

SPORTS

Longhorns fall
in Class A state
semifinal--Page 4

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Church of the
Nazarene welcomes
new pastor...Page 3

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THURSDAY, March 8, 1990

The Hereford Brand

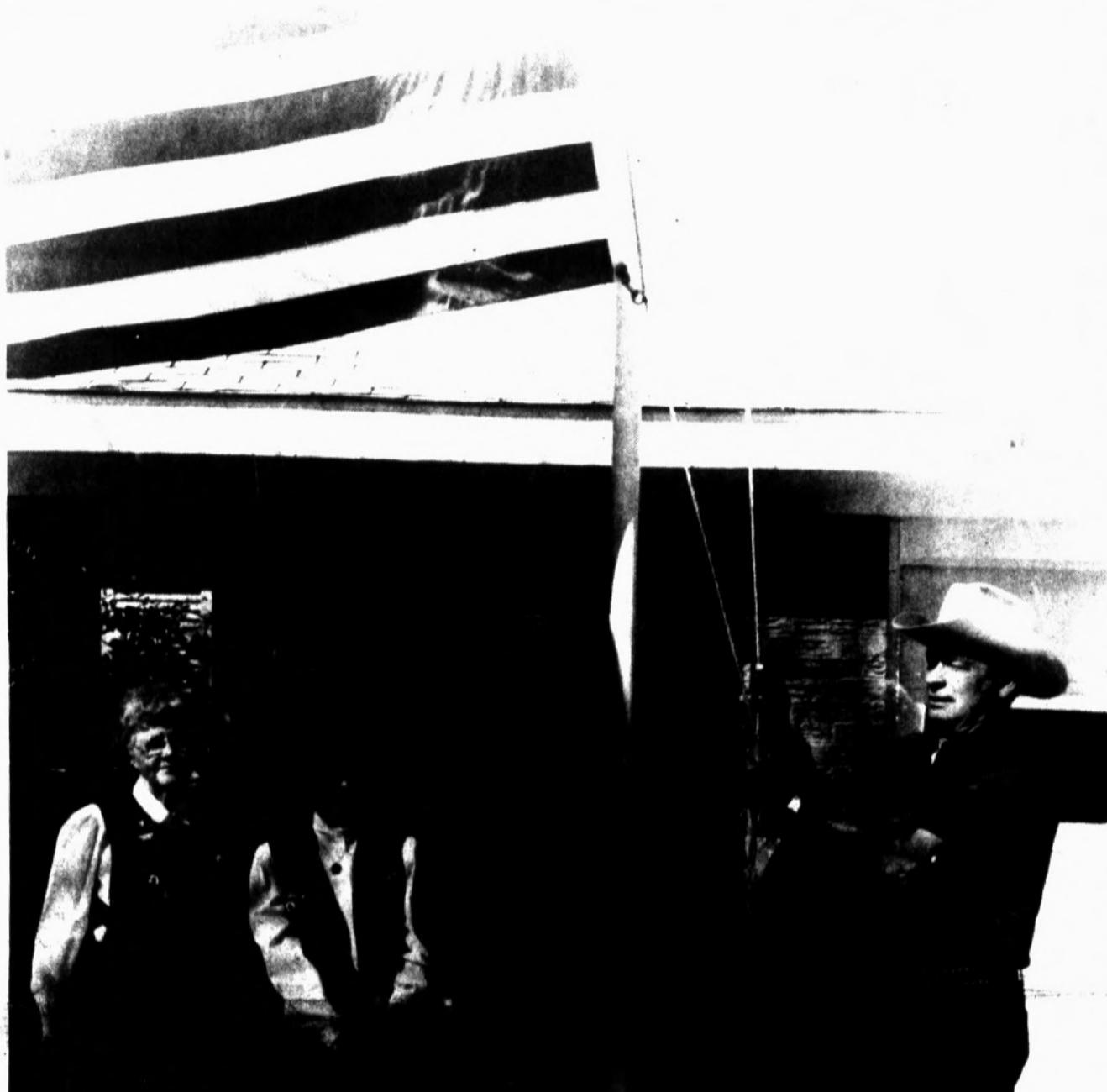
Hustlin' Hereford, home of Nikki Hutson

89th Year, No. 175, Deaf Smith County, Hereford, Tx.

10 Pages

25 Cents

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Patriotism award given

G.R. and Ida Smith of Hereford were presented the VFW's Patriotic Citizen Award here Wednesday. Smith is shown raising the flag in his yard at 205 Northwest Drive. The Smiths have flown the flag 24 hours a day for about three years. Presenting the award, at left, were Betty Boggs and Ruth Morris of the VFW Auxiliary.

Smiths presented award

G.R. and Ida Smith were presented the Patriotic Citizen Award by the Veteran of Foreign Wars Auxiliary here Wednesday.

The award cited the couple for displaying the U.S. Flag daily at their home, 205 Northwest Drive. The Smiths have flown the flag continuously for about three years on a pole in the front yard. The flag is lighted at night.



Hereford
Bull
By
Speedy
Nieman

That feller on Tierra Blanca Creek says it may be true that Americans would live longer if they would avoid smoke, drink, women, and rich foods—but nobody will know for sure until somebody tries it.

oo

The honeymoon is over when the wife starts complaining about the noise the husband makes getting his breakfast.

oo

To pay a filing fee or not to pay, that is the question. Or, at least that's what some local political candidates and office holders are debating.

In the political party primary elections, filing fees are used to pay for the elections. Some party members think the petitions should be only for those who can't come up with the funds. However, it has been perfectly legal for a number of years for a candidate to get a petition signed by a specified number of qualified voters instead of paying the fee.

The filing fees range from \$300 to \$1,000, depending on the office. Going the petition route requires from 75 to 175 voter signatures, depending on the office. A statewide candidate must secure 5,000 signatures. For

Making the presentation Wednesday were Betty Boggs and Ruth Morris, members of the VFW Auxiliary. "The Smiths live just down the street from me, and all the neighbors enjoy the beautiful sight of Old Glory flying at night," said Mrs. Boggs.

Smith, an independent trucker, travels all over the Northeast and Southeast, and said he began to take note of the way the flag was displayed in different parts of the country.

"I seem to have noticed more homes with flags in Wisconsin and in the Carolinas," said Smith. With all the controversy recently over flag-burning, Smith said he was particularly happy that he had started displaying the flag at his home. Smith is a member of the local VFW post.

"I like what the Tennessee governor said about it," remarked Smith. "He got a state law passed there, and it basically says you can get a stick and beat a flag-burner and only be fined one dollar."

The Patriotic Citizen Award was previously presented here several years ago to Fred Rivera, who flies a big U.S. Flag at his business, Rivera Produce.

Clements okays small funds jump

AUSTIN (AP) - A Senate education leader said he was pleased by Gov. Bill Clements' statement that he could support a \$200 million increase in education funding.

But Carl Parker, D-Port Arthur, added Wednesday, "before I get too enthused about it, I want to see where he takes it from."

Clements has promised to veto any tax increase for public school funding despite a Texas Supreme Court ruling that the current school finance system is unconstitutional because it discriminates against students in poor districts.

On Wednesday, the Republican governor opened the door to an increase in funding, but refused to answer questions about how that money would be raised.

"If it's going to cost some kind of what I would term nominal sum, like \$200 million ... I think that we could come up with some extra money," Clements said.

The "Citizen of the Year" award, sponsored by Hereford Lions Club, started in 1946. Below is a listing of the recipients:

1988	Margie Daniels
1987	Bill Devers
1986	Gene Brock
1985	George Warner
1984	Bobby Owen
1983	Bud Eades
1982	Rocky Lee
1981	Lynton Allred
1980	Doug Manning
1979	Jim Conkwright
1978	Helen Rose
1977	Dr. A.T. Mims
1976	Carl McCaslin
1975	Jimmie Allred
1974	Raymond White
1973	A.J. Schroeter
1972	Jewel Smith
1971	Rev. Russell Wingert
1970	Hugh Clearman
1969	Earnest Langley
1968	Ray Cowert
1967	John D. Pitman
1966	Ed Skypala
1965	Rev. Don Davidson
1964	Clint Formby
1963	Mrs. Earl Springer
1962	Dr. Lena Edwards
1961	James Witherspoon
1960	Faye Plank
1959	Wayne Lawrence
1958	Don Zimmerman
1957	Argen Draper
1956	Della Stagner
1955	D.C. Kinsey
1954	Earl Phillips
1953	S.O. Wilson
1952	Fr. Raymond Gillis
1951	Henry Sears
1950	Lyle Blanton
1949	L.B. Barnett
1948	W.E. Dameron
1947	Dub Reeves
1946	Wayne Evans

1969 Earnest Langley
1968 Ray Cowert
1967 John D. Pitman
1966 Ed Skypala
1965 Rev. Don Davidson

1964 Clint Formby
1963 Mrs. Earl Springer
1962 Dr. Lena Edwards
1961 James Witherspoon

1960 Faye Plank
1959 Wayne Lawrence
1958 Don Zimmerman
1957 Argen Draper

1956 Della Stagner
1955 D.C. Kinsey

1954 Earl Phillips
1953 S.O. Wilson

1952 Fr. Raymond Gillis

1951 Henry Sears

1950 Lyle Blanton

1949 L.B. Barnett

1948 W.E. Dameron

1947 Dub Reeves

1946 Wayne Evans



MARGIE DANIELS
...1988 Citizen
of the Year

Junior spelling bee today

The Deaf Smith County Spelling Bee, sponsored by The Hereford Brand, will be conducted today and Friday in the Heritage Room at Deaf Smith County Library.

The Bee starts at 3 p.m. each day, with the junior division being held today for 4th and 5th graders. There are 13 students in the junior division. The county champion will be determined Friday when 13 sixth through eighth-grade spellers enter the competition. The Junior Bee winner also advances to the county bee.

A new county champion is assured since David Vermillion, the 1989

winner, is not returning. Heather Hodges, last year's junior champ, will be competing in the senior division as a 6th grader.

The county champion will receive \$100 in cash awards—\$50 from First National Bank and \$50 from The Hereford Brand. The runnerup will be presented with a \$50 bond from AmWest Savings. In the junior bee Thursday, the winner earns a \$50 bond from Hereford State Bank and the runnerup gets a \$25 share account at Hereford Texas Federal Credit Union.

The county champion advances to the Regional Bee at West Texas State

University on April 7. Each county champion and junior champion receive awards at the regional contest.

The winner of the Regional Bee receives an all-expense paid trip to the national finals in Washington, D.C., sponsored by The Amarillo Globe News and WTSU.

Bera Boyd will be the announcer again this year, and judges will be Eloise McDougal and Jane Coplen.

Participants in the county spelling bee are determined by school contests. The number of eligible spellers from each school is based on enrollment in the different grades.

RRC candidate has experience

Ted Lawson of Odessa visited in Hereford on Wednesday in a campaign swing in his race for a seat on the Texas Railroad Commission.

Lawson, a Republican, will face former Amarillo congressman Beau Boulter in Tuesday's Republican primary.

Lawson, an oilfield contractor, is counting on his experience in the oil business to help him on the commission. He said he was the only candidate in the race with working experience in petroleum and trucking, two of the



TED LAWSON

Page Two

Local Roundup

Four arrested Wednesday

Deputy sheriffs arrested four on Wednesday, including a woman, 28, after she was found guilty of possession of cocaine by a jury in the District Court; a man, 20, for resisting arrest, escape, possession of marijuana, and violation of probation; a man, 23, on an assault commitment; and a woman, 40, for violation of probation.

Reports included a burglary at First National Fuel and Fertilizer in which \$4,000 worth of equipment was taken; escape and possession of marijuana; some one bashed into the side of a car parked at Fun's, leaving a \$100 dent; a 14 year old girl was reported as a runaway; a runaway juvenile girl was found; a juvenile boy who was trying to fight another boy was taken to the police department, talked to, and released to his parents; resisting arrest; an officer at Blue Water Gardens noticed a couple arguing and took the woman across town to her children; a man was bitten by a dog in the 600 block of Bowie and later the animal was picked up by animal control for observation; theft of a bike on Raymond; and an abandoned bike found by officers at 15th and Blackfoot was taken to the police department.

Fire fighters responded to two grass fires on Wednesday. A fire three miles southeast of Dawn was set after burning trash blew out of a trash barrel. The other fire, located two miles south and a half mile east of Summerfield, was set after tumbleweeds blew into an electric fence.

Hereford police issued 11 citations on Wednesday.

Chili Supper is Saturday

The Hereford Golden K Kiwanis Club will host an all you can eat chili supper from 5 to 8 p.m. Saturday at the Senior Center in Hereford.

Funds raised will be used to help support needs of non-profit organizations in Hereford. "Hanna's Chili" and trimmings will be served.

Volunteer dinner tonight

A volunteer recruitment dinner for persons interested in becoming volunteers for the Hereford Outreach Office of the Rape Crisis/Domestic Violence Center will be held at 7 p.m. today at the Southwestern Public Service Company's Reddy Room.

Anyone interested in learning more about being a volunteer is invited to attend.

Fair, warm weather expected

Tonight will be fair with a low near 40. Southwest winds will be 5-15 mph.

Friday will be fair with a high of 75. Southwest winds will be 10-20 mph. The forecast for the weekend is calling for mostly fair skies with a few thunderstorms possible. Highs will range from 68 to 75 with lows from 42 to 45.

This morning's low at KPAN was 34 after a high Wednesday of 65.

News Digest

World/National

WASHINGTON - John Poindexter's lawyers are trying to stop Oliver North from testifying that Poindexter destroyed a politically embarrassing document concerning Iran and directed North to mislead Congress.

WASHINGTON - A new Bush administration policy calls for more user fees, toll roads and local government help for a transportation system that says is "beginning to break down."

WASHINGTON - The United States and the Soviet Union are moving toward a major increase in scheduled charter air service, opening for the first time a wide array of destinations in each nation.

WASHINGTON - The first human gene therapy could begin within a year if other government panels join a National Institutes of Health committee in approving the experimental treatment to combat a rare immune deficiency in children.

BOSTON - A study described as "very good news for women in their 30s" concludes that those who delay motherhood until they establish their careers face little unusual risk of delivering premature or stillborn babies.

WASHINGTON - A group of House staffers spent more than \$28,000 traveling to London, Paris, Rome and other European cities, planning a trip for lawmakers who then decided to stay home.

MANAGUA, Nicaragua - The rush is on to legalize deeds on thousands of houses, lots and vehicles confiscated by the Sandinistas, who are trying to make it difficult for owners to recover property under the new government.

SACRAMENTO, Calif. - Dianne Feinstein has catapulted from last to first in the race for governor, in part because of a TV commercial featuring footage of her announcing the assassination of her predecessor as mayor of San Francisco.

WASHINGTON - The House ethics committee will drop an investigation of Republican Whip Newt Gingrich, but not before criticizing his failure to disclose a home purchase, according to the lawmaker who triggered the probe.

Texas

WASHINGTON - Education Secretary Lauro Cavazos says he's made the same speech dozens of times, advocating fundamental changes over "pitching money" into troubled schools, but it wasn't until he took the message to his home state legislature that people responded with angry attacks.

LINDEN - The state records its first lightning death of 1990 when a state Highway Department employee is killed while loading steel beams onto a trailer. Another worker is hit and is listed in stable condition.

MATAMOROS, Mexico - A friend of Mark Kilroy, who was abducted and slain at a "human slaughterhouse" during the height of last year's spring break, is urging students to be careful while celebrating this year.

AUSTIN - A Senate education leader said he was pleased by Gov. Bill Clements' statement that he could support a \$200 million increase in education funding.

AUSTIN - The Texas Supreme Court is reviewing what is known among journalists as the "bathroom meeting" case, which tests the Open Meetings Act against another state law, the Administrative Procedure and Register Act.

AUSTIN - Five of seven Republican gubernatorial candidates met Wednesday for a relatively staid debate, and afterwards, one announced that he would drop out of the race today.

HURSTONVILLE - Gubernatorial candidate Ann Richards got another newspaper endorsement, but one she didn't expect or necessarily want. The endorsement came from the top editors of Endeavor, a newspaper written and produced by the men on Texas' death row.

AUSTIN - Democratic state treasurer hopefuls Tom Bowden and Nikki Van Hightower traded political jabs over which party wing they were representing.

Poindexter wants no North testimony

WASHINGTON (AP) - John Poindexter's lawyers are trying to stop Oliver North from testifying that Poindexter destroyed a politically embarrassing document concerning Iran and directed North to mislead Congress.

The court fight over North's upcoming testimony emerged Wednesday as a jury of seven women and five men was sworn in for the former national security adviser's Iran-Contra trial.

North, a former aide to Poindexter at the National Security Council, was to be the government's leadoff witness following today's opening statements in U.S. District Court.

Judge Harold Greene said he would resolve the dispute over North's testimony before the retired Marine officer took the witness stand.

Many of the jurors said they had heard of North but knew little about Poindexter, except that he was North's boss.



Junior High spelling winners

These six spellers took top honors in the Hereford Junior High School spelling bee. In the back row are 8th-grade winners--Chris Lyle, first; Richard Drager, second; and Jessica Polk, third. Front are the 7th grade winners--Josh Liscano, Sue Ann Sanford and Shawn Lance. Junior high students will be in the County Senior Bee Friday.



Nazarene Christian Academy top spellers

Tyler Merrick, in the senior bee, and Cory Schumacher, in the junior bee, will represent Nazarene Christian Academy in the county spelling bee today and Friday in Hereford. The alternates are Stephanie Gonzales, senior, and Chastity Bone, junior. Junior spellers will compete today and senior division spellers on Friday in the event, sponsored by the Brand.

Intervenors want more concessions from Bell

AUSTIN (AP) - The state advocate for utility consumers, who claims Southwestern Bell is earning \$595 million in excessive profits a year, asked the Texas Supreme Court Wednesday to force the Public Utility Commission to proceed with a full hearing on the telephone company's rate case.

The PUC has set an expedited hearing schedule, beginning March 19, that will focus on a proposed settlement in the case that supporters say is worth \$1.2 billion in customer benefits over four years. A second,

hearing is planned if the settlement is not approved.

The dual-hearing process means parties supporting the settlement "get another whole hearing if they lose," while those who oppose it do not, said Assistant Public Counsel John Laakso.

The Office of Public Utility Counsel, which represents residential and small commercial ratepayers, and a coalition of cities served by Southwestern Bell are among settlement opponents. They have said it does not go far enough, nor reduce local residential rates.

Assistant Attorney General Steve Baron, representing the PUC, said he had not seen the petition filed with the Supreme Court and had no immediate comment.

Most of the parties in the case support the settlement, including long-distance companies, the PUC general counsel and various cities.

Laakso also said setting rates based on a partial settlement does not meet state legal standards for utility regulation.

Assistant Attorney General Steve Baron, representing the PUC, said he had not seen the petition filed with the Supreme Court and had no immediate comment.

"That's correct," Bennett responded.

Assistant Attorney General Linda Secord, representing the water commission, said such a discussion would not fall within the definition of "deliberation." Such exchanges, she said, assist people in performing their state functions.

Ms. Secord also said the third commissioner had not changed his vote, that "everybody signs the order no matter how they voted."

"It is something that can cause confusion," she said.

Hospital Notes



NEAL LOHENICK

March 7, 1990

Neal G. Lomenick, 56, of Hereford died Wednesday, March 7, 1990, after a brief illness.

Services will be at 3 p.m. Friday at Central Church of Christ with Roy Shave, minister, officiating. Assisting will be Dr. Ron Cook of First Baptist Church. Burial will be in Restlawn Memorial Park Cemetery under the direction of Rix Funeral Directors of Hereford.

He was born in Hobart, Okla. and moved to Hereford in 1941. He married Lois McDermitt in 1981 in Hereford. He graduated from Texas

A&M University in 1961. He had served in the U.S. Army and was office manager for Frio Feeders.

He was a member of the Texas A&M Ex-Students Association and a former member of the Hereford Kiwanis Club. He was an ordained deacon of the Baptist Church. He was a member of First Baptist Church.

Survivors include his wife; a son, Don McDermitt of Dallas; four daughters, Laura Lomenick of Arlington, Cindy Lomenick of Houston, Nancy Keese of Lubbock and Donita Letterman of Conway, Mo.; a brother, Melvin of Hereford; a sister, Marian Kreig of Hereford, and four grandchildren.

The family suggests memorials to the American Heart Association or the Don and Sybil Harrington Cancer Center of Amarillo.

JOHN WALDEN

March 7, 1990

John K. Walden, 41, of Hereford died Wednesday, March 7, 1990.

Services will be at 10 a.m. Friday in First United Methodist Church with Dr. Steve McElroy, pastor, officiating. He will be assisted by Dr. Clifford Trotter, retired Methodist minister. Burial will be in West Park Cemetery under the direction of Rix Funeral Directors.

He was born in Lubbock and moved to Hereford in 1967 from Nevada. He married Sandy Caison Jan. 26, 1977. He was a member of the First

United Methodist Church and owner of Walden Cattle Co. He was president of the International Feedlot Cowboy Association and a member of the Texas Cattle Feeders Association and the American Quarter Horse Association.

Survivors include his wife; two daughters, Cassidy of the home and Kelli Burney of Dalhart; his mother, Dee of Nazareth; his father, Charlie of Midland; two brothers, Jeff of Paducah and Jim Bob of Vega; and three sisters, Sygale Williams of Reno, Nev., DeeDee Ferguson of Fallon, Nev., and Tandy Decker of Lubbock.

Bryan and Kay Cooper of Hereford

are the parents of a daughter, Megan Katherine, born March 1, 1990, at High Plains Baptist Hospital in Amarillo. She weighed 8 lbs. 10 oz.

Mr. and Mrs. Richard Lee are the parents of a daughter, Montana Ray, born March 5.

Mr. and Mrs. Garvin Thom are the parents of a daughter, Terissa Rajon, born March 4.

Mr. and Mrs. Arnold Aguilar are the parents of a son, Arnold Luevan Jr., born March 6.

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Lifestyles

Church, community involvement desired

By KAY CRISMON
Staff Writer

Mark Twain and the Rev. Randy Garner have one thing in common; they both were raised in Hammond, Mo.

Rev. Garner, the new pastor of the Church of the Nazarene in Hereford, and his wife Joy are now residing at 249 Greenwood. They have two daughters, four-year-old Amanda, and seven-year-old Lindsey. Lindsey attends the Nazarene Christian Academy.

Rev. Garner began his pastoral ministry in Ponca City, Okla. after graduating from Mid America Nazarene College in Olathe, Kan. He ministered for five-and-a-half years in Ponca City before moving to Memphis, Tenn. and was pastor for four-and-a-half years there before coming to Hereford.

"At this stage in our lives, with two small children, we are thankful to be able to come to a small community like Hereford," Rev. Garner said. "My hometown population was about 18,000, and Ponca City was 35,000. Memphis had a population of about a million but was a small community rather than a big city. Memphis wasn't such a tremendous adjustment except for the somewhat slower lifestyle and the good part about it was that you didn't have to travel so far to get somewhere."

"The church has been very active in the community and the congregation desires to continue that course. One of the goals the church is working toward is to develop the fact that the church is not just youth, senior adults and children but we are all together caring for one another with unconditional love. This feeling of unconditional love is in the church and goals are to spread this throughout the community."

"Members have an all-rounded ministry and want to include anyone in the community to become a part of the activities including worship services. The goal is to become involved with the community as much as we can and the community to

benefit from the church being here. We feel as if we are here to serve the community and express Christian love and to be a service to them.

"Another goal we hope to attain is to administer to the senior citizens more than in the past. So often senior citizens are neglected. We all need to realize that someday we will become senior citizens. They need to be appreciated for who they are. There is a special value they give to others and we want to be sure they realize we feel this way about them. Margie Daniels, executive director of Hereford Citizens Center, will be working with me and giving ideas on what the church can be doing to better this part of the community."

"Plans are also being made to increase the ministry to the youth, providing a lot of avenues of not just recreation but spiritual emphasis, too. This will not center on any particular age group but to all youths. Youths today are going through a time and some of the things they face we have never been through before. Everyone is aware of that but there is not many of us willing to do anything about it because we don't totally understand the situation."

"We want to use individuals who have been trying to understand the youth and love and care about them; to develop something with them and their parents that will be effective for them and help in everyday living; keeping them involved in activities that will help them grow spiritual and physically will help them to be a better person."

"The church has approximately 585 members and has been without a pastor for almost six months. This tells me that the stability of the church is strong. We are not so much interested in the number as we just want to minister to the people and show unconditional love. We want them to know we care and love people and if they need a place we are here. We realize we are not the only church in town and there is no reason to try to think we are, but we are all together ministering for a purpose."



REV. RANDY GARNER
...new pastor assumes duties

Program presented by Bradly

Marcella Bradly presented a program on stress to members of the La Aflatus Estudio Club recently when they met in the home of Virginia Beasley.

Bradly explained how stress effects people in different ways and that good health is essential to avoid stress. She demonstrated different ways to relieve stress.

Alberta Higgins served as co-hostess with Mary Williams opening the business meeting. Lydia Hopson lead the members in the club collect. Roll call was answered by a story of interest.

The club voted to send membership collection to the Friends of the Library. Nell McEachern and Linda Cranmer, relatives of a former member, sent a donation of \$50 in memory of Mrs. Allyne Johnson who died three years ago.

New officers elected were Emily Suggs, president; Lydia Hopson, vice president; Virginia Beasley, secretary-treasurer; Pet Ott, reporter and Mary Williamson, parliamentarian.

Members attending were Bea Huston, Della Stagner, Ott, Hopson, Louise Kinsey, Alberta Higgins, Aileen Montgomery, Williams, and Beasley.

The first automobile show was held in New York City in 1900.

DIRTY WORK
ATLANTA (AP) - It takes Mother Nature about 600 years to produce one inch of topsoil.

Soil is composed of microbes and organic matter that perpetuate plant and animal life. Most of the organic matter is derived from carbon dioxide gas that is filtered through the leaves of trees and other plants and from water absorbed by their roots, according to Georgia-Pacific Corp., a forest products firm.

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Hints from Heloise

DEAR HELOISE:

We've found that one of the best ways of recycling those mammoth computer printouts is to run the stacks back through the printer and use the blank reverse side for a second printing. The quality is more than acceptable for test runs and other informal jobs. — Raymond Goyette, Holmdel, N.J.

We do the same in our office with the cover sheets for materials that we fax. We always use both sides.

Another use for those piles of computer paper if you can't run them back through for a second printing is to cut them up and use the clean sides for scratch pads.

There are always ways to use and reuse things to get the very most out of them. Thanks for sharing yours. — Heloise

SEND A GREAT HINT TO:

Heloise

P.O. Box 795000

San Antonio, TX 78279

LAUNDRY AIDS

Dear Heloise: I've devised a method for teaching my children to sort their clothes for the washer.

I have three hampers — the kind that hang on a frame — and each one is made of a different material. One is made from old jeans (which I cut in pieces and stitched together) and is for jeans, pants and heavy clothes.

The second is made from an old sheet and holds sheets, towels and whites. The third is print fabric, and of course is for lightweight colored clothing.

My children each have their own laundry basket and bring their clothes to the laundry room on the way to breakfast. Even the youngest can easily sort dirty clothes into the bag that's made of the same kind of fabric.

When the laundry is done, I put the clean clothes in each basket, which the children take to their rooms and put away, along with any of their belongings that have strayed into the living room, family room or kitchen.

This helps me with laundry and housekeeping, and hopefully my kids will learn how to separate their laundry and pick up after themselves by the time they go off to college! — Tammy Toothaker, Hampden, Maine

Good training for them and help for you. Sounds good to me! — Heloise

PACKAGE DROP

Dear Heloise: It happened again! A friend of mine drove off after placing a package on top of the car. I found a way to prevent this.

If you must put down a package to open the car door, instead of putting it on top of the car, put it on the hood in front of the steering wheel. You'll be sure to see it before you drive off!

— Charles Wilson, Port Hueneme, Calif.

EILEEN BEHUNIN TAX ASSESSOR - COLLECTOR

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Aggie Mothers Club elects new officers

The Golden Spread Aggie Mothers Club met in the home of President Diane Hoelscher recently when officers were elected to serve two-year terms.

The following officers were elected to serve terms beginning in September. Wanda Nelson of Dimmitt was elected first vice president in charge of projects; Martha Jo Hyman of Dimmitt, treasurer; and Terri Johnson of Hereford, historian.

President Hoelscher called the meeting to order. Secretary Jane Coplen of Hereford read the minutes of the previous meeting and the treasurer's report was given by Joy Bunch of Hereford.

Parent's weekend at Texas A&M, April 7-8, was discussed with plans made to rent a booth at the boutique to display the handmade quilt. The quilt will be sold to fund the annual scholarship project. Tickets may be purchased from any club member for \$1 each or six tickets for \$5.

President Hoelscher appointed the following members as the 1990 scholarship committee: Marilyn Birkenfeld, Nazareth; Margaret Ann Durham, Hereford; Shirley Wilson, Hereford; Connie Nelson, Dimmitt; and Martha Jo Hyman, Dimmitt.

Scholarship applications may be picked up from the high school

counselor's office and are to be returned by April 6. The application is open to any high school senior who has been accepted for enrollment at Texas A&M University. Interviews will be held at 242 N. Main in Hereford.

Plans were finalized for the district meeting of the Federation of Texas A&M Mothers Club to be held March 31 at the E.B. Black House in Hereford.

Thirteen members were present with the following Hereford members in attendance: Hoelscher, Coplen, Bunch, Johnson, Durham, Wilson, Virginia Jackson and Ruth Robbins.

NEW YORK (AP) - "When it comes to an elaborate dinner, I like a centerpiece that's grand in scale," says Martha Stewart.

Stewart, a Family Circle magazine contributing editor, says, "I extend it almost to the place settings and use flowers and vegetables or anything I can find for that extra personal touch."

Here are some tips from Stewart:

- Use different kinds of flowers and herbs.
- Play with color.
- Use sherry glasses as vases for tiny blossoms, then place them among the rest of the centerpiece.

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Doug Manning, Worship Leader



76ers beat NY to take division lead

By BILL BARNARD
AP Basketball Writer

It took nearly two months for Philadelphia to make up a six-game deficit against the New York Knicks. Swingman Derek Smith says the 76ers have been stalking their Atlantic Division rivals even longer than that.

"We were playing against the team we've been chasing for two years," Smith said after Philadelphia took a half-game lead over the Knicks by beating New York 110-93 Wednesday night. "We deserve to be in first place."

Charles Barkley had 15 points, 12 rebounds and 11 assists and Hersey

Hawkins scored 26 points for the 76ers, who trailed New York by six games before starting a 12-game winning streak on Jan. 13.

The victory also marked the first time the 76ers have led their division after 60 games since their 1982-83 NBA championship season.

Philadelphia scored the last 15 points of the first period to take a 31-14 lead, holding the Knicks scoreless for the last four minutes of the quarter. Hawkins led the surge with 12 points, including a pair of 3-pointers.

Elsewhere in the NBA, it was Portland 130, Boston 117; the Los

Angeles Clippers 119, New Jersey 115; Phoenix 113, Washington 111; Miami 122, Orlando 105; Denver 86, Minnesota 73 and the Los Angeles Lakers 103, Dallas 91.

Johnny Newman scored 26 points, Gerald Wilkins 23 and Patrick Ewing had 20 points and 14 rebounds for the Knicks.

The closest the Knicks got in the final quarter was 85-70 with 10:40 to play.

Trail Blazers 130, Celtics 117

A night after scoring a season-low three points, Clyde Drexler scored a season-high 39.

Drexler also had 11 rebounds and 12 assists. The Trail Blazers led all the way against the slower Celtics. Boston was led by Larry Bird with 22 points. Lakers 103, Mavericks 91

James Worthy scored seven straight points late in the fourth quarter, blunting a Dallas rally.

Worthy led the Lakers with 24 points and Orlando Woolridge came off the bench to score 22.

Derek Harper scored 24 points for the Mavericks.

Nuggets 86, Timberwolves 73

Danny Schayes scored 24 points and Denver tied a franchise record for fewest points allowed.

The Nuggets, whose average yield of 112.7 points is the third-worst in the league, held Minnesota - the league's lowest-scoring team with a 15.3 average - to 30 percent shooting.

Pooh Richardson had 19 points for Minnesota.

Suns 113, Bullets 111

Kevin Johnson rebounded his own miss and scored with 2.7 seconds left.

Tom Chambers scored 44 points, 32 in the second half, to lead the Suns. Johnson scored 25 points and had 14 assists.

Bernard King led the Bullets with 34 points.

Clippers 119, Nets 115

Charles Smith scored 22 points and Tom Garrick had 14 of his 15 in the second half as Los Angeles rallied from 15-point third-quarter deficit.

Purvis Short led New Jersey with 25 points.

Heat 122, Magic 105

Scott Haffner scored 10 points with five long-range jumpers in the first 5:08 of the fourth quarter to defuse an Orlando rally. Haffner finished with 14 points, matching his career high.

Rony Seikaly led Miami with 31 points and 21 rebounds as the Heat controlled the boards 57-34.

The Magic was led by Reggie Theus with 31 points.

Gathers would have played anyway

LOS ANGELES (AP) - A longtime teammate and friend of Hank Gathers believes the late Loyola Marymount basketball star followed doctors' orders for treatment of a heart condition. But Bo Kimble also thinks Gathers would have continued playing even if he knew his life was at risk.

A newspaper reported Wednesday that, even after doctors warned him not to play, Gathers continued to do so and probably quit taking his heart medicine before his death last Sunday.

Gathers, who had been diagnosed as having an irregular heartbeat, also didn't appear for his weekly treadmill

test in the days before he died, the Los Angeles Times reported, quoting a cardiologist who wasn't identified.

Kimble, however, insisted again that Gathers was taking his medication and "would have done whatever he was told to do" to ensure his health.

"I know he was cleared to play," Kimble said. However, Kimble added, "If you told me that every time I stepped on the court I had a 50-50 chance to survive, I wouldn't play. Hank would."

A statement released Wednesday afternoon by two doctors who examined Gathers after he fainted during a Dec. 9 game said his treatment was "closely monitored on a regular basis and we were in communication with Hank, his trainer and his coach at all times."

The Times quoted the heart specialist as saying of Gathers: "He was told not to play, you're through as an athlete."

"We told Hank that if he wanted to live the best he shouldn't exercise. Hank Gathers was going to play basketball. It didn't matter what some doctor told him."

"He was known to have cardiac arrhythmia, no question about it," the doctor said. "But it was well treated and well controlled and it had been well tested every time. We don't know

if Hank took his medicine the last week; in fact, we're pretty sure that he didn't."

"And we know that he didn't show up for his testing, which is supposed to be done on a weekly basis. And we know this was the week he was out to show the NBA scouts that he was big stuff."

Gathers, a 6-foot-7 senior center from Philadelphia, died Sunday night after collapsing in a West Coast Conference tournament game against Portland.

Results of an autopsy aren't expected before next week. Arrhythmia is a condition involving an irregular heartbeat and is often a symptom resulting from cardiomyopathy.

Brian Quinn, Loyola Marymount's athletic director, said Gathers was cleared to play by Dr. Michael Mellman, an internist at Centinela Hospital in Inglewood.

Quinn also denied any knowledge of details which appeared in the Times story.

Mellman and Dr. Vernon Hattori, a cardiologist, released a statement through Ingelwood's Daniel Freeman Memorial Hospital:

"The rumors and speculations surrounding Hank Gathers' death are as disturbing to us as they must be to his family, his friends, and the general public. Although full disclosure of the details surrounding his medical evaluation and therapy would serve to end this ongoing speculation, we are inescapably bound by the strict confidentiality of his medical records. His family has not given us permission

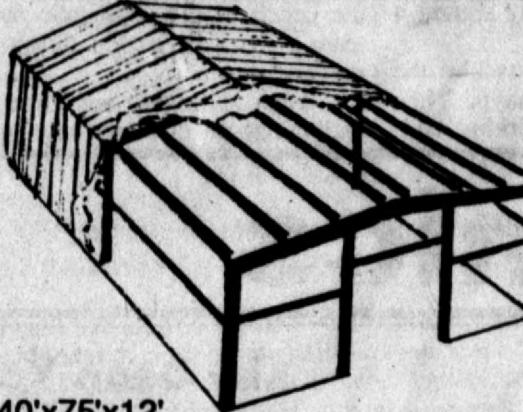
to release any information, and until such permission is provided, further details cannot be released."

Kimble was interviewed on campus, where he and other teammates voted unanimously Wednesday to accept a bid to the NCAA tournament. The team at first wasn't sure it wanted to continue playing after Gathers died, but decided to go ahead because "Hank would want us to play."

When he spoke of Gathers, Kimble expressed the opinion that his friend followed doctors' orders.

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Texas renews Brown pact

ARLINGTON (AP) - Pitcher Kevin Brown has blasted the Texas Rangers for not paying him what he feels he's worth.

The team completed its contract negotiating season Wednesday, but in the process irritated Brown, the team's rookie of the year last season.

Brown and his agent, Scott Boras, couldn't reach an agreement with the team, so the club exercised its option to renew his contract. The \$200,000 the Rangers reportedly settled upon is not in line with the market for promising second-year pitchers, Brown and Boras said.

"I don't know if they're just being plain pigheaded or if they just care so little about their players that they don't want to pay them fairly," Brown told the Dallas Times Herald. "If anybody is provided with the information and stats of the people you could be comparing me to, I think they would reach the same conclusion."

Boras said he sought a deal that would have compared more favorably

with those given to John Smoltz by the Atlanta Braves and Bob Milacki by the Baltimore Orioles. Smoltz reportedly received \$210,000 with \$55,000 in potential incentive bonuses. Milacki reportedly will be paid \$235,000 with \$40,000 in incentive bonuses.

Brown, a rookie last season, reportedly sought a base salary of \$225,000 with incentives after he went 12-9 with a 3.35 ERA and 104 strikeouts in 191 innings.

Smoltz went 12-11 last year with a 2.94 ERA in 208 innings to bring his career totals to 14-8 with a 3.54 ERA. Milacki was 14-12 with a 3.74 ERA in 243 innings.

"I guess the Rangers just felt Atlanta and Boston paid too much for their pitchers," Boras said. "I don't think what he received was in line with the market."

The Rangers disagreed, but Brown said there are at least two things that are not debatable. He will remember this contract in future dealings, and he will remain hopeful that the players'

association stays adamant about gaining an extra year of arbitration eligibility.

Brown would be eligible for arbitration after this season if the players receive their demand that the three-year qualification is diminished to two years, as it was in 1985 before the players gave up that concession in labor negotiations.

"I think this is a huge example of why arbitration should be available to as many players as possible," Brown said. "It's just one less year teams can treat players more or less however they want."

Brown said he wasn't sure whether the bitterness would last long and cause him to seek free agency at the earliest possible moment.

"All I've heard in the past from management is how important I am to the organization and to the future," Brown said. "This is pretty contradictory. Let's just say I hope I get the chance to treat them as nice as they've treated me in this deal."

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Television

THURSDAY

EVENING

- 6:00 **News**
Machiel Lehrer NewsHour
Scarecrow & Mrs. King □
Abbott And Costello
Night Court □
SportCenter
Webster
Inspector Gadget
Miami Vice Crockett and Tubbs are enlisted to protect an internationally renowned poet in exile from a Death Squad. **Don Johnson, Philip Michael Thomas**
(HBO) **MOVIE: Biloxi Blues** ***
(MAX) **MOVIE: The Seven Year Itch**
VideoCountry The newest and best concert performance videos, a behind the scenes look at videos in production and music nostalgia are featured.
Shelley Manrum
Rendezvous
New Wilderness A female kangaroo and her young try to survive slaughter in Australia.
Day By Day
James Robison
Rubi Novela de Venezuela.
6:05 **Jeffersons** My Hew
6:30 **Puff The Magic Dragon** Based on Peter, Paul and Mary's classic hit song about a young boy who acquires the courage to grow up from a magic dragon. **(Animated) Burgess Meredith**
Cosby Show □
Wheel Of Fortune □
Night Court □
College Basketball: Ohio Valley Conference Championship (L)
Mr. Belvedere □
Looney Tunes
World Monitor
World Of Survival Follow the story of the trials and tribulations of filming a special on the beautiful snow goose.
She's The Sheriff!
Morris Cerullo
6:35 **Sanford And Son** The Barracudas
7:00 **MOVIE: Young People** ** Show business family leaves the Great White Way and heads for a farm in New England, encountering many difficulties before accepted by the community. **Shirley Temple, Jack Oakie** (1940) □
Cosby Show □
This Old House Thomas takes viewers to Santa Fe, New Mexico, for a look at the newest project--renovation of a traditional Southwestern adobe home. □
7:30 **Different World** □
This Old House a progress report on the adobe home from Santa Fe contractor John Wolf. □
NBA Basketball Chicago Bulls vs Utah Jazz (L)
My Three Sons
Crook & Chase
Eagles And The Bear The murder of Marxist President Allende leaves Chile in the hands of brutal dictator General Pinochet. □
8:00 **Cheers** Carla agrees to split the \$100 estate of her late husband with his other widow, until she learns his estate is actually worth \$100,000. **Rhea Perlman, Anne De Salvo** □
Young Riders Hickok must prepare for a deadly showdown, instituted by the man who instructed him in gunplay in his youth. **John Brahm, Anthony Zerbe** □
MOVIE: Stanley And Livingstone *** English newspaperman goes to Africa to search for a missionary whom he believes is still alive. **Spencer Tracy, Cedric Hardwicke** (1939)
Bulls Eye
48 Hours □
MOVIE: Desperately Seeking Susan *** A kooky, bored housewife becomes tangled in a comedy of errors when she involves herself in the persons-column romance of two strangers. **Rosanna Arquette, Madonna** (1985) PG13 Profanity, Nudity, Adult Situation.
Bewitched
Murder, She Wrote Benedict Arnold Slipped Here
MOVIE: Monkey Shines ** A monkey assigned to help a man injured in an accident anticipates his every wish. Soon his darkest desires become deadly reality. **Jason Beghe, Joyce Van Patten** (1988) R Profanity, Violence. □
Church Street Station
Secrets Of Nature Bats Need Friends
Heroes This decorated French nurse was dubbed The Angel Of Dieu Phu.
Moonlighting
Success-N-Life
Rebelde Novela de Argentina.
7:05 **MOVIE: Florida Flight 90** The fatal crash of an Air Florida jet in 1982 reflects the heroism of three people who saved five survivors from the icy Potomac River. **Richard Moser, Stephen Macht** (1978)
7:30 **Different World** □
This Old House a progress report on the adobe home from Santa Fe contractor John Wolf. □
NBA Basketball Chicago Bulls vs Utah Jazz (L)
My Three Sons
Crook & Chase
Eagles And The Bear The murder of Marxist President Allende leaves Chile in the hands of brutal dictator General Pinochet. □
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Secrets Of Nature Bats Need Friends
Heroes This decorated French nurse was dubbed The Angel Of Dieu Phu.
Moonlighting
Success-N-Life
Rebelde Novela de Argentina.
8:05 **Mystery!** Prince Paul Of Maura confides in Poirot that he and actress Valerie Saintclair are engaged to be wed. □
8:30 **Animals Of Africa** Visit some of the most fascinating animals in the wilds of Africa!
Grand Tom uses Carol Anne as bait in an investment scheme. Harris tries a make-over in hopes of a new, youthful look for his date with Janice. **Michael McLean, Bonnie Hunt** □
College Basketball Atlantic 10 Conference Championship (L)
Donna Reed
9:00 **The Flame Trees Of Thika** (Pt 1 Of 7) Twelve-year-old Elspeth Grant joins her parents in East Africa in 1913 and begins helping with the building of a coffee plantation. **Hayley Mills, David Robb** (1982)
9:30 **L.A. Law**
10:00 **Simplemente Maria Novela de Mexico.**

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FRIDAY

EVENING

- 6:00 **MOVIE: Robin Hood** ** England's legendary hero of the common people and his band of merry men are brought to life by a wonderful cast of animals. **(Animated) G**
News
Machiel Lehrer NewsHour
Scarecrow & Mrs. King □
Abbott And Costello
Night Court □
College Basketball ACC Tournament, Quarterfinal Game 3 (L)
Webster
Inspector Gadget
Miami Vice Crockett and Tubbs coax a pilot to help them find a group of thrill seekers who are commanding boats carrying contraband on the high seas.
Exile In Concert The original members of the country music group perform many of their hits, including *Wake Up, Love, Kiss You All Over and It'll Be Me*.
Rendezvous
New Wilderness A magnificent mother grizzly shows why she is the super bear of North America.
Day By Day
James Robison
Rubi Novela de Venezuela.
6:05 **Jeffersons** I Buy The Songs
6:30 **Cosby Show** □
Wheel Of Fortune □
Night Court □
Mr. Belvedere □
Looney Tunes
World Of Survival It's a g'day when John Forsythe goes to the land down under to join a hunting party.
She's The Sheriff!
Morris Cerullo
6:35 **Sanford And Son** TV Or Not TV
7:00 **Billy Graham Crusade**
Washington Week In Review □
FBI Full House After accidentally driving her father's car through the wall of the house, Stephanie makes an ill-advised decision to run away. **Jodie Sweetin, Dave Coulier** □
MOVIE: Last Train Home In 1886, young Tom finds himself alone and in search of his father, a man wrongly accused of murder; Tom journeys from innocence to tested manhood. **Norm Zylberman, Nick Mancuso** (1980)
MOVIE: Campus Honeymoon Twin sisters and two students pretend to be married in order to rent rooms at a housing project open only to married couples. **Lee and Lynn Wiley, Adele Mara** (1948)
6:45 **The Brady Bunch**
MOVIE: Chisel A reformed outlaw escapes from his old gang and helps save a Western town. **Elvis Presley, Jim Balin** (1969) G
Bewitched
Murder, She Wrote Just Another Fish Story
MOVIE: License To Drive ** The tale of two teens aching to live life in any lane they can get into with four wheels underneath them. **Corey Haim, Corey Feldman** (1988) PG13 □
(HBO) **Encyclopedia Brown, Boy Detective: Case Of The UFO** (MAX)
MOVIE: Leon On Me **
Church Street Station
Bill Sumrall's Animal Odyssey Bill meets Tsavo Park West's warden.
Footsteps Of Man A study of the traditions and practices of shaman. Focus is on two characters, the charismatic Jose and his apprentice, Kuraka.
MOVIE: For Love And Honor The members of a battalion in the U.S. Army's 82nd Airborne Division experience difficulties and pleasures, loves and hatreds. **Cliff Potts, Shelley Smith** (1983)
Success-N-Life
Rebelde Novela de Argentina.
7:00 **MOVIE: Across The Great Divide** ** A lovable commoner helps two young orphans cross the Rockies to claim a promised plot of land in frontier Oregon. **Robert Loggia, Heather Reilly** (1978) G
MOVIE: Aventura A pampered child is sent to live with her mother's relatives in the village of Avonlea. **Sarah Polley, Jackie Burroughs** □
7:30 **The Wizard of Id** By Brant Parker and Johnny Hart
IF YOU FELLERS WANT TO HELP ME TIDY UP TH' HOUSE
GIT!!
STOP MURDERING OUR ANIMALS!
WE'RE GOING TO PICKET THE FUR SHOP
YOU'D BETTER LEAVE YOUR SHOES AND PURSE HERE
WHY?
STOP MURDERING OUR ANIMALS
THEY'RE LEATHER
7:30 **MOVIE: Across The Great Divide** ** A lovable commoner helps two young orphans cross the Rockies to claim a promised plot of land in frontier Oregon. **Robert Loggia, Heather Reilly** (1978) G
MOVIE: Aventura A pampered child is sent to live with her mother's relatives in the village of Avonlea. **Sarah Polley, Jackie Burroughs** □
7:30 **Wall Street Week** □

10:00 **News**

10:05 **MOVIE: It's Alive!** ** It's horror in the obstetrics ward when the three-day-old child of two normal parents turns into a monster. **John Ryan, Sharon Farrell** (1974) PG

10:30 **Tonight Show Guests:** TV news personality Jane Pauley; Musical act Ofra Haza

10:30 **Bordertown**

10:30 **Hill Street Blues**

10:30 **Pat Sajak Show Guest Host:** Elaine Boosler

10:30 **SportsCenter**

10:30 **MOVIE: The Odd Couple** *** Two divorced men, one an irresponsible slob, the other a fanatical housekeeper, try to live together in an eight room apartment in New York City. **Jack Lemmon, Walter Matthau** (1968) G

10:30 **Patty Duke**

10:30 **One Night Stand:** Robin Harris

10:30 **Crook & Chase**

10:30 **Changed Lives**

10:30 **MOVIE: Andi Volando Bajo Un Piloto** juega poker y pierde su propio avion. **Luis Aguilar, Pedro Armendariz** PG

10:35 **MOVIE: Do Not Disturb** ** A young executive of an American wool company, transferred to England, gets jealous when his wife meets a sophisticated lady killer. **Doris Day, Rod Taylor** (1965)

10:35 **Cheers** □

10:50 (MAX) **MOVIE: Heathers** ***

10:55 **McLaughlin Group**

11:00 **MOVIE: Last Train Home** In 1886, young Tom finds himself alone and in search of his father, a man wrongly accused of murder; Tom journeys from innocence to tested manhood. **Norm Zylberman, Nick Mancuso** (1990)

11:00 **College Basketball Big West Conference Tournament, Quarterfinal Game 2 (L)**

11:00 **Green Acres**

11:00 **MOVIE: Stitches** * A group of medical students turns human anatomy class into an adventure and drives the dean nuts in the process! **Parter Stevenson, Geoffrey Lewis** (1985) R Profanity, Nudity, Adult Situation.

(HBO) **MOVIE: Halloween 4: The Return Of Michael Myers** **

11:00 **Nashville** Now Ralph Emery host this live variety series spotlighting entertainment's hottest personalities and performers.

11:00 **Beyond 2000** Ian Finlay travels to Yugoslavia.

11:00 **Footsteps Of Man** A study of the traditions and practices of shaman.

Focus is on two characters, the charismatic Jose and his apprentice, Kuraka.

11:00 **What's Up, Dr. Ruth?**

11:00 **Larry Daley**

11:05 **Entertainment Tonight**

11:25 **MacNeil Lehrer NewsHour**

11:30 **Late Night With David Letterman** (F)

11:30 **MOVIE: Thief** * A man trying to break with his criminal past must find a way to get money quickly to pay a debt. **Richard Crans, Angie Dickinson** (1971)

11:30 **Love Connection**

11:30 **Make Room For Daddy**

11:30 **This Evening**

11:30 **Jerry Bernard**

11:35 **Nightline** □

Psychologist to speak at WTSU March 26

The West Texas State University counselor education department will host the Fifth Annual Kenneth Waugh Conference Monday, March 26, at the Virgil Henson Activities Center. Featured guest H. Stephen Glenn will conduct the workshop "Developing Capable People" from 9 a.m. - noon and will present "Counseling with Families" from 1:45 - 4:15 p.m.

Glenn is an internationally acclaimed family psychologist and author of more than 100 scholarly publications. He has produced several television and film programs including as award-winning educational television series on the family called "Involved." He is also a primary contributor to the internationally acclaimed training programs "Developing Capable Young People," "You've Got to Be Kidding!," "Lions/Quest Skills for Adolescents," and "Basic Substance Abuse Counseling."

He has received many national service awards and has shared his expertise on juvenile justice, training, education, alcoholism and drug abuse with agencies throughout the United States. He has been appointed to numerous national task forces and served as a consultant to the Congressional Select Sub-Committee on Children, Youth and Families and the Senate Select Sub-Committee on Narcotics.

Glenn's lectures are attended by more than 200,000 people each year. He was a featured speaker at the White House and was honored by Nancy Reagan as one of the nation's most outstanding family life and prevention professionals.

Glenn's morning session, "Developing Capable People," will focus on a goal-oriented, positive approach to teenage alcoholism and drug abuse, pregnancy, suicide and other problems

confronting today's youth. Preventative guidelines and strategies will be discussed.

He will follow with a presentation on developing "builders" and replacing "barriers" to create a family atmosphere of trust and respect during the afternoon session.

Although offered primarily as a professional growth conference for counselors and human service workers, the workshops, according to WTSU Coordinator of Counselor Education Programs Janice Roberson, would be very beneficial to anyone interested in working with children or interacting with people.

The workshop has been approved for a six-and-one-half hours of continuing education units for Licensed Professional Counselors and National Certified Counselors.

Preregistration fees, including lunch, coffee and donuts, are \$25 (\$10 for currently enrolled WTSU students, faculty and staff), and on-site registration is \$30 per person (\$12 to WTSU students, faculty and staff). Registration forms are available from Janice Roberson, College of Education and Social Sciences, West Texas State University, Canyon, Texas 79016.

The deadline for preregistration is March 15. On-site registration will begin at 8:15 a.m. March 26 at the Activities Center.

The conference is named in honor of Dr. Kenneth Waugh, who served with distinction in the College of Education and WTSU's Testing and Counseling Center for nearly 30 years. He continues to teach at WTSU on a part-time basis.

For more information on the Waugh conference, contact Roberson at 806-656-2612.

Ask Dr. Lamb

DEAR DR. LAMB: My husband's cholesterol is 281. He had a quadruple bypass operation four years ago. He does not smoke, is not overweight and has been on a low-salt, low-fat diet for five years. He is also taking Lipot. We don't know what else to do.

According to several articles there seems to be some confusion whether shellfish is good or bad. Practically everything contains "hydrogenated" soybean oil, which I did not think was good. There seems to be a difference in opinion about allowable foods. Are sweets detrimental?

DEAR READER: Despite diet modification and, when possible, a good exercise program, it is not always possible to lower the cholesterol to satisfactory levels. That is when medicines are needed for additional help.

Sometimes diets fail because the modification is not strict enough. The American Heart Association has set

up three levels of diet plans. If the first one doesn't work, you try the more strict diet plan. I have discussed this in Special Report 48, Preventing Heart Attacks and Strokes by Diet, which I'm sending you. Others who want this report can send \$2 with a long, stamped, self-addressed envelope for it to THE HEALTH LETTER/48, P.O. Box 19622, Irvine, CA 92713. A very, very low-fat, low-cholesterol diet as in a strict vegetarian diet may work when other diets fail.

Shellfish is low in fat, but shrimp and lobster are moderately high in cholesterol. Other shellfish such as oysters, crab and scallops are low-fat, low-cholesterol foods. Part of the confusion is because of original data years ago that incorrectly reported oysters and some other foods as being high-fat, high-cholesterol foods.

Dr. Lamb welcomes letters from readers with health questions. You can write to him at P.O. Box 19622, Irvine, CA 92713. Although Dr. Lamb cannot reply to all letters personally, he will respond to selected questions in future columns.

The Goliath frog of West Africa measures more than 30 inches and weighs about seven pounds.

BIG BURGER SALE!

BELTBUSTER*

The biggest of the big, with two $\frac{1}{4}$ pound pure beef homestyle patties! Only at DAIRY QUEEN!

\$1.99
SALE PRICE



HUNGR-BUSTER*

Big burger, big taste! You get a $\frac{1}{4}$ pound 100% beef patty, served with fresh lettuce, tomatoes, pickles, and onions. Delicious! \$1.29
SALE PRICE

THIS IS D.Q. COUNTRY

Ann Landers

DEAR ANN LANDERS: I know you don't run newspapers, you only work for them, but since you have access to a lot of editors and publishers, maybe you will deliver this message from some very important people -- their subscribers.

Most folks get their news these days from TV. True, TV doesn't cover events in depth the way newspapers do, but many of us are too busy to read detailed news stories anyway. We buy the paper for the comics and the columns. These we can't get on TV.

My pet peeve, and the peeve of lots of other I'm sure, is when the paper is changed around so we can't find our favorite columns, especially yours. Why don't they leave things alone? It is frustrating to pick up the paper and discover that they have changed the format around, and nothing is where it used to be.

I used to be able to find you in a minute because of your picture. Well, now that's gone, you're in a different place every day, and I am -- One Disgusted Reader

DEAR DISGUSTED: I am a reader of newspapers as well as a columnist, and I appreciate your comments.

Some papers need to be redesigned, and when a new editor comes in, he or she does the job. There are instances, however, when the paper looks great, and simply for the sake of change, the paper is ripped apart. This often upsets subscribers, because they don't like the new look.

Be that as it may, my editors do not

Decorating ideas given at meeting

Members of Alpha Iota Mu Chapter of Beta Sigma Phi Sorority met recently with Noel Huston presenting a program. The art of decorating using memorabilia from the past to make framed pictures and decorative wall hangings, was presented to eight members and two guests, Kim White and Cathy Avery.

Each committee chairman gave a brief report of the activities of that committee for the year and presented the guests with a small memento representing the committee.

Jaimie Brormann will present the program for the March 15 meeting. Wanda Huseman and Janice Betzen will be the hostesses.

The club will elect new officers and choose a Girl-of-the-Year at the next meeting.

Members present were Betzen, Camille Beville, Huston, Ruby Lee, Marrie Leverett, Dee Ann Matthews, Jane Meiwes and Patty French.

The first baby to be born in the White House was James Madison Randolph, born Jan. 17, 1806. He was a grandson of then President Thomas Jefferson.

HUNGR-BUSTER, JR.*

Bigger than most regular burgers, with a $\frac{1}{4}$ pound all-beef patty and your favorite trimmings. All for under a buck!

99¢
SALE PRICE



HUNGR-BUSTER*

Big burger, big taste! You get a $\frac{1}{4}$ pound 100% beef patty, served with fresh lettuce, tomatoes, pickles, and onions. Delicious! \$1.29
SALE PRICE

*Pre-cooked weight. Good only at participating Dairy Queen restaurants.

Take precautions to help prevent falls in elderly

Falls are a leading cause of death among people 65 and older. Those at greatest risk of falling may not be the most feeble, says the Texas Medical Association, but those who have not yet recognized or adapted to the changes associated with aging.

Physical changes include loss of coordination, weakness in the muscles that control the knees and ankles, and impaired vision and hearing. Diseases or conditions such as arthritis, stroke, Parkinson's disease, Alzheimer's disease, and diabetes (leading to reduced sensation in the legs) also can increase the chances of falling.

Medications may create many problems. For example, blood pressure prescriptions can cause light-headedness and diuretics can result in weakness. Tranquilizers, antihistamines and barbiturates can slow mental and physical processes.

Alcohol, the most common self-administered sedative, also can play a role in falls.

Most falls occur during ordinary daytime activity. Contrary to popular belief, living rooms and bedrooms—not the bathroom—are where most falls occur. Going down stairs can be especially hazardous.

The elderly and their families can take steps to reduce the risks of falls. Get regular physical exams to check vision, hearing, balance, strength and mental status. Have the physician review all prescriptions, including automatic refills, to take into account the older persons' changing physiology.

At home, clean out the medicine cabinet to get rid of any outdated prescriptions. With current prescriptions, follow dosage and administration instructions exactly.

In some cases, elderly people may need help working out a system for between being sick and being injured. The articles I object to are those that describe some half-baked cure and shake the patient's confidence in his or her doctor. I'm sure you will agree that there's a difference. Meanwhile, a big bravo from Chicago!

What's the truth about pot, cocaine, LSD, PCP, crack, speed and downers? "The Lowdown on Dope" has up-to-the-minute information on drugs. Send a self-addressed, long, business-size envelope and a check or money order for \$3.65 (this includes postage and handling) to: Alcohol, c/o Ann Landers, P.O. Box 11562, Chicago, Ill. 60611-0562. (In Canada, send \$4.45.)

remembering where to locate their medicine, when to take it and how much to take.

The high cost of medications hits the elderly hard and sometimes results in their choosing not to get prescriptions filled, omitting doses when they feel okay, or sharing prescriptions with a spouse or friend. Financial help may be necessary.

Other precautions include a thorough evaluation of the elderly person's home. Check for proper lighting, repair stairs or walkways, install grab bars and non-slip surfaces in bathtubs, and remove loose rugs, for example. Finally, encourage the elderly to wear shoes that fit properly and get regular physical exercise, such as walking.

NEW YORK (AP) - Dustin Hoffman's new lead role is real-life drama: He's helping a terminally ill student who needs a bone marrow donor.

The Oscar-winning actor has made a six-figure donation and a plea for Allison Atlas, who learned in August she had three to six months to live unless a marrow transplant checked her leukemia.

Bake Sale

Sylvia & Laura are doing it again! Cookies, brownies, pies, cakes, & other goodies.

Saturday, March 10
Starting at 9:00 a.m. at Thriftway Grocery Store.

Pd. Ad. By Charles Bell for Margaret Perez Campaign

Golden K Kiwanis CHILI SUPPER



Saturday, March 10
5:00 - 8:00 pm Senior Citizens Center

**\$3.00 All You Can Eat
Plus Dessert.**

Proceeds to benefit community projects.

Cable TV Subscribers Only

Watch Cinemax® FREE!

Friday & Saturday, March 9 & 10

It's the Cinemax Weekend in Paradise. Your chance to watch the stars and win a trip to the sun. And it's all FREE!



Weekend in Paradise Highlights

CABLE CHANNEL 21

Check your local TV listings for additional scheduling information.

FRIDAY, MARCH 9

11:00 AM	Crazy About the Movies: William Holden: The Golden Boy
2:00 PM	The Long Hot Summer
4:15 PM	Papillon (PG)
7:00 PM	Lean on Me (PG-13)
9:00 PM	Jackknife (R)
10:50 PM	Heathers (R)

10:30 AM

2:30 PM

4:30 PM

7:00 PM

8:50 PM

10:30 PM

12:10 AM

ORDER NOW AND GET SPECIAL SAVINGS!
INSTALLATION FOR JUST 99¢ AND FIRST MONTH OF CINEMAX FREE!**

CINEMAX FREE WEEKEND IN PARADISE COMPLIMENTS OF

HEREFORD CABLEVISION

CALL NOW 364-3912

*Cinemax "Weekend in Paradise" programming. No advance purchases required. Call Cable TV 499-0500. Limit one request per address. Residents of the state of WI only need not affix postage to self-addressed envelopes. Open to U.S. residents 18 years of age and older. Void in WI and where prohibited by law. Broadcasts subject to change. **Subject to availability. Standard monthly Basic Cable TV service charges apply. Any introductory subscription offer applies for the first month only. Cinemax service may not be available in all areas. Offer applies to standard installation on one TV set in most serviceable areas. Offer may vary. Other restrictions may apply. Call your local cable company for complete offer details.

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.

WORDS	RATE	MIN
1 day per word	.14	2.00
2 days per word	.24	4.80
3 days per word	.34	6.80
4 days per word	.44	8.80

CLASSIFIED DISPLAY

Classified display rates apply to all other ads not set as 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.

LEGALS

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

Concrete construction B.L. "Lynn" Jones, Driveways, walks, patios, foundations, slabs. Free estimates. Over 20 yrs. experience. 364-6617. 40

Reconditioned Rainbow \$269. The New Kirby Legend II \$569. Other name brands used-rebuilt-\$39-up. Sales - Service on all makes-364-4288. 1200

Save 50%-100% insurance deductibles. Most claims. Windshields installed, repaired. Autos, trucks, tractors, farm machinery. Steve's Paint-Body Shop. 258-7744. 12142

For sale: Tandy 1,000 SX IBM Compatible. 364-4117. 12275

1988 GMC pickup seat. Blue. Call afternoon after 6 p.m. 364-1831. 12394

Accounting firm is selling 6 IBM Compatible Computers. All have 640 K Ram 20Mg. Hard Drives, Monochrome Monitors & dual floppy drives. Selling for \$950 each. Call 364-6432 between 8 a.m. & 5 p.m. 12554

Cemetery Lots for sale. Have moved away and have seven lots at Restlawn Cemetery. Will sell all together or individually. Call local number 578-4591. 12558

For sale: 2 Prom Dresses - 1 long - 1 tea length. Sizes 5 & 7. Call 364-0265. 12568

Sofas, dinettes, full bed, glass shelves, coffee tables, end tables, lamps, rockers, cribs, toys, clothing and lots more. Maldonados, 1001 W. Park. 364-5829. 12571

8 ft. divan & matching chair, early American, excellent condition. Call 364-5228. 12587

Want to buy: Dog house. Must be in good condition. 276-5239. 12592

John Deere Lawn mower for sale in excellent condition. 364-1227. 12593

SHOP & SAVE
at the areas largest selection of used furniture and appliances. 30 day warranty on all sold appliances. Financing available and layaways.

Ben's Appliance
212 N. Main 364-4041

YOCUM UPHOLSTERY & DRAPERY
20% discount on large selection of choice materials. Free estimates! 601 So. 25 Mile Avenue Phone 364-4908

Moving Sale: Up Right freezer, bedroom suite, mattress & box springs, chest of drawers, dishwasher, exercise bike, table & chairs, sausage grinder. 806 N. Ave. K. 12595

Puppies to give away, part-chow. Call 364-8037, Saturday & Sunday. 12597

1A-Garage Sales

Garage Sale, March 10, furniture, children's clothes, maternity clothes, child's bike and much more. 326 Fir. 8-3 p.m. No early lookers. 12596

2-Farm Equipment

Haygrazer, round baled, sweet sorghum, from George Warner. 276-5291-days; 364-4113, nights. 11574

To Be Moved, 3 bedroom farm house, barn, metal building, 1,000 gal. propane tank. Call 364-3770 or 364-5225. 12384

16 ft. stock trailer, tongue pull, heavy built, \$1550.00; 32 ft. triple axle, gooseneck stock trailer. \$2250; Call after 6 p.m. 276-5337 or 276-5343. 12502

Wanted: Permanent grass lease for 300 head cows. Will take some dryland farming with it. Long time rancher & farmer & will take care of your grass and farm. 806-293-0159-nights; mobile 806-293-6263. 12506

Special for one Red River beet harvester left in stock, clearance price. 1-800-627-1535 ask for Mark. 12598

3-Cars For Sale

Low prices on cars everyday. Milburn Motor Co., 364-0077, 136 Sampson. 3970.

'77 Chev. Van, carpet inside, \$1600. 364-4908. Pickup bed trailer, \$200. 12500

For sale: 1970 GMC 6500 Tandem Axle Grain Truck with 20' King bed. 1973 Mack Truck with twin screw. 1967 Mack truck with twin screw. 806-948-4472. 12536

For sale - 1975 98 Olds, 455 Eng. Runs good. Clean car. Call after 6 p.m. 364-7107. 12540

1978 Cadillac Fleetwood. DeElegance Brougham. Looks new inside & out. 70,000 actual miles. \$4250. Call 364-1017. 12556

One owner, 1986 Olds '98 Regency Brougham, 4-door, p/w & p/l, stereo tape, #2353-0A. Stevens Chevy-Olds, Hereford, 364-2160. 12564

1986 Chevrolet Suburban, 41,000 miles, excellent condition. 364-4733. 12581

1984 Ford Econoline 150 Van. 1600.00. Call 364-4979. 12585

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

Car Wrecked?
Stolen? Disabled?
RENT A CHEVY!

*Pick Up & Delivery Available
*Rent By The Day, Week, Month

We Honor Most Major Credit Cards

STEVENS CHEVY-OILDS

364-2160

615 N. 25 Mile Ave.

Hereford, Tx

4-Real Estate

Money paid for houses, notes, mortgages. Call 364-2660. 790

Two houses and two separate corner lots near San Jose Church, one house at 237 Catalpa, 1/2 block, 140x300, that has been cleared on corner of Gracey & Sampson. Call 364-8842. 5470

For sale by owner: Less than \$30 per sq. ft. on Texas St. Large 4 bedroom, 3 bath, plus office plus formals. Recently redecorated. 364-8313. 12101

CROSSWORD

by THOMAS JOSEPH

ACROSS	DOWN
1 Mold	1 Eastern
6 Spot	2 Sound
9 Safe place	3 Shunt
10 Ivy League	4 By means of
team (abbr.)	5 Enrollee
12 Warn	6 One of
13 Change	7 Moray
15 That woman	8 Board
16 Be — of	9 Amtrak
18 Female grouse	11 Bachelor's necessity
19 MacBeth, for one	14 Having a thin tone
21 Juice	22 Mass. cape
22 Mass. cape	17 Hostel
23 Not severe	20 Tortoise's
24 Commerce	21 TV's
27 TV's	22 "Two for the —"
28 Present	29 Close, in a way
30 Do wrong	31 Do wrong
31 Artist's headwear	32 Present
33 Jackie's second	33 Do wrong
34 — shoestring	34 —
35 Male animal	36 Extreme
38 Wanderer	37 Do wrong
40 Year	38 Do wrong
42 Compare along	39 Greek letter
44 Young man	40 Correct

BUNT CIDER

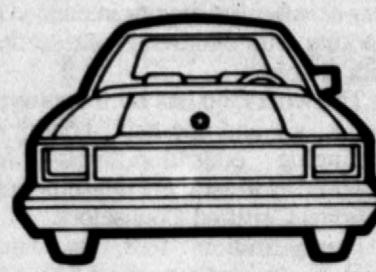
by THOMAS JOSEPH

BUNT	CIDER
ANEW	DOTAGE
TITTO	AVENGE
TIMER	SLIVER
SLIMY	SOW
TAKE	TONGA
NEIN	REFEE
AVERT	VEN
VEN	ASHORE
CROON	CROON
TOMATO	OPAL
APEMAN	NICE
UTTER	EPEE

Yesterday's Answer

24 Remove	31 Suffering
25 Extreme	wool from ennui
26 Advent	32 Commerce
27 34th St.	fright
37 Heal	36 Stratford's
39 Greek	river
letter	37 Greek
41 Unit of	letter
Buddhism	radiation

**Never,
never,
never
be without a car.**



Rent.

2 bedroom apartment, stove & refrigerator, dishwasher, disposal, fireplace, fenced patio, water & gas paid. NW area. Call 364-4370. 12582

For rent: 3 bedroom house. Close to town. Perfect condition. No Pets. 364-6298 or 289-5677. 12583

One bedroom furnished apartment, \$185 monthly, deposit \$100; no pets, Call 353-6228. 12589

For rent: All or part of a large commercial building with living quarters. 715 S. 25 Mile Ave., 364-1111. 12591

8-Help Wanted

JOB OPENING

Position: Chief, 22nd Judicial District Community Supervision and Corrections Department

Starting Salary: \$32,500 annually

Closing Date: March 26, 1990

Responsibilities:

1. Supervise and coordinate the overall operation of the Community Supervision and Corrections Department.

2. Carry out all direct administration between the department and the district judges. Coordinate with the county judges concerning facilities.

3. Responsible for development of treatment approaches, forms, procedures, staff development, training, budget, and fiscal matters in the department.

Requirements/Qualifications:

1. Must meet statutory requirements and requirements set forth in the "Standards for Adult Probation Services in Texas" for a Texas Community Supervision and Corrections Officer.

Preference will be given to individuals who have completed officer certification.

2. Must have a minimum of five years supervisory/management experience, preferably within the corrections field.

3. Must have thorough knowledge of state probation laws and standards, and the principles, techniques, and procedures of rehabilitative adult probation work.

4. Must have knowledge of budget preparation and office procedures.

Submit resume and copy of college transcript to:

David Wesley Guley
District Judge
22nd Judicial District of Texas
P.O. Box 1898
Hereford, Texas 79045

JOB OPENING

ANUNCIO DE EMPLEO

Posición: Jefe de Departamento de Supervisión y Corrección de Comunidad de Distrito Judicial 22

Salario al Principio: \$32,500 anualmente

Fecha Final: March 26, 1990

Responsabilidades:

1. Inspeccionar y coordinar sobre la operación del departamento de Supervisión y Corrección de Comunidad.

2. Ejercer toda administración entre el departamento y jueces del distrito. Trabajar con jueces del condado tocando facilidades.

3. Responsable por el desarrollo de técnicas de tratamiento, formas, procedimientos, crecimiento de empleados, entrenamiento, presupuesto, y asunción fiscales del departamento.

Requerimientos/Calificaciones

CLASSIFIEDS

364-2030

MEDICAL
RN-LVN-Medical
Assistant
or Phlebotomist

Need examiner to do mobile insurance physical in Hereford and Dimmitt. Part-time, flex hours. Must be a proficient blood drawer. Call 1-800-548-3193, Ext. 265. Ad 506 Ext. 265.

March 6-12th

POSTAL JOBS

Start at \$11.41/hr. For exam & application info. call 7 days 8am-10pm 1-216-957-2169, Ext. 101.

*ATTENTION: Earn Money Reading Books! \$32,000/year income potential. Details (1) 602-838-8885 Ext. Bk 1488. 12446

*ATTENTION: Easy work excellent pay! Assemble products at home. Details. (1) 602-838-8885 Ext. W-1488. 12448

AIRLINES NOW HIRING! Flight Attendants, many other positions! \$17,500-\$58,240 Call (1) 602-838-8885 Ext. X-1488. 12449

Make approximately \$200/day. No investment required. Need person 21 or older, club/civic group to operate a Family Fireworks Center June 24-July 4. Call: 1-800-442-7711. 12454

Help Wanted: Waitress and delivery drivers. Apply in person Pizza Hut, 1404 W. 1st. 12467

Licensed Vocational Nurse needed. Golden Plains Care Center, 420 Ranger. 364-6511. 12499

Office-Clerical help needed. Hereford area feedyard. Send application/resume to Box 673 XYZ. 12515

Help Wanted: Farm pellet mill and feed lot maintenance. Call 719-829-4969. 12538

The Reflection Beauty Salon. Booth rental available now. Please inquire 364-0342 or 364-0248. Gloria Smith or Wanda Aleshire. 12548

Wanted: Christian women to live in with elderly women 5 or 6 days a week. Call 364-3433 or 364-0892 after 6 p.m. 12574

Position available in the Respiratory Care Department of Dca Smith General Hospital, Hereford, Texas. Full-time 3-11 p.m. shift. Must be GRTT or CRIT. Contact Ronnie Pena at (806)364-2141. 12590

Sell Avon, door to door, friends & relatives or at work. No initial starting fee. Call 364-0899. 12594

WANTED

Mechanically-minded person to perform service and maintenance work.

MUST BE BILINGUAL

Apply IN PERSON

9 A.M. to 1 p.m.

Barrick Furniture & Appliance

West Hwy 60, Hereford

9-Child Care

Experienced child care for children of all ages. Call Bonnie Cole, 364-6664. 6000

**KING'S MANOR
METHODIST
CHILD CARE**

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

MARILYN BELL
Director
364-0661
400 Ranger

HEREFORD DAY CARE

State Licensed
Excellent program by trained staff.
Children 0-12 years

**215 Norton 248 E. 16th
364-3151 364-5062**

10-Announcements

Notice! Good Shepherd Clothes Closet, 625 East Hwy. 60 will be open Tuesdays and Fridays until further notice from 9 to 11:30 a.m. and 1:30 to 3:00 p.m. For low and limited income people. Most everything under \$1.00. 890

Problem Pregnancy Center. 505 East Park Avenue, 364-2027. Free pregnancy tests. Confidential. After hours hot line 364-7626, ask for "Janie." 1290

Adoption: A warm loving home awaits your newborn. Happily married, secure couple who loves children, eager to adopt. Legal, confidential. Expenses paid. Call collect Wendy & Daniel 212-912-1829. 12488

11-Business Service

Defensive Driving Course is now being offered nights and Saturdays. Will include ticket dismissal and insurance discount. For more information, call 364-6578. 700

Garage doors & openers repaired. Call Robert Betzen, 289-5500. 750

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

For shrub and tree trimming, assorted lawn work, mowing, edging, scalping lawns, and etc. Call Ryders Lawn & Garden, 364-3356. 12370

Urbanczyk Lawn Care. Thatching, aerating. Mowing, shrub trimming, fertilizing. Call Chad or Connie, 364-5351. 12533

Forrest Insulation

We insulate attics, side wall metal buildings. We apply rapid roof, five year no leak guarantee. Free estimates.

364-5477

WINDMILL & DOMESTIC

Sales, Repair, Service,
Gerald Parker,
258-7722
578-4646

12-Livestock

For sale: Light calves, straightened out ready for wheat or grass, trailer load or truck load. 276-5389, 276-5343, 276-5337, 276-5342. 12489

13-Lost and Found

Lost: Gold & Green earring at high school at the Community Concert. Call 364-2400 or 364-8240. 12570

The motto "In God We Trust" first appeared on U.S. coins in 1864.

The Arctic tern spends three months of each year in the Arctic regions, three months in the Antarctic and almost six months in the air.

FROM THE COMPLETE BOOK OF HERBS

By LESLEY BRENNES (VIKING STUDIO BOOKS)

HERBY HAMBURGERS

1 lb lean ground beef
1 egg, lightly beaten
2 tsp equal parts basil, sweet marjoram, thyme and lovage or smallage leaves
1 tbsp chopped parsley
½ tsp salt
Black pepper
1 tsp soy sauce
1 large onion, minced
2 tbsp butter
Approx ¼ cup breadcrumbs

Serves 4

1 Mix the meat, egg, herbs, salt and pepper and soy sauce together in a large bowl.

2 Sauté the onion in the butter until golden. Stir into the stuffing mixture. Add enough breadcrumbs to hold the mix together.

3 Shape into flattened patties and broil or barbecue until cooked through (about 5 minutes each side). Serve on a seeded bun with crisp lettuce, fresh tomato, and mayonnaise.

POTATO SALAD WITH DILL AND CHIVES

4 medium potatoes
1 tbsp chopped onion
1 tbsp chopped parsley
1 tbsp chopped chives
1 flowering head of dill finely chopped or 1 tsp dill seed
3 tbsp mayonnaise
1 tbsp cream or yogurt
Salt and black pepper

Serves 4

1 Boil the potatoes in their skins until just tender. Cool, peel and slice them.

2 Sprinkle on the onion, parsley, chives and dill.

3 Blend the mayonnaise and cream, season with salt and pepper. Add to the potato mixture and stir gently. Leave to stand a few hours so the flavors mingle.

**AXYDLBAAXR
is LONGFELLOW**

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

CRYPTOQUOTE

(B L K J O I J L M R B B N): K L W
G Q J L H G Q K G ' P A Q J G M J P
P A M M G , K L W G Q J L H G Q K G ' P
S O B A L J P C M K G , K E W G Q J L H
G Q K G ' P H O K W , N B L ' G M K G . —
Q M O C J B L M H J L H B I N

Yesterday's Cryptoquote: IT IS NOT ENOUGH TO HAVE A GOOD MIND. THE MAIN THING IS TO USE IT. — DESCARTES



The first President to be inaugurated in Washington, D.C. was Thomas Jefferson.

Local students observe Nutrition Month

In conjunction with National Nutrition Month (March), students in the C.V.A.E. classes at Hereford Junior High School wrote essays concerning nutrition.

Louise Witkowski, C.V.A.E. instructor, submitted two essays from her eighth grade students.

BY RUBY IRUEGAS
The Right Nutrients

Have you ever stopped to think about what you are eating? Well, if you don't, you should. If you eat junk food like chocolate candy bars, coke, potato chips, etc., you aren't giving your body the right nutrients for your body to be healthy.

The right nutrients are protein,

Vitamins A, C, B1, B2 B6, D, and K, and minerals, calcium, iron, iodine and phosphorus. You can find them in a lot of foods. Here are just a few examples where you can get these.

You can find protein in meat, milk, fish, poultry, eggs, cheese, dry peas, beans, peanuts, whole grain bread, flour and cereals. Protein is needed for your body structure to repair tissue, for bones and for energy.

Carbohydrates are found in bread, cereals, rice, pasta, grits and potatoes. Carbohydrates are needed for energy and heat.

Fats are found in margarine, butter, shortening, oil, mayonnaise, salad dressing, nuts and many other foods. This is needed for energy, heat, and for the cell structure.

Vitamin A is found in liver, sweet potatoes, cantaloupe, dark green leafy vegetables, carrots, squash, pumpkins, apricots, tomatoes, egg yolk, margarine, milk and cheese. Vitamin A is needed for the skin, eyes, nose, the linings of the mouth, and for body cavities.

Vitamin C, also called ascorbic acid, is found in oranges, lemons, limes, grapefruit, tangerines, strawberries, pineapple, tomatoes, cantaloupe, cabbage, broccoli and sweet potatoes. Vitamin C is needed for the teeth, bones, tissues, and the blood vessels.

Vitamin B, also called thiamine, is found in lean meat, poultry, fish, dry peas, beans, nuts, liver, potatoes, enriched and whole grain bread, flour and cereals, and green leafy vegetables. This is needed for growth, appetite, digestion, nerves and muscles.

Vitamin B2, also called riboflavin, is found in milk, cheese, liver, eggs, enriched whole grain bread, flour and cereal, and green leafy vegetables. It is needed for growth, eyes, cells and skin.

Vitamin B6, also called pyridoxine, is found in meat, whole grain cereals, dry beans, potatoes, and dark green leafy vegetables. This is needed for the nerves.

Vitamin D is found in milk, liver, cereal, egg yolk, oily fish and sunshine. Vitamin D is needed for the skin, bones, teeth, and efficient use of calcium.

Vitamin K is found in spinach, kale, cabbage, pork, and liver. This is needed for the blood.

Calcium is found in milk, cheese, sardines, dry peas or beans, salmon, crab, clams, broccoli, collards and turnip greens. This is needed for bones, teeth, fluids and soft tissues.

Iron is found in liver, lean beef, pork and lamb, dry beans, prunes, eggs, enriched and whole grain bread, flour and cereals, leafy green vegetables and shellfish. Iron is needed for the blood.

Iodine is found in iodized salt, and seafood. This is needed for the thyroid gland.

Phosphorus is found in milk, cheese, sardines, meats, eggs and bread. This is needed for bones, teeth and for energy.

Well here are just some of the nutrients found in foods and what

they do for you. But I'd like you to remember to stay away from those sweets. Because they are empty calories and have no nutrients.

BY PATRICIA CASAREZ
Eating Right For Yourself

People have started eating right for a long time and those people turned out to be professional football players, basketball players, movie stars and people who feel good about themselves. By eating right for yourself you pick the foods that will help you and your body become healthier. There are four food groups that help many parts of your body. If you eat right, you will feel better about yourself and people will complement you more often.

The bread and cereal group contains protein, Vitamin B, magnesium, phosphorus, iron and fats. The iron in bread and cereal helps your blood system. Fats are helpful for energy and heat; protein helps your body structure, bones and helps the body repair tissue.

The meat group contains a lot of protein and phosphorus. We should have at least two servings each day. Phosphorus is very good for your bones and teeth.

The fruit and vegetables group is very important. It helps you have healthy skin and helps your eyesight for those of you who don't want to wear glasses. This group contains Vitamin A and C which help strengthen your blood vessel walls. It also helps in healing your wounds.

The milk group is also very important. It helps babies and children develop their bones and muscles, it also provides energy for the mind and body. You should have at least four servings each day. Milk contains protein, Vitamins B and D and calcium. These minerals are good for your skin, bones and teeth plus fat which are essential for energy, body heat and for transporting fat soluble vitamins to body cells.

If you eat right and from the four food groups, you will feel very good about yourself.

PALM SPRINGS, Calif. (AP) - Bob Hope, unable to attend a charity event, bought five raffle tickets at \$1,000 apiece to help out - and one of them won him the grand prize, including a \$50,000 car.

When host Jimmy Stewart picked Hope's name Sunday, he said, "You're not going to believe this. It's Bob Hope."

The prize was a luxury BMW, a set of luggage and a trip to Germany.

"Isn't that amazing? I never win a thing," Hope said from his desert home Monday.

Hope was performing Friday night in Texas and couldn't appear at the Beverly Hilton Hotel's "An Evening of Elegance." He bought five of the 100 tickets sold for the benefit for abused and neglected children.

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Play to be presented

"Hansel and Gretel" will be performed for area school children at 10 a.m. and 1 p.m. Friday in the Hereford High School auditorium. The one-hour musical by Penguin Productions will be performed by professional actors. Members of L'Allegra Study Club are sponsoring the production.

Protect your lungs

"Woodn't" you love to cozy up to a beautiful, blazing fireplace or warm your hands at a wood-burning stove on a cold winter day? Although wood is a "natural" fuel, like other fuels it creates air pollution and health hazards, both indoors and out--especially if it isn't burned correctly. Here from the American Lung Association are answers to some of your most burning questions about using wood to heat your home:

Why should I worry about pollution--isn't wood smoke "natural?"

Pollution from wood stoves and fireplaces is no more natural than if you burned oil or coal. Wood-

burning produces more than 100 types of chemicals, including carbon monoxide, organic gases and polycyclic organic materials known as PMs. Some of these are cancer-causing and pose a serious health threat. Wood smoke can also aggravate lung conditions such as bronchitis, emphysema and asthma.

Is there anyone who shouldn't use a wood stove at all?

Burning wood robs the air of moisture and produces very dry heat. People with asthma, allergies or chronic lung disease may find this causes discomfort and probably should use a wood stove or fireplace occasionally, if at all. One possible alternative--a masonry stove. The masonry acts as the storage medium, soaking up the fires' heat and then distributing it slowly and steadily.

How do I choose the most efficient wood stove for my home?

Buy the correct size stove for the area to be heated. A stove that's too big will waste wood, be uncomfortable and create a dangerous buildup of creosote. Creosote is a tar-like substance that forms inside your chimney and can cause a fire. Also, look for an EPA certified stove. These stoves promote complete burning of your wood and reduce air pollution.

How do I choose the proper fuel?

Choose clean, thoroughly dried wood. It should be aged for at least six months, preferably a year. Freshly cut wood contains too much moisture and will produce a smoky fire with little heating value.

What else can I do to burn wood more safely and efficiently?

If you don't want your hard-earned dollars to go up in smoke:

1. Replace worn dampers.
2. Clean your chimney to remove creosote.
3. Make sure your stove or fireplace meets safety standards.
4. Install glass fireplace doors to keep heated air from escaping up the chimney, and a wood-burning fireplace insert.
5. If your existing wood stove firebox is too large, you can line it with firebrick. This will make your firebox smaller and more efficient. Also, place heat-holding materials near your wood stove such as water, rock or brick. This will help hold the heat from the fire and create a more comfortable room.

For free brochures about using fireplaces and wood stoves safely, contact your local American Lung Association.

Bake sale planned by lodge

Hereford Rebekah Lodge #228 met in regular session with 17 members planning an Easter bake sale. Bake goods and stew will be featured.

Noble Grand Rosalie Northcutt presided as reports were made on the sick. Twenty-nine visits to the sick, 36 cheer cards, six memorials and flowers were reported.

Seven members from Hereford attended Friona Rebekah Lodge #308 meeting held recently. Nita Sue Garrison, president of Rebekah Assembly of New Mexico, was guest of honor. Lodges represented from Texas were Friona, Hereford, and Muleshoe. New Mexico lodges present were Las Cruces, Clovis, Hobbs, and Albuquerque. Also represented were members from Davenport, Iowa.

Anna Conklin was hostess to Northcutt, Dorothy Lundy, Fay Brownlow, Susie Curtissinger, Irene Merritt, Sadie Shaw, Jo Irlebeck, Tony Irlebeck, Peggy Lemons, Lydia Hopson, Verna Sowell, Ben Conklin, Erma Loving, Jim Loving, Genevieve Lynn and Gene Bishop.

ASBURY PARK, N.J. (AP) - The town where Bruce Springsteen got his start is losing the museum that documented his rise to fame.

The Asbury Park Rock 'n' Roll Museum will not reopen, its curators say.

One of the biggest thrills of Bill Smith's life was the day in 1987 when Springsteen sauntered into the museum that claims the world's largest publicly displayed collection of Springsteen memorabilia.

Within a year, the Palace Arcade that housed the collection of rare posters and recordings was closed. Now Smith and his partner have put the items up for sale.

"We looked into the possibility of reopening, but we couldn't find any place to move to," Smith said. He said more than 35,000 fans from all 50 states and 18 other countries had visited the museum since it opened in 1986.

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Card of Thanks

We would like to express our gratitude to all our family and friends for the flowers, food, cards and prayers during the recent loss of our beloved daughter Brandy Campos.

Baldemor Jr., Adeline, and Vanessa

Accent on Health

Officials of the Texas Department of Health (TDH) have reassured Texans that the state's fluoridated water systems provide safe drinking water.

"At the level of fluoride in natural and 'adjusted' drinking water systems, no evidence of increased health risk has yet been documented," Dr. Donald Crow, D.D.S. said. "Only the health benefit to humans is evident--that of decreased tooth decay in all population groups at all economic levels."

Dr. Crow is chief of the TDH Bureau of Dental and Chronic Disease Prevention.

He said that recent media reports, suggesting possible adverse health effects of fluoride, are based on "premature, and incomplete data, leaked from a study being conducted by the National Toxicology Program."

Early data from the study showed that in a two-year test, groups of laboratory rats drank water with increasing levels of fluoride concentration. After the fluoride dose was increased to 45 times the normal amount in municipal water, the first

abnormality in one rat out of 50 began to occur. When the rate was raised to 79 times the normal concentration, four out of 80 rats developed abnormalities, Dr. Crow explained.

He said that state and national officials found no cause for public alarm, since the fluoride concentrations affecting the test rats had been so much greater than that of water fluoridated at levels sufficient to reduce tooth decay in children and adults.

Those same authorities also noted that if fluoride had been a significant cancer causing agent, there would be higher than normal cancer rates in areas of the country where the naturally-occurring fluoride level in drinking water is several times higher than the ideal," Dr. Crow said.

He explained that repeated National Cancer Institute studies using human subjects--including a study in Texas--show that cancer mortality neither increases nor decreases with the presence of fluoride in community drinking water.

In Texas, more than 70 percent of

the population drinks fluoridated water. This includes water systems with naturally-occurring fluoride, plus more than 185 cities where fluoride is added.

Dr. Crow said that in the last 45 years, water fluoridation--combined with better nutrition, better education programs, fluoride in toothpaste, and greatly improved dental care--has dramatically reduced the tooth decay rate in both children and adults in Texas.

He added that all Texans benefit from a fluoridated water supply, whether or not their economic status allow the added benefits of good nutrition and dental care.

For more information, contact Dr.

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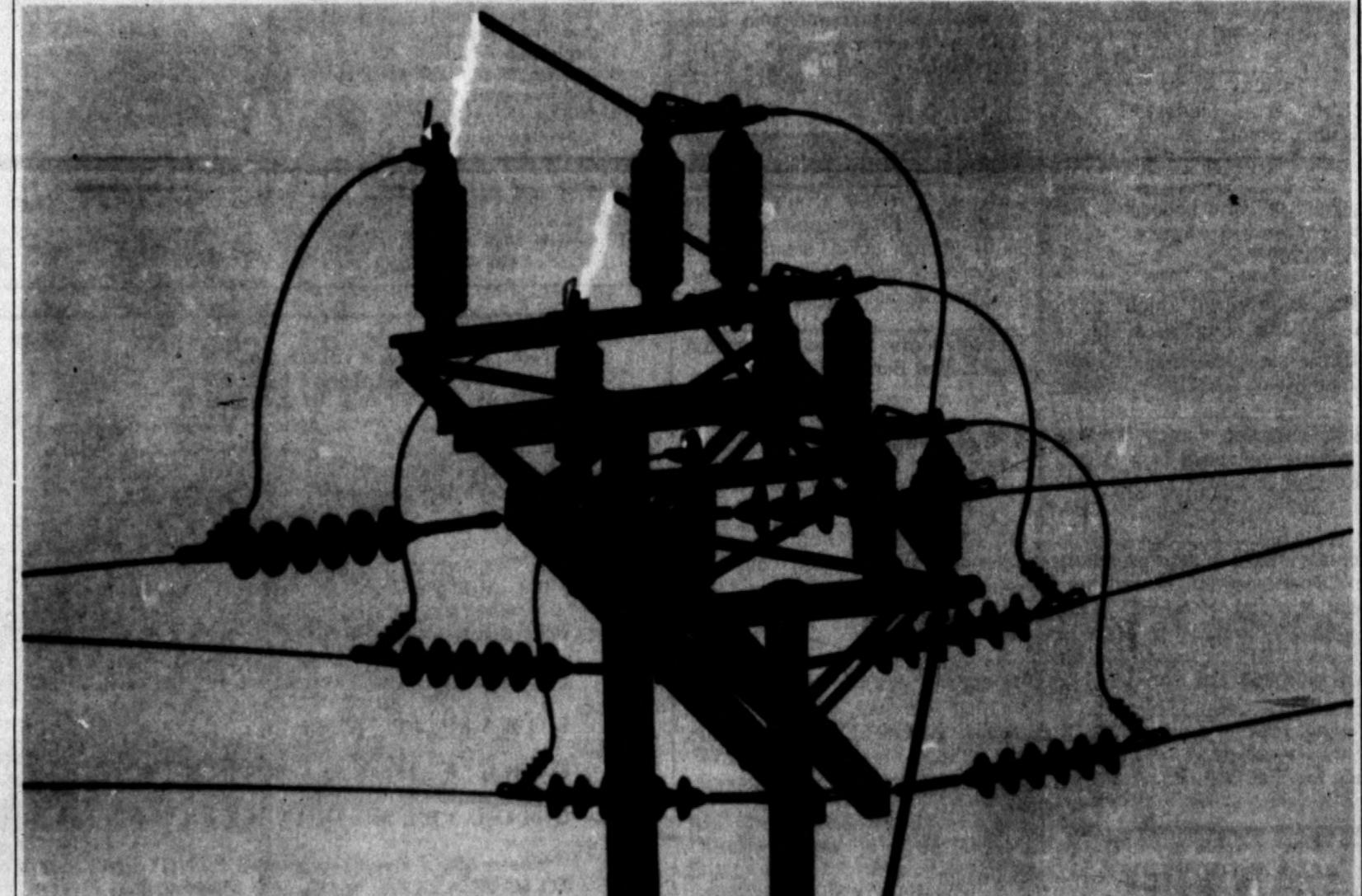
LIMA, Peru (AP) - Lake Titicaca, the largest lake in South America and the highest major lake in the world, is located 12,507 feet up in the Andes Mountains on the Peru-Bolivia border.

The lake is 130 miles long, about 30 miles wide and covers an area of more than 3,200 square miles.

In 1955, William Mordorff, an American deep sea diver, discovered the ruins of a submerged city in the lake.

Annual Membership Meeting

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