

Lifestyles



BB/BS trunk sale set

The Big Brothers/Big Sisters' Third Annual Trunk Sale has been scheduled from 8-11 a.m. Saturday at the parking lot of Sugarland Mall. The public is invited to purchase fresh produce, clothing, furniture, small appliances, etc. All proceeds will benefit BB/BS. Helping sort through the sale items are Little Sister Melanie Bristol and Little Brother Adrian Pena.

Ladies auxiliary chairmen named

New chairmen were named when members of the Ladies Auxiliary to Roy Wederbrook Veterans of Foreign Wars Post 4818 met in regular session Monday evening with Linda Dutton presiding.

Serving as chairmen of the flowers committee are Betty Boggs and Essie Martin; Voice of Democracy, Marie Goheen; safety, Linda Dutton; legislative, Dora Lea Howell; Buddy Poppy, Essie Martin; Americanism and Loyalty Day, Betty Boggs; community activities, Linda Dutton; telephone, Betty Boggs and Essie Martin; decoration, Terry Rhyne; food, Ruth Stethem and Doris Coffin; coffee for senior citizens, Ruth Stethem; and POW/MIA, Linda Dutton.

Also, during the business meeting, minutes of the previous meeting were read and approved, the treasurer's report given and bills presented and paid.

The General Orders #1 were read along with the other correspondence. Also, the advance registration for the national convention was paid.

Boggs reported that she and Dutton presented a flag to the Hereford Day Care Center and all auxiliary members will be invited for a flag raising ceremony at a later date.

The District 13 Convention will be held Aug. 14-15 in Plainview. Margy Lankford, new state president, will be present.

The next meeting is scheduled at 8 p.m. Sept. 13. A candle lighting ceremony for POW/MIAs will be conducted. The meeting will be preceded by a supper at 7 p.m.

Members present were Boggs, Dutton, Erma Murphey, Sadie Shaw, Leona Sowell and Goheen.

PLANO, Texas (AP) - Chevy Chase will appear in TV commercials for Doritos - the same product that his future late-night rival Jay Leno used to pitch.

Frito-Lay Inc. said Tuesday that Chase will appear in three commercials for its new Doritos Tortilla Thins.

Hints from Heloise

LOST RING

Dear Heloise: Recently my husband lost his wedding band somewhere in our yard while doing yard work. Since he had no idea how long it had been missing, he didn't know what area of the yard to search.

Our college-age son came home and said to wait until dark and he would find it. Finding the ring at that time seemed like looking for a needle in a haystack, but we decided to give him a shot at it.

After dark, he scanned the yard carefully with a flashlight and within 10 minutes he found the wedding band when it reflected the light. — Marian S., Plano, Texas

SOUND OFF

Dear Heloise: Why can't manufacturers of alarm clocks make the alarm tone loud enough to wake you up?

They should have a tone adjustment on them similar to a radio alarm which has a volume knob. Everyone does not have the same hearing ability. — Ruth Riggan, Pitman N.J.

You are absolutely right. I've heard an alarm through a hotel wall! Pity the person next door: me. — Heloise

The average daily increase in the world's population is about 270,000 or just under 200 per minute.

Tips for vacations

Generations of families raised on home movies and snapshots are now recording their vacation memories with camcorders. But, camcorders are only as good as the batteries that power them. Neglect the battery, and you risk a camcorder crisis.

For example, your daughter finally gets to meet her favorite cartoon character at an amusement park. You've waited in line for an hour and lugged 20 pounds of camcorder equipment around all day just to capture her handshake with the famous character on videotape. When she throws her arms around her new friend, you point and shoot...only to find that your battery is dead.

Here are some tips to help camcorder users make the most of their high-tech toys:

-A spare battery...don't leave home without it. An investment of about \$50 for an extra battery pack means never worrying about another dead camcorder battery. The spare battery can be stored on-charge, so

it's ready to use when the other battery runs down.

-One battery doesn't fit all. Take the camcorder or the original battery along when shopping for a spare battery. All batteries are not compatible with all camcorder models.

-Power drain. Actual camcorder run times are often less than published run times. Using the zoom, keeping the camcorder on standby and a host of other features can drain the battery and decrease run times.

-Ready, set, charge. Camcorder batteries should be fully charged before each use to avoid power drain during an important event. If left idle, batteries should be charged every two to three months.

-Severe weather warnings. Camcorder batteries do not function at their highest output in cold weather. When filming outside in the cold, plan to charge batteries more often.





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Sports

Sharks win two games in consolation tourney

The West Texas Sharks won their first two games in consolation tournament play at the national 11-under boys AAU basketball tournament being played in Cocoa, Fla.

The Sharks—seven Hereford boys and two Amarillo boys—beat New Mexico Flight, from Albuquerque, 41-33 this morning. The win leaves the Sharks three wins away from the championship in the Shootout tournament, which is the equivalent to a consolation tournament.

In the Sharks first game in the Shootout, they beat a team from Charleston, W. Va. 58-51, on Wednesday.

Cole Campbell and Slade Hodges were the Sharks' leading scorers in both games. Campbell had 15 points Wednesday and 12 points today. Hodges had 13 Wednesday and 10 today.

James Miller contributed nine points in the game Wednesday.

29 wins weekly scramble

The foursome of Paul Hubbard, Steve Stevens, D.R. Bone and Rose Mary Robinson captured first place in the Wednesday Scramble at Pitman Municipal Golf Course yesterday afternoon.

The winners carded a 29 on the nine-hole scramble on the front nine of the course. Four teams turned in scores of 30, requiring a scorecard

playoff to determine prizes for the second and third-place teams.

Claiming second place was the team of Cory Newton, N.D. Kelso, Wendell Burdine and Armando Torres. Third place went to the team of Andy and Earl Yocum, Lynn Jones, Frank Rakow and Dewayne Robbins.

Coleman takes leave of absence from Mets

NEW YORK (AP) - Vince Coleman, who faces a felony charge for throwing an explosive device outside Dodger Stadium on July 24, has been granted an unpaid leave of absence by the New York Mets.

Coleman, in the third year of a four-year, \$11.95 million contract, left the Mets in Montreal on Tuesday after the charge was filed by Los Angeles prosecutors. The team said the leave of absence will extend until two days after the court hearing.

The charge of unlawful possession of an explosive device carries a penalty of 16 months to three years in prison and a maximum fine of \$10,000. Coleman, expected to surrender to authorities in Los Angeles next Monday or Tuesday, will not contest the charge or seek a trial, according to his lawyer, Robert Shapiro.

"He is very stressed by the situation," Shapiro said. "He hasn't been able to sleep and he is very, very concerned for those who have been hurt and for himself."

"It is not his desire to contest the charge brought by the district attorney. It is his desire to compensate those who have reported injuries and to pay his debt to society in a positive way."

Coleman expressed remorse over the episode during a news conference last week, and again in a statement released by the Mets on Tuesday after the charges were filed.

"I take full responsibility for a very childish act for which I am suffering greatly," the statement said. "It was never my intent to hurt anyone. My main concern is for those injured."

Mets officials tried to keep the club out of the issue.

"He is an employee," said Gerry Hunsicker, the Mets' vice president of baseball operations. "This incident



WT football coach

Ron Steele, head football coach at West Texas A&M University, was in Hereford on Wednesday to speak to the Hereford Noon Lions Club. Steele expressed optimism for the coming season, the second since WT resumed football play last year. He said several new players have been acquired to bolster the squad. The program also is offering five scholarships this year, although he said it will be difficult to choose who gets the funds. Steele hopes to offer nine scholarships next year, 18 in 1994 and 26 in 1995. Steele was hired by WT on Dec. 20, 1992 when the program was restarted after not having a football team in 1991.

Swoopes to play in Italy

LUBBOCK, Texas (AP) - Player-of-the-year Sheryl Swoopes has signed a contract to play one year for an Italian basketball team, her agent says.

Swoopes, who led Texas Tech to the 1993 NCAA championship, will leave this weekend for Bari, Italy, agent Jill Jeffrey said.

Jeffrey declined to disclose the financial details. Swoopes was in Portland, Ore., and unavailable for

comment.

"As far as I know, Sheryl is the highest paid player coming out of school so far (this year)," Jeffrey told the Lubbock Avalanche-Journal on Tuesday.

"We feel that Sheryl is only going to get better," she said. "So her market value will go up year to year."

The Italian League season begins in September.

Parcells isn't too excited about return to sideline

By The Associated Press

Bill Parcells will be on the sidelines for the first time in 2 1/2 years Saturday. Don't expect him to be too excited about it.

"The novelty of football wore off on me a long time ago," Parcells said Wednesday about his debut as coach of the New England Patriots.

The last time he wore a headset in anger was Jan. 27, 1991 when he was carried from the field after the New York Giants beat the Buffalo Bills 20-19 in the Super Bowl.

He headed for the broadcast booth, spending two seasons as an analyst for NBC. Now he's in charge of the Patriots, who were 2-14 last season, and the first exhibition game will be in San Diego.

"I've said many times that we'll try to win every game I coach, period," Parcells said. "I like to win. I don't like losing. In fact, I'm getting worse at it."

Parcells wasn't shy about showing his disdain having to travel so far for the exhibition opener.

"It's ridiculous that we're doing it," he said. "Next year, we'll make every effort not to do it. It just takes too long for travel and to look at the films."

The starters won't be decided until game time, but Parcells indicated those who have been working with the first units in practice could get the nod.

Parcells also didn't say which of the four quarterbacks would not play against the Chargers.

Veteran Tom Hodson is likely to earn the start at quarterback with Drew Bledsoe, the overall No. 1 pick in the draft, coming along slowly.

"I'll use three quarterbacks if I can, if we have the ball enough," he said. "The only thing I can say is that I won't start Bledsoe."

Parcells offered no timetable for when the starters would depart to make way for the evaluation of younger players.

"I try to do it by feel," he said. "I want the starters to get to that point where they get a little tired, to get a feel for what they can expect. After that, it will step up for some players, while others' playing time may decrease as the preseason continues."

Falcons

Coach Jerry Glanville said quarterback Chris Miller will start against Miami on Friday night, his first appearance since going down at midseason last year with a knee injury that required surgery.

Bengals

Wide receiver Eddie Brown, who missed last season with a neck injury and was held out of some practices this week because of soreness in his neck, is expected to play in the exhibition opener Saturday night against the New York Giants.

Colts

Coach Ted Marchibroda said wide receiver Sean Dawkins, the 16th pick in the draft who signed a five-year contract after a 20-day holdout, would accompany the team to Seattle for the opening exhibition game Saturday, but he won't play.

Cardinals

Coach Joe Bugel has decided to turn play-calling over to offensive coordinator Jerry Rhome.

"One of the things a head coach has to do is delegate responsibilities, because there are so many things going on," Bugel said. "I want to spend more time with the players. When you're calling plays, you pretty much have to stay in one area."

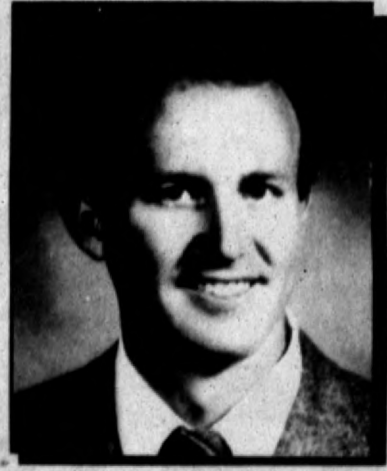
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- * Internship, Michigan Medical Center
- * Orthopedics residency program, William Beaumont Army Medical Center at Ft. Bliss, Tx.

Dr. Walker began seeing patients in Hereford August 2. His training and background include extensive experience in family practice (including OB), emergency medicine, sports medicine, and industrial/occupational health.

A native of Idaho where he garnered honors as an "all-state" football player, Dr. Walker began his training in the United States Army where he first trained as a basic medical specialist. He continued taking specialized medical training, including a three-year stint on the European campus of the University of Maryland in Frankfurt, West Germany, where he completed an associates degree in pre-med studies, before going on for his advanced degrees.

As a physician in the Army, Dr. Walker was able to practice sports medicine, industrial medicine, and family practice. He dealt with the types of injuries soldiers in training might receive and healed injuries from accidents on the job, such as might occur in civilian life. His practice also included caring for the soldiers' dependents, so he delivered babies, cared for newborns and young children, and doctored the whole range of illnesses a family might encounter.

He and his wife Janet have eight children, five of whom live with them.

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Rangers' Ryan beats Ventura with 6-hitter

46-year-old pitcher plunks, pummels White Sox' 3rd baseman

By DENNE H. FREEMAN
AP Sports Writer

ARLINGTON, Texas (AP) - Two things you don't do in Arlington Stadium. You don't spit into the wind and you don't charge the mound against Nolan Ryan.

The Chicago White Sox and young Robin Ventura in particular discovered Wednesday night that Ryan can punch as hard as he can pitch in a 5-2 Texas Rangers victory.

"Where someone comes out to the mound they are coming out there with the intent to hurt you and I'm not going to be passive about it," said Ryan.

The 26-year-old Ventura charged the mound in the third inning and the 46-year-old Ryan whipped Ventura and went on to pitch hitless baseball the rest of the way.

Ryan put a headlock on Ventura and reeled off six quick punches - two of which landed on Ventura's face, four of which landed on the top of his head - before players from both teams joined the fracas.

"I've had a couple of confrontations in my career but nothing of that nature," Ryan said. "I'm not a big believer in fights. Usually even the winner gets hurt."

The over-matched Ventura had a no-hitter as he fell to the ground in a tangle with Ryan. Finally, Ventura's teammates arrived to end the one-sided punishment.

Ventura and manager Gene

Lamont were ejected. "It was just self-preservation," Ryan said. "I didn't expect that to happen. I was just trying to pitch him inside. You don't have time to think, you just react."

Ryan added "I'm not a big believer in fights but we'll do what it takes to win games. I have nothing against Robin Ventura. The next time I face him, it won't even cross my mind." It was the first time a player had charged the mound against Ryan since San Diego's Dave Winfield did it in 1980 in Houston's Astrodome. "Dave threw a punch and then we wrestled to the ground," Ryan said. "I decided then I wasn't going to take it the next time it happened. I decided I would be the aggressor."

The adrenalin-charged Ryan set down 12 of the next 13 batters without allowing a hit to earn his 322nd major league victory with relief help the last two innings from Craig Lefferts and Tom Henke.

Ryan (3-3) allowed only three hits, struck out five and walked two.

Ventura said Ryan was throwing at him.

"It's no secret that he was throwing at me and I have to do what I have to do to protect myself and I don't care who it is," Ventura said. "I'm all right. He gave me a couple of noogies but that was about it."

Ventura said he could be suspended but said "I had to go after him. But I didn't want to be out there alone

again. He hit me with a fastball. You don't go out there on a breaking ball. Ryan should have been ejected but it's not going to happen because he's Nolan Ryan."

Lamont said "Robin did the right thing. If he thought Nolan was throwing at him he needed to go out there instead of yelling at him."

"As it turned out it was Ryan who was throwing all the punches. It all started when Ryan threw the punches."

Texas manager Kevin Kennedy said Ventura picked on the strongest Ranger.

"Nolan can handle himself," said Kennedy. "I'm not worried about him because he's in as good a shape as anyone on that field."

Rafael Palmeiro's two-run homer ignited a five-run Rangers sixth-inning against loser Alex Fernandez, 12-6.

Palmeiro said Ventura's charging the mound was a foolish mistake. "It was a wakeup call for our team," Palmeiro said. "We were basically dead until then and it helped get us going."

"I never thought I'd ever see anyone charge the mound against Nolan Ryan. I bet we won't see it again."

Palmeiro added "I've never seen anything happen like that before. Nolan showed me something. Nolan did good."

Yankees 6, Blue Jays 2

At New York, the Yankees moved back within two games of first place behind the strong pitching of Scott Kamieniecki (7-3).

The right-hander didn't allow a runner to reach second base for seven innings. By the time he did in the eighth, the Yankees had a 6-0 lead.

Paul O'Neill drove in three runs. Dave Stewart (6-6) took the loss.

Red Sox 5, Minnesota 4

At Minneapolis, Aaron Sele continued to be a major factor in the Red Sox pennant hopes.

Sele improved to 6-0 - the most victories without a loss by Boston pitcher since Dave Ferriss was 8-0 in 1945 and George Winter went 7-0 in 1901 - by scattering nine hits in 6-2-3 innings.

Scott Erickson (6-13) set a career high for losses.

Royals 3, Angels 2

At Anaheim, Calif., David Cone (8-10) ended a personal four-game winless streak on the road while again overcoming lackluster offensive support. The Royals have scored three runs or less in 17 of his 24 starts.

Jose Lind hit a tie-breaking single in the seventh inning off Phil Leftwich (0-2).

Tigers 8, Indians 3

At Cleveland, Travis Fryman homered twice and Mike Moore won his third straight start as Detroit got

back to the .500 mark.

Moore (8-5) yielded three runs and nine hits in his second complete game. He is 3-0 with a 2.25 ERA in his last four starts.

Fryman homered off Jose Mesa (9-8) in the third and hit a two-run shot, his 15th, off Matt Young in the seventh.

Orioles 8, Brewers 6

At Baltimore, Mark McLemore and Mike Devereaux homered and Arthur Rhodes survived a bout with wildness in his first start since May 9.


Rhodes (2-2), sidelined for nearly three months with a knee injury, walked six of the first seven batters and threw 91 pitches in five innings.

Cal Eldred (11-12) was the loser.

Athletics 5, Mariners 4

At Oakland, Calif., Mike Bordick was hit by a pitch from Gene Nelson (3-3) with the bases loaded in the bottom of the ninth, forcing in the winning run as Oakland came back from a 4-2 deficit in the inning.

Kelly Downs (3-5) worked four scoreless innings in relief for the win.



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Olson's home run lifts Braves

By The Associated Press

No matter how well the Atlanta Braves played, it seemed they couldn't make up any substantial ground on the San Francisco Giants.

They finally got some help from an unexpected source Wednesday night when the San Diego Padres rallied to beat the visiting Giants 11-10 in 12 innings.

Atlanta won in dramatic fashion as Greg Olson capped a four-run rally in the eighth inning with a three-run homer, giving the Braves a 9-8 victory over the visiting Philadelphia Phillies.

The Braves have won 10 of 12 games, but have gained little in the standings on first-place San Francisco

in the NL West and now trail the Giants by 7 1/2.

The Giants blew a 7-1 lead and the Padres tied the score 10-10 when Phil Plantier hit a three-run homer off relief ace Rod Beck. Tony Gwynn tied a Padres club record with six hits.

Fred McGriff led off the eighth with a single off reliever David West (3-3) before David Justice walked. West struck out Terry Pendleton and pinch-hitter Francisco Cabrera, but allowed an RBI single to Mark Lemke.

Olson, who hit a 419-foot two-run homer in Atlanta's 5-3 loss against the Phillies on Tuesday, then hit his fourth homer, a 421-foot shot.

"Did you notice the distance on

the home runs?" Olson joked.

The light-hitting Olson, who came into the game in the sixth inning as a part of a double switch, raised his average to .222 with four homers.

Elsewhere in the NL it was St. Louis 10, Florida 2; Cincinnati 9, Colorado 3; Pittsburgh 6, Chicago 5; Montreal 3, New York 1; and Los Angeles 4, Houston 2.

Dodgers 4, Astros 2

Dave Hansen's two-run homer in the seventh inning off Pete Harnisch (10-8) helped Los Angeles snap an 11-game Astrodome losing streak.

Tom Candiotti (7-5) pitched seven innings for his fourth straight win,

allowing one run and seven hits. Jim Gott recorded the final three outs for his 19th save despite giving up an RBI single to Craig Biggio.

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Bride honored at shower

Jennifer Howell Chesher, recent bride of Kent Chesher of Friona, was honored at a bridal shower Saturday, July 17, in the home of Jan Furr. Greeting guests were, from left, Ronna Howell, the honoree's mother; Jennifer Chesher, the bride; Jan Chesher, the groom's mother; and Dora Lee Howell, the bride's grandmother.

Teach your dog to be a lover

Most pet owners know that when you bring a new dog home, it's important to immediately begin teaching him about housetraining and obedience, but the Humane Society of the United States (HSUS) says one of the lessons that is often ignored is bite prevention.

More than one million dog bites are reported each year, and the USUS estimates as dogs who bite family members go unreported. In the past two years, more than 40 people have died as a result of dog attacks and tens of thousands have required hospitalization or emergency treatment.

Most bites occur because the owner did not prevent aggressive behavior when the dog was first introduced into the household. While most dogs are not inherently vicious, every dog has the potential to become a biter if he is taught that aggressive behavior is acceptable. The USUS recommends these steps to make sure that your dog becomes a lover, not a biter:

Spay or neuter your pet. Unsterilized animals account for 80 percent of all dog bites. Unneutered dogs often display territoriality and other behavioral problems. Also, make sure you dog is in good health. Sick or injured animals are sometimes more inclined to bite. Keep rabies and other inoculations up to date.

Correct aggressive in inappropriate behavior before it becomes a habit. Don't play aggressive games with your dog—especially tug of war. These games reinforce that aggression is a fun and acceptable form of behavior. When your dog displays inappropriate behavior, verbally discipline him, don't comfort him.

Try to socialize your animal with a variety of people and circumstances, but if you're not sure of your dog's reaction in new situations, it's better to avoid any potential problems. A dog that is placed in a fearful situation is much more likely to bite.

If your dog does bite someone, be responsible. Provide information about your pet's inoculations, and be willing to confine the animal for an observation period. With the help of your veterinarian, evaluate the situation to decide how the problem can be avoided in the future.

EDGARTOWN, Mass. (AP) - To one couple who spend their summers on Martha's Vineyard, nobody does it better than Carly Simon.

Jack and Sandy Dings bid \$81,000 at a benefit auction Monday night for a private concert by the singer.

Simon helped the bidding by promising to sing on the spot if people made higher offers. When it appeared the bidding would end at \$77,000, Simon started singing "Nobody Does it Better." That inspired the Dingses.

"That song is very, very special to us," Mrs. Dings said.

Simon agreed to sing a second concert for an anonymous losing bidder who offered to match the winning bid.

The annual auction raises money for social services on the island. Bidders get a chance to buy time with celebrities who have local ties.

A low-calorie, low-fat but highly tasty salad can be made with yogurt, apples, celery, grapes, raisins and all-bran cereal.



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1992 Pontiac Sunbird 4 dr. teal	\$8,500
1992 Pontiac Sunbird 4 dr. white	\$8,500
1992 Bonneville 4 dr. white	\$15,500
1988 Pontiac Grand Prix 2 dr. white	\$6,950
1993 Pontiac Grand Prix 4 dr. white	\$13,700
1988 Pontiac 4 dr. white	\$6,900

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1992 Plymouth Voyager white/gray inter.....	\$15,950
1993 Dodge Grand Caravan blue	\$17,950
1993 Plymouth Acclaim 4 dr., red	\$10,750
1989 Dodge Shadow 4 dr., 38,000 miles, white	\$5,950
1987 Dodge 600 4 dr., red	\$4,950
1989 Dodge Dynasty 4 dr., lt. blue	\$6,950
1990 Chrysler Imperial Champagne, Loaded & Nice	\$13,700

MISCELLANEOUS SPECIALS

1992 Chev Lumina 2 dr., white	\$10,900
1992 Chev Beretta 2 dr. red	\$9,500
1992 Chev Lumina .4 dr. white	\$11,400
1990 Cadillac Seville 4 dr. white	\$14,900
1989 Chev Caprice 4 dr. brown	\$5,900

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Ask Dr. Lamb

DEAR DR. LAMB: Is there really any difference between steroids and supplements like amino acids? If so, what? How healthy, helpful or harmful are supplements?

I am a 23-year-old male who would like to get back into weight-lifting. I do not eat a very healthy diet. Therefore, I need all the help I can get when it comes to building my body. I've taken supplements in the past, but only for one month. Before I take them again, I need to know how harmful they are — if at all.

DEAR READER: There is an awful lot of misinformation about nutrition and bodybuilding or strength training to develop muscles. A major problem is the commercial effort to get people like you to buy expensive products that are not really necessary.

Amino acids are not at all the same thing as steroids — thank God. Steroids are hormones or synthetic variations of the male hormone testosterone. These are the steroids that are banned from major athletic competition and which can be significantly harmful to your health. Chemically,

the steroid hormones are constructed entirely differently from amino acids that are used to make other hormones such as insulin.

Amino acids are the building blocks for protein, and the muscle you develop is mostly protein. You can improve your diet and be certain it contains enough protein from good foods. As little as 100 grams a day will suffice for most muscle development. That is readily found in lean red meat, lean poultry and fish. It is also abundant in milk. The amino-acid supplements that many try to sell do not provide any advantage at all over the protein found in these healthy foods. If you consume more amino acids or protein than your body needs, they are converted to glucose or fat and stored as fat or used as energy.

The exercise you need to develop good strong muscles is good for your health. Steroids are harmful and amino-acid supplements are a waste of your money. You need to read Special Report 92, Strength Training for Health, which I'm sending you. Others who want this report can

send \$3 with a stamped (52 cents), self-addressed, No. 10 envelope for it to THE HEALTH LETTER/92, P.O. Box 5537, Riverton, NJ 08077-5537.

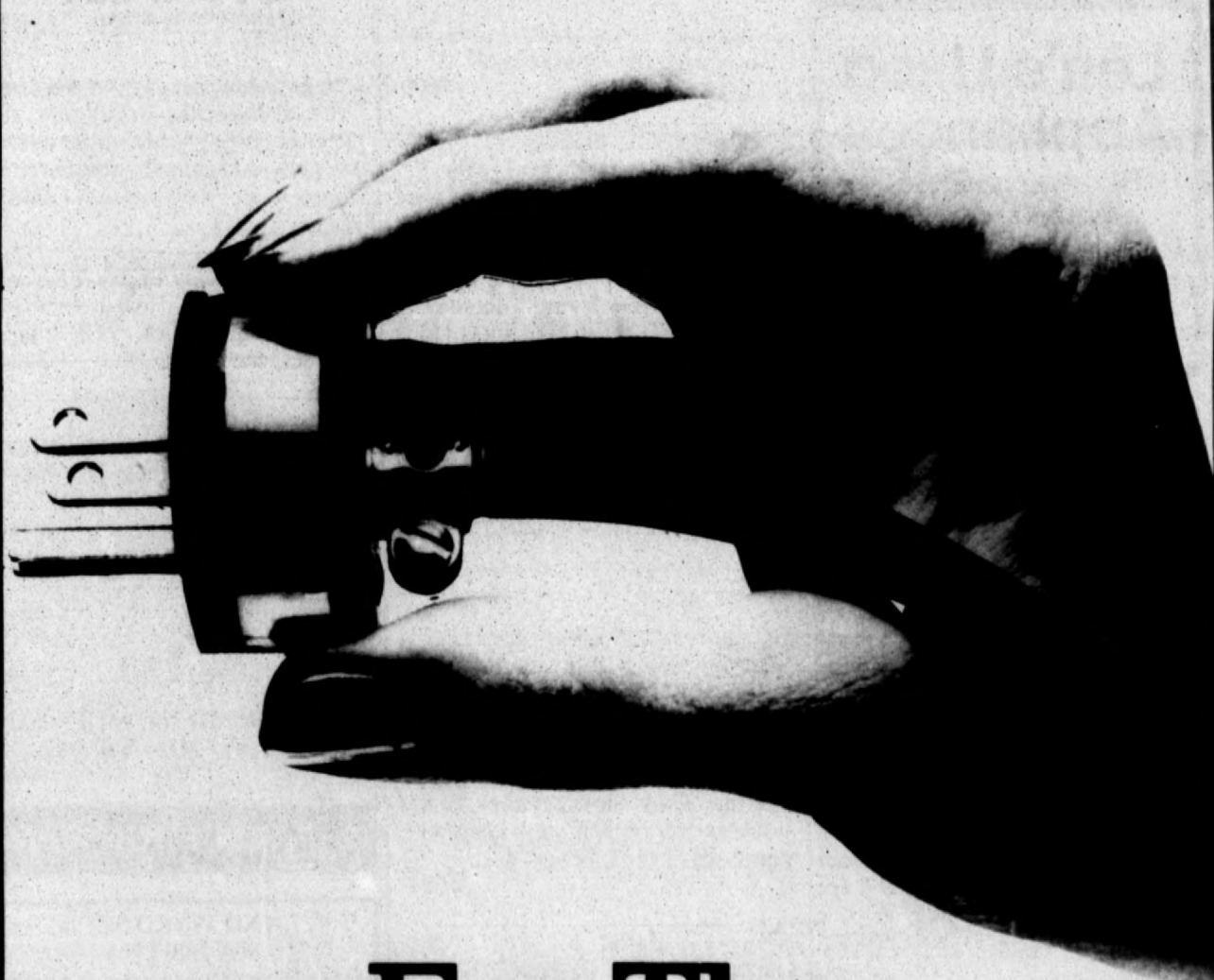
If you do not have a good diet, you could take an inexpensive daily vitamin preparation that provides the recommended daily allowance for vitamins. You can get those at the drug store.

DEAR DR. LAMB: Please inform your readers that caffeine can cause breast soreness. I had mammograms and examinations but could not find an explanation for the pain. I thought I had undetectable cancer, so I taught myself to write with my left hand in case I needed surgery on the right side.

I gave up caffeine and realized the breast pain was gone. Since then I've found others with similar experiences.

DEAR READER: You have discovered what some doctors reported some years ago. The studies showed that caffeine from coffee or other sources aggravated "fibrocystic disease" of the breast.

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In accordance with Section 152.905 of the Texas Local Government Code, a hearing will be held at 10:00 A.M. on August 19, 1993, in the 222nd District Courtroom in the Deaf Smith County Courthouse in Hereford, Texas to allow parties in interest and citizens an opportunity to be heard concerning the 1993-94 annual compensation to be paid to the Deaf Smith County Auditor, Assistant Auditor and the 222nd Judicial District Court Reporter

ADVERTISEMENT FOR BIDS
Notice is hereby given that the Hereford I.S.D. will be accepting sealed bids until August 12, 1993. Bids will be opened at 8:30 a.m., in the Central administration office located at 136 Avenue F, Hereford, Texas, for the following:
Digital Telephone System for High School
Specifications and information may be obtained by contacting: Don Cumpton, Assistant Superintendent, at 136 Ave. F, 364-0606. The District reserves the right to reject any and all bids.

NOTICE BY PUBLICATION
STATE OF TEXAS
TO: LUIS ROMERO, SR.
**YOU HAVE BEEN SUED. YOU MAY EMPLOY AN ATTORNEY. IF YOU OR YOUR ATTORNEY DO NOT FILE A WRITTEN ANSWER WITH THE CLERK WHO ISSUES THIS CITATION BY 10:00 A.M. ON THE MONDAY NEXT FOLLOWING THE EXPIRATION OF 20 DAYS AFTER YOU WERE SERVED THIS CITATION AND PETITION, A DEFAULT JUDGMENT MAY BE TAKEN AGAINST YOU. THE PETITION OF TEXAS DEPARTMENT OF PROTECTIVE AND REGULATORY SERVICES PETITIONER, WAS FILED IN THE DISTRICT COURT OF DEAF SMITH COUNTY, TEXAS ON THE 16 DAY OF JULY, 1993, AGAINST Rafaelita Romero and Luis Romero, Sr., RESPONDENT, NUMBERED DR-93G-177(File A) AND ENTITLED IN THE INTEREST OF GENIE FRANCIS ROMERO AND NORMA ROMERO, MINOR CHILDREN. THE SUIT REQUESTS Petitioner requests the Court to make temporary orders for the safety and welfare of the children. THE DATE AND PLACE OF BIRTH OF THE CHILDREN WHO IS THE SUBJECT OF THE SUIT: Genie Francis Romero DOB: July 11, 1982 Deaf Smith County Norma Romero DOB: May 9, 1985, Deaf Smith County THE COURT HAS THE AUTHORITY IN THIS SUIT TO ENTER ANY JUDGMENT OR DECREE IN THE CHILD'S INTEREST WHICH WILL BE BINDING UPON YOU, INCLUDING THE TERMINATION OF THE PARENT-CHILD RELATIONSHIP, THE DETERMINATION OF PATERNITY AND THE APPOINTMENT OF A CONSERVATOR WITH AUTHORITY TO CONSENT TO THE CHILD'S ADOPTION. ISSUED AND GIVEN UNDER MY HAND AND SEAL OF SAID COURT, AT HEREFORD, TEXAS, THIS THE 2 DAY OF August, 1993.
LOLA FAYE VEAZEY
DISTRICT CLERK, DEAF SMITH COUNTY TEXAS
BY DARLA HALE
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CATTLE FEEDER (CME) \$/cwt. lbs.	CORN (CBT) \$/bu. 5000
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Ann Landers

DEAR ANN LANDERS: In a recent answer to "Housemates in the Northwest," you said that not many men write to complain about being rejected sexually by their wives. The reason is obvious. Look at any magazine or watch any TV talk show. They all say MEN are the problem.

I also have a marriage where we are the best of friends and make great roommates, but it ends there. I don't even try to initiate sex anymore. My wife will say, "If you want to do it, let's get it over with so I can take a bath." If I attempt a little foreplay, I'm told, "Don't try anything fancy. I don't want any of that."

Our physical contact amounts to a quick kiss and hug when leaving for work in the morning. Neither of us has ever had another partner, so we can't make any comparisons, but I have an idea this is not the way ALL women feel about sex.

My wife refuses to go for counseling. She says, "We don't have any problems." Well, maybe she doesn't, but I would hate to go to my grave thinking this is all there is to it.

There must be other men who have this problem, but you know how men are--we don't talk about such things.--Frozen Out In Alaska

DEAR FROZEN: Maybe men don't talk about such things, but they certainly wrote about them this time.

The male response to that letter was extremely heavy. Here's another one:

DEAR ANN: I'm glad you finally printed a letter from a husband who complained about being married to an icicle. It's usually women's letters that appear in your column, and most of them give men a bum rap.

Over the years, you've made us look like sex-crazed leches or non-functional wimps with dead batteries. You say our wives are neglected or ignored because we are too busy, too tired, too self-involved or too fat or would rather look at porn. In other words, your column is strongly biased against men.

I'll bet you more women say no to their husbands than the other way around, that familiar line, "Not tonight, dear, I have a headache," has become an American classic. Just sign me--Chilled Out in Dubuque

DEAR DUBUQUE: I plead not guilty to your charges, but I'm happy to give you space to air your gripe. Thanks for writing. Read on:

DEAR ANN LANDERS: I'll bet I'm not the only wife who found your column about "Housemates in the Northwest" on her plate at the dinner table. The letter was from a man whose wife froze him out.

I'd like to trade places with that man's wife. She and my husband could

spend their evenings ignoring each other, and I would finally have a man who enjoys a healthy, fulfilling sex life.

After my husband and I had been married for a short while, it became evident that the only affection I was going to get was when he felt like it. Eventually, I built a wall around myself to keep from hurting. I forgot how it felt to have loving arms around me, receive a tender kiss, have my hair stroked or see a smile across the room.

The next thing I know, my husband is putting your column on my plate because he feels deprived. Thanks for giving me the impetus to say, "This is it. Let's go for counseling or else."--Deadline in Missouri

DEAR MISSOURI: Hurray! I'm glad I helped. Good luck, honey.

Is that Ann Landers column you clipped years ago yellow with age? For a copy of her most frequently requested poems and essays, send a self-addressed, long, business-size envelope and a check or money order for \$4.85 (this includes postage and handling) to: Gems, c/o Ann Landers, P.O. Box 11562, Chicago, Ill. 60611-0562.

AGUA DULCE, Calif. (AP) - Roping legend Montie Montana has lassoed everyone from schoolchildren to President Eisenhower. At 83, he has no plans to hang up his lariat.

"I've been lucky," Montana said recently. "I worked in pictures and all that fancy stuff, and yet I can get out on a horse and relax and enjoy the simple things in life."

Montana, a veteran of Western movies and TV shows, plans to appear in the Rose Parade in Pasadena for the 60th time this New Year's Day.

Perhaps his most famous performance came during Eisenhower's inaugural parade in 1953 in Washington. Montana asked if he could perform his usual stunt, and Eisenhower agreed. Gun-toting Secret Service agents weren't amused.

"If I hadn't asked the president if I could rope him, they said, I would have looked like a sieve," Montana said.

BEVERLY HILLS, Calif. (AP) - A proposed 18-bedroom castle with more floor space than a football field has Beverly Hills residents like Jack Lemmon and Jay Leno in an uproar over the "mansionsization" of their city.

Lemmon led more than 150 residents who urged the City Council on Tuesday to reject the project. The protesters said the mansion would destroy the neighborhood and worsen the traffic. They said refusing it would stop similar overbuilding elsewhere.

Leno and actress Shirley Jones appeared in support of Lemmon's group.

News of health

Night sweats. Hot flashes. No woman expects to face these health dilemmas until her late forties or fifties. But for about eight percent of women, these menopausal symptoms strike early--before the age of 40.

Menopause is the inevitable stage of life when ovarian function and hormone production decline. When estrogen supplies begin to dwindle in the body, certain physiological changes occur--bones begin to lose calcium, which can result in bone thinning and fractures; the lining of the vagina becomes thinner and it does not lubricate as well during intercourse; and sudden sensations of heat (hot flashes) spread over the upper body. Some women also experience mood swings.

Women reaching age 50 usually are mentally prepared to handle these changes, but when they occur during the midst of a woman's reproductive years, these signs of aging can be devastating.

The cause of premature ovarian failure, which is the diagnosis when the ovaries shut down early, is not well understood. Experts believe it may be the result of certain autoimmune conditions in which the body forms antibodies against itself. Heredity seems to play a role, too. Women whose mothers experienced premature menopause are more likely to have early ovarian failure

themselves. Premature menopause can also be induced by surgical removal of the ovaries and cancer treatments. Generally, the older a woman is at the onset of menses, the younger she will be when menopause starts.

Doctors usually recommend hormone replacement therapy for women who undergo premature menopause. Because these women will be estrogen-deficient for many more years than normal, they are at a greater risk for bone loss and cardiovascular disease. Most doctors agree that taking estrogen is the best way to protect against these life-threatening disorders.

The psychological effects of early menopause often outweigh the physical effects, especially for women who have not completed their families. A very small number of women can have children with the help of infertility treatments. However, experts advise women with a family history of early menopause to complete their childbearing in their twenties, if possible. Menopause support groups can offer help for coping with other problems.

Most women who experience early menopause learn to adapt to the changes and go about the business of living as usual. Sooner or later all women go through the change of life. Sometimes it's just sooner.

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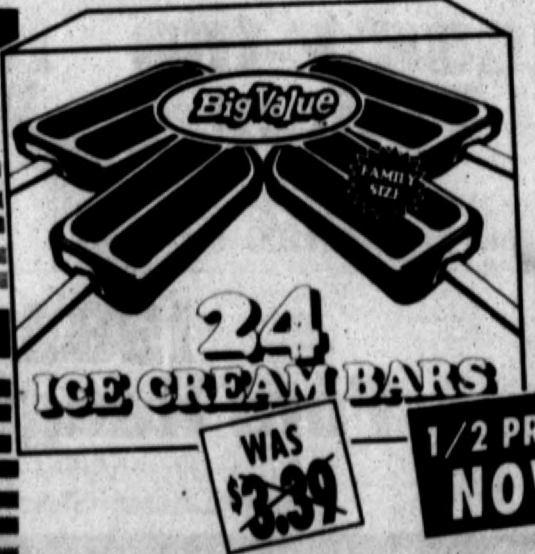
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