## Clyde indicted in assault case by grand jury

## The <br> Hereford Brand <br> Tuesday April 4, 1989

Hustlin' Hereford, home of Joan Milton
88th Year, No. 193, Hereford, Deaf Smith County, Texas


## Tree-trimming time

Joe Bustamante of Heqreford saws at limbs while trimming trees Trimming trees is just one of the chores Hereford residents have on Monday in front of Gililland-Watson Funeral Home here. found themselves busy with during early spring.

## City selects auditing firm <br> By KAY PECK Staff Writer

$\qquad$ Hereford City Commissioners
voted Monday evening to retain Brown, Graham and Co., certified
public accountants, as the city's public accountants, as the city's
auditor. The firm has been auditing auditor. The firm has been auditing
city accounts since 1984 . city accounts since 1984.
Two firms asked to be considered in the selection of city auditor.
Gerhardt and Pucketl also sumited a proposal to city officials.
"Since it's going to be an appointment situation, we'd like to be
considered " said considered," said Bill Allen, Gerhardt and Puckett's representative at

## Choosing between the two firms

was complicated by the fact that
state law forbids local officials from state law forbids local officials from
using a bid system in selecting using a bid system in selecting
professional services. Both firms
did submit proposals to the city
which included estimates of fees charged by those firms for their Brown and Graham submitted an
estimated range of $\$ 8,000$ to $\$ 10$,-
 for information," West said.
Commissioners expressed Gerhardt and Puckett, commis-
sioners expressed some concern sioners expressed some concern
about that presentation. They fcared about that presentation. They feared "After of ceachiching these (propos-
thet Gerhardt and Pucket would als), it's my personal opinion require a greater investment of city als), it's my personal opininion to with Brown and Graham," One of the two requests especi
employecs' time in order to preparc employecs' time in order to prepare said Mayor Wes Fisher Graham, ally caused concern because of "Wc're not asking you to make
any changes any changes to your existing sys-
lcm," Allen said Commissioners also inquired about any added work load which
may resul also may result from changing auditors.
"How much time would we be looking at because of working with new people... educating a new
firm," Commissioner Tom firm," Commissioner Tom LcGate
asked.
"That will require some time, of course," Allen said. West, a representative from Brown Graham and Co., reminded commis sioners of the relationship h
has maintained with the citt.

## Local Roundup

Parents meeting tonight A Parent Involvement Meeting for chaperer 1 and migrant students in
the Hereford public schools will be held at $7: 30$ p.m. today at the Hereford Community Center. Nurses in the Hereford schools will discuss their role in education.
Parents of all Chapter 1 and migrant sudents are urged to attend.

Two indictments announced
Maria Uvalle was arrested by local officers on charges of
unauchized by the Deaf Smith County Grand Jury. that charge by the Dear Smith County Grand Jury.
Jearnie Williams was arrested on charges of fraud. Williams EDC meets tonight
The Hereford Area Economic Del
p.m. ooday at the Hereford City Hall.

update on development efforts.

## Warmer weather Wednesday

Tonight will be clear and cooler with a low of 35 . Northeast winds will be $5-15 \mathrm{mph}$, becoming southeast by morning.
Wednesday will be sunny and warmer, with a high of 72 . South Wednescay will be
winds will be $10-20 \mathrm{mph}$.
winds wili be 10-20 mph.
This morning's low at KPAN was 36 after a high Monday of 74.

## Riders Club meets tonight

The Hereford Riders Club will meet at $7: 30$ p.m. Ioday at the Hereford commminity cencer. Firemen fight two grassfires
The Hereford Volumeer Fire Deparamen has responded to two prass
 and hall miles onorth.
 boor camp just south of lown.
Minor injuries in accident
One person was treaed and relesesed from Dara Smilh Gencral David Armour, 202 Douglas, was taken to the hospital after the car he was driving was involved in an accident with a semi-trailer truck driven by Terry L. Schwindt of Brush, Colo. The mishap took place an
the intersection of North 25 Mile Avenue and 15th Street when Schwindt apparently failed to stop at a red light
Schwindt was cited for failure to stop.
Damage to both vehicles was extensive.
Recent arrests made by the Hereford Police Department include: (See ROUNDUP, Page 2)

## Page Two

## Courthouse Records

## News Digest

World/National
WASHINGTON - President Bush says the United States and Egypt
"share the goals" of Israeli withdrawal from the West Bank and "Whare the goals" of Israeli withdrawal from the West Bank and Gaza as
well as unspecified "political rights" for Palestinians in the occupied territories.
HAVANA - After a first day of talks with Soviet leader Mikhail $S$. Gorbachev, a cheerful President Fidel Castro seems pleased but is tantalizinWASHINGTON - The government says it will force U.S. airlines to take stricter anti-terrorism measures, but people who lost loved ones in the bombing of Pan Am Flight 103 say the actions aren't strong enough.
VALDEZ, Alaska - Crews are losing the batte to save multi-inilion-
dollar fisheries from crude oil contamination, officials said leaving the dollar fisheries from crude oil contamination, officials said, leaving the
uture of vital spawning grounds in jeopardy. The captain of the tanker Exxon Valdez might surrender, authorities said.
PORT-AU-PRINCE, Haiti- A day after an attempt to overthrow the military govermment, mutinous soldiers demanding the release of an alleged troops.
UNITED NATIONS - A.U.N. report says nationalist guerrillas mounted a "major incursion" from Angola the day Namibia began its transition
to independence. Territorial police say at least 129 guerrillas and 18 police CHICAGO - Thirteen years after death stopped his father's reign,
Democrat Richard M. Daley turned to the voters today to send him to the mayor's office over two opponents in an election that could end black control
of City Hall. of City Hall.
IRVINE, Calif. - Doctors condemn cigareites for causing lung cancer,
so it might seem strange to hear the former dircctor of the National Cancer so it might seem strange to hear the former dircctor of the National Cancer announced plans to turn tobacco plants into living factories for cheap mass

## State

ALVARADO - A struggle over a gun between a Deparment of Public
Safety trooper and a 17 -year-old motorist in Johnson County ended in Safety trooper and a 17 -year-old motorist in Johnson County ended in
the fatal shooting of the teen-ager, authorities said. KILLEN - An Army private convicted of robbing and shooting to
KILEN death two cab drivers during a nighluong crime spree in December was sentenceed to death by a court martial panel. The eight-member panel retermed the death
sentence verdict for Pvt. Dwight J. Loving after about four hours of deliberation sentence verdict for Pv. Dwight J. Loving after about four hours of deliberation
Monda. eted 20 years ago today, was then described as an "act of desperation" on a dying patient by the doctor who performed the historic procedure.
DALLAS - Billionaire Harold C. Simmons, who may have Lockheed Corp. in his takeover sights, doesn't mind being called a corporate raider. school educaiors to billionaire status.
CLEBURNE - The judge in the trial of Ronald Trimboli was expected to rule today on whether jurors may hear the results of genetic tests that prosecutors claim link the defendant to the rape of one of three seen-agers.
he is accused of killing.
DALLAS - Attempting to restore public trust in their agency, Dallas
Area Rapid Transit authorities are releasing a draft of a new transportaArea Rapid Transit authorities are releasing a draft of a new transpor
tion plan today that is seen by many as a viability test for DART.

(6) ATM THE WORLD

MAY EXIST ONLY IN MY HEAD,

JUSTICE OFTHE PRACE
PROCEEDINGS

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 5200 Siate of 2 .



 Shilete of Teares vi. Frixix. Mantinese diviving
 ppedine, dismissed March 31.
DISTRICT COURT DISPOSITIONS
Salete of Texas vs. Elva Mary, hearing
et for April 20, on Siane of Texas vs. Jose Manvel Rueda,
hearing sef for April 20 , on a motion to
revoke probation
 and Sam
denied the
dungenent
State
Sischarged judgement, March 23 .
State of
discharged frost foxas.

## State of Texas ve. Danny Moreno, discharged from probation, March 27. Stuate of Texas vs. Vicente Peren

 State of Texas vs. Vicente Perez Diazzfelony doviving while intoxicuted sentenced
(WHICH MAY
ACCOUNT FOR
MOST OF HEADACHES)

## Today in history

By The Associated Press
Today is Tuesday. April 4 , the 944 day of 1989. There are 271 days Today is Tuc
leff in $n$ yeyer.
Todayy shirglight in history
On April4 4 , 1966 ,
to deaph in Memphis. Temn., where he had gone to supporta $a$ strike by sanitation workers. He was 39 .
On hhis date:
of 13 red and white stripes and 20 sars, with a new star to be added for every new state of the Union.
II 1841, one month after his inaugural. President William Henry to die while in office.
 provide scholarships for Americans at Oxford Universit In 1949, 12 nations, including the United States, signed the North
Organization. In 1969, a surgical team in Houston led by Dr. Denton Cooley implanted a temporary artificial heart in a 47 -year-old patient while awaiting a
human donor heart. The patient, Haskell Karp, died April 8 , one day after receiving a human heart.
In 1974, Hank Aaron of the Alanta Braves sied Babe Ruth's home-run recorrd by hithing his 7144 round-ripper in Cincinnati.
In 1975 , more than 130 people, most of them chiidren, were killed
when a U.S. Air Force transport plane evacuating Vienamese orphans crashed shortly after take-off from Saigon.
In 1977,72 people were killed when a Southem Airways DC. 9 crashed in New Hope, Ga:
Today's birthdays: Former dance, teacher Arthur Murray is 94. 67. Author-poet Maya Angelou is 6 I. Sen. Richard Lugar. R-Ind. is 57 . The commissioner of major league bascball, A. Bartlet Ciamatit, is 51 . Actress Calherine Spaak is 44 , Actress Chistine Laht is 39 . Actress Nancy Mckeon is 23.
Thought for todayy "Injustice any where is a threat of justice everywhere"

- Martin Luther King $J \mathrm{r}$. (1929-1968).


## ROUNDUP

liability insurance (second offense), no driver's license and minor in possession of alcohol; a man, 23 , at Wulf and Irving for public
intoxication and possession of marijuana (under two ounces); a 20 yearold male arrested in the 300 block of Ave. H for assault in connection with a report of domestic violence;
A 28 -year-old male
A 28 -year-old male arrested at the intersection of Hwy. 60 and Park
Ave. for driving while license suspended and no seat belt: ma Are. For driving while license suspended and no seat belt; a man, 25 ,
arrested at the intersection of Wulf and Irving for driving while license suspended; a a 24 -year-0ld male arrested for assault and criminal
mischief; a man, 27, for no liability insurance second offense) and mischief, a man, 27 , for no liabiility insurance sessend onf ense) and
expred driver's license; and a 30 -year-old male arrested for public expired drive
intoxication.
Police officers investigated: apparent case of domestic violence (no charges filed); an assaut in the 600 block of Irving with no charges filed; a burglary of a habiation
reporect in the e 000 block of LLake 5 st with Criminal trespass reporred in the 200 block of Ave. B; stolen property
repored found in the 100 block of Ave. A; burglary of a school was reporred with 51.33 in cash taken;
A 22 caliber pistol valued at $\$ 165.70$ was taken in a reported burglary of a motor vehiclece in the 400 bock of Ranger; criminal reported in the 100 block of Ave. H ; and an assault was reported in the 600 block of irving.
found; the theft of a bicycle was reported in the tapes was reported Cound; the theft of a bicycle was reported in the 200 block of Elm;
criminal mischief was reported in the 600 block of 25 Mile Ave with damage estimated at $\$ 1,150$ a a theft was reported in the 800 block of Baltimore; criminal trespass was reported in the 400 block of Ave. F. sault by tireas was repored repored in the 100 block of Ave. K; an bicycle was reported in the 200 block of Ave. Find criminal nerpass One juvenile was amested whitharges of aggravated assault with deadly weapon in connection with an incident near the intersection of Park and fring.
Hereford poli

## County arrests two

Officials from the Deaf Smith County Sheriffs Office arrested a 28 . year-old-female reccully on a waranif for assautr. A 4 -year-old female Other incidents investigated by county officers included:
Ao charryases filect ans with a deadly weapon reported on Thursday with no charges filect, an assault reporied on Norton St: a family dispute
reponted at a location southeast of Hereford; burglary of a motor vehicle
repored at Tide Chemicals with a tray of tools taken; and a report of tractor stolen from Hereford Bi-Products. The tricior was later
recovered.

## BABBLING BROOKS

## By John Brooks <br> By John Brook <br> We've made it through another rime change.

 Daylight Savings Time, they k kill him.Well, Ben Franklin's body is rather colc lo go fly a kite, and he didid Had he ind it themened bifocals, Someone told him would have homes hooked wi 1 oked up to it.
Whank I've nevever figured out is how Frnkligh Savings Time. every town in America had a a ifferent time. There was no up DST, yce Later there were railroads, and everybody had a litite different time based on the railroad. If the railroad said the train was going to be here at $8: 32$, and the town clock says $8: 55$, it muss be fast.
Anyway, Franklin came up with the idea of DST.
Anyway, Franklin came up with the idea of DST.
Like most brilliant people, Ben must not
On its face it sounds iike a good idea.
But Ben probably didne twork, for al yiving so an extra hour of daylight of bed on Monday morning after DST kicked in.
We had our first major accident at the still -new raffic lightat Fifteenth and North U.S. Highway 385 on Saurrday afternoon
II's a booming wonder there has not been one earlier having one myself a t that intersection not too long a I was sititing there on the easts side of the intersection and was fixing through the red, heading north.
Some folks may not even be aware of the light. Sometimes, folks are in a hurry Sometimes fouks are diving a tucck. I know there are some good, law-abiding truck drivers, but some truckers feel that 25 Mile Avenue is a dragstrip, from the light at the interse
I've seen that light " "nn" a half-dozen imes and I don't even live in that area. Folks who live out there tell me it's much worse than that. We
can't afford to have a policeman out there patrolling the intersection. We just have to decide to live by what these traffic control signals say.

## Explaining the weather

Len Slesick, left, meteorologist at KVII-TV in Amarillo, explains some weather facts to students at Bluebonnet School in Hereford during a recent visit, Slesick explained some basic weather
facts and told about how forecasts are developed.

BELL local telephone company for access to the local network, according to the
letter
The companies said Southwestern Bell's Texas access rates, set by the
Public Utility Commission, are more than double the rates set by the Federal Communications Commission fo
interstate calls and at least 57 percen interstate calls and at least 57 percent
higher than rates the company charges in any other state.
 said the company pays 20.8 cents pe minute in Texas for access to the
Southwestern Bell network.

## Hospital Notes

 Mr. and Mrs. Nicolas Lomeli arethe parents of a boy Nicholas
Lomeli Jr., born March 31, 1989. Mr. and Mrs. Policarpio Hernandez. Jr., are the parenpsio of a beyn
Policapio E. bom April 1, 1989 Mr. and Mrs. Jose Jaime are the
parents of a girl, Jasmin, bom April parents 1.1989.

$\square$ William Francis Hardwick, 85
Hereford
989 Gravesid Sunday, April 2, 11 arav. today in West Perke held at officiated by the Rev. Lanny officiated by the Rev. Lanny
Wheeler, chaplain of Westgate,
Nursing Home. Burial was under Nursing Home. Burial was under
the direction of Gililland-Watson



## Lifestyles



Rehearsing scene
Michael and Priscilla Power, two of the cast members of "Family Outings", rehearse for a three-act play to be presented in a dinner theatre format April 7-9 at the Hereford Community Center. The production, under the direction of Jeff Love, will be staged at 7 p.m. Friday and Saturday and at 2 p.m. Sunday. Dinner will be served at the evening performances and dessert only will be featured Sunday. The play, written by Paul McCusher, focuses on a middle-class family struggling to stay together and the victory they finally achieve. Tickets are priced at $\$ 10$ for the night performances and $\$ 5$ for Sunday's event. They may be purchased from any Nazarene Christian Academy student or at the school office, Thames Pharmacy and Ouida's. Proceeds will help support the academy.

## Dressing hints given

By The Associated Press a long tunic to make the waist Here are some shopping appear longer. The idea is to visual-
pointers to keep in mind if you're 5 - ly soften and blend the proportions. feet-4 or less and prefer not to dress A key fiting point is at the
fike someone's little girl: ike someone's litte girl: Study your proportions. If you have a long torso and short legs,
choose long skirts and shoes with heels. If you have a short torso and long legs, then pick something like
Cummings in "Spring Sing" Shoulder pads make the waist
SEARCY, Ark.--Donann Cumm- look smaller by extending the line ings, daughter of Mr. and Mrs. Joe of the shoulders, but make sure ford, was a part of Harding Univer- Hey rerizontal lines will make you sity's all-student extravaganza, look chunky. So avoid square
"Spring SIng ${ }^{89}$ ", March $23-25$. ${ }^{2}$ necklines or horize Spring SIng '89", March 23-25.
Cummings, a junior majoring in seams. By contrast, verticals, Vsocial work, will be a part of the necks, vertical stripes and seams, musical production of "An Easter will smooth and narrow your lines.
Eggstravaganza," a variety produc- Let color help, too. MonochroEggstravaganza," a variety produr- Let color help, too. Monochro
tion number by members of Alpha matic colors will help you maintain
 Shantih, Chi Alpha Rho, OEGE, match hosiery and pumps to solid King's Men and Knights social colors in pants or skirts.
clubs. About 130 students will Keep your accessories in propor-
present the five-minute revue. Harding University has a current tion, pass up wide belts and overenrollment of 3,027 sudents from large handbags (use your briefcase 48 states and about 25 foreign to transport extra items). Shoes with
countries. Dr. David B. Burks is in medium heels will look best; avoid countries. Dr. David B. Burks is in medium heels will look best, avoid
his second year as president of the the extremes of stilletos or flats. his second year as president of the the extremes of stillecos or fias.
private, liberal arts university which Avoid fussy or cute touches, like private, liberal arts university which Peter Pan collars, puffed sleeves, is accredited by the North Central
Association of Colleges and Universities. costume jewelry.

## 

## Family Outimas

## Dinner Theater

presented by the Nazarene Church directed by Jeff Love
HEREFORD COMMUNITY CENTER

Please purchase tickets in advance at Ouida's Thames Pharmacy, or from any NCA student.

All proceeds to benefit the Nazarene Christian Academy

## Ann Landers


#### Abstract

Dear Ann Landers: I did no agree with your comments to "Diswho had seven siblings and not on offered a kidney although she had been on dialysis for 12 years. My mother's sister lost My mother's sister lost both her kidneys at a fairly early age She received a transplant from an received a transplant from an unrelated donor and it served he well for 10 years, then her body rejected it Now sher rejected it. Now she must be dialyzed three times a week and has dialyzed three times a week and ha had 30 operations. The woman ha gone through more heli than any human should have to endure. My mother was tested My mother was tested as a prospective donor but her tissue was not a good match. Soon after Mom began to have trouble with kidney stones and bladder infec tions Had she donated a tions. Had she donated a kidney to her sister, she would probably be her sister, she would probably be on dialysis today. We all love our aunt, but my sisters and I are in our 30 and we have young children. Our decisio not to be donors was an extremely


 not to be doners.difficult one.
Yes, Ann, to give up a part of your body is an extremely generous thing to do, but please have com-
passion for those who decide not to We go through enough agony an soul-searching every day without having to feel guilty, too. - NO NAME, JUST SALINAS, CALIF. DEAR SALINAS: Many reader who are much closer to the probsimilar point of view.
I now know why some relatives are reluctant to be donors. W should not sit in judgment unles
we have walked in those very same moccasins: Dear Ann Landers: In a recent column about clothes that are hard to wear, "Sacramento" mentioned
lousy shoe styling that causes bunions, corns and blisters.
I have a worse problem. I wa born with something shoe salespeo ple call a "Dutch foot," It is a siz About eig
could no longer be found in ww WWs now start size 7. Sevens are too large for me. The arch doesn' in the back.
I wear bedroom slippers at home in order to save the two pairs of shoes I have that fit. When they wear out, what am I going to do?
For the first time in my life (I For the first time in my life (I am
88) I can afford pretty things. I took a long time for me to get from 40 pounds to 135, but I am still stuck with a Dutch foot. Can you
do anything to help me?- AKRON OHIO
DEAR AKRON: Have you considered custom-made shoes? If you Cleveland. We checked the Yellow Pages of the Cleveland directory and several are listed.

## Dr. Milton Adams

## Optometrist

335 Miles
Phone 364-2255
Office Hours
Monday - Friday
8;30-12:00 1:00-5:00

## Quarterly meeting <br> Thursday

The Women's Division of the Deaf Smith County Chamber of Commerce Thursday at 7 p.m. in Hereford Country Club.
Reservations must be made by calling the Chamber office, 364-3333, by noon Wednesday. A salad and price of $\$ 5$ per person. Guests are welcome. and general business conducted, according to Donna West, president of the Division. A special program will also be held.
The first public racetrack was built in tal information.


Reminiscing
Looking at last year's scrapbook for the Little Miss Hereford Pageant are pageant committee members ffrom left) Jackie Murphey and Nell Rhoton. The 1989 annual pageant will be staged Saturday, April 15, in the Hereford High School auditorium. Entry fee per girl is $\$ 5$ and registration forms are available at the Chamber of Commerce office, 701 N . Main St. Deadine to register is 5 p.m. Friday. The theme of the event, sponsored by the Women's Division, is Wonderland.

## Thank You

To our fellow workers and friends. Words cannot express our appreciation for your prayers, love support and contributions for our trip to Houston. You are all special people. May God Bless You.

We Love You,

## Early Childhood Education Clinic

April 10, 11, and 12, 1989 Stanton Learing Center
711 Park Ave. Hereford, Texas 364-5941
Hereford Independent School District's special education depart ment is offering a FREE clinic for children 3, 4, and 5 years old. experiences because they seem to have problems in --


OR WHO MAY HAVE A physical handicap.
Cerified specialists will be working with children at the Stanton pearning Center on April 10th and 11th from 8:30 a.m. to $3: 30$ has been set aside to screen for the Texas Migrant Council.

A parent or designated adult will need to accompany the child to the screening to provide permission and needed developmen-

If you need additional information, call Nena Veazey, 364-5941.



Sports

## Scott, Herd romp past Raiders, 12-1

By JOHN BROOKS
Managing Editor The Managing Editor The Hereford Whitefaces--the
whole team-were darmed near
perfect on Saturday in a 12-1 win perfect on Saturday in a $12-1$ win
over Randall in District $1-4 \mathrm{~A}$
baseball game baseball game at Whiteface Field.
Pitcher Jason Scott improved his Picher Jason Scott improved his
record to 60 , giving up a fourthinning home run for Randall's only hit. Scott walked one batter, an another reached on an error.
Scott struck out seven o five-inning stretch, giving him 60 over six games.
"That was the best he's pitched "That was the best he's pitched
since we played Estacado in the since we played Estacado in the
Abilene Tournament," said HereAbilene Tournament," said Here-
ford coach T.R. Sartor. "When you consider the wind ( 25 mph in
Scolt's face), he did awfully well. Scott's face), he did awfully well.
He was staying in the black a lot." While Scott was shutting down While Scot was shutuing down
the Raiders, Hereford baturs tore
into two Randall pitchers for 13 into two Randall pitchers for 13
hits, including home runs by Roger hits, including home runs by Roger
McCracken, Glenn Parker and Keith Brown.
McCracken went three-for-three, with two more singles, while Parker and Jared Victor hit in their two plate appearances each. We didn't have to make any
"Glenn had a great day at the great plays, we just had one plate," Sartor said. "He might have error," "Sartor said. "Of course, you
hit his first one (a single in the first)
don't want any errors, but you can hit his first one (a single in the firrt) dor't want any errors, but you can
harder than he hit the home run. It have just one error a game and be was a pretty good shot.
"Keith is still on a tear, and awfully good." Today, Hereford was scheduled "Keith is still on a tear, and Today, Hereford was scheduied now everybody is secing the ball
real good at the plate and attacking real good at the plate and attacking
it. These kids are not just seeing the it. These kids are not just seeing the "Frenship should be considerably
ball, but they're puting the bat on it improved from last year," Sartor
 reached in the botom of the first as the think our kids will remember inning. Scott led off with a single, between us. We'll get ready to


Scott steals second
Hereford's Jason Scott (wearing jacket) slides safely into second a pair of runs and threw a one-hitter to boost the Herd to a 12base as a Randall player retreats off the bag to stop the throw 1 win. during Saturday's baseball game at Whiteface Field. Scott scored (Brand photo by Mauri Montgomery)


Junior High netters win tourney crown

Hereford easily won the team Sellars in freshman boys A singles
championship in the Levelland Junior Lori Sanders in freshman girls A championship in the Levelland Junior Lori Sanders in freshman girls A
High Tennis Tournament held singles; Robyn Sublett in freshman
Sawurday Saturday
Division champions included Tory
$\begin{aligned} & \text { girls B singles; Sellars and Tempie } \\ & \text { Abney in } 9 \mathrm{~h} \text { grade boys doubles; }\end{aligned}$ and


## Brock gets ready

Michelle Brock, a Hereford seventh grader, closes in on a forehand during the Levelland Tennis Tournament last weekend. Brock won the seventh grade B division singles in the toumament. (Photo by Jerry Brock)

You can't lose-or get lost-with THE ROADS OF TEXAS! Texas Highways Magazine


Get your copy at the newspaper office. Call the Hereford Brand 364-2030


The first woman ever to swim the
English Channel, Gertrude Ederle of New York, won a bronze medal in the 100-meter frem
Olympics.
 Hereford, dof. M M
Prains dc. McElro,
LeGate, 6.3, 7.6.

McCaslin Lumber... Your Completet Lamm \& Garden

## 28-4-8

## Green Thumb Lawn Food

Gives you everything you need for a luscious lawn. Time-released nitrogen offers quick greening, plus iong-term feeding. And all the soil texture. Thick, heathy graes heme equeeze out weeds, so this fully fortified formula is naturally what lawns need for superior results.

| Bag Covering | Bag Covering | Bag Covering |
| :--- | :--- | :--- |
| $5,000 ~ s q . \mathrm{ft}$ | 10,000 sq. ft | $\mathbf{1 5 , 0 0 0} \mathrm{sq} . \mathrm{ft}$. |

${ }^{5760}{ }^{56} 14^{95}{ }^{50} 20^{95}$
Building Hereford Since 1939
 Home Center
$\square$


## Girls' track team 2nd at Lubbock

The Hereford varsity girls' track
team, despite being short-handed,
finsihed specond Saturday in the
Lubbock Invitatonal Track Meet.
Winning gold medals were Shantel
Conelius in the high yump, Cande
Robbins in the discus and Teresa
Castillo in the 800 meters.
In the junior varsity
Whivision, Robin
4-10. was first in the high jump, going
Competing against seven other
teams including four 5A schools,
Hereford placed second with 85 points.
Odessa Permian won the division.
"We only had 12 girls competing
and I'm really proud of their effort,"
said head coach Martha Emerson.
"Several girls were gone for a variety


## Serve by Baker

Hereford freshman Teresa Baker serves during a game in the Levelland Tournament held last weekend. Baker finished second to teammate Lori Sanders in the ninth grade singles, then teamed with Sanders to win the doubles title.

## Rangers, Astros to

 open season tonightARLINGTON, Texas (AP) - Tom Knuckeballer Charlic Hough of the Landry, a former quarterback who has Rangers will duel Jack Morris of the pitch tonight as the Texas Rangers Detroit Tigers in a soldout 7:35 p.m. open the American League season.
Landry, the only coach the Dallas Bush turned was invited after Presiden Cowboys had for 29 years, was fired
when new owner Jerry Jones took throwing out the first pitch although when new owner Jerry Jones took his son, George W. Bush III, and other
over.
It's ironic that Landry will help investors recently bought the team It's ironic that Landry will help
usher in a new era for the Rangers, usher in a new era for the Rangers,
who have new owners, new players and the winningest spring training in their history.
Landry played quarterback at Texas befored as having a good arme. He's ated as having a

Baseball At A Glance
y the Associated Press
MERICAN LEAGUE

## Monday's Games

Baltimore 5, Boston 4, 11 innings Toronto 4, Kansas City 3
Cleveland 2, Milwaukee Cleveland 2, Milwaukee Oakland 3 , Seatule 2
Only games scheduled Only games sche
uesday's Games
Chicago (Reuss 13-9) at California Witt 13-16) Nol 24-7), (n)
Detroit (Morris 15-11) at Texas (Hough 15-16), ( $n$ )
Only games scheduled

NATIONAL LEAGUE
Monday's Games
Cincinnati 6, Los Angeles 4
San Francisco 5, San Diego 3 San Francisco 5, San
Only games scheduled Tuesday's Games
Pitssburgh (Walk 12-10) at Philadelphia (Yumans 3-6) hicago (Sutcliffe 13-14) Alanta (Z.Smith 5-10) at Houston Scot 14-8), ( n )
San Francisco
Jan Francisco (Downs 13-9) at San
Diego (Hurst 18-6), (n)
Diego (Hurst 18-6), (n)
Only games scheduled

## HHS tennis team second at Borger

The Hereford varsity tennis team $1 ;$ Robbins def. Rodgers, Caprock, 7-6, 6
finished second overall int he $\begin{aligned} & \text { or Eades def. Mckinney, Thascoss, } 6-3,3-6,6\end{aligned}$ finished second overall int he ment held last weekend. Hereford had 85 points, only one
behirid first place Tascosa. behind first place Tascosa. Hereford swept the top two
places in girlst doubles, with Wendy Connally and Bridget Baker defeating Misty Reed and Brenna Reinauer $2-6,7-6,6-4$ in the finals.
In girls' singles, Kristie Allison
was fourth and Gina Alley was was $\begin{aligned} & \text { seventh. } \\ & \text { In boys' doubles, TJ. Head and }\end{aligned}$ Rick Allisy foull to Brewer-Foster of
Canyon, $6-4,6-3$ in the finals, Canyon, 6-4, 6-3 in the finals, while
Matt Coplen and Matt Keenan Mift place, sweepping throung the
consolation bracket and winging the consolation bracket and winning the
finals $6-2,6-2$ over Pate-Latham of Tascosa In boys' singles, Jeff Eades was
sixth and Randy Robbins eighth. Here are the results from Here-
ford competiors in the competitors in the tournam
borger invitational

Jeff Eays' Sliggles: Nouyen, Palo Druo, det

 Boys' Doubles: TJ. Head-Rick Alley,
Hereford, def. Chambers-Welburn,




 Girls' Singles: Freeman, Perryton, def
Ginn All Aley Herefor, $6.3,6,4 ;$ Kirstic
Alison, Hereford, Def

 Girls' Doubles: Bridget Baker. Wendy
Conally, Hercord, def. Imperg.Kham,


 $0,6-3 ;$ Eades def. Conser Pe Per

## Boys' track team 4th

 in San Angelo RelaysThe Hereford varsity boys track
keam placed fourth overall in the tough leam placed fourth overall in the toug
San Angelo Relays on Saturday.
"We had 55 points and competed boys' head track coach Ron Young. Pat Mercer placed first in the 300 meter intermediate hurdles, while the George Madrigal and Kelvin Brown placed second in the 1,600 -meter relay and third in the 400 -meter relay to help pace Hereford.
Benny Gonzales placed second in
the shot put with the shot put with a toss of $54-83 / 4$,
and Brooke Perkins, who had run a 21.6 in the preliminaries, finished third in the 200 with a 22.3
The team will compele at Plainview his weekend berore the district meet April $14-15$ at Dumas

## Here meet:

Shet: 2. Benny Gonzales, 54.8 3 3.4.
Pole vault: 6. Brad Mason, 13-6.
Pole e vail: 6 . Brad Mason, 13.6 .
H00 reday:
George Madrigal and Kelvin Brown), 43.6.
100: 5 . Kelvin Brown, 11.0 .
300 300 IH: 1. Mereer, 20.18.


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Page 6-The Hereford Brand, Tuesday, April 4, 1989
Books tell how to lighten meals

NEW YORK (AP) - Two books of ("Don't Eat Your Heart Out
interest to people interested in Cooksook" by Jo interest to people interested in Cookbook"' by Joseph C. Piscatella.
maintaining healthy hearts include Workman Publishing. 559 Page. "Choices for a Healthy Heart" and $\$ 14.95$ ) ("Choices for a Healthy Don't Eat Your Heart Out," both by Heart" by Joseph C. Piscatella oseph C. Piscatella. its 20 th printing, was first published in 1982. It contains more than 450 heart-healthy recipes, including
Seafood Chowder, Ratatouille and
Seafood Chowder,
Country Pot Roast.
The companion volume "Cheices for a Healthy Heart,", published in 1987, includes 250 recipes. Selections include Steamed Tortillas, Pasta with
Chicken Salad, Grilled Veal with Mustard Sauce and Chinese Vegetable
Stir-Fry. Piscatella's wife, Bernie, developed
these heart-healthier versions of her these heart-healthier versions of her
family's favorite recipes for cookbooks. "It's unrealistic," she says, "to throw away all your old recipes. recipe, remove the unhealthy ingredients and replace them with healthier choices."

The Piscatellas became interested in heart-healthy cooking after Joe's years ago.
"Don't Eat Your Heart Out" includes diet guidelines recommende Program. Both books contain dietary and nutritional information. Dr. Denton A. Cooley, a surgeon at the Texas Heart Institute, wrote the foreword for both books.


## Concerteens to be feted

 The Community Concert Association will feature their final concertof the season Friday at 8 p.m. in the Hereford High School of the season Friday at 8 p.m. in the Hereford High School
auditorium as the production of 'Pinocchio' will be staged. The auditorium as the production of 'Pinocchio' will be staged. The Concerteens, a group of high school girls who hand out programs and assist with seating at the concerts, will be presented at the beginning of the event Friday. All seniors at HHS, they include,
seated from left, Susan Gage, Jennifer Jackson, and Laura Kerr standing from left are Toni Campbell, Brenda Allen, Monica Grotegut, and Dana Zinser. Not pictured are Michelle Hamilton and Sandra Cook. The Concerteens will be escorted by their fathers and will be honored following 'Pinocchio' with a reception in the James Witherspoon home

## Comics

BLONDIE

by Dean Young and Stan Drake

## Marvin

 IVE BEEN THINKING ABOUT PUTTING


Barney Google and Snuffy Smith By Fred Lasswell
 BRO OF GOODES
FROM TH FLATLANOS WHAT SORTA
GOODES?




## CLASSIFIEDS



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brands used and rebuilt $\$ 39.00$ and up. Sales and service on all makes
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h.p. Mercury. Good condition. Cal
h.p. Mercur

Baby calves for sale. Call 364-253
or $364-8741$.
$\overline{\text { For sale: Plains Bluestem grass }}$ sece, high PLS., low prices. Chris
Mackey, 405 -928-2247 or Dale Mackey $405-928-3729$.

## Want to buy house in good condi tion to be moved. Call $364-1832$.

 For sale: Kenmore washer/dryer For Sale. Kenmore washer/aryer.Also C. Cuise \& cary gasine
oubboard motor 2.7 HP, bsedi no time. Call $364-4946$ after 5 p.m. $1-192-7 p$ $\overline{\text { IBM PC Jr. Single disc drive. Color }}$ monito 1-192-5 For sale. complece houschold
fumishings. See at 827 South
fexas

1-194.5p

FRESH ASPARAGUS now available at
M.W. Carrot, Sout of M.W. Carrot, South of Hwy. 385


Next to new-rocker, baby swin
full bed and dresser, twin be dining table and chairs, Atar cartridges, Atari game, Aadies
dresses, clothing dresses, clothing and los more
Maldonado's. 1005 West Maldonado's. 1005 West Park. 364 5829.

## AXYDLBAAXR

 One letter stands for another. In this sample A is usedfor the three L's, X for the two O's, etc. Single letters
apostrophes, the length and formation of the words are all apostrophes, the length and formation of the words are al
hints. Each day the code letters are different. 4-4 CRYPTOQUOTE


CRP Grass for sale. Blue Grama
Plains Bluestem, Sideoats, Ermelo Plains Bluester, Sideoats, Ermed
Weeping Lovegrass and many others.
cal $505-762-4759 . \quad 2-174-200$

## 3-Cars For Sale <br> 1982 charcoal grey El Camino. Chrome wheels and bumpers, Power windows and doors. Conqu

 ista Edition. Call Tom 364-2219.${ }^{79}$ Mustang Ghia V6 auto, pwrair stereo, sunroof. Sound clean school
car $\$ 1500.00$ after 5 ph. $806-289$. car
5342 day $289-5845 . \quad 3-181-10$ 983 Olds Royale Brougham. Very clean, and in good condition. See
337 Stadium Drive or call 364 337 Stadium Drive or call $364-$
4939.
$3-189-10 c$ For sale: 1968 Pontiac LeMans, only 44,000 miles. $\$ 1750.00 \mathrm{Cal}$
$364-6743$ after 6 p.m. 1985 Mercury Cougar. White
Excellent condition, loaded. New Excellent condition, loaded. New
tires. Call 364-7287.

1977 Buick Limited, 2 dr. automatic air, stereo, \$1050. Call Judy at 276
5814 . Attention-government- seized
vehicles from \$100. Fords, Merce
es, Corvettes, Cherys, Surplu es, Corvettes, Chevys, Surplus
Buyers Guide. 1-602-838-8885 Ext -


 ${ }_{8423 \text {. }}^{4 \text { 3A-187.7n }}$

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$364-4332$ 364-4332. 5-61-ff
Saratoga Gardens, Friona low ren for needy families. Carpet, laundry
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paid, collect 247-3666.

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Need extra storage space? Rent mini storage, two sizes available.
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acres. Owner will finance land. Can purchase " $3: 5$ acres and house
separately. Reator $364-4561$. 4-Real Estate

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

Small equity. Take up payments.
Exira nice, 2 bedroom, 1 bath single garage. Call days $364-3450$;
nights $364-3297$.

3 bedroom, $11 / 2$ bath, fenced yard. Near school. 139 Ranger
assume loan. $364-1176$. 183-22p Irrigated farm land with grass,
Pullman clay loam soil, $\$ 400$ per
acre. Call HCR Real Estate, 364 acre. C
4670 .

FAMILY OUTINGS
Dinner Theater Presented by Nazarene Church Hereford Community Center
Dinner Theater April 7, \& 8-7 p.m. \$10. ${ }^{\omega}$
Dessert Theater April 9-2 p.m. \$5.00
信 Thames Ph or from any NCy, Ouida's,



| HEREFORD DAY CARE <br> stato Lleonsed Excellont program by trainod staff. Chilidren 0-12 years. |  |
| :---: | :---: |
| 215 Norton 364-3151 | 248 E. 16th $364-5062$ |
| 2-202.4tc |  |
| KING'S MANOR METHODIST CHILD CARE <br> state Lleonsed Quallied staff Monday-Friday 6:00 a.m. Drop-Ins welcome with 2 hours notice <br> MARILYN BELL |  |
|  |  |
|  |  |
| 9.5s-4le |  |


| 10-Announcements |
| :--- |
| $\begin{array}{c}\text { Problem Prennancy Center, } 505 \text { East } \\ \text { Parke Avenue, } 364=-2027 \text {. Free }\end{array}$ | pregnancy tesss. Confidential. Afte

hours hot tine $1364-7626$.

11-Business Service
scrap ick iron and
cans, $364-3350$.
Overhead door repair and adjust
Overnead door repair and adjust-
ment All types. Robert Betzen. ${ }_{1-65-\mathrm{ff}}^{289 .}$

Custom
Discing,
plowing, lee chisel Discing, deep chisel, sweeps,
bladeplow and sowing. Call Marvin bladeplow and sowing.
Welty $364-8255$ nighls.

| Westway Custom Farming. We are now doing CRP drilling, shredding, sweeping, discing listing, etc. Large or small acres. Joe Ward, 289-5394. or small acres. Joe Ward, 11-156-tafc |
| :---: |
| Time to Rototil your garden. Call Robert Betzen, 289-5500. $\qquad$ |
| Residential/commercial telephone and communications wiring, installation, repair, rearrangements. Also telephones installed, moved and experience. 364-1093. |



ree and shrub trimming, assoriec
lawn work and alley cleaning feritizining. Ryders Lawn \& carden
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Save $50 \%-100 \%$ on Insurance
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Paint \& Body $258-7744$

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 ecc.. Blade sharpening, LLewn
mowing. Call Harvey $364-8413$.

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

11-186-20p
Mr. Farmer-too late for manure!
Use compost. . No chunks. no wed
 er Company, 276-5549. 11-189-21p

|  |
| :---: |



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OR TOO SMALL For wall papering and $\begin{array}{ll}\text { Beverly } & \begin{array}{l}\text { sywia } \\ 364-124\end{array}\end{array}$ FOX'S WINDSHIELD REPAIR | AND REPLACEMENT, |
| :--- |
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## Race tracks, horso pens and barns. Feediot pens, otc.

For sale: Alfalfa hay in the barn. $\$ 120$

## 13-Lost and Found

Lost from 201 Juniper, two female, lemon and white English Pointers.
Please call $364-6995$ days: 364 7432 nights. $\quad 13$ 1394-3

## Lifestyles Policies

The Hereford Brand welcomes news articless of interest from local residents, groups and organizations. Because this is a dalily pubicica-
tion, certain guidelines should be followed when submitting news
tiems tems.
Proros
-Photos of club officicrs, donation presentations, ete., ean be made

- The Brand office, referabaly after 2 p.m. Appointments for such

photos must be made at least 2 hourr in advance.
-ifestyles reporters do do tot take photos for engagements, weddings, anniversaries or showers.
On location photos can be made,
Brand has at least Two DAYS notice.
No Polarold
-Photos may be picked up from The Pro any circumstances. publication datate. Published phot photo the then by Brand after 3 p.m. of the
 for ss for $8 x 10$ prints.
-Black and white film may be obtained from the staff if approved for publicaiton.

ENGAGEMENTS, WEDDINGS, Engagements should be announced at least SIX WEEKS
BEFORE the wedding to ensure publication. Couples submititing BEFORE the wedding to ensure publication. Couples subbintting
engagement announcements after the deadiline must thoose to have engagemene ancement or the weding photo published. Photos either the engagement or the wedding photo published. Photos
should be in black and white but a color photo may be used if the contrast is suitable for reproduction. The engagement announcement must include the date of the wedding.
-Lifestyles reporters ask that all wedding and anniversary witteups be submitted the Monday before the next Sunday pubbicasiderably.
Theree are engagement, wedding and shower forms avallable at The Brand. This information will not be taken by pho
BRRTHDAY CELERRATIONS
-Birthday celebrations will only be written for those Hereford residents who are 80 years of age and older. All other birthdoy mitted to the advertis-
birth announcements
-Birth announcements are obtained from Deaf Smith General Hospital. Information on local babies bort elsewhere, or who have grandparents in Hereford, must be reported to The Brand within two
Obituary information, with or without accon
-obituary information, with or without accompanying photo, must Al
-All photos taken either by The Brand staff or personal photos subly two years.
-News items or changes for the Litestyles calendar of events must be submitted one week BEFFRE the Wednesday or Sunday publica
tions. tions. General news items for the Lifestyles section must be submitted by 1p.m. the day before publication and by noon on Friday for Sum--Club reports must be submitted within THREE DAYs of the
 -Brief items of interest about former residents or children of
Herefort ressidents are welcome when they concern degrees earned, academic honors, college news, career promotions, etc.

## 4

## Schlabs Hysinger $\square=-$ Hysinger commoorv semcas 364.1281

1500 West Park Av chemotherapy and was released
Sunday to recuperate at her Malibu Sunday to recuperate at her Malibu
home, spokeswoman Lori Jonas said. $\begin{aligned} & \text { Miss Iresand was silil scheneding } \\ & \text { interviews to promote }\end{aligned}$ Life Lines," interviews to promote "Life Lines,
a Wanner BBoks release aboutcoping with adversity that is due in
Aprill
St her 5 Trid birthday. Aprish's fighting for her life. She's
got lung cancer," Miss Jonas said
Monday. oung children, would dike e permanent custody of the nanny's three girls, ages
4 to 12 .
Maria Juana A Auilar, 32 , asked two
ears ago that the singer and his wife take care of her children should nyything happen to her. The Krisoffer
sons were awarded
Iemporary suardianship a year ago.
But relatives of Ricardo Arauz now want guardianship of the two youngest girls, fathered by Arauz
Kristofferson said in court Kristofferson said in cour
documents he wants to provide warm, olving. sumporive and stable
home environment for the children of home e evirionment for the children of
his Salvadoran housceceper of 10
ears. hearing was scheduled for May
Arauz, 38, shot and killed the ousceceper a year ago at the Los
Angeles home of a relative. Arauz leaded guilty March 17 to scconddegree murder and faces 17 years to
life in state prison when sentenced
April -
RADNOR, Pa. (AP) - The divorce
le character NBC 's "Dear John" should stay out of singles clubs and mericans who are 100 year og
nider? elevision shows spoulights centenarians with phototraphst and birthday reetings. One lady, a legal secrietary cars ago-at age 98! y In faca, the over-80 crowd is the astest growing segmen of of our society. he latest census figures show that this age calegory yalone will double from iilion by the 2050 .
And, according to the U.S. Senate Special commitice on Aging, the
vumber of Americans over the age of 5 is expected to grow by the year 2030 to almost 65 million, or 21 percent of the total population. That
igure is more than twice what it is expected to be in 1990 .
So, why should we care?
As a y outh-oriented society, we end to think of the elderly as an allencompassing group of those 65 and
older who are informed and mentally In biological terms, it is true that yesight, sense of smell and hearing lthoughiti is not a hard and fast rule. oth metabolist and reflexes do slo
down.
However, there is a difference

## Names In The News

Jill Ireland has been released from the hospital "Fighting for her life", agains lung cancer, her publicis said,
Miss Ireland entered
St, ohns
Metical ICenter in Medical Center in Santa Monica last
week for a fever associated with

SANTA MONICA, Calif. (AP) -Singer-songwriter Kris Kristofferson and his wife, Lisa, want to fulfill a naminy, wheo mas shot to to death by her
ets and self-service
Herber Gold says. estranged husband
The Krisoffersons, parents of three

Census showsincrease of U.S. centenarians

## Did you know that by the year 2000 the average 85 -year-oldd. While on

 five percent of those 6 are instiution-What this points to is a looming risis in medical care for the elderly as our population shifts to being a
larger percentage of those who are Currently, Medicare expenditures are estimated to be in the range of a with the prolongation of life comes the prospect of even higher costs. "We must ask ourselves now who will care for these people, and wha Nicholas J. Pisacano, executive director of the American Board of Family Practice.
With all that
that medical science and technology has done to extend life, it
comes down to the question of quality of life. Should mere extension of life ceally be our goal? It seems that society should be prepared to pursuc Clearly, "quality of life" raises
important and pressing questions, and mportant and pressing questions, and nedical community alone. In terms of health care for the
elderly, currently there are estimated oo be only 2,000 trained geriatrician of the approximately 450,000 practicing physicians in the U.S. Bu urned a corner.
In response to the anticipated critical shortage of doctors qualified
o provide the special health care needs oprovide the special health care need of this burgeoning group of Ameri-
cans, the American Board of Family
Practice and the American Board of Practice and the American Board o
Internal medicine will award a new Internal medicine will award a new
Certificate of Added Qualification (CAQ) in Geriatric Medicine to candidates who satisfactorily mee post-residence training requirements. and pass an objective examination. About 4,000 physicians have naroled; these have prepared a
taken the first exam to become eligible for the CAQ, and enrollments have already begun for the next one. The two boards responsible for this
important mover epresent the nation's important move represent the nation's
two largest medical specialties-Family Practice and Internal Medicine.
Currently, they treat 96 percent of the Currently, they treat 96 percent of the elderly.
While While the medical community
continues to address the health care coniunes io adaress ue healu care
needs of the "young and old" ldderly.
the federal and state govermments must the federal and state govenments must the sagging
be urged to adress the
Medicare system and other legislative matters, and the community at large must begin to seriously address the
many social issues that affect the quality of life in our later years. community will be hard-pressed to help prevent illness among the elderly
and effectively treat their and effectively treat their ills. And, Americans of all ages must
begin to dispel the myths about getting begin io dispel the my mis aboutg geuing
olde. After all, if we are not yet senior
citizens, it is almost a certainty that we citizens, t is almo
will be one day.

## Accent on Health

The Texas Department of Health The Texas Department of Health
(TDH) has, for
presented second time, presented the legislature with proof
that use of procecive helmes by motorcyclists and their passengers is vital to saving lives, reducing the
number of head injuries in molorcy cle accidents, and saving millions of dollars in medical costs. The 71 st Legislature is reviewing conducted in the San Antonio and Corpus Christi areas by TDH and he Department of Public Safety (DPS), between Sept. 1, 1986 and
Dec. 31, 1987. In boh studies, unhelmeted motorcyclists involved in accidents suffered more serious injuries, required hospiatiazation
more often (including intensive care nore often (incluading intensive care services), and were less likely to have the means or insurance to pay
their medical bills. Dr. Robert Berstein Texas Dr. Robert
Cemmstin, Texas
Commisioners of Health, Commissioners of Health, said,
"The results of theses sududies echo
the findings of a s similar sudy TDH

Former classmates sought
In conjunction with the annual Martine
Town ' n ' Country Jubilec Celebra- Garcia.
ion, the Hereford High School Anyone with information graduating class of 1969 has contact Vicki Brownlow Addresses are needed for the McMorries, 712 Ave. F., Hereford, following classmates: Gary Cole, Hernandez Gallegos, Armando Mernandez, Clifton Kelley, Tony ayne Robinson, Dorman Stors, ennic Kent, Jeanetue Maric Awers, on, Anne K Bennett ShanerSparkman, Lucy Garcia, Yolanda Others, Judith Lee, Patricia $\begin{gathered}\text { and yellow. } \\ \text { The Crystal Color Plastic Wrap }\end{gathered}$ Elaine Parker, Lenn Rose can be used for covering foods, Wambrano, Johni K. Taylor Freman, refrigerator storage, food gifts, arts Maric Winter, Elsie Gonzales


Stair climbing dangerous for obese.
A new form of exercise equip-
ment is popping up in health clubs ment is popping up in health clubs
and sporting goods stores, a stationary stair-climbing device marketed
for the healh conscious. This for the health conscious. This apparatus is fine for the physically
fit, but a recently published study fit, but a recently published study
conducted at The University of Texas Medical Branch (UTMB) at Galveston and the Transitional
Learning Community has found that Learning Community has found that overweight people should avoid
stair climbing as a form of exercise. "Stair climbing, is excellent exercise unless you're overweight,",
says Marque Hunter, M.D. Fellow says Marque Hunter, M.D., Fellow
in the Pulmonary Division. "An excessive amount of work is required to climb stairs, even at a modest rate in obese individuals."
Performing such an activity places Performing such an activity places
dangerous amounts of stress on the heart, including abnormally high heart rates.
Working on the project with Sam Kuna, M.D., assistant professor of
internal medicine Dr. Hunter says walking and bicycling provide safer, more effective forms of exercise for obese people, as the amount of
energy required depends less on nergy required depends less on
body weight than does stair
be sustained for longer periods of
time because a person is working
less against gravity. Exercising
moderately over longer periods of
time will place less strain on the person's heart.
Using a stair-climbing device
called a Stairmaster, Dr. Hunter
studied 29 subjects, 22 to 40 竍 studied 29 subjects, 22 to 40 years
old and weighing 120 to 280 pounds. Of this group, 19 subjects
were close to their were close to their ideal weight and 10 exceeded ideal weight by more
than 40 percent. Subjects were tested walking up the "down escalator" at $40,50,60$ and 70 steps per minute for five minutes at each
speed. speed.
"The amount of oxygen onsumed was directly proportional oo a subject's body weight," Dr.
Hunter said. "The overweight Hunter said. "The overweight
subjects developed very high heart
rates at relatively slow speeds. rates at relatively slow speeds."
Scientists predict a person's Scientists predict a person's
naximum possible heart rate by using a formula of 220 minus a
person's age "with the obese subjects, the exercise tests had to be stopped climbing. Walking or bicycling can after only three or four minutes at


## We're Back!

Hunan Chinese Restaurant is again Open For Business, serving those delicious Oriental dishes you enjoy so much.

| 11 a.m.-9 p.m. Mon. - Thurs. | 149 C. N. 25 Mile Ave. |
| :--- | :--- | :--- |
| 11 a.m.-10 p.m. Fri. - Sat. | Carry Out Available |
| Closed Sunday | 364-1901 |

 predictect maximum, hhe sidid A person's heart rate is the one minute.

HUMPLESS
LIMA, Peru (AP) - Not all camels have humps. The vicuna, smallest member of the
camel family, lives in the Andes camel family, lives in the Andes nountains above he snow line. It stands about 3 feet high, weighs 75 to
100 pounds and has a finer flecce than any other wool-bearing animal. It has
and no hump.
The reddish-brown guanaco, nother wild member of the camel also has no hump.
The domesticated alpaca and llama are other South American relatives of the camel. They, too, have no humps.

## INFLATION

 PROTECT your funeral PRE-PLAN
## GUARD AGAINST

> - Inflationary funeral costs.

- Overspending at hour
of need
- Placing burdens on
your falitl US -
Your PreNeed
Speclallists
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Qrx
Funeral Directors
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## HEREFORD

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