. Circular drive. Please call 364-7666 for appointment. 4-218-tfc

Looking for 3 bedroom, 2 bath, 2 car garage around 1600 sq. ft. between \$50,000 and \$60,000?? Call HCR Real Estate, 364-4670. 4-220-tfc

The house you deserve!! Good location, 3 bedroom. Like new. Priced to sell. By owner 364-7802. 4-225-tfc

For sale or rent: brick, 3 bedroom, 1 1/2 bath, garage. Call 276-5581. 4-229-10p

For sale, rent, or lease: 48' x 80' building on N. 385, formerly Elks Lodge. Call 364-0064 for appt. 4-230-5c

For sale: 4 bedroom, 2 bath brick home, large rooms. Must see to appreciate. Low, low equity, assume loan. 364-0314. 4-230-4p

3 bedroom, 2 bath brick home. Large den with fireplace. Small down payment. Owner financing. Call HCR Real Estate, 364-4670. 4-220-tfc

No down payment—3 bedroom, 1 1/2 bath brick. Assume present loan. Now vacant. Call HCR Real Estate, 364-4670. 4-220-tfc

Mobile Homes

Abandon homes, take up payments on 2 and 3 bedroom homes. 806-381-1352, call collect. 4A-202-tfc

\$99.00 total down payment for a nice 2 bedroom, 2 bath home. A-1 Mobile Homes 806-376-4694 12% APR, 11 years, \$202.00 per month. 4A-220-21c

\$164.05 per month for a 3 bedroom home. Free delivery and setup. Call 806-376-5364 ask for Marina. \$586.00 down, 96 months, 8.5% APR. 4A-220-21c

\$99.00 total down payment for a 4 bedroom, 2 bath double wide. Free delivery and tie down. Ask for Rubin at 806-376-5630. 132 months, \$335.00 at 11.0% APR. 4A-220-21c

\$196.00 per month for a new 1988 double wide 3 bedroom, 2 bath. Includes delivery and setup at your location. Ask for Art 806-376-4612. 240 months at 13% APR, \$1631.00 down payment. 4A-220-21c

For Sale 14x86' Mobile Home. 289-5850. 4A-224-10p

2 and 3 bedroom mobile homes for sale. Call 364-0064. 4A-230-5c

1985 Schult Mobile Home. Superb condition. All appliances. Must see to appreciate. 647-3161 days 945-2632 after 7 p.m. 4A-231-20c

5. Rentals

Unfurnished apartment. Nice, large 2 bedroom apartments, 1 1/2 baths. Refrigerated air, renter pays only electric bills. We pay cable TV, gas, water, trash \$275.00 per month. \$100.00 deposit. 364-8421. 364-4637 5-129-tfc

Wanted, mature single man to rent clean trailer, that is private countryish. 160.00, 50.00 deposit—includes water, electricity, 364-0981 or 364-2020. 5-229-5p

Mobile home lots for rent. Office space for rent, also Dock High Warehouse (9000 sq. ft.) DOUG BARTLETT 364-1483; 364-3937 5-148-tfc

There are lots of good reasons to rent a car... SPECIAL OCCASION SUBSTITUTE CAR EMERGENCY Full Car 5-105-tfc

WE HAVE LOTS OF GOOD CARS TO RENT!

RENT-A-CAR
Whiteface Ford
201 W. 1st
364-2727 5-105-tfc

Nice two bedroom apartment. Unfurnished. Rent starts at \$210. Deposit \$170. No pets allowed. Call Griffin Real Estate at 364-1251. Equal Housing Opportunity. 5-203-tfc

Saratoga Gardens, Friona low rent for needy families. Carpet, laundry facilities. Rent starts \$265, bills paid. Collect 247-3666. 5-87-tfc

1,2,3 and 4 bedroom apartments available. Low income housing. stove and refrigerator furnished. Blue Water Garden Apts. Bills paid. Call 364-6661. 5-68-tfc

Have vacancy in convenient apartment. Furnished. Carpeted. Wall heaters. Bills paid. For couple or single adult. No children, no pets. Deposit. \$175 per month. 364-3566 office. 5-135-tfc

For rent: 3 bedroom, 2 bath. Executive Apartments. Call 364-4267 or 364-0522 and ask for Shirley. 5-213-tfc

Park Place Apartment. 3 bedroom, 2 bath, fireplace, double garage. 364-4350. 5-201-tfc

2 bedroom mobile home. Stove and refrigerator. Washer/dryer connection. Fenced yard. 364-4370. 5-222-tfc

2 bedroom apts. available at Arbor Glen. Quiet, all adult living. Cable TV Paid. Security alarm system. Covered parking. 364-1255 8:30-5:30 M-F. 5-223-tfc

Clean furnished apt. Bills pd. Single person only. Deposit required. Call 364-2435 day or 364-1797 night. Ask for Jean. 5-223-tfc

House for rent: 3 bdrm, \$250 per month, \$100 deposit. No pets. Call 276-5339. 5-231-tfc

For rent: unfurnished 2 bedroom duplex. Also unfurnished 2 bedroom house to small families. 364-5048 or 364-4921. 5-231-5p

For rent: nice two bedroom house, stove and refrigerator furnished. Couple or couple and small child only. Inquire at 310 W. 6th after 5:30 p.m. 5-231-tfc

For rent: very nice 3 bedroom, 2 bath house, double garage, fenced yard. \$400 per month, \$200 deposit. 276-5291 days, 364-4113 nights. 5-231-tfc

Need extra storage space? Rent a mini storage, two sizes available. Call 364-4370. 5-51-tfc

Two bedroom apartment. Kitchen appliances, fireplace, small fenced backyard. Close to schools and shopping. Call 364-4901. 5-59-tfc

2 bedroom apartment. Stove and refrigerator. Washer/dryer connection. Water paid. 364-4370. 5-86-tfc

2 efficiency apartments. \$175.00 per month, bills paid. Call 364-6305 5-153-tfc

Best deal in town. Furnished 1 bedroom efficiency apartments. \$175.00 per month bills paid, red brick apartments 300 Block West 2nd Street. 364-3566. 5-174-tfc

2 bedroom trailer house in Buena Vista Addition. \$150 per month; \$50 deposit. 364-2131. 5-176-tfc

2 bedroom unfurnished house at 810 South Texas, \$150 per mo. plus bills. 364-3566. 5-191-tfc

One bedroom house. Fenced. \$175 per month, \$100 deposit. You pay bills. 358-6666. 5-201-tfc

One bedroom duplex. 2 bedroom trailer. 3 bedroom house. Call HCR Real Estate, 364-4670. 5-217-tfc

1 bedroom unfurnished house. Also nice 2 bedroom trailer house with stove and refrigerator furnished. 364-2131. 5-217-tfc

Lease only—immaculate fully-furnished 2 bedroom apartment. Refrig air, central heat, dishwasher, disposal W.D. connection. New drapes, off street parking...\$350.00 Per mo. Pay own bills. Huge back yard with trees. References required Call 364-8823. 5-218-tfc

One 2 bedroom house. No pets. Call 364-6305. 5-218-tfc

Furnished apartment 1 bedroom. Ideal for single adult. No pets or children 265.00 all bills paid. Call 364-8201. After 7:00 P.M. 5-222-tfc

2 bedroom unfurnished house except for stove. 407 Lawton. Fenced yard, garage, newly redecorated. You pay abills. Call 364-0799. 5-232-1p

Self-lock storage. 364-8448. 5-95-tfc

3 bedroom home. Call 364-2002. 5-208-tfc

2 bedroom duplex located 208A West 5th St. Call 364-0701. 5-212-tfc

!!REDUCED PRICE!!
Will Take Best Offer Over \$127,000
Beautiful large 3 bedroom home in northwest Hereford. Must see inside to appreciate. Den with fireplace & wet bar, atrium, kitchen and dining-office area, formal dining room, large utility, 2 1/2 baths, large basement with storage and wet bar. This home has all the extras—large storage house in back yard, water softener, sprinkler system with timer, humidifier, skylights, covered side patio off kitchen, double car garage with openers, beautiful, well kept yard.
For sale by owner, will consider trade or lease-purchase.
Call 364-6957 or 364-8128

HEREFORD'S FINEST TOWN SQUARE APTS.
2 and 4 Bedrooms
Carpet, drapes, disposals, Jenn-Air dishwashers, fireplaces in 4 bdrm. apts., Garages, Children and Pet Welcome.
MASTER APTS.
1,2,3, Bedrooms
Carpet, drapes, disposal, fireplace, dishwasher, carpet, Children over 12. No Pets. Resident Manager 364-0739.

MUST SELL
By Owner
PRIME DOWNTOWN LOCATION
for your business. Less than \$15 per sq. ft. Over 1700 sq. ft. \$25,500.00.
364-1393
Box 1681
Hereford, Texas

Put Yourself in the Marketplace, in the Classifieds.

Unfurnished 2 bedroom house with basement. Near school. 364-1854. 5-218-tfc

For rent on Fir street. 3 bedroom, 2 bath, approximately 2,000 sq. ft. Call HCR Real Estate, 364-4670. 5-220-3p

2 bedroom house furnished, clean. Adults only. 364-2733. 5-225-tfc

Building for rent: 1600 sq. ft. includes retail, office and shop. Front and rear parking. 216 North 25 Mile Avenue. Call 364-6212 or 364-4058. 5-227-tfc

410 Star. 4 bedroom, 2 bath, living room, den and basement. \$400 per month; \$100 deposit. Call 364-5470 or 364-1508. 5-228-5c

Nice 2 bedroom, 2 bath fireplace, fenced yard, nice area Call 364-2660. 5-228-tfc

One bedroom house at 218 Avenue I. \$165 per month; \$50 deposit. Call 364-4191. 5-229-tfc

Three bedroom trailer house for rent. \$250.00 a month. \$100.00 deposit. Call 364-6023 after 5:00. 5-229-5p

10x45 Unfurnished trailer house 245.00 per month. Call: 364-5033 (days); 364-1929 (nights) or buy \$5,000.00 (cash) 5-229-tfc

For rent: nice 2 bedroom duplex, fenced yard. Storage building. Stove and refrigerator, washer and dryer hookup. Water paid. 364-4370. 5-230-5c

Furnished apartment for rent. Bills paid, \$185 per month. 364-4416 or 364-3876. 5-232-5p

Large 3 bedroom unfurnished duplex. Has stove, utility room with washer/dryer hook-ups. Fenced yard. 364-4370. 5-232-tfc

3 bedroom, carpet, fenced yard. Deposit required. 364-2734 after 6 p.m. 5-232-tfc



Wanted

Desperate!! Want to rent a 2 or 3 bedroom house in the country. Call 806-856-5291. 5-228-5c



Business Opportunities

Toning and tanning equipment. Call now and Save (918)333-5630. 7-228-7p

Why work for less than you're worth! International Service Co. wants ambitious, hard working individuals with desire to own their own business. Immediate cash flow. Complete training with ongoing management assistance. Exclusive territory. Investment required. Call Bill Stromer 1-800-792-3266 or person to person collect 817-756-2122. 7-232-5c



Situations Wanted

I will do tree removal. Call Bill Devers for free estimates. 364-4053 after 5 p.m. Sit-148-tfc

Would like to do ironing. One day service if needed. 364-4688. Sit-144-22p



Help Wanted

Need experienced market and produce manager for super market in Hereford, Texas. Please send resume to: Modern Thriftway, 310 West Broadway, Andrews, Texas 79714. 8-215-tfc

Deaf Smith Feed Yard is seeking to hire heavy equipment operator. Must have experience in operating a front loader, earth mover and road grader. Experience with dump truck, tractor and welding is desirable. Excellent benefits but must be willing to work weekends and holidays. If interested, please phone for more information 258-7298. 8-228-5c

Bookkeeper/Receptionist Hereford area, grain experience preferred. Mail resume to P.O. Box 2206, Hereford, Texas 79045. 8-229-5p

Help Wanted: Cattle clerk position open. Must have cattle bookkeeping experience. Would be responsible for A/R and various cattle and computer-oriented activities. Custom Cattle Feed Lot. Interested parties should call 806-659-2577. 8-232-1c

Persons to operate small fireworks business for last two weeks in June. Make up to \$1500. Must be over 18 and bondable. Call (512)429-3808 between 10 a.m. and 5 p.m. 8-232-19p

Woman to help with infant and clean house once weekly. References required. 364-2433. 8-232-5p

Deaf Smith Feed Yards is looking for pen riders. Feed lot experience is preferred. Must provide your own horses and equipment. Working weekends and holidays is required. Excellent benefits is offered. If interested please telephone 258-7298 for more information. 8-233-5c

International seed company needs mature, agri-business sales person with proven sales record. Two to four nights a week travel required. Salary, bonus, medical and dental insurance, paid vacations. Incentives include trips and merchandise. Company paid retirement. Transportation furnished, travel expenses paid. Send resume to John McGee, Sales Manager, SeedTec International, Inc., P.O. Box 2212, Hereford, Tx. 79045. M/F-an equal opportunity employer. No phone calls please. 8-232-3c

The Hereford Police Department will be giving an entrance test for the position of communications officer on May 27, 1988, at 8:30 a.m. at the County Library, 211 East 4th. Relief shift includes night duties. We will train. Salary \$889 to \$1080 per month. Bilingual helpful. Be there no later than 8:15 for testing. 8-227-5c

Account manager needed. Apply at Showcase Rentals, 900 North Lee. 8-228-5c

Olan Mills has several immediate openings for telephone sales people. No experience necessary. Also need some one for light delivery work. Apply to Darlene Campbell, Red Carpet Inn, Tues, May 31 through June 3 9 a.m. - 1 p.m. and 5 p.m. - 9 p.m. EOE. 8-231-3c



Sirloin Stockade

Manager trainees: Would you like to be part of the growing management team for our Sirloin Stockade Restaurants? Opportunities now available in Texas. Are you a hard worker, aggressive? Do you have restaurant experience? Would you like to be paid according to your performance? If you answered yes to these questions, send your resume to: Jay Lehenbauer, Sirloin Stockade International, 9 Compound Drive, Hutchinson, Kansas. 67502. E.O.E. 8-232-5c

HOME ASSEMBLY INCOME

Assemble products at home. Part-time. Experience unnecessary. Details. Call 813-327-0896. Ext. D6074. 8-227-tfc



Child Care

KINGS MANOR METHODIST CHILD CARE
State Licensed. Caring staff. Monday-Friday 6:00 a.m. Drops-ins welcome with 2 hours notice. 8-227-tfc



Announcements

HEREFORD DAY CARE. (State Licensed) Excellent program by trained staff. Children 0-12 years. 215 Norton 248 E. 16th 364-3151 364-5062 9-202-tfc



Personals

Need help? Operation Good Shepherd. 364-0382. People helping people. 10-237-10c

Drinking a problem? Alcoholic Anonymous. Monday through Friday, 12:5-3:0 p.m.; Saturday 8 p.m.; Sunday 11 a.m. 406 West 4th. 364-9620. 10-126-tfc

Anyone knowing the whereabouts of Don Ballard last seen Beale AFB, 1967, please contact Mike (Mickey) Kolenkiewicz, P.O. Box 14727, Philadelphia, PA 19134. 8-220-10n

Adoption

ADOPTION Our warm and loving home is empty. Childless couple wishes to give white infant the finest in life. Strictly legal and confidential. Call collect: 516-385-0934 10A-212-20p

Are you being hit, kicked, pushed or otherwise abused? Call Domestic Violence 364-7822-24 hrs. Ad paid by R.P.O.E. 10A-43-20c



Business Service

Swathing and baling. Small square bales or large round bales. Call 806-426-3496, or 355-4379. 11-216-22p

Will scrap up junk cars free. We buy scrap iron and metal, aluminum cans. 364-3350. 11-196-tfc

Custom plowing, large acres. Discing and chisel or sweeps. Call Marvin Welty, 364-8255 nights. 11-195-20p

Offering the following services: rotor tilling, leveling, cleaning, mowing vacant business and residential lots. Bill McDowell 364-8447 after 5 p.m. 11-235-tfc

Custom blade plowing, chiseling, discing, sweeps-large acres. Call 289-5588 or 289-5568. 11-104-tfc

Overhead door repair & adjustment. All types. Call Robert Betzen. 289-5500. 11-133-tfc

For rent: Troy-Bilt Tiller. Call 364-7713. 11-215-tfc

Auto-Protector's, all sizes. Spring special. Colored steel carport and cement drive, 12x20 assembled \$1780.92. 806-364-5907 Eddie; 806-364-8162 Joe. Call anytime. Free estimates. Also patios-drives, etc. 11-226-21p

Piano tuning and repair. Free estimates. References. E.E. Clark, Box 1016, Dalhart, Texas 79022. Phone 806-249-2783. 11-239-20c

We are now doing C.R.P. grass drilling. Call Joe Ward. 289-5394. 11-195-tfc

Grasscatchers Landscape Maintenance Service: Disease, insect, weed control; foliage and deep root feeding for lawns, trees, and shrubs. Mowing, edging & trimming. Commercial and residential. 655-8241. 11-228-21p

Hauling dirt, sand, gravel, trash, yardwork, tilling, leveling. Build flower beds, tree planting, trimming. 364-0553; 364-1123. 11-151-20p

Mowing, shredding, leveling, rototilling. Robert Betzen, 289-5500. Call early morning or late evening. 11-201-tfc

Shredding leveling, fence installation, portable welding. Augustine Casper Jr. 364-3916. Call any time. 11-212-21p

Monuments, vases for your loved ones. Compare prices before buying. Glaze Monument Company, Perry Ray. 364-1065 nights; 364-9671 days. 11-212-20c

Experienced in all types of yard work-mowing, rototilling, edging, shrub and light tree trimming. Will also do painting. Call David Hill. 364-5760. 11-216-22c

Gold Nugget

Pawn Shop 339 N. Main Now open making loans 364-8386 11-231-5p

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GARY KETZEL 806-364-2676 11-219-20c

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KELLEY ELECTRIC Virgil Kelley Residential-Commercial All bids & wiring Competitive Ph. 364-1345 Nights 258-7766 or 364-5929 P.O. BOX 30 11-15-tfc



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Looking for buyers for 15,000 head feed lot, complete. We have this on video tape. You can look at it in the comforts of your own home on VCR. Call 806-355-2020, Preview Land Company, 4209 Wolflin, Amarillo, Texas. 12-221-10p

Dairy goats for sale. Good milkers. Call 289-5500 early morning or evenings. 12-231-5p



Lost & Found

Lost: Black miniature Schnauzer with red collar, has tags. Answers to bullet. Reward offered. Matt Collier, 364-8746. 13-232-2p



Legal Notices

The Commissioner's Court of Deaf Smith County will open bids at 10 AM June 13, 1988 in the Courthouse for 2 16000 CFM air conditioners for the Bull Barn. Specifications may be obtained at 242 E. 3rd., Hereford, Texas. The Commissioners reserve the right to reject all bids. 230-a5c

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CATTLE FUTURES		GRAIN FUTURES		METAL FUTURES	
CATTLE FEEDER (CME) 6000 lbs. conts per lb.	CORN (CBT) 5000 bu. conts per bu.	GOLD (COM) 100 Troy oz. & per Troy oz.			
Aug 76.30 76.57 76.10 76.32 -25 79.95 68.32 5.702	July 214.5 217 213.5 216.5 + 2.5 220.5 174 68.97	Aug 432.30 433.40 432.30 433.40 -1.10 527.00 425.50 121.50			
Sept 76.30 76.55 75.75 75.77 -42 79.30 68.40 1.932	Sept 222.5 224.5 222 224.5 + 2.0 223.5 180.4 21.881	Sept 432.30 433.40 432.30 433.40 -1.10 527.00 425.50 121.50			
Oct 76.30 76.48 76.08 76.08 -38 78.75 68.70 2.619	Oct 224.5 226 223.5 226 + 2.5 224.5 184 76.753	Oct 432.30 433.40 432.30 433.40 -1.10 527.00 425.50 121.50			
Nov 77.27 77.35 76.85 76.90 -47 79.45 70.25 1.453	Nov 227.5 229 226 229 + 2.5 227.5 193.4 1.684	Nov 432.30 433.40 432.30 433.40 -1.10 527.00 425.50 121.50			
Dec 78.25 78.40 77.80 77.80 -55 80.50 71.40 1.229	Dec 231.5 233 230 233 + 2.5 231.5 197.6 1.915	Dec 432.30 433.40 432.30 433.40 -1.10 527.00 425.50 121.50			
Mar 79.00 79.00 77.92 -57 79.77 70.00 2.94	Mar 236.5 238 235 238 + 2.5 236.5 203 2.146	Mar 432.30 433.40 432.30 433.40 -1.10 527.00 425.50 121.50			
Est vol 1.3M; vol Thur 2.797; open int 15.444 -401	Est vol 30,000; vol Thur 35,720; open int 175,880 -922	Est vol 400,000; open int 150,478 -2901			
CATTLE-LIVE (CME) 6000 lbs. conts per lb.	Soybeans (CBT) 5000 bu. conts per bu.	SILVER (COM) 100 Troy oz. & per Troy oz.			
June 67.80 67.97 67.00 67.38 -12 70.32 61.17 20.862	July 764 772 768 764 +14 764.00 680.00 32.549	July 432.30 433.40 432.30 433.40 -1.10 527.00 425.50 121.50			
Aug 67.80 67.97 67.00 67.38 -12 70.32 61.17 20.862	Aug 770 778 774 774 +14 774.00 684.00 33.549	Aug 432.30 433.40 432.30 433.40 -1.10 527.00 425.50 121.50			
Oct 67.80 67.97 67.00 67.38 -12 70.32 61.17 20.862	Sept 772 780 776 776 +14 776.00 686.00 34.549	Sept 432.30 433.40 432.30 433.40 -1.10 527.00 425.50 121.50			
Nov 67.80 67.97 67.00 67.38 -12 70.32 61.17 20.862	Oct 774 782 778 778 +14 778.00 688.00 35.549	Oct 432.30 433.40 432.30 433.40 -1.10 527.00 425.50 121.50			
Dec 67.80 67.97 67.00 67.38 -12 70.32 61.17 20.862	Nov 776 784 780 780 +14 780.00 690.00 36.549	Nov 432.30 433.40 432.30 433.40 -1.10 527.00 425.50 121.50			
Mar 67.80 67.97 67.00 67.38 -12 70.32 61.17 20.862	Dec 778 786 782 782 +14 782.00 692.00 37.549	Dec 432.30 433.40 432.30 433.40 -1.10 527.00 425.50 121.50			
Est vol 17,000; vol Thur 38,963; open int 95,599 -617	Est vol 60,000; vol Thur 78,642; open int 156,222 -5,191	Est vol 10,000; vol Thur 10,000; open int 10,000 -0			
HOGS (CME) 5000 lbs. conts per lb.	WHEAT (CBT) 5000 bu. conts per bu.	PLATINUM (COM) 100 Troy oz. & per Troy oz.			
June 53.85 53.70 53.00 53.42 +30 54.62 37.30 8.130	July 340 345 340 345 +5 345.00 255.00 23.817	July 432.30 433.40 432.30 433.40 -1.10 527.00 425.50 121.50			
July 52.87 52.70 52.00 52.45 +8 53.10 36.40 8.548	Aug 342 347 342 347 +5 347.00 257.00 24.817	Aug 432.30 433.40 432.30 433.40 -1.10 527.00 425.50 121.50			
Aug 50.95 51.40 50.85 51.30 +48 51.80 39.80 9.280	Sept 344 349 344 349 +5 349.00 259.00 25.817	Sept 432.30 433.40 432.30 433.40 -1.10 527.00 425.50 121.50			
Oct 45.25 45.40 45.20 45.35 +15 45.90 37.52 2.692	Oct 346 351 346 351 +5 351.00 261.00 26.817	Oct 432.30 433.40 432.30 433.40 -1.10 527.00 425.50 121.50			
Nov 46.40 46.70 46.30 46.52 +8 47.20 38.20 2.990	Nov 348 353 348 353 +5 353.00 263.00 27.817	Nov 432.30 433.40 432.30 433.40 -1.10 527.00 425.50 121.50			
Dec 46.30 46.60 46.20 46.45 +27 47.00 41.00 3.180	Dec 350 355 350 355 +5 355.00 265.00 28.817	Dec 432.30 433.40 432.30 433.40 -1.10 527.00 425.50 121.50			
Mar 46.10 46.40 46.10 +10 46.70 40.00 4.76	Est vol 30,000; vol Thur 34,863; open int 48,673 -1,880	Est vol 10,000; vol Thur 10,000; open int 10,000 -0			
Est vol 8,627; vol Thur 7,330; open int 34,361 -104					

EXCEL

Frona Division Is interviewing Tuesdays, Wednesdays and Thursdays at the Frona Plant between 8:30 and 11:30 A.M. CDST.

Interviews Friday are taken at the Texas Employment Division in Hereford, Texas beginning at 2:00 P.M. CDST.

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MAY 31 1988

Reduce fat intake for more healthful diet

Today's obsession with fat is more than just a desire to be trim and in fashion—being overweight can lead to health problems. Obesity has been linked with major health concerns such as heart disease, cancer and diabetes.

This focus on fat and health is causing people to re-evaluate their diet and develop more healthful eating habits. However, when people approach dieting by eliminating whole food groups believing certain food groups are high in calories, they increase the risk of jeopardizing their health.

The key is to eat a variety of foods in moderation.

Susan Welsh, Ph.D., director of the USDA's Nutrition Education, says nearly half of all women who have reduced the fat and cholesterol in their diets are also getting less iron and calcium. The reason for this is that when people look at lowering their dietary fat intake they reduce or eliminate important nutrient-rich food groups such as a meat and milk.

Fat and oils, not vitamin-and mineral-rich food groups are the main contributors of fat in women's diets.

Important nutrients found in the meat and milk groups contribute to the overall nutritional health of the individual. And, unfortunately, the results of excluding whole food groups from the diet do not manifest themselves quickly but rather over an extended period of time. Osteoporosis is an example of a delayed reaction to a lack of ade-

quate calcium in the diet.

Calcium is important for building strong bones and teeth in growing children. As adults, a minimum daily intake of two servings from the milk group helps maintain bone density. Bone density decreases with age in all people after about age 35. If adequate calcium is not consumed it may be several years before there are visible signs of the disease. Often, 40 percent of bone tissue is lost before the individual is diagnosed.

So it is equally important that adolescents consume adequate amounts of calcium during their developmental years and as adults, that they maintain adequate calcium intake to maintain good bone health.

Many scientists believe that extra calcium in diets and weight-bearing exercise such as walking may help prevent osteoporosis.

The best sources of calcium are milk, cheese, and yogurt, which also provide riboflavin, vitamins B12, A, thiamin and, if fortified, vitamin D. So the need to consume foods from all food groups is especially important for overall health.

The source of many calories in

adult diets that can be reduced to positively affect our health is fat. According to USDA data, Americans consume 37 percent of their calories from fat. The American Heart Association recommends 30 percent. Reducing fat intake to recommended levels can be accomplished by keeping in mind some simple tips.

Select low fat foods within food groups.

When buying dairy products select those that are low in fat. Skim or non-fat milk has 1 gram of fat per cup; lowfat or 2 percent milk has 5 grams; and whole milk has 8 grams. Choosing lowfat milk, cheese, yogurt and cottage cheese is an easy way to limit fat intake while still obtaining the important nutrients provided by milk-based products. Also, by selecting lean cuts of meat and trimming visible fat, including skin from poultry, calorie savings add up quickly.

Limit added fats
By choosing alternative cooking methods to frying, and by selecting lite seasonings, numerous calories can be saved and the flavor of the food will be more detectable.

-Roast, bake, broil or simmer meat, poultry or fish.

-Cook meat or poultry on a rack so that fat will drain off. Use a non-stick pan for cooking so added fat will be unnecessary.

-Chill meat or poultry broth until the fat becomes solid. Spoon off the fat before using the broth.

-Season vegetables with herbs and spices rather than sauces.

-Try lemon juice on salads or use limited amounts of oil-based salad dressing.

Control serving size

The amount of food a person needs depends on age, sex, physical condition, and activity level. Everyone should have at least the minimum number of servings from each food group daily. Many women, older children, and most teenagers and men need more.

Breads and cereals—a minimum of 4 servings daily which should include several selections of whole-grain products

Fruits and vegetables—4 or more

servings
Meat, poultry, fish and alternates—2 or more servings
Milk, cheese and yogurt—4 servings for adults, 5 servings for women who are pregnant or breastfeeding.

By controlling portion sizes of meat and selecting lowfat milk-based products you are also limiting the cholesterol in your diet. By including at least the minimum number of servings from each of these food groups you can limit your fat and cholesterol intake without jeopardizing your nutritional health.

With so much attention being paid to diet and heart health today, it is important to be aware of other risk

factors: genetics, lack of exercise, obesity, smoking and hypertension.

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