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WEATHER

'Warming' trend in store for region--above freezing Friday

SPORTS

Brockman passes 1,000 point mark; Estacado sweeps games. --Page 4

INSIDE

State legislature considering raises; strange car 'flip'; new AIDS study--Page Two

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The Hereford Brand

Hustlin' Hereford, home of Robena Whatley

Wednesday
Feb. 8, 1989

88th Year, No. 155, Deaf Smith County, Hereford, Tx.

10 Pages

25 Cents

HISD plans new bus rules

By JOHN BROOKS
Managing Editor

New rules designed to curb rowdiness by schoolchildren riding buses to and from school will be enforced beginning Monday by the Hereford Independent School District.

A letter from the school district has been given to children who ride buses. The letter, also addressed to each child's parents, says that the district "is extremely concerned with the conduct of our students who ride the buses, and will no longer tolerate any misbehavior on the buses."

"We're having a lot of misconduct toward the drivers, and we're having some safety problems," said assistant superintendent Richard Souter, who is responsible for the district transportation.

"We have some children who insist on standing up or sticking their hands out the window or just doing whatever they want. It's an unsafe situation, and we intend to stop it."

Ten simple rules will be posted in each bus. The rules call for children to: use the same conduct they would

use in a classroom; be courteous and not use profane language; not eat or drink on the bus; keep the bus clean; cooperate with the driver; not use any tobacco products; not be destructive; stay in your seat; keep head, hands and feet inside the bus; be reminded that bus drivers may assign seats to separate unruly children.

On the first violation, students will get a warning from the driver. A second violation will result in a meeting with the child's principal, and the principal will conduct the child's parents and remind the parents that the next violation will result in suspension of bus-riding privileges for five days.

The third and subsequent violations will result in suspension of bus-riding privileges for the remainder of the semester.

the district still reserves the right to suspend bus-riding privileges at any time for any infraction it deems serious enough to warrant suspension.

If a student is suspended from the bus, parents or others must provide the child's transportation to and from school.

"Everyone has to realize that the bus is a rolling classroom," said Souter. "riders should treat the bus driver with the same respect they would give a teacher."

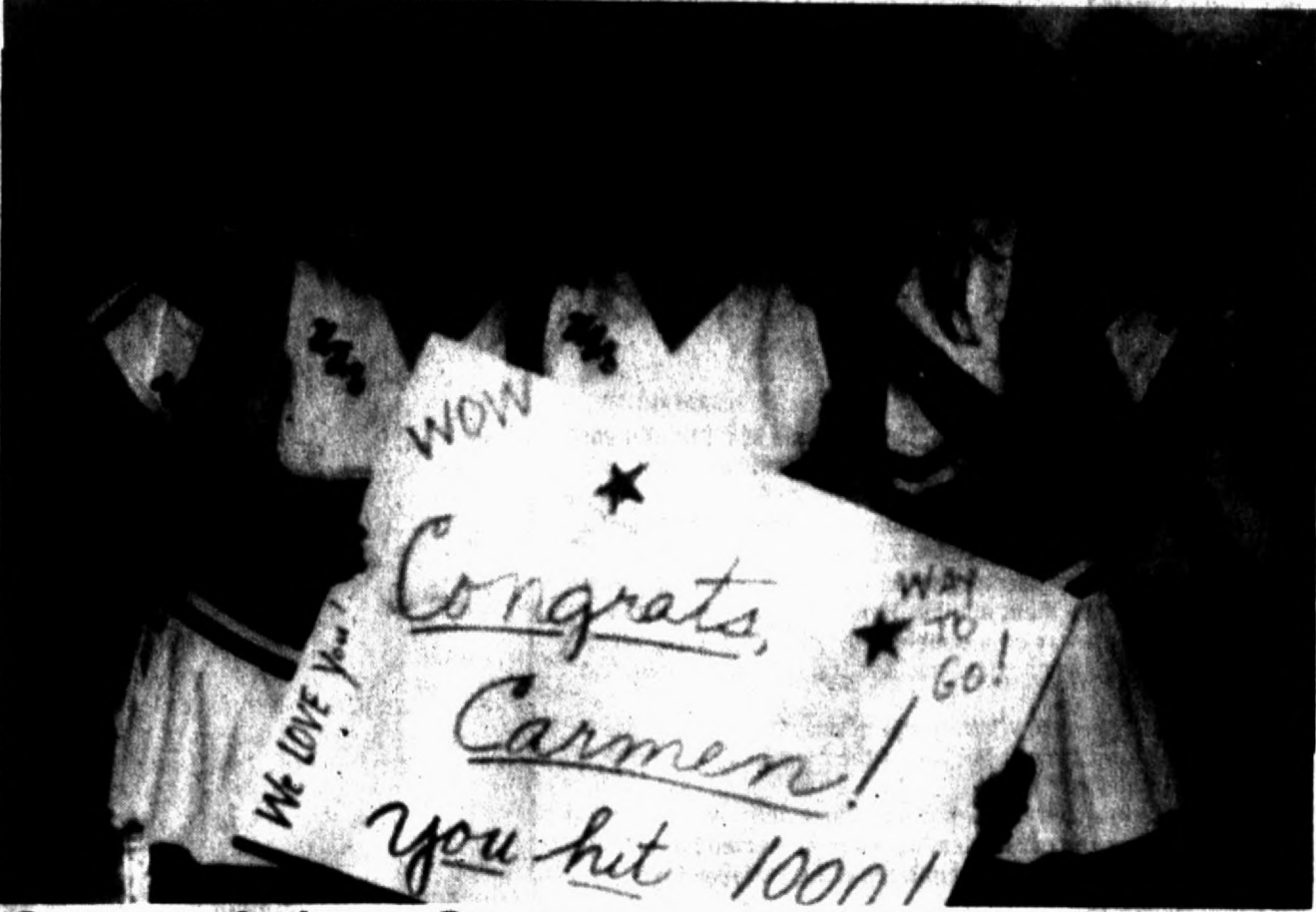
Souter said the district will host a course to help drivers with discipline problems on their buses.

"Right now, the only requirement is that the driver have the correct license, pass a physical, have fewer than 10 'points' against them on their driving record and take a 20-hour course."

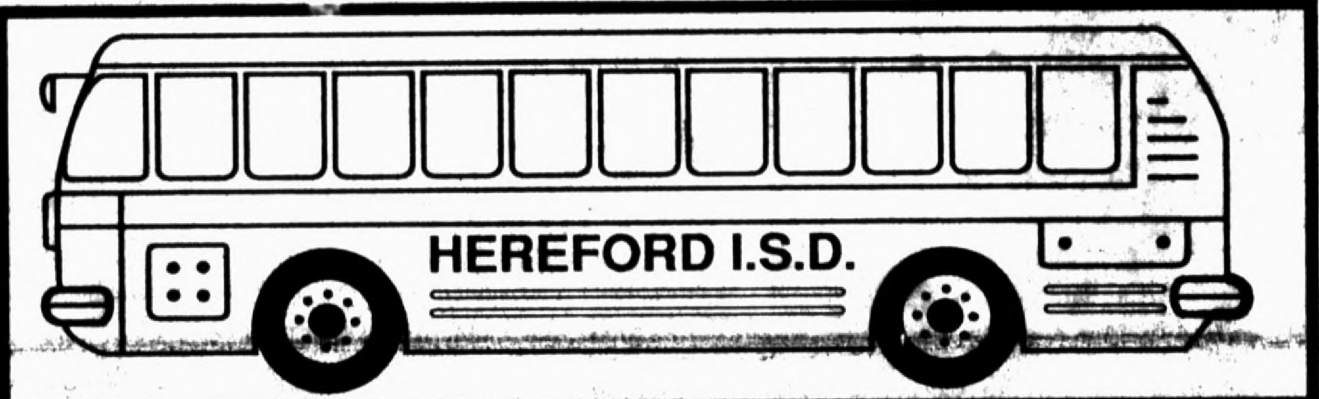
"We want to teach them how to better handle discipline problems and ways they can have more discipline from their riders."

"We have about 2,000 children that ride the bus each day in the district, and we're probably only talking about 10 percent to 15 percent of the kids that are causing problems."

"We don't want any problems at all. We want to make riding the bus a safe experience."



Congratulations, Carmen
Hereford High School cheerleaders display a sign congratulating Carmen Brockman of The Hereford Lady Whitefaces for passing the 1,000 point mark in her career during Tuesday's game against Lubbock Estacado at Whiteface Gym. Brockman scored 24 points in a 72-68 loss. Cheerleaders pictured include, from left, Cori Foster, Ann Weaver, Wendy Connally, Robin McMorries and Alina Benitez. See story in Sports, Page 4.



New rules for bus riders go into effect on Monday.

New pay plan in works

WASHINGTON (AP)--President Bush says he still wants some sort of pay raise for Congress, judges and top federal officials, even though he signed the death warrant for a 51 percent increase he initially endorsed.

Bush was "inviting suggestions" for future raise proposals at a meeting with Republican senators Tuesday, according to Sen. Ted Stevens, R-Alaska.

And in a White House statement released after he signed the resolution defeating the raise, Bush said: "I believe that some level of pay increase is in order, and I will be working with the House and Senate leadership to develop proposals to achieve that end."

I would also like to express my special concern about the level of compensation for members of our federal judiciary."

The House voted 380-40 Tuesday, and the Senate followed suit, 94-6, in passing legislation to reject a pay raise plan for lawmakers, too bureaucrats and members of the federal bench.

Bush signed the measure several hours before the midnight deadline that would have allowed the raises to become law, including a boost in congressional salary from \$89,500 to \$135,000.

The pay issue got the 101st

Congress off to a rocky start as public scorn was headed upon lawmakers, who were presented with a pay package recommended by a presidential commission, and endorsed by former President Reagan and Bush.

By day's end Tuesday many lawmakers appeared drained, but at least one still had a sense of humor.

"I wish I was as thin as my wallet," said Sen. Barbara Mikulski, D-Md., in recognition of her being on the plump side.

House members especially faced an outraged public, because the Democratic leadership, without protest from Republican leaders, had planned to let the raise become law without a vote.

Speaker Jim Wright, D-Texas, tried to accommodate them with a strategy to let the full raise become law Wednesday and schedule a vote Thursday to scale it back to 30 percent.

The plan collapsed, and Wright scheduled Tuesday's rejection vote, after anti-raise lawmakers won a procedural vote Monday that showed they had the strength to win.

The Senate handled the problem differently, voting 95-5 last week to reject the raise at a time it appeared the House would let the increase become law without a vote.

While some House members called the Senate vote hypocritical, it put the senators on record against the raise. They had little choice but to repeat the sentiment Tuesday when they voted again in order to conform to the House language.

Sen. James Jeffords, R-Vt., who had voted against the raise the first time, supported it Tuesday.

Jeffords said he cast his vote Tuesday in part to make clear his view that judges are badly in need of a pay raise.

Mendoza gets TDC sentence

Demesio Mendoza, 30, of Hereford, was sentenced to the Texas Department of Corrections in 222nd District Court Tuesday for forgery and theft of service--55 years for each crime.

Mendoza pleaded guilty to the charges but wanted the jury to decide his punishment.

District attorney Roland Saul said Mendoza was arrested for the charges on Aug. 7, 1988. He had eight prior felony convictions.

USDA still very cool; Hightower presses on

WASHINGTON (AP)--Texas Agriculture Commissioner Jim Hightower says national leaders on both sides of the Atlantic "should help agriculture make trades not war," as he presses a plan to allow Texas exports of hormone-free beef to Europe.

But federal officials say Hightower, a Democrat, isn't helping them resolve their dispute with the European Economic Community over the issue of hormone-treated beef and trade restraints.

"The bottom line is here we have a (U.S.) trade representative trying to negotiate with Europe and one person trying to do their own thing. It doesn't help our negotiation process," says Peter Myers, acting U.S. agriculture secretary.

Hightower is proposing a plan to certify beef is hormone-free based on guidelines from EEC veterinarians, which he contends Texas suppliers and the U.S. Department of Agriculture could "quickly meet and regain this export market."

"This is, in essence, the same verification procedure used by all of our competitors for their sales of this specialty product to European importers. If they can do it, we can do it better," Hightower said Tuesday in announcing the plan.

Europe has banned imports of hormone-treated beef because of health concerns over the growth stimulants, cutting off a \$100 million market for U.S. producers. The United States retaliated by setting \$100 million in

higher tariffs on a variety of Common Market goods.

USDA officials would not comment on Hightower's plan until they review it, and Jane Adams, a spokeswoman for the agency's Food Safety and Inspection Service, said a copy of Hightower's proposal had not been received by Tuesday afternoon.

Myers, who is running USDA pending Agriculture Secretary-designate Clayton Yeutter's Senate confirmation, said he would have to review Hightower's proposal, but "anything we do will have to fit any packing company in the United States...if and when we do it."

Myers said Hightower "obviously does things for political reasons, so you have to suspect what's going on."

At his confirmation hearing last week, Yeutter said Hightower's actions were undercutting U.S. efforts "in a very major way" and that it would help to have him "on our side rather than their side."

Hightower, a Democrat, denies the charges of politics and contends he is just trying to expand markets for Texas producers.

Hightower is proposing a plan to

certify hormone-free beef with a system of federal affidavits in which producers affirm their cattle were produced without artificial growth stimulants.

Texas beef shipped to Europe would receive the same USDA certification now authorized for selling "no hormones or growth stimulants" beef to U.S. customers, Hightower said.

His plan also would involve urine and fecal tests to be performed by European export to determine if synthetic hormones are present.

"Last Tuesday (Jan. 31) too European veterinary inspectors were in Austin to review with Texas officials the EEC's new import regulations for shipping certain beef products that are free of artificial growth hormones," Hightower said.

"As we suspected, meeting the EEC's technical requirements turn out not to be the 'impossible task' that USDA officials claimed it was. Practically all of the verification procedures required by EEC are either already being practiced by USDA or can easily be incorporated into their current practices."

Customers cool to S&L plan

DALLAS (AP)--Depositors at thrifts in downtown Dallas greeted President Bush's proposal for dealing with the ailing savings and loan industry with caution, but many said they were glad some steps were being taken.

Bush on Monday proposed raising the deposit insurance premiums paid by banks and thrifts, rejecting a fee on depositors.

Cheryl Harris, 33, a depositor at Murray Savings, said Tuesday she is worried about interest on her savings account. "I can finally put something (savings) away and now it looks like it won't be worth it."

"It'll probably end up the money I save will go to new taxes," she said.

"One way or another, we'll still end up paying for it, either through lower interest rates (on accounts) or higher service charges," said Jeff Estrachan, another Murray Savings depositor.

Estrachan said he doesn't know if anyone will find a better way to solve the thrift crisis, "but I'm glad somebody's doing something."

Bush's plan was immediately felt. Regulators from the Federal Deposit

Insurance Corp. and Federal Savings and Loan Insurance Corp. on Tuesday began taking over four troubled thrifts including Hondo-based Gill Savings Association.

Sen. Phil Gramm, R-Texas, described Bush's plan as "sort of like kissing your mother-in-law," but said it had his support.

"After looking at every option, I like this better than any alternative," he said from Washington.

Kevin Bain, a depositor at Sunbelt Savings, said he thinks Congress is to blame for the crisis becoming so deep.

"A policy gets put into place to protect us," he said. "Then some crook finds a way around it and everyone

pays. The warning signs were out there for Congress years ago."

"Now it looks like we'll (the taxpayers) get screwed again," Bain said.

All three thrift customers agreed that fraud within the system is not being handled well by the justice system.

"It's just like armed robbery," Estrachan said. "Those guys ought to be sent to Huntsville (prison), just like any other felon."

"They seem to be going too slow on catching the guys responsible," Harris said.

Bush proposal includes a \$50 million increase in funding for the Justice Department's investigation of fraud in the thrift industry.

"One way or another, we'll still end up paying."
--Dallas depositor

Local Roundup

Slight snow chance
Tonight will be mostly cloudy with a 30 percent chance of light snow. The low will be near 10, with northeast winds at 10-15 mph.
Thursday will be mostly cloudy with a high near 32. There will be a 30 percent chance of snow, and winds will become southwesterly at 10-20 mph by noon.
This morning's low at KPAN was 16 after a high Tuesday of 30.

Man reports theft
A man in the 300 block of Avenue E reported that his check book and bank card were stolen after he passed out on his couch. The man suspects that the two women he was drinking with stole the items.
A woman in the 400 block of Avenue E has filed assault charges against her husband for punching her in the mouth.
Twenty citations were issued and one minor accident was reported. Deaf Smith County Sheriff's Office reported that a vehicle on South Avenue K had shotgun dents in the side door. Damage was estimated at \$400.

House suffers smoke damage
Hereford firefighters were called to a house fire at 133 Ave. K at 8 a.m. Tuesday which started when an electric heater in the garage ignited a dog's bed.
Fire Marshal Jay Spain said the structure was not burned but suffered smoke damage.
A Hereford police officer noticed the smoke while on patrol and evacuated the residents before the fire department arrived.

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Trouble mounting for Tower nomination

WASHINGTON (AP) — Confirmation proceedings for Defense Secretary-designate John Tower were stalled today amid signs that President Bush's nomination of the former Texas lawmaker was in serious trouble with top Democrats on the Senate Armed Services Committee.

"I can only speak for myself, but I am leaning against the Tower nomination unless I can be convinced some perceptions I have can be disproven," Sen. J. James Exon,

D-Neb., said in a telephone interview Tuesday night.

Exon said those perceptions are that Tower has not recovered "from what obviously was a drinking problem at one time," and that Tower's previous work as a defense consultant created a conflict of interest for the would-be head of the Pentagon.

Exon wouldn't name or number the other members of the committee who he says share his feeling. But The New York Times today quoted Exon as saying it was "a fair

characterization" to say that Committee Chairman Sam Nunn, D-Ga., opposed the nomination.

Nunn was neither at home nor his office Tuesday evening.

The FBI, meanwhile is investigating a new allegation against Tower, who has been dogged by complaints of womanizing and excessive drinking. Exon said the investigation could delay the committee's confirmation vote until after next week's congressional recess.

The committee had originally

hoped to vote on the confirmation last week, then had counted on taking up the confirmation today after receiving what was to have been the final FBI report before the new allegation surfaced.

The Times said the newest allegation dealt with Tower's financial dealings.

Sen. John Warner, R-Va., said Tuesday at a news conference that he and Nunn met at the White House with Bush, Chief of Staff John Sununu, Counsel C. Boyden Gray and

Brent Scowcroft, the administration's national security adviser, to discuss Tower.

According to presidential spokesman Marlin Fitzwater, the president told Nunn that Tower was an "excellent nominee and hoped there'd be a vote soon."

"He (Nunn) did not speak out against it or ask that it be withdrawn," Fitzwater said.

Warner had said earlier in the day that he had been briefed by the White House about what was expected to be

the final FBI inquiry before the new allegation. He, in turn, briefed the GOP members of the committee.

The GOP senators said a preliminary FBI report provided no grounds to disqualify Tower.

But the separate GOP briefings angered Nunn, and may have helped push the Democrats toward opposition.

"Obviously, there have been some unofficial briefings going on that I as chairman of the committee have not been part of," Nunn said.

Court rules against car dealer who sold couple a car for a coin flip

FORT WORTH, Texas (AP) — This is a tale of a \$125,000 car that wasn't meant to hit the streets, a few rounds of drinks at a local club, and a Canadian quarter.

Nearly eight years ago, they combined to create something of a headache for Fort Worth car dealer R.D. Ryno Jr.

That headache grew recently when the Texas Supreme Court upheld a \$135,000 judgment against Ryno on behalf of a Midland couple who won the car on a double-or-nothing coin flip — then lost the automobile when Ryno sneaked it out of a car show and sold it.

"It was," said Bernard Whitney, one of two attorneys representing Lee and Kathy Tyra of Midland, "the most bizarre case I've ever been involved in."

The case has dragged through three courts and seven years — during which time the car dealership where it started has changed hands, the oil boom that precipitated it has collapsed, and the car has disappeared.

Now, Lee Tyra said he believes he is on the verge of justice, although he looks back in some amazement at the young man he was in the days when the Texas oil boom made people reckless.

"Those were wild and woolly days...things were pretty loose and easy," Tyra said. "I was 21, 22 then and had hair down to my shoulders and not a worry in the world."

"My family has been in the oil business in Midland for years, and business was booming then, and my wife and I had moved to Lipan. That's how we met R.D., who owned Bavarian Motors at the time."

"We'd come into Fort Worth, and we got to know him. He always seemed like a good ol' boy, and we'd bought two cars from him — a BMW and a Ferrari. We were friends, and he was always saying that if I ever ran into a good (oil) deal to let him know. He wanted to get in on it."

By Tyra's account — which is supported by court testimony — his last adventure with Ryno began on the afternoon of March 5, 1981, when he dropped by the dealership with two executives of a Canadian company known as Vancana Oil.

"They were going public, and I thought R.D. might be interested," Tyra said.

While at the dealership, the group also admired a rare BMW-M1, painted bright orange, that sat on Ryno's showroom floor adorned with a \$125,000 price tag.

"It was really a special car," Tyra said. "They only made 430 of them over in Germany, and there were only about a dozen in the U.S. at the time. It was actually designed for European road racing, but they had to make a certain number to get the car qualified for street driving."

"R.D. told me he had brought it over as a show car and that it wasn't supposed to go on the street because there was a waiver on it. Jokingly, he said, 'Why don't I just trade you the car for the (oil) stock?'"

"Anyway, about 3 in the afternoon we went over to the Century II Club and had a few drinks. R.D. was puttin' on the dog for the Canadians and we were all feeling pretty good, and we got to talking about the car again. Finally, I told R.D. I'd buy it from him."

"So we went back to the dealership — it was after hours, about 7 o'clock — and by now there were about six or eight people in the group."

"R.D. and I took the car out for a test drive, and while we were driving it, he said, 'You know, I really feel bad about selling you this car.'"

"I asked him what he meant, and he said, 'Well, some men have a weakness for women, some for drugs or alcohol, and some for gambling. I'm a gambler.'"

At that point, Tyra said, Ryno offered him a different deal on the car.

"He said he'd flip me double-or-nothing," Tyra said. "I asked him what he meant, and he said, 'If you win, the car's yours — free. If I win, you pay me \$250,000.'"



Basketball royalty

Carmen Brockman, left, and Clint Cotten were named Basketball Queen and King during a pep rally Tuesday afternoon at HHS.

State legislators need pay raise, says Gib Lewis

AUSTIN (AP) — The Texas House speaker and lieutenant governor say the salary for state lawmakers should be raised from \$7,200 annually because the pay limit precludes some people from serving in the Legislature.

"I think it's a sad state of affairs when only the wealthy can serve in government, and that's exactly what's developing," House Speaker Gib Lewis said Tuesday.

Li. Gov. Bill Hobby said the effect of the current salary level is "to restrict the pool of people who can afford to serve in the Legislature."

But Gov. Bill Clements disagreed, saying, "Some people say they're overpaid... I don't think they need a raise. I sure don't."

Lewis said some people have written to him concerning the pay issue, but they apparently confused state lawmakers' salary with a controversial proposal to raise the pay for members of Congress from \$89,500 to \$135,000. While Congress sets its salary, the salary for state lawmakers is set in the Texas Constitution and would require an amendment to change.

"Unfortunately, I think the congressional pay raise has put some type of restraint on what action we can take here, but I hope that the Legislature will pass a constitutional amendment that will be submitted to the voters and... let them make the decision," Lewis said.

"I get letters every day telling me I don't need a 50 percent raise, and that I don't need to be making \$100,000 a year, and when I write back and tell them I make \$341 take-home, they don't believe me," he said.

The take-home pay is from a monthly salary of \$600, Lewis said. The salary is supplemented by \$30 a day for expenses during sessions.

Although the Legislature was not created to be full time and has regular sessions scheduled only every two years, it is no longer a part-time job, Lewis said. State budget troubles in recent years have required frequent special sessions.

Lewis said he supports a suggestion by state Rep. David Hudson, D-Tyler, to raise lawmakers' salaries to \$23,358, one-fourth of what the governor makes. The lieutenant governor and speaker would make two times what lawmakers would receive. Under one proposal, the current salaries would continue until the 72nd Legislature convened in 1991.

Sen. Kent Caperton, chairman of the Senate Finance Committee, predicted there would be opposition in the Senate to a legislative pay raise. He said he traditionally opposes efforts to raise pay if the increase would apply to him.

Sex surveys, more condom use needed to battle AIDS

WASHINGTON (AP) — The AIDS epidemic will extend well into the next century, and to combat it America must conduct extensive sex surveys, provide sex education in plain language and distribute condoms widely, according to a study released today.

The study by the National Research Council says the nation's war against acquired immune deficiency syndrome and the virus that causes it, human immunodeficiency virus, is handicapped by outdated data on the sex habits of Americans and by poor studies on precisely how many people now carry the AIDS virus.

The study said public health authorities have a "pressing national need" for statistics gathered in a variety

of surveys, including AIDS blood tests from a wide segment of the population, such as newborns and women seeking abortions, and for well-designed studies of homosexuals, prostitutes and intravenous drug users, some of the major risk groups for the disease.

America, the study said, faces a long, difficult battle against the AIDS virus and that effort will continue even after a cure is found.

"The struggle to retard the spread of HIV is likely to persist well into the next century," the study said. "Improved understanding and prevention of the behaviors that spread HIV-AIDS will be needed — not only in the short run... but in the decades that follow any medical breakthrough as well."

It also noted: "HIV is already substantially seeded in the U.S. population — the number of people who are now infected may surpass 1 million — and the virus is likely to continue to spread, if not in epidemic form, then in a persistent, more stable endemic form."

The 589-page study includes scores of recommendations aimed at gathering information on how AIDS is spread, as well as the use and effectiveness of behavior modification programs.

Among the recommendations: —Blood tests for AIDS among all babies born in the U.S., and among women seeking abortions at clinics.

Obituaries

MARY R. FRYE
February 7, 1989



Mary R. Frye, 61, of Hereford, died Tuesday.

Services will be at 10:30 a.m. Thursday at the First Baptist church in Hereford with Dr. Ron Cook, pastor, and Doug Manning officiating. Graveside services will be held at 2 p.m. Friday at Binger, Okla.

Mrs. Frye was born in Binger and moved to Hereford in 1951 from Anadarko, Okla. She married Ray Frye in 1949 at Wichita Falls. She was a homemaker and a Baptist.

Survivors include her husband; four daughters, Anne Reiter and Shawn Gearn, both of Hereford, Janet Kesterson of Lubbock and Beth Frye of Canyon; a brother, Orval C. Smith of Verden, Okla., and three grandchildren.

The Hereford Brand

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Freeze in South starting thaw 14 killed in its icy grip

HOUSTON (AP) — A record-breaking cold spell that glazed the state with ice and shut down highways, schools and businesses continued to ease its grip today as thousands returned to work and classes, but a second wave of frigid air was sweeping across the state.

The latest cold front to hit Texas, however, was not strong enough to keep temperatures below the freezing mark today, forecasters said.

Winter storm warnings that had been posted for days were lifted Tuesday as temperatures began climbing slowly and freezing drizzle stopped, but the death toll from the winter storm continued to mount.

An elderly woman who had more than \$5,000 stashed in her one-room plywood shack in Laredo died of hypothermia Tuesday morning, authorities said. Weather was blamed for at least 14 deaths since the weekend.

No area of the state was spared the cold wave that caused power outages and gas shortages, but worried citrus growers in South Texas said their crops were spared serious damage.

As many as 40,000 customers of Houston Lighting & Power Co. were

without power Monday at the peak of electric outages as wires snapped under the weight of ice.

In the Houston suburb of Tomball, schools and large businesses were ordered closed Monday because of a critical drop in natural gas pressure, officials said.

But in the Dallas area, students in 24 school districts that cancelled classes because of a natural gas curtailment were returning to school today. Dallas schools, which were not affected by the gas cutback, held classes Tuesday.

Low temperatures around the state Tuesday ranged from minus 5 at Dalhart to 30 at McAllen.

Houston today was expected to set an all-time record for temperatures below freezing. After breaking low temperature marks for three consecutive days, Tuesday's 25-degree reading tied a mark set in 1975.

The below-freezing readings, however, passed the 103-hour mark by midnight today and closed in on the all-time record of 110 hours below freezing set in December 1963.

"It would almost be a freak of

nature if we didn't break it," National Weather Service meteorologist Tom Fountain said. "It is almost a certainty."

Forecasts called for temperatures to hover around freezing until mid-morning today, with highs near 40 until the weekend, when temperatures may break the 50-degree mark for the first time in more than a week.

In San Antonio, the weather service declared: "The freeze-a-thon is over," as temperatures climbed to 33 degrees late Tuesday morning, ending an 86-hour stretch of freezing. The extended cold exceeded the 72-hour period of 1963 but fell short of the 108-hour mark set in 1961.

Roads generally were dry in South Texas although scattered icy spots kept sections of U.S. 59 closed between Houston and Victoria and Interstate 10 west of Houston.

The Tuesday death of Rosa Rocha, who slept on the floor of her un-insulated Laredo shack with her 82-year-old sister, increased the toll blamed on the storm to at least 14. Many of those deaths occurred on the

state's icy roadways.

An 84-year-old Brazoria County woman, Laura Veillon, was identified as the victim of a Monday crash involving her car and a tractor-trailer rig, according to Department of Public Safety trooper Gordon Bake.

Another woman, Julia Felder, 64, of Baytown, was killed when her pickup truck skidded out of control on icy pavement and plunged into 20 feet of water in Goose Creek, police said.

Pot-Shots BY ASHLEIGH BRILLIANT

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WHY DO I WANT TO CLIMB THAT IMAGINARY MOUNTAIN? — BECAUSE IT ISN'T THERE.

1-8-89

Lifestyles



Community Concert set

The Neal Ramsay Duo will be in concert Saturday at Hereford High School auditorium beginning at 8 p.m. Publicizing the event via posters are Concerteens, from left, Dana Zinser, Susan Gage, Laura Kerr, and Jennifer Jackson with the help of Toni Campbell, standing at right. The event is being sponsored by the Hereford Community Concert Association.

Ann Landers

DEAR ANN LANDERS: I saw this piece in The Maryfaithful Magazine in Powers Lake, N.D. Author unknown. I hope you think it's good enough to print.--G.M., Virginia, Ill.

DEAR G.M.: I sure do. Here it is:

HOW COME?

When I was born I was black.
When I grew up I was black.
When I'm sick I'm black.
When I go out into the sun I'm black.

When I die I'll be black.
But you:

When you were born you were pink.
When you grow up you are white.
When you get sick you are green.
When you go out in the sun you are red.

When you go out in the cold you are blue.
When you die you turn purple.
And you call me colored?

DEAR READERS: The word colored has been out of use for a long time. It was replaced with black. And now there is a strong move to discard black and use African American. This seems appropriate to me because it gets away from color and designates origin instead. I hope it catches on.

DEAR ANN LANDERS: You printed a letter from a woman who wanted her 15-year-old cat put to sleep and buried with her when she died, because the cat, she said, was afraid of strangers. You agreed with her, saying the cat had lived a "long, full life."

When my mother died, I stayed in her house for a few weeks to straighten out her affairs. Her 14-year-old cat hid in the bedroom, occasionally peering out and mewing plaintively. I set food by the door and eventually he let me pet him when I brought food. Finally he decided I was OK. I gave him to a friend who already had half a dozen

cats and he seemed to enjoy the company. That cat lived to be nearly 21 years old.

The humans in my family generally make it to their 90s. When I get to be 70 or so, I hope nobody decides that I have lived a long, full life and puts me to sleep. How about you, Ann?--Elmira, N.Y.

DEAR ELMIRA: My answer was not exactly the cat's meow. Will you settle for a dozen swats with a 10-pound bag of kitty litter? Here's my answer:

Cats should be permitted to live as long as they enjoy good health.

DEAR ANN LANDERS: From time to time you have printed some

Garden Beautiful convenes

Garden Beautiful met recently with Ina Mae Gilbreath and Bobbie Metcalf serving as co-hostesses.

Refreshments of sausage apple quiche, sweet cream muffins, grapes, cantaloupe, and strawberries with coffee and spiced tea were served.

President Marguarite Newell conducted the business meeting. A poem, "Thoughts in a Garden", was read by Newell. The gardening tip was "house plants can help provide oxygen and absorb carbon dioxide."

The minutes were read and approved. A letter was read from Hereford Outreach asking for help and volunteers for the Rape

outrageous things said by dolts who think they are being helpful during a time of stress. Here's my story: The day before I went into the hospital for serious surgery a friend called and said, "Don't pay your doctor bills until you are sure you're going to make it. If you die, they can't collect."--Alive and Well in Vermont

DEAR READERS: I'd like to set the record straight regarding a recent column in which I recommended Overeaters Anonymous. Although many readers have reported that they have been encouraged at meetings to "put your faith in Jesus Christ," the organization is nondenominational. There is no reference to Jesus Christ in its literature.

Crisis/Domestic Violence Center.

Nadine Hill introduced the speaker, Margaret Bell. She provided a program on Big Brothers/Big Sisters, which allows the community to help children.

Members present were Newell, Louella Cowser, Margaret Young, Helen Spinks, Bessie Story, Jean Darnell, Dorothy Noland, Louise Axe, Hilda Haven, Hill, Pat Northcut, Jerry Jackson, R. Gilbreath and guest, Margaret Bell.

Before nylon and rayon came along and seized most of the wool market, Wyoming alone had more than half as many sheep as the entire United States does today.

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Teachers may apply for fellowship

AUSTIN (AP)—Texas teachers can apply for one-year fellowships under a program established in honor of the late Christa McAuliffe.

The Christa McAuliffe Fellowship Program will honor outstanding teachers in each state by enabling them to engage in a variety of activities that will enhance their professional growth. In Texas, four one-year fellowships will be awarded to full-time teachers currently teaching in the state's public or private schools. Each fellowship will be approximately \$29,573 and is tax-exempt.

The fellowships honor the late Sharon Christa McAuliffe, the New Hampshire teacher who was a member of the Challenger Space Shuttle astronaut crew that perished in the shuttle explosion in January 1986.

Teachers who receive the fellowships may use them for projects designed to improve education, including sabbaticals for study of research directly associated with improving education or academic growth for both teachers and students; consultation with or assistance to school districts, private schools, or private school systems other than those with which the fellow is employed; development of special innovative programs; or model teacher programs and staff development.

To apply for a fellowship, teachers must prepare a proposal and indicate within the proposal the extent to which they wish to continue current teaching duties. The proposal must be submitted to the superintendent for comment regarding its quality and its potential benefit to education. Recommendations from two teaching peers and the teacher's principal also must be included.

Proposals must be submitted to the Texas Education Agency through one of eight professional education organizations which have been asked to nominate two proposals for receipt of fellowship awards. Teachers can contact these organizations directly for information regarding the nomination process, forms and submission deadlines.

To be considered for the fellowships, proposals must be recommended by one of the following groups: Texas Classroom Teachers Association,

Texas Elementary Principals and Supervisors Association, Texas Federation of Teachers, Texas State Teachers Association, Association of Texas Professional Educators, Texas Association of Secondary School Principals, Texas Association of Nonpublic Schools or Texas Association of Nonpublic Schools or Texas Association of School Administrators.

Professional organizations will submit ten copies of each fellowship proposal to the Agency by February 16.

Proposals will be judged by a panel composed of teachers, school administrators, parents and higher education faculty. By March 1, the panel will submit four proposals to the U.S. Department of Education, which will announce the fellowship award winners in May.

A teacher may not receive a McAuliffe award for any two consecutive years and must return to a teaching position in his or her current school district or private school system for at least two years following completion of the fellowship. The federal government will require repayment should conditions of the fellowship not be fulfilled.

For more information, contact Dr. Marianne Vaughan or Dr. Lynda Haynes at the Texas Education Agency at (512) 463-8999.

Program set for ag employers

Agricultural employers are invited to attend a program explaining federal labor laws Tuesday, Feb. 14 from 1-3 p.m. in the Community Center.

The Texas Employment Commission will sponsor the informative program.

Darrell Krenk of the Department of Labor, Wage, and Hour Division will speak on the federal labor laws affecting agricultural employers. Clifford Williams, tax auditor of the local TEC office, will talk on unemployment insurance as it relates to the agricultural employer.

The program is open to the public and is free of charge. Farmers and labor contractors are invited.

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Sports

Brockman tops 1,000; Estacado wins

By JOHN BROOKS
Managing Editor

Carmen Brockman passed the 1,000-point mark in her three-year varsity career at Hereford High School with a 24-point performance, but the Hereford Lady Whitefaces fell to Lubbock Estacado, 72-68, in their District 1-4A finale at Whiteface Gym.

Brockman, who came into the game with 989 points, reached 1,000 points on a free throw with 51 seconds left in the first quarter. She ended her career first among HHS scorers with 1,013 points.

Brockman, however, was saddled with foul trouble like most of the other players in the game. There were 53 fouls called in the contest, and the teams shot 80 free throws in what became a two-hour marathon.

Each team lost three players to fouls, and Estacado went with just four players for the last 7:18 of the game.

When Estacado's Patrice Conwright fouled out, the Lady Matadors held a 55-50 lead a minute into the fourth quarter. Hereford came back to 56-55 lead with 6:25 to play, but the quicker Lady Matadors used a ball-control offense and hit several easy lay-ups to come back to take a 10-point, 68-58 lead with 2:35 left.

Brockman had 11 rebounds to go with her 24 points. Brandi Binder had 16 points and Cande Robbins scored 11 to help lead Hereford.

"We let up and let them have some easy baskets," said Hereford coach Frank Belcher. "I've seen that happen before, where a team will go down to four players and the other team lets up. Our defense let them have too much, and we made way too many mistakes."

"The bottom line is we got in a hurry in the fourth quarter when we really didn't have to, but we didn't take advantage of a lot of opportunities during the game."

"I'm disappointed in the way we finished, and I hate it for the kids' sake. I really feel like we made some progress this year, and I feel that we are a better team than what our record shows. We've played a lot better overall this year, but it's hard to see that when you finish like this."

"I'm proud for Carmen for her 1,000 points, and I'm proud for the seniors. I feel they gave it everything they had, and I wish they could have finished on a winning note."

In the boys' game, Hereford stayed even with the Matadors for three quarters before a cold spell in the fourth quarter gave the game to the Matadors.

The Herd had an 18-13 lead at the end of the first quarter before Estacado came back to take a 36-33 halftime lead. The teamstraded baskets through the third quarter as Estacado maintained its three-point lead at 52-49 at the end of the period.

The Whitefaces, who had shot nearly 50 percent during the first three quarters, cooled down in the fourth period and made just 4-of-18 shots, while Estacado extended its lead to 10 by the end of the game.

Pat Mercer led Hereford with 23 points, while Clint Cotten scored 19. The two also led Hereford rebounders: Cotten had 16 rebounds, while Mercer picked up 13 rebounds.

"Clint and Pat played hard and had a good game on the boards," said Hereford coach Mike Fields. "But we missed too many free throws down the stretch and didn't shoot well in the fourth quarter. We were still in the game with two minutes to go, but we didn't hit the shots when we needed to."

Maryland breaks drought

COLLEGE PARK, Md. (AP) — With its starting five playing 233 of a possible 240 minutes, shooting 60.4 percent from the field and making 17 of the last 18 free throws, Maryland is finally a winner in the Atlantic Coast Conference.

John Johnson scored 25 points, and Jerrod Mustaf and Tony Massenburg added 24 apiece as the Terps snapped a seven-game ACC losing streak Tuesday night with a 96-87 victory over Clemson.

"This was almost a perfect game for us," said Mustaf, who made 11 of 16 shots. "We dictated how we wanted to play, even when we were behind."

The Terps rallied from a 58-51 deficit with 15:37 left as Massenburg scored 21 second-half points, including 17 of the Terps' final 32.

"I was getting double- and triple-teamed," said Massenburg, who made six of seven shots and nine of 13 free throws in the second half. "Then we started making our outside shots. That was the difference. John (Johnson) was making his. Greg (Nared) made his. Dave (Dickerson) made his. That opened things up inside and made it easier to move around down there."

Maryland played its starting five the entire second half. Massenburg, Mustaf, Johnson, Nared and Dickerson combined to hit 17 of their first 22 second-half shots and wound making 18 of 25 shots over the final 20 minutes.



En garde!

Stuart Mitts, right, of the Hereford Whitefaces, guards against an Estacado player during the third quarter of the boys' game

Tuesday at Whiteface Gym. The teams stayed even for three quarters before Estacado pulled away to take a 70-60 win.

Schoolboy signings begin

By MICHAEL A. LUTZ
AP Sports Writer

That's pronounced Robert Strait as in "great" from the viewpoint of Cuero Coach Pat Blessing.

Strait, who became the No. 2 rusher in Texas schoolboy history playing for Blessing's Gobblers, planned to continue his career on native soil today by signing a scholarship agreement with the Baylor Bears.

Four Hereford football players were expected to sign college letters of intent this morning at the School Administration Building.

Expected to sign today were Brad Smith, with Texas Tech University; Clint Cotten and Pat Mercer with West Texas State University; and Keith Brown with Central (Okla.).

Smith, at defensive end, Mercer at wide receiver-cornerback, Cotten at safety, and Brown at running back-cornerback, helped lead Hereford to a 9-2-1 record in 1988 and a berth in the regional Class 4A playoffs.

Dallas Carter linebacker Jessie Armstead and Dallas Roosevelt wide receiver Kevin Williams also planned to choose their colleges today.

"Of course I'm prejudiced but I've been coaching 30 years and Robert's the best I've ever seen," Blessing said.

Blessing has watched the parade of great Texas schoolboy runners from Billy Sims to Earl Campbell to Eric Dickerson.

"I've seen them all but at this stage of their careers, I think Robert is the best," Blessing said. "He's probably a little faster than Earl and he runs inside better than Eric."

Williams announced Tuesday that he would attend Miami but Armstead had not indicated his preference.

Williams was a multi-talented performer for Roosevelt last season.

He caught 37 passes for 785 yards and eight touchdowns and at mid-season switched from receiver to tailback and gained 955 yards and scored 10 rushing touchdowns.

Williams also returned 12 punts for 387 yards and three touchdowns, 10 kickoffs for 267 yards and two touchdowns, and kicked four field goals. Strait, 6-2, 215, rushed 1,421 yards last season, giving him a career total of 8,404 yards, second in Texas schoolboy history behind Sugar Land's Kenneth Hall.

Scores

Varsity girls

Estacado 72, Hereford 68
Estacado 18 15 22 17 -- 72
Hereford 17 17 15 19 -- 68

H--Bell 0-3-3; Townsend 0-4-4; Robbins 4-3-11; Cornelius 1-2-4; Binder 6-4-16; Brockman 8-8-24; McGinty 1-4-6. TOTALS: 20/44-28/49--68.

Varsity boys

Estacado 70, Hereford 60
Estacado 13 23 16 18 -- 70
Hereford 18 15 16 11 -- 60

H--Schroeder 1-0-2; Delozier 1-0-3; Andrews 1-0-2; Brown 4-0-8; Scott 1-0-3; Mercer 8-6-23; Cotten 8-3-19.

Three-point goals: Delozier, Scott, Mercer.

JV boys

Estacado 52, Hereford 45
Estacado 7 18 14 13 -- 52
Hereford 16 16 7 6 -- 45

H--Andrew Tijerina 5-0-10; Andrews 1-2-4; Backus 2-2-6; Schroeder 4-0-9; Lemons 1-0-2; Walterscheid 3-0-7; Tardy 1-0-2; Buckley 0-3-3; Anthony Tijerina 1-0-2. TOTALS: 18-7-45.

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AT&T announces April 1, 1989, price changes for Long Distance Service (MTS) within Texas. AT&T's prices for long distance calling within Texas will be increased by two cents per minute for calls under 82 miles in distance and one cent per minute for calls that are 82 miles or greater in distance. AT&T's current discounts of 25% for evening calls and 40% for night and weekend calls will remain in effect. The price increases are expected to produce approximately \$22.8 million, which is nearly 2.9% of AT&T's annual revenues for Texas Long Distance Service.

This represents the first AT&T price increase for long distance calls within Texas. AT&T's long distance prices for calls within Texas have been reduced overall by about 12% since 1986.

The Long Distance Service price changes will also impact AT&T's PROSM WATS Texas offering, which offers subscribers a 10% discount on all long distance calls within Texas. These price changes are expected to produce approximately \$661,000, or about 3.5% of the annual revenues for AT&T's PROSM WATS Texas offering.

Prices for AT&T's REACH OUTSM Texas offering will also change. The price for initial hour usage will increase from \$12.55 to \$12.95; the additional hour price will increase from \$11.40 to \$12.00. These price increases are expected to produce approximately \$364,000, or about 2.1% of the annual revenues for AT&T's REACH OUTSM Texas offering.

AT&T's tariffs implementing these changes will be filed with the Public Utility Commission of Texas on March 1, 1989, with an effective date of April 1, 1989. The combined price increases are expected to produce approximately \$23.9 million, which is approximately 2.4% of AT&T's annual revenues for all Texas intrastate services.

If you have questions regarding these price changes please call AT&T's service consultants at 1-800-222-0300 for residential customers or 1-800-222-0400 for business customers. Persons who have questions regarding this tariff filing may also contact the Public Utility Commission of Texas in writing, at 7800 Shoal Creek Blvd., Suite 450N, Austin, Texas 78757, or by calling the Public Information Office at 512-458-0223, or 512-458-0227, or 512-458-0221 teletypewriter for the deaf.

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Bucks beat Cavaliers

By BILL BARNARD
AP Basketball Writer

The Cleveland Cavaliers are learning that having the best record in the NBA means having the rest of the league gunning for you.

"Cleveland brings out the best against us," Milwaukee coach Del Harris said after the Bucks beat the Cavaliers 115-106 Tuesday night.

"Teams are more prepared to play us now," said Cavaliers center Brad Daugherty, who scored 28 points. "There's no more sneaking up on people. Hopefully it will make us concentrate more and force us to be better players."

"We went into the game feeling something special," said Milwaukee forward Terry Cummings, who had 31 points and 11 rebounds. "This league is competitive. Everyone is so well balanced."

Elsewhere, it was New York 117, Washington 105; New Jersey 109, Seattle 99; Chicago 118, Charlotte 93; Utah 96, Miami 77; Sacramento 114, San Antonio 99, and Portland 134, Dallas 125.

The game had 15 lead changes and nine ties before Cummings and Ricky Pierce sparked a 21-10 Bucks spurt in the final seven minutes.

Milwaukee trailed 96-94 before go-

ing on a 13-4 spurt — seven by Cummings and six by Pierce — for a 107-100 lead with 2:05 to go.

Ron Harper, the Cavaliers' leading scorer, managed only eight points, 12 under his average, after getting in early foul trouble. And forward Larry Nance was still feeling the effects of a four-game layoff from a tendon strain.

Knicks 117, Bullets 105

New York won its 17th straight home game and handed Washington its seventh consecutive road defeat as Patrick Ewing scored 12 of his 26 points in the fourth quarter and Charles Oakley added 22 points and 15 rebounds.

The Bullets led 88-85 early in the fourth period before a 17-5 spurt by the Knicks put them ahead 102-93 with 5:09 remaining.

Washington, which got 20 points from Jeff Malone, got no closer than four points thereafter.

Trail Blazers 134, Mavericks 125

Portland outlasted Dallas as Jerome Kersey scored a season-high 33 points and reserves Steve Johnson and Kiki Vandeweghe keyed a fourth-period rally.

The Trail Blazers, down by as many as 16 points, trailed 104-92 after three periods. Then Johnson scored nine of his 14 points in the opening 6½ minutes of the fourth quarter, including two consecutive rebound baskets that capped a 24-9 spurt and gave Portland a 116-113 lead.

Rolando Blackman scored a season-high 37 points for Dallas, including 15 in the third period. Kevin Duckworth had 27 for Portland.

Nets 109, SuperSonics 99

New Jersey beat Seattle for the second time in a week with a 25-11 second-half run.

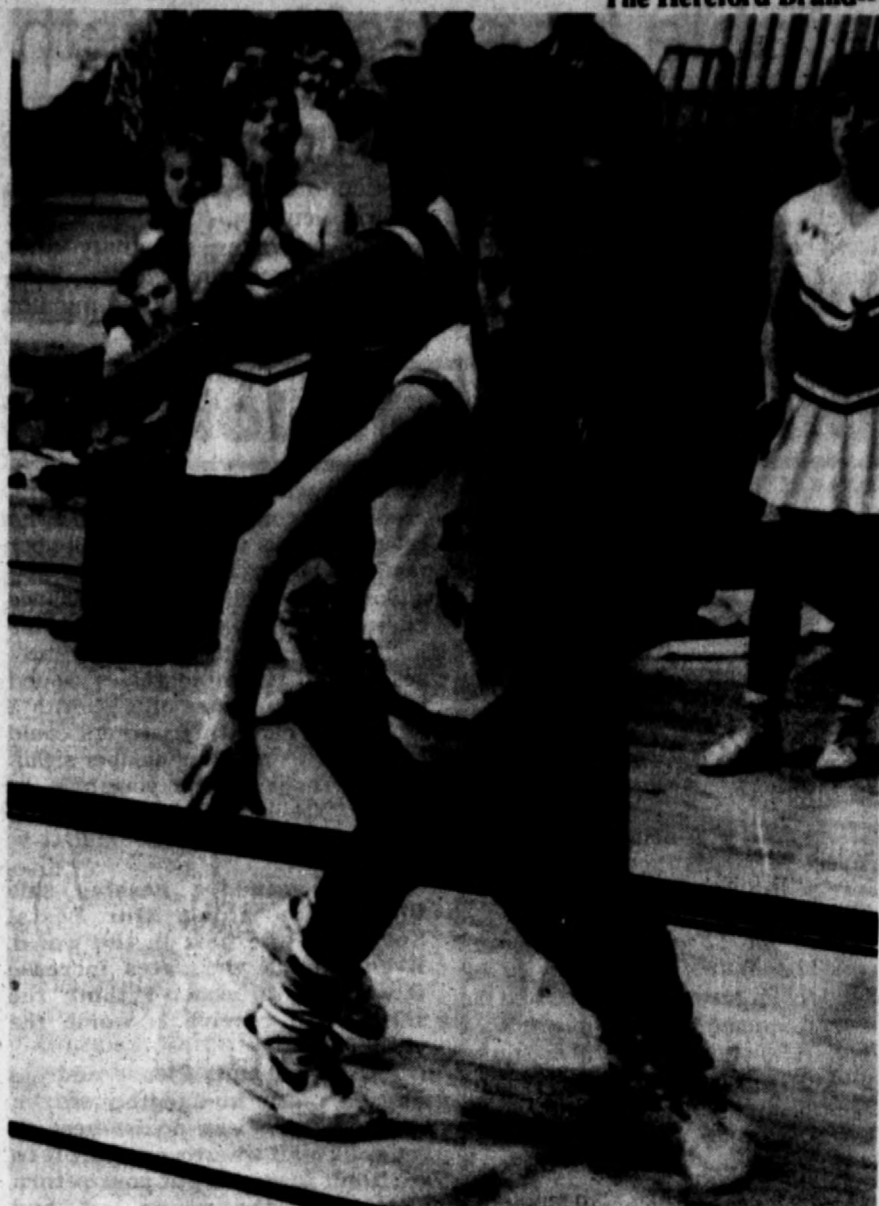
Dennis Hopson scored 20 points, Buck Williams and Joe Barry Carroll each had 19 and Lester Conner had 13 points, 11 assists and 10 rebounds for the Nets.

New Jersey led 72-70 when it started the decisive spurt with seven straight points, as Hopson hit a 3-pointer and Williams made four free throws.

Bulls 118, Hornets 93

Chicago routed Charlotte with a 21-10 rally in the final 7:03 of the third period, with Michael Jordan scoring 14 of his 32 points in that span.

The big spurt gave the Bulls an 89-69 lead going into the fourth quarter.



Townsend on the baseline

Brienna Townsend of the Hereford Lady Whitefaces drives past an Estacado defender during Tuesday's game at Whiteface Gym. Townsend had four points in Hereford's 72-68 season-ending loss.

HUMANS AND HORSES

NEW YORK (AP) — Former Olympic swimmer John Naber indulged in some wry humor when asked to compare human athletes and thoroughbred race horses.

"The horse race imagery is nice," he said. "But if you stop and think about it, the retirement plan for race horses is a whole lot better than the one for amateur athletes."

THEY'RE THE TOP

NEW YORK (AP) — The NBA public relations department reported

that the Los Angeles Lakers are tops in reaching the final round of the NBA post-season series.

The Lakers, playing in both Los Angeles and Minneapolis, made it to the final 22 times. The Boston Celtics were second with 19 appearances in the final round.

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Ueberroth may find TR buyer

FORT WORTH (AP) — Baseball commissioner Peter Ueberroth may make a scouting trip to the Fort Worth-Dallas area next week in an effort to find local investors to buy majority interest in the Texas Rangers baseball team, sources say.

The commissioner is also reviewing Edward L. Gaylord's bid to buy majority ownership in the team from Eddie Chiles.

"He is looking for a blue-ribbon ownership group," a source told the Fort Worth Star-Telegram Tuesday. "All he needs is maybe 10 guys to put up \$3 or \$4 million each."

It would not be the first time that Ueberroth has stepped in to help the sale of a franchise. He was instrumental in bringing local investors and companies together to purchase the Pittsburgh Pirates in the fall of 1985.

The commissioner reportedly plans to meet with various individuals in the area in the hopes of getting them together as an alternative to Gaylord as purchaser of the club.

The discussions are expected to be with such financial heavyweights as Richard Rainwater, the Bass brothers of Fort Worth and Dallas real estate broker Trammell Crow, the newspaper reported.



Robbins drives for basket

Cande Robbins goes up for a basket against an Estacado defender during the girls' season finale Tuesday at Whiteface Gym. Robbins had 11 points, but Estacado edged Hereford, 72-68.

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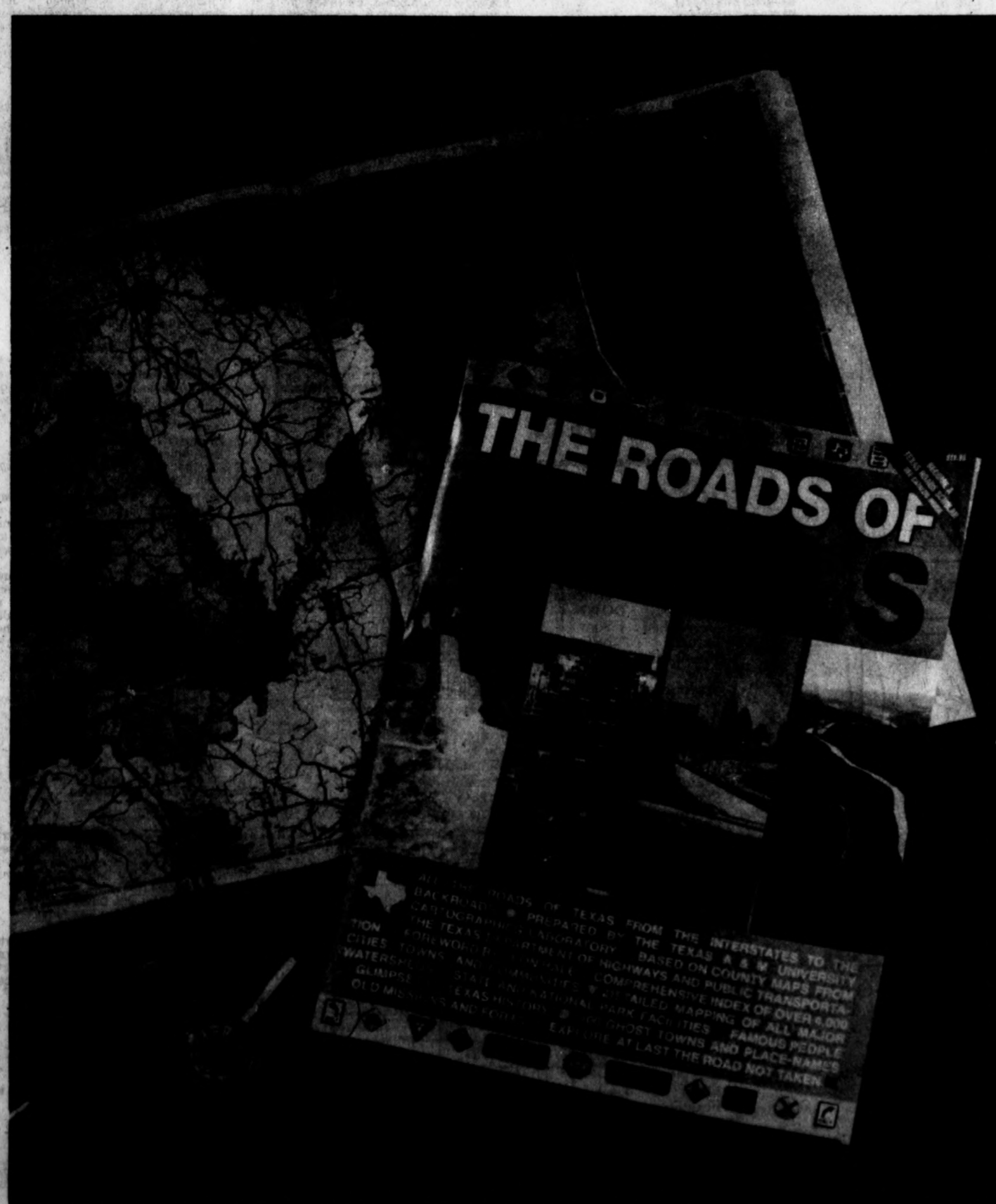
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October, 1988

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Kent Biffle
Dallas Morning News

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Treatment available for sensitive teeth

Imagine yourself downing a cup of steaming hot chocolate or an ice cold lemonade. Do you associate either experience with pain--dental pain?

Sensitive teeth are a pain indeed. The condition is not uncommon in adults; about 40 million Americans suffer from sensitive teeth, according to some estimates, more than 10 million of them reporting chronic sensitivity problems.

A hypersensitive tooth is usually the result of gum recession or abrasion. A tooth's hard protective enamel coating ends near the gumline. As the gums recede with age or as a result of gum disease, they expose part of the softer, more sensitive tooth root. A hypersensitive tooth results. Such dental pain can be triggered not only by extreme temperature changes, but also by mechanical stimulation, such as a misplaced toothpick.

Brushing with a toothbrush whose bristles are too hard, overzealous brushing and over-indulgence in acidic foods such as oranges or tomatoes can contribute to abrasion near the gumline, causing teeth to become sensitive. Hypersensitivity has also been associated with poor oral hygiene. Sometimes, hypersensitivity signals a deeper problem--decay, a broken filling or a crack in the tooth enamel. The South Plains District Dental Society recommends having your teeth examined by a dentist if hypersensitivity lasts for more than a week or two.

A variety of treatments are used to deal with hypersensitivity, depending on the cause of the

problem. Dentists may recommend paying stricter attention to daily brushing and flossing. Desensitizing toothpastes may provide some relief. (Several such toothpastes have been recognized by the American Dental Association as effective in curbing sensitivity.)

A dental technique called ionto-

phoresis can also ease the discomfort of sensitive teeth. The technique involves the application of fluoride to the teeth using a painless electric current. The procedure usually alleviates sensitivity after two or three treatments. Each application takes about two minutes per tooth.

Hints from Heloise

DEAR HELOISE:

Postal people across the nation read your column, as do millions of your readers who are also our customers.

Here is some information on forwarding mail that I am sure will be of interest.

First-class mail is forwarded for 12 months, free of charge.

Second-class mail is forwarded for 60 days, free of charge.

Third-class mail may be forwarded free of charge for 12 months if it bears endorsement instructing the Postal Service to forward it.

Fourth-class mail may be forwarded for 12 months, if it bears endorsement instructing the Postal Service to forward it. If forwarded locally, fourth-class mail is forwarded free. If forwarded to other than a local address, the addressee pays the postage for forwarding.

The Postal Service will hold your mail if you plan to be away for a specific time. Fill out a card at your local post office giving departure and return dates. They will hold your mail until you return and pick it up, then delivery service to you will be renewed.

If you move, get change-of-address cards from your post office and send to friends, family, banks, insurance

agencies, businesses, publishers, credit-card companies -- anyone who regularly mails to you. Soon all your mail will bear your new address.

Some 40 million people change addresses every year. Last year, 89 million letters with incorrect addresses and no return addresses wound up in our dead-letter offices. With a little extra care, letter writers could reduce that staggering number significantly. Thank you for your help. -- Jeanne O'Neill, United States Postal Service, Washington, D.C.

Thank you for passing this information along. Our Postal Service is the best in the world. Even though the rates increase from time to time, I think the service we receive is worth the cost.

A Heloise hint: Please address mail correctly and legibly so the Postal Service can do its best to get your mail where you want it to go. Don't forget to put your return address in the upper left-hand corner of the envelope. -- Heloise

Send a money- or time-saving hint to Heloise, P.O. Box 795000, San Antonio, TX 78279. I can't answer your letter personally but will use the best hints received in my column.

Television

WEDNESDAY

- 6:00** News
 Republican Response to the State
 Our House
 Cheers
 Night Court
 College Basketball
 Family Ties
 Inspector Gadget
 Miami Vice
 Fandango
 World Monitor
 Chronicle
 Sponsor: For Hire
 Marilyn Hickey
 Senors
- 6:05** Andy Griffith
- 6:30** Superman Cartoons NR
 Club Connect
 Wheel of Fortune
 Night Court
 USA Today
 Newhart
 Looney Tunes
 Crook and Chase
 Spice of Life
 World of Survival John Forsythe
 James Robinson
- 6:35** Sanford and Son
- 7:00** Good Morning, Miss Bliss Hayley Mills, Dennis Haskins NR
 Unsolved Mysteries
 Discover: World of Science
 Growing Pains
 The Blue and the Gray, Part 3 Stacy Keach, John Hammon NR
 MOVIE: Body Heat ****
- 7:05** Paradise
 Simon and Simon
 Mr. Ed
 Murder, She Wrote
 MOVIE: The Barbarians *** Sword and sorcery saga starring bodybuilding brothers. David Paul, Peter Paul (1987) R Violence.
 (MAX) MOVIE: Matewan ****
- 7:30** Danger Bay Donnelly Rhodes, Ocean Hellman NR
 Head of the Class Jack Gilford
 Patty Duke
 Air Power Walter Cronkite
- 8:00** MOVIE: The Boy Who Could Fly
 MacNeil/Lehner NewsHour
 The Wonder Years
 CBS Mini-Series Lonesome Dove, Part 4 Robert Duvall, Tommy Lee Jones
 College Basketball
 MOVIE: Class of 1984 **
 My Three Sons
 MOVIE: El Dorado ***
 American Magazine
- 8:05** (MAX) MOVIE: Fright Night ***
- 11:00** Entertainment Tonight (1988)
 The Blue and the Gray, Part 3 Stacy Keach, John Hammon NR
- 8:30** CBS Late Night Night Heat
 NBA Today
 Make Room for Daddy
 Nashville Now
 Reservoir of the Far East
 Batteline
 Lady Blue
 Great Planes
 The Vietnam War with Walter Cronkite Walter Cronkite
 MOVIE: Threesome ***
 Heritage Today
- 8:30** My Two Dads
 Hooperman Mark Hamill
 Donna Reed
 Super Dave (1987) NR
 VideoCountry
- 9:00** Nightingales
 American Playhouse Robert Bruce, Leslie Hope (1989)
 China Beach
 700 Club
 Saturday Night Live
 MOVIE: American Ninja II: The Confrontation **
- (MAX) MOVIE: Damien: Omen II**
 Crook and Chase
 Secrets of Nature
 Decades: The Peter Jennings
 Richard Roberts
 Noticiero Univision
- 9:15** (HBO) MOVIE: Nuts ***
- 9:30** News
 SCTV
 New Country
 Secrets of Nature
 Sabor Latino
- 9:35** MOVIE: The Villain **

Get plugged in
HBO & Cinemax
 Hereford Cablevision
 126 E. 3rd 364-3912

THURSDAY

- 6:00** News
 Fishing Michigan
 Our House
 Cheers
 Night Court
 College Basketball
 Family Ties
 Inspector Gadget
 Miami Vice
 MOVIE: Crimes of the Heart *** Colorful, off center and wildly eccentric, the McGrath sisters have peculiar ways of dealing with life's everyday problems. Diane Keaton, Jessica Lange (1986) PG13 Profanity, Mature Themes.
 USO Celebrity Tour: Patty Loveless and Randy Travis
 World Monitor
 Chronicle
 Sponsor: For Hire
 James Robinson
 Senors
- 6:05** Andy Griffith
- 6:30** DTV (1988) NR
 Cosby
 Michigan Outdoors
 Wheel of Fortune
 Night Court
 USA Today
 Newhart
 Looney Tunes
- 6:35** Sanford and Son
- 7:00** The Best of Walt Disney Presents NR
 The Cosby Show
 This Old House
 A Fine Romance
 The Blue and the Gray, Part 4 Stacy Keach, John Hammon NR
 MOVIE: Psycho III *** When a frightened young woman and a sex crazed dritter check into the Bates Motel, Norman becomes agitated and begins to feel mother's presence again. Anthony Perkins, Dana Scarud (1985) R Profanity, Nudity, Violence, Mature Themes.
 48 Hours
 Simon and Simon
 Mr. Ed
 Murder, She Wrote
 (HBO) MOVIE: The Squeeze 1/2 An artist who designs sets for discos inadvertently gets mixed up with murder and a lottery scheme when his ex-wife leaves a mysterious box with him. Michael Keaton, Rae Dawn Chong (1987)
- 7:05** Nashville Now
 Safari
 The Edge and Beyond
 Cagney and Lacey
 Camp Meeting USA
 Primavera Gigi Zanchetta, Fernando Carrillo
- 7:05** MOVIE: The Naked Spur *** A bounty hunter becomes involved with a dishonorably discharged Army officer and elderly prospector while capturing an outlaw. James Stewart, Janet Leigh (1953) NR
- 7:30** A Different World
 Autograph
 Patty Duke
 Wild World of the East
- 8:00** Mary Martin's Sound of American Musicals Mary Martin NR
 President Bush Address
 MacNeil/Lehner NewsHour
 Dynasty
 President Bush Address
 College Basketball
 MOVIE: Lone Wolf McQuade *** A maverick ranger collides with modern day bandits in a martial arts adventure set deep in the heart of Texas. Chuck Norris, Barbara Carrera (1983) PG Profanity, Nudity, Violence, Adult Situation.
 My Three Sons
 MOVIE: The Deserter ** When an Army captain's wife is killed by an Apache raiding party, he vows vengeance, deserts the Cavalry and goes into the desert to find them. John Huston, Bekim Fehmiu (1971) PG
 MOVIE: Witchboard It starts out as a harmless game. But the message on this wicked Ouija board comes straight from hell. Don't play it alone. Tamy Kitam, Stephen Nichols (1987) R Violence.
 (MAX) MOVIE: Leonard Part 6 1/2 In this comic spoof of spy films, a rich ex-secret agent is called upon to battle a vegetarian villainess. Bill Cosby, Tom Courtenay (1987) PG Mature Themes, Profanity.
 Beyond 2000
 Barry Douglas NR
 MOVIE: Mind Over Murder ** A beautiful, carefree model and dancer suddenly and unerringly realizes that she can sense future events and will objects to move. Deborah Raffin, David Ackroyd (1979) NR
 Heritage Today
 Encadenados
- 8:30** Dear John
 Donna Reed
 VideoCountry
- 9:00** Mystery! Joan Hickson, Robert Lang
 HeartBeat
 700 Club
 News
 Knots Landing
- 8:30** Saturday Night Live (HBO) Sports Illustrated: Making of the Swimsuit Issue (1988) NR
 Crook and Chase
 Profiles of Nature
 Richard Roberts
 Noticiero Univision
- 9:05** MOVIE: The Law and Jake Wade *** Reformed outlaw, turned lawman, is kidnapped along with his fiancée by his former partner in crime and is forced to lead the way to the loot. Robert Taylor, Richard Widmark (1958) NR
- 9:30** Whiffenpoofs in China Yale's Whiffenpoofs (1987)
 SCTV
 (MAX) MOVIE: Dolls ** When a little girl, her father and her wicked stepmother take refuge from a storm in the home of some quirky dollmakers, the stage is set for horror. Ian Patrick Williams, Carolyn Purdy-Gordon (1987) R Violence.
 New Country
 Along Nature's Routes
 Memories of Monet Claire Bloom NR
 America
- 10:00** The Adventure of Ozzie and Harriet Ozzie Nelson, Harriet Nelson NR
 News
 Good Neighbors
 Remington Steele
 Honeymooners
 SportsCenter
 Newhart
 Laugh In
 Miami Vice
 MOVIE: Batteries not Included ** Faye and Frank are about to lose everything when their NY tenement building is scheduled for demolition--until outer space people pay them a visit. Jessica Tandy, Hume Cronyn (1987) PG
 (HBO) America Undercover: Medicine May Be Hazardous NR
 You Can Be a Star
 Sporting Life
 Rising Star Leonard Rossiter, Frances de la Tour
 Sponsor: For Hire
 Coast to Coast
 MOVIE: Volvers La inexperiencia de un joven cantante lo lleva a enredarse con un hampon y ser acusado injustamente de asesinato de su secretaria. Alvaro Delia, Blanca Guerra R
 Sandburg's Lincoln, Part 2 Hal Holbrook, Sada Thompson (1974) NR
 Tonight Show
 Top Gun
 Cheers
 Hill Street Blues
 Night Court
 College Basketball
 Police Story
 Car 54 Where Are You?
 (HBO) MOVIE: Touch and Go *** A self obsessed hockey star falls in love with the single mother of a fast talking, streetwise 11 year old. Michael Keaton, Maria Conchita Alonso (1986) R Profanity, Violence.
 American Magazine
 Sporting Life
 French and Saunders Dawn French, Jennifer Saunders
- 10:50** MOVIE: The Americanization of Emily *** Eccentric admiral thinks it would be great for Navy public relations to have a sailor become the first man to die in the Normandy invasion. James Garner, Julie Andrews (1984) NR
 (MAX) MOVIE: The Neon Season *** A Miami reporter sees his dream story turn into a nightmare when a murderous psychopath gives him inside information, and then zeroes in for the kill. Kurt Russell, Mariel Hemingway (1985) R Profanity, Nudity, Violence.
- 11:00** World War II: G.I. Diary
 Entertainment Tonight (1988)
 The Blue and the Gray, Part 4 Stacy Keach, John Hammon NR
 CBS Late Night Night Heat
 Make Room for Daddy
 Dragnet
 Nashville Now
 Adventurers
 The Edge and Beyond
 Lady Blue
 Fletcher Brothers
- 11:30** MOVIE: Zorro, The Avenger Zorro and his father are jailed when they discover a political conspiracy involving Zorro's rival, the Eagle. Guy Williams, Gene Shelton (1958) NR
 Late Night with David Letterman
 World of Survival John Forsythe
 Nightline
 MOVIE: Force Five Five martial arts experts try to infiltrate the secret compound of a cult leader. Joe Lewis, Pam Huntington (1981) R Nudity, Violence, Adult Language.
 Hardcastle and McCormick
 Mr. Ed
 Edge of Night
 Wild World of the East
 Jerry Bernard
 No Es un Juego Vivir
- 11:55** The Best of Showtime Coast to Coast Sting, Paul Simon (1988) NR
- 12:00** Michigan Outdoors
 Arsenio Hall
 Party Duke
 Edge of Night
 World Monitor
 Barry Douglas NR
 Self-Improvement Guide
 Heritage Today

Crossword

CROSSWORD
 by THOMAS JOSEPH

ACROSS
 1 Tibetan priest
 5 -- Loves Mambo"
 9 Astonished
 10 In flight
 12 Mining find
 13 Type of wood
 15 -- you sure?
 16 Heat time
 17 Australian bird
 18 Hint at
 20 Fez color
 21 Skin aperture
 22 See
 23 Fish product
 24 "Battle of Britain" heroes
 25 Do a barber's job
 27 -- libre
 28 Spanish article
 29 So help me!
 31 Timorese coin
 32 Blvd.
 33 One of LBJ's beagles
 35 Run
 37 Morsel
 38 Crowbar, e.g.
 39 "King of the --" (1964 song)

DOWN
 40 Speak wildly
 41 British princess
 1 Song refrain
 2 Greek marketplace
 3 Prospective parolee
 4 Mature
 5 Cavalcade
 6 Winged teamate
 7 Cuisine letter
 8 Somehow
 11 Circus employee
 14 Au naturel
 16 Unsuited
 19 Noose
 22 Lou's killer
 24 Germanic ancestor
 25 Bridge coup
 26 Part of USNA
 27 Concealed part
 29 Siegfried's
 30 Giant
 34 Iranian's
 36 Fred Astaire's daughter
 37 Bikini

Yesterday's Answer

SAFE
 LOGRE CAROM
 LOOK CARARAT
 ARM FILS ENA
 RAT ANY LAX
 AFER RE RATE
 MOW STET
 BOU SAIL WAK
 REP HUN BODG
 REDHOT BRAGG
 LAGATE BRIDGE
 LOPS YISER

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12:00 Michigan Outdoors
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 Self-Improvement Guide
 Heritage Today

Comics

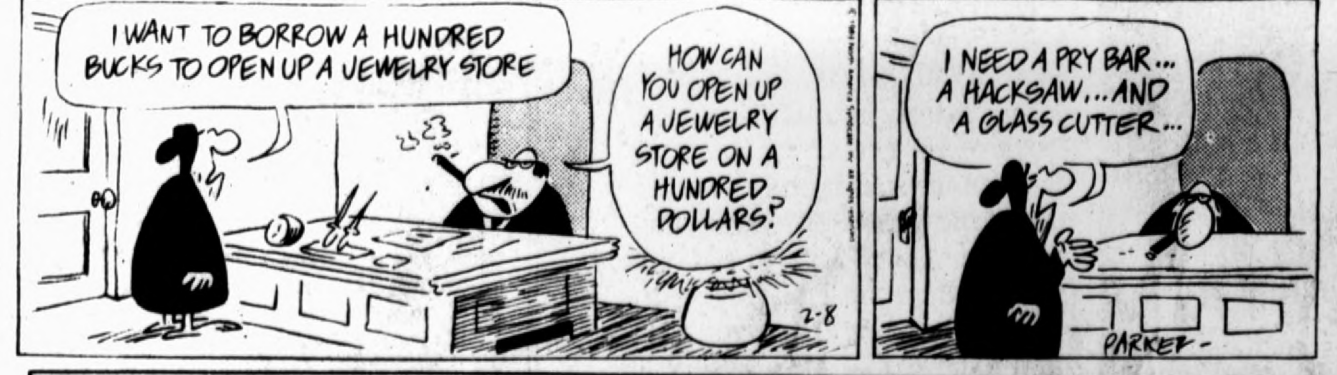
BLONDIE by Dean Young and Stan Drake



Marvin By Tom Armstrong



The Wizard of Id By Brant Parker and Johnny Hart



Barney Google and Snuffy Smith By Fred Lasswell



BEETLE BAILEY By Mort Walker



Quality day care discussed

A national expert on child development said quality day care is "having no more than four toddlers in the care of one well-trained adult."

Native Texan T. Berry Brazelton, clinical professor of Pediatrics at Harvard Medical School, said child care is receiving wide attention from businesses and politicians today.

Brazelton, also founder and Chief of the Child Development Unit at Children's Hospital, Boston, has been a strong advocate for improved child care for several decades. He has appeared many times before Congressional committees on behalf of bills addressing parental leave and is actively working with the Alliance for Better Child Care in Washington, D.C., which is proposing new national day care legislation.

Brazelton said more and more women return to the work force after the arrival of a new baby, making it highly essential that quality day care be available for the infant or older toddlers.

He said if current trends continue, three-fourths of all school-age children and two-thirds of all pre-school children will have mothers in the work force by 1995.

Brazelton said child care should be a focus of concern for the new Bush administration, since many grassroots efforts are under way to call attention to this need.

He said businesses that are most responsive to young mothers they employ have provided on-site day care for the infants, and have promoted job-sharing and flex time. In addition, they have provided sick leave to the mother when the child is ill.

Brazelton gave some advice for working parents on raising children in the late 1980s during an institute for child care professionals at Texas A&M University last week. The institute, conducted by the Texas Agricultural Extension Service and the First Years National Seminar Series, attracted 300 professionals who provide training and education to child care workers.

In addition, an evening program Jan. 18 conducted by Brazelton attracted an audience of almost 1,000 area residents to the Rudder Center.

Brazelton's Neonatal Behavior Assessment Scale is now used globally

to test the physical and neurological responses of newborns, and the psychological well-being and individual differences between babies at birth. He also does a cable TV series, "What Every Baby Knows," and has published numerous articles and books on child development.

In addition, Brazelton currently is president of the Society for Research in Child Development and president-elect of the National Center for Clinical Infant Programs.

Besides Brazelton and his faculty, other child development experts from Texas and surrounding states also were featured in the two-day institute. More than 20 concurrent sessions were

offered, including nutrition and health, curriculum, training methods and child care program administration.

The conference was designed to enhance the delivery of child care services by contributing to the professional development of people who provide training for child care workers, said Diane Welch, institute coordinator and Extension family life specialist.

Never pour hot oil back into its original container since it's not designed to withstand the high temperatures reached by oils during cooking—wait for it to cool. You could get burned by spilled oil or hurt by a broken container.



Library exhibitor

Richard Holmes, 13, has his collection of Transformers on display at the Deaf Smith County Library throughout the month of February. He is a student at Hereford Junior High School.

Senior Citizens

Activities scheduled this week (Feb. 9-15) at the Hereford Senior Citizens Center include the following:

DAILY, Monday through Friday—Noon meal, 11:30 a.m. to 12:30 p.m.; quilting and games, 8 a.m. to 5 p.m.; gift shop, open 9 a.m. to 5 p.m.

THURSDAY—Knitting, 9:30 a.m.; beginning oil painting, 9-11:30 a.m.; choir, 1 p.m.

FRIDAY—Advanced line dance, 10 a.m.; regular line dance, 1:15 p.m.; board meeting, noon.

SATURDAY—Games, noon to 4 p.m.

MONDAY—Business meeting, 10 a.m.; advanced line dance, 10 a.m.;

devotional, 12:45 p.m.; beginning line dance, 1:15 p.m.

TUESDAY—Stretch and flexibility, 10-10:45 a.m.; blood pressure, 12:30-2 p.m.

WEDNESDAY—Stretch and flexibility, 10-10:45 a.m.; Ceramics, 1:30 p.m.

MENUS

Call 364-5681 before 9:30 a.m. for home delivered meals, or call before 10 a.m. for meal reservations.

THURSDAY—Beef stroganoff on rice, stewed tomatoes, herbed green beans, custard pie.

FRIDAY—Chicken and fish nuggets with sauce, buttered parsley potatoes, Harvard beets, carrot and

cabbage slaw, applesauce cake.

MONDAY—Steak strips with gravy, mashed potatoes, seasoned zucchini, green pea salad, chocolate pudding.

TUESDAY—Baked turkey with dressing, giblet gravy, cauliflower au gratin, seasoned green peas, cranberry sauce, cherry cobbler alamide.

WEDNESDAY—Chicken strips, rice pilaf, seasoned green peas, fruit salad, tapioca pudding.

Broadcaster Lowell Thomas, known for his world travels, died in 1981. He was 89.

According to actress Mae West, "To err is human—but it feels divine."

February Sale

LAST WEEK OF BABY YOUR BABY SALE. SAVE ON INFANTS' TODDLERS' WEAR



25% OFF

All napwear and sleepwear
Primary colors come alive in dots and stripes on these adorable sleep sets for little boys and girls.
Sale excludes JCPenney Smart Values.



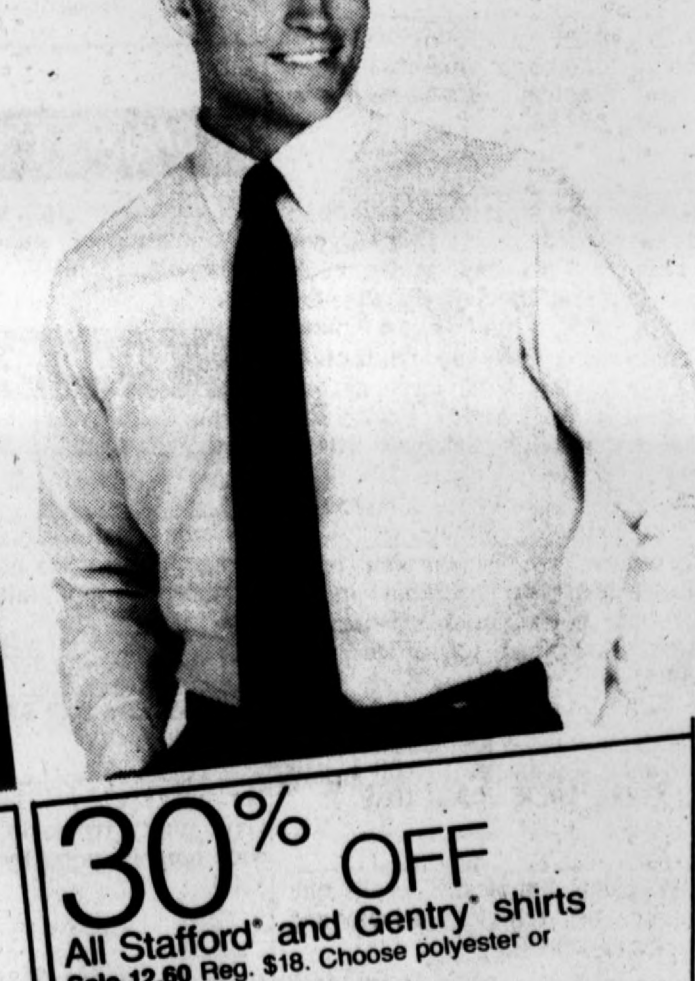
25% OFF

All infants' and toddlers' sets
Sale \$9 Reg. \$12. Cotton and polyester/cotton suspender sets for infants and toddler boys and girls.
Other sets also on sale.
Sale excludes Smart Values.



SALE 9.99

Juniors' campshirt
Reg. 12.99 The go-with-everything oversized campshirt of cotton. In solids and patterns.
Sale prices in this ad effective through Tues., Feb. 14th, unless otherwise noted.



30% OFF

All Stafford® and Gentry® shirts
Sale 12.60 Reg. \$18. Choose polyester or cotton blends.

25% OFF

All socks and underwear
From all-in-one infant underclothes to stretch crew socks for toddlers, we've got your baby covered.
Sale excludes JCPenney Smart Values.

30% OFF

All Stafford® dress shoes
Sale 38.50 Reg. \$55. Kidskin leather moccasin style.
Sale includes all regular priced Stafford® dress shoes.
Sale excludes Smart Values.

25% OFF

Small leather goods
Choose checkbook clutches, credit card holders, French purses and more.

SALE 19.99

Selected men's slacks
Reg. 24 to 27. From the Fox®, Par Four® in cotton, polyester, blends.

You're looking smarter than ever at

JCPenney

Sugarland Mall

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

CLASSIFIEDS

364-2030

THE HEREFORD BRAND Since 1901
Want Ads Do It All!

YOU WANT IT, YOU GOT IT CLASSIFIED

364-2030
313 N. Lee

CLASSIFIED ADS
 Classified advertising rates are based on 14 cents a word for first insertion (\$2.00 minimum), and 10 cents for second publication and thereafter. Rates below are based on consecutive issues, no copy change, straight word ads.

| TIMES | RATE | MIN. |
|-----------------|------|------|
| 1 day per word | .14 | 2.00 |
| 2 days per word | .24 | 4.00 |
| 3 days per word | .34 | 6.00 |
| 4 days per word | .44 | 8.00 |

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

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

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

1-Articles For Sale

HEREFORD PILOT CLUB MEXICAN STACK SUPPER
 March 3, 1989
 High School Cafeteria 8:00 p.m. to 8:00 p.m. Adults \$4.00 Twelve & Under \$2.50.
 Tickets now on sale from each member.
 1-155-tfc

Repossessed Kirby. Other name brands used and rebuilt \$39.00 and up. Sales and service on all makes. 364-4288. 1-85-tfc

Anderson's Antiques & Gifts Unique. Collectibles, furniture and country crafts. 1701 5th Avenue, Canyon, Texas 806-655-2146. 1-121-tfc

17 ft. Hydrasport bass boat plus trailer and tarp. Loaded with 150 h.p. Mercury. Good condition. Call 364-2132. 1-130-tfc

Will trade 40x72 youth bed, mattress and springs, mattress cover, sheet, bespreads for used sofa-sleeper. 364-8823. 1-150-tfc

Quality used furniture, children's clothing and toys. Very good condition. Crib, day, trundle, bunk, captain's and twin beds, dinettes, chairs, tables and much more. Maldonado's Baby and Household Bargains, 1005 West Park, next to Sherwin-Williams, 364-5829 Monday through Saturday 10:00-5:00. 1-151-5c

To be moved: 3 bedroom brick house, also two bedroom and 3 bedroom house, brick commercial building—excellent for offices, etc. 359-5544. 1-151-10c

For sale; Parakeets, \$10.00 a pair while they last. Call 364-1017. 1-152-5c

AKC Chow Puppies, 8 weeks old. Males and females. Blues and blacks. 364-0630. 1-153-5p

King size floatation water bed, king size brass headboard. 364-0687 after 3:30 p.m. 1-153-3c

Just moved, have extra portable Kenmore dishwasher. Like new. Call 364-7276. 1-155-4c

"TRY US-YOU'LL LIKE US"

\$5.00 Haircuts for Him or Her,
PERMS (includes Perm, Haircut & Set) \$25.00 "While They Last" Come check out our homey atmosphere at 223 North 25-Mile Ave. Phone 364-7561.

*Gloria*Melanie*ALma*Martha
GLORIA'S BEAUTY SHOP
 (...now open Mondays, too!)

2-Farm Equipment
 Propane tank, 500 gal. 250# W.P. 41 B John Deere Tractor with 2 row cultivator. 9 chisel Big Ox Plow. 900 square bales of wheat hay. LeRoy Williamson, 364-1933. 2-151-10c

3-Cars For Sale
 '78 Pete Conv. 400 Cummins. 50,000 on overhaul. 4.44 rear ends RTO 12513, 36" sleeper PS, AC, 11x24.5 Budds. Air ride \$16,500 firm. Day or night 806-289-5845. 3-152-10p

1983 Ford Ranger A/C, 70,300 Miles, New catalytic converter, good tires. 364-6254. 3-153-3p

1985 Dodge Ram 350 Van. 49,400 miles A/C, Cruise control, Power steering, 3/4 ton extra long body, good tires. 364-6254. 3-153-3p

1987 Ford Aerostar XLT Mini-Van. Pick up payments or cash 364-0655. 3-154-tfc

Moving..1977 Chrysler Cordoba, 2 dr. \$650. Also 1981 Pontiac Gran Prix, 2 dr. \$900. Both good starting and running. 357-2581 Summerfield. 3-154-5c

1985 Ford Bronco. 4-wheel drive, XLT. 13,000 actual miles. Like new. \$12,500. Call 364-1803 after 6 p.m. 3-147-10c

1985 Pontiac Grand Prix Brougham, excellent condition, extra clean AM/FM cassette tape, call after 5 p.m. 364-2120. 3-151-tfc

1980 Honda 4 dr. Accord. 73,000 miles. Good condition. Call after 6 p.m. 364-2839. 3-150-tfc

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

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

3A-RVs For Sale
 For sale: 1985 Honda ATV. Excellent condition. Low hours. Call 364-6806 after 5 p.m. 3A-151-5p

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

For sale 2 bdrm, fenced backyard, garage, dishwasher, garbage disposal, call for appt., after 6:00 p.m. 364-3540. 4-135-21p

3 lots for sale. Call 276-5339. 4-128-tfc

No money down 2-1-1 1/2, fenced yard, utility room, freshly painted. Nice neighborhood by a park. 364-3209. 4-139-tfc

For sale cheap! big round bales haygrazer. Year before last crop. Located near Hereford. For rent: offices or retail. West Hwy. 60. Very reasonable rent. For sale: 14 acres and 25 acres, country homes. 3 bedroom and other improvements. OWC with small down payment. If you can afford rent, you can own one of these places. S.E. Hereford. Call 622-2411. 4-155-tfc

FOR SALE BY OWNER
 228 FIR
 Ready to move in, newly painted inside and out three bedroom, 2 bath, 1700 sq. ft., isolated master bedroom, ceiling fans, mini-blinds, central air and heat, covered patio, garbage disposal, vent-a-hood, stove, dishwasher, electric garage door opener, washer/dryer connections in utility room. Front living room could be used for extra bedroom. Well kept front and back yards.
 Call 364-4263
 First \$45,000 buys this house

AXYDLBAAXR
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
2-8
 C ' Y Y V B D Y C J D A V D B
 F A N J B V . F A N J B V N Y K N I J
 E A N V J K U N D J B E A B V A A Y J A
 U N J D B J N I . — A Y C M N R A D U
Z N J O A Y Y
 Yesterday's Cryptoquote: THE SCIENTIFIC THEORY I LIKE BEST IS THAT THE RINGS OF SATURN ARE COMPOSED ENTIRELY OF LOST AIRLINE LUGGAGE. — MARK RUSSELL

For sale: 40x60 metal barn with two acres of land, approximately one mile from Hereford. Call 364-5375. 4-145-tfc

For sale by owner: 3 bedroom, 2 bath, brick home on Fir. Completely painted inside and out, ready to move into. Front living room could be used for extra bedroom or office. Has 1700 sq. ft. Large bedrooms, isolated master bedroom, utility room, mini blinds, vent-a-hood; dishwasher, stove, electric garage door opener, well kept front and back yards, ceiling fans. If interested call 364-4263 after 6:00 p.m. 4-tfc

Very low equity: cul-de-sac, in northwest. Very nice, 3 bedroom, 1 3/4 bath, sprinkler system, security system. \$115,000 ERA Marn Tyler Realtors, 364-0153. 4-153-5c

Lease/purchase. 3 bedroom, small house. \$325 per month. ERA Marn Tyler Real Estate, 364-0153. 4-153-5c

4A-Mobile Homes
 1975 14x68 2 bedroom, 1 bath in Mobile Home Park, anchored-skirted. Few if any repairs needed. 364-4407 after 5:00. 4A-155-tfc

3 bedroom, 1 1/2 baths mobile home. Very good condition. Only \$10,000 ERA Marn Tyler Realtors, 364-0153. 4A-153-5c

For sale or lease: 1985.16x80 Lancer Mobile Home. 2 bedrooms, 2 baths, all appliances. No down payment. Take up payments. Call 364-1155 or 364-7758 after 6 p.m. 4A-129-tfc

14x80 Riviera 3 bdrm, 2 bath appliances. Assume loan. 364-7485 after 7. 4A-149-10p

5-Homes For Rent
 2 bedroom apartment, furnished or unfurnished. Stove and refrigerator. Fenced patio, laundry facilities. Cable and water paid. 364-4370. 5-145-tfc

3 bedroom home with garage. Nice outside, new inside. Frig and stove. By Aikman Elementary. (Off 15th St.) 1503 Blevins. 364-3209. 5-139-tfc

3 bedroom and 2 bedroom, both 2 baths, washer/dryer hookups, stove and frig provided. 364-3209. 5-139-tfc

Two bedroom house. 364-6305. 5-139-tfc

3 bedroom, 2 bath with fenced yard, big closets, gas heat and ref. air, stove and frig. 726 Avenue G. 364-3209. 5-139-tfc

Nice, large, unfurnished apartments. Refrigerated air, two bedrooms. You pay only electric—we pay the rest. \$275.00 month. 364-8421. 5-48-tfc

2 bedroom duplex apartment, \$300 per month, bills paid. One bedroom duplex apartment with stove and refrigerator, \$220 per month, bills paid. Furnished one bedroom at 705 East 3rd (rear) \$175 per month, bills paid. 364-3566. 5-142-tfc

PARK PLACE APARTMENT
 3 bedroom, 2 bath
DOUBLE GARAGE
 CALL 364-4350 5-48-tfc

Mobile home lots for rent
 Office space for rent,
DOUG BARTLETT
 384-1483/384-3937 5-148-tfc

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

Tidy 3 bedroom, 2 bath house. Nice area. Call 364-2660. 5-118-tfc

Spacious, clean, freshly painted apartment available. Includes ceiling fans, central heat and air. Well maintained yard. Form \$190 for one bedroom and \$210 for two bedroom. No pets. EHO. 364-1255. 5-121-tfc

Bachelor apt. clean-furnished bills paid. Single person, no pets. Call 364-1797. Please Leave Message. 5-144-tfc

2 bedroom duplex. New carpet. Gas and water paid. 364-4370. 5-144-tfc

For rent-Executive Apt. Large-2 bedroom or 3 bedroom. Cable and water paid. Call 364-4267. 5-172-tfc

One bedroom unfurnished apartment, good location with stove/refrigerator, utilities paid. Qualifies Community Action. 364-6990 am, 364-1908/364-0499 p.m. 5-147-tfc

Small two bedroom house. Carpeted. Washer/dryer connection. \$235 per month plus deposit. 364-0108. 5-148-tfc

2 bedroom, 1 bath house, storm windows, good condition. 1 1/2 miles north of Hereford on Progressive Road. 364-2613. 5-148-5c

Do you need office or warehouse space? Or help to operate your business? Maybe we can help. 364-8811. 5-149-tfc

One bedroom house, unfurnished. Call 364-0242, nights 364-1734. 5-150-tfc

Efficiency duplex, furnished or unfurnished. Water paid. Great for one or two people. \$170 per month. 364-4370. 5-151-tfc

Nice 2 bedroom apartment, stove and refrigerator, fireplace, dishwasher, disposal, fenced area. Water and gas paid. 364-4370. 5-154-tfc

7-Business Opportunities

OWN YOUR OWN APPAREL OR SHOE STORE, CHOOSE FROM: JEAN/SPORTSWEAR, LADIES, MEN'S, CHILDREN/MATERNITY, LARGE SIZES, PETITE, DANCEWEAR/AEROBIC, BRIDAL, LINGERIE OR ACCESSORIES STORE. ADD COLOR ANALYSIS. BRAND NAMES: LIZ CLAIBORNE, HEALTHTEX, CHAUS, LEE, ST. MICHELE, FORENZA, BUGLE BOY, LEVI, CAMP BEVERLY HILLS, ORGANICALLY GROWN, LUCIA, OVER 2000 OTHERS. OR \$13.99 ONE PRICE DESIGNER, MULTI TIER PRICING DISCOUNT OR FAMILY SHOE STORE. RETAIL PRICES UNBELIEVABLE FOR TOP QUALITY SHOES NORMALLY PRICED FROM \$19. TO \$60. OVER 250 BRANDS 2800 STYLES. \$18,900 TO \$29,900: INVENTORY, TRAINING, FIXTURES, AIRFARE, GRAND OPENING, ETC. CAN OPEN 15 DAYS. MR. SCHNEIDER, (612) 888-1009. 7-155-1p

7A-Situations Wanted
 I will do tree removal. Call Bill Devers for free estimates. 364-4053 after 5 p.m. Sit-148-tfc

8-Help Wanted
 Now taking applications for welder/fabricator with mechanical experience. Place your application with Oswalt Livestock Products, Box 551, East Hwy. 60, Hereford, EOE. 8-142-tfc

WANTED
 USED POTATO LINE TO HANDLE 50 and 100 lb. SACKS. NO CARTON SIZING EQUIPMENT NEEDED.
ALTA VERDE INDUSTRIES
 512-757-1111 8-104-10a

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

KING'S MANOR METHODIST CHILD CARE
 State Licensed
 Qualified Staff
 Monday-Friday 6:00 a.m.
 Drop-ins welcome with 2 hours notice
MARILYN BELL
 Director
 364-0661
 400 Ranger 9-55-tfc

10-Announcements
 Drinking a problem? Alcoholic Anonymous. Monday through Friday, 12-5:30-8 p.m. Saturday 8 p.m.; Sunday 11 a.m. 406 West 4th. 364-9620. 10-126-tfc

364

Calendar of Events

THURSDAY
Ladies exercise class, First Baptist Church Family Life Center, 7:30 p.m.
Teen support group, homemaking living room of Hereford High School, 3:45 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. to 4 p.m.
Ladies exercise class, Church of the Nazarene, 5:30 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, 6:30 a.m. at the Ranch House Restaurant
Whiteface Good Sam Club, Community Center, 7 p.m.
Westgate birthday party at Westgate Nursing Home, 2:30 p.m.
Young Homemakers Extension Club, 2:30 p.m.
Deaf Smith County Genealogical Society, library, 7:30 p.m.
Hereford Day Care Center Board of directors, Community Club, noon.
Sweet 'n' Fancy Cake Decorating Club, Community Center 9:30 a.m.
Men's Study Group, St. Thomas Episcopal Church, 7:30 p.m.
La Madre Mia Study Club, 7:30 p.m.
Calliopean Study Club, 7:30 p.m.
Sugar Works Cake Decorating Club, 7 p.m.
Messenger Extension Homemakers Club, 2 p.m.
Immunizations against childhood diseases, Texas Dept. of Health office, 914 E. Park, 9 a.m. to 11:30 a.m. and 1-4 p.m.

FRIDAY
Kiwanis Whiteface Breakfast Club, 6:30 a.m.
Community Duplicate Bridge Club, Community Center, 7:30 p.m.
Garden Beautiful Club, 9:30 a.m.
Hereford Senior Citizens governing board, 2 p.m. and business meeting 3 p.m. at Senior Citizens Center
Patriarchs Militant and Ladies Auxiliary, IOOF Hall, 8 p.m.
Hereford Garden Club, 2 p.m.
Deaf Smith County Crimestoppers Board of Directors, Chamber of Commerce Board Room, noon.
Cultural Extension Homemakers Club, 2 p.m.

SATURDAY
Community Concert, 8 p.m., Hereford High School auditorium
Beta Sigma Phi Sorority Sweetheart's Valentine Dance, KC Hall, 8 p.m.
Open gym for all teens, noon to 6 p.m. on Saturdays and 2-5 p.m. Sundays at Church of the Nazarene, AA, 406 W. Fourth St., 8 p.m.

SUNDAY
AA, 406 W. Fourth St., 11 a.m.

Full Gospel Business Men's Fellowship, buffet breakfast, Ranch House Restaurant, 7 a.m.
MONDAY
Teacher Appreciation Week at Nazarene Christian Academy; (teacher luncheon set for Wednesday.)
AA meets Monday-Friday, 406 W. Fourth St., noon, 5:30 p.m., 8 p.m. For more information call 364-9620.
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.
SOS-Teen NA/AA group, Hereford High School homemaking living room, 7 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-Friday, 711 25 Mile Ave., 8:30 a.m. - 4:30 p.m.
Ladies exercise class, Nazarene Church, 5:30 p.m.
Civil Air Patrol-U.S. Air Force Auxiliary, Community Center, 7 p.m.
Masonic Lodge, Masonic Temple, 7:30 p.m.
Easter Lions Club, Easter Clubhouse, 8 p.m.
Deaf Smith County Republican Women's Organization Hereford State Bank Community Room, noon.
Hereford Music Study Club, 1:30 p.m.
Beta Sigma Phi City Council, Reddy Room, 8 p.m.
Young Mothers Study Club, 7:30 p.m.
Veleda Study Club, 8 p.m.

TUESDAY
Program for agricultural employers, 1-3 p.m., Community Center. Sponsored by Texas Employment Commission.
Blood drive, 2-7 p.m., Hereford High School, sponsored by Hereford Keywaneties.
Deaf Smith County Historical Museum: Regular museum hours Tuesday through Saturday 10 a.m. to 5 p.m. and Sunday by appointment only. Museum closed Monday.
TOPS Chapter No. 576, Community Center, 9 a.m.
Ladies exercise class, Church of the Nazarene, 5:30 p.m.
Kids Day Out, First United Methodist Church, 9 a.m. to 4 p.m.
Free women's exercise class, aerobics and floorwork, Community Church, 7:30 p.m.
Free blood pressure screening, Tuesday through Friday, South Plains Health Providers Clinic, 603 Park Ave., 8:30 a.m. - 5 p.m.
Hereford AMBUCS Club, Ranch House, noon.
Social Security representative at Courthouse, 9:15-11:30 a.m.
Kiwanis Club of Hereford, Golden K, Senior Citizens Center, noon.
Alatens, 406 W. Fourth St., 8 p.m.
Al-Anon, 406 W. Fourth St., 8 p.m.
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.
Hereford Fine Arts Association, Community Center, 7 p.m.
Lone Star Study Club, 2:30 p.m.
Order of Eastern Star, Masonic Temple, 7:30 p.m.
Westway Extension Homemakers Club, 7 p.m.
Pioneer Study Club, 10:30 a.m. for business meeting and luncheon follows.
Dawn Music Club, 2 p.m.
Pilot Club, Community Center, 7 a.m.
Parents Against Chemical Abuse, 7:30 p.m., Community Center Lounge.
WEDNESDAY
Noon Lions Club, Community Center, noon.
Young at Heart Program, YMCA, 9 a.m. until noon.
Playschool day nursery, 201 Country Club Drive, 9 a.m.-4 p.m. Call 364-0040 for reservations.
Christian Women's Fellowship, First Christian Church, noon lunch.
Well baby screening clinic for preschool age children, Texas Department of Health office, 914 E. Park Ave., 8:30 a.m. to noon and 1-3 p.m.
Knights of Columbus at KC hall, 8 p.m.

RECYCLE ALUMINUM CANS
Camp Fire Lady Blue Birds need your cans. If you will save the cans for us, we will pick them up. Call Nancy 364-3421 or 364-3885 before 9:00 p.m. or Marie at 364-7021
Ann-148-20p

Feel better fast; beat tiredness, we have B-15 at Edwards Pharmacy.
W-Per-150-2p

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

10A-Personals

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

Problem Pregnancy Center, 505 East Park Avenue, 364-2027. Free pregnancy tests. Confidential. After hours hot line 364-7626, ask for "Janie".
10A-236-1fc

11-Business Service

Will pick up junk cars free. We buy scrap iron and metal, aluminum cans, 364-3350.
11-196-1fc

Chimney cleaning. Call Perry Ray, 364-9671; 364-1065 nights. Reasonable price. Grave markers. Call Perry Ray. Reasonable prices. 364-9671; 364-1065 nights.
11-56-1fc

Overhead door repair and adjustment. All types. Robert Betzen, 289-5500.
1-65-1fc

Custom grass seeding. \$5.50 per acre. Jeff Fairchild, 806-538-6310 or leave message at 538-6227.
11-115-42c

Custom plowing, large acres. Discing, deep chisel, sweeps, bladeplow and sowing. Call Marvin Welty 364-8255 nights.
11-107-1fc

Riley's Insulation Company. Blow-in insulation, walls, attics and metal buildings. Call Tim Riley or Burnia Riley, 364-6035 or 578-4381. Free estimates.
11-138-22p

Forrest Insulation. Blow in attic 6" 25 cents; 8" 30 cents, 10% discount before February 15th. We build storage buildings, remodeling, build fence, roof. 364-5477, nights 364-7861.
11-140-22p

Tree and shrub trimming, assorted lawn work and alley cleaning, fertilizing. Ryders Lawn & Garden, 364-3356.
11-144-22c

Residential/commercial telephone and communications wiring, installation, repair, rearrangements. Also telephones installed, moved and extension outlets added. 13 years experience. 364-1093.
11-154-10p

Save 50%-100% on Insurance Deductible. Windshields included. Complete auto repair/painting. Boats, trailers, PU's, trucks. Steve's Paint & Body, 258-7744.
11-155-20c

KELLEY ELECTRIC
VIRGIL KELLEY
RESIDENTIAL-COMMERCIAL
All bids & wiring
Competitive
Ph. 364-1345
Nights 258-7768 or 364-8929
P.O. BOX 30
11-15-10c

DOUG'S APPLIANCE SERVICE
Servicing all brands.
Factory authorized G.E. and most other brands. 20 years experience. Servicing Hereford area since 1976.
Phone 364-2926

CHARLIE BELL
IRA'S
0.06%
110 East Third St.
Phone 364-2343.
11-144-1c

JOHNNY GALLAGHER PORTABLE WELDING
All types steel pipe fences. Race tracks, horse pens and barns. Feedlot pens, etc.
364-4977
11-80-6c

SCHUMACHER'S Professional Lawn Sprinkler Systems
Installation & Repairs
State License No. 824
Bonded-Insured
Free Estimates
Ph. 364-4677
evenings or mornings.
11-170-20c

12-Livestock


Horses wanted. Broke or unbroke. Gentle or wild. To sell call 655-9321 Canyon, Texas.
12-151-10p

13-Lost and Found

Found: small (30 lb) white and tan Australian Shepherd on Holly Sugar Road and Hwy. 60. 1-355-4325.
13-153-3p

Found small full-bred female puppy December 27th between 13th and 15th Streets. For more information call 364-6361 between 10:00 A.M. and 2:00 P.M.
13-155-2p

THE HEREFORD BRAND Since 1901
Want Ads Do It All!
YOU WANT IT YOU GOT IT
CLASSIFIED
364-2030
313 N. Lee

Lower the numbers and raise the odds.
Controlling your blood pressure can reduce your risk of heart disease.

American Heart Association
Texas Affiliate

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

| CATTLE FUTURES | | | | GRAIN FUTURES | | | | METAL FUTURES | | | |
|----------------|-------|--------|--------|---------------|-------|--------|--------|---------------|--------|--------|--------|
| Month | Price | Change | Settle | Month | Price | Change | Settle | Month | Price | Change | Settle |
| Mar | 84.50 | +0.25 | 84.75 | Mar | 2.77 | +0.01 | 2.78 | Mar | 391.50 | +0.25 | 391.75 |
| Apr | 84.00 | +0.25 | 84.25 | Apr | 2.76 | +0.01 | 2.77 | Apr | 391.00 | +0.25 | 391.25 |
| May | 83.50 | +0.25 | 83.75 | May | 2.75 | +0.01 | 2.76 | May | 390.50 | +0.25 | 390.75 |
| Jun | 83.00 | +0.25 | 83.25 | Jun | 2.74 | +0.01 | 2.75 | Jun | 390.00 | +0.25 | 390.25 |
| Jul | 82.50 | +0.25 | 82.75 | Jul | 2.73 | +0.01 | 2.74 | Jul | 389.50 | +0.25 | 389.75 |
| Aug | 82.00 | +0.25 | 82.25 | Aug | 2.72 | +0.01 | 2.73 | Aug | 389.00 | +0.25 | 389.25 |
| Sep | 81.50 | +0.25 | 81.75 | Sep | 2.71 | +0.01 | 2.72 | Sep | 388.50 | +0.25 | 388.75 |
| Oct | 81.00 | +0.25 | 81.25 | Oct | 2.70 | +0.01 | 2.71 | Oct | 388.00 | +0.25 | 388.25 |
| Nov | 80.50 | +0.25 | 80.75 | Nov | 2.69 | +0.01 | 2.70 | Nov | 387.50 | +0.25 | 387.75 |
| Dec | 80.00 | +0.25 | 80.25 | Dec | 2.68 | +0.01 | 2.69 | Dec | 387.00 | +0.25 | 387.25 |

Names in the News

NEW HAVEN, Conn. (AP) — Jazz pianist Dave Brubeck was listed in critical but stable condition after a successful triple-bypass heart operation, doctors said.
Brubeck, 68, underwent 4 1/2 hours of surgery at Yale-New Haven Hospital on Tuesday and was placed in the intensive care unit, hospital spokeswoman Cathy Zaorski said.
She said Brubeck would remain in the hospital up to 10 days.
Doctors had been watching Brubeck's problems with clogged arteries for about eight years, but decided only recently that he should undergo surgery, Brubeck's manager Russell Gloyd said.

NEW YORK (AP) — Dealmaking developer Donald Trump has found something else to put his name on: a new board game similar to — what else — Monopoly.
Trump appeared Tuesday with representatives of Milton Bradley Co. at a Trump Tower news conference to unveil "Trump — The Game."
"Trump" is somewhat like Parker Bros.' Monopoly in that the player with the most money wins.
The new game features pictures of Trump the man on the money, game board, playing cards and the box.
"It's a much more sophisticated game than Monopoly," Trump said. "I like to play Monopoly — I've played it all my life, in many forms."
Trump said his proceeds from the \$25 game, which will hit toy-store shelves this spring, will go to causes like cerebral palsy, AIDS and the homeless.

NEW YORK (AP) — Sir Rudolf Bing, former Metropolitan Opera impresario and victim of Alzheimer's disease, was unaware he had married Carroll Douglass when he was interviewed 18 months after the wedding, a psychiatrist said.
Dr. Barry Reisberg testified Tuesday at a state Supreme Court hearing on whether the 87-year-old Bing's January 1987 marriage to Ms. Douglass, a former mental patient, should be annulled. Lawyers for Bing contend he is incompetent and had no idea what he was doing.

NEW YORK (AP) — Former professional boxer Mitch "Blood" Green, best known for losing matches to heavyweight champion Mike Tyson in the ring and on the street, was arrested for yet another driving infraction, police said.
Green, 32, was arrested Tuesday afternoon after police received a report that drugs were being sold from a car. No drugs were found in the car or on Green, but police did discover he was driving with a revoked license, said police spokesman Detective Jim Coleman.
The ex-fighter also was wanted on a warrant for assault, Coleman said.
Green has been arrested at least 54 times for driving infractions and has previous arrests for drug possession and allegedly striking a woman friend.
Green lost a heavyweight title bout with Tyson in 1986. Last August, the two fought outside a late-night Harlem clothing store, leaving Tyson with a broken hand and Green with a cut nose and puffy eye. Green dropped assault charges three days later.



The first father and son to serve at the same time in the U.S. Senate were Henry Dodge of Wisconsin and his son, Augustus Caesar Dodge of Iowa. They served from 1848 to 1855.

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.

...it's to your safety advantage.
A courteous reminder from the DPS Troopers.

Ask Dr. Lamb

DEAR DR. LAMB: This may sound ridiculous, but I think my father has osteoporosis. I know it is a disease that affects older women, after the menopause, and that women are supposed to take estrogen to prevent it. My father is 76 years old and slender. He has developed a slight hump in his back, exactly like the hump you see in so many older women.

Is it possible for men to develop osteoporosis? Even the TV ads for calcium to prevent osteoporosis always show an older woman. If he does, will he have fractures? I suspect he should not take estrogen, but what about increasing his calcium intake? He doesn't use milk, and I don't think he gets enough calcium.

DEAR READER: Yes, men do get osteoporosis. The skeleton in both men and women matures in the early 30s. Up to that age, the bones increase in size and store more and more calcium. From that point on, the bone decreases in size and loses calcium. A woman has osteoporosis earlier than a man because there is a rapid loss of bone around and immediately after the menopause period. As a result, women have osteoporosis earlier than men — with some exceptions. One out of three women and one out of six men who live to extreme old age have a hip fracture, usually because of osteoporosis.

I do think that men are less likely to consume enough milk or milk prod-

ucts. They do need to be more careful about their use because men are much more prone to coronary heart disease, at least until age 55 or 60. But they can use protein-fortified

Ask Dr. Lamb

Osteoporosis in Men



Men also develop osteoporosis.
© 1989 North America Syndicate, Inc.

skim milk, which is an excellent source of calcium. I suspect that older men should consume at least the equivalent of one quart of protein-fortified milk a day — about 1,400 mg.

Men have another advantage compared to women. Their level of testosterone does not decline sharply and may remain normal to rather old age. Those who drink alcohol may have low testosterone levels and are much more prone to osteoporosis.

Have your father ask his doctor about his spine. Encourage him to use protein-fortified skim milk, and if he happens to use a reasonable amount of alcohol, discourage it.

I have discussed osteoporosis in men in THE HEALTH LETTER 30-08, which I am sending you. Others who want this issue can send \$1 with a long, stamped, self-addressed envelope for it to THE HEALTH LETTER/30-08, P.O. Box 19622, Irvine, CA 92713.

LIABILITY INSURANCE—

HARTFORD, Conn. (AP) — The rising cost of insurance to protect against lawsuits is leading many companies to raise their prices, pull a product off the market or stop development of a needed new product, says David Kocher.

The Aetna Life & Casualty Co. executive says, "Until the problems in our nation's civil justice system are solved, we will be living with a system that allows companies to be harassed by frivolous lawsuits, adding costs which we all bear."

Citrus fruit gives fresh taste

By NANCY BYAL
Better Homes and
Gardens Magazine
Food Editor

IDEAS WITH A CITRUS FRUIT TWIST

Try these easy, inexpensive ways to give your winter cooking sunny fresh taste. The answer lies in using fresh oranges, lemons and grapefruit.

BEVERAGES

— Add a fresh orange slice to tea or a lemon or orange twist to hot coffee.

— Freeze lemon twists in ice cubes to add flavor to diet beverages and mineral water.

SOUPS

— Add lemon juice and float thin lemon slices in vegetable-based soups and in beef or chicken bouillon.

— Stir shredded lemon peel and chopped parsley or chives into yogurt for garnish on broths or soups.

SALADS AND VEGETABLES

— A squeeze of fresh citrus juice added to the cooking water of white vegetables such as cauliflower or potatoes helps retard darkening.

— Add shredded orange peel to oil and vinegar dressing.

— For a superfast dressing for fruit salads, stir together equal amounts of lemon juice and sugar.

— Blend orange juice with honey for fruit-cabbage combinations.

— Toss orange or grapefruit sections and thinly sliced cauliflowerets with honey and lemon or grapefruit juice.

— Blend softened margarine or butter with lemon juice, grated lemon peel and chopped green onion. Serve over corn, carrots, squash and potatoes. Add a little dried basil and serve with green vegetables. Add a little dry mustard for cauliflower or broccoli.

MEATS AND POULTRY

— Add thin slices of unpeeled lemon to stews.

— Blend lemon juice, mustard and pepper for a spicy sauce for roasts, steaks, chops or sandwiches.

— Brush chicken pieces with a blend of oil, lemon juice and poultry seasoning before baking or broiling.

FISH

— Add sliced lemons or oranges to fish poaching liquid.

— Before broiling fish, brush with melted margarine or butter, lemon or grapefruit juice, and dillweed or tarragon.

— To garnish fish, cut a lemon into thin wedges. Dip cut edge of each wedge into paprika or finely chopped parsley.

— Serve tartar sauce in lemon boats. Cut a lemon in half; squeeze juice and scrape shells clean. Cut a thin slice off bottoms to prevent tipping.

DESSERTS

— Stir grated orange or lemon peel into vanilla yogurt. Serve over pound cake, gingerbread or fruit.

LEMON AIDS

— To get the most juice from a lemon, roll a room temperature fruit on a flat surface, rocking hard with the palm of your hand. Then cut and squeeze. Or, cut into halves or quarters and heat in the microwave oven for 30 to 45 seconds.

— One medium lemon yields 2 teaspoons shredded peel and 3 tablespoons juice. One medium orange yields 4 teaspoons shredded peel and ¼ to 1-3rd cup juice.

DIABETIC EXERCISERS

NEW YORK (AP) — Diabetics already use aerobic exercise for physiological reasons, but there may be an even more important reason to work out: stress reduction.

The Reebok Aerobic Information Bureau says that while diet, exercise and insulin have long been the three essential components of diabetes therapy, aerobic exercise has recently emerged as particularly beneficial for reducing stress in patients.

The fitness program has added psychological and physiological benefits as well. The American Association of Diabetes Educators says stress plays a prominent role in influencing the course and complications of diabetes.

HEREFORD'S FUTURE lies in HEREFORD'S YOUTH

Local Boy Scout Troops

Troop 50
Chartered by Hereford Noon Lions Club
Gary Billingsley, Scoutmaster
364-3410 home/364-2751 bus.
Meets Mondays 7:00 pm
Northwest Elem. Gym

Troop 51
Chartered by Hereford Whiteface Kiwanis Club
Al Simmacher, Scoutmaster
364-6488 home/364-46561 bus.
Meets Mondays 7:30 pm
St. Anthony's School Cafeteria

Troop 52
Chartered by Hereford First United Methodist Church
"Bear" Denton, Scoutmaster
364-7058 home/364-4470 bus.
Meets Mondays 7:00 pm
1st Methodist Fellowship Hall

Troop 155
Chartered by Church of Jesus Christ of Latter Day Saints
Kenneth Duncan, Scoutmaster
364-6476
Meets Tuesdays 7:00 pm
Latter Day Saints Church

Local Cub Scout Packs

Pack 51
Chartered by Walcott School PTO
Cubmaster - Jan Perrin

Pack 54
Chartered by St. Anthony's Catholic Church
Cubmaster - Liz Warren
364-6410

Pack 55
Chartered by George Warner Seed Company
Cubmaster - Bill Caraway
258-7574

Pack 151
Chartered by First Christian Church
Cubmaster - Ted Goldsmith
364-1277

Pack 155
Chartered by Church of Jesus Christ Latter Day Saints
Cubmaster - Shirley Duncan
364-6476

Scouting builds confidence and self-reliance. That's why Scouts go on to become leaders in all walks of life, and why we're proud to salute our local Troops and leaders:

La Plata Agency
506 S. 25 Mile Ave.
364-4918

Hereford Cablevision
126 E. 3rd.
364-3912

Short's Furniture
209 E. Park Ave.
364-8050

Hereford Parts & Supply
702 W. 1st
364-3522

Harold's Body Shop & Pickup Corner
Main & Hwy 60
364-8515

George Warner Seed Co.
120 S. Lawton
364-4470

Custom Cleaners & Hereford Uniform & Linen
904 Lee
364-0160

McCasin Lumber Co.
344 E. 3rd.
364-3434

First National Bank
300 N. Main St.
364-2435

First National Bank
300 N. Main St.
364-2435

Hereford State Bank
212 E. 3rd St.
364-3456

Hereford Credit Union
330 Schley
364-1888

Moore's Jack & Jill
1105 W. Park
364-6741

West Texas Rural Tel.
Dimmitt Hwy
364-3331

Holly Sugar Corp.
364-2593

Deaf Smith Elec. Coop.
E. Hwy 60
364-1166

Plains Insurance Agency
205 E. Park Avenue
364-2232

Higginbotham Bartlett Co.
720 N. 25 Mile
364-1256

Don Tardy Real Estate and Insurance
803 West 1st.
364-4561

Mark's Diesel Fuel Injection
E. Hwy 60
364-4231

Consumers Fuel Co-op Assn.
116 New York Avenue
354-1146

Burke Inman Trucking
151 Pine
364-2490

Hereford Thriftway
406 E. 7th St.
364-1621

Bankston Electric Enterprise
546 Willow Lane
364-7318

NATIONAL BOYSCOUTS

WEEK, FEBRUARY 5-11

