

The Hereford Brand

Tuesday
Jan. 2, 1990

Hustlin' Hereford, home of Philip Shook

89th Year, No. 128, Deaf Smith County, Hereford, Tx.

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Noriega tug-of-war wears on

PANAMA CITY, Panama (AP) - As the first elements of the U.S. invasion force withdrew, Panama's new president said the Vatican should hand Manuel Antonio Noriega over to the United States because his country is not yet capable of trying the ousted general.

A church official said it was up to Noriega to decide when to leave the Vatican embassy, where he sought refuge Christmas Eve.

Two artillery batteries from Fort Ord, Calif. - a total of 141 soldiers - were pulled out Monday, said White House press secretary Marlin Fitzwater. One planeload of troops arrived at Kelly Air Force Base in San Antonio late Monday.

The rest of the 14,000 troops sent in for the Dec. 20 invasion that toppled Noriega will probably leave "on a piecemeal basis," Fitzwater said. He did not specify when that might occur.

"The president is glad to see some of the troops coming home and hopes the rest can leave as soon as possible," Fitzwater said. The 12,000 troops permanently assigned to Panama would remain.

Twenty-three U.S. servicemen were killed in the operation and 322 wounded. Among Panamanians, 297 soldiers and some 300 civilians were killed, according to the U.S. military.

Meanwhile, 20 American diplomats expelled by Nicaragua in retaliation for a U.S. troop search of the residence of that country's ambassador to Panama left Managua on Monday night.

Nicaragua's leftist Sandinista government on Friday gave the diplomats 72 hours to leave the country and ordered the U.S. Embassy support staff cut from 320 employees to 100.

The United States apologized for the incident, saying the troops were unaware the home was a diplomatic residence when they entered it - over the protests of Ambassador Antenor Ferrey - to search for weapons. President Bush said it was a "screw-up" but questioned what the numerous weapons found by troops were doing in the home.

In the latest round over Noriega's fate, President Guillermo Endara said the stalemate could end if the Vatican and the papal nuncio "say once and for all that Noriega doesn't deserve to be sheltered in the house of God, that he is a common criminal of the worst kind and should abandon the sacred place."

Noriega is charged with drug trafficking in the United States, but Endara's attorney general said Sunday that Panama's new government was preparing murder charges against Noriega.

The move appeared to lay the groundwork for the mission to release Noriega him to the Panamanian government.

But Endara said Monday that Panama does not have a prison secure enough to hold Noriega. He acknowledged that once outside the embassy, the general would be captured by U.S. troops surrounding the mission.

"Only after the American authorities are done ... can we have the opportunity to extradite him to Panama and make him pay in Panama for the crimes and offenses he has committed here in Panama," Endara said after a New Year's Day Mass. "But for the moment, we can't do it."

Endara, elected last May in balloting nullified by Noriega, is still in the early stages of establishing a government.

Archbishop Marcos McGrath said Noriega would have a fair trial and greater personal security if he went to the United States, but said, "He will have to leave by his own decision."

"He will have to weigh his choices and come up with that which is the least disagreeable," McGrath said in an interview. Vatican officials have said they were urging Noriega to leave of his own accord.

It's no big deal!



Monday was the first day of the new year—the end of the '80s and the start of the '90s, but it was no big deal for Hunter Barrett, 8-month-old son of Judy and Rodney Barrett. While many adults are wondering what the future brings, Hunter was just captivated by the moment, and especially the sound of noise-makers used to welcome the new year. Hunter joins us at The Brand in saying, "Happy New Year."

Havel says Communists ruined land, air, economy

PRAGUE, Czechoslovakia (AP) - Vaclav Havel fiercely attacked the toppled Communist regime in his first speech as president, saying it had ravaged the economy and environment. The former political prisoner also announced a sweeping amnesty.

Havel reaffirmed his commitment to free elections and a free market in the New Year's speech to the nation. He urged the Dalai Lama and Pope John Paul II to visit and called for full diplomatic ties with the Vatican and Israel.

The once-banned playwright arrived today in East Berlin on his first trip abroad in two decades and was greeted by President Manfred Gerlach, another non-Communist who rose to power on a wave of reform sweeping Eastern Europe.

Havel, who was elected by Parliament on Friday, was to travel to Munich, West Germany, later in the day to see Chancellor Helmut Kohl and President Richard von Weizsaecker.

On Monday, the vivid language of his speech contrasted with the bland style of his discredited predecessors.

"Out of gifted and sovereign people, the (Communist) regime made us little screws in a monstrously big, rattling and sinking machine. We have become morally sick," Havel said in the broadcast address. "Our country

does not flourish. ... we have the worst environment in Europe."

Czechoslovakia was an economic power before World War II but slid into stagnation under 41 years of Communist rule. Pollution from the heavy industrial plants fostered by the Communists sickened the environment.

"We have to accept this legacy as something we have inflicted upon ourselves," he said.

Havel said "rivers of blood" have flowed through many East bloc countries over the past four decades, including Romania in the past two weeks, as their citizens struggled against Communism.

"These great sacrifices are a tragic backdrop of the present freedom or gradual freeing of nations of the Soviet bloc, that is a backdrop of our newly gained freedom too," he said in the 28-minute speech.

Havel appointed a new prosecutor general and also declared a broad amnesty, reducing sentences for all inmates except those imprisoned for murder, sex crimes or abuse of "public authority."

The highest-ranking former official to face that charge is ousted Prague Communist Party boss Miroslav Stepan, considered responsible for

violent police handling of a peaceful student demonstration on Nov. 17.

Havel's decree reduces sentences for intentional acts by one third and sentences for criminal acts out of negligence by one half.

"There are many prisoners in our country ... who must live in jails that do not ... awaken the better part of what is in every human being, and which humiliate people, destroy them physically and spiritually," he said.

The man who beginning in 1977 was jailed for a total of five years for refusing to be silent on human rights added: "At the same time I appeal to the prisoners to understand that 40 years of improper investigations, trials and jailing cannot be eliminated overnight."

Inmates of at least 18 prisons staged hunger strikes last month, protesting inadequate conditions.

Before he stepped down Dec. 10, former Communist President Gustav Husak freed virtually all political prisoners, but opposition sources say at least six people are in jail on dubious espionage convictions.

Havel emphasized the need to bring his country to free parliamentary elections and renew Czechoslovakia's prestige abroad. The elections are tentatively scheduled for June, although no date has been announced.

Races take shape near filing deadline

Today is the deadline for candidates for county, district and state offices to file with political party chairmen to be listed on the March 13 primary ballots.

Only two contested races had developed as of this morning for county offices, and both were in the Democratic Party. Margaret Perez, seeking her first elected term after being appointed to the tax assessor-collector's office, will be opposed by Eileen Behunin. Austin Rose Jr., incumbent county commissioner, Precinct 2, is being challenged by Lupe Chavez.

Two Republican candidates are unopposed in bids to become their party's nominees for county offices. Kyla McDowell is seeking the county treasurer's post, and Larry Malanen is running for commissioner of Precinct 2. If no other GOP candidates file, these two will face Democratic nominees in the November general election.

Democrats seeking reelection and unopposed, this morning, include District Judge Wesley Gulley, District Attorney Roland Saul, District Clerk Lola Faye

Veazey, County Judge Tom Simons, County Treasurer Vesta Mae Nunley, Justice of the Peace Johnnie Turrentine, and Johnny Latham, commissioner of Precinct 4. County Clerk David Ruland is expected to file today for reelection.

Several candidates filed with GOP County Chairman Connie McGill for precinct chairman positions. They include Eric R. Alexander, precinct 1; R. Mike Brumley, precinct 3; Randy L. Tooley, precinct 5; and Shannon K. Wilburn, precinct 7.

James McDowell has previously filed for the office of Republican county chairman. Chairman Connie McGill has announced she will not seek reelection. Democratic County Chairman Helen Rose does not plan to seek reelection.

All county offices except county sheriff, tax assessor-collector and commissioners of precincts 1 and 3 were scheduled to be on the ballot this year. The tax assessor-collector's post will be up for a two-year term, however, to fill out the unexpired term of the late Nell Miller.

FBI identifies bomb explosive

ATLANTA (AP) - An Emancipation Day celebration held on the heels of a series of racially motivated bombings went off without a hitch, but protesters outside the NAACP headquarters in Baltimore denounced the civil rights group.

"There's a group of black Americans who are under the illusion that we have arrived, that we have achieved, and that there is no longer a need for our civil rights organizations," the Rev. R.L. White said Monday at the NAACP-sponsored event in an Atlanta church. "Sometimes it takes a rude awakening. Some demented mind will plant a bomb somewhere just to let us know the fight isn't over yet."

In Baltimore, a handful of people, some carrying placards denouncing the National Association for the Advancement of Colored People, picketed the organization's national headquarters and shouted anti-NAACP slogans New Year's Day.

A sign carried by one of the pickets said "Bomb Benny," an apparent reference to NAACP director Benjamin L. Hooks. The offices were closed New Year's Day.

"We are taking it seriously when people go to this extent where they come out and physically demonstrate against you with their hate signs," said NAACP spokesman James D. Williams.

Meanwhile, the FBI said it has determined the kind of explosive used

in shrapnel bombs that killed a federal judge and a civil rights lawyer.

"I think we're making some progress," William Hinshaw, special agent in charge of the FBI's Atlanta office, said Monday. He declined to provide details of the explosive.

Killed in last month's bombings were 11th U.S. Circuit Court of Appeals Judge Robert Vance and Robert Robinson of Savannah, a black lawyer who worked with the NAACP. Last week, a group calling itself Americans for a Competent Federal Judicial System claimed responsibility in a letter for the bombings, and threatened to assassinate two more NAACP officials.

In Atlanta Monday, police used explosive-sniffing dogs to search the Hoosier United Methodist Church before the NAACP's annual celebration of the Emancipation Proclamation - President Lincoln's 1863 decree freeing slaves in the Confederacy.

Police stood guard outside the church during the 3-hour service, which included a sermon, hymns and speeches, most of which made reference to the bombings.

Otis W. Smith, president of the NAACP's Atlanta branch, said the civil rights organization never considered canceling the celebration.

"We will continue to gather together until someday, hopefully, there will be no need for the NAACP," he said.

Romanians tackle changes

BUCHAREST, Romania (AP) - The revolutionary government began tackling the most hated legacies of dictator Nicolae Ceausescu by abolishing the death penalty, disbanding the secret police and legalizing private property.

Bucharest was quiet on Monday, with no reports of sniper fire or clashes between the army and die-hard Securitate secret police units. Hundreds of its agents were still believed armed and at large.

Crowds dressed in black gathered on the capital's central Romana Square to light candles for relatives and friends who died in the two-weeks popular revolt that claimed thousands of lives as it brought down the Ceausescu regime.

As the country celebrated its first non-Communist New Year's Day in more than four decades, interim President Ion Iliescu announced major governmental changes in a broadcast address to the country's 23 million people.

Iliescu renewed promises of multiparty democracy - with free elections in April - and said he hoped 1990 will "mark a genuine leap in

Romania's and the Romanian people's lives."

In the speech, carried by the Romanian news agency Agerpres, Iliescu said the abolition of the death penalty "underscored the popular and humanist character of the revolution."

Referring to Ceausescu and his wife Elena, who had been the country's No. 2 leader, Iliescu said, "the two dictators were the last persons that deserved this fate."

Ceausescu's 24-year despotic reign ended Dec. 22, and on Christmas Day he and his wife were summarily tried and executed on charges of "genocide" and other grave crimes.

The government kicked off legislative changes with a decree guaranteeing the right to repatriation of Romanian citizens living abroad and allowing former Romanians to regain citizenship on reentry to the country, Agerpres reported.

Agerpres said exiles would have priority in buying housing with hard currency and could repatriate goods bought abroad without paying duties.

Other changes announced by Iliescu included the re-establishment of private property, with farmers now permitted to buy, sell and lease land and trade their produce privately.

SPORTS

Miami claims national collegiate football championship with narrow vote over Notre Dame; Miami, Notre Dame, Southern California and Tennessee claim big wins.

Lady Whitefaces win Kerrville championship; Hereford hosts Lubbock Dunbar in District 1-4A action tonight.

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WEATHER

Cooler on
Wednesday, 30
percent
chance of rain
Wednesday
afternoon.
Low tonight
32, high on
Wednesday 50.

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Page Two

Local Roundup

Police have busy weekend

Police were kept very busy over the long New Year's holiday weekend, with most of the reports occurring on the night of New Year's Eve and early New Year's Day.

Reports over the weekend include a man hitting his wife over the head with a hammer in a domestic assault, resulting in her treatment and release at Deaf Smith General Hospital and the filing of charges against him; a domestic disturbance in the 700 block of 13th; a domestic dispute in the 400 block of East First; a domestic disturbance in the 300 block of Ave. J, where a mother was having problems with her intoxicated son; a man, 18, was assaulted by several other males in the 400 block of Brevard; no charges were filed in a Class C assault in the 700 block of Knight where a man allegedly assaulted his wife and his pregnant daughter; class A assault in a family violence case in the 700 block of Brevard;

The driver's side window of a parked car was broken in the 400 block of Ave. H; a passenger's side window of a parked vehicle was broken in the 700 block of Stanton; criminal mischief at residences in the 400 block of Sycamore Lane, 400 block of Ave. G and the 100 block of Star; burglary of a motor vehicle in the 100 block of West Park and the 500 block of Miles; criminal trespass in the 100 block of West Park and in the 200 block of Ranger; a dog stolen from a residence in the 700 block of Ave. G; shots fired in the 200 block of Gracey and the 600 block of Ave. I; burglary of a residence in the 400 block of Ave. B; and cigarettes stolen from a convenience store.

Police issued 19 citations on Sunday and investigated a minor accident. Reports on Monday included a suspicious person in the 200 block of Ranger, and prowlers reported in the 300 block of Austin Road and the 400 block of Miles.

Police issued three citations Monday and investigated an accident with injuries at the intersections of U.S. highways 385 and 60, where a man crossed into a service station, just missed a liquid petroleum tank and slammed into a guardrail, sending three persons to Deaf Smith General Hospital for treatment of injuries.

Hereford volunteer firefighters responded to a grass fire at 12:03 a.m. Monday at the corner of 13th and Irving that was started by fireworks, and a structure fire near the old Swift packing plant.

13 arrested over weekend

Thirteen persons were arrested over the holiday weekend by Hereford police and Deaf Smith County sheriff's deputies.

Arrests by the county included a man, 32, for driving while intoxicated; two men, ages 26 and 28, for public intoxication; a man, 32, for domestic violence; a man, 18, for public intoxication and reckless driving; a man, 44, on a DWI commitment; and a man, 290, on a criminal mischief commitment.

Arrests by Hereford police included a man, 38, for public intoxication and resisting arrest in the 700 block of Knight; a man, 38, for DWI at Dairy Road and U.S. Highway 60; a man, 24, for DWI, impeding traffic and driving while license suspended in the 100 block of Irving; a woman, 38, at Irving and U.S. Highway 60 for second offense no insurance; a man, 24, at Ninth and Miles for an outstanding warrant out of Randall County; and a woman, 17, for DWI and no driver's license.

Deputies recover car

Deaf Smith County sheriff's deputies recovered a car stolen in Randall County over the holiday weekend.

Other reports included two family disputes; domestic violence; and a public affray where several women were fighting.

Rain chance Wednesday

Tonight will be fair early becoming partly cloudy later with a low near 32. West-southwest winds will be 10-20 mph.

Wednesday will be mostly cloudy and much cooler with a 30 percent chance of afternoon showers. The high will be near 50. West winds of 10-20 mph will become northerly by noon.

This morning's low at KPAN was 21 after a high Monday of 54.

News Digest

World/National

PANAMA CITY, Panama - The first of the U.S. troops sent to Panama to oust Gen. Manuel Antonio Noriega return home. President Guillermo Endara urges the Vatican to expel the former dictator from its embassy but the archbishop says the decision is up to Noriega.

WASHINGTON - The Bush administration says it plans to bring U.S. combat troops home from Panama in small groups "on a continuing basis," following the New Year's Day withdrawal of two artillery units.

PRAGUE, Czechoslovakia - President Vaclav Havel, a former political prisoner himself, declares a broad amnesty and reduces sentences for all inmates but those imprisoned for murder or sex crimes - or for abuse of power.

BUCHAREST, Romania - The revolutionary government tackles hated legacies of ousted dictator Nicolae Ceausescu's 24-year reign by abolishing the death penalty and the despised secret police, and welcoming back political exiles.

CHARLESTON, W.Va. - Some union coal miners sobbed quietly in joy but others remained skeptical at word of a proposed contract that could end the bitter 9-month strike against Pittston Inc. mines in three states.

LOS ANGELES - When the federal government took its last census in 1980, it never counted Brian Upshur, then a 21-year-old homeless person staying in a rescue mission. For the 1990 head count, the U.S. Census Bureau will try to do a better job finding, gaining the trust of and counting homeless people - one of the biggest groups of people missed by the last census, joining blacks and recent immigrants.

WASHINGTON - Plagued by rumors of drug use and facing a possible challenge from Jesse Jackson, Washington Mayor Marion Barry is heading into an election season declaring he can still run the city and win a fourth term.

WASHINGTON - The Veterans' Affairs Department says too few people are taking advantage of its most lasting benefit - free burial in a national cemetery - while at the same time VA officials are planning for more space.

State

SAN ANTONIO - The first uninjured soldiers met reporters today on their way back to their home base in California.

MARFA - A family killed in the state's second worst traffic accident of 1989 was heading back home after a visit to Mexico, relatives said.

HOUSTON - A celebratory New Year's gunblast killed a security guard, the first homicide in the state's largest city in 1990.

HOUSTON - Government agencies will buy about 30 homes damaged by floods last spring and Tropical Storm Allison.

AUSTIN - Putting his first 10 years behind him, the first baby born in Austin in the 1980s has three goals for the 1990s - be a grown-up, own a house and become a police officer.

COLLEGE STATION - Men who sleepwalk do so more often than women and are more likely to injure others during it, a Texas A&M University researcher found.

DALLAS - 1990 began quietly for Dallas police with a dispatcher wishing patrol officers "Happy New Year." In 1989, police filed more than 911,000 reports. But in contrast to previous years, none concerned the shooting death of a colleague.

AUSTIN - The slate of several political races remained up in the air as potential state officeholders hustled to beat a 5 p.m. deadline today for the filing of candidacy papers.

DALLAS - Up to 5.6 million women will be unable to keep or find jobs over the next two years, when the minimum hourly wage increases from \$3.35 an hour to \$4.25, a Massachusetts researcher says.



All-region orchestra

These Hereford Junior High orchestra students were named to the All-Region Orchestra for woodwinds and french horns. They include (back row, from left) Melody Hegwood, Hayley Lockmiller, Melissa Caraway and Lexi Sciumbato; and (front, from left) Randy Sorenson, Jenifer Holmes, Amy Liscano, Edna Delgado and Kathleen Cooper.

VA says most vets don't take advantage of free burial deal

WASHINGTON (AP) - The Veterans' Affairs Department says too few people are taking advantage of its most lasting benefit - free burial in a national cemetery - while at the same time VA officials are planning for more space.

One-third of the nation's 27 million living veterans don't know about the national cemeteries, a VA survey showed. "They just sort of forget about things" many years after military service, said Jo Ann K. Webb, national cemeteries director. She said the burial should be viewed as "something they're giving back to you in perpetuity for your contribution."

Nonetheless, the VA expects the number of burials to increase by the year 2010. But the private cemetery industry says it believes the VA is overestimating the number of future burials, and it suggests limiting eligibility for burial in national cemeteries.

All veterans but those with dishonorable discharges may be buried in a national cemetery regardless of whether service was during war or peace.

Also eligible are reserve, ROTC or National Guard members who died on active duty, surviving spouses who do not remarry, and unmarried minor children.

The VA prepares the grave site, buries the dead, furnishes a headstone or marker and a flag for the casket, and provides perpetual care. "They are truly shrines," Webb said. "You get a real good feeling when you visit them."

The VA does not, however, provide funeral arrangements, transportation or military honors. Grave sites cannot be reserved.

Veterans who choose burial elsewhere may receive a headstone or grave marker from the VA. Veterans also may receive an American flag to cover their casket and a memorial certificate with the president's signature.

The VA buries about 10 percent of all veterans, Webb said, and with the increasing age of the veterans' population, "We are in a growth mode."

The median age is 67.4 years for more than 9 million living U.S. veterans of World War II, while more

than 100,000 surviving World War I veterans have a median age of more than 92 years.

The number of VA burials has grown more than one-third since earlier in the 1980s and should exceed 60,000 in the year ending with September 1990. The VA estimates burials will grow to 80,000 in the year 2000 and peak a decade later.

A 1987 report by the VA said that in the next few decades, 36 national cemeteries will have to join 47 that limit interment to relatives of people already buried there. The same report identified 10 areas where the need for burial space would be greatest.

Those are Chicago; the San Francisco area; Miami-Fort Lauderdale; Cleveland-Akron-Canton; Detroit; Pittsburgh; Dallas-Fort Worth; Seattle-Tacoma; Albany-Utica, N.Y.; and Oklahoma City-Lawton, Okla.

But the American Cemetery Association estimates there is enough existing private space for new burials for the next century, executive vice president Stephen L. Morgan said.

Hospital Notes

PATIENTS IN HOSPITAL
Irene Bosquez, Marie D. Cornelius, Donnie Crismon, Bertie Greenwood, William R. Hastings, Victor Holguin, Maarkie Hutto.

Elpidio A. Martinez, J.C. McCracken, Jose Angel Perez, Thelma Rhodes, Inf. Girl Rodriguez, Virginia Rodriguez.

Obituaries

JOSE CASAS JR.
Jan. 1, 1990

Jose Casas Jr., 70, of Hereford died 2:30 a.m. Monday in Deaf Smith General Hospital after a brief illness.

Services will be at 10 a.m. Wednesday in San Jose Catholic Church with the Rev. Darrell Birkenfeld, assistant pastor, officiating.

Burial will be in St. Anthony's Cemetery under the direction of Rix Funeral Directors.

He was born in San Jose Felipe, Mexico, and moved to Hereford in December 1988. He married Francia Alcerer on Sept. 29, 1934, in Mexico. He was a rancher and a Catholic.

Survivors include his wife; three daughters, Socoro Esqueda, Eva Rotos and Ernestina Estrada, all of Hereford; a son, Jose Manuel of Hereford; a sister; two stepbrothers; 13 grandchildren; and three great-grandchildren.

ELIPIDIO MARTINEZ
Dec. 30, 1989

Elpidio Martinez, 74, of Hereford died Saturday, Dec. 30, 1989.

Graveside services were held at 11 a.m. today in West Park Cemetery

Richards files for governor

AUSTIN (AP) - The slate of several political races remained up in the air as potential state officeholders hustled to beat a 5 p.m. deadline today for the filing of candidacy papers.

Democrat Lloyd Doggett and Republican Roy Barrera Jr. contemplated races for attorney general in the March 13 primaries. Dallas businessman James Huffines, Gov. Bill Clements' appointments secretary, discussed with advisers a run for land commissioner.

On Monday, State Treasurer Ann Richards filed for the Democratic nomination for governor.

"I woke up this morning and had some blackeyed peas for luck, then a.m. downtown to file," Ms. Richards said. "There's a certain significance to beginning the new year this way."

Potter County Court-at-Law Judge Morris Overstreet said Monday he is seeking the Democratic nomination for the Texas Court of Criminal Appeals, Place 2. Overstreet, 39, said he hopes to be the first black elected to the court.

"When Martin Luther King said, 'I have a dream,' he meant one day, maybe 1990, we can elect people of color and conscience to statewide office in Texas," Overstreet said, noting that a black never has been elected to statewide office in Texas.

Texas Supreme Court contender Charles Ben Howell, a Dallas appeals court judge, filed with the GOP for the seat held by retiring Justice C.L. Ray. Howell has been known to switch places on the ballot at the last minute, The Dallas Morning News reported.

The filing decisions receiving the most attention were those of Doggett, currently a Texas Supreme Court justice, and Barrera, a San Antonio lawyer who almost upset Democratic Attorney General Jim Mattox in 1986.

Many Democratic leaders want their party to nominate San Antonio state Rep. Dan Morales to the post to assure the Democrats will have a Hispanic at the top of the ticket.

Democrats said they especially would like to have a Hispanic nominee for attorney general should Republicans nominate Barrera.

People close to Barrera told The News he was still seriously considering entering the race late Monday.

Meanwhile, Ms. Richards faces a spirited battle with Mattox and former Gov. Mark White for the Democratic nomination.

She gained national attention as keynote speaker at the 1988 Democratic National Convention in Atlanta, when she attacked Republican policies saying, "That dog won't hunt."

Her declaration that then-Vice President George Bush was born with a silver foot in his mouth prompted Bush to send her a silver foot pin, which she wore when the president addressed the Texas Legislature in April 1989.

Republican Gov. Bill Clements is not running again, and several candidates are seeking the GOP nomination, including Railroad Commission chairman Kent Hance, who made an unsuccessful run for the U.S. Senate in 1986.

THE HEREFORD BRAND

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Managing Editor
Advertising Mgr.
Circulation Mgr.

Lifestyles

Many benefit after weight reduction

The benefits of losing weight have been well publicized throughout the past decade.

Now they can be documented, thanks to a survey of 700 top "losers" polled by Physicians Weight Loss Centers, who shed light on both the obvious and the unexpected benefits.

Subjects, who lost anywhere from 10 to 300 pounds, were asked to write a paragraph on what they gained from their loss. The following are some of the expected and the more unusual results people reported.

-Increased self-esteem. The biggest benefit of losing weight, according to the comments of more than 50 percent of the poll, was the increase in self-confidence and self-esteem.

"This is one of the primary benefits we aim for," says Dr. Jerry C. Sutkamp, president of the American Society of Bariatric Physicians and national medical director Physicians Weight Loss Centers.

BETTER HEALTH

-Lowering of blood pressure. Twenty percent said that their blood pressure went down and that their doctors took them off medication.

-Lowering of cholesterol levels. Ten percent of the respondents indicated that their cholesterol levels dropped.

-Eased back pain. Five percent of the respondents said that weight loss took the pressure off their aching backs.

-Elimination of diabetic symptoms. Five percent of the respondents indicated that symptoms went away.

-Decrease of heart palpitations and shortness of breath.

-Increased energy levels. Twenty percent said their energy levels increased, although almost all respondents said that they "felt so much better."

-Increased exercise levels. Twenty percent of the people whose most strenuous activity was changing the TV channel are now

able to briskly walk 2-5 miles per day, ride stationary bicycles and undertake daily activities such as housework that previously tired them.

-Change in sleep patterns. "I discovered that my worst time to eat was at night," said Dottie Kern of Lansing, Mich., "so I started going to bed earlier. I'm much more productive now."

-Increased job productivity and promotions. Seven percent reported improvement in on-the-job performance. One subject said that his ability to undertake this difficult task of weight loss won him a promotion.

-A change in friends. Although not necessarily a benefit, one woman reported that her sister-in-law, who is heavy, is no longer comfortable being her friend. "I don't know if she's jealous or if I make her feel guilty, but we're no longer the close friends we used to be."

-A change in clothing style. Lynn King of Lorain, Ohio, wore "women's clothing" from the time she was 10-years old. Now that she's lost 300 pounds, she finds herself reliving her past and buying the fun clothing that she never could wear when she was a kid.

-Addiction to water. "Any good diet will include copious amounts of water," said Dr. Sutkamp. "The habit of drinking water is one that will benefit health in every way," he adds.

-Cessation of snoring. Philip Salce of Bloomington, Ind., reported that he formerly kept his family awake at night with his snoring. "No longer so," says his wife, Shelley.

-Increased mobility. A woman from Salt Lake City, Utah disabled from a bout with polio in her youth, found that after losing 60 pounds, she could get around on crutches in the house for short periods of time: "My weight held me back," said Kathy Garcia, currently Ms. Wheelchair America, 1989-90.

-Improvement of disposition. Contrary to popular wisdom, fat people aren't so jolly. "I was miserable to be around until I lost my 40 pounds," said Susan Roupe of Martinsville, Va.

-More immediate acceptance by others. "While I wouldn't admit it at the time, I always knew that people avoided me because I was fat," said Helen Ward of Tallahassee, Fla. A number of respondents mentioned the "discovery" that people "like" thin folks better than obese people.

-The ability to withstand a necessary surgery which would have been impossible before the weight loss. After losing 171 pounds, Jane Lewbanach of Tallahassee, Fla., was able to undergo hip replacement surgery which she "could" only dream about in the past.

-Stronger marriages. Five percent of the respondents mentioned this benefit. Patti Connelly of Rockville, Md., who lost 75 pounds, reported that her husband felt like he was having an affair and getting away with it.

-An increase in wardrobe, because clients can now share clothes with their daughters, husbands or sons.

"We've always known that weight loss has many emotional and physical benefits. Now we're learning more about what losing weight can really mean for people's everyday lives," says Dr. Sutkamp.

Help Your Heart R·E·C·I·P·E·S

American Heart Association

Sloppy Joes

Score a touchdown with football lovers and serve these delicious Sloppy Joes! Even the heartiest appetites will be satisfied with this low-fat, low-sodium and low-calorie version of one of America's favorites.

- | | |
|--|--|
| 1 8-ounce can no-salt-added tomato sauce | ¼ tsp. freshly grated orange peel |
| ½ cup ketchup | Pinch ground cloves |
| 1½ tbs. Worcestershire sauce | Hot pepper sauce to taste |
| 1 tsp. prepared yellow mustard | 1 lb. very lean ground sirloin |
| ½ tsp. dry mustard | ½ small onion, finely chopped |
| 1 tsp. molasses | 6 whole-wheat hamburger buns, toasted if desired |
| 1 clove garlic, finely minced | |

In a saucepan over low heat, combine first ten ingredients. Mix well and simmer while preparing meat.

Next, heat a heavy, non-stick skillet at least 10 inches in diameter, over medium-high heat. Add ground beef and sauté, stirring occasionally, 4 to 5 minutes, or until meat is no longer pink. Pour contents of pan into a strainer or colander lined with paper towels. Allow fat to drain out.

Add onion to pan and sauté, stirring frequently, about 5 minutes, or until translucent. Return meat to pan and add sauce. Heat 3 minutes, stirring occasionally. Add additional hot pepper sauce, if desired. Spoon ½ cup mixture over each bun. Serve immediately. The sauce and meat mixture freezes well.

This Help Your Heart Recipe is from the American Heart Association Low-Fat, Low-Cholesterol Cookbook. Copyright 1989 by the American Heart Association Inc. Published by Times Books (a division of Random House Inc.), New York.

Sloppy Joes

Nutritional Analysis per Serving

278	Calories	55 mg	Cholesterol
21.6 g	Protein	27.2 g	Carbohydrates
9.8 g	Total Fat	59 mg	Calcium
3.5 g	Saturated Fat	537 mg	Potassium
.8 g	Polyunsaturated Fat	516 mg	Sodium
4.1 g	Monounsaturated Fat		

Dance lessons planned

The Merry Mixer Square Dance Club met recently at the Hereford Community Center and voted to hold three free lessons on Jan. 11, 18, and 25. For further information contact a club member.

Plans were discussed on personal invitations and dance demonstration at the mall. Also mentioned were publicity in *The Hereford Brand*, handing out flyers, and display advertising at Betty's Shoes.

President George Olson called the meeting to order and Jean Ruther, treasurer, reported a bank balance of \$1,966.96. Minutes of the last meeting were read by Paula Eubanks, secretary, and approved. Dorothy Sargent was elected as club sweetheart.

Ed and Angie McQuay and Olson attended the Top Tex meeting in Amarillo and reported the cost of Top Tex directories would be 75 cents. Subscriptions for Whirlwind and the area square dance magazine would be paid by the club for members ordering.

In 1862, English clergyman Charles L. Dodgson, better known as Lewis Carroll, began inventing the story of "Alice in Wonderland" for his friend Alice Pleasance Liddell during a boating trip.

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Hereford, Texas



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Beautiful bodies come in small packages

If you don't exercise regularly, you've probably made a New Year's resolution to begin. But, if your last encounter with physical fitness was in high school gym class, you may not know exactly where to start.

Most women find that aerobics and calisthenics classes offer the best all-around workout for shaping and toning the body and strengthening all the muscles. But joining a health club can be a big investment. And if you're a beginner to exercise, you may feel very self-conscious about the idea of exercising in a group.

If that's the case, why not look into the many exercise videotapes which are now available?

Last year, millions of women bought exercise videotapes to show them how to look and feel their very best.

Light-impact aerobics are the best choice for most women, since they work the muscles and cardio-

vascular system, but don't put excessive strain on the joints-an important consideration for women who are older, beginning exercisers, or who have a history of exercise-induced injuries.

The program includes a stimulating warmup, 20 minutes of light-impact aerobics and a soothing cooldown. It's a great way to get started on an exercise program because the workout is invigorating, but easy to follow and stick with.

Maybe you'll never look quite the way a model does in a swimsuit, but by finding the right exercise program for you, and sticking to it, you'll be well on your way to a fit, slender body, increased vitality and a greater self-confidence.

Hints from Heloise

Dear Heloise: I work for a busy company and part of my job is telephone work. I'd like to pass on a little advice that can make my job and that of others much easier: Please keep a pad and pencil next to your phone. There are so many times I call and the person says, "Wait a minute, let me get a pencil to write this down." Sometimes I have to wait quite a bit of time for them to come back to the phone. Also, I always have a pencil and paper ready at home. — Mrs. Joanna Harris, Toledo, Ohio

ARROWS ON BOTTLE CAPS

Dear Heloise: Don't you hate those medicine bottles that have arrows on the cap that you have to line up to open? I know they are made to be safe, but my eyesight isn't so good and I had to put on my glasses each time to open a cap. Well, not anymore.

I gathered up all the bottles with this type cap and dabbed a little nail polish on the cap and the bottle where it lines up. It's so easy now to see it and I don't have to search for my glasses every time I want to open a bottle. — Doris Blake, Miami, Fla.

Meeting, dinner Thursday

Members of the Women's Division and guests are invited to attend the organization's first quarterly meeting of the new year at 7:30 p.m. Thursday in the east banquet room of the Hereford Community Center.

Something Special will cater the meal at the cost of \$6.75 per person. Reservations need to be made by noon Wednesday by calling the Deaf Smith County Chamber of Commerce office.

During the meeting, the Woman of the Year will be announced and new officers and directors named. There will also be a surprise presentation.

Fellowship meeting planned

Hereford Chapter of Flame Fellowship will meet Thursday, Jan. 4 at 7 p.m. at the Hereford Community Center east dining room.

Guest speaker will be Freida Burns. She is the wife of Dr. Clinton Burns, former chief of emergency-life support of the Veterans Hospital in Amarillo. The public is invited to attend.

LOS ANGELES (AP) - Hope for world peace was the New Year's message from former President Ronald Reagan and wife Nancy as they headed for the desert bash that has become a 22-year tradition.

"Their hope for 1990 is that all peoples of the world will live in peace and freedom," Mark Weinberg, spokesman for the Reagans, said Friday.

The Reagans were spending the weekend at the estate of friend and former ambassador Walter Annenberg. The annual pilgrimage to the estate near Palm Springs has become a New Year's ritual for the Reagans.

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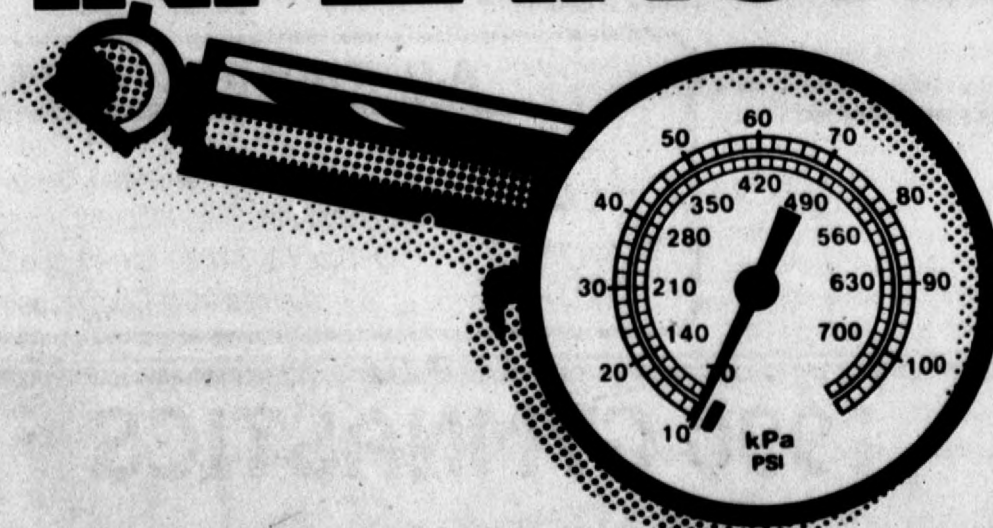
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purchases of Fina high-quality Super Unleaded gasoline or three eight-gallon-minimum purchases of Unleaded. But hurry. There's a limited supply, and the offer ends January 16, 1990. So start your economic recovery with a Fina tire Gauge. While it may not make you an advisor to the White House, it will make you pretty smart...in your house.



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Sports

Four former Herd stars earn honors

Four former Hereford High School athletes and Head Coach Don Cumpton picked up year- and decade-end honors this past week. Cumpton as well as former Herd gridders Don Delozier, Aubrey Richburg and Lee Brockman were named to the Amarillo Globe-News All-Decade Football Team announced in the Sunday News-Globe. Also, Jason Scott was named the Panhandle Sports Hall of Fame Player of the Year for baseball, it was announced Monday.

Cumpton decade's top coach

Cumpton was named Coach of the Decade after posting a 65-15-1 record in seven seasons (190-82 and 1986-89) at Hereford. Cumpton led the Whitefaces to the semifinal round of the state playoffs on two separate occasions, in 1981 when the Herd was still competing in Class 5A and in 1986 after HHS dropped down to Class 4A. The 1981 team, which finished at 13-1, was selected as the best of the '80s in a poll of the top 10 Amarillo-area squads while the 1986 entry was ranked fourth with a 12-2 record. The Herd's 9-6 win over Plainview for the 1981 district championship was tabbed as one of the 10 best games of the decade while the 29-12 win over No. 1 ranked Sweetwater in the area round of the 1988 playoffs was chosen as one of the 10 biggest upsets of the '80s. Cumpton, who was also cited for his ability to motivate his players, had four teams qualify for the playoffs during the 1980s.

Herd trio named all-decade

Among the Herd players named to the all-decade team, Delozier was tabbed as the squad's tight end while Richburg was selected as a defensive lineman and Brockman as a linebacker. Delozier, who played on the 1981 semifinal team, earned mention for his 28 receptions for 408 yards and three touchdowns that year. Delozier was also a key blocker for All-State tailback Wayne High. Richburg, another member of the 1981 team, totaled 104 tackles during the Herd's march to the semifinals. Richburg was the first lineman to be named to the Globe-News Super Team three times. Brockman, who played for the Herd from 1982-84, lettered all three years at middle linebacker. Brockman recorded 115 tackles during his senior season and was named the district defensive player of the year.

Scott PHSOFT top baseballer for '89

Scott, a pitcher for the Hereford High School baseball team in 1988-89, was chosen for his 14-1 record and 146 strikeouts in 103 innings during the 1989 season. Scott's only 1989 loss came in the Region I-4A finals to Leander. His high strikeout game came in the regular season finale against Estacado when he fanned 14 Matador batters as the Herd claimed the District 1-4A championship. The right-hander posted a 27-3 mark in two varsity seasons and now hurls for the Frank Phillips College Wranglers.

Lady Whitefaces top Tivy, 51-40, for Texas Lions tournament championship

The Hereford Lady Whitefaces took the Panhandle brand of basketball to the Texas Lions Basketball Festival in Kerrville and brought the championship trophy home Saturday with a 51-40 win over host team Kerrville Tivy. Tivy had been ranked ninth in Class 4A in the latest Texas Girls Coaches Association poll.

Lady Whiteface Coach Dickie Faught said Hereford's style of play was a major factor in the Lady Whitefaces win. "The teams down in that part of the state don't play much man-to-man pressure defense like we do," he said. "They play more zone and go with a more up-tempo game. We were able to control the rhythm and cause some problems with our defense."

Hereford raised its record to 9-9 with the win in the championship game and now has a five-game winning streak.

The Lady Whitefaces opened up a 12-3 lead at the start of the game as Stacy White hit a pair of three-point shots. Tivy closed the gap to 12-7 by the end of the first quarter and outscored the Herd 17-16 in the second behind Brenda Kunz's nine points. Hereford's defense adjusted to take care of Kunz at halftime and allowed the Lady Antlers only four points during the third period. White connected on two more three-pointers as the Herd upped its lead to 41-28.

White led the Herd with a season-high 18 points while Cande Robbins pumped in 16. Shantel Cornelius added eight points for Hereford with Jennifer

Bullard getting seven and Brienna Townsend two.

Kunz led all scorers with 23 points while Shannon Riddle added nine for Tivy.

Faught said his team turned in one of its most consistent performances in claiming the title.

"We were able to work inside and hit our outside shots pretty well," he said. "And after we started collapsing on the Kunz girl, our defense took over."

"We played probably our two best defensive games of the season against Pflugerville and Kerrville," he added.

Faught said the win gives the Lady Whitefaces some much-needed momentum as they return to district action.

"This was something we really needed," he said. "This was the first tournament win for these girls since they've been in high school on any level - freshman, JV or varsity. It gives us five wins in a row and puts us at .500 for the season. I think we're in good shape heading back into district."

Hereford is in fifth place in District 1-4A with a 3-3 mark behind Levelland and Randall, both 5-0, and Borger and Estacado, both 3-2.

The Lady Whitefaces will return to district play at 6:30 p.m. today when they host Dunbar at Whiteface Gymnasium. The Herd varsity will follow at 8 p.m. Junior varsity games will be played in the HJH Gym with the boys starting at 6:30 and the girls playing at 8.

Vols stick Hogs, 31-27

DALLAS (AP) - Tennessee tailback Chuck Webb dominated the Cotton Bowl like no back has since Dicky Maegle in 1954.

Webb ran for 250 yards on 26 carries and scored two touchdowns as the No. 8 Vols defeated the 10th-ranked Arkansas Razorbacks 31-27 Monday afternoon.

"Arkansas took us lightly. We just wanted it more," Webb said.

Webb's rushing performance was the best in a Cotton Bowl since Rice's Maegle ran for 265 yards on 11 carries against Alabama 36 years ago in a game branded by Tommy Lewis' celebrated bench tackle. Maegle was awarded a 95-yard touchdown.

But this time, nobody overshadowed Webb's performance, which included a spectacular 78-yard run, third longest in Cotton Bowl history.

"Yards and stats, they mean a little," said Webb. "But winning means everything."

"We showed the nation that we are one of the best teams. Maybe we will get a shot at the national title. We do have 11 victories."

Webb said he thought the Vols

could beat any team in the country. "We're 11-1. I would like to have a playoff to show who's the best," he said.

Tennessee coach Johnny Majors said the Vols deserved to be considered for the national title. "But I'll tell you who's the best - Chuck Webb, that's who."

Majors said Webb, a 5-10, 197-pound redshirt freshman, was as good as Tony Dorsett, who Majors coached at Pittsburgh.

"I never had anybody any better than this young man," Majors said. "In a few years, he will be the benchmark for great runners. His future is unlimited."

It was Tennessee's 600th victory. Only nine schools have won more.

The Razorbacks (10-2) had lost only four fumbles all year, but they committed two costly fumbles and suffered a crucial interception that cost them dearly despite a Cotton Bowl-record 31 first downs.

"We made some uncharacteristic turnovers," Arkansas Coach Ken Hatfield said. "We were intercepted in their end zone late in the second

period and they scored a quick touchdown. That was a 14-point swing that turned the game around. We fought back but it wasn't good enough."

But the Razorbacks, who trailed 24-6 in the third quarter, battled to the very end. Quinn Grovey threw a 67-yard scoring pass to tight end Billy Winston, who fumbled the ball at the 3 and then recovered in the end zone with 1:25 to play.

An onside kick failed, however, as the Razorbacks lost their second straight Cotton Bowl.

Tennessee's Andy Kelly threw two touchdown passes, including an 84-yarder, and freshman Carl Pickens helped turn the game around late in the second quarter with an interception.

With Tennessee trailing 6-3, Pickens intercepted Grovey's pass one-handed in the end zone and returned the ball to the 13-yard line.

Two plays later, Kelly found Anthony Morgan alone behind the Arkansas secondary for the 84-yard TD pass, second longest in Cotton Bowl history.

Tennessee struck again on a 70-yard drive capped by Webb's 1-yard run for a 17-6 halftime lead.

A 1-yard pass to Greg Amsler staked the Vols to their 24-6 third-period lead.

Webb's 78-yard scoring run came after James Rouse had scored on a 1-yard run for Arkansas in the third period.

Barry Foster's 1-yard TD run early in the fourth period narrowed Arkansas' deficit to 31-21.

The Vols, tri-champions of the Southeastern Conference along with Auburn and Alabama, opened the scoring on Greg Burke's 23-yard field goal.

Arkansas, the Southwest Conference champions, stormed 56 yards behind Grovey to take a 6-3 lead on Foster's 1-yard run. A low snap doomed the extra point.

Foster rushed 22 times for 103 yards, and Rouse ran 22 times for 134 yards for the Hogs, who also got 227 yards passing from Grovey on 12 of 22 attempts.

Kelly hit nine of 23 passes for 150 yards for the Vols.

Glanville plans to stay

HOUSTON (AP) - Houston Oilers coach Jerry Glanville planned to go back to work today and wait for a phone call from team owner Bud Adams.

The Oilers were eliminated from the NFL playoffs 26-23 in overtime by Pittsburgh Sunday amid speculation that Glanville's job was in jeopardy.

"I don't think this team has anything to be ashamed of; we had a chance to get the job done and we didn't," Glanville said Monday. "Tomorrow we go back to work evaluating our needs and trying to make this a better football team."

Despite Houston's three-game skid out of the playoffs, Glanville said he never considered resigning. "It never entered my mind," Glanville said. "What you do is come back and regroup and go to work and do the best job you can do."

Glanville said he had not met with Adams yet to discuss his future, despite persistent rumors that he would be replaced.

"He usually calls when he's ready (to talk)," Glanville said. "When Mr. Adams and I talk, he and I will discuss those items."

Adams was not in the Oilers locker room following Sunday's loss as he was a week earlier when the Oilers lost to Cleveland 24-20 in the final 39 seconds to close out the regular season.

"Every year, as long as the Oilers have existed, I've sat down with the head coach after the last game to evaluate the season," Adams said.

"I've done that with Jerry every

year that he's been here. At an appropriate time, Jerry and I will again sit down and have that annual meeting."

Adams said he left the stadium immediately after Sunday's game because he was battling the flu and would not have gone to the Oilers locker room even if they had won.

Glanville, who has one year remaining on his contract, said he was proud that the Oilers played hard, despite losing their last three games.

"If our team hustles, chases, hits, pursues and plays as hard as they can and they want to fire me, that's fine, I can live with that," Glanville said.

"If our team did not play hard, and attacked you like a pack of wimps, and everybody in the media loved me and they gave me a new five-year contract, I couldn't live with myself."

The Oilers hustled throughout their late season demise, Glanville said.

"This team has nothing to be ashamed of," Glanville said. "Three years ago, if I had guaranteed that we'd be in the playoffs three straight years, somebody would have given me a million dollars."

Now the fans want more. "Wherever you get this year, the fans want you to go farther the next year," Glanville said. "We had an opportunity to get the job done. We just didn't make the plays."

The Oilers finished their season 9-8 after missing two chances to win the AFC Central Division title.

Despite Houston's, three-year string of playoff teams, Glanville said he wasn't surprised at talk about his job security.

"After 26 years in this (business), about all of your surprises are over," Glanville said.

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See Dean Crofford or Terry Hoffman

Hurricanes edge Irish for No. 1

By The Associated Press

The University of Miami won its second national championship in three years today, edging Notre Dame by a mere 22 points in nationwide balloting by 60 sports writers and broadcasters.

Miami (11-1), which beat Alabama 33-25 in the Sugar Bowl Monday night, received 39 of 60 first-place votes and 1,474 points, moving up from No. 2 in the final regular-season poll.

Notre Dame (12-1), which beat previously unbeaten and top-ranked Colorado 21-6 in the Orange Bowl, got 19 first-place votes and 1,452 points, moving up from fourth to second as the Irish failed to defend the national title they won last season.

The closest previous vote was when Brigham Young beat Washington by 20 points for the national championship in 1984.

Although Notre Dame had more victories, the Irish lost to Miami 27-10 on Nov. 25 at the Orange Bowl.

Florida State (10-2), with the other two first-place votes, was third with 1,384 points, moving up from fifth. Colorado (11-1) fell from No. 1 to No. 4 with 1,320 points.

Rounding out the final Top Ten were Tennessee, Auburn, Michigan, Southern Cal, Alabama and Illinois.

The Second Fifteen were Nebraska, Clemson, Arkansas, Houston, Penn State, Michigan State, Pittsburgh, Virginia, Texas Tech, Texas A&M, West Virginia, Brigham Young, Washington, Ohio State and Arizona.

Here are the Top Twenty Five teams in the final 1989 Associated Press college football poll, with first-place votes in parentheses, season records and total points:

1. Miami, Fla (39)	11-1-0	1,474
2. Notre Dame (19)	12-1-0	1,452
3. Florida State (2)	10-2-0	1,384
4. Colorado	11-1-0	1,320
5. Tennessee	11-1-0	1,228
6. Auburn	10-2-0	1,161
7. Michigan	10-2-0	1,091
8. Southern California	9-2-1	1,087
9. Alabama	10-2-0	1,029
10. Illinois	10-2-0	1,019
11. Nebraska	10-2-0	860
12. Clemson	10-2-0	820
13. Arkansas	10-2-0	807
14. Houston	9-2-0	748
15. Penn State	8-3-1	633
16. Michigan State	8-4-0	597
17. Pittsburgh	8-3-1	478
18. Virginia	10-3-0	455
19. Texas Tech	9-3-0	451
20. Texas A&M	8-4-0	330
21. West Virginia	8-3-1	260
22. Brigham Young	10-3-0	231
23. Washington	8-4-0	200
24. Ohio State	8-4-0	154
25. Arizona	8-4-0	77

Other receiving votes: Mississippi (9), Duke (9), Syracuse (2), Fresno State (3), Oregon (2), Hawaii (1), Florida (8), Georgia Tech (2), North Carolina State (2).

Miami, ND lead bowl winners

By BILL BARNARD AP Sports Writer

Notre Dame and Miami concluded the bowl season with victories, and each staked a claim to No. 1.

On the Fighting Irish's side: a 21-6 Orange Bowl victory over No. 1 Colorado Monday night.

On the Hurricanes' side: a 33-25 win over Alabama in the Sugar Bowl on the heels of a decisive late-season victory over Notre Dame.

Either Miami (11-1) or Notre Dame (12-1) will win the national title when The Associated Press college football poll is released today. The second-ranked Hurricanes won it in 1987; the fourth-ranked Irish got the vote in 1988.

Coach Dennis Erickson, in his first season with the Hurricanes, was asked if he saw any reason why his team shouldn't be voted No. 1.

"Not that I can think of, but I'm kind of prejudiced," he said.

"I've got to vote for us," Notre Dame coach Lou Holtz said. "We're No. 1. All year long, we played with pressure. We played nine bowl teams. I don't know what more you can do than to beat the No. 1 team by 15 points."

Miami, which also won the national title after the 1983 season, made its strong claim for another crown as Craig Erickson threw three touchdown passes and its top-ranked defense, stung for 17 points in the first half,

held the Crimson Tide scoreless in the second half until the final moments.

Erickson's touchdown passes were to Wesley Carroll for 18 yards, 11 to Bob Chudzinski and 11 to Damon Bethel.

"I might be a bit prejudiced, but there's not a doubt in my mind who's No. 1. That's us," Craig Erickson said.

Notre Dame ended Colorado's dream of an undisputed national title as Anthony Johnson scored on runs of two and seven yards and Raghib Ismail ran 35 yards for another touchdown.

Colorado dominated the first half but it ended scoreless when the Buffaloes missed a short field goal and were stopped on downs after having a first down at the 1.

Notre Dame then scored two touchdowns in a 4-minute, 29-second span in the third period, more than offsetting Darian Hagan's 39-yard scoring run on the last play of the quarter. Johnson's second touchdown sealed the outcome.

"Coach Holtz told us all year that the Notre Dame spirit is what would pull us through all the adversity," said Ismail, who shrugged off a separated shoulder to rush for a career-high 108 yards and become the game's most valuable player.

Elsewhere Monday, it was No. 12 Southern Cal 17, No. 3 Michigan 10 in the Rose Bowl; No. 5 Florida State 41, No. 6 Nebraska 17 in the Fiesta Bowl; No. 8 Tennessee 31, No. 10

Arkansas 27 in the Cotton Bowl; No. 9 Auburn 31, No. 21 Ohio State 14 in the Hall of Fame Bowl; and No. 11 Illinois 31; No. 15 Virginia 21 in the Citrus Bowl.

Rose Bowl
No. 12 Southern California 17, No. 3 Michigan 10

The Trojans ended Bo Schembechler's coaching career on a sour note when Ricky Ervins ran 14 yards for a touchdown with 1:10 remaining, capping a 75-yard drive.

Schembechler, who announced Dec. 13 that the Rose Bowl would be his final game as the Wolverines coach, finished 2-8 in Rose Bowls. Despite a 194-48-5 record, he never won a national title in 21 years at Michigan, which finished 10-2 this season.

"Maybe it was fate," Schembechler said. "Maybe the Good Lord didn't want my team to win."

Southern Cal (9-2-1) took a 10-3 lead, with quarterback Todd Marinovich scoring on a 1-yard run, but Michigan tied it with Allen Jefferson's 2-yard dive in the third period.

Fiesta Bowl
No. 5 Florida State 41, No. 6 Nebraska 17

The Seminoles dominated the Cornhuskers as Peter Tom Willis passed for 422 yards and five touchdowns, both Fiesta Bowl records. Two losses early in the season cost

Florida State the national championship, but the Seminoles had many believing they could be the best team right now.

"I don't think we're going to be voted No. 1, but I think we're definitely the best team in the country," Willis said.

Nebraska's only previous defeat was to Colorado, but the Cornhuskers suffered their worst loss since Oklahoma beat them 38-7 in 1977. Nebraska used a blocked punt and a 2-yard touchdown run by Mickey Joseph with 1:16 to play to avert its worst bowl defeat in 100 years.

"We thought we were capable of winning the game and we almost ended up getting blown out," Osborne said. "But Florida State may be the best team in America. I can't argue with that after we were beaten so badly."

Willis' scoring passes went for 14, five, 10, eight and 24 yards. Terry Anthony caught two of the touchdowns.

Hall of Fame Bowl
No. 9 Auburn 31, No. 21 Ohio State 14

The Tigers (10-2) fell behind 14-3 in the second quarter against the Buckeyes (8-4) before Reggie Slack threw three touchdown passes.

Slack intercepted twice in the first half, completed his last 12 passes, including an 11-yard TD to Greg Taylor just before halftime and a 4-yarder to

Taylor that gave the Tigers the lead for good.

"We were flat in the first half," Slack said. "I think everybody realized that if we didn't start to play, then it was going to be a long day for all of us."

Slack clinched it with a pair of fourth-quarter touchdowns—one on a 5-yard run that capped a 16-play, 80-yard drive and the other on a 2-yard pass to Herbert Casey.

Ohio State's Greg Frey passed for 232 yards and a touchdown, and was sacked four times.

Citrus Bowl
No. 11 Illinois 31, No. 15 Virginia 21

The Illini (10-2) won their first bowl game in five tries since 1964 as Jeff George passed for 321 yards and three touchdowns.

Illinois, whose only losses were to Colorado and Michigan, beat Washington 17-7 in the 1964 Rose Bowl for its last postseason victory.

George's TD passes were 15 yards to Steven Williams, one yard to Dan Donovan and 24 yards to Mike Bellamy, who also caught a 68-yard pass.

"We needed that kind of game from Jeff," Illinois coach John Mackovic said. "Our team's offense is geared around the quarterback."

Virginia (10-3) got 212 yards passing and two touchdowns from Shawn Moore.

Woodruff last super Steeler

HOUSTON (AP) — Should the Pittsburgh Steelers make it back to the Super Bowl this season for the first since 1980, they'll have a knowledgeable tour guide in cornerback Dwayne Woodruff.

Woodruff is the last remaining active player from the Steelers' 1980 Super Bowl champions, and he's already dispensing advice for their second round battle against AFC Western Division champion Denver.

"This is no time to lay down," he said. "We've showed the character of this team. We've just got to go out and win the game (at Denver)."

Woodruff can see some similarities between the two Pittsburgh teams.

"It's not the same team, but I think this team has just as much confidence," Woodruff said. "It's something that's grown throughout the

year." Until Sunday's 26-23 overtime victory over Houston in the AFC wild card playoff game, that confidence wasn't so high.

The Steelers started the season with two dismal losses and then started a slow improvement that has led to six victories in their last seven games.

"We don't get much respect from anyone," Woodruff said. "But that doesn't affect this ball club."

The Steelers came into the Astrodome Sunday with losses in both of their games this season against the Oilers, who were trying to recover from back to back losses to end the regular season.

But the Steelers made it three playoff victories in a row over the Oilers, who didn't come alive until a pair of fourth quarter touchdown

passes from Warren Moon to Ernest Givins gave them a brief 23-16 lead.

A one-yard touchdown dive by Merrill Hoge with 46 seconds left in regulation play forced the overtime and Gary Anderson's 50-yard field goal won it with 11:34 to go in the overtime.

Anderson had already kicked field goals of 25, 30 and 48 yards.

The Steelers continued their comeback and the Oilers continued to fade into the offseason.

"The real difference is we believe in ourselves now," Hoge said. "We're going to go all the way."

Pittsburgh got its chance at victory in overtime when Lorenzo White fumbled on the Oilers' first play and Woodson recovered at the Houston 47.

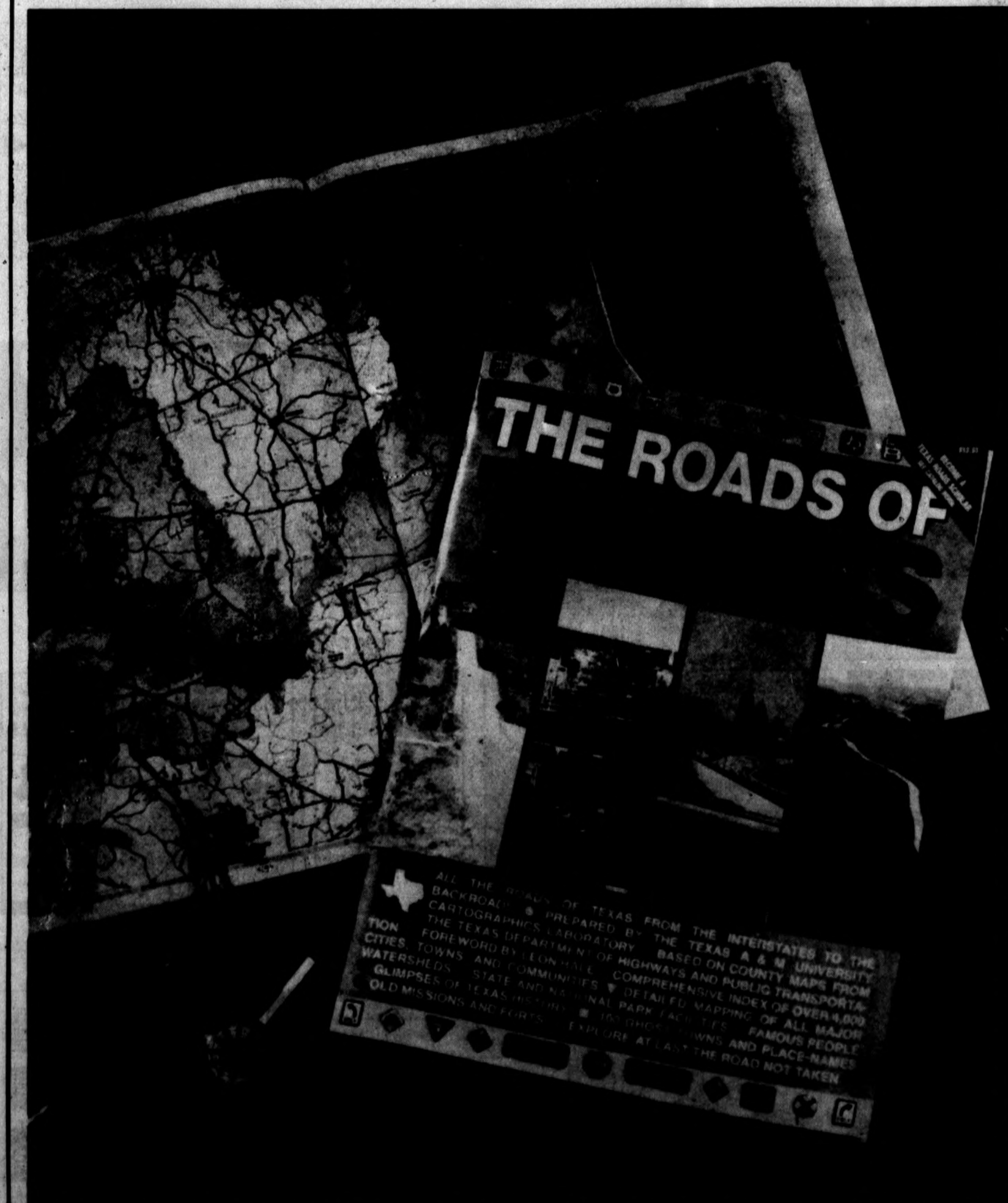
Four plays later, Anderson kicked his game-winner.

"You don't want to kick a line drive because you know they'll have their hands up," Anderson said. "It looked like we had lost and it looked like Houston certainly had an edge but we never gave up."

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THE ROADS OF TEXAS is the culmination of a mammoth project that has involved many individuals for over two years. When you get your copy of THE ROADS OF TEXAS you'll wonder how you ever traveled the state without it.

This 172 page atlas contains maps that show the complete Texas road system (all 284,000 miles) plus just about every city and community! Texas A&M University Cartographics Laboratory staff members produced the maps, based on county maps from the State Department of Highways and Public Transportation. The details shown are amazing—county and local roads, lakes, reservoirs, streams, dams, historic sites, pumping stations, golf courses, cemeteries, mines and many other features too numerous to list.

What they're saying about "The Roads of Texas"
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Texas Highways Magazine
October, 1988
"For details of Texas terrain, oil company maps and the State's Official Highway Map can't match THE ROADS OF TEXAS."
Kent Biffle
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Oatmeal pancakes make quick breakfast treat.

For years, nutrition experts have told us that breakfast is the most important meal of the day. Yet, most people grab breakfast on the run or simply skip it altogether.

With the help of many timesaving appliances, quick and healthful breakfast items can be easy to prepare. For instance, a vitamin-

rich fruit shake can be the perfect morning energy booster. Or, a bowl of cereal and a glass of fresh-squeezed orange juice can be a quick and easy way to start the day right.

Waffle and pancake batters can be made easily in a blender. Once mixed, pour the batter directly from the blender container to the griddle or waffle maker. It is simple two-step process that can make cleanup a breeze.

Here's a healthful oatmeal pancake recipe. Top the pancakes with fresh fruit or a light drizzle of honey...why not give this recipe a try?

SPEEDY OATMEAL PANCAKES

- 1 1/2 cups oatmeal
- 3/4 cups skim milk
- 2 egg whites
- 2 tablespoons oil
- 2 tablespoons brown sugar
- 1 tablespoon baking powder
- 1/4 teaspoon salt

Assemble blender. To make oat flour, put oatmeal into blender container. Cover and process at a medium-high speed until the consistency of all-purpose flour. Remove from container.

Place all other ingredients into blender container. Add oat flour. Cover and process at a high speed until smooth. Allow to stand for five minutes before using.

Pour onto preheated, lightly greased griddle. Cook over medium high heat until browned, turning once.

Yield: Eight 4-inch pancakes.



Great breakfast treat

With the help of many timesaving appliances, quick and healthful breakfast items can be easy to prepare. Pancake batters, like these tasty oatmeal pancakes, can be made easily in a blender. Once mixed, pour the batter directly from the blender container to the griddle or waffle maker. It is a simple two-step process that can make cleanup a breeze.

President Lyndon B. Johnson signed the Freedom of Information Act in 1966. It went into effect the following year.

OSLO, Norway (AP) - Helge Ingstad, the Norwegian scientist and explorer who discovered Leif Erikson's settlement in Newfoundland, was honored on the eve of his 90th birthday.

Television, radio and newspapers on Friday extolled Ingstad's exploits. During excavations from 1960 to 1968, Ingstad and his wife, archeologist Anne Stine Ingstad, found a concentration of Norse homesteads at L'Anse aux Meadows in northern Newfoundland.

Ways to help kids eat heart-healthy meals

NEW YORK (AP) - High blood cholesterol affects one in four children in the United States, and it isn't something a child will out-grow, according to the experts who say that cholesterol stays high - and tends to increase with age.

The American Health Foundation recommends that children get no more than 30 percent of their daily calories from fat and no more than 10 percent from saturated fats.

According to the American Health Foundation's new book, "Great Meals - Great Snacks - Great Kids," there are hundreds of meals, snacks and drinks that will not add extra fat calories to children's diets.

START THE DAY OFF RIGHT
A breakfast of cereal, fruit, milk and whole-grain bread is the "fuel" children need to get going in the morning. Breakfast should add up to at least one-fourth of daily food requirements.

The American Health Foundation says you can reduce fat and cholesterol at breakfast by serving low-fat milk and whole-grain breads and cereals with fruit.

BROWN-BAGGING IT
Sandwiches made with water-packed tuna and part-skim mozzarella and ricotta cheeses make nutritious alternatives to processed meats. Plain low-fat yogurt can be used instead of mayonnaise in chicken and tuna salads. Ketchup, mustard and chutney have very little fat and are good substitutes for butter and mayonnaise. Try whole-wheat, pumpernickel, oat and pita breads for variety.

HEALTHY SNACKS
Cauliflower, broccoli, turnips, mushrooms, green peppers and tomatoes make colorful snacks. Soak fresh vegetables in icy water before serving to make them crispy. Use carrot and celery sticks with low-fat cheese and low-fat yogurt dips.

Offer a variety of fruits. You can prevent sliced fruit from turning brown by squeezing on lemon, lime or orange juice, which also adds flavor. Or try dried fruits, such as figs, apricots and dates.

Whole-grain breads and crackers make healthy snacks and are good sources of vitamins, minerals and fiber. Air-popped or microwave popcorn without butter is another heart-healthy treat. Nuts, too, are healthy nutritious snacks, full of protein. They contain fat, but very little of it is saturated fat. Low-fat munchies also include pretzels, but watch the salt.

PHASE OUT PROCESSED MEATS

Cook your own sandwich meat. Roast chicken, turkey, beef and pork. Remove the skin and fat. Bake or boil ham. For frankfurters, your best choice is chicken or turkey hot dogs.

PHASE IN CARBOHYDRATES

The American Health Foundation says 50 percent or more of the calories children eat should come from carbohydrate foods. The best sources are bread, pasta, potatoes, cereals, grains, rice, peas and corn, which are also packed with vitamins and minerals.

SERVE OCCASIONAL MEATLESS MEALS

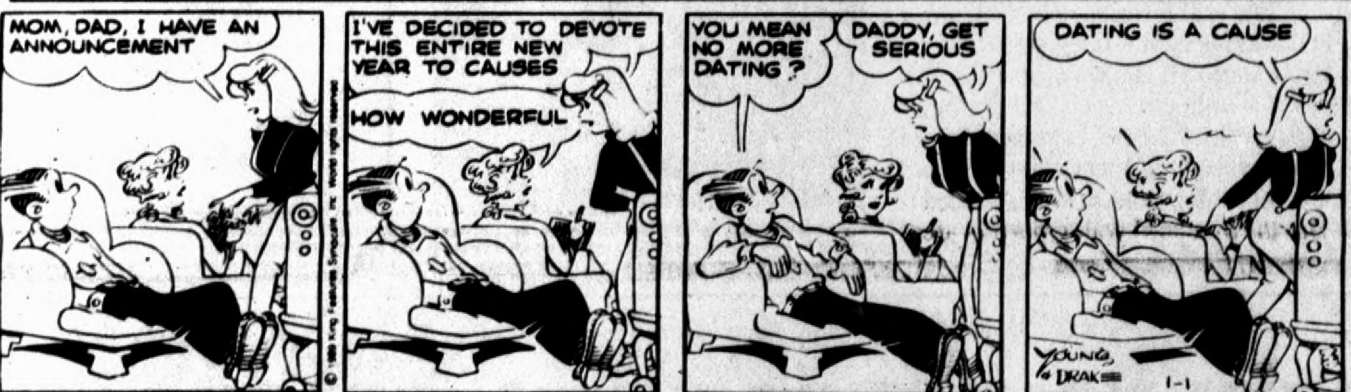
An easy way to reduce fat intake is to serve meatless dishes. Try pasta with marinara sauce, rice and beans, vegetables with low-fat cheese, and vegetable stew.

THE SWEET ENDING

Make your own low-fat desserts. Serve sherbets, ice milk or frozen-fruit bars instead of ice cream. Muffins, cookies or cakes turn into healthier desserts when baked with whole-wheat flour or a mixture of half whole-wheat and half white flour. Use 2 egg whites in place of 1 whole egg.

Comics

BLONDIE by Dean Young and Stan Drake



BEETLE BAILEY By Mort Walker



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Pressure cooker magic

Arroz Con Pollo comes hot from the pressure cooker. The chicken is cooked with vegetables and rice.

Prepare peppery chicken from your pressure cooker

By NANCY BYAL Better Homes and Gardens Magazine Food Editor

On the 50th anniversary of their introduction, pressure cookers are making a comeback because they cook foods quickly and evenly. Today's pressure cookers have safety locks, making them completely foolproof. Some have a non-removable pressure regulator built into the lid; others have the traditional removable rocking pressure regulator. You'll find 4- to 9-quart cookers at prices from \$25 to more than \$200.

Before you cook, read your instruction manual thoroughly. You'll need to experiment a bit to convert favorite recipes to the pressure cooker. As a general guide, decrease the cooking time by two-thirds and reduce the amount of liquid. Be sure to add the minimum amount of liquid your instruction manual suggests, however. To form steaks, the pressure cooker must always have some liquid.

ARROZ CON POLLO One 3- to 3 1/2-pound broiler-fryer chicken, cut up Paprika Salt and pepper 2 tablespoons olive or cooking oil 2 medium onions, chopped 1 clove garlic, minced One 14 1/2-ounce can chicken broth 1 bay leaf 1/2 teaspoon crushed red pepper 1/8 teaspoon ground saffron 1 cup long grain rice 1 tomato, peeled and chopped One 10-ounce package frozen green peas 1/2 cup sliced pimiento-stuffed green olives

Wash chicken and pat dry with paper towels; sprinkle with paprika, salt and pepper. Heat olive oil in a 4- or 6-quart pressure cooker. Brown chicken a few pieces at a time; set aside. Add onions and garlic to oil in

cooker and cook until tender. Return all chicken to pressure cooker; add chicken broth, bay leaf, red pepper and saffron.

Close pressure cooker cover securely. Place pressure regulator on vent pipe. Cook for 8 minutes at 15 pounds pressure. Cool pressure cooker at once under cold running water. Do not attempt to remove cover until pressure is completely reduced.

Remove chicken and stir in rice, tomato and green peas. Return chicken to pressure cooker. Close pressure cooker cover securely. Place pressure regulator on vent pipe. Bring pressure cooker up to 15 pounds pressure and remove from heat. Let pressure drop of its own accord. Stir in olives. Makes 6 servings.

Nutrition information per serving: 433 cal., 33 g. pro., 35 g. carb., 17 g. fat, 83 mg. chol., 596 mg. sodium. U.S. RDA: 13 percent vit. A, 18 percent vit. C, 35 percent thiamine, 23 percent riboflavin, 67 percent niacin, 19 percent iron.

WASHINGTON (AP) - First Lady Barbara Bush voiced delight over the addition of a grandchild to the presidential family. "Great news," she said Monday, revealing that her son Marvin and his wife, Margaret, had just adopted a 2-month-old boy, Charles Walker Bush. The couple also has an adopted daughter, Marshall, 3.

The Bushes now have a dozen grandchildren, five boys and seven girls. "There's something exciting, we heard about the baby the day our brother-in-law died. There's something nice about that, isn't there? Sort of magical," Mrs. Bush told reporters en route to Alabama from Houston. "I cried from happiness and sadness all day."

Alexander Ellis II, husband of Bush's sister Nancy Ellis, died Friday of a stroke at age 67.

Separate fact from fiction

The new year is upon us, and with it our plans to keep the New Year's resolutions we've made. If you are like so many Americans, one of those decisions will have something to do with your own health and fitness.

But, with so much conflicting information circulating, it's hard to know what's right and what's wrong. This is particularly true of nutritional information: It seems that almost every week a new study is released, offering information which contradicts the findings of previous studies. It's sometimes tempting to just give up and eat whatever you want.

It's important not to let yourself get too confused by conflicting information. It's generally accepted that the key to good health is to eat a variety of foods, while cutting back on your intake of fats of all kind and of salt, and eating more fruits, vegetables and whole grains such as brown rice and whole wheat bread.

Of course, if you have a medical condition such as high blood pressure or high cholesterol, it's important to follow your doctor's orders, which may involve sticking to a restricted diet.

breathing rates should increase during aerobics, your muscles should feel the effort during strength and endurance work, and you should stretch to the point of tension, not pain. If your body hurts during or after, adjust your workout.

Myth # 2: Exercise turns fat into muscle. Those extra inches of fat on your waist or thighs cannot be converted to muscle. Fat is fat, and muscle is muscle, and they are two different substances. When you combine the right amount of aerobic work and muscle conditioning exercises with proper eating, you lose fat and build muscle.

Although muscle weighs more than fat, with the right combination of diet and exercise you should be able to reach your optimal weight and have a good ratio of fat to lean muscle.

Myth # 3: Playing sports keeps me in shape. It depends. If you play an occasional (once a week) game of golf, you will not be getting enough of a workout to improve your strength, flexibility and endurance. Of course, if you walk the course briskly you will be burning extra calories. But the stop and start nature of the game prevents it from being a true aerobic workout.

Achieving fitness goals

It's also easy to be confused about exercise. There are many myths circulating, spread by well-intentioned but misinformed people. To help you reach your fitness goals, the President's Council on Physical Fitness has reviewed and clarified some often-misunderstood fitness myths:

Myth # 1: No pain, no gain. Many of us are still working out to the point of real discomfort, believing that if some exercise is good, more is better. Actually, this is how injury may occur. Research and case studies continue to support a moderate approach to exercise for health and performance benefits.

Listen to your body

This means regular well-balanced workouts that leave you feeling invigorated, not aching. When you exercise, you should feel like you are exercising -- your heart and

Add regular workouts

Many recreational sports are important for relaxation, socialization and as supplements to a fitness program. Depending on your goals, you may want to add some regular workouts to your week. You may even find you'll do better in your sport.

Myth # 4: The best time to exercise is before dinner. While some have reported an appetite suppressant effect of exercise one to two hours before a meal, the best time to exercise is the time that is best for you.

Early morning risers often find sunrise to be the best time for exercise. Many office workers welcome their workouts as a mid-day break. The important point to remember is to warm up and cool down properly and to avoid exercising immediately after a meal.

Myth # 5: It's not good to drink

New fashion ideas in remodeling bathroom

Kitchens and bathrooms top the list of home remodeling projects, but the bath is by far the star performer when it comes to revolutionary changes.

This once lowly room with its strictly functional trio of toilet, tub and sink is evolving into the glamorous room of the '90s.

The new bathrooms emphasize health, entertainment and relaxation. They are being built larger and feature cathedral ceilings, expansive windows, multilevels, hot tubs and the ultimate - the environmental spa. Here you can call up a totally controlled environment: sunshine, rain, steam or wind.

If you don't have space for all these wonders you can still tap into today's trends in baths by incorporating fashion into your remodeling plans.

Color coordination is one major trend today. The current move is to lighter, brighter shades. The tone-on-tone look blends shades in the same color family, such as a light-blue pedestal sink with a deeper shade of blue for the tub.

Some bath fixture manufacturers have made it incredibly easy to tap into today's decorating trends and color fashion. They will work with other manufacturers in the fields of paint, ceramic tile, laminates, and cabinets and lighting fixtures to produce a whole range of products you can use to color coordinate or contrast in your bathroom remodeling plans.

Bath fashion doesn't end with color. Browse through fixture manufacturer catalogs and you'll quickly see that bathroom fashion and style caters to just about any taste. You can easily create a period look with fixtures and trim items that give the impression of the Roaring '20s or straight out of 2001.

You can even create your own custom look. One way is by using conventional materials in a unique or unusual way to come up with something really eye-catching. Installing wood flooring or metal laminate on walls and ceilings are just two examples.

No matter what remodeling route you choose, the common denominator is the starting point - interior demolition of the existing bath. This essentially involves working in from the finished wall to the joists and studs. It's important to have a plan here rather than simply running

amok with a wrecking bar. Precautions are needed to keep from damaging electric, gas or water lines buried inside a wall. Always turn off the water at the main shutoff and cut off the electric circuits going to the bathroom at the fuse box or breaker panel.

Remove wood trim and door jams by prying them away from the walls with a flat bar. Remove drywall by knocking a starting hole between two studs with a hammer. Use caution when removing tiles as flying shards are as dangerous as glass. Wear protective goggles and gloves and use a prybar to get underneath the tiles rather than smashing them with a hammer.

Remove lath and plaster walls by gently breaking the plaster away from the wood lath with a claw hammer, wrecking bar or masonry chisel. Cut out sections of lath with a handsaw. Cut as close to studs or joists as possible to minimize plaster-cracking vibrations.

Wood paneling and hardwood flooring are pried up with a flat bar or prybar after first removing baseboard trim. You may have to cut the first floor board with a circular saw.

Galvanized plumbing pipes can be disassembled with two wrenches or cut with a hacksaw. Hubless cast iron pipe can be disassembled by removing the clamps or it can be cut with a special chain cutter or power circular saw fitted with a special toothless blade. Copper pipe can be disassembled with two wrenches if connected with flare fittings. Sweated fittings can be removed by melting the solder with a propane torch. The pipe also can be cut with a tubing cutter. Plastic pipe is cut with a hacksaw. Remaining sections of pipe can be capped off or extended for new fixtures.

Sheetmetal ductwork can be cut with tin snips or can be disassembled by removing the sheetmetal screws.

BLOOMINGTON, Ind. (AP) - Indiana University basketball coach Bob Knight made an on-air threat to stop doing his radio show because it contained a beer commercial.

Knight, a critic of drug and alcohol abuse, became upset during Monday night's broadcast of "The Bob Knight Show" on WXTZ-AM. But a station spokesman said Knight would return as scheduled next week.

water during a workout. Losing too much fluid, which is possible when you exercise in hot, humid weather, can be very dangerous. Drinking small amounts of water or other recommended sport drinks keeps you hydrated and makes you more comfortable during your workout.

Myth # 6: "I'm too old to exercise." It's never too late to exercise and the benefits are just as important. As Americans live longer, they need to maintain their health and physical and mental fitness to enjoy these added years.

Exercise programs for older Americans continue to spring up at recreation centers, hospitals and other community outlets. For seniors, improved strength, flexibility and endurance mean greater independence and a better outlook on getting older.

Abundant Life

BY BOB WEAR Purposeful Patience

Our living experience, in order to be effective, must be equipped with a generous supply of patience. This patience, in order to serve the best purpose, must be consciously purposeful.

We must be patient with full knowledge of why we are being patient. This will include an understanding of what we expect to be accomplished by our being patient. It will help if we can form a justified expectation of the outcome of our patience.

Purposeful patience is not passive and it is quite different from the feeling of indifference. Indifference is a negative element of life that is nonproductive, but purposeful patience is a positive life element that works for our good. "Patience is not passive: on the contrary, it is active; it is concentrated strength." -Anon

Patience with a purpose must be supported by evenness of mind, a calm temper, and well-thought-out composure. There will be provocations which we must meet with forbearance and long suffering. We are constantly faced with obstacles, delays, failures and such like. Purposeful patience means that we will understand and be undisturbed by these. This is so much better than being discouraged or resentful. "There is as much difference between genuine patience and sullen endurance, as between a smile of love and the malicious gnashing of the teeth." -W.S. Palmer

The concentrated strength of purposeful patience provides the maximum help that we need to move along through the tests and challenges of daily living with a satisfying sense of accomplishment. This will work in the family, in the business community, in the church, and in every facet of the personal living experience.

Purposeful patience enables us to continue faithfully in pursuit of all that is worthy of our very best efforts.

Social Security

One measure people can use to evaluate their contribution to Social Security is how quickly they will recover their investment, Jim Talbot, Social Security manager in Amarillo said today.

Retirees today regain their investment of FICA taxes in less than two years, and they may expect to collect benefits for 15 to 20 years. If interest were calculated on the taxes, the recovery time is still less than five years, Talbot said.

For example, a worker with average wages who retired at age 65 in 1988 has paid about 12,000 in Social Security taxes. He or she would receive an initial monthly retirement benefit of \$626 and recover the \$12,000 investment in less than two years.

A worker who expects to retire in the 2010 may still expect to recover all FICA taxes paid in less than two and one half years. For information about Social Security, call Toll-free 1-800-234-5772. The Amarillo Social Security office is located in Sunset Center. The office is open weekdays 9 a.m. - 4:30 p.m.

LONDON (AP) - Author V.S. Naipaul was given knighthood, and Maggie Smith was made a dame commander in honors announced today.

The pair made Queen Elizabeth II's semiannual honors list, which the government compiles. The queen actually bestows the honors at a later ceremony.

Advertisement for seat belts with illustrations showing correct and incorrect ways to wear a seat belt. Text: "NO!" "NO!" "NO!" "YES!" "Wear it right!" "Shoulder belts should be snug. Don't allow more than 1 inch of slack. Never wear the belt behind your back or under your arm. The correct position is over the shoulder, snug across the chest, and low on the lap." Texas Coalition for Safety Belts, US Department of Transportation National Highway Traffic Safety Administration.

Schlabs Hysinger Commodity Services advertisement. Includes contact information: 1500 West Park Ave., Richard Schlabs, Steve Hysinger, Brenda Yosten, Phone 364-1286. Features a table of commodity prices for CATTLE FUTURES, GRAIN FUTURES, METAL FUTURES, and FUTURES OPTIONS.

Best of beef winner receives \$15,000

Bold and flavorful recipes dominated the 1989 National Beef Cook-Off, and nowhere was this more apparent than in the cooking of Linda Wright, of Medford Lakes, N.J. Wright won the Outdoor Barbecue and the Best of Beef categories with her recipe "Mexican Flank Steaks with Mock Tamales," taking home \$15,000 in cash and a year's supply of Kingsford charcoal and deluxe grilling equipment.

A total of \$32,000 in prize money was awarded at the contest, held in Portland, Ore., in September. Winners in the Outdoor, Microwave, and Conventional categories each won \$5,000, and a chance to be selected as "Best of Beef," worth another \$10,000. Second and third prizes of \$3,000 and \$2,000 in the Conventional category also were awarded. In addition, "Most Convenient" and "Under 300 Calories/Serving" winners, each worth \$1,000, were chosen.

The 17th annual contest will be held in the Seattle, Wash., area Sept. 20-22, 1990, and amateur contestants from all 50 states will again be competing for the title of America's best beef cook. In 1990, more than \$35,500 in cash prizes will be awarded. The American National CattleWomen sponsor the competition, in cooperation with the Beef Industry Council of the Meat Board and the Beef Board.

Here's Linda Wright's spicy, Mexican recipe:

Mexican Flank Steak With Mock Tamales

Preparation time: 10 to 15 minutes
Marinating time: 6 to 8 hours or overnight

Cooking time: 12 to 15 minutes
1 1/2 pound beef flank steaks
1/3 cup each fresh lemon juice and extra virgin olive oil

6 tablespoons minced jalapeno peppers
1 tablespoon minced fresh cilantro

1 teaspoon each salt and freshly ground black pepper
Linda's Sassy Salsa
Mock Tamales
Jalapeno peppers
Cilantro sprigs

Place beef flank steak in utility dish. Combine lemon juice, olive oil, jalapeno peppers, cilantro, salt and pepper; pour over steak, turning

to coat. Cover and refrigerate 6 to 8 hours (or overnight). Prepare Linda's Sassy Salsa and Mock Tamales. Remove steak from marinade and place on grid over medium coals; reserve marinade. Place Mock Tamales around outer edge of grill. Grill steak 12 to 15 minutes to desired doneness (rare or medium), turning once and basting occasionally with marinade. Turn tamales halfway through cooking time. Place steak and tamales on serving platter. Spoon 1/4 cup Linda's Sassy Salsa over tamales. Garnish platter with lemon slices, jalapeno peppers and cilantro sprigs. Carve steak across the grain into thin slices, and serve with remaining salsa. 6 servings.

Linda's Sassy Salsa

Preparation time: 10 to 15 minutes
Chilling time: 1 hour or overnight

2 tomatillos, hull and tough skin removed
3 large cloves garlic, peeled
2 plum tomatoes, finely chopped
3 plum tomatoes, coarsely

chopped
3 jalapeno peppers, thinly sliced
1/4 cup coarsely chopped fresh cilantro

1 tablespoon fresh lemon juice
1 teaspoon freshly ground black pepper

Process tomatillos and garlic in food processor or blender until pulverized. Combine tomatillo mixture, tomatoes, jalapeno peppers, cilantro, lemon juice and pepper. Refrigerate, covered, 1 hour or overnight to blend flavors. Yield: 2 cups.

Mock Tamales

Preparation time: 10 to 15 minutes
1 cup (4 ounces) each grated sharp Cheddar cheese and Muenster cheese

2 tablespoons minced green onions and tops
6 flour tortillas (7-inch diameter)

Combine Cheddar cheese, Muenster cheese and green onions. Divide mixture evenly and put in center of each tortilla. Fold bottom side of tortilla over filling, then fold top sides over filling, envelope fashion. Wrap each tortilla in 8 x 12-inch piece of foil, twisting each end. 6 servings

The annual harvest of an entire coffee tree is required for a single pound of ground coffee.

Ann Landers

DEAR ANN LANDERS: I recently read that Timothy Leary, the radical LSD champion of the '60s, told a group of college students in Alabama that people should have the right to use drugs if they want to. He also said America's war on drugs is really a war against freedom of choice.

As a former drug abuser, I would like to say that Mr. Leary is wrong. Most people who abuse drugs are not in control of their lives. A person may choose to START using a drug, but after a while the drug begins to use him.

If this were not true, please tell me why a person using drugs and/or alcohol will forfeit all his money, his right to drive a car and his personal freedom (by committing crimes and being jailed), and destroy relationships with those he loves most in order to get his hands on a drug that his body and/or his mind craves.

I hope everyone who is being used by drugs will find the strength to move toward conquering his or her addiction. There is plenty of help out there, and much of it is free or covered by medical insurance. -- C.G.C.

DEAR C.G.C.: Thanks for a fine letter. A good place to start is with a call to a drug abuse hotline. Here are three very good ones: 1-800-ALCOHOL, 1-800-662-HELP, (Spanish hotline: 1-800-66AYUDA) and 1-800-COCAINE.

DEAR ANN LANDERS: Please say something to people who can't let go of a loved one who has died.

They leave his or her room exactly as it was and turn it into a shrine. Pictures are all over the place. It gives me the creeps. Why can't people accept the fact that dead is dead and life is for the living? -- Mr. Realist in Illinois

DEAR REALIST: If people want to leave the room of a loved one exactly as it was, what business is it of yours? Why begrudge them this small comfort?
Each person must handle grief in

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his or her own way. There is no standard that should be adhered to, so lighten up, buster.

DEAR ANN LANDERS: Several months ago I learned that a friend was getting married. I have known her 20 years, and our parents are close. I knew that the family is struggling financially, so I offered to lend her my wedding gown and veil. She was thrilled.

The wedding is two weeks away, and I have not received an invitation, although my parents have been invited. My mother was told "confidentially" that the family is having trouble keeping the numbers down.

I am angry and hurt. My parents find themselves in a very awkward position. I was looking forward to seeing the bride in my gown. Am I out of line? -- Stunned in California

DEAR STUNNED: To be married in a borrowed gown and not invite the person who offered it is in the worst possible taste. That bride must be a brass-plated, world-class klutz, and her parents are no better. This is the ultimate in chutzpah.

DEAR ANN LANDERS: Politicians are suppose to be the longest-winded members of the human species. Can you tell me who holds the record for non-stop talking? -- J.R. from Portland, Ore.

DEAR J.R.: It was a member of the U.S. Senate from your own state: Wayne Morse. In 1953 he spoke on the Tidelands Oil Bill for 22 hours and 26 minutes. It made the 1989 Guinness Book of World Records.

When planning a wedding, who pays for what? Who stands where? "The Ann Landers Guide for Brides" has all the answers. Send a self-addressed, long, business-size envelope and a check or money order for \$3.65 (this includes postage and handling) to: Brides, c/o Ann Landers, P.O. Box 11562, Chicago, Ill. 60611-0562. (In Canada send \$4.45.)

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Tips to relieve cold misery

Watery eyes, runny noses, sneezing, wheezing—do these symptoms sound familiar? As winter's chill sets in, millions of Americans will suffer from colds, coughs, and various strains of the flu. With all the over-the-counter medications to choose from, how do you know what's right for you?

Most over-the-counter cold/flu remedies contain the popular decongestant pseudoephedrine, which helps to relieve stuffy noses. Many of the popular brands also have antihistamines in their decongestant products in order to remedy both cold and allergy symptoms.

The experts at K V Pharmaceutical, a St. Louis, Mo. based company, recommend the following guidelines for selecting the right product for you:

-Be aware of the side effects associated with taking these medications. Decongestants are stimulants and may lead to insomnia, and antihistamines can cause drowsiness.

-Look for a long-acting medication that relieves all of your cold/flu symptoms. Long-acting products keep drug levels steady in your blood and often have the least side effects. Most conventional tablets need to be taken frequently throughout the day to achieve the desired therapeutic effect. This causes fluctuations in the levels of drug in the blood, which pharmacists and physicians associate with the risk of causing side effects.

-Keep in mind that the product with the lowest number of doses per day will be easier to remember to take, and it's likely you'll feel better after taking the required amount of medication per day.

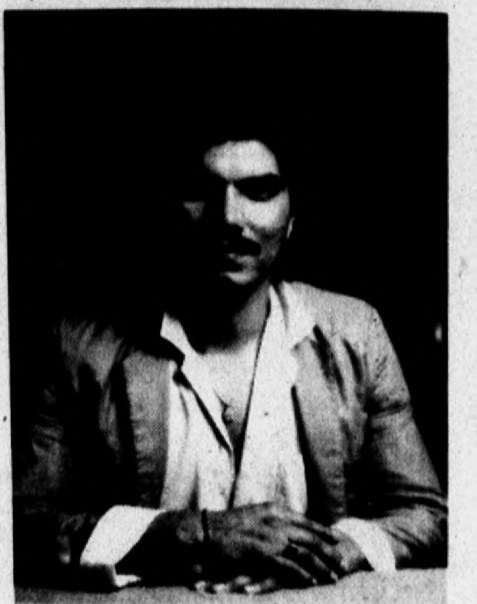
-Be careful if you are already taking a prescribed medication. Check with your doctor or pharmacist for drug interactions before taking an over-the-counter product.

-Good news! K V Pharmaceutical has developed the world's first once-per-day drug formulation for

cough/flu products. These drugs will be easier to take and, at the same time, will provide maximum therapeutic benefits.

While these drugs are available in Canada now, they are expected to be on the U.S. market in 1990, just in time for next year's flu season.

If you follow these simple steps you should find relief for your cold or flu misery all season long.



ANTONIO GARCIA JR.

Officer of the Year announced

Antonio Garcia Jr, son of Mr. and Mrs. Antonio Garcia of 802 Avenue K, Hereford, was chosen "Officer of the Year" by the Big Spring police department.

Garcia was honored because of his dedicated service to the community and law enforcement. He received the award of the month and was congratulated by the mayor of Big Spring.

He is a 1979 graduate of Hereford High School.

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