Inside today's Hereford Brand

SPORTS Caprock coming to challenge Herd Friday

WEATHER Rain, cold in weekend forecast

Roundup...2 Life...3 Sports...4 Comics-TV...6 Classifieds...8

The Hereford Brand Inc.

Hereford

alcohol and other abusable things that can lead to ruin. Neither of them felt

they were going down the road:

prison was the last thing on either of

They just wanted to get high.

ask them if any of them plan to go to

prison," Robert told the Hereford

Lions club on Wednesday. "They

look crazy, look at us like we are

nuts. If someone had asked me 10

years ago if I were going to prison I

anyone. You don't have to be old or

young to lose your life to alcohol or

drugs. There are a lot of people who

say it will never happen, but

everything you have right now could

bad side of drugs, then there are

alcohol commercials about having a

good time. They don't say that

because of alcohol you could go to

prison, or you could die. They show

how good it is, just like the guy that

lights up that first (marijuana) joint

David had a wife and two kids

when he entered the penitentiary. He

hopes he still has them when he gets

out, which won't be until next summer at the earliest. He was introduced to alcohol by his parents

and grandparents, to drugs by his three older sisters. Later, he took

"There were a bunch of people at

"You get to liking dope so much

a party, and I didn't want to look like

a nerd," David said. "Today, I

leave prison, and hope to educate

more young people about drug abuse.

Robert said. "When a baby is old

enough to talk is time to start telling

them how bad drugs and alcohol can

"You have to educate the young,"

wouldn't mind being a nerd.

speed from a friend.

grandparents.

Robert said television is a culprit.

"They show commercials about the

be gone in a snap of the fingers."

"It (going to prison) can happen to

would have laughed.

"Every program we give to kids we

THURSDAY, Nov. 1, 1990

Hustlin' Hereford, home of George Diaz

90th Year, No. 88, Deaf Smith County, Hereford, Tx.

10 Pages

25 Cents

Inmates share personal story

By JOHN BROOKS **Managing Editor**

David and Robert look like typical young adults. Clean cut. Good manners. Outspoken in a way.

But its the clothes that give them away. How many people go around making public speeches dressed in all-white clothes, bleached like they came from the Clorox factory?

David and Robert wolf down chicken fried steak, mashed potatoes and gravy, green beans, corn, salad and bread like they haven't had a real good meal in a long time.

It's likely they haven't. They talk about how good "free world food" really is. It's better than the three squares a day they get at the Williams Unit at Huntsville.

David is there serving time on a robbery conviction. Robert's serving a 25-year sentence. Both were in Hereford on Wednesday to talk to local school students about the dangers drugs can lead to.

The two are one of three teams of inmates that go around the state urging youngsters to avoid drugs,



DAVID



ROBERT

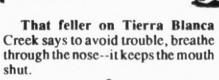
Names of local soldiers needed for 'care' packs

Efforts are underway to provide "care" packages for local soliders serving in Saudi Arabia.

Organizers believe about 15 local persons are currently serving in the Persian Gulf area. Names and addresses should be given to Lynn Schroeter at 364-8811 or 364-

Hereford Bull By

Speedy Nieman



"Just think of it!" exclaimed the romantic newlywed, "a few words mumbled over your head and you're

"Yes," agreed the old cynic, "and a few words mumbled in your sleep and you're divorced."

The Christmas Stocking Fund will soon start its campaign drive to help the less-fortunate families of Hereford. Some new committee members are needed to help with the program this year. A few younger boxes later in the campaign. If you playoffs Saturday at Lubbock.

That feller on Tierra Blanca are interested in being a volunteer worker, please contact Speedy Nieman at The Hereford Brand. We will pass along your name to the anonymous committee so they can contact you. The CSF group would like to fill the slots on the committee

by Nov. 9. One event to help the CSF is already scheduled at the football game here Friday night. The Child Welfare Board is asking fans to bring a can of food to the game.

000 Congratulations to the Lady Whiteface volleyball team on knocking off the top-ranked Lamesa club in the playoffs! The Whitefaces advance in the playoffs for the first time ever, but we look for them to members are needed to move heavy continue their win streak in the area



Canned food drive Friday

Students at West Central School make posters to help promote the canned food drive to be held Friday at the Hereford-Caprock football game at Whiteface Stadium. All persons attending the game are asked to bring a can of food to help with the Christmas Stocking Fund. Making posters, from left, are Salvador Orozco, Juan Hernandez, Julie Valdez and Jesse Vasquez, as school counselor Maria Garcia looks on. The project is sponsored by the Hereford Independent School District and the Deaf Smith County Child Welfare Board.

Band to compete Saturday

The Hereford High School Mighty Maroon Band will perform at 5:15 p.m. Saturday at Ratliff Stadium in Odesså in the Region Marching

It is the third time the Mighty Maroon Band has participated in the regional contest since the contest's inception in 1984. The 1983 marching band participated in the state contest.

The band will perform its Western Movies" show, including themes from several movies and television shows. The show also features the HHS drill team and twirlers.

Competing against the Mighty Maroon Band at the contest Saturday will be Pampa, Pecos, Monahans and two bands from the Lubbock district. Two of the bands from each class at the contest will be certified to the state contest in Austin on Nov. 12.

The contest will use a panel of five judges, who each rank the bands independently. The final order is determined by taking each band's rankings from the five judges, throwing out the high and low rankings, and adding the three remaining-scores for a point total. The band with the lowest total score is then awarded first, the next lowest

Ann, Clayton hold last debate

you throw everything else away. I pretty much lost my family, I stole from my mother and lied to my he would favor a state law requiring a veto. parents to be notified before minor David and Robert plan to be drug and alcohol counselors once they

difficult that some young women incest or danger to a mother's life. could be driven to "back-alley butchers."

The two participated in a Richards said. 'mini-debate' arranged by not taken part in a face-to-face abate during the campaign.

Each candidate promised to build more prisons, start "boot camps" for you going to do? first-time offenders and be generally tough on crime.

AUSTIN (AP) - In their final Williams asked Richards whether televised meeting before Tuesday's she would veto a state income tax, as election, the gubernatorial candidates he has promised to do. "I'm totally each voiced disapproval of a state against an income tax, have said that income tax and disagreed sharply on consistently," Richards replied. The Republican said afterward that Republican Clayton Williams said Richards still hasn't promised Texans

The two were at odds over parental daughters could obtain abortions. consent for abortion. Richards has Democrat Ann Richards said described herself as pro-choice on parents should be involved, but abortion, while Williams opposes writing a law to require it was so abortion except in cases of rape,

"I've been talking about the right to privacy for a very long time,'

"I think any parents should be KDFW-TV and conducted in separate involved in such a difficult decision, studios Wednesday night. They have regardless of the age," she said. "The problem is that when you write legislation, you have to take the exceptions, like incest. Then what are

"The difficulty is that no recourse is offered to her. And what we're

going to do is find young women weren't licensed," he said. going to back-alley butchers as we wants that.'

But Williams disagreed.

"Well, you can legislate many things," he said. "I believe in my heart that when a 13-year-old girl gets that decision.

"I will work for legislation to the pregnancy." involve the parents, that it's required abortion."

But Richards said clinics are did in previous years, and no one required to be licensed. "They are routinely examined by the health department," she said.

Richards also said a parental consent law could send some young women before judges. "The absurdity pregnant - a major problem for her of it is, that the judge's decision is if life - that the parents should be the person is too immature to make involved. I feel like we must have the decision then she must bear the legislation that they be involved in child. If she is mature enough to make the decision, then she can terminate

Williams later said, "Part of the for the parents to participate in that Republican platform establishes decision before she can have that health and safety standards for clinics. The standards are not up to Williams said he supports the state snuff and it is our belief that they GOP platform on other abortion should have more emergency issues. He said he opposes abortions equipment and be prepared for for gender selection and favors bleeding problems. ... There were requirements for "safe health several young women who died in clinics" that perform the operations. abortion clinics across the country, "We had many young women die I think seven or eight." He said he last year because abortion clinics didn't know if any were in Texas.

DPS warns of area scam

AMARILLO (AP) - Scam operators offering home and yard repairs are working in the Amarillo area, the Texas Department of Public Safety says.

Four men were released from a Lubbock jail after pleading guilty to charges of deceptive business practices, Assistant District Attorney Russell Wasley said Wednesday.

In court documents, the four said they are currently staying in Amarillo hotels, Wasley told the Amarillo Globe-Times. The men are residents of Springfield, Mo., and Post Falls, Idaho, Wasley said.

Law enforcement authorities believe the men may try to stay in the Amarillo area and continue to work.

The men were arrested in Lubbock Oct. 24 after charging a 92-year-old Lubbock woman \$12,000 for a 'lightning protection system'' that she didn't need, Wasley said.

After the woman paid for the lightning protection system, the four came back and began making repairs to her roof, telling the woman that her roof badly needed work, Wasley said. Suspicious neighbors called police,

who arrested the men and seized

\$13,600 in cash.



In the Halloween spirit

Kami Martin and Conny Whitehorn at Rainbow Car Wash were in the spirit of Halloween on Wednesday as they dressed up for work. Persons in many other local stores also took advantage of Oct. 31 to bring out their "finest."

Page Two

Local Roundup

Colder, shower chances

Tonight will be partly cloudy. Low near 50. Southwest wind 10 to 15

Friday, partly cloudy and windy. High in the low 70s. Southwest wind 20 to 30 mph and gusty. Lake wind advisory will be required.

The extended forecast for Saturday through Monday: Cooling trend. Chance of showers over the weekend. Highs upper 50s to lower 60s Saturday, cooling to the 40s by Monday. Lows in the 40s Saturday dropping to the

upper 20s to lower 30s by Monday.

This morning's low at KPAN was 49 after a high Wednesday of 83.

Man arrested on two charges

A man, 25, was arrested Wednesday by Hereford police on charges of criminal trespass and criminal mischief.

Reports included persons throwing rocks at a trailer house, causing \$200 damage; several purses were stolen at a local school, all containing cash, credit cards and other items; prowler in the 800 block of 13th; several barrels of grease were turned over at a local school; and a disturbance at a motel.

Police issued 14 citations and investigated two minor accidents. Hereford volunteer firefighters responded to a report of sparks under a car in the 800 block of Irving.

News Digest

World, National

WASHINGTON - President Bush, after his harshest condemnation yet of Iraq's Saddam Hussein, is focusing on domestic politics as he embarks on a six-day cross-country campaign blitz for endangered Republicans. PERSIAN GULF - Faced with mounting U.S. verbal threats of war

and complaints about its treatment of American hostages, Iraq offers to let relatives visit the "human shields" for the holidays.

WASHINGTON - Iraqi troops seized scores of documents when they invaded Kuwait, but the papers are unlikely to compromise the United States because of Kuwait's limited intelligence service, officials and private

WASHINGTON - Five years after it started withholding dues from the United Nations to force a belt-tightening in the world organization, the United States is paying up.

BOSTON - The SAT has been revamped to allow the use of calculators and to include essay questions and math problems that aren't multiple choice - changes derided by critics of the exam as "adding new tailfins

ATLANTA - Atlanta's rapid transit system is beckoning to booming Gwinnett County, but voters there may derail the expansion because of fears that urban blacks will stream out to the suburbs on buses and trains.

WASHINGTON - Women and black candidates are fighting to change the political landscape in high-profile races that could see them take over three governorships and several seats in Congress.

NEW ORLEANS - Louisiana will elect its first black congressman since Reconstruction in Tuesday's election, following a campaign marred by bitter personal barbs.

Texas

AUSTIN - In their final televised meeting before Tuesday's election the gubernatorial candidates each voiced disapproval of the state income tax and disagreed sharply on abortion.

FORT WORTH - If Texans had the chance, the "neither" category might do very well in next week's gubernatorial election, a new poll indicates. DALLAS - The Dallas Civil Liberties Union has filed a lawsuit against a private club alleging discrimination because it refused to admit a black

woman in September. FORT WORTH - United Methodist bishops, facing a two-decade decline in membership, have issued a major pastoral letter launching an effort

to revitalize the 9-million-member denomination. AMARILLO - Residents in the Amarillo are warned to beware of scam operators offering home and yard repairs, the Texas Department of Public

HOUSTON - Police didn't have to go very far to investigate a burglary in which cocaine, marijuana and Mexican heroin with a street value of about \$3 million and \$2,000 in cash was taken. The burglary was at the

department's training facility for drug-sniffing dogs. AUSTIN - A 17-year-old youth who was reportedly shot to death after pointing a pistol at a police officer was killed by two shots that were apparently fired while he was facing away from police, a coroner's report says.

LEVELLAND - Elvis' influence on Buddy Holly is just one of the tidbits to be included in a book being written by two country bluegrass instructors about the history of West Texas music.

DALLAS - A U.S. bankruptcy judge has confirmed the reorganization plans of First RepublicBank Corp., the parent company of the failed banks that became NCNB Texas.

WASHINGTON - The price of oil could easily "explode" to \$100 per barrel if war broke out in the Persian Gulf, a panel of experts told a Senate committee Wednesday.

TTU will host pump efficiency workshop

LUBBOCK -- The department of engineer and irrigation specialist, University will host a "Pumping System Efficiency Workshop" Friday and Saturday (Nov. 2-3) in Room 209 of the Agricultural Engineering

The workshop, divided into two sections, primarily will focus on topics related to pumps on Friday and issues about well design and maintenance on Saturday.

The study of pumps and wells is important because water and energy conservation depends on the efficiency of pumping systems, said Marvin J. Dvoracek, conference organizer and a Texas Tech associate professor of

agricultural engineering.
A lecture titled "Horizontal Wells -Are They in the Future?" concentrates on a current topic of concern and discusses a way to remove contaminated groundwater near leaking underground storage tanks, such as those found at gasoline stations or fertilizer distribution centers. The lecture about horizontal wells is scheduled 11-11-30 a.m. Saturday.

Conference speakers on Friday are: John Borrelli, chairman of agricultural engineering and associate dean at Texas Tech; Leon New, agricultural

agricultural engineering at Texas tech Texas Agricultural Extension Service in Amarillo; Joe Henggler, agricultural engineer and irrigation specialist, Texas Agricultural Extension Service in Fort Stockton; Stephen Amosson, economist, Texas Agricultural Extension Service at Amarillo; Carl Gelin, retired pump company representative and pump consultant; Ivor Smith, engineering manager at Goulds Pumps in Lubbock; and Charles Schlabs, a Hereford farmer.

> Saturday's speakers are: Gary Walker, manager at Sandy Lands Underground Water Conservation District in Plains; Marvin Dvoracek, associate professor of agricultural engineering at Texas Tech; Bill Claborn, professor of civil engineering at Texas Tech; Mike Mehmert, a representative of Chris-Well Services in Golden, Colo.; and Gary Jacques, design engineer at Eastman-Christensen Environmental Services in

> The workshop is sponsored by Texas Tech's department of agricultural engineering and the Texas Agricultural Extension Service at Texas A&M University in College

SAT excludes multiple choice

BOSTON (AP) - In a few years, in the nation. college-bound students will have to multiple choices. But they'll be able to use a calculator.

Those are among changes Stewart said. announced Wednesday by the College

The revisions - the most drastic in give their own answers to some the test's 64-year history - also Scholastic Aptitude Test math include more emphasis on reading problems instead of picking from comprehension. The revised SAT, called SAT-I, will be introduced in 1994, board President Donald M.

In addition, an optional test, Board, sponsor of the SAT, the most known as the SAT-II, will be phased

an essay section.

Critics who have charged that the test is culturally biased and a poor judge of students' ability said the changes don't go far enough.

"It's polish. It's adding new tailfins to the Edsel," says Bob Schaeffer, public education director at FairTest, a Cambridge, Mass.-based group critical of the widely used college entrance exam in starting next year and will include SAT. "The SAT should be optional

and it should be comprehensively overhauled to address its problems.

Stewart said the revisions were aimed in part at reducing students' reliance on test coaches. The changes will increase the SAT's "educational relevance and quality for all college-bound students," he said.

He denied the changes were prompted by charges that the SAT is biased, particularly against women and minorities.

"Nothing could be further from the truth," Stewart said at the board's annual meeting in Boston. "The SAT has been in almost continual evolution. It has never been set in concrete."

Gregg Driben, national director of pre-college programs for Stanley Kaplan Educational Center Ltd., which prepares students for standardized tests, said professional coaches still will play an important role.

The old SAT had 85 verbal and 60 math questions. SAT-I will have 75 to 85 verbal and 55 to 60 math questions. The new math questions requiring students to produce an answer on their own will make up about 20 percent of the math section.

Obituaries

JEWEL MAY Oct. 31,1990

Jewel May, 70, of Hereford died Wednesday, Nov. 31,1990, at Deaf Smith General Hospital.

Services will be held at 2 p.m. Friday in Rix Funeral Chapel with Rev. Larry Cothrin, pastor of Avenue Baptist Church, officiating. Assisting will be C.W. Allen of Hereford. Burial will be in West Park Cemetery under the direction of Rix Funeral Home of Hereford.

Mrs. May was born in Waxahachie on Dec. 29, 1919. She married A.G. (Red) May in Coleman County on Dec. 25, 1937. She had been a resident of Hereford for 50 years, moving from Odessa. She was a Avon dealer for 20 years and a member of a home demonstration club. She was a member of the China. Fine Arts Painter Club and First ethodist Church

She was preceded in death by a son, Eddie May, in 1966.

Survivors include her husband: two brothers, M.J. Edwards of San Marcos and Leroy Edwards of Marble Falls, N.Y.; a sister, Joann Radford of Chanelview; and a granddaughter, Sherri Riley of Los Cruces, N.M.

Pumpkin contest at Sugarland Mall

Duston and Danna Brooks pose with their jack o'lanterns they made for a contest held at Sugarland Mall this week. Danna finished second with her entry. First place went to Kyle Higgins, while Sara James won third place. The winners received Hereford Bucks from the Sugarland Mall Merchants Association.

War in gulf could triple oil prices; gas \$3 gallon

WASHINGTON (AP) - The price Persian Gulf, a panel of experts told a Senate committee Wednesday.

'There's no limit," said John Lichtblau of the Petroleum Industry Research Foundation. "It depends on how much panic there is.'

With the Bush administration rattling sabres in Iraq's direction, Sen. Joseph Lieberman, D-Conn., presiding over a hearing of the Senate Governmental Affairs Committee, echoed growing concern in Congress about what will happen at the pump if war breaks out.

"The day the war starts prices will explode," said Lichtblau, one of several experts on the oil industry to appear before the panel.

Oil prices hovering in the \$33 per barrel range could easily triple, said Professor Fariborz Ghadar of George Washington University's business school, "I would not be surprised if oil prices reached \$100 per barrel," Ghadar said.

Translating a crude oil price increase into a higher price at the pump is an inexact science. But some industry experts use a ratio of 12 cents more per gallon for every \$5 increase in the price of a barrel of

At \$100 per barrel, under that formula, gasoline could rise to nearly \$3 per gallon.

of oil could easily "explode" to \$100 with oil production already at or near meet demand. per barrel if war broke out in the capacity, oil consuming states could do little beyond releasing oil reserves onto the market.

Tapping oil reserves would have to go beyond the use of the U.S. government's Strategic Petroleum Reserve, said Professor M.A. Adelman of the Massachusetts Institute of Technology. It would have to occur globally.

In addition to the strategic reserves there are the oil reserves held by private companies as well as substantial reserves held by Japan and western European nations, witnesses

The reasons for the sharp price rise, the experts said, would be fear that war would disrupt supply lines combined with the likelihood that a Gulf war would curtail Saudi Arabia's oil-producing capabilities. Conversely, if Iraqi President

Saddam Hussein suddenly ends the crisis by withdrawing forces from Kuwait, the price of oil could drop just as suddenly to levels below those that preceded the Aug. 2 invasion Iraqi, witnesses said.
"That range is likely to be reached

approximately 48 hours after the crisis is over," Lichtblau said.

If the stalemate continues it is likely that oil prices will remain about where they are. But they could jump quickly with any disruption of a

The witnesses told Lieberman that supply system already straining to

"This is a very tight market," Ghadar said. "A pipe blowing up in Nigeria, a fire in Venezuela, some other disruption," could be enough to spread panic and push prices higher.

In the second of three hearings on the oil industry, Lieberman continued to pursue the question of whether oil companies and oil producing nations are unfairly gouging consumers. .

"In the past few months there has been an enormous transfer of wealth from the many oil consuming nations, including the United States, to the few oil producing nations, Lieberman said. Saudi Arabia alone would reap a \$50 billion windfall if oil averaged \$30 per barrel over the course of a year.

The answers Lieberman received were not encouraging to consumers. The witnesses said there was little the United States could do to break up the OPEC cartel. In the meantime, the simple laws of supply and demand would govern the price of oil.

Witnesses rejected as unworkable, for example, Lieberman's suggestion that Saudi Arabia unilaterally lower the price of its crude in exchange for U.S. military support. The market would quickly absorb the cheap Saudi oil and no other countries would be compelled to lower their prices, Lichtblau said.

Brandon and Clark honors employees

Three employees of Brandon and Clark of Hereford were honored at an appreciation banquet Monday at K-Bob's Steak House in Hereford. Jerry Ethridge was honored for 10

years of service, and Doug and Ann Crouch were each honored for 20 years of service. Doug Crouch has been operations manager in Hereford since the local operation began. The company was founded in Lubbock in 1950, and also has a facility in Odessa. Brandon and Clark is the largest

independent electrical sales and service company in the southwestern US. It employs 20 persons in Hereford.

Hospital **Notes**

HOSPITAL NOTES

Domingo V. Campos, Joe M. Contreras, Rosmary Estrada, Ernest Harder, Larinda Jones, Infant Girl Jones, Infant Boy Martinez, Roberta Lee Martinez, Ann Mercer, Esther Pendergraft, Ernesto Porras, Ralph Pulido and Inez L. Zapata

THE HEREFORD BRAND



Sophomore supper is Friday

Veronica Hernandez sells Wayne White a ticket to the sophomore class enchilada supper as Jill Robinson and Joanna Redelsperger look on. The supper will be held from 5 to 7 p.m. Friday at the Hereford Junior High cafeteria. Tickets are \$4 for adults and \$3 for children under 12. Enchiladas, beans, salad and cinnamon rolls will be served.



Orchestra all-region members named

Five Hereford Junior High and three Hereford High School orchestra students have been named to the 1990-91 All-Region Honor Orchestra and will be performing in concert this weekend in Amarillo. Pictured at junior high all-region members (back, from left) Josh Stevenson, fourth chair string bass; Sue Ann Sanford, second chair second violin section; Jennifer Dunaway, first alternate violin; (front, from left) Aaron Patridge, 14th chair second violin; and Josh Liscano, 10th chair second violin. High school representatives include Chari Suttle, 14th chair second violin; Janelle Stevenson, fourth chair string bass; and Charlie Yeager, fifth chair string bass. The concert will be held at 2 p.m. Saturday at Palo Duro High School in . Amarillo. The students and taught locally by Ray Jenkins.

New Arrivals

Robert and Cindy Biddle of Dallas are the parents of a son, Jerry Robert, born Oct. 25, 1990, at Dallas Medical City Hospital. He weighed 71bs. and

"Grandparents are Jerry and Joyce" Dallas.

Great-grandparents are Ted and Thettie Mae Walker of Hereford, vision care services a well. Hulin and Reba Bruce of Houston and Eddie Lee Smith of Dalhart.

Iowa Park are the parents of a son, Jason Tucker, born Oct. 21, 1990, at Wichita Falls Hospital. He weighed 7 lbs. 12 oz.

He has a seven-year-old brother named Aaron.

Grandparents are James and Peggy McDaniel of Lake Arrowhead and Mr. and Mrs. Ted Kwas of Burkbur-

Great-grandparents are Mrs. Ellen Bumpass of Hereford, Mrs. Susie McDaniel of Crowelt, and Mrs. Theophile Kwas of Burkburnett.

Support group to meet Nov. 6

A meeting to organize a support group for the family and friends of young men and women who are in the military service and those serving in Saudi Arabiawill be held at the Dimmitt Chamber of Commerce, 115 W. Bedford, at 7 p.m. on Nov. 6.

Those attending should bring the address of family stationed in the mideast. For more information, contact Faye Mohon at 806-647-3533.

AMERICA DEPENDS ON IMPORTED OIL

NEW YORK (AP) - Evidence of America's increasing dependence on imported oil comes from an energy management-oriented publication that tracks the worldwide oil market.

According to a recent report from Energy User News magazine, the United States increased its oil imports from Iraq from 46,000 barrels a day in 1985 to 610,000 barrels per day in 1990.

A similar increase in imported oil from Kuwait is also reported from 21,000 barrels a day in 1985 to 121,000 barrels daily in 1990.

The publication notes that Saudi Arabia increased its output to the United States from 168,000 barrels a day in 1985 to 1,255,000 barrels a day in 1990.

These imports represent a five-fold increase from Kuwait and a seven-fold increase from Saudi

Get the most from eye care

Consumers can now get much more than a pair of glasses or contact Care," send a self-addressed, stamped lenses from their optometrist, thanks business-size envelope to: Communito changes in state laws and advances in the profession.

Walker of Hereford, Ray Smith of helping people obtain the right lens 63141. Tyler and James and Marie Biddle of prescription to meet their seeing needs, optometrists today effer consumers expanded eye health and

Optometrists diagnose eye diseases, like glaucoma, and in 25 states are prescribing drugs to treat eye disease. According to the Mr. and Mrs. Jim McDaniel of American Optometric Association, nearly 93 percent of optometrists offer patients dispensing services and, of those, 24 percent prescribe drugs to treat eye disease. Sixty two percent offer non-prescription drugs for certain eye conditions.

> Consumers can also get help from their optometrist with diagnosing and treating vision development and learning-related vision problems with a treatment program called vision therapy. Special services are available in such areas as on-the-job vision, including help for computer users; sports vision; low vision, including help for the legally blind; pediatric eye care; geriatric eye care; postsurgical care and contact lens followup care.

> In addition, consumers will find today's optometrists a source of eye care information. They offer advice about a child's vision development, eye safety, ultraviolet radiation protection, sunglasses, on-the-job vision, lighting, driving, eyestrain, recreational vision needs, the effects of drugs on the eyes, age-related eye problems, eye disease and more.

For a free "Family Guide to Vision cations Center, Dept. FG, American Optometric Association. 243 N. Long recognized as the experts in Lindbergh Blvd, St. Louis, MO

AN ULTRA EXPENSIVE

CARIBBEAN ISLE NECKER ISLAND, British Virgin Islands (AP) - At \$9,000 a day, Necker Island in the British Virgins must be one of the world's most expensive

For up to 20 people, the tariff covers meals, drinks, accommodations and sports, including use of a full-size

snooker table from England. The more thrifty minded can have the island in the off season for a mere \$7,500 a day.

CALL JERRY SHIPMAN, CLU 801 N. Main INSURANCE to help pay

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



Ann Landers

DEAR ANN LANDERS: Last didn't include a phone number. Health Sciences' tuition-free medical it. school program. The response was simply incredible. We received

Observance planned Friday

The local observance of World Christian Church. The public is than ever. invited to attend.

which will be conducted by Leta Kaul

ecumenical worship event that brings students. Protest, Roman Catholic, Orthodox by Church Women United, represents Bethesda, Md. a broad spectrum of religious tradition, race, age, economic statues and ethnic background and functions through a national unit, 52 state units and 1,750 local units throughout the

Women for Justice Justice for Women" is the theme for 1990's observance that raises consciousness to the condition of women of all races and cultures who are oppressed. It lifts up for support and prayer the groups and individual women who are working for justice.

Christian women from Arizona who within their own communities.

May you wrote a column about the Applications this past year were up Uniformed Services University of the 40 percent. You can take credit for

Ann, I realize that you are not an advertising agency, but USUHS 16,000 written inquiries and more needs your help again. Due to than 1,000 calls, even though you defense budget cuts, we have even less money than before to publicize our program. There are millions of young people in our country who would make excellent doctors but they can't afford the education and they don't know about us.

Our graduates have proven to be outstanding military physicians. For example, three of the last four Air Force Flight Surgeons of the Year have been USUHS grads. And now Community Day will be celebrated because of the situation in the Middle from 9:30-ll a.m. Friday in First East, we need military doctors more

Ann, I am asking if you could Those planning to attend the event, possibly print something about USUHS in your column again. And in the chapel, are asked to enter the please, when you're in Washington, east door of the educational building. come and visit us. I promise that you World Community Day is an will be thrilled by the caliber of our

All of us at USUHS thank you for and other Christian women together your support of our national medical into one community of prayer, school .- Patricia Campbell, director advocacy and service. The obser- of public affairs, Uniformed Services vance, which is sponsored annually University of the Health Sciences,

> DEAR PATRICIA CAMPBELL: I'm so pleased that I was able to help. Here's the repeat you asked for and I hope it produces good results. If you are a U.S. citizen, a college

graduate, 27 or younger (up to 33 with military service), married or single, and have the desire to work in the field of medicine and serve your country, the U.S. Department of Defense has a four-year medical school program at the F. Edward The service and resource materials Hebert School of Medicine. Your for World Community Day were tuition and books will be free. Upon written by a diverse group of entering, all medical students will be or money order for \$3.65 (this commissioned as officers (ensigns or are deeply involved in justice issues second lieutenants) and will draw full pay and benefits while in school.

After graduation, students receive the M.D. degree and a promotion to captain or lieutenant. In exchange for their medical education, students must serve seven years in the Army, Navy, Air Force or U.S. Public Health Service.

Anyone who would like more information should write to: Office of Admissions, Uniformed Services University of the Health Sciences, 4301 Jones Bridge Rd., Bethesda, Md. 20889-4799.

DEAR ANN LANDERS: Add this to your file on how unfair a judge can be when it comes to divorce. Here's

the story. I leave it to you. My son lost everything in a bitter custody battle that lasted more than a year. His wife was awarded the children, the house and everything in it. She was--and is--a topless dancer, got pregnant by a lover, had an abortion, hired a thug to beat up my

son and then tried to have him killed. You will not believe the way this mess was resolved. My son has been ordered to pay his ex-wife's attorney's fees even though she is the one who started the divorce proceedings and makes twice as much money as he does. Two weeks ago, he was ordered to jail because he can't pay these fees. Every word I have written is God's truth. Where is justice anyway? -- Lake Park, Fla., Mother

DEAR MOTHER: Sounds as if your son had poor legal representation. He should try again for a more equitable settlement. Your anger sounds justified to me.

An alcohol problem? How can you help yourself or someone you love? "Alcoholism: How to Recognize It, How to Deal With It, How to Conquer It" will give you the answers. Send a self-addressed, long, business-size envelope and a check includes postage and handling) to: Alcohol, c/o Ann Landers, P.O. Box 11562, Chicago, Ill. 60611-0562.

Fred Astaire and Judy Garland in "Easter Parade."



3115

Southwest Outdoors

with Mel Phillips



Big Buck contest set for deer season

Great news! We are going to have a BIG BUCK Deer Hunting Contest. Paul Blake at Blake Brothers Sportsman Supply in Canyon is joining with Southwest Outdoors and the Canyon News in sponsoring the contest. To be eligible, the buck must be killed north of a line running from Lubbock to Childress, Prizes will be awarded for biggest antlers in two categories, typical and non-typical, for both whitetail and Mule deer. That makes a total of four winners. The good folks at Blake Brothers will be the official check-in station. No registration fees; just some good fun. More details about this contest will appear in our next column.

As you read this, I will be on Ute Lake at the Redman Regional fishing tournament. Last year's Redman regional champion, Ted Miller asked me to be his official observer and I jumped at the chance. Ted has won the last four tournaments he has entered on Ute Lake using his homemade Glider Glitzit. If you are interested in buying some special Ted Miller Glider Glitzits, drop me a note in care of The Brand and I will endeavor to put you at the head of the line. That's just an extra benefit of reading Southwest Outdoors.

I will be staying at Butch Colantonio's cabin at Ute Lake. Staying with Butch and fishing with Ted Miller is my idea of a dream weekend. The top 10 of the 150 entries will advance to the Redman \$100,000 All-American.

The radio edition of Southwest Outdoors has moved to Wednesday evening from 6-6:30 on KGNC (710 AM). Our next show will feature Bobby Nolan and some incredible bass fishing in Mexico.

Special congratulations to veteran angler Bob Shiffman of Pampa for winning the most recent and final Lake Meredith Fun Tournament of 1990. Bob, who serves as a B.A.S.S regional director, braved the stiff northerly winds and outlasted 75 dedicated anglers to claim his \$375 prize money. Dondi Brame of Borger (wisely fishing instead of listening to Oklahoma football) finished second and is quickly becoming a regular money winner on the Fun Tournament trail. Fritch's Jerry Jameson nailed down third place by only .05 pounds over Richard Beilue of Dumas. Lucky Pennie Rigo of Fritch won the luck-of-the-draw and \$50.

Hopefully, the Lake Meredith Fun Tournaments will continue next year and anyone wanting to help sponsor a Fun Tournament can contact me at 353-3654.

Good luck, good fishing and good hunting.

Herd sophomores fall, 21-6, at Amarillo High

The Hereford Whiteface sopho- The game was originally scheduled decision at Amarillo High Wednes-

Gun Club sets plans for skeet league

The Hereford Gun Club will be open at 6 p.m. today for anyone interested in shooting in a skeet

The Gun Club has facilities for shooting both skeet and trap. Anyone interested in joining a league is invited to visit the Gun Club range or call Jim Lassiter at 364-2006.

more football team dropped a 21-6 for today, but was moved because of tonight's Amarillo High varsity game and has 2,476 for his career. in Lubbock.

Hereford trailed 7-6 at halftime with the score coming on a 4-yard pass from Jake Head to Leonard Martinez.

The Sandies scored twice in the second half to put the game away. Cody Powell had a pass interception in the contest for the Herd.

Today's Hereford sub-varsity games include the freshman Maroon team hosting Canyon Randall at 5 p.m. while the freshman White squad visits Borger at 5 p.m. and the Herd junior varsity plays at Borger at 7

Much at stake when Herd locks horns with Caprock

By SAM WALLER Sports Editor

The Hereford Whitefaces will be looking to all but wrap up a playoff berth in their home finale when they host Amarillo Caprock at 7:30 p.m. Friday in a key matchup of District 1-4A teams at Whiteface Stadium.

The district-leading Longhorns (3-5 for the year, 3-0 in 1-4A) need only one win in their final two games too make the playoffs while the Herd (3-4-1, 2-0-1) just have to keep pace with the Pampa Harvesters. Those three are the only 1-4A teams still in the playoff hunt

Herd coach Don Cumpton said there is no doubt the game is the most important of the season for the Whitefaces.

"No question about it," he said, "this is it. The winner of this game clinches a playoff spot, so that makes it pretty important. It's by far the biggest game we've played.'

While a loss would not totally eliminate either team, getting back into the race would require outside help in next week's final games.

In addition to securing a playoff spot, a win would put Hereford at 500 for the first time this season. The Whitefaces moved a step closer to finishing the season in the black when they picked up their first road win of the year with a 34-0 decision at Dumas.

'We had some disappointments early in the season," Cumpton said. "I think our players have responded well and have come back and really played well since district started. I think they're to be commended for that because they've gotten themselves ready to play and have done the things you have to do since district started."

Herd tailback Matt Bromlow can reach a personal plateau in the game as he needs only 74 yards rushing to reach 1,000 yards for the second year in a row. Bromlow, who has 926 yards heading into the game, broke the school career rushing mark two weeks ago against Canyon Randall

Cumpton said the Longhorns Herd, having won three straight after opening the season with five consecutive losses in non-district How low can you go?

Hereford Whiteface quarterback T.J. Head (1) looks for running room during last week's 34-0 romp over the Dumas Demons while offensive linemen Andrew Tijerina (63) and Cody Page (55) provide backside protection. The Herd will host the Amarillo Caprock Longhorns in the 1990 home finale at 7:30 p.m. Friday at Whiteface Stadium in a game that will assure the winner of a playoff berth.

he said. "It will be a tough game. "I know our guys are looking should be more than ready to face the forward to it because this is a big game. You don't get to play many like this where you have this much on the line and this much at stake. It's been an exciting week for us."

A.O. THOMPSON ABSTRACT

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Across from Courthouse

quarterback Richard Williams, who has compiled more than 1,100 yards of total offense. Williams has rushed for 590 yards on 85 carries (6.1

"They've got a lot of momentum," Caprock has been led by senior average) and completed 37 of 98 passes (37.7 completion percentage) for 571 yards.

(See HERD, Page 5)

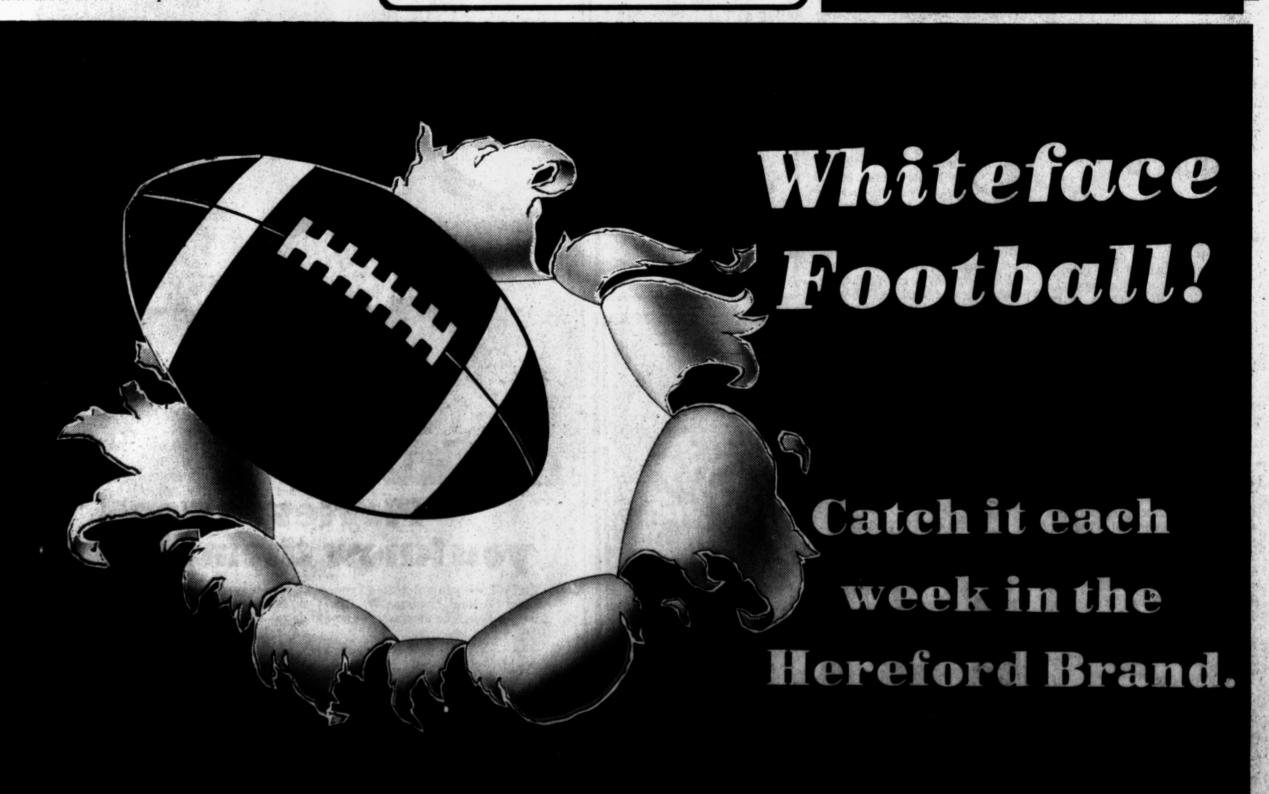
NOTICE

D & R Auto Parts will be closed Nov. 1st, 2nd & 3rd

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Harris picks Herd by 13 in 'Battle of the Cattle'

host the Amarillo Caprock Longhorns race. at Whiteface Stadium on Friday night, there will be more at stake than separating the bulls from the steers.

Both teams enter the ninth week of the season undefeated in District 1-4A competition with 3-0 Caprock holding a half-game lead over 2-0-1 Hereford.

The Harris Rating System has installed the Herd as a 13-point favorite to win The Battle of the Cattle and get a hoof up in the district

Hereford enters the contest fresh off a 34-0 pasting of Dumas while the 'Horns kept their 1-4A record clean with a 20-12 shocker at Borger.

The Dumas win helped the Herd gain 14 places in the Class 4A Harris rankings to No. 54 and added three points to the Whitefaces' power rating to make it 176.

Caprock used its win over the Bulldogs to move up 11 places to No. 106 and boost its rating two points to

DISTRICT 1-4A GAMES

Caprock pulled off the upset last week to stay in the district lead at 3-0. Hereford and Pampa are still tied for second place at 2-0-1. The three are still in contention for the playoffs.

Borger, in fourth place at 1-2, and Dumas and Randall, both in the cellar

That has added some clarity to the playoff picture heading into the final two weeks, but not much with nine different combinations of wins, losses and/or ties between the top three that will have a direct effect on the race's outcome. The Hereford-Pampa tie has left things tight enough that none of the three can be mathematically eliminated this week.

This week's other games have Dumas at Pampa and Borger at Randall.

Dumas (0-8, 0-7) at Pampa (3-2-1, 1-0-1): Pampa remains 1-4A's highest rated team moving up three Monterey by 8 over Amarillo places to No. 43 and adding two rating points to 179.

Pampa routed Randall last week, 56-14, after scoring 49 unanswered points in the first half.

The Demons look more and more Central. like they're headed for a final-week showdown with Randall for the 1-4A Last week's loss to the Herd

dropped Dumas down seven places to No. 147 and lowered its power rating three points to 151.

The Harvesters have been installed as 23-point favorites.

Borger (3-5, 1-2) at Randall (0-8, 0-3): The Bulldogs are still smarting from last week's loss to Caprock

When the Hereford Whitefaces at 0-3, have been eliminated from the after being outscored 128-26 in three district contests.

Borger's loss dropped the 'Dogs 12 places to No. 111 and knocked of three points to 162.

Randall comes in, like Dumas, creeping ever closer to the bottom of Class 4A's 168 teams. The Raiders fell one place to No. 156 with a loss of two rating points to 143.

Borger gets the nod by 16 points.

OTHER AREA GAMES

CLASS 5A: Amarillo High by 8 over Odessa High at Lubbock; Amarillo Palo Duro by 9 over Lubbock Coronado; Lubbock Tascosa; Plainview by 19 over Lubbock High; Midland High by 14 over Abilene Cooper; Midland Lee by 26 over Abilene High; Odessa Permian by 9 over San Angelo

CLASS 4A: Lubbock Estacado by 13 over Levelland; Lamesa by 12 over Lubbock Dunbar; Snyder by 1 over Frenship; Monahans by 14 over Andrews; Big Spring by 22 over Pecos; Sweetwater by 21 over San Angelo Lake View.

CLASS 3A: Sanford-Fritch by 24 over Amarillo River Road; Canyon High by 7 over Perryton; Childress by 14 over Dalhart; Dimmitt by 31 over Friona; Tulia by 1 over over Amarillo Highland Park; while Randall is licking its wounds Floydada; Littlefield by 18 over Panhandle by 19 over Canadian;

Nazareth Snyder Texas Houston Texas A&M Iowa Virginia Nebraska Washington ENMU Dallas Houston Kansas City Seattle Buffalo Pittsburgh Washington

NY Jets NY Jets Houston Houston LA Raiden Seattle Buffalo Pittsburgh Pittsburgh Washington Washington Muleshoe; Slaton at Brownfield, pick; Clarendon by 15 over White Deer; Abernathy by 8 over Shallowater; Olton by 19 over Springlake-Earth;

> by 38 over Sundown. CLASS A: Booker by 13 over

Memphis; Claude by 6 over Gruver; Wheeler by 21 over Shamrock; Bovina by 13 over Kress; Farwell by 47 over Happy; Nazareth by 4 over Vega; Spur Hart by 20 over Hale Center; Lockney by 17 over Motley County; Munday by 12 over Morton; Post by 15 over Crosbyton; Idalou by 3 over Tahoka; by 65 over Crowell; Knox City by 10 Ralls by 12 over New Deal; Seagraves over Paducah; Anton by 8 over Lorenzo; O'Donnell by 3 over Whiteface; Plains by 7 over Sudan.

Pittsburgh

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JOHN BROOKS Brand Managing Editor Last Week: 19-6-0, .760 SAM WALLER Brand Sports Editor Last Week: 14-11-0, .560 Press Foreman Last Week: 19-6-0; .766 Last Week: 17-8-0, .680 ason: 129-67-4, .65 son: 128-68-4, 65 son: 136-60-4, .690 Am. Tascosa at Lub. Montere Borger at Canyon Randall Borger Dumas at Pampa Dalhart at Childress Pampa Childress Pampa Childress Pampa Childress Dimmitt at Friona Dimmitt Dimmitt Dimmitt Tulia at Floydada Tulia Floydada Floydada Vega at Nazareth Nazareth Vega Nazareth Vega Snyder at Wolfforth Frensh Frenship Snyder Snyder Texas Tech Texas at Texas Tech Texas Texas Tech Texas Arkansas at Rice Rice Rice Arkansas Arkansas Texas Christian at Houston Houston Houston Houston Houston Texas A&M at So. Methodist Texas A&M Texas A&M Texas A&M Texas A&M Iowa at Illinois Illinois Iowa Illinois Illinois Georgia Tech at Virginia Georgia Tech Georgia Tech Virginia Virginia Aubum at Florida Aubum Aubum Colorado at Nebraska Colorado Nebraska Nebraska Nebraska Washington at Arizona Washington Washington Washington Washington ENMU at West Texas St. ENMU ENMU **ENMU** ENMU Dallas at NY Jets Dallas NY Jets Houston at LA Rams Houston Houston LA Raiders LA Raiders at Kansas City Kansas City LA Raider San Diego at Seattle San Diego Scattle **Buffalo at Cleveland** Buffalo Buffalo

FEARLESS FORECAS

HERD

Cumpton said Williams along with fullback David Davis must be stopped for Hereford to be successful.

"We've got to control the quarterback," he said. "There's no doubt in my mind he makes them go. He's a good runner, a good passer. Him and the fullback we think are their best two athletes. They're the ones who'll beat you if you don't do a good job.

"The quarterback and fullback are the focal point of their offense. They run a lot of misdirection plays. It's real important that your defense has a lot of discipline to stay home and take care of their responsibilities. If they don't they'll get faked out.

"They're a Wing-T team. They run the bootleg and the bootleg pass with their quarterback. And they'll run a little bit of option, but not a whole lot. They use the misdirection to set the quarterback up for the bootleg plays."

On detense, Cumpton said the than the Herd has faced in several Friday's game. weeks.

"They run a simple 4-3 defense," he said. "They're pretty sound and play pretty good technique. They're well-coached and they execute well. They don't get out of position. They don't do a lot of fancy stuff, they just play good solid football."

Among the edges the Herd will have are size and depth. Caprock has seven players starting on both sides of the ball while the offensive and defensive lines average 185 and 178 pounds, respectively. But, Cumpton said, that hasn't mattered a whole lot in district games.

"They're not as big as some of the teams we've played," he said. "But they're big enough. It hasn't bothered them too much the last three weeks."

INJURY REPORT: For the first time since the start of the season, none of Hereford's regulars are definitely out. QB Richard Sanderson (hand) was cleared Wednesday to play. Only reserves WR Todd Selmon (knee) and RB Larry Brown (hand) will be held out of the game.

School senior class will be taking career passing leader with 8,204 Pflugerville, donations for the Jesus Mariscal 'Horns will show a more basic look Medical Fund at the gate before

The fund, which has been set up at both local banks, is to help defray the medical expenses of the HHS senior, who has recently undergone two operations for thyroid cancer.

Mariscal has served the Herd varsity athletic teams as a manager his entire high school career.

By MIKE DRAGO **Associated Press Writer**

The good news is that Huntsville

Chuck Clements graduates. The bad news is that Chuck, the state's passing leader, is only a

Chuck is the latest in the Clements clan to light up Texas high school football scoreboards. His brother Steve, now a freshman at the Members of the Hereford High University of Texas, holds the state Houston Cy-Fair and No. 4 Waco vs. ards.

been surprised by his son's 2,184-yard 23-touchdown passing

somebody until you see them play,"
Clements said. "I didn't really think
he'd do this well. I hoped for the best and expected the worst. He's been a pleasant surprise."

Huntsville air attack more than just a passing fancy for coach, quarterback

There's good news and bad news for defenders hoping to catch the Clements' 199th win as a high school Huntsville Hornets.

coach Joe Clements has run out of sons to install at quarterback after

junior.

performance. 'It's really hard to evaluate

The Hornets, who moved into The and one first down last week in the Associated Press Schoolboy Poll this week at No. 9, will be going for coach Friday when they battle the Spring Lions.

Denver City by 31 over Lubbock

Roosevelt; Seminole by 1 over

Boys Ranch; Stinnett West Texas by

33 over Sunray; Wellington by 24

CLASS 2A: Stratford by 15 over

Atlanta at Pittsburgh

Washington at Detroit

Lubbock Cooper.

There are two games between ranked teams this week. Richardson Lake Highlands, No. 7 in 5A, plays No. 10 Plano, and No. 6 Austin Reagan takes on No. 10 Austin Westlake in 4A.

Aldine, top-ranked in 5A, plays Houston Eisenhower, and it's No. 2 Arlington Lamar vs. Arlington Martin, No. 3 Cypress Creek vs.

The elder Clements said he has the Dallas Samuell offense 34 yards Spring vs. Pecos.

Cowboys' 39-0 win, plays Dallas Spruce in a defensive match. Carter has the stingiest defense in

the state, having allowed 53 yards per game, while Spruce is eighth with 173 yards.

Elsewhere, No. 6 Converse Judson battles San Antonio Madison and No. 8 Marshall meets Lufkin.

In Class 4A, No. 1 A&M Consolidated plays Tomball, No. 2 Bay City takes on Brazosport, No. 3 West Orange-Stark duels Lincoln and No. 4 Henderson meets Hallsville.

Elsewhere, it's No. 5 Lubbock Estacado against Levelland, No. 7 Kerrville Tivy against South San No. 5 Dallas Carter, which allowed Antonio West Campus and No. 9 Big

No. 8 McKinney, which suffered a 21-14 defeat to Denison last week, attempts a rebound against the Gainesville Leopards.

Chuck Clements has had plenty of help in passing Huntsville to its 7-1 record.

Four Hornets are among the top eight receivers in District 15-5A. Senior Kenton Williams leads the team with 33 receptions for 753 yards. Billy Craft is second with 29 catches for 523 yards, followed by Randy Bryant with 29 for 446 and Edward Ordaz with 31 for 320.

"The fact that we have four receivers among the top eight in our district has been a surprise," coach

(See HORNETS, Page 6)

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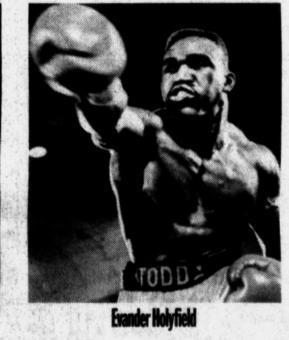


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IN THE FIGHT OF THE YEAR.





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> SHOWTIME. **EXCLUSIVES**



Leyland tabbed NL's top manager

thought some changes might be good fifth-place club into division for himself and the Pittsburgh Pirates

players, stopped smoking cigarettes and stopped drinking coffee. Calmed down, he then charged up his team 'a chance to win it," he said at Three

NEW YORK (AP) - Jim Leyland and turned the Pirates from a champions.

On Wednesday, Leyland was So he stopped screaming at his rewarded with the National League Manager of the Year award.

"Sure, I'd thought about having

Rivers Stadium soon after receiving off the New York Mets in September the honor. "But it still was a shock. It was an unbelievable feeling.'

Not much was expected from the Pirates this season after they went 74-88 in 1989. But they bounced back to become contenders, held up to the pressure of a stretch drive and held

to win the National League East. Pittsburgh finished 95-67. second-best in baseball to Oakland's 103-59.

Leading the way was Leyland, regarded as one of the most intense men in the majors. He was just as serious and studious this season, although he showed it in other ways.

"I took a little bit of a different approach. Everybody in the world has to make adjustments," Leyland said. "I stayed a little more low-key and I disciplined myself more.

"I think they were tired of hearing me yelling all the time and seeing hamburgers go flying across the clubhouse," he said. "I thought this club was at a point where it was important to keep things low-key and let the players stay focused on what they had to do."

Leyland had Barry Bonds and Bobby Bonilla for offense, but did not

have a set starting rotation or a relief ace. Leyland juggled his staff and 18 pitchers wound up winning games.

Leyland got 17 of the 24 first-place votes and finished with 99 points. Lou Piniella, who led Cincinnati past Pittsburgh in the playoffs and sent the Reds to a sweep of Oakland in the World Series, got three first-place votes and was second with 49 points.

Montreal's Buck Rodgers also got three first-place votes and was tied for third with 32 points with Los Angeles' Tom Lasorda, who got the other first-place vote. San Francisco's Roger Craig and New York's Bud Harrelson tied for fourth with two points each.

No manager was named on all 24 ballots. Two members of the Baseball Writers Association of America in each NL city vote, and voting was completed before the start of the playoffs.

Jeff Torborg of the Chicago White Sox was selected the American League manager of the year on

Tuesday. "This is kind of like icing on the cake for this season," Leyland said. "But I still wish I was in the position

Lou Piniella was." The Pirates struggled for the first two weeks, then hit their stride and took over first place. Pittsburgh stayed there for most of the season and, even when the Mets nudged ahead in the first week of September, would not fold as many predicted.

Leyland, 45, was a catcher for seven seasons in the Detroit organization and managed for 11 years in the Tigers' system.

He joined the White Sox as a coach in 1982 and studied under manager Tony La Russa, who remains one of Leyland's closest friends, and stayed in Chicago until he was hired by Pittsburgh.

TIAA says West Texas will have to wait a while to join

DALLAS (AP) - West Texas State problems with its athletic program. University must wait at least a year before it can be considered for miles south of Amarillo. membership in the non-scholarship Texas Intercollegiate Athletic Association, the leagueo's board of directors said Wednesday.

Presidents of the TIAA's eight member schools, who comprise the TIAA board of directors, were unanimous in their call for a 1-year moratorium on expansion, said Dr. Vic Morgan, chairman of the board of directors and president of Sul Ross State University.

A special meeting in Dallas on Wednesday was prompted by an informal request through a TIAA member president on behalf of

WTSU, league officials said. West Texas State, now an NCAA Division II school, is having financial

we will conduct a careful analysis of the conference's future goals," Morgan said.

Now in the TIAA are Sul Ross in Alpine, Midwestern State in Wichita Falls, Hardin-Simmons and McMurry in Abilene, Howard Payne in Brownwood, Tarleton State in Stephenville, Austin College in Sherman, and the University of

'We are not closing the door to discussions with any school or group of schools that is interested in joining," Morgan said. "We are simply saying we want to redefine what our goals are and where we want to go as a conference."

The TIAA was formed in 1976 as The school is in Canyon, about 20 an alternative to high-priced scholarship athletic programs. It "During this 1-year moratorium, became the first coeducational, non-scholarship conference in Texas. Charter members were Sul Ross. Austin College, Tarleton State and McMurry.

> The four other schools came aboard in the past three years. By choosing the non-scholarship route, Midwestern and Hardin-Simmons reinstated football after a long absence and the University of Dallas was able to initiate an intercollegiate athletic program.

TIAA member schools participate in the NAIA in football, volleyball, men's and women's basketball, baseball, tennis, golf and track and

Television

THURSDAY NOVEMBER 6 PM 6:30 7 PM 8 PM 10:30 7:30 9 PM 9:30 10 PM 11 PM Dorothy, Oz Movie: Karate Kid, Part II ** R. Macchio 1986 Sign of Four Cosby Show | Cosby Show | Cheers Grand G LA Law [] **Tonight Show** Bill Moyers Per Hopi 📮 **MacNeil Lehre** Movie: Dark Night of the Scarecrow *** 198 Movie: This House Po Wheel | Father Dowling | (:35) Cheer (:05) ET Movie: Magnum Force ** C. Eastwood, H. Holbrook 1973 (R) Night Court Top Cops Flash **Ladies Pro Bowlers Tour** PGA Golf My Talk Movie: Silver Bullet ** Dead Giveaway Dead Givea relad to the Mob *** (R) (:05) Vibes ★★ C. Lauper, J. Goldblurn 1988 oon Leader * 1988 (R) (:15) Shag, The Movie ** P. Cates 1989 (PG) Novie: Bear ** J. Wallace, T. Karyo 1989 Beatty 1975 (4:00) VideoPM Тепта Х wie: Close Relations ** 1990 E.N.G. NHL Hockey. Devils at Canucks (L)

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9	(Cont)	Danger Bay	Pound	Raccoons	Care Bears	Donald Duck	Win, Lose	Kids, Inc.	Mickey	Movie: Hobol	en Chicken
	(Cont)	Another Worl	d	Santa Barbar		Oprah Winfre	10	In Edition	Curr. Affair	Who's	NBC New
	Body	Mystery!		Wilson	Gift/Paint'g	Read	Mr. Rogers	Square One	Sesame Stree	10	Asia Now
	(12:05) Child	ren of	(:50) T & J		(:35) Flint	(:05) Flint	(:35) Brady	(:05) Laver	(:35) Gd	(:05) Hbill	(:35) And
	Hard Copy	One Life to L	lve	General Hosp	altel .	Sally Jessy R	aphael	Family	Challengers	Jeopardyl	ABC New
	(12:00) Luck	of the Irish **		Father	Father	F'stone	Popeye	C.O.P.S.	Popeye	Rin Tin Tin	New Zorr
	(Cont)	A. Griffith	D. Van	Hmooner	Cartoon	Inch High	DuckTales	Chip 'n	Mask 🔾	Chas.	Bud & Lo
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	Hot Potato	Chain React		Hollywood	Pyramid	Press Luck	High	Ten of Us	Dance	Cartoon Expr	
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33	(Cont)		and Hayes **					Assacre **		Movie: Ratho	
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HORNETS:

Clements said. "At this point in time, we're in better shape than we were last year. The whole year's been quite a surprise."

The surprises continued for Huntsville's opponents during last week's 34-17 win over Conroe McCullough.

The Highlanders raced to a 17-0 lead before Clements' arm was unleashed late in the second quarter. He finished with 295 yards passing and three touchdowns.

"They get into these feeding frenzies," said McCullough coach Weldon Willig. "They just feed on

points. They made so many good plays I don't know where to begin." Coach Clements said he'll rest

"We're going to try not to play some kids and get ready for the playoffs," he said. "Our motto is to respect everyone and fear no one, but we've got some bumps and bruises.'

several players against Spring.

Comics

by Dean Young and Stan Drake **BLONDIE**



Marvin By Tom Armstrong







By Mort Walker BEETLE BAILEY OH, IT'S SONY J I'M SORRY ITS A FAVORITE WHAT'S THAT





Barney Google and Snuffy Smith By Fred Lasswell











Health experts say get flu vaccine now

It's that time again. Cooler days are at-risk. signal the upcoming flu season. While winter weather is still many weeks away, health experts are encouraging people to get their flu vaccination now.

"It's a bad idea to ignore the warnings or hold off getting a flu vaccine until the influenza season is head of influenza research at St. Jude *Children's Research Hospital and a member of the World Health Organization flu team. "You're not fully protected against the flu until a month after you receive the vaccine, so the smartest thing to do is get inoculated as soon as the vaccine becomes available.

But who should get the vaccine? While anyone should be glad to skip a bout with the flu, the vaccination is especially important for people over age 65 because the body's ability to fight disease declines with age.

While the flu itself is not lifethreatening, it can cause serious problems for people with respiratory problems like asthma or emphysema and for those whose immune systems are compromised either because of disease or age," Dr. Webster said. "The flu can leave them vulnerable to other dangerous, and even fatal, diseases, including pneumonia."

Regardless of your age, if you suffer form one of several medical conditions an influenza vaccine is definitely in order. Especially at risk are people with asthma, emphysema, organ transplants, and those on cancer therapy. AIDS patients, because of their weakened immune systems, also

COMPUTERS USED FOR DESIGNING

NEW YORK (AP) - Some of the computer magic that helps create designs for movie special effects, fashions, automotive parts and other products is being used to design merchandising displays for America's grocery, drug, hardware, supermarkets and general merchandise

Computers are generating the detailed drawings needed to turn engineering specifications into usable designs through a system called computer-aided design (CAD).

It's also important to remember that each flu season brings a different strain of influenza virus. That means if you were vaccinated last year, you're not protected against this year's virus. Influenza vaccines need to be an annual ritual.

The 1990/91 vaccine contains the underway, "said Dr. Robert Webster, antigens A/Shanghai/89, A/Taiwan/86 and B/Yamagata/89.

"It's alarming that so few people get the flu vaccine-typically only one in three at-risk people," Dr. Webster said. "It's surprising, because the vaccines are quite effective."

One reason some shy away from the vaccine is fear of side effects. However, a recent study in the Journal of the American Medical Association found that 94 percent of senior citizens who went in for a flu shot felt as good or better after the

The worst strain of influenza virus occurred in the 1918-19 pandemic. Between 20 and 40 million people died throughout the world. In fact, more WWI soldiers died from the flu than from combat.

Although, for most of us, the only treatment for the flu is time, aspirin and a warm bed, there is, from some, another alternative.

Two prescription drugs, amantadine and rimantadine have been shown to be effective at warding off the disease in people exposed to the virus, who have not yet developed the flu," Dr. Webster said. "The drugs also can mitigate the effects of the virus in patients already affected. However, the drugs also have potential side effects, and should be used only for patients at risk of serious complications from the flu. The best treatment, of course, is a flu vaccine beforehand.

Influenza vaccines are available through most public health departments and private physicians.

St. Jude Children's Research Hospital conducts research into the flu, childhood leukemia, and other serious diseases of children. St. Jude is one of the world's premier biomedical research centers dedicated to find cures for catastrophic diseases of children. Its work is primarily supported through public contributions raised by American Lebanese Syrian Associated Charities.



Mickey Mouse Club?

Carla Koelzer is not a member of the Mickey Mouse Club only a volunteer with the Coffee Memorial Blood Bank Center. She was seen at the Annual Public Health Fair held Tuesday at the Hereford Community Center.

Alaska topic of meeting

their experiences of Alaska with Fall State Samboree. members of the Whiteface Sam Club during a recent meeting.

to view films and pictures narrated by the Brownd's.

New officers elected for 1991 were Ohio and San Antonio. Elmer Carlson, president; Jess Robinson, vice president; Mary Jean Gore, secretary; Mary McCutchen, dinner and regular meeting. assistant secretary; Dorothy Lundry, treasurer; Clyde Russell, wagon master; and Raymond Campbell, assistant wagon master.

Rosalie Northcutt attended the Kansas State Samboree at Garden City, Arkansas State Samboree and Louisiana Fall State Samboree.

Mr. and Mrs. Roy Campbell, Raymond Campbell and Elmer Carlson attended the Texas State know if their w Samboree in San Marcos, Arkansas sipping wine.

Gid and Juanita Brownd shared State Samboree, and the Louisiana

Bob and Ruth Morris recently toured the north eastern states and Twenty-two members were present Ercel and Annie Brashear have been in North Carolina.

The Wertenbergers made a trip to

The next meeting is scheduled for Nov. 8 at 6 p.m. for Thanksgiving



According to Greek historians, kissing began when menfolk wanted to

Easy steps to becoming a conservation achiever

Americans have a new attitude about the environment-and they are acting on it. Their heightened concerns have prompted millions of volunteers to become personally involved in environmental projects, from protecting endangered species to restoring wetlands. You can learn more about how you can improve the environment by thinking about these

*Have you worked to better the environment in your own community? \$tart by joining a tree-planting project or picking up litter in community parks or along local beaches. By being aware of your own surroundings, you can begin to improve and enhance nature in your own backyard.

*Have you volunteered your time to conservation causes? Imagine what you could achieve by taking the initiative in your own environmental project. By converting a vacant lot into a community park, or working closely with a conservation organiza-

tion, you could meet important

environmental challenges.

*Have you tried to educate others about environmental challenges? informing people about environmental issues is vital to improving the environment. You can better educate your neighbors by organizing a nature photo exhibit at your local library, conducting an environmental essay contest at area elementary schools or distributing conservation information to various businesses and social organizations.

There are just a few examples of how many Americans are responding to environmental problems by improving and enhancing the nation's air, water, land and wildlife resourc-

The Chevron Conservation Awards Program has been encouraging people to become active in environmental efforts for the past 36 years.

The oldest, privately sponsored program has recognized and rewarded nearly 800 citizens and rewarded nearly 800 citizen volunteers, professionals and non-profit organizations for their dedication and outstanding contributions to the conservation of natural resources.

The program is now accepting nominations for those individuals and organizations making a difference in the environment. The 25 winners will be honored at a banquet next May in Washington, D.C., where they will receive \$1,000 and a bronze plaque in recognition of their accomplishments. An independent committee of distinguished conservationists selects the winners.

Among the individuals and groups honored in 1990: a New York doctoral student who led efforts to protect the endangered Bahama Parrot; a courier service employee who coordinated the protection of a 20,000-acre wetland; and a group of student volunteers who restored firestricken areas of Yellowstone National Park.

"Though the years, honorees have demonstrated their dedication to the earth through their efforts to protect renewable natural resources," said Ed Zern, who founded and continues to direct the chevron program. " We hope to encourage more people to become involved in conservation efforts and find new ways of meeting environmental challenges."

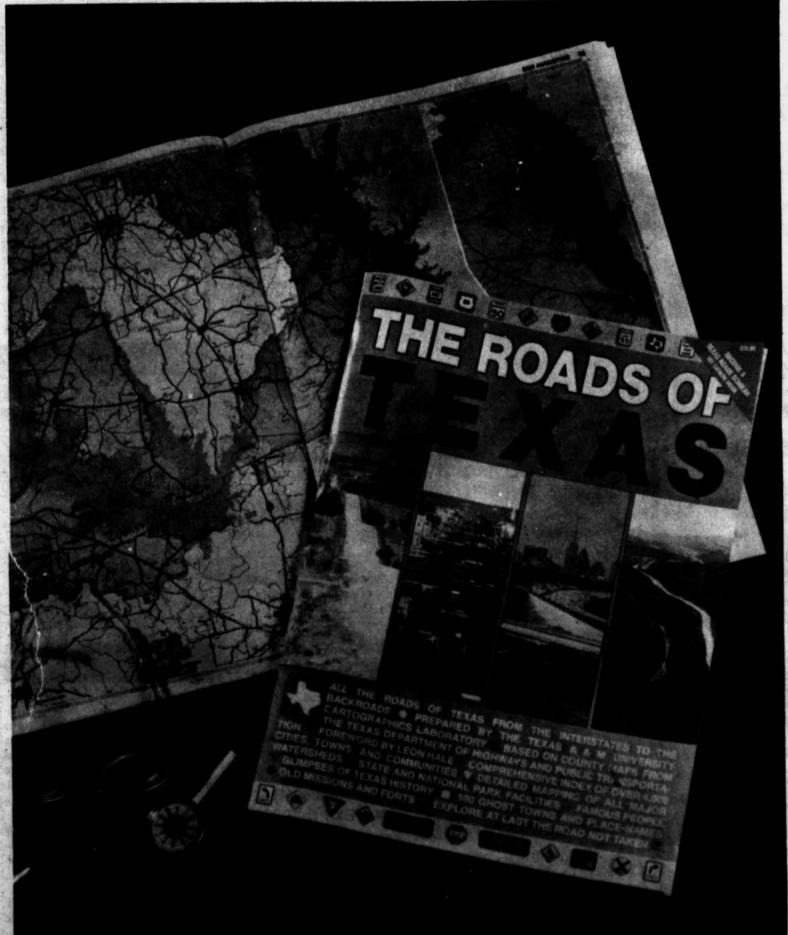


petals to all its blo members of the lily family. Thus the calla, with its single bowl, is not a member of the lily family at all.

VOTE FOR CONSERVATIVE MANAGEMENT County Commissioner

Precinct 4

Let us show you a Texas you've never seen before.



- All 172 pages in full color
- Each page measures a large 15 × 11 inches
- Presents the entire state in stunning detail
- Appendices and specialty maps of many different features

THE ROADS OF TEXAS is the culmination of a mammoth project that has involved many individuals for over two years. When you get your copy of THE ROADS OF TEXAS you'll wonder how you ever traveled the state without it.

This 172 page atlas contains maps that show the complete Texas road system (all 284,000 miles) plus just about every city and community! **Texas A&M University Cartographics** Laboratory staff members produced the maps, based on county maps from the State Department of Highways and Public Transportation. The details shown are amazing-county and local roads, lakes, reservoirs, streams, dams, historic sites, pumping stations, golf courses, cemeteries, mines and many other features too numerous to list.

Become one of the first in our community to own a copy of this magnificent atlas.

What they're saying about "The Roads of Texas"

66When you get your copy of THE ROADS OF TEXAS. you'll wonder bow you ever travelled the state without it. ?? **Texas Highways Magazine**

October, 1988

66For details of Texas terrain, oil company maps and the State's Official Highway Map can't match THE ROADS OF TEXAS. ??

Kent Biffle Dallas Morning News

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4:55

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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,

TIMES	RATE	MIN
t day per word	.14	2.80
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3 days per word	.34	6.80
4 days per word 5 days per word	.44	8.80
5 days per word	.34	10.00

urun ads in five consecutive issues with NO ges, you get the same ad in the Reach 4 More The regular charge for that ad would be \$3.60

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 con-LEGALS

Ad rates for legal notices are same as for classified

ERRORS

Every effort is made to avoid errors in word ads and legal notices. Advertisers should call attention to any rors immediately after the first insertion. We will no case of errors by the publishers, an additional insertion will be published.

1-Articles For Sale

Professional VCR cleaning and repair. Hereford Home Center, 226 N. Main. 15169 364-4051.

Concrete construction B.L. "Lynn" Jones, Driveways, walks, patios, foundations, slabs. Free estimates. Over 20 yrs. experience. 364-6617.

Repossessed Kirby.Other name brands. Used-rebuilt-\$39-up. Sales-Service on all makes, 364-4288.

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

We repair all makes and models of sewing machines and vacuum cleaners. Hereford Home Center, 226 N. Main. 15170 364-4051.

Firewood, seasoned oak or meso Collier Tire Store, 364-8411.

Sears Appliance Center of Hereford has 2 head VCRs for \$234.88 and 4 head VCRs for \$269.97 in stock 364-3854. 15646

Fuitsu DX-2100 High-speed 9-Pin Printer \$100.00. Hamis/3M 6015 Heavy Duty Copier \$800. 364-8812. 15696

Sears Appliance Center of Hereford announces that we have a layaway program for appliances only. Easier shopping for you. 364-3854.

15651

Piano for sale. Wanted: Responsible party to take on small monthly payments on piano. See locally. Call Manager at 800-635-7611. 15713

Sears Appliance Center of Hereford has 20 in. Magnavox TV in stock for \$259.99. We meet Sears prices in Amarillo.

Frigidaire refrigerator, Magic Chef built-in dishwasher, 26" console color t.v. with remote control. 364-0660.

Kenmore Built in Dishwasher 3 level wash for \$318.85 at Sears Appliance Center in Hereford where we want your business. 15648

For sale: White-Washer/Dryer & white dishwasher. 364-4280 after 4:30. 15739

Kenmore wide sweep upright vacuum comes with attachments for \$139.96 in stock at Sears Appliance Center of Hereford, 364-3854. 15649

Remington Model No. 870, 20 gauge shotgun. Like new. 364-0870. 15740

Lady's 10 speed bike \$35.00; Girl's speed bike \$25.00; 364-6839 after

WEST PARK DRUG now offers fax services to businesses and individuals Call or come by for details 364-4900 213 W. Park

Garage Door Openers in stock 1/2 hp 149.99 installation available at Sears Appliance Center in Hereford, Call 364-3854.

Two metal desks, two trucking dollies, one new wheel chair, 30" fan on stand, several misc. office & warehouse items. 364-2565. 15757

For sale: Piano for beginner, \$150.00. 364-4575.

For sale: 2 pairs of mules with harness. Green couch & chair, patchwork quilt, couch & chair. 258-7303. 15782

1A-Garage Sales

4 Family Garage Sale Friday, 8:00-5:00; Saturday, 8:00-noon. Furniture, blankets, sheets, clothes of all sizes, lots of misc. 244 Centre.

Garage Sale - 703 E. 4th St. Thursday & Friday. Stationary bicycle, clothes & miscellaneous.

Two Family Garage Sale Friday, Saturday & Sunday 9:30 a.m. to 6:00 p.m. 801 Baltimore. ladies, girls clothes, toys, furniture, golf, ski equipment, misc.

Garage sale 241 Hickory Saturday 7-2. Microwave, cast iron plant stand & lots of clothes. 15783

2-Farm Equipment

1979 F7000 Ford 3208 Cat Diesel. 80,000 miles, 5-speed, 2-speed, 22 ft. ready with 5 month job. 806-745-7752. 15682

1972 Chevrolet Titan Cabover, 318 Detroit, 9-speed transmission with 24 ft. dump bed, twin-screw power steering, 5 month job. 806-745-7752.

1977 Mack Truck with 1984 Lufkin dump trailer with 6 month job. 806-745-7752. 15684

Trailer Chassis, Big 12, JD, Coby, 5th Wheel, Shallowater Equipment, 806-873-3313, 795-3309. 15754

3-Cars For Sale

Conversion van for sale, fully loaded, dual air conditioning, extremely nice, 364-6334.

For sale: 1983 Ford Pickup, F-150 Good condition, new tires, stereo\cass, a/c automatic, dual tanks \$3500.00. 364-7759 . 15686

65 Mustang, restorable condition, 289 V8 3spd, manual transmission, w/"California Special" wheels. \$1500 or \$1200 w/o wheels. 364-4431 by day, 258-7324 by night. 15709

1984 Pontiac Parisienne, one owner, all extras, extra clean, \$3995. Will consider all serious offers. Four miles South of Canyon. 488-2478.

15710

For sale 1985 Buick Park Avenue Excellent condition. 364-8343 after 5

1984 Buick Riveria, loaded, \$5495, blue & blue interior, 364-0660. 15728

Gas saving '87 Chevrolet Spectrum 4DR 28,000 miles \$4,000, 364-4084 - leave

'88 Ford Conversion Van. One flat-bed utility trailer, one covered utility trailer, one Motorola base station with one mobile unit & telephone. 364-2565.

1982 Olds Cutlass Supreme, very clean, reasonably priced, Call 364-2412 after 6 p.m.

CROSSWORD

by THOMAS JOSEPH **ACROSS** beasts 42 Poet John 1 Carry 43 Penny 5 Beam fastener producer 10 Tel -

11 "Bare-1 Flavor 2 Finished back"-3 Singer riding Turner Lady 12 Hawaii's 4 Prime state bird 13 Tarzan

5 Noted pollster was one 14 Rocks 6 That is from N.H. 7 Energy 8 Zsa Zsa's 16 Neon, e.g., ana-9 Sunbathgram of

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17.Sea gust 18 Hymn machine

28 Flemish painter 29 Moroccan seaport, anagram of 16 Across 32 Ungrateful ones. anagram

20 Reeks

love

25 Farm

27 Past

of 29 Across 36 Llama's 39 Stow cargo

40 Use semaphore 41 Yoked 30 Ferber org.

'86 Chevy Cavalier, \$300 down and take up payment. '77 Chevrolet GMC 80. 364-0467.

American dump bed, drag axle, clean Having problems selling your car? We will sell it on consignment for you Call Jerry-Stevens-Chev-Olds, 364-2160.

> 1988 TransAm GTA 28,000 Miles, immaculant condition, one owner, loaded, fast & sweet, garaged, \$16,000. 364-7316, 1-678-7316.

3A-RVs For Sale

For sale 1983 14' Pro Craft Bass Boat and trailer, 50hp Johnson Outboard 5 speed Minn Kota Trolling Motor. LCR 4000 graph, super 60 Depth Finder, Timed Livewell, Ph. 364-6456 day or night.

4-Real Estate

FARMS FOR LEASE To grow Sugar Beets, Fully alloted corn, milo, cotton and wheat. Sprinklers, good water. Easter/TAM ANNE

352-8248 372-1045

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

Two houses and two separate corner lots near San Jose Church, one house at 237 Catalpa, 1/2 block, 140x300, that has been cleared on corner of Gracey & Sampson. Call 364-8842.

For sale 1.9 acres north of city limits Hereford off of HiWay 385. Partially fenced & large barn with steel pens. Call 505-472-5657 after 6 p.m. 15737

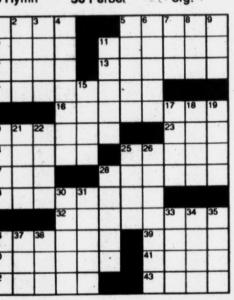
FHA assumable non-qualifying, 9 1/2% loan. 2,000 sqft, beautiful decor. Family is moving South & must sacrifice this lovely home. Steal & deal now. Next week we call the realtor. 207 Elm. 364-7759.

Northwest, 3 bedroom, 2,000 sq. ft. home on corner lot. Owner will trade. Gerald Hamby, Broker, 364-3566.

Yesterday's Answer close novel 19 Letter 31 Cuzco natives opener 20 Tiff 33 Prepare 21 Forum for takeoff

garb 22 Press 34 Early 25 Mason's garden 35 Disportrayer 26 David's patched 36 Inquire favorite

37 Deceit son 28 Kingly 38 Nicklaus's



By owner: 4 bedroom/3 bath home in N.W. Hereford. 3400 sq.ft. living area. Reasonably priced. Call 364-4590.

4A-Mobile Homes

1985 28x48 Oak Creek Mobile Home. 3 bedroom, two bath, central heat & air, excellent condition, no equity, assume loan, 364-3549.

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Call 364-2030

5-Homes For Rent

1.2.3 and 4 bedroom apartments available. Low income housing. Stove and refrigerator furnished. Blue Water Garden Apts. Bills paid. Call 364-6661.

Move-in special now. No deposit. One and two bedroom apartments, All bills paid, except electricity, "Reduced Rate-By Week or By month" Eldorado Arms, 364-4332.

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.

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ONE AND TWO BEDROOM BRICK HOMES WITH GA-RAGE AND/OR CARPORTS.

Comfortable living Accommo-Separate Dining and Kitchen

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Utilities Paid

Call (806) 364-0661 for an appointment to see these residences. Calls can be received between the hours

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P.M., Monday through Friday.

(1) King's Manor (1) Methodist Home, Inc.

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Nice, large, unfurnished apartments. Refrigerated air, two bedrooms. You pay only electric-we pay the rest. \$275.00 month. 364-8421. 1320

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1360

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Need extra space? Need a place to time positions available. Taking have a garage sale? Rent a incoming calls only. 713-863-7626. mini-storage. Two sizes available, 364-4370.

Special move in rate, two bedroom apartment, stove and refrigerator, water paid. 364-4370. Will accept community action. 14764

Two and three bedroom home for rent, nice area. Call 364-2660 or 364-7476.

One bedroom apartment, \$195 monthly, water & gas paid. 807 N. Lee. 364-6489. 15654

Two bedroom furnished or unfurnished, stove/refrigerator, fenced patio area, laundry facilities, water & cable paid. 364-4370. 15707

For rent: Duplex apartment, stove & refrigerator, carpeted. Single or couple only, no pets. 503 B. N. Lee. 364-4594. 15715

One bedroom furnished efficiency apartment for rent. \$165.mo;\$50

deposit. 364-0999; after 5 call 364-7178 assitute esquete15722

For rent: One efficiency apartment, water

paid, \$50 deposit,\$130 month, 1002 Russell. See lady at 1004 to see inside. 15735

Two bedroom, two bath homes with stove, fridge & AC. Central gas heat & w/d hookups. \$260-325/mo. We accept Community Action. 364-3209. 15738

For rent, 122 Ave. D, 2 bdrm, 2 bath.

Nice home. 364-3545.

For rent: 2 bedroom unfurnished duplex w/d hookup, fenced yard, no pets. \$225 monthly. Call 364-4730 evenings or weck-ends. 15750

Small efficiency house, stove/refrigerator, fenced yard, \$149 monthly, 364-4370. 15752

3 bedroom duplex, stove/refrigerator, utility room, w/d hookup, fenced yard, 364-4370. 15753

For rent: One large two bedroom, two bathroom trailer, \$200 monthly, water furnished. 364-1111.

7-Business Opportunities

\$5000 immediate credit! We make it easy regardless of your credit history. Over 95% approved. Also MC/VISA. 24 hours. 1-800-366-3710 ext. 190.

Loans by phone. \$5,000 and up regardless of past credit history. 95% approved. Call 214-601-1682. 15378

American Collections-America's fastes growing collection service. Medical, dental, retail, commercial. No collection, no fee. Call toll-free, 1-800-395-0108.

HOME TYPISTS, PC users needed. \$35,000 potential. Details. (1) 805 687-6000 Ext. B-10339

8-Help Wanted

Help Wanted: Waitress and delivery drivers. Apply in person Pizza Hut, 1404 W. 1st. Paid vacation plan

Are you tired of TOTAL paperwork and no direct patient care. Have you thought about Home Health Care. We have a new position open for an RN/LVN in our HHC department Fringe Benefits include: New Call-Back Pay, New payment for mileage rotation on call, vacation, paid health and dental. Call about becoming

NURSE again. Palo Duro Hospital # 2 Hospital Canyon, Texas 79015 806-655-7751

\$250-\$350 weekly, part-time & full

Live-in sitter, over 18; one child okay: up to \$825/month. Relocation to Houston will be paid. (713)789-2360.

Part time person to work mornings doing filing, typing, etc. Send resume to Box 673 TB. 15734

\$335 per week!! Work at home! Free recorded message (601)264-1725.

Wanted: Christian woman to live in six days per week with elderly woman. Call 364-3433, 364-0892 or 364-2242 after 6 p.m. 15780

9-Child Care

Openings for children in my home. Drop-ins welcome. Will sit Friday nights & week-ends. Ten years experience. Call Bonnie Cole, 364-6664. 15314

Child care in my hope. All ages-pickups from school, Call Kim at 364-5275.

> KING'S MANOR **METHODIST** CHILD CARE

<u>*State Licensed</u> <u>*Qualified Staff</u> Monday-Friday **6:00 a.m.** - 6 : p.m. Drop-Ins Welcome with 15741 Two Hours Notice.

> MARILYN BELL Director 364-0661 100 Ranger

HEREFORD DAY CARE State Licensed **Excellent program** by trained staff.

Children 0-12 years

248 E. 16tl 215 Norton 364-5062 364-3151

10-Announcements

Notice! Good Shepherd Clothes Closet, 625 East Hwy. 60 will be open Tuesdays and Fridays until further notice from 9 to 11:30 a.m. and 1:30 to 3:00 p.m. For low and limited income people. Most everything under \$1.00.

Problem Pregnancy Center. 505 East Park Avenue, 364-2027. Free pregnancy tests. Confidential. After hours hot line 364-7626, ask for "Janie."

11-Business Service

Defensive Driving Course is now being offered nights and Saturdays. Will include ticket dismissal and insurance discount. For more information, call 364-6578.

Will pick up junk cars free. We buy scrap iron and metal, aluminum cans. 364-3350. 970

Garage Doors & Openers Repaired. Call Robert Betzen Mobile 1-679-5817; Nights Call 289-550

FIASSIFIEDS

Haul trash, dirt, sand & gravel. Also yard levelling, tree trimming & planting. Will build and clean flower beds. Call 364-0553 or 364-1123.

15321

C & H Cleaning Service specializes in office cleaning & rental homes. For more information call 364-6237.

WINDMILL & DOMESTIC Sales, Repair, Service, Gerald Parker, 258-7722

Would you like a good country Western band for your Halloween Christmas, or New Year party? The Blue Sage Band is made up of six musiclans from around Hereford. For more information call 364-6237 after 5:30 p.m.

Due to sickness we have not answered our phone. We are still in business. Complete Roofing Service. Build patio covers & protection covers for mobile homes & travel trailers. WELDON'S ROOFING 276-5269

12-Livestock

Grass or stubble pasture for 75 cows through March. Call David Brumley, 289-5902. 15497

For sale: Sweet sorghum sudan beets. \$55-ton, Round or square, 289-5341.

13-Lost and Found

Lost at Mrs. Abalos Male Blue Heeler, black spot on tail & black spot on side, brown collar with blue dog tag, short-haired, "Bud". Reward. 272-4305 or 272-3292. Desperate. Lost October 16, at noon. May have baling wire around collar.

LOST-little girl's Siamese cat, 4 months old, probably followed someone off Wednesday night from 300 block of Douglas. Reward offered for return, call 364-4776 after 5:30 p.m.

LEGAL NOTICES

NO. 3811
IN RE: THE ESTATE OF
SAM NUNNALLY,
DECEASED
IN THE COUNTY COURT OF
DEAF SMITH COUNTY, TEXAS
SITTING IN MATTERS PROBATE
NOTICE TO CREDITORS

Notice is hereby given that original Letters Testamentary for the Estate of SAM NUNNALLY, Deceased, were issued on August 24, 1990, in Docket No. 3811, pending in the County Court of Desf Smith County, Texas, to: EVA NUNNALLY.

The residence of the Independent Executrix is in Deaf Smith County, Texas, the post office address is: 510-A Roosevelt, Hereford, Texas

All persons having claims against this Estate which is currently being administered are required to present them within the time and in the manner prescribed by law.

DATED the 29th day of October, 1990.

EVA NUNNALLY
By Earnest Langley, 11918000
WITHERSPOON, AIKIN &

11-1

140 E. 3rd, P.O. Box 1818 Hereford, Texas, 79045 (806)364-1100 (806)364-1705 (fax) Attorneys for the Estate The Deaf Smith County Commissioners will receive proposals for a "Septic Tank Inspector" for the County at 9 AM November 12, 1990 at the Commissioners' Courtroom in the Courthouse. Persons interested in making the proposal need to be state certified or willing to train to become certified. For detailed information on the position contact the County Auditor at 364-2221 or 242 E. 3rd Street, Hereford, Texas. The Commissioners reserve the right to reject any and all proposals.

The Commissioners Court of Deaf Smith County will open proposals for a "Fax Machine" aka Facsimile transceiver at 9 AM on November 12, 1990 at the Courthouse. Please quote a plain paper and thermal paper machine. The Commissioners reserve the right to reject any and all proposals

LEGAL NOTICE
The Panhandle Regional Planning
Commission (PRPC) is in the process of electing a minority representative to fill a position on its Board of
Directors. The meeting is to be held
on Monday, November 5, 1990, at
7:00 p.m., at the Deaf Smith County
Courthouse, Hereford, Texas. All
minority citizens in Briscoe, Castro,
Deaf Smith, Parmer and Swisher
Counties are invited to attend this
meeting. Information may be obtained from Rebecca Rusk at PRPC,
(806)372-3381

Non-alcoholic beer is a growing \$45 million market in the United States. Sales of 534,000 cases in January and February of 1990 were up 36 percent from the same period

Nov. 1, Thurs



Thin cream cheese, pot cheese or cottage cheese with a bit of milk and blend in chopped scallions, green pepper, radishes, garlic, herbs, nuts or chopped dried fruits to create your in tasty spreads and vegetable stuffers.

YOU WANT IT YOU GOT IT CLASSIFIED

364-2030 ADDRESS: 313 N. LEE

KNOW YOUR LIMITS...

SPEED LIMIT 65

Maximum legal speed for cars, motorcycles, commercial buses and light trucks in rural zones of Interstate designated highways.

SPEED LIMIT 55

Still the maximum legal speed permitted in most highway zones.

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

RQB KQSW AYS LZY QK PHDUTNY BRYS TU NQAYD UQ PHWFTSF URY NZTAYD OK KQZAYZ FYSYZLUTQSD.

- L Z A L S W D L E L N Z Q H

Yesterday's Cryptoquote: PERHAPS NO MAN
THOUGHT A LINE SUPERFLUOUS WHEN HE
WROTE IT __JOHNSON

NOTICE OF PUBLIC HEARING ON APPLICATION FOR WASTE DISPOSAL PERMIT

WARREN AND BOBBY OWEN, 340 Elm, Hereford, Texas 79045 have applied to the Texas Water Commission for a permit (Proposed Permit No. 03232) to authorize disposal of waste and wastewater from a cattle feedlot which consists of 2,500 head in confinement. Washdown water, flushwater and stormwater will be retained in one storage pond for disposal by evaporation and may also be used for irrigation. Manure/solids will be disposed of as fertilizer on agricultural land. No discharge of pollutants into the waters of the State is authorized by this permit.

The cattle feedlot is on Progressive Road, approximately 0.5 mile south of the intersection of U.S. Highway 60 and Progressive Road in Deaf Smith County, Texas. This location is in the drainage area of the Prairie Dog Town Ford Red River in Segment No. 0207 of the Red River Basin. The Executive Director of the Texas Water Commission has prepared a draft permit based on the application submitted by the applicant and other information presently available.

A Hearings Examiner of the **Texas Water Commission will** conduct a public hearing at 9:00 a.m. - Thursday, December 20, 1990, Deaf Smith County Courthouse - Commissioners Courtroom (Rm. 200) to receive evidence on the conditions, if any, under which the permit may be issued, and determine whether State Certification in accordance with Section 401 of the Federal Clean Water Act may be issued. This hearing will be held under the authority of Sections 26.020, 26.021 and 26.028 of the Texas Water Code and the Rules of the

Texas Water Commission.
The record of this proceeding will include evidence and testimony taken at the public hearing. The hearing may be continued from time to time and place to place, if necessary, to develop all relevant evidence bearing on the subject of the hearing. The Texas Water Commission reserves the right to schedule or reschedule hearings as it deems necessary.

Further information concerning any aspect of the application, if available, may be obtained by contacting Kevin McCalla, Staff Attorney, telephone (512)463-8069. Information concerning any procedures of the hearing may be obtained by contacting Bill Zukauckas, Hearings Examiner, telephone (512)463-7875. Information concerning public participation in hearings may be obtained by contacting the Public Interest Counsel, Cynthia Hayes, telephone (512)463-8030. Persons desiring to protest the

granting of this application, who have not previously requested a hearing in writing, should file written protests, with the Commission prior to the hearing date and serve copies of the written protest on the applicant and all designated parties, if any. The written protest shall: show the name and address of the protestant; identify the pending application; state the basis of the protestant's interest and any relevant facts and conclusions; describe the location of the protestant's property relative to the application; and propose any amendment or adjustment to the application which, if made, would result in withdrawal of the protest. persons desiring to present information relating to the application must appear at the public hearing either in person or by representative and present such information, subject to all applicable rules of evidence. Information offered in written form without the writer's presence will be noted by the Commission but will no be considered as evidence since the right to cross-examine is absent. No person will be admitted as a party to the proceeding unless the person complies with Commission Rules which require a justiciable interest and attendance at the hearing either in person or by qualified representative. Issued this 25th day of October,

Brenda W. Foster, Chief Clerk Texas Water Commission

Sample ballot for the Nov. 6 general election

GENERAL ELECTION
(ELECCION GENERAL)

PRECINCT
BALLOT STYLE 4

(CONDADO DE) DEAF SMITH COUNTY, TEXAS

NOVEMBER 6, 1990 (6 de noviembre de 1990)

SAMPLE BALLOT (BOLETA DE MUESTRA)

TO VOTE, COMPLETE THE ARROW POINTING TO YOUR CHOICE, LIKE THIS: STRAIGHT PARTY VOTE COMMISSIONER OF AGRICULTURE (COMISIONADO DE AGRICULTURA) CHIEF JUSTICE, SEVENTH COURT OF APPEALS DISTRICT (Vote for One) STRAIGHT PARTY VOTING: (JUEZ PRESIDENTE, CORTE DE APELACIONES, DISTRITO NUM. 7) REP RICK PERRY If you wish to vote a straight party ticket, complete the arrow beside your party choice. JIM HIGHTOWER DEM-CHARLES L. REYNOLDS KAREN A. TEGTMEYER LIB-DISTRICT JUDGE, 222ND JUDICIAL DISTRICT (VOTANDO A FAVOR DE TODOS LOS CANDIDATOS DE UN (JUEZ DEL DISTRITO, DISTRITO JUDICIAL NUM. 222) PARTIDO POLITICO: BAIL BOAD COMMISSIONER Si desea votar por todos los (COMISIONADO DE FERROCARRILES) candidatos de un partido político, completa la "lecha acerca el nombre DAVID WESLEY (WES) GULLEY DEM (Vote for One) CRIMINAL DISTRICT ATTORNEY DEAF SMITH COUNTY del partido de su preferencia.) ROBERT (BOB) KRUEGER DEM REP + REPUBLICAN PARTY (PROCURADOR CRIMINAL DEL DISTRITO CONDADO DE) C. W. STEINBRECHER LIB-(PARTIDO REPUBLICANO) DEM -DEMOCRATIC PARTY CHIEF JUSTICE, SUPREME COURT (JUEZ PRESIDENTE, CORTE SUPREMA) (PARTIDO DEMOCRATICO) COUNTY JUDGE - (JUEZ DEL CONDADO LIB + LIBERTARIAN PARTY (Vote for One) (PARTIDO LIBERTARIANO) TOM PHILLIPS REP **TOM SIMONS** DEM -UNITED STATES SENATOR OSCAR H. MAUZY DISTRICT CLERK (SECRETARIO DEL DISTRITO) (SENADOR DE LOS ESTADOS UNIDOS) (Vote for One) JUSTICE, SUPREME COURT, PLACE 1 (JUEZ, CORTE SUPREMA, LUGAR NUM. 1) LOLA FAYE VEAZEY DEM 4 REP 🖛 PHIL GRAMM (Vote for One) DEM -COUNTY CLERK HUGH PARMER (SECRETARIO DEL CONDADO) REP LIB 🖛 JOHN CORNYN **GARY JOHNSON** GENE KELLY DAVID RULAND DEM 4 UNITED STATES JUSTICE, SUPREME COURT, PLACE 2 TAX ASSESSOR/COLLECTOR, UNEXPIRED TERM REPRESENTATIVE, DISTRICT 19 (REPRESENTANTE DE LOS ESTADOS (JUEZ, CORTE SUPREMA, LUGAR NUM. 2) (ASESOR/COLECTOR DE IMPUESTOS DEL CONDADO, TERMINO NO COMPLETADO) (Vote for One) UNIDOS, DISTRITO NUM. 19) CHARLES BEN HOWELL **BOB GAMMAGE** DEM LARRY COMBEST REP 🖛 MARGARET PEREZ DEM 🖛 GOVERNOR - (GOBERNADOR) JUDGE, COURT OF CRIMINAL COUNTY TREASURER APPEALS, PLACE 1 (TESORERO DEL CONDADO) CLAYTON WILLIAMS JUEZ, CORTE DE APELACIONES **CRIMINALES, LUGAR NUM. 1)** DEM -**ANN W. RICHARDS** (Vote for One) KYLA MCDOWELL REP 4 JEFF DAIELL LIB 🖛 JOSEPH A. (JOE) DEVANY REP **VESTA MAE NUNLEY** FRANK MALONEY DEM-**COUNTY SURVEYOR** LIEUTENANT GOVERNOR (GOBERNADOR TENIENTE) (AGRIMENSOR DEL CONDADO) JUDGE, COURT OF CRIMINAL (Vote for One) APPEALS, PLACE 2 KENNETH W. HAGAR DEM -JUEZ, CORTE DE APELACIONES REP -ROB MOSBACHER **CRIMINALES, LUGAR NUM. 2)** DEM -**BOB BULLOCK** JUSTICE OF THE PEACE, LIB 🖛 (JUEZ DE PAZ, PRECINTO NUM. 1) TOM OWENS OLIVER S. KITZMAN JOHNNIE TURRENTINE DEM 4 SAM HOUSTON CLINTON DEM-(PROCURADOR GENERAL) JUDGE, COURT OF CRIMINAL (Vote for One) APPEALS, PLACE 3 JUEZ. CORTE DE APELACIONES REP -COUNTY COMMISSIONER, J. E. "BUSTER" BROWN CRIMINALES, LUGAR NUM. 3) PRECINCT NO. 2 (COMISIONADO DEL CONDADO, DEM -DAN MORALES (Vote for One) RAY E. DITTMAR LIB -PRECINTO NUM. 2) DEM-BILL WHITE (Vote for One) CAROL CAUL LIB-LARRY A. MALAMEN COMPTROLLER OF PUBLIC ACCOUNTS (CONTRALOR DE CUENTAS PUBLICAS) JUDGE, COURT OF CRIMINAL APPEALS, PLACE 4, UNEXPIRED TERM (JUEZ, CORTE DE APELACIONES CRIMINALES, LUGAR NUM. 4, TERMINO NO COMPLETADO) LUPE CHAVEZ (Vote for One) COUNTY COMMISSIONER. WARREN G. HARDING, JR. REP -PRECINCT NO. 4 (COMISIONADO DEL CONDADO, DEM -JOHN SHARP WILLIAM E. "BILL" GRISHAM LIB 🖛 PRECINTO NUM. 4) DAVID BERCHELMANN REP-CHARLES F. (CHARLIE) BAIRD DEM-KEN R. ROGERS STATE TREASURER - (TESORERO ESTATAL) REP -(Vote for One) JOHNNY LATHAM DEM JUDGE, COURT OF CRIMINAL KAY BAILEY HUTCHISON REP-APPEALS, PLACE 5, UNEXPIRED TERM PROPOSED CONSTITUTIONAL NIKKI VAN HIGHTOWER DEM -(JUEZ, CORTE DE APELACIONES AMENDMENT SUZANNE LOVE CRIMINALES, LUGAR NUM. 5, LIB -**IENMIENDA PROPUESTA** TERMINO NO COMPLETADO) A LA CONSTITUCION (Vote for One) COMMISSIONER OF THE GENERAL LAND OFFICE COMISIONADO DE LA OFICINA GENERAL DE TERRENOS) The constitutional amendment to LOUIS E. STURNS clarify the authority of the senate to consider certain nominees to state MORRIS L. OVERSTREET and district offices and to provide for filling vacancies in those STATE REPRESENTATIVE, DISTRICT 86 (REPRESENTANTE ESTATAL, DISTRITO NUM. 86) REP-WES GILBREATH DEM -No. 1 **GARRY MAURO** FOR (A FAVOR DE) RICHARD C. DONALDSON LIB -JOHN SMITHEE *Voters in Precincts 1 and 3 will not have a commissioners' race on their ballots. Voters

*Voters in Precincts 1 and 3 will not have a commissioners' race on their ballots. Voters in Precincts 2 and 4 will have only their commissioners' race on the ballot.

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

How to help physicians overcome impairments

thing is not quite right with a physician--he or she smells of alcohol, looks disheveled, is irritable, has memory lapses--they can do themselves and the physician a favor, says Texas Medical Association, by calling the county medical society.

"Doctors are human," says Neal H. Grav, M.D., a member of TMA's Committee on Physician Health and Rehabilitation (PHR).

"The incidence of alcoholism among physicians is the same as for insurance salesmen, lawyers, airline pilots, and everyone else--roughly 10 percent of the population," explains the San Antonio anesthesiologist.

"It's not stress that causes doctors to become alcoholics or addicts," says Dr. Gray. First, a person must have a "genetic predisposition" that increases susceptibility.

Second, "they're usually just trying to be a better doctor--taking a pill to sleep at night and another to be alert in the morning--and they fall into a trap." Because of selfprescribing, drug addiction among physicians may be higher than the general population.

If patients notice unusual behavior, they often are afraid to become involved or worry about getting themselves or the physician in trouble, so they simply find another physician. Still others become angry and look for ways to punish the physician.

"Saying nothing, getting the doctor fired, or running the doctor out of town is not a solution," Dr. Gray says. "The doctor just goes down the road to another town."

Instead, the problem must be recognized for what it is. "These are not bad doctors--they're sick doctors, and they need to be treated," adds Dr. Gray.

 Texas cities have a county medical society PHR committee or PHR committee district coordinators to receive reports. Or the patient can call the state referral number, (512) 477-5575, and leave a message on the

In reporting, a patient will be asked basic facts--the physician's name and address and details about the incident. The patient's name will

Autumn art show Nov. 4

More than 20 artists will display their works in the Autumn Fine Art '90 to be held Sunday, Nov. 4, from 2-5 p.m. The event will be held at Spanish Skirts, Gamble's Frame and Art and the upstairs atrium of the Old Bank building (above the Coldwell Banker office) in Canyon.

The public is invited to attend and refreshments will be served.

Canyon area artists who will have works on display include: Jon Birdsong, Ann Crouch, Bill Burrell, Carl Smith, Jim Ward, Bill Hughes, Gene Murray, Barbara Wooten, Bill Bradley, Laura Hill, Lavern Nelson, Pat Dagnon, Judy Kracke, Danny Gamble, R. Russell Brown, Margaret Campbell, Victoria Taylor-Gore, Carl Hollabaugh, Betty Graham, Gary Ward, Rick Gilliland, Robert Hirsch, Vicki Simmons, Pam Nixon-Miller, Beth Nelson and Mike Loe.

Co-sponsor of Autumn Fine Art '90 with Spanish Skirts and Gamble's is The Canyon News.

The boundary between Maryland and Pennsylvania, the Mason-Dixon line, was agreed upon in 1767.

When patients sense that some- be kept confidential, and the patient is protected from liability for good faith reporting under state law.

> A local committee of physicians will investigate and confront the physician. "This is not just a way for the physician to get off the hook," explains Edgar P. Nace, M.D., a Dallas psychiatrist and vice chair of TMA's PHR committee. "If the physician is in imminent danger of harming someone or does not cooperate, then we will take action."

When confronted, a physician may respond in different ways. "Some get angry and threaten to call their lawyers, and others try to laugh it off," says Dr. Gray. "But many are relieved. They're glad the nightmare is finally over."

Physicians treated for alcohol or drug addiction have recovery rates roughly twice that of the general population because they are motivated to regain medical practice and because of stringent after-care and monitoring.

The Texas Medical Association is a professional organization of more than 29,000 physician and medical student members. It is based in Austin and has 119 component county medical societies around the state. The Association represents 82 percent of the doctors of medicine licensed and residing in Texas, and its goal is to improve the health of Texans through the professional and personal development of its members.

Donation made by lodge

The Hereford Rebekah Lodge #228 met recently with members voting to send a donation to the Home for the Aged Christmas party in liver function will need to be fol-

Noble Grand Rosalie Northcutt presided at the regular meeting. Reports were made and 15 visits to the sick, 16 cheer cards, seven dishes of food delivered and one flower arrangement was send.

Reports were given by Ben Conklin and Susie Curtsinger on the 45th anniversary party of Muleshoe Rebekah Lodge #114 held recently. Verna Sowell served as hostess a

the fellowship hour. Others attending were Erma Loving, Jim Loving, Genevieve Lynn, Gene Bishop, Lydia Hopson, Ocie Bolton, Mary Lou Weatherford, Jo Irlbeck, Tony Irlbeck, Irene Merritt and Leona Sowell.

Ask Dr. Lamb

DEAR DR. LAMB: I have had high cholesterol and high triglycerides for five years. I have been taking niacin and it caused my blood glucose to go so high my doctor said I was going to be a diabetic. I understand diabetics are not supposed to take niacin and am wondering if I should continue it.

I'm a 68-year-old female and weigh 113 pounds. My cholesterol started out at 360 and my triglycerides were over 600. I went on a low-fat, low-cholesterol diet with exercise and took Lopid. My cholesterol was still 272, triglycerides 207, HDL 46, LDL 184, and my glucose was 101.

He added niacin, 50 mg three times a day. My tests showed: cholesterol, 209; LDL, 145; triglycerides, 118 and my HDL, 40. That is when I asked to take just niacin instead and I worked up to 1,500 mg a day. It did wonders for my cholesterol which was only 173. My HDL rose to 55, my LDL dropped to 88 and my triglycerides were only 153. The bad part was my glucose rose to 170 and I had abnormal liver tests.

The doctor cut my niacin to 1,000 mg a day and my cholesterol and triglycerides went back up, but my glucose was normal. He let me increase the niacin to 1,250 mg but my cholesterol was still 257, my LDL, 166; triglycerides, 215; glucose, 116 and my liver functions tests were OK.

What should I do? Go back to 1,500 mg of niacin? Will the niacin cause me to have diabetes?

DEAR READER: Niacin does not cause a person to develop diabetes, but it can cause a normal person to have abnormal glucose tolerance as happened in your case. And it can make diabetes worse if you already have it. That may require an increase in medicine for those diabetics taking medicine to control it.

The truth is you were doing fairly well with the Lopid and only 50 mg of niacin three times a day. You might ask your doctor to put you back on Lopid and take a reasonable amount of niacin (nicotinic acid) along with it - perhaps 500 mg a day. But your

Or you could combine niacin with one of the bile binders that lower cholesterol in a different manner, such as Colestid or Questran. Read about them in' Which Cholesterol Medication that I'm sending you. Others who want this information can send \$2 with a long, stamped, selfaddressed envelope for it to THE HEALTH LETTER/35-10, P.O. Box 787, Gibbstown, NJ 08027-9908.

DEAR DR. LAMB: My husband and

King Louis XIV of France revoked the Edict of Nantes in 1685. It had established the legal toleration of France's Protestant population, the Huguenots.





Thank You

We would like to express our gratitude to all our friends and relatives for the many gestures of kindness during the recent loss of Robena Whatley.

A special thanks to Rev. Johnson and congregation, Rev. Collins and congregation, the Tijerina family, Westgate Nursing Center and Dr. Perales.

The Robena Whatley Family



I used oat bran regularly, believing And there are soluble fibers that do that it would decrease our risk of a heart attack. Then we learned that its only effect was to replace highcalorie foods and lower your calorie intake. Neither one of us is overweight or need to lose weight. I know that fiber provides bulk which is good for your bowels, but is that the only

reason to include it in your diet? DEAR READER: You may not have heard the last of the oat bran story.

lower cholesterol independent of the bulk action. A good source of these fibers is fresh fruit, such as apples.

High-fiber cereal may also help fight cancer in quite a different way from just bulk. They contain a chemical that may have an anticancer effect - called inositol hexaphosphate (InsP6). It is found in oats, wheat, rice and corn. Laboratory studies of rats and mice treated with

InsP6 decreased cancers and even slowed the growth of tumors that were already present. Cereal fiber is still a good idea.

Dr. Lamb welcomes letters from readers with health questions. You can write to him at P.O. Box 787, Gibbstown, NJ 08027-9908. Although Dr. Lamb cannot reply to all letters personally, he will respond to selected questions in future columns.



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