

Life!



HONORARY COWBELLE OF THE YEAR
...David Wagner receives award from Lori Hall

Wagner, Hall honored by local CattleWomen

David Wagner was recognized as the 1990 Honorary CowBelle of the Year and Lori Hall was named as the 1990 CattleWoman of the Year when members of the Hereford CattleWomen and their guests met recently for lunch at the Hereford Country Club.

Before presenting Wagner with a copper cowbell, CattleWomen President Hall cited the honoree's many contributions to the beef industry. "This gentleman has gone above and beyond the call of duty as far as supporting the local beef industry. He is always at any beef promotion, mostly in the background. He is the gofer! He is also the maintenance man-the one who sets it up, tears it down and cleans it up.

"This man gets up early in the morning to get the grill going even when he's stayed up until the wee hours helping to cut and prepare the beef for a long day's promotion at the courthouse," Hall continued. "Besides all the help at beef fajita cookoffs, promotions for Steaks on a Stick and at rodeos, he helps his wife with the children when she's involved with CattleWomen projects."

Wagner is a graduate of Hereford High School and attended Texas Tech University and Amarillo College. He and his wife, Pam, have been married for 16 years and have three children: D.J., 15; Sarah, 13; and Mitch, nine. Hall was presented with a CattleWomen charm when she was named as the CattleWoman of the Year by Pat Graham. Hall has been actively involved in numerous

CattleWomen projects and is responsible for the monthly newsletter for the organization. Her husband, Scott Hall, is owner and manager of the Circle Three Feed Yards. They have two children: nine-year-old Riley and six-year-old Kali.

Shirley Garrison gave the invocation and two guests were given special recognition. They included Erin Alley, daughter of Marty McElhane, and Cyndie Isaacson, who attended with Joan Coupe.

During the regular business meeting, Pam Wagner read the minutes of the previous meeting and Graham gave the treasurer's report. Committee reports were heard from Coupe, Karen Keeling and Linda Fitzgerald, and the National CattleWomen's Convention, which is being held in Dallas, was discussed.

Those in attendance included Karen Keeling, Kathy Bunch, Jackie Murphey, Karen Marsh, Kyla and James McDowell, Gerry Taylor, Mildred and Shirley Garrison, Rachel Hunter, Jolene Bledsoe, Nance Perrin, Katie Hall, Marty Burke, Nancy Josseland, Charmayne Klett, Lisa Klett, Lula Arney, Linda Gilbert, Beverly Davis.

Also, Vel Simpson, Marn Tyler, Dan Hall, Jan and Marty McElhane, Erin Alley, Freda and Melvin Cordray, Leisa and Steve Lewis, Troyce and Dave Workman, Scott and Lori Hall, John and Karen Sharrod, Don and Pat Graham, Joan Coupe, Cyndie Isaacson and David and Pam Wagner.



CATTLEWOMAN OF THE YEAR
...Lori Hall, at left, honored by Pat Graham

Ann Landers

DEAR ANN LANDERS: Our 35-year-old son died 18 months ago after a long illness. His wife, "Laurie" was a faithful caregiver and we loved her for it. After "John's" death we thanked her for being so wonderful to our son. She has never acknowledged our financial help which was considerable and still lives rent-free in a house we own.

Less than a year after John died, Laurie started to date a married man 15 years her senior. He is now divorced and has moved in with her and our two granddaughters. This man brought nothing to the relationship except a hearty appetite and a pickup truck. He has a job but most of his checks go for alimony and

child support. One of our granddaughters is 15 and knows what is going on. We are not happy about the example their mothers is setting. We also feel that Laurie is taking advantage of us by living in our home rent-free although we don't need the money. Do we have any right to say or do something?--Worried In-laws in Kansas.

DEAR KANSAS: I can understand why you disapprove of Laurie's lifestyle. I wouldn't be crazy about it either. But she is under no obligation to answer to you.

You were generous to allow her to live rent-free in your home. I hope that you will continue to do so, if not for her sake, for your son's children. They need you in their lives. If you have a confrontation with their mother should could cut you out, and that would be a tragedy. So, swallow hard, dear, and close one eye. It's in your own best interest.

DEAR ANN LANDERS: I'm an old fogie in my 50s and was never concerned about the effect rock groups had on kids until my "new to me" 1987 Cadillac Seville hood and trunk ornaments were stolen. The replacements will cost more than \$100.

I've since learned that the kids here, in a suburb of Grand Rapids, have caught on to wearing these ornaments upside-down as necklaces or belt buckles, as a symbol against the establishment, just like certain rock groups do.

I've worked hard for 16 years in real estate sales and finally was able to buy my "dream car." Within four weeks, some kid ripped off the ornaments while I was at the County Fair watching our 12-year-old grandson win Grand Champion for his steer.

Get the picture, Ann? Dutch Reform area, County Fair, 4-H achievers, and kids stealing emblems off a car because some rock star started a fad.

I hope all mothers who read this will check their kids' jewelry and dresser drawers. If they find these ornaments it's a cinch the kid is up to no good. You should waste no time finding out exactly where the stuff came from, when they were acquired and why.

I grew up in this town and there was none of this garbage going on when I was a kid. Please, Ann, print this letter and give me a hand. Things are changing too fast for me. -- Life is Less Grand in Grand Rapids

DEAR LIFE: The changes you refer to are taking place far beyond the city limits of Grand Rapids. It's happening all over.

Couple united in marriage

Kathy Neill and David Danley, both of Hereford, exchanged wedding vows recently in the home of Chuck and Peggy Danley.

Officiating for the marriage was Pastor Larry Cothrin of Avenue Baptist Church.

The bride is the daughter of Mr. and Mrs. Floyd Neill of Hereford, and the bridegroom is the son of Chuck and Peggy Danley and Linda Maeder, all of Hereford.

Principal wedding selections were vocalized by Mr. and Mrs. Danley and their son, T.J. Piano accompaniment was provided by Francis Rickenbaw.

During the reception, the bridegroom's sisters, Jennifer and Cathy Maeder, served refreshments. The couple resides in Hereford.

The bride, a Hereford High School graduate, is employed at Hutto Veterinary Clinic and is attending West Texas State University.

The groom, also a HHS graduate, is presently employed at Webster Carpet.

THE "WRITE" TREE
PALATKA, Fla. (AP) - Of the nearly 2 billion pencils produced annually in the United States, many are made from one tree species - the cedar.

Wood from the cedar often is preferred for cased pencils, because it sharpens easily and doesn't warp, says Georgia-Pacific Corp., a forest products firm.

The wood also is used as a lining for closets and clothing chests because of its fragrance. In addition, oil from cedars is found in medicinal items and perfumes.

National Defense report heard by DAR

Kathryn Ruga gave the National Defense report when members of the Los Ciboleros Chapter, NSDAR, met recently in the home of Mrs. Charlie Bell with Mrs. Tom Draper serving as co-hostess. Mrs. Austin Rose, regent, presided.

Ruga stated the issue of taxes is much more a freedom issue than it is an economic issue. The so-called "budget reduction" package passed in October 1990 is the largest federal budget and largest tax increase in history. It contained no budget cuts, but did include at least \$100 billion in increased spending. Economic growth and inflation bring an additional \$70 to \$80 billion a year into the U.S. Treasury without increased taxes. The "powers that be" refused to eliminate a single bureau or project or to reduce the payroll by a single employee. There was no talk of a hiring freeze on government workers or the elimination of unnecessary jobs. Instead they increased their own pay and a pay raise of 4.1 percent for federal employees and a massive federal day care appropriation which will ultimately grow into a \$100 billion a year entitlement grab bag instead of raising the income tax exemption for dependent children of employed parents.

Ruga also said that unknown to most taxpayers is a special bank account of \$182.7 billion called the "discretionary" fund reserved by Congress to spend on its pet projects. No cuts were allowed in this discretionary fund.

The speaker added, "History tells us that raising taxes absolutely does not and will not reduce the deficit. Since 1948 every dollar of new taxes resulted in \$1.58 in increased spending. High tax countries have less economic growth and less creation of new jobs. If Congress

really wants to wipe out the deficit, it could do so by simply freezing spending."

During the business meeting, new officers of 1990-92 were elected. Serving as regent will be Mrs. Arthur Clark; vice regent, Mrs. Bob Sheffy; chaplain, Mrs. Herman Drake; recording secretary, Mrs. LeRoy Williamson; corresponding secretary, Mrs. Margaret Ann Durham; treasurer, Mrs. Charlie Bell; registrar, Mrs. Jess Robinson; historian, Mrs. J.P. Jones; and curator, Mrs. Melvin Faulkner.

Delegates to the Texas State Conference are Rose and Clark with Durham and Bell named as alternates. Delegate to Continental Congress is Mrs. Joe Reinauer, Sr.

Rose closed the meeting by saying, "Each of the members of the National Society Daughters of the American Revolution should rededicate herself to perpetuate the memory and spirit of her ancestors and of the Founding Daughters to continue the objectives of the Society in the second century of service to the nation."

Those present at the meeting were Joan Euler, Leta Kaul, Ruth Fish, Nell Norvell, Ruth Knox, Lois Gilliland, Robinson, Jones, Ruga, Clark, Durham, Clark, Rose and Bell.

UMBRELLA BIRDS

SEBACO, Nicaragua (AP) - Umbrella birds are native to the tropical forests of Central and South America.

Their name refers to a head crest of feathers which expand into an umbrella-like covering during courtship. The crow-like umbrella birds are about 16 inches long and blue-black in coloring. They feed mainly on fruits.

Book reviewed for Hereford Study Club

Carol McGilvary, librarian at the Hereford High School, presented a book review on "This I Can Leave You" by Mamie Burns recently to the Hereford Study Club.

The book told of a woman's days on the Pitchfork Ranch explaining that the Pitchfork Ranch covers a 14 by 20 mile block in Dickens and King counties, between the towns of Guthrie and Dickens, a two-hour drive east of Lubbock.

From 1942 until 1965, the years her husband, D. (Douglas) Burns served as foreman and manager Mamie Burns reigned as First Lady of the West Texas Ranch. Living in the big house, making a home during the hectic war-time years and calmer times of happiness and hospitality, she recorded incidents, conversations and family rituals on scraps of paper. In later years, she concentrated on composing stories from the random notes and shortly before her death in 1982, she donated the stories, notes and journals to the Ranching Heritage Association in Lubbock.

Mamie's stories make an well written book presenting ranch life, as she knew it, in a warm and humorous style. The book also reveals the authors fascination with people and her special skill with words to use in sharing the unique and interesting experiences.

Members gathered in the home of Virginia Winget with President Gracie Shaw presiding over the business meeting. Gladys Setliff read the minutes and the treasurer's report was given.

Members present were Barbara Allen, Willie Braddy, Doris Bryant, Morgan Cain, Elizabeth Cesar, Addie Cunningham, Hazel Ford, Mildred Garrison, Betty Gilbert, Elizabeth Hellman, Nedra Robinson, Bessie Story, Mary Stoy, Joan Yarbrow, and Leta Kaul.

Pruitt to speak Thursday

Elizabeth Pruitt of Tulsa, Okla. will be speaking Thursday, Jan. 24, at 7 p.m. in the Community Church Fellowship Hall.

Pruitt is an evangelist and is a graduate of Rhema Bible Training Center of Broken Arrow, Okla. She is an author, mother, grandmother, and has traveled in the United States and foreign countries.

A meal is planned before the meeting and all ladies are invited to attend and bring a covered dish.

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Blazers whip Suns in emotional tilt

By The Associated Press

For years, the West has had the reputation as the NBA's finesse conference.

Anyone who saw Tuesday night's battle between Phoenix and Portland knows that generalization doesn't always apply.

In a rough, emotional game marred by a fight that caused the ejections of Jerome Kersey and Xavier McDaniel, the Trail Blazers defeated the Suns 123-116.

"You could see from the very start that they really wanted it badly and our guys wanted it too," Portland coach Rick Adelman said.

Portland, which started the season by winning its first 11 games before losing to the Suns 123-109 on Nov. 27, got 24 points from Clyde Drexler, 23 from Terry Porter, 21 from Cliff Robinson and 19 from Kevin Duckworth.

"We did not want them to come in here and beat us twice at our place," Adelman said. "We want them to think that they still have a long ways to go."

Elsewhere in the NBA, it was Atlanta 118, Miami 107; New Jersey 92, Charlotte 90; the Los Angeles Lakers 116, Orlando 96; San Antonio 106, the Los Angeles Clippers 100; Seattle 132, Milwaukee 101; and Golden State 123, Houston 116.

Both benches cleared with 3:26 left in the third quarter after the altercation between McDaniel and Kersey. Referee Dick Bavetta ejected both players for fighting.

The Suns, one of two teams to beat the Blazers in 22 games at Portland this season, rallied from a 10-point deficit in the final 10 minutes to take the lead on several occasions, the last time at 105-104 with 4:21 to play.

But the Blazers, who won their fifth in a row, took the lead for good on four straight points by Duckworth, including a hook shot for a 108-105 edge with 2:44 to go.

Kevin Johnson scored 19 points for Phoenix.

Spurs 106, Clippers 100

San Antonio turned a 3-point

deficit into a 13-point lead with an 18-2 surge in the fourth quarter, with David Robinson scoring eight of his 30 during the run.

Benoit Benjamin, Charles Smith and Norman each scored 19 points for the Clippers.

Hawks 118, Heat 107

Atlanta won its 14th consecutive home game as Kevin Willis scored 11 of his season-high 29 points in the decisive third quarter.

The Hawks trailed 68-57 with 7:50 left in the third quarter after a layup by Sherman Douglas, who led Miami with 25 points.

But Glenn Rivers, who scored 10 of his 21 points in the period, hit a jumper with 3:26 remaining, starting a 19-2 run.

Lakers 116, Magic 96

Byron Scott hit 14 of 19 shots and matched his season high with 32 points.

The Lakers scored the first 12 points of the game and led by as many as 32 before clearing the bench late in the third quarter.

The Magic, which got 20 points from Otis Smith, made only seven of 28 shots in the first quarter.

SuperSonics 132, Bucks 101

Eddie Johnson scored 27 of his 29 points in the second half, nine of them during Seattle's decisive 15-2 run in the fourth quarter.

Ricky Pierce led the Bucks with 21 points.

Warriors 123, Rockets 116

Golden State scored a team record 46 first-quarter points, then needed 10 points from Tim Hardaway in the final 2 1/2 minutes to beat Houston.

The Warriors, who got 30 points and a career-high seven steals from Chris Mullin, survived a career-high 38 points by Kenny Smith.

Nets 92, Hornets 90

New Jersey won its fourth road game in 18 tries, beating Charlotte on Roy Hinson's follow shot with 3.3 seconds left.

The Hornets led 71-66 after three quarters before Derrick Coleman, who had 27 points and 15 rebounds, led the Nets' fourth-quarter rally.

'Other' McEnroe scores upset win

MELBOURNE, Australia (AP) - Patrick McEnroe overcame a pulled back muscle and a tenacious Italian with a nickname from a martial-arts movie to become the most improbable semifinalist at the Australian Open today.

It was a five-set copy of his better-known brother's Grand Slam start.

Unseeded and ranked 114th in the world, McEnroe was in constant pain after injuring his lower left back in the fifth game of the second set against Cristiano Caratti.

Bengals eye demoted Dallas coach

IRVING (AP) - The Cincinnati Bengals want the Cowboys to let them chat with assistant Dallas coach David Shula, who has rejected the head coaching job at the Orlando Thunder.

Shula said Tuesday that he'd decided against accepting the World League of American Football team post because of other possibilities.

"As Orlando's deadline for a decision on their head coaching position approached, I was also considering other options," he said in a statement issued from the Cowboys' Valley Ranch headquarters.

"Therefore, both parties thought it best if Orlando looked in another direction to fill their head coaching vacancy," the statement read. "I wish the Thunder the best of luck, and I'm sure they will be successful in the World League of American Football."

But Shula declined to elaborate on the Bengals' contact with him.

"The Cincinnati Bengals called Dallas and requested permission to talk to me," he said. "Any further comment should come from the Cincinnati Bengal organization."

No statement from the Bengals was immediately forthcoming.

The Cowboys demoted Shula on Jan. 9 from offensive coordinator to passing game coordinator. It was his second demotion in two seasons with the Cowboys.

The "Caratti Kid," No. 101 in the rankings, smelled blood and came back from two sets down, but McEnroe - with the help of a handful of letcord winners - held on to win on his fifth match point, 7-6, 6-3, 4-6, 4-6, 6-2.

McEnroe, long known as a doubles star, pumped his fists in relief and elation as Caratti's final backhand hit the net. The two exchanged high-fives and McEnroe collapsed into his chair, tears streaming down his cheeks.

This is McEnroe's second Grand Slam singles appearance, after winning his only Slam title in men's doubles at the French Open in 1989. His oldest brother, John, also reached the semifinals in his second Grand Slam singles outing, Wimbledon in 1977, after winning the French Open mixed doubles with Mary Carillo a month earlier.

John McEnroe, who was defaulted for arguing line calls at last year's Australian Open, skipped this year's tournament with injuries.

Patrick will be the decided underdog in the men's final four Friday. He'll play the winner of Wednesday night's match between second-seeded Boris Becker and 10th-seeded Guy Forget.

The other semifinal has top-seeded Stefan Edberg against two-time defending champion Ivan Lendl. Edberg beat Jamie Yzaga 6-2, 6-3, 6-2, before Lendl defeated Goran Prpic 6-0, 7-6, 7-6.

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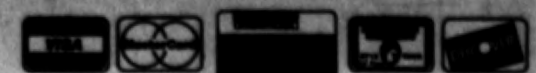
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AXYDLBAAXR
is LONGFELLOW

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

1-23
I X B G B U R C G J C Z V G J D
I X B B E B I J I X B X B C G I
I X C I Z J B R F J I Y J
I X G J Q Y X I X B U F I B T T B P I.

- Y . W . P X B R I B G I J F
Yesterday's Cryptoquote: A MEMORANDUM IS WRITTEN NOT TO INFORM THE READER BUT TO PROTECT THE WRITER. - DEAN ACHESON

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'77 Ford Supercab, \$1000; '89 John Deere Riding Lawn Mower, 9 horsepower, 36" cut, \$800; both in good shape. 655-2234. 16321

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House for sale. Business or residential location, must see to appreciate. Call 364-3874. 16282

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. 5470

202 Douglas, nice 2,000 sqft., 3 bdrm., corner lot, owner financing. Gerald Hamby, Broker, 364-3566. 16132

162 acres, 2 1/2 miles Northwest of Hereford, two wells connected, \$585/acre, rented for 1991. Call 806-293-4804. 16296

For sale by owner: Clean quality home. If you see it you'll want it. If you can qualify for loan we will pay closing costs. Move in nothing down, 123 Centre. 364-6164. 16310

3 bedroom house in Lubbock with 16x28 bedroom & bath partially completed. In-ground pool, quiet neighborhood, will sell or trade for property in Hereford. 364-1736. 16313

FOR SALE
807 N. Miles \$28,000
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IRVING WIL LOUGHBY
364-8509 or 364-3769

Calendar of Events

WEDNESDAY

Noon Lions Club, Community Center, noon.
Young at heart program, YMCA, 9 a.m. until noon.
Al-Anon, 406 W. Fourth St., 5 p.m.

THURSDAY

Ladies exercise class, First Baptist Church Family Life Center, 7:30 p.m.
Immunizations against childhood diseases, Texas Department of Health office, 914 E. Park, 9-11:30 a.m. and 1-4 p.m.
Al-Anon, 406 W. Fourth St., 8 p.m.
San Jose prayer group, 735 Brevard, 8 p.m.
Weight Watchers, Community Church, 6:30 p.m.

Kids Day Out, First United Methodist church, 9 a.m. until 4 p.m.
Kiwanis Club, Community Center, noon.
TOPS Club No. 941, Community Center, 9 a.m.
Amateur Radio Operators, north biology building of high school, 7:30 p.m.

Story hour at library, 10 a.m.
Hereford Toastmasters Club, Ranch House, 6:30 a.m.
Men's Study Group, St. Thomas Episcopal Church, 7:30 p.m.
La Madre Mia Study Club, Bettye Owen hostess, 7:30 p.m.
Calliopian Study Club, 7:30 p.m.
Sugar Works Cake Decorating Club, 7 p.m.
Messenger Extension Homemakers Club, 2 p.m.

FRIDAY

Kiwanis Whiteface Breakfast Club, Caison House, 6:30 a.m.
Community Duplicate Bridge Club, Community Center, 7:30 p.m.
Nazarene Kids Korner, 1410 La Plata, 9 a.m. until 4 p.m.

SATURDAY

Open gym for all teens, noon to 6 p.m. on Saturdays and 2-5 p.m. Sundays at First Church of the Nazarene.
AA, 406 W. Fourth St., 8 p.m. on Saturdays and 11 a.m. on Sundays.

MONDAY

AA meets Monday through Friday, 406 W. Fourth St., noon, 5:30 p.m. and 8 p.m.
Spanish speaking AA meetings each Monday, 406 W. Fourth St., 8 p.m.
Ladies exercise class, First Baptist Church Family Life Center, 7:30 p.m.
Odd Fellows Lodge, IOOF Hall, 7:30 p.m.
TOPS Chapter No. 1011, Community Center, 5:30-6:30 p.m.
Rotary Club, Community Center, noon.
Planned Parenthood Clinic, open Monday through Friday, 711 25 Mile Ave., 8:30 a.m. until 4:30 p.m.
Civil Air Patrol-U.S. Air Force Auxiliary, Community Center, 7 p.m.
Nazarene Kids Korner, 1410 La Plata, 9 a.m. until 4 p.m.
Veleda Study Club, 7:30 p.m.
Easter Lions Club, Easter clubhouse, 8 p.m.

Deaf Smith County Extension Homemakers Council, Library Heritage Room, 1:30 p.m.
Deaf Smith County Lapidary Club, 7:30 p.m.
Deaf Smith County Historical Museum: Regular museum hours Monday through Saturday 10 a.m. to 5 p.m. and Sunday by appointment only.

TUESDAY

TOPS Chapter No. 576, Community Center, 9 a.m.
Kids Day Out, First United Methodist Church, 9 a.m. until 4 p.m.
St. Thomas 12-step recovery program, open to the public, 7:30-8:30 p.m. For more information call the church office at 364-0146.
Hereford Rebekah Lodge No. 228, IOOF Hall, 7:30 p.m.
Problem Pregnancy Center, 505 E. Park Ave., open Tuesday through Friday. Free and confidential pregnancy testing. Call 364-2027 or 364-7626 for appointment.
Free women's exercise class, aerobics and floorwork, Community Church, 7:30 p.m.

Hereford AMBUCS Club, Ranch House, noon.
Social Security representative at courthouse, 9:15 a.m. to 11:30 a.m.
Kiwanis Club of Hereford-Golden K, Senior Citizens Center, noon.

Senior Citizens

LUNCH MENU

THURSDAY-Steak fingers and cream gravy, mashed potatoes, breaded vegetable rounds, green bean salad, chocolate pudding, roll.
FRIDAY-Fish nuggets, parsley potatoes, beets, carrot/cabbage slaw, applesauce cake, brown bread.
MONDAY-Cup soup, hamburger on bun with all the trimmings, green beans, banana pudding.
TUESDAY-Pork chops, oven broiled potatoes, vegetables, peach half and cottage cheese, chocolate cake, roll.
WEDNESDAY-Roast turkey breast and turkey gravy, rice pilaf,

green beans, buttered carrots, cranberry/orange relish, ice cream, homemade bread.

ACTIVITIES

THURSDAY-Oil painting 9-11 a.m. and 1 p.m., choir 1 p.m., birthday social 6:30 p.m.
FRIDAY-Line dance 10 a.m. and 1:15 p.m.
MONDAY-Line dance 10 a.m. and 1:15 p.m., devotional 12:45 p.m., Beltone hearing aid 12:30-3:30 p.m.
TUESDAY-Stretch and flexibility 10-10:45 a.m., bowling 1:30 p.m.
WEDNESDAY-Stretch and flexibility 10-10:45 a.m., ceramics 1:30 p.m.

Exercise without injury tips from O.J. Simpson

When it comes to aches and pains, O.J. Simpson is an expert—you don't become a football legend without scoring your share of injuries.

With O.J.'s exercise tips, you can get the most out of your fitness program and avoid the common mistakes that cause injuries:

* Get off to a slow start--The worst mistake most of us make is trying to do too much too soon. If you don't exercise regularly, being too ambitious at the beginning will do two things, both of them bad: First, you'll wind up aching all over, and second, you'll never stay with it. As you become more physically fit, you can increase your pace but don't try to do it all in one day. Remember, exercise should make you feel good - it isn't a new way to beat yourself up.

* Give your muscles a little TLC--Make sure your muscles are warmed up before you start exercising. First use stretching exercises to loosen up tight muscles, then warm up with ten minutes of exercise that works the muscles in the same way as your activity. A brief rally for tennis players, jogging in place for runners, or some practice swings and slow running around the bases for softball players will get your muscles ready for a good workout and make them more pliable and resistant to injury.

* Train like the pros -- Professional athletes train every day, and they vary hard exercises days with easy ones. Over-exercising won't get you in shape faster, but it will damage muscles and tendons. A vigorous 30-minute workout every day will make you look and feel better than a grueling three hour session once a week.

* Change your routine -- Exercise doesn't always mean calisthenics. If you vary your exercise, you won't get bored and you'll exercise all your muscles. A week of activity might include bike riding, aerobics, swimming, jogging, tennis, skiing, or hiking.

* It's all in the timing -- If you exercise outdoors, pay attention to the weather. During the summer, don't

exercise between 10 a.m. and 2 p.m. when the sun is at its peak. Prolonged exposure without a sunscreen is dangerous. To avoid sun stroke, heat stroke, dehydration and sunburn, plan activities for mornings or evenings when the temperature drops. A hat provides a lot of protection. O.J. likes a mesh baseball cap because the visor keeps the sun out of his eyes, and the mesh lets perspiration evaporate.

* Use the right equipment -- Sometimes injuries happen because the wrong equipment is used. For example, tennis elbow can be caused by using a racket that's too heavy, having too much tension on the strings, or using heavy balls which increase the force against the racket. Runners should invest in the best shoes they can afford, otherwise performance will suffer and the possibility of injury will increase. For bicyclists and baseball players, using the right equipment will not only prevent injuries, it can save your life.

* Forget "no pain, no gain" -- Unless you're in training for an Iron Man Triathlon, don't force yourself beyond your limits. Exercise shouldn't just improve you physically, it should lift you up emotionally and reduce stress. Make exercising fun -- bicycle or run with friends, take the kids hiking. And don't make your tennis or softball game too competitive. Play to win, but most important, play because you love the game.

LOS ANGELES (AP) - Singer Belinda Carlisle and L.A. Gear agreed to settle an advertising contract dispute out of court, an attorney for the shoemaker said.
The two parties were still working on the settlement, whose terms will not be disclosed, attorney John J. Quinn said Tuesday.
In March 1989, L.A. Gear filed a breach-of-contract lawsuit against Ms. Carlisle, claiming the former lead singer of the pop group The Go-Gos failed to fulfill terms of a 1988 contract.

Eligibility rules for SSI disability checks changed

A change in the Supplemental Security Income (SSI) law effective Jan. 1, will allow more working disabled people to qualify for SSI checks, Jim Talbot, Social Security manager in Amarillo, said recently.
The cost of work expenses related to their impairment will be excluded when determining their income for SSI purpose.

To get SSI, a person must have limited income and resources. Now that the cost of work expenses are being excluded from their income, people with disability may qualify with higher income, Talbot said.
Some examples of work expenses

that may be excluded are a wheelchair, attendant care services, braille devices, prescription drugs, and medical services and supplies.

SSI is a Federal program administered by Social Security. It provides monthly payments to people who are blind, or 65 or older, or have a disability and who have little or no resources and income. In addition to a monthly payment, most people who get SSI are also eligible for Medicaid and food stamps.

People can apply for SSI or get more information about it from the Amarillo Social Security office, located at 3501 W. 45th, Suite E.

Walk to your own beat

Attention walkers: Do your walks around the track or neighborhood have you going around in circles? Are you tired of the treadmill and staring at four walls? Here are some tips on changing the scenery and taking the humdrum out of your walks for exercise.

Nearly half of the country's malls are available to walkers before shopping hours. Many malls have established walking clubs which offer free juice, mileage logs, as well as a comfortable environment that includes:

- Ideal climate conditions
 - Safety from auto and bicycle traffic
 - Clean air
 - Reduced noise pollution
 - The fun of window shopping
- Loose-fitting clothing and a pair of comfortable, well-fitting, shock-blocking shoes are what you need to keep the comfort level high. Walking shoes designed specifically for the female foot incorporate features such as: a beveled heel, roomy toe box, arch support, padded tongue and ankle collar. Also, high-quality leather uppers with a breathable lining will afford your walking shoes a longer life.

Consider the airport another indoor walking track--there you can really rack up miles! Walk carefree and

luggage-free through the terminal corridors and imagine you're about to embark on a fantasy trip of your own!

For the outdoor enthusiast, inclement weather need not be a drawback to a walking schedule. With proper clothing, walking in the rain or snow can be peaceful, romantic and may even stimulate your creativity. Allow your imagination to walk with you. You may want to keep a log or diary. Write the date and location of your walk and mileage you accumulate on one page. On the facing page, keep a journal of your thoughts--my may be inspired to create poetry.

When you want to slow the pace and alternate more relaxed walking wit the aerobic type, try strolling through zoos, aquariums, museums or art galleries.

Wherever you decide to strut your stuff, remember to warm up by walking slowly and finish with a cool-down of slow walking and stretches.

Walking is a great way to obtain the benefits of aerobic exercise. Do it alone to reduce stress or just to enjoy quiet time, or ask a friend to walk with you. Remember to make your walks your own by keeping your individual pace and stepping out on new, unusual and interesting paths.

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