

**SPORTS****HHS teams face busy weekend schedules****LIFE****News about Hereford life****INSIDE****Roundup...2 Comics...6  
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**Thursday, March 5, 1992****The****Hereford Brand**

Hustlin' Hereford, home of Jamie Thomason

91st Year, No. 172, Hereford, Deaf Smith County, Texas

10 Pages

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**County gets two new trees for courthouse**By JOHN BROOKS  
Managing Editor

What are Christmas trees doing on the south lawn of the Deaf Smith County Courthouse?

Ready to be used for many Christmases to come.

Two Colorado blue spruce trees were dedicated Wednesday afternoon at the courthouse. The trees came from a farm near Dumas and were provided by Ernest Brown and the Brown family of the Bootleg area.

Brown is on the advisory board of the Texas Forest Service. Brown and Nick Harrison, an urban forester for TFS, explained that the service does more than take care of tree-dense areas in East Texas.

Harrison is one of eight urban foresters in the state.

"If you get up on the top of some elevator, which is usually the highest point in any West Texas town, you can see there are a lot of trees in any town around," Harrison said. "We try to encourage people to plant more trees because we are losing a lot of our older trees."

According to Mayor Tom LeGate, who briefly addressed the crowd at Wednesday's ceremony, the City of Hereford has applied for a grant for new trees in most local parks and other areas in town. The local Beautification Committee, chaired by Mauri Montgomery, would be in charge of directing the planting.

Harrison is also very involved with rural fire protection. TFS has provided over \$16 million in equipment to rural fire departments and over 1,900 trucks. Many of the departments are like the Bootleg department, which has been well-stocked by TFS with trucks and equipment at very little cost.

Simons said the two new trees were chosen because of their adaptability to this region.

"They are very beautiful and will add to the courthouse," the judge said. "We take pride in the way the courthouse looks, and we appreciate Ernest and the Brown family for this gift."

**New trees for courthouse**

Two new Colorado blue spruce trees were dedicated Wednesday at an informal ceremony at the Deaf Smith County Courthouse.

Helping plant the trees were, from left, Dean Hacker, Tom LeGate, Ernest Brown, Nick Harrison and Tom Simons.

**Women honored for rescue**

Dimmitt duo used CPR lessons to save man's life

By SPEEDY NIEMAN  
Editor-Publisher

Two Dimmitt women headed home after a CPR course at West Texas State University were credited with saving a man's life Tuesday when they put their classroom knowledge to work about 17 miles east of Hereford.

Jennifer Elliott and Elizabeth Davila, both WTSU students, administered cardiopulmonary resuscitation to Donald E. Strom, who was stricken by a cardiac arrest while driving toward Hereford with his wife about 4:30 p.m. Tuesday.

Hereford EMS answered the call and took the victim to Deaf Smith General Hospital where he was admitted and stabilized. He was then transferred to High Plains Baptist Hospital in Amarillo and was reported in critical but stable condition Wednesday. Strom is from Bartlesville, OK.

L. V. Watts, Hereford EMS director, said the victim must have had some help from the man upstairs for the two young ladies to come along at that time and stop to offer help. "He had no pulse and they saved him until we got there. There's no doubt in my mind that they saved his life," said Watts.

Strom's wife was driving their car, westbound on U.S. Highway 60, when he had the heart attack. They had just driven through the worst part of a rain storm and it was raining lightly. The chain of events, as related

by Watts and the two Dimmitt students, then happened in this sequence:

Mrs. Strom tried to help her husband breathe and flagged down a Southwestern Public Service driver who then used a mobile phone to seek emergency help. A Deaf Smith County deputy answered the call, arrived at the scene and summoned an ambulance.

The Dimmitt pair passed the scene and saw a man slumped over in the car. They decided to turn around and offer help if it was needed. The deputy asked if they knew CPR, and they started administering the resuscitation procedure they had been practicing on a dummy Tuesday morning.

"He looked very purple and pale, his eyes were glazed and we couldn't get a pulse," said Elizabeth. "I was real nervous and worried about doing it right. When it was over and the EMS people arrived, I thought I was going to need CPR."

"It didn't seem like we really did that much...we just applied what we learned in class," said Jennifer.

"Yeah, it wasn't much," said Watts, "they just saved his life!"

"I talked to them about the event afterwards and they didn't stop to worry about a transmission of disease or anything like that. They just saw that someone needed help."

Watts presented Jennifer and Elizabeth with a special certificate of appreciation, praising them for heroic actions, from the Hereford EMS on Wednesday.

**Davila, Elliott honored by Hereford EMS**

L.V. Watts, right, director of Hereford EMS, presented certificates to Elizabeth Davila and Jennifer Elliott of Dimmitt for saving a man's life on Tuesday afternoon near Dawn.

**Early voting ends Friday for election**

Early voting for Tuesday's primary elections will end at 5 p.m. Friday in the office of Deaf Smith County Clerk David Ruland.

The no-excuse early voting period had drawn more than 500 persons to mark ballots by Thursday morning, Ruland's office reported.

Attraction for most of the voters is the Democratic primary which features several contested county races. The total number of votes cast Thursday morning was about 450.

In the Republican primary, a small turnout of about 60 voters had appeared.

A large number of early votes was recorded in 1990 when 688 Democrats and 222 Republicans marked ballots before election day. gubernatorial candidate headed tickets in the 1990 primaries.

This year's ballots feature preferential voting for party nominations for President.

**Senior bee is Friday**The annual Deaf Smith County Spelling Bee, sponsored by **The Hereford Brand**, started this afternoon and will conclude with the crowning of the champion Friday afternoon in the Deaf Smith County Library.

Fourth and fifth graders were competing this afternoon in the junior division of the bee. Friday's session will have sixth through eighth grade students competing, along with the junior winner. The county champion advances to the Regional Bee April 11 on the WTSU campus.

Each county school was invited to conduct their own bee and send winners to the county contest,

according to O.G. Nieman, county bee director. The number of contestants from each school was determined by enrollment numbers.

The county champion will receive a \$100 award, which includes a \$50 bond from Hereford State Bank, \$25 gift certificate from Gibson's, and \$25 in Hereford Bucks from **The Hereford Brand**. The runnerup will earn a \$25 award from Hereford Texas Federal Credit Union and a \$25 savings bond from Deaf Smith Electric Cooperative.

The Regional Bee will be sponsored by the Amarillo Globe-News and West Texas State University. Several prizes will be

awarded at region, including an expense paid trip to the National Spelling Bee in Washington, D.C.

Entrants who qualified for the competition Friday include Hereford Junior High students Marivel Gamez, Michelle Denton, Joe Vanegas, Kelly Thompson, Elizabeth Valdez, Anna Witkowski, Bao Nguyen and Shawna Lindsey; Bluebonnet's Ernesto Sotelo and Robert Estrada; West Central's Eddie Montoya and Crystal Lopez; St. Anthony's Staci Betzen; Walcott's Brad Hudson; Nazarene Christian Academy's Cindy Harder; and Community Christian's Jantzen Louder.

**Coming Sunday****•Question-answer time with sheriff candidates Joe Brown and Mike Morrison, and an overview of Super Tuesday.****•How's Bubba gonna vote Tuesday? A humorous look at Bubba, who may determine the fates of the candidates for president this year.****Presidential hopefuls flocking to Texas for Super Tuesday votes****ELECTION '92**

SAN ANTONIO (AP) - Democratic presidential hopefuls are campaigning and debating in Texas today in anticipation of the state's delegate-rich Super Tuesday contest.

President Bush's campaign, meanwhile, sent Vice President Dan Quayle to Texas to secure support for Bush, who faces challenges from columnist Pat Buchanan and Louisiana legislator David Duke.

Democratic contender Paul Tsongas made his first campaign stop in the state Wednesday night with an appearance at the Alamo that drew about 400 supporters and curious voters.

"Obviously, Bill Clinton has an advantage here, but I need to show that I can compete here," the former Massachusetts senator said. Polls show Gov. Bill Clinton of neighboring Arkansas leads in Texas, where he has campaigned for months.

Tsongas stressed his pro-business economic proposals and said he supports a free trade agreement with Mexico.

"We have to take the United States and Mexico, take North America and South America, and make it one common market and make it strong and prosperous," he said, promising to make America competitive with Asia and Europe.

Tsongas, often referring to the courage of the Texas patriots who died at the Alamo in 1836, said the Bush and Reagan administrations have led America down a debt-ridden path.

"They said to us, 'You can have it all - massive spending, tax cuts.' The end result of that is massive debt that we leave to our children," Tsongas said. "There has to be an element of courage."

Tsongas, hoping for a surprise victory or at least a strong showing, said he would hit on more Texas themes today, including energy issues.

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# Page Two

## Local Roundup Flood waters receding in Houston

### Two arrested Wednesday

Hereford police arrested a man, 38, for driving while license suspended, and a man, 21, for displaying a fictitious license plate on Wednesday. Reports included domestic violence assault in the 300 block of Bradley; phone harassment; unauthorized use of a motor vehicle which was later recovered; burglary of a motor vehicle in the 100 block of Ave. C; theft of gas from a convenience store; disorderly conduct by fighting in the 200 block of Ave. F; and a family disturbance in the 400 block of Second. Police issued 16 citations Wednesday and investigated two minor wrecks. Deaf Smith County sheriff's officers are investigating the burglary of a home northwest of Hereford. Nothing is missing, but the house was vandalized.

### Chili supper is tonight

The Hereford Key Club will host its annual chili supper today from 5-8 p.m. at the Hereford High School cafeteria. Chili, crackers, cornbread, drink and dessert will be served. Tickets will be available at the door.

### Cooling through weekend

Tonight, fair with a low in the middle 30s. Northwest winds decreasing to 5 to 15 mph. Friday, mostly sunny and warmer with a high near 70. Northwest wind 5 to 15 mph in the morning, becoming south during the afternoon. The extended forecast for Saturday through Monday: partly cloudy over the weekend. Mostly cloudy Monday. Lows from the mid 30s to lower 40s. Highs in the 60s Saturday, cooling to the upper 40s to lower 50s by Monday. This morning's low at KPAN was 39 after a high Wednesday of 63.

## News Digest

### World/National

WASHINGTON - Driven by the recession, a record 4.7 million families are getting welfare to pay for life's necessities: food, clothing and a place to live.

WASHINGTON - Nebraska Sen. Bob Kerrey had an ideal resume for a presidential candidate, and many said he had the glamour to go with it. But he never translated his assets into campaign-trail appeal and aides said he was ending his presidential bid.

WASHINGTON - Patrick Buchanan is the fly in the elephant's ear, the protest candidate who measures victory by signs of George Bush's discomfort. A consistent and distant second in a two-candidate race, Buchanan concedes he must win something soon, or score a knockdown if not a knockout.

ALEXANDRIA, Va. - To some women, Cecil Jacobson remains a godsend, a "wonderful" and dedicated medical pioneer who helped them bear children when all other hope seemed lost. Others say the physician's conviction on 52 counts of fraud and perjury was exactly what he deserved.

SIMI VALLEY, Calif. - Prosecutors headed for court today with what may be the most-watched home video ever made: footage of Los Angeles police officers clubbing and kicking motorist Rodney King.

WASHINGTON - Enemies spy on each other; friends do too. That's what the FBI is saying about Russian spies: they're as active now as when they worked for the former Soviet Union.

SANTIAGO, Chile - A year ago, President Patricio Aylwin tearfully promised his best efforts to bring justice for victims of human rights abuses under his predecessor, Gen. Augusto Pinochet. But the courts have yet to put anyone behind bars. Victims and their relatives are angry and frustrated.

THOUSAND OAKS, Calif. - An Auschwitz survivor was sent to give youngsters a lesson about the Holocaust after a fifth-grader put on a swastika and mustache and delivered a speech portraying Hitler as a victim of mistreatment by Jews.

### Texas

SAN ANTONIO - Democratic presidential hopefuls are campaigning and debating in Texas today in anticipation of the state's delegate-rich Super Tuesday contest.

HOUSTON - The residents in Harris County's voting precinct No. 0274 are mostly white, upper middle-class Houstonians who often vote Republican. In fact, they are a lot like the precinct's most noted voter - President Bush.

AUSTIN - Television evangelist Robert Tilton says he might not be seeking a court injunction against the Texas attorney general if the state's top law officer had not attacked his ministry through the media.

EDINBURG - An eye surgery center accused of medical negligence last year is once again the target of a legal action by former patients who say they were blinded after being treated at the facility.

AUSTIN - Despite a senator's urging that a task force delay making recommendations on closing state schools for the mentally retarded, the head of the panel said she expected it to vote as scheduled Thursday.

EL PASO - A Roman Catholic priest who formerly served in several El Paso parishes has admitted he had repeated sexual contact with a 12-year-old altar boy in the early 1970s, according to court records.

RICHMOND - Fort Bend prosecutors have dismissed a murder indictment against the widow of a country singer known as the "King of the Cotton-Eyed Joe."

HOUSTON - The state auditor has questioned how the Texas Turnpike Authority will come up with the money needed to make its annual bond payment on the Jesse H. Jones Bridge across the Houston Ship Channel when the payment more than doubles in four years.

WASHINGTON - A newly unveiled border environmental plan will not improve handling of hazardous waste along the U.S.-Mexico border - despite the Environmental Protection Agency's claim to the contrary, a Texas congressman says.

DALLAS - Former Western Savings Association owner Jarrett Woods plans to acknowledge one of the four illegal transactions for which the government brought him to trial.

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## Hospital Notes

### PATIENTS IN HOSPITAL

W.J. Albracht, Infant girl Bridge, Melinda Bridge, Sadie Bustamante, Infant girl Camarillo, Sabrina Camarillo, Aurora Del Toro, Esther Galvez, Infant boy Galvez, Anna Lisa Garza, Infant boy Garza, Stella Hershey, Mary Ann Laing, Zena Janie London, Iola Nelson, Misty Nicholson and Jewel K. Smith.

### NEWBORN

Mr. and Mrs. William Louis Bridge Jr., are parents of a baby girl, Megan Elizabeth Bridge, 8 lbs. 11 oz., born March 3.

Sea creatures living at depths below 3,000 feet have been found to be blind or to possess their own phosphorescent lighting system.

HOUSTON (AP) - Motorists today found freeways muddy, though mostly passable after up to 8 inches of rain that flooded bayous and roadways began dissipating. Police were advising many motorists who fled their vehicles during the deluge that swamped Interstates 10 and 45 and U.S. Highway 59, that their cars were towed during the night to clear the roadways. Most could be found at city impound lots, they said. By rush hour Wednesday night, a 10-lane section of Interstate 10 was completely under water, submerging hundreds of vehicles.

Virtually every freeway in the city was hit with some kind of flooding difficulties, with some feeder roads paralleling freeways turned into water-filled canals. Hazy skies this morning replaced heavy rain, allowing a slow, but steady return to normal. Many commuters never left downtown Houston, staying at hotels through the night and allowing a lighter than normal traffic flow into the city. Although there have been no official deaths linked to the flooding, the body of a man was found in a flooded ditch near Halls Bayou. The man had not been identified early

today, and officials said an autopsy would be conducted. Northeast of Houston, residents of an estimated 50 homes in Harris County suburbs that were flooded began returning to their homes. As much as 4 feet of water rose into some trailer homes in the Green River Estates area behind Greens Bayou. Many residents slept in their cars just outside the subdivision while others used boats to try to get an early look at the damage in their homes. "We're abandoning everything we'd worked for," said Gloria Kelso, wiping away a tear as she and her family packed up and drove away

from their Harris County home Wednesday night. "But what can you do? You can't stop the water. We can just pray for the best. It's not easy, leaving your home." Several major bayous that drain rains from Houston were reported at or above their banks, including Buffalo, Greens, White Oak and Braes bayous. Wednesday afternoon, four handicapped children, ages 5 through 11, and the driver of their school bus escaped serious injury when their small bus went into rain-swollen White Oak Bayou near downtown. Two girls and the bus driver were treated and released at St. Joseph Hospital, hospital spokesman Rob Cahill said.



### Hereford Junior High entrants in spelling bee

Hereford Junior High students will make up the largest part of Friday's Deaf Smith County Spelling Bee at the Deaf Smith County Library. HJH contestants include (bottom, from left) Joe Vanegas, Michelle Denton, Kelly Thompson and Elizabeth Valdez; (top, from left) Anna Witkowski (the 1991 county champion) Bao Nguyen, Shawna Lindsey and Marivel Gamez. HJH students will compete against sixth graders from other Hereford schools and the county junior champion for the county title.

## Move proceeds to open records

WASHINGTON (AP) - Lawmakers are preparing a final draft of legislation that would make public thousands of intelligence documents relating to the assassination of President Kennedy. Rep. Louis Stokes, D-Ohio, and Sen. David Boren, D-Okl., said Wednesday they expect quick and overwhelming approval of the bill but foresee no shocking evidence emerging from the declassified documents. "I've said all along that when these files are released there will be no smoking gun," said Stokes, who chaired the 1978 House investigation into the Kennedy assassination. Stokes and Boren said the bill was in the final drafting stages and could be ready as early as next week. Their comments followed closed-door meetings with "JFK" director Oliver Stone, who toured

Capitol Hill lobbying for the release of all secret government files on the assassination. Stone is particularly interested in the thousands of CIA, FBI, Pentagon and Secret Service files that remain classified. Hundreds of boxes of documents connected with the House investigation are also unavailable to researchers. "I would like to believe in the straight-shooter theory of history," Stone said. "If we did something wrong in the past, let's know about it." "JFK" puts forth what Stone calls an "alternative scenario" to the Kennedy assassination that challenges official conclusions that Lee Harvey Oswald acted alone. The film theorizes that Kennedy was murdered in an ambush arranged by elements of the U.S. military and intelligence communities. The conspiracy, according to the

film's hypothesis, arose out of a fear that Kennedy was on the verge of withdrawing U.S. forces from Vietnam. At the end of the movie, a printed message tells that volumes of assassination-related documents are locked up from the view of researchers for decades. "If the documents show there was nothing, I'll be the first to admit I was wrong," Stone said. He added that, "so far, no one has pointed out one thing" about the movie that is historically inaccurate. In fact, a wide range of critics ranging from historians to assassination experts have picked apart the movie and accused Stone of using unsubstantiated theory to brainwash millions of viewers who know little else about the killing. Aided by the Washington lobbying firm of Hill & Knowlton, Stone has

launched a concerted campaign on Capitol Hill. Stone's agents have held several private screenings of "JFK" for lawmakers and officials with influence over the release of secret documents. Stone was accompanied by Hill & Knowlton President Frank Mankiewicz, a former aide to the late Sen. Robert F. Kennedy. Boren, chairman of the Senate Intelligence Committee, said the collapse of the Soviet Union is one ingredient pushing the intelligence community to be more open about its documents. But he also said the pressure on government created by the film is the key reason. Other than the occasional blacking out of an undercover agent's name, Boren said virtually all the secret material relating to the assassination can be made public. Some 15 million viewers have seen "JFK" in the United States.

## Physician indicted in deaths of patients

AMARILLO, Texas (AP) - Eight individuals linked to an Amarillo nursing home, including a former medical director of the home, have been indicted in connection with the deaths of two patients, Potter County officials say. Indictments unsealed Wednesday name Dr. P. Harlon Wilson, said Assistant District Attorney Mike Meredith. The two charges were the last of 29 indictments to be made public after they were returned Feb. 24 by a Potter County grand jury. Robert Damore, vice president and general counsel of Texas Health Enterprises, Inc., said Wednesday that Wilson worked as an independent contractor for Westgate Care Center at the time of the two patients' deaths. "He no longer is medical director," he said. "I really cannot speak for him in any way, shape or form." Texas Health Enterprises of Denton was also indicted. The corporation owns the center where the two patients were under care in 1991. Texas Health Enterprises is the third-largest nursing home corporation in the state, and the ninth-largest in the nation. One indictment against the

company alleged injury to an invalid; one, injury to an elderly person; and 13 that the corporation tampered with a government document, the attorney general's office said. The attorney general alleges that corporate officers falsified and fabricated records related to in-service training of nursing home employees. Penalties for each person, if convicted, could range from two years to life in prison and a \$10,000 fine. If the corporation is convicted, it could be fined \$50,000 for each of the charges, Attorney General Dan Morales' office said. The attorney general's office said the indictments followed the deaths of Lois Collins, 53, who died September 7, 1991, allegedly of neglect; and Roy Sneed, 82, who suffered from senile dementia, wandered from the nursing home on Aug. 22, 1991, and died of exposure. Collins died after being taken to a hospital. The 6-foot-1 man weighed about 100 pounds when he arrived at the hospital, was suffering from pneumonia, and had gangrene on his left foot and numerous bed sores, Morales' office said.

## Obituaries

**DAVID LEE SAUL**  
March 3, 1992  
David Lee Saul, 45, Hereford resident for most of his life, died Tuesday, March 3. Services will be held at 10 a.m. Friday in First United Methodist Church of Hereford with the pastor, the Rev. Joe Wood, and the Rev. Ron Dunaway of First United Methodist Church of Rotan, officiating. Burial, under direction of Gilliland-Watson Funeral Home, will be in Rest Lawn Memorial Park Cemetery. Born in Amarillo, Mr. Saul had lived in Hereford since 1955. He had served in the U.S. Air Force in Vietnam, Thailand and Spain. He worked as a feedyard security guard and was a member of First United Methodist Church. He belonged to the Masonic Lodge. Mr. Saul married Wanda Holt on Sept. 21, 1967, in Fayetteville, N.C. Survivors are his wife; two sons, Darin Saul and David Dean Saul, both of Hereford; two daughters, Hope Bengel and Kasey Bridges, both of Hereford; his mother, Rosalee McGowan of Hereford; two brothers, Sammy Dean Saul of Lewisville and Tommy Saul of Mincola; a sister, Brenda Snow of Borger, and four grandchildren. The family has suggested that memorials be directed to First United Methodist Church.

**JO BROWN CORNETT**  
March 3, 1992  
Jo Brown Cornett, 50, longtime resident of Plainview and sister of Mattie Beasley of Hereford, died Tuesday, March 3. Services will be conducted at 2 p.m. Friday in College Heights Baptist Church of Plainview with burial in Plainview Memorial Park by Lemons Funeral Home. Mrs. Cornett was born in Durant, Okla. She married Larry Cornett in 1989. She had worked at Nichols Hospital and at Raines Grocery and Jolly Roger Store. She also had worked at Care Nursing Home. She earned a nurse's aide certificate from South Plains College. She was a member of Calvary Baptist Church. Survivors are her husband; two sons, Kenny Brown of Plainview and Lyn Brown of Hale Center; three stepsons, Larry Cornett and David Cornett, both of Plainview, and Mike Cornett of Englewood, Colo.; three brothers, Ed Randall of Lancaster, Cal., Glenn Randall of San Angelo and Victor Randall of Temple; four other sisters, Susie Lightner of Farmerville, Beatrice Beasley of Nacogdoches, Liz Mauldin of Plainview and Mavis Way of Earl, Ark.; her mother, Maurine Hill of Plainview, and seven grandchildren.



# Life!

## Meeting planned tonight

All members of V.F.W. Post #4818 are urged to attend a meeting at 8 p.m. today in the V.F.W. Post Home.

Nomination of officers will be conducted during the business session.

## Dinosaur Day planned at museum

The Panhandle-Plains Historical Museum will host its fourth Dinosaur Day on Saturday, from 10 a.m. to 3 p.m. Activities are planned for children ages three to 10 years. According to John Greene, education director, dinosaur activities will take place throughout the museum and will be ongoing during the day.

Activities will include:

**Fossil Facts and Rubbings** - Fossils will be shown and discussed. Each child will do a fossil rubbing to take home.

**Tour of Dinosaur Hall** will include scavenger hunts. Winners will receive dinosaur prizes. **Dinosaur Films** will be shown continuously. There will be different films for different age levels.

**Dinosaur Photo** - Bring your camera to take a picture of your child as a brontosaurus or a tyrannosaur.

**Dinosaur Puzzle** - For ages three to 6 years.

**Paper Mache Dinosaur** - Children will construct a giant dinosaur from paper mache.

In addition to the activities mentioned above, dinosaur cake and cookies will be served. Admission will be \$.50 per child. Children must be accompanied by an adult. All activities associated with Dinosaur Day are supported by special volunteers and members of Museum Auxiliary.



## Bride honored at shower

Amy Lynette Rice Young was feted with a bridal shower Saturday, Feb. 29, in the home of Martha Rickman. The honoree and Lee Young were married Dec. 31, 1991, in Lubbock. Pictured are, from left, Martha Rickman; Kathy Anderson, mother of the bride; Amy Young, the honoree; Janie Young, the honoree's mother-in-law; and Katie Young, her sister-in-law.

## Supplement most unnoticed

As a nation of food label readers, many of us now take note of what foods include added nutrients. However, one addition that few even notice is iodine in salt, probably because it's "always" been there, says Mary Helen Gunkler, registered dietitian and staff nutritionist for Total cereal.

Iodine was first added to table salt in the 1920s to help prevent goiter in Americans. This condition is evidenced by a swelling of the thyroid gland and can be a result of inadequate iodine intake. Iodine is essential in the body for normal function of the thyroid gland.

Prior to the 1920s, goiter was most common among people who lived in the plain states as well as the Great Lakes and St. Lawrence River areas.

This was attributed the effect that these areas have very low levels of iodine in the soil. Therefore, produce grown in these regions contained little, if any, iodine.

Iodine was added to salt because salt was a product that most people used regularly. As a result, iodine deficiency problems decreased sharply.

Other factors have also contributed to the dramatic decline in iodine deficiencies. For example, our country's food distribution system is now national in scope. Therefore, people who live in iodine-deficient areas are more likely to have access to foods grown in iodine-rich areas. Also, more people are eating seafood, which is a rich source of iodine.



In the United States, about 321,000 companies make about a fourth of the world's manufactured goods, from airplanes to zippers.

The sun emits more energy in one second than mankind has consumed in the whole of our history.

## Amy Young feted at bridal shower Feb. 29

A bridal shower was held for Amy Lynette Rice Young Saturday, Feb. 29, in the home of Martha Rickman. The honoree and Lee Young were married Dec. 31, 1991, in Lubbock.

Welcoming guests with the honoree were her mother, Kathy Anderson, and her mother-in-law, Janie Young.

Katie Young and Susan Rickman served refreshments of sausage balls, fruit compote, quiche, mini cinnamon


swirls, nuts, mints, coffee and punch. The table was decorated with a basket of mauve and country blue flowers accented with a mauve bow.

The honoree was presented a Laura Ashley quilted comforter by hostesses: Rickman, Brenda Fuentes, Pat Confer, Susie Merrick, Joan Fuston, Patty Hill, Debbie Tardy, Lynn Carlile, Judy Bullard, Linda Davis and Cynthia Streun.



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# SPORTS

## Boys' golf team will compete for regional berth



### Boys hit links Friday

Clay Cantrell and the Hereford boys' golf team start their season Friday in Andrews.

By JAY PEDEN  
Sports Editor

The debut of the Hereford boys' golf team highlights an almost full weekend of sports. All Hereford teams are in action this weekend, with the exception of the girls' golf team.

The boys should be in the hunt for the district crown, or at least a regional tournament berth. Most of the players are back off last year's third-place district finisher. Only Anthony Gale graduated among varsity regulars, and Coach Stacey Bixler has eight players who should get most of the varsity experience this year: seniors Kevin Kelso, Mikel

Walscr, Santry Hacker and David Bone; and juniors Jayson Mines, Cory Newton, Clay Cantrell and Tim Burkhalter.

Last year, Borger ran away with District 1-4A and left Pampa and Hereford in a fairly close battle for second. Pampa finished a total of 36 strokes ahead of Hereford. That's an average of two strokes per player.

Borger may come back to the pack in 1992, and there could be a good three-way battle.

"I think Pampa's got most of their back," Bixler said. "Borger's were mostly seniors, except for Corey Renault. We're ready to get going and

see how we're doing with the boys."

The team's season debut will be at a tournament in Andrews Friday and Saturday at the Andrews Country Club.

"It'll be good and it'll be big," Bixler said. "Andrews has a good team and they'll draw some good teams. There'll be a lot of 4A and 5A schools."

Hereford will tee off between 9 and 9:30 a.m. Friday. They'll be playing with Odessa High, Midland Lee and Frenship.

"I think we're going to have a good team so we're excited about getting started," Bixler said.

The varsity baseball team starts its weekend today in the Thomas G.

Hendrick All-America Classic in Abilene. The Herd was to meet Eisenhower of Lawton, Okla., early today.

The girls' track team will be in San Angelo Friday and Saturday for the Concho Belle Relays, and the boys' team will compete in the Lubbock Invitational Saturday. The tennis team--both varsity and junior varsity--will be at Amarillo High Saturday. The varsity will start at 10 a.m., and the JV with start at 1 p.m.

The junior varsity baseball team. is the only Hereford team that will be playing in Hereford. They'll host Canyon's JV at 4:30 p.m. Friday at Whiteface Field. Hereford's freshman team will be at River Road at 4:30 Friday, taking on that school's JV.

## Lewis sixth in world steer roping rankings

Wade Lewis of Hereford currently is the sixth-best steer roper in the world, according to the Professional Rodeo Cowboys Association's world rankings.

The cowboys are ranked by money winnings through March 1, and Lewis' \$1,114 is tied for sixth.

### Professional Rodeo Cowboys Association World Standings By The Associated Press Through March 1

- All-Around Cowboy**
1. Ty Murray, Stephenville, Texas, \$36,300.
  2. Cody Lambert, Henrietta, Texas, \$29,206.
  3. Rope Myers, Athens, Texas, \$13,134.
  4. Mark Simon, Florence, Ariz., \$8,541.

- Steer Roping**
1. Jeff Anderberg, Clarendon, Texas, \$1,986.
  2. David Motes, Fresno, Calif., \$1,917.
  3. Vance Vest, Monahans, Texas, \$1,855.
  4. Gary Armitage, Portales, N.M., \$1,441.
  5. Mike Beers, Powell Butte, Ore., \$1,210.
  - 6(t), **Wade Lewis, Hereford, Texas, \$1,114.**
  8. Guy Allen, Vinita, Okla., \$1,114.
  8. Gip Allen, Pawhuska, Okla., \$807.
  - 9(t), Gary Good, Elida, N.M., \$730.
  - Tutt Gamett, Elgin, Texas, \$730.

- Saddle Bronc Riding**
1. Duane Daines, Canada, \$25,725.
  2. Kyle Wemple, Milford, Calif., \$22,182.
  3. Robert Eibauer, Goodwell, Okla., \$20,831.
  4. Cody Lambert, Henrietta, Texas, \$19,969.
  5. Butch Small, Dubois, Idaho, \$16,216.
  6. Rod Warren, Canada, \$15,154.
  7. Billy Eibauer, Ree Heights, S.D., \$13,971.
  8. Craig Latham, Texhoma, Texas, \$13,248.
  9. Dan Eibauer, Goodwell, Okla., \$11,186.
  10. Jeff Switzer, Dodge City, Kan., \$9,273.

- Bareback Riding**
1. Bill Boyd, Canada, \$19,698.
  2. Ken Lensegraff, Rapid City, S.D., \$17,256.
  3. Marvin Garrett, Belle Fourche, S.D., \$16,747.
  4. Clint Corey, Kennewick, Wash., \$14,466.
  5. Ty Murray, Stephenville, Texas, \$13,866.
  6. Lance Crump, Cumby, Texas, \$13,075.
  7. Wayne Herman, Dickinson, N.D., \$12,791.
  8. Denny McLanahan, Canadian, Texas, \$11,362.
  9. Deb Greenough, Helena, Mont., \$11,264.
  10. Robin Burwash, Canada, \$10,552.

- Bull Riding**
1. Aaron Semas, Auburn, Calif., \$33,556.
  2. Clint Branger, Roscoe, Mont., \$26,547.
  3. Charles Sampson, Casa Grande, Ariz., \$20,349.
  4. Tuff Hedeman, Bowie, Texas, \$19,747.
  5. Cody Custer, Wickenburg, Ariz., \$17,626.
  6. Wacey Cathey, Big Spring, Texas, \$16,186.
  7. David Fournier, Bowie, Texas, \$15,602.
  8. Bubba Monkres, Everman, Texas, \$14,382.
  9. David Bailey, Tahlequah, Okla., \$13,503.
  10. Ty Murray, Stephenville, Texas, \$13,168.

- Calf Roping**
1. Cliff Williamson, Canada, \$24,225.
  2. Jerry Jetton, Stephenville, Texas, \$22,288.
  3. Joe Beaver, Huntsville, Texas, \$20,094.
  4. Brent Lewis, Pinon, N.M., \$19,525.
  5. Roy Cooper, Childress, Texas, \$18,599.
  6. Lanham Mangold, Huntsville, Texas, \$17,597.
  7. Mike Arnold, Murrieta, Calif., \$15,278.
  8. Rusty Sewalt, Magnolia, Texas, \$13,981.
  9. Fred Whitfield, Cypress, Texas, \$13,949.
  10. Shawn McMullan, Iraan, Texas, \$13,646.

- Steer Wrestling**
1. Todd Fox, Marble Falls, Texas, \$21,989.
  2. Ivan Teigen, Camp Crook, S.D., \$20,384.
  3. Dean Finnerty, Wheatland, Wyo., \$18,463.
  4. Lee Laskoski, Canada, \$15,964.
  5. Brad Gleason, Ennis, Mont., \$13,964.
  6. Rob Kountz, Bozeman, Mont., \$13,016.
  7. Bob Lummus, West Point, Miss., \$12,642.
  8. Rod Lyman, Kalispell, Mont., \$12,364.
  9. J.T. Eckstrum, Marlin, Texas, \$11,184.
  10. John W. Jones, Morro Bay, Calif., \$10,844.

- Team Roping**
1. Charles Pogue, Ringling, Okla., \$12,493.
  - Steve Northcott, Odessa, Texas, \$12,493.
  3. Bob Harris, Gillette, Wyo., \$7,839.
  4. Tee Woolman, Llano, Texas, \$7,839.
  5. Wade Masters, Durango, Colo., \$7,495.
  6. Steve Purcella, Roswell, N.M., \$7,495.
  7. Jerry Buckles, Kearney, Neb., \$7,204.
  8. Bret Trenary, Texhoma, Okla., \$7,204.
  9. Mike Fuller, Clarkston, Wash., \$6,815.
  10. Shane Crossley, Hermiston, Ore., \$6,815.

- Women's Barrel Racing**
1. Charmayne Rodman, Galt, Calif., \$27,134.
  2. Rayel Robinson, Canada, \$14,409.
  3. Corley Cox, Cotulla, Texas, \$13,216.
  4. Vana Beisinger, Lake Worth, Fla., \$12,756.
  5. Felicia Otis, Alex, Okla., \$11,265.
  6. Donna Kennedy, Evant, Texas, \$11,190.
  7. Twila Haller, Phoenix, \$11,121.
  8. Sharon Smith, Lakeland, Fla., \$10,355.
  9. Lindsey Hayes, Opelika, Ala., \$9,234.
  10. Mary Bonogofsky, Carson, N.D., \$7,628.

**Grunt and Block**  
PITTSBURGH (AP) - Pittsburgh Steeler guard Carlton Haselrig arrived in the National Football League the hard way.

Haselrig attended the University of Pittsburgh-Johnstown which did not have a football team. Instead he joined the wrestling team and won six NCAA heavyweight titles. Since he had played football in high school he was taken by the Steelers in the 12th round of the 1989 draft.

Haselrig credits his wrestling experience with helping his blocking technique.

Jockey Dave Gall was the first rider to win eight races on a single card, performing that feat at Cahokia Downs in 1978.

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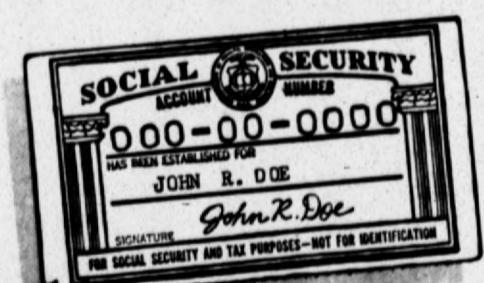
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# Duke, 'Bama survive Wednesday's upsets

By The Associated Press

Duke squeezed by Kansas couldn't.

Alabama barely survived. Kentucky, Missouri, DePaul, Tulane and Syracuse were less lucky.

As teams jockey for position in their conferences, and others hope to impress the NCAA selection committee, March surprises aren't unusual. So on a busy night in the Top 25 Wednesday, six ranked teams fell.

While No. 1 Duke was taking Clemson by a point and No. 20 Alabama was doing the same at Mississippi, upsets were in order at Iowa State, Florida and Connecticut.

The ranked losers included Big Eight powers No. 3 Kansas, which fell 70-66 at Iowa State, and No. 11 Missouri, which lost at home to Oklahoma 81-67. Still, those results gave the Jayhawks (22-4, 10-3 Big Eight) the Big Eight championship, their 40th.

Tenth-ranked Kentucky fell 79-62

at Florida, while Marquette ended No. 15 DePaul's 20-game home winning streak 73-65.

Tulane, ranked 21st, dropped its fifth straight, a 68-67 decision to Memphis State. No. 24 Syracuse was beaten by Connecticut 85-78.

**Iowa State 70, No. 3 Kansas 66**

Julius Michalik scored 17 points, including two key baskets in the final minute, as Iowa State broke a four-game losing streak. The Cyclones are 19-10.

"I don't think that they can deny us an NCAA bid now," Iowa State's Justus Thigpen said.

**Florida 79, No. 10 Kentucky 62**

At Gainesville, Fla., Stacey Poole scored 19 points and sparked a 19-3 run for Florida (16-10 overall, 9-6 SEC).

Cold-shooting Kentucky (22-6, 11-4), which has clinched the SEC East title, hit only 36 percent from the field. Jamal Mashburn was 5-of-22 for the Wildcats.

**Oklahoma 81, No. 11 Missouri 67**

Visiting Oklahoma shot 65 percent in the first half in winning at Missouri for the first time since 1985. It was the second straight loss for Missouri (20-6, 8-5).

Brent Price scored 13 of his 22 points in the first half. Damon Patterson added 17 points and Terry Evans 16 for Oklahoma (19-7 overall, 7-6 Big Eight).

**Marquette 73, No. 15 DePaul 65**

Five Warriors scored in double figures, led by Robb Logterman's 17 points.

Howard Nathan scored 17 points for DePaul (19-7, 8-2 Great Midwest).

DePaul, playing without starters David Booth and Curtis Price, had won eight in a row.

**Memphis State 68, No. 21 Tulane 67**

At New Orleans, Anfernee Hardaway made a 3-pointer with five seconds left, then stole an inbound

pass to clinch the Tigers' win.

Hardaway led Memphis State (18-8) with 17 points, while David Whitmore led Tulane (19-7) with 20 points.

**Connecticut 85, No. 24 Syracuse 78**

At Hartford, Conn., Scott Burrell had 25 points and nine rebounds, while Rod Sellers added 13 points and 14 rebounds for Connecticut.

The Orangemen (18-8, 10-7) fell into a fourth-place tie with Villanova and were eliminated from the Big East title race.

**No. 1 Duke 98, Clemson 97**

Brian Davis had a career-high 30 points and Christian Laetner sparked the visiting Blue Devils' surge from a 19-point deficit.

The Tigers, who five weeks ago lost to the Blue Devils by 39 points, were up 70-51 with 14:26 to go. Duke coach Mike Krzyzewski then benched his starters, but they came back to spark a 27-7 run.

**No. 2 Indiana 64, Iowa 60**

Calbert Cheaney scored 29 points, including visiting Indiana's first 10 of the second half. The Hoosiers, on top in the Big Ten with a 13-2 mark - they are 22-4 overall - nearly blew it with poor foul shooting in the final minutes.

Greg Graham and Damon Bailey combined to miss three free throws with just under 40 seconds remaining. But Kevin Smith, James Moses and Val Barnes each missed 3-point shots in the final half-minute, while Alan Henderson and Graham each made a free throw for the final margin.

**No. 12 Oklahoma State 69, Colorado 63**

At Stillwater, Okla., the Cowboys hung on as Byron Houston had 21 points and Sean Sutton added 19, hitting five 3-point shots.

Oklahoma State (23-6) outscored Colorado 27-0 from 3-point territory.

**No. 16 North Carolina 79, Georgia Tech 75**

At Chapel Hill, N.C., the Tar Heels

ended a four-game slide, their worst since 1965. Hubert Davis scored 27 points in his final game in the Dean Smith Center.

**No. 20 Alabama 84, Mississippi 83**

At Oxford, Miss., the Crimson Tide nearly found disaster by not finding the basket for three minutes down the stretch. But Elliott Washington hit two free throws with six seconds left.

James Robinson had 25 points for Alabama.

Joe Harvell had 31 points, but missed a 3-pointer at the buzzer that could have won the game for Ole Miss.

**No. 22 Seton Hall 90, Miami 82, OT**

At Miami, Terry Dehere tied a season high with 31 points and Bryan Caver hit 11 of 12 free throws in overtime. Seton Hall's 12 3-pointers set a school mark.

Seton Hall (19-7 overall, 11-6 Big East) is tied with Georgetown for second place in the conference behind St. John's.

Miami (7-22, 1-16) has lost 13 of its last 14.

**No. 25 Mass 96, Rhode Island 88**

At Amherst, Mass., Anton Brown scored 22 points for Massachusetts (25-4 overall, 13-3 Atlantic 10). The Minutemen held Rhode Island scoreless from the field for nine minutes at one point.

Jeff Kent scored 35 points for Rhode Island (19-8, 9-7).

## Rodman grabs Piston-record 34 rebounds

By The Associated Press

Dennis Rodman really got up for the Indiana Pacers.

"The way he's been going this year, you knew it was going to happen," Bill Laimbeer said after watching Rodman grab a team-record 34 rebounds to lead the Detroit Pistons to a 110-107 overtime victory over the Pacers.

Rodman's rebound total was the most in the NBA since Charles Oakley had 35 for the Chicago Bulls on April 22, 1988. The 34 rebounds broke Bob Lanier's Piston record of 33 set in 1972.

Rodman, the NBA's rebound leader with an average of 18.9 a game, broke into tears when he realized he had broken Lanier's record.

Rodman didn't realize he'd tied the club record in the extra period.

"Everyone kept telling me I needed one more rebound, but I thought they meant to get to 30," he said. "I couldn't believe it when the fans started cheering."

While Rodman took care of the backboards for Detroit, Isiah Thomas took care of the scoring. He had 31 points, including five in overtime.

The game was tied at 103 with 35 seconds left in overtime when Thomas hit an off-balance shot while being fouled by Dale Davis, then added the free throw.

Detlef Schrempf's layup cut Detroit's lead to one, but Joe Dumars converted two free throws to restore the three-point advantage, and Chuck Person was fouled as he attempted a game-tying 3-pointer.

**Celtics 125, Magic 100**

At Boston, Larry Bird scored 17 points and grabbed 14 rebounds in limited action for his second consecutive double-double since a two-month layoff with a back injury, and the Celtics employed a balanced attack to beat Orlando.

The Celtics beat Orlando for the fourth time in a row this season.

The Magic, losing for the fourth game in a row and for the 14th time in the last 17 outings, were led by Terry Catledge's 20 points.

**76ers 107, Hawks 102**

At Philadelphia, Hersey Hawkins scored 31 points, including a crucial 3-point shot with 35 seconds to play, as Philadelphia defeated Atlanta.

Charles Barkley also had 31 points and grabbed 12 rebounds. Rumeal

Robinson had a career-high 30 points for the Hawks.

Two free throws by Alexander Volkov with 2:18 to go gave Atlanta a 102-101 lead, but the Hawks never scored again. Hawkins' 3-pointer gave Philadelphia a 104-102 edge and Barkley made a 3-point play with 16 seconds left.

**Hornets 119, Bucks 110**

At Milwaukee, Kendall Gill scored 20 of his 25 points in the second half and Larry Johnson added 25 points as Charlotte overcame a 17-point first-half deficit to beat Milwaukee.

The win was Charlotte's fifth straight and 10th in its last 13 games. J.R. Reid added 23 points, including 15 in the second half for the Hornets. Frank Brickowski and Dale Ellis each scored 20 points to lead Milwaukee.

**Trail Blazers 129, Nuggets 100**

At Denver, the Trail Blazers, with reserve Danny Ainge leading the way with 23 points, breezed past the Nuggets.

The victory pushed the Trail Blazers a full game ahead of Golden State in the Pacific Division.

**Jazz 102, Spurs 93**

At Salt Lake City, Karl Malone scored 26 points, 13 in the fourth quarter, as the Jazz broke away to defeat the Spurs.

The win put Utah ahead of the second-place Spurs by four games in

the Midwest Division.

David Robinson led San Antonio with 28 points, but had just one field goal in the fourth quarter.

**Lakers 101, Nets 92**

At Inglewood, Calif., the Lakers won for only the second time in their last 12 games, beating the Nets with 23 points from Byron Scott.

New Jersey's winning streak ended at four games. Chris Morris scored 17 points for the Nets, who lost center Sam Bowie and coach Bill Fitch with third-quarter ejections.

The Lakers trailed 42-38 at the break.

**Cavaliers 109, Kings 108**

At Sacramento, Craig Ehlo followed a steal with an eight-foot jumper with 1.2 seconds left as the Cavaliers rallied to beat the Kings.

The Kings led 108-105 when Larry Nance hit a corner jumper with 32 seconds remaining, followed by Ehlo's steal with 9.6 seconds left. After a timeout, Ehlo followed Brad Daugherty's missed jumper with his basket from the middle of the key.

Daugherty paced seven Cleveland players in double figures with 21 points. Wayman Tisdale scored 27 points for Sacramento.

## Tech takes women's title

LUBBOCK, Texas (AP) - Texas Tech women's basketball coach Marsha Sharp wasn't so much numb from the dousing of ice water as she was stunned at the thought of finally winning the Southwest Conference after 10 near misses.

"I could get real emotional real fast," Sharp told supporters, minutes after Tech defeated Texas A&M 84-62 Wednesday night to clinch its first ever SWC regular-season championship.

"It's not every day you win a conference championship. Sometimes it takes you 10 years. I hope it won't take as long for the next one. Hopefully we can meet here next year with another trophy."

Sharp, who was drenched with ice water by her jubilant players following the game, clutched her tiny piece of freshly cut basketball net as if it was a friend she hadn't seen in years.

For a decade she had chased the

mighty Lady Longhorns from Texas, never finishing lower than third in the 10 years women have competed in the conference.

But at this season's end there would be no more talk about waiting until next year.

"I have to believe this is the toughest team I have ever put together," said Sharp, who is in her 10th year as coach at Tech. "We have been in the NCAA Tournament and we have been to the conference tournament championship game. Now we have a conference title. I hope we can build on this for years to come."


The No. 15 Lady Red Raiders (22-4 overall, 12-1 SWC) wept at midcourt as SWC commissioner Fred Jacoby handed the players their golden trophy minutes after Tech earned its eighth consecutive victory against the Lady Aggies (15-12, 7-7).

"What a way to go out," said senior forward Tami Wilson. "It feels great to win this game at home. Our chemistry has gotten better every game. We have stuck together and not let anyone break us down."

Texas won eight consecutive SWC crowns beginning in 1983 before Arkansas won the title last year.

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# Baseball exhibitions start today; Bo still ailing

By The Associated Press

Let the games begin. The boys of summer start the games of spring today as baseball opens its exhibition schedule with two contests in Florida - the Los Angeles Dodgers vs. the defending National League champion Atlanta Braves at West Palm Beach and the Pittsburgh Pirates vs. the Chicago White Sox at Sarasota.

The exhibition season gets into full swing Friday with 13 major league matchups in Florida and Arizona.

Bo Jackson will be the center of attention at the White Sox-Pirates game.

More questions were raised about Jackson's baseball future when he hobbled on the basepaths in an intrasquad game on Wednesday. Despite months of rehabilitation, White Sox slugger apparently has not recovered from a hip injury that

sidelined him almost all of last season.

While Jackson dismissed his running problems, team trainer Herm Schneider admitted he was disappointed.

"To be truthful, I think I may've been expecting a hair more," Schneider said. "I know he can hit; I don't know if he can run. Someday, I see enough that I think he can get by. Other times, I don't know."

After striking out twice, Jackson singled up the middle in his third plate appearance. But he hobbled all the way to first base and barely got off the bag when Warren Newson pitched with a grounder back to pitcher Wayne Edwards.

"It's no big deal," Jackson said. "Tomorrow, it gets serious. If I get a hit tomorrow, I think I'll be running a little harder."

The White Sox only have two weeks to evaluate Jackson and decide whether to keep him or cut him. If they release him before March 15, they owe him nothing. If they keep him, Jackson gets a guaranteed salary of \$910,000, plus \$10,000 extra for every game he's available, up to 150 games.

As teams prepared to start their exhibition schedules, there was a flurry of signings.

The New York Yankees renewed the contracts of six players - designated hitter-first baseman Kevin Maas, third baseman Charlie Hayes, center fielder Bernie Williams, catcher John Ramos, and pitchers Jeff Johnson and Wade Taylor.

Maas, who batted .220 with 23 home runs and 63 RBIs last season, said he deserved more than a \$5,000 raise, which boosted his salary to \$255,000.

"The club took a very hard-line stance," he said. "Apparently, they're trying to save money by pinching the young players, pinching hard and not giving at all."

Six Atlanta Braves, including David Justice, agreed to one-year contracts on Wednesday. Deion Sanders did not come to terms and the club automatically renewed his contract.

Mark Lemke, Brian Hunter, Kent Mercker, Greg Olson and Francisco Cabrera joined Justice in agreeing to contracts. Because they have spent less than three years in the major leagues, the players weren't eligible for salary arbitration.

Pitcher Ramon Martinez, who had complained about the final offer he received from the Los Angeles Dodgers, changed his mind and signed a one-year contract worth \$725,000.

Martinez was seven days short of being eligible for arbitration.

"I signed because I don't want to ruin good relationships with the organization," said Martinez, who was 17-13 with a 3.27 ERA last season. "I just wanted to concentrate on having a great year. If I have a great year, everything will follow."

## Franco out for two weeks

PORT CHARLOTTE, Fla. (AP) - Defending American League batting champion Julio Franco tried to do too much too soon in spring training and that will put him on the bench for at least two weeks.

Franco learned Wednesday he has bursitis in his right knee and doctors have advised him to take it easy.

Franco was examined by Fort Lauderdale, Fla., orthopedist Dr. Dan Kanel, who diagnosed the Texas Rangers second baseman with patella bursitis and instructed him to stay off his feet for one week.

During that time, Franco will do rehabilitative exercises. He is expected to be sidelined for at least two weeks, the team said.

Franco complained of discomfort during a brief appearance in the Dominican Republic winter league.

Rangers physicians found no damage during a January examination, but the irritation returned this week when he tried to run during spring training.

Kanel said Franco aggravated the knee by overdoing it when he got to camp.

Franco had been pacing himself through early workouts because of a mild case of tendinitis that developed in his knees during the off-season, which he spent doing lots of weightlifting.

Franco was held out of Tuesday's workout because of the knee.

Franco, a proven offensive performer with a .341 average last year and a .302 lifetime mark, has lacked defensive skills, partly because the Rangers haven't had a regular shortstop for him to work with. That has made his double play moves erratic at times.

Franco had been taking hundreds

of ground balls to improve his glove work, and that ended up aggravating his sore knee, doctors said.

"It's something that I feel uncomfortable with and that I want to work on," Franco said about his defensive shortcomings.

"Defense and pitching will be the keys to this team," Franco said Tuesday. "We're working hard on our defense in spring training."



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## Television

THURSDAY											
6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	
(5:30) B.R.A.T. Patrol *	(5:30) Movie: Courage Mountain ** J. Cain, C. Sheen	Movie: Tall in the Saddle *** (1944)	Lady Liberty	News	Cosby	Wings	L.A. Law	News	(35) Tonight Show	MacNeil/Lehrer	
LP Show	Mystery	(5:55) Mark Russell	Wolf Trap Presents Victor Borche	News	Wheel	Columbo	PrimeTime Live	(5:55) News	(35) Cheers	(5:55) Ent.	
News	Sanford	Movie: Hester Street *** G. Dicenzo, S. Raisback (1976)	700 Club	Bordertown	Law and Order ** (1953)	News	Night Court	Kojak	College	Jeffersons	
Can Be	NBA Basketball Bulls at Timberwolves (L)	News	Arasanto Hall	Hunter	Married	Night Court	Top Cops	Street Stories	Knots Landing	News	
Golden	Studs	Sports	College Basketball Michigan State at Northwestern (L)	College Basketball Texas at Rice (L)	Sports	College Basketball Michigan State at Northwestern (L)	College Basketball Texas at Rice (L)	Sports	College Basketball Michigan State at Northwestern (L)	College Basketball Texas at Rice (L)	
Star Trek: Next	Arasanto Hall	Hunter	Diff World	M*A*S*H	Simpsons	Drexell	Beverly Hills, 90210	Star Trek: Next	Arasanto Hall	Hunter	
Looney	Looney	Van Dyke	Van Dyke	Van Dyke	Van Dyke	Van Dyke	Van Dyke	Van Dyke	Van Dyke	Van Dyke	
MacGyver	Murder, She Wrote	Movie: Continental Divide ** J. Belushi, B. Brown	PGA Golf Doral Ryder Open, 1st Round (R)	Movie: Psycho IV: The Beginning (1990)	(5:30) Movie	Movie: Allens **** S. Weaver, M. Behn (1986) (R)	Pair Jokers	Movie: Psycho IV: The Beginning (1990)	(5:30) Chevy	(5:00) Silver Streak (1976)	
Movie: Bullseye ** M. Caine (1991)	Movie: Subspecies * M. Watson, L. Tate	Movie: Another 48 Hrs. *** (1990)	(4:00) Cont	Be a Star	On Stage	Music Shop	Nashville Now	Crook	On Stage	Music Shop	
Days of Century	Carriers	GI Diary	Beyond 2000	America Coast to Coast	Natural World	Wood and	Galapagos	Evening at Improv	Galapagos	China Beach	
Galapagos	20th Century	Brute Force	Evening at Improv	Galapagos	TX	Honey Hole	Groove: Key of Sit	College Basketball California at Arizona (L)	Half of Greatest	(5:30) Bugs Bunny	
Movie: Gigi **** M. Chevalier, L. Caron (1958)	Movie: Silk Stockings *** F. Astaire, C. Chastne	Catch	Closeup	Gloria	Paid	Joy of	Invitation to Life	COPE	Come Alive	Muchachitas	
Atrapado	Novela	Fortuna	De	Noticiero	La Movide						

## FRIDAY

FRIDAY											
7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	
Gummi	Pooh	Tree	Dumbo	Donald	Music Box	Wizard of	Raccoons	Care Bears	Lunch Box	Kidnapped	
Today	Sociologic.	Outdoor	Sesame Street	Mr. Rogers	Read	Lamb Chop	Bus. File	Closer	Concertain'	Boys of	
(5:55) Jeanie	(35) Bewitc.	(5:55) Little House	(5:55) Movie: Earthquake * C. Huston, A. Gardner (1974) (PG)	(35) Andy	(5:55) Alamo	Good Morning America	Donahue	Rags & Kathie Lee	Jerry Springer	News	
Augie	Little	Waltons	700 Club	Shells	Paid Program	Amer. Baby	Rin Tin Tin	DuckTales	Bozo	Bewitched	
Perry Mason	Joan Rivers	Geraldo	Price is Right	Young and the Restless	News	(6:00) CBS This Morning	Love Boat	Pyramid	Family	Getting Fit	
Body	SportsCenter	Workout	Body	SportsCenter	Getting Fit	Body by	Body	Thoroughbr.	Nirja	DuckTales	
Peter Pan	Chip	700 Club	Success-4-Life	Joan Rivers	Judge	Superior	Scoby	Voltron	Smurfs	Cartoons	
Murder, She Wrote	Divorce Ct.	Divorce Ct.	Judge	Judge	Superior	Movie: Dick Tracy *** W. Beatty, Madonna (1990)	Movie: A Shot in the Dark **** P. Sellers (1964)	Movie: Forbidden Dance * L. Herring	Babar	Wizard of	
Movie: My Blue Heaven *** S. Martin	(45) Movie: Home to Stay *** (1978)	Movie: Shootist *** J. Wayne (1976)	(5:30) Lace (Pt 1 of 2)	Movie: Lace (Pt 2 of 2) ** (1984)	Movie: Operation Secret *** C. Wild, K. Maize	Armsushers * D. Martin	Off Air	VideoMorning	Off Air	2nd Russian Revol.	
Best	Great	Gourmet	Pasquale	Homeworks	Easy Does	Travel	Movie: Big Wheel ** M. Rooney, T. Mitchell (1949)	City of Angels	David Letterman	Avengers	
Attitudes	Baby	Growing	Gourmet	E.N.G.	Stater Kate	T. Ullman	E.R.	Supermark.	(5:00) Program Guide	Pink Panther	
Dallas	Search	Backstage	Women	How Can I Live?	Catch	Marie	Dulce	La Movide	Un Rostro en Mi Pasado	Yo Compró Esa Mujer	

12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
(12:00) Kidnapped ** (G)	(35) Mouse	Tree	Gummi	Donald	Jump	Kids Inc.	Michiey	Purple People Eater *	(12:00) Cnt.	Another World
Santa Barbara	Oprah Winfrey	Mary Poch	Body Elect.	Irish Folkfest	My Studio	Sesame Street	Read	Sandiego?	Square One	321
Am.	(12:05) Movie	(35) Family	(5:55) Tom & Jerry	(5:55) Flint.	(35) Brady	(5:55) Happy	(35) Jeff.	(5:55) Hbilly	(35) Andy	(12:00) Rln Tin Tin/Paris * J. Collins
Father	Father	Hot Wheels	Captain N	Mario	Poppye	Rln Tin Tin	Nor Zorro	(12:00) Cnt.	Can Be	A. Griffith
Honeymoon	By the Bell	DuckTales	Chip	Power	Flintstones	Video	By the Bell	Beautiful	As the World Turns	Guiding Light
Little House	Mellock	News	CBS News	Snow	U.S. Pro Snow Skiing	Final Four	In PGA	Senior PGA Golf GTE West, 1st round (L)	Motowork	Up Close
People's	Perry Mason	Highway to Heaven	Tale Spin	Darwin	Betheljuice	Tiny Toons	Full House	Hogan	Maya Bee	Litf Bits
Jeff/Colie	Flipper	Looney	Heathcliff	Yogi	Insp.	Hey Dude	Wolf You?	Crazy Kids	Superior	Joker's
Win, Lose	Hollywood	Scrabble	PGA Golf Doral Ryder Open, 2nd Round (L)	Movie: Dusty *** B. Kerr (1982)	(35) Too	Dick Tracy *** (1990)	(45) Movie: Home Alone *** M. Cullin, J. Pesci	Remember When	Movie: Some Kind of Wonderful **	(15) Hot Stuff ** (1979)
Movie: Executive Suite *** W. Holden (1954)	Movie: Front **** W. Allen (1976)	Movie: Birdman of Alcatraz ***	Be a Star	Crook	On Stage	Coatn'	Top Card	Club Dance	VideoPM	Nature of Things
Beyond 2000	(12:00) Cnt.	Movie: Night of the Living Dead *** D. Jones	Elery Queen	Movie: Winnie *** M. Baxter, D. Morse (1988)	Supermark.	Shop Drop	Moonlighting	Attitudes	Movie: Young Runaways *** B. Bundy, K. Coughlin	Movie: Rose Marie ** A. Byth (1954)
Sunshine	Gospo/SI	M'dy	COPE	Psychiatry	Sunshine	Kid Time	Paid	First Baptist Dallas	(12:00) Cnt.	Gardnie
Arbol Azul	Cristine	Noticias y Mas	Marie	Noticiero						

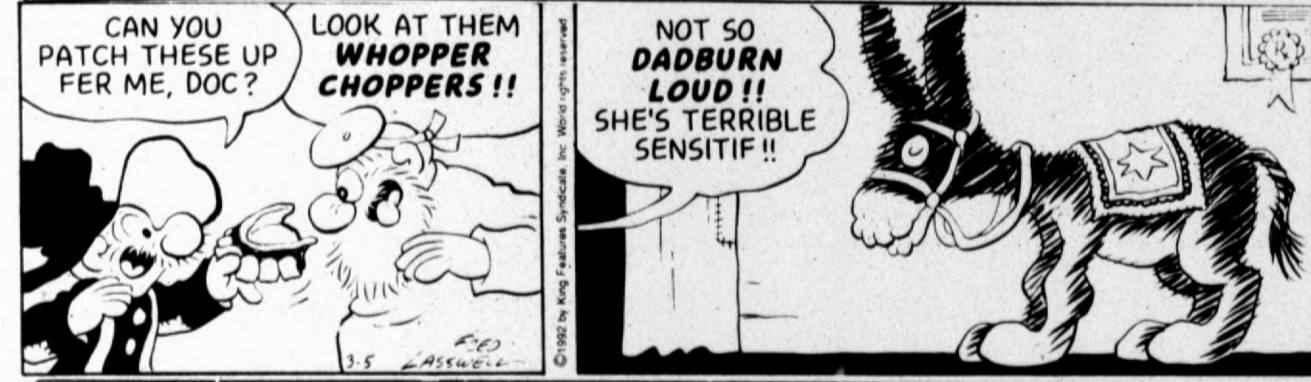
6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM
(5:00) Mov	Movie: Poor Little Rich Girl ***	Elvis: Man & Music	Carol, Carl, Robin	Gloria Estefan	Show	News	Cosby	Mellock	'87 Fly Away	News
MacNeil/Lehrer	D.C. Week	Wall St	Movie: Unshrinkable Molly Brown *** D. Reynolds	McLaughlin Group	MacNeil	News	Wheeler	Fmly	Step by	Baby Talk
Step by	Baby Talk	Billy	20/20	(5:55) News	(35) Cheers	(5:55) Ent.	News	Rln Tin Tin and the Paris Conspiracy * (1991)	Father Dowling	700 Club
Bordertown	Bordertown	Radio	Jeffersons	Can Be	Movie: Steel the Sky ** M. Harrington, B. Cross	News	Night Court	Kojak	College	Married
Night Court	Scorch	Fish Police	Tecate and Bonetti	Hearts Are Wild	News	Golden	Studs	Sports	Ski World	Shelton
Top Rank Boxing Kevin Pompay vs. Stephan Johnson (L)	Amer. Cup	Schaap	SportsCenter	Diff World	M*A*S*H	America's Most Wanted	Hidden	Star Trek: Next	Arasanto Hall	Hunter
Nick HI	Looney	Van Dyke	Van Dyke	Van Dyke	Van Dyke	Van Dyke	Van Dyke	Van Dyke	Van Dyke	Van Dyke
MacGyver	Murder, She Wrote	Reality	Play	Swamp	Witchhiker	PGA Golf	(5:00) Dick Tracy ***	Movie: L.A. Story *** S. Martin, V. Tennant (1991)	Movie: Mileary **** J. Carr, K. Bates (1990) (R)	(5:55) Texas
Movie: Home Alone *** M. Cullin, J. Pesci	Movie: Home Alone *** M. Cullin, J. Pesci (1990)	Comedy	(4:30) Movie	Movie: Big Slick * C. Siemaszko (1991)	Movie: Dragonflight * M. Piro, C. Napier	Movie: Scant of Pessalon Mulu, Z. Znic	(4:00) Cont	Be a Star	On Stage	Texas
On Stage	Texas	Nashville Now	Crook	On Stage	Texas	Nashville	Days of Century	Wildlife	Wildlife	World
Firepower	World of Valor	Invention	Life	Nature	David Letterman	Time Machine	Investigative Reports	A & E	Revus	Evening at Improv
Time	China Beach	L.A. Law	Movie: Fall From Grace ** B. Peters, K. Spacy	Witchhiker	It's Garry	Billy Tubbs	Hooney	ATP	MSL Soccer Sockers at Sidelods (L)	College Hooney
College Hooney	(5:30) Bugs Bunny	Movie: Dual of Hearts ** M. York, A. Dooly (1991)	Movie: Fantasies ** S. Pleshette, B. Newman (1990)	Children of	Bible	Day	Backstage	L'chyle	Milestone	Window
COPE	COPE	COPE	COPE	COPE	COPE	COPE	COPE	COPE	COPE	COPE
COPE	COPE	COPE	COPE	COPE	COPE	COPE	COPE	COPE	COPE	COPE

## Comics

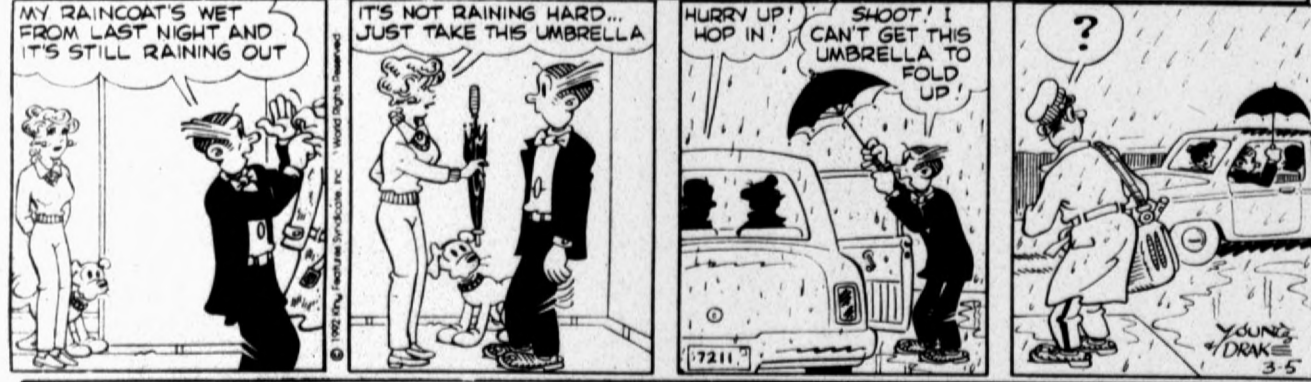
### The Wizard of Id By Brant Parker and Johnny Hart



### Barney Google and Snuffy Smith By Fred Lasswell



### BLONDIE by Dean Young and Stan Drake



### BEETLE BAILEY By Mort Walker



### Marvin By Tom Armstrong





## Research key to curing Alzheimer's disease

Alzheimer's-just the word has a chilling effect. Almost everyone knows a friend, parent, or another close family member hit by the disease.

While the search goes on for ways to treat or cure the disease, procedures for early diagnosis are being developed at a quickening pace. "We've learned more about Alzheimer's Disease during the past two years than we learned in the 20 years before that," said Dr. Carl Cotman, Director of the University of California's Irvine Research Unit in Brain Aging.

This knowledge has opened the doors to a myriad of new theories about what causes Alzheimer's and, Dr. Cotman hopes, ways to treat it.

"We believe Alzheimer's has multiple causes, because the disease progresses differently in different people. Some Alzheimer's patients live only a few years, others live 15 or 20 years. We have learned that at least one form of Alzheimer's runs in families. When we can put together the series of events which cause the brain to "crash," we'll be in a better position to treat or cure the disease," Dr. Cotman said.

Alzheimer's is a progressive disease caused by "plaques and tangles that accumulate in the brain," Dr. Cotman pointed out. "Consequently, neurons in selected brain areas are lost, and over time, the patients lose the ability to look out for their own well being."

The part of the brains controlling motor skills (walking, talking, etc.), are affected least by the disease. What this means is that while the Alzheimer victim appears in good health, the quality of that life is diminished greatly by the mind-cramping effects of the disease.

Dr. Cotman's research shows it is the "plaques and tangles" in the neurons which cause Alzheimer's crippling effects. Certain chemical reactions actually make the brain "turn on" itself by creating a sticky plastic-like substance (plaque). The neurons in the brain respond by entangling themselves and effectively shutting down the "communication" center.

Who's most likely to become an Alzheimer's victim? Dr. Cotman said

there is no "prototype". The brain's own naturally healing mechanisms play an important role. Asked how to try to avoid becoming an Alzheimer's victim, he replied, "Exercise your mind and your body, surround yourself with nurturing family and friends, and eat properly."

Asked the solution, Dr. Cotman said simply: "Research". If therapies to delay the onset of Alzheimer's aren't found, "the health care system as we know it today, will no longer exist, it will be bankrupt," he said.

There are currently around 4 million Alzheimer's victims in the United States alone, Dr. Cotman said. Of the 29 million people over 65, about 15 percent have Alzheimer. By the time the "baby boomers" reach retirement age, the over-65 population could reach 54 million.

"Current research expenditures on Alzheimer's Disease are less than \$30 per patient, compared to an estimated average of \$10,000 to \$20,000 spent last year on the patient." Even though more research dollars are becoming available, the cost of caring for a patient is also rising, Dr. Cotman added.

So, Dr. Cotman says, he hopes the progress of research over the next decade will provide "therapies which will add at least three to five years of extra strong health" for those who will develop Alzheimer's and other age-related disorders.

Another vital link between present and future success of Alzheimer research is "attracting and training enthusiastic, bright young people to carry on the research," Dr. Cotman emphasized.

"Our goal is to add life to years, not just years to life. We call it 'Successful Aging'-prolonging the quality as well as the length of life," Dr. Cotman said.

Dr. Cotman came to the University of California, Irvine in 1970, specializing in the chemistry of the nervous system. He now devotes the bulk of his efforts to Alzheimer's and other neurological disorders. He has published more than 320 research papers, written and edited seven books, and has lectured around the world.

This profile of Dr. Cotman produced by the National Committee to Preserve Social Security and Medicare, is one of a series paying tribute to the scientists working to understand the aging process and to prevent and/or alleviate the ills often associated with growing old. Research such as this holds the promise of making one's retirement a truly golden period.

However, much more needs to be done-particularly in the funding of such research. Our population is aging. Research now can forestall monumental problems in the decades ahead.



### Open house Monday

Aikman Primary School hosted open house Monday evening in conjunction with Texas Public School Week being observed through Friday. Mari Espinoza and her family enjoy the sights of her second grade class.

### Alpha Iota Mu members meet for Ladies Night Out

Replacing the regular meeting of Alpha Iota Mu Chapter of Beta Sigma Phi Sorority was Ladies Night Out held recently at the Hereford Country Club.

New pledges, Carmen Gonzales and Pattie Urbanczyk, hosted the evening's festivities which included playing Bonka. Refreshments of popcorn and punch were served.

During the business meeting with President Glenna Calaway presiding, the International Recipe Contest was discussed. Also, an announcement of the next city council meeting was read.

Thank you were expressed by several members to their secret sisters and appreciation was extended by MaryBeth Messer for choosing her to represent the chapter as a sweetheart at the annual Valentine ball.

Members enjoyed a program from the Galbraith Sales Group from Lubbock. The company supplies the chapter candy to sale for the Texas Tech Children's Research Foundation.

Debbie Meiwes and Danielle Culp were recognized as special guests by those present: Janice Betzen, Calaway, Patty Frerich, Teresa Hopping, Wanda Huseman, Marrie

Leverett, Jane Meiwes, Messer, Donna Weaver, Jill Alexander, Gonzales and Urbanczyk.

## Form partnership with your doctor

Thirty percent of all doctor office visits are to family physicians, studies show.

Family physicians are growing in numbers and better trained than ever to help you and your family stay healthy. They offer one-stop health care and can treat the entire family in 85 to 90 percent of all cases. By stressing prevention, family physicians can also help control your health care costs.

Here, from the American Academy of Family Physicians, are 10 tips for a healthy partnership with your family physician:

1. Develop an ongoing partnership for health with your family physician. Consult your family physician promptly when problems arise and continue follow-up until they are resolved.

2. Provide your family physician with your complete health history. Be honest and specific about your symptoms. Write them down as they occur including day and time.

3. Be sure your family physician knows all of the medications you are taking-particularly those prescribed by other physicians.

4. If your family physician prescribes medication, take all of it in the prescribed dosages (unless your doctor tells you otherwise) even if you start to feel better before you finish the medication.

5. Take with you a written list of questions and/or symptoms you want to discuss with your family physician. This will help you remember all of your concerns.

6. Ask questions when you don't understand a symptom, illness, or treatment. It is your right as a patient to make decisions based on knowledge.

7. Ask your family physician for materials that will help you better understand your health needs and any particular conditions you and your family may have.

8. Follow your family physician's advice on changes in your daily routine such as your diet or exercise. If a certain program isn't realistic for you, work with your physician to find one that is.

9. On your physician's advice, commit to a regular schedule of check-ups. Determine the best schedule for someone of your age, sex and medical history to have such tests as: complete blood count, blood chemistry profile, urinalysis, Pap smear, sigmoidoscopy, breast exam, chest x-ray, electrocardiogram, etc.

10. You have the right to insist on good medical care and access to every reasonable therapy.

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8:30-12:00 1:00-5:00



The Mardi Gras celebration goes back to an ancient Roman custom of merrymaking before a period of fast. In Germany, it's called Fastnacht and in England it's Pancake Day.

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Classified advertising rates are based on 15 cents a word for first insertion (\$3.00 minimum), and 11 cents for second publication and thereafter. Rates below are based on consecutive issues, no copy charge, straight word ads.

TIME	RATE	MIN
1 day per word	.15	3.00
2 days per word	.26	5.20
3 days per word	.37	7.40
4 days per word	.48	9.60
5 days per word	.59	11.80

If you run ads in five consecutive issues with NO changes, you get the same ad in the Reach 4 More free. The regular charge for that ad would be \$4.00.

**CLASSIFIED DISPLAY**  
Classified display rates apply to all other ads not set in solid word lines: those with captions, bold or larger type, special paragraphing, all capital letters. Rates are \$4.15 per column inch; \$3.45 an inch for consecutive additional insertions.

**LEGALS**  
Ad rates for legal notices are same as for classified display.

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

## 1-Articles For Sale

New and now in stock: The Roads of New Mexico, in book form. Also The Roads of Texas. \$12.95 each. Hereford Brand, 313 N. Lee. 15003

A Great Gift!!! Texas Country Reporter Cookbook -- the cookbook everyone is talking about. 256 pages featuring quotes on recipes ranging from 1944 War Worker rolls to a creative concoction using Texas tumbleweeds. \$13.95 at Hereford Brand. 17961

Repossessed Kirby & Compact Vacuum. Other name brands \$39 & up. Sales & repair on all makes in your home. 364-4288. 18874

Copier for sale - Minolta EP-50 with 5 toner cartridges. Like new. 364-5568. 19045

Most TV's can be repaired in your home. Call Tower TV, 364-4740, for quick service. All makes & models. 19549

Tandy 1000 SL2 computer, 20 meg hard drive, color monitor, 2 years old, Tandy DMP 133 printer, 364-7776, leave message. 19960

Wanted good used quality furniture. Maldonados 208 N. Main. 19992

Used Ninetendo games for Sale, \$10 each. W.H. TV & Appliance, 136 W. 3rd. Call 364-1588. 19993

Console Entertainment unit includes, TV, turntable, stereo, dual cassette player, equalizer, in excellent condition. Call after 5 p.m. 364-2522. 19995

White bedroom suite for sale, dresser, mirror, desk & chair. Call 364-4640 or 364-5332. 20013

For sale: 30-06 Winchester Model 70, like new, w/Simmons 3-10x44 scope, double case, etc. \$500 cash. 364-1446. 20015

For sale 3 piece living room set. \$60.00. Fair condition. 824 S. McKinley after 6 p.m. 20017

Arwin air conditioner, new motor in car & pump, \$150; D.P. Fit for Life weight bench, all attachments, \$50, Call 364-0330 after 5. 20021

Complete Computer set up, monitor, printer, IBM compatible, Bargain. Some software. 364-4559. 20023

For sale Laying hens, 13 months old, Call 364-1189. 20024

## 1A-Garage Sales

Garage Sale 433 Star Thursday & Friday 8-? Also Saturday 8-12. Lots of everything. 20018

Garage Sale 410 Paloma Lane Friday 8-5 & Saturday 9-? Everything very cheap, clothes for everybody, men, Women & girls. 20020

Garage Sale Saturday 206 Ranger 8-? Two weight benches, kitchen chairs, carpet, household articles, clothes for entire family. 20026

Garage Sale 102 Northwest Drive Saturday 7:30-? 20029

Garage Sale 110 Centre Saturday Only 9:00 till ? 20030

Garage Sale 716 Irving Friday & Saturday. 3 family sale. 20031

Garage Sale 801 Brevard Friday & Saturday 9-? Little of everything. 20032

Tylers inside & outside Garage Sale (400 Lawton). Some collectibles, some antiques, tools, bunk beds, wagon wheels, laying hens & fresh eggs, clothes, (big men, ladies & children). Friday & Saturday 8:30-5. 20033

## 3-Cars For Sale

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Free Estimates  
For All Your Exhaust Needs  
Call 364-7650

1982 Ford Escort. Clean and runs great. Owner financing available. Several other used cars also. Call 364-0763. 19991

1979 Mustang, air conditioning, rebuilt auto transmission, great school car, \$1800.00 OBO. Call John Cox 364-2141-Days; 355-5532 after 6 p.m. 20012

1985 4 dr Celebrity 2.8 V6, air, cruise, radio, beige, good brakes/tires. 810 Brown Rd. Canyon. (806)655-4410. Asking \$2850 or best offer. 20001

'89 Nissan 300ZX All the Bells & Whistles, low mileage, excellent condition, new tires. 538-6339, leave message if no answer. 20007

'86 Isuzui Pickup, excellent condition. 364-2057. 19872

Take over very low payments on extra clean sporty red 1990 Plymouth Sundance. Would make good school car. 276-5621. 19925

Buy cars, trucks, computers, houses, and much more dirt cheap from the U.S. Government. For information call (214)601-1331 19959

1987 F150 Ford Pickup Clean & Extra Good condition, \$4,995.00. 364-0660. 19979

1986 Ford Tempo, GL, low miles, good condition. Reasonably priced, 364-0660. 19980

For sale 1979 Chevrolet Suburban, 454 engine, super clean, \$2500.00. Call 364-1646. 19987

For sale 1987 Chevy Silverado, 1984 Delta 88, All options prices negotiable, also set of GMC Rallye Wheels. Call 578-4497. 19990

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

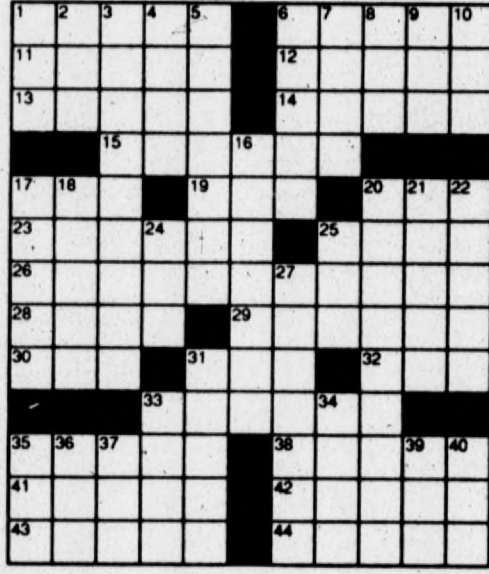
Quality Section of irrigated farm land for lease near Dimmitt. Team Bank (806-378-3270). 19871

## CROSSWORD

by THOMAS JOSEPH

**ACROSS**  
1 Makes fun  
6 — scarum  
11 Starting letter  
12 "My Fair Lady" lady  
13 Bannister, for one  
14 On the up and up  
15 Place for some blackbirds  
17 Used a hassock  
19 Watergate prosecutor  
20 "Cheers" bartender  
23 Brunch choice  
25 Altar site  
26 Parlor treat  
28 Role for Harrison  
29 Happen  
30 Balloon inflater  
31 In the style of  
32 Slugger Williams  
33 "...twixt the cup and —"  
35 Plantation setting  
38 Real bargain  
41 Bout site  
42 Custom  
43 Founded  
44 Madrid's

**DOWN**  
1 Traffic snarl  
2 Yale backer  
3 Foot-baller or hair worry  
4 In the past  
5 Sicily invader  
6 DNA shape  
7 Out of the storm  
8 Equip  
9 Terrorist's gun  
10 Wrestling room feature  
16 Beverage  
17 Ferber novel  
18 Iowa community  
20 Soup veggies  
21 Actor's comment  
22 Doled out  
24 Put down  
25 Fitting  
27 Closes tightly  
31 In the future  
33 Fork feature  
34 "—girl"  
35 Wee dollop  
36 Novelist Levin  
37 Crosses out  
39 Epoch  
40 Summer sign



**SCORE** PEEL  
LOVES TORME  
OMENS EDUCE  
WORD JASPER  
ERA BAT TEY  
ROCKAWAY  
STIR BEST  
ROLLAWAY  
GOP NEE ENE  
EXILED SAGA  
NIXES FATES  
EDITS AGENT  
TEES BERTS

## Yesterday's Answer

17 Ferber novel  
18 Iowa community  
20 Soup veggies  
21 Actor's comment  
22 Doled out  
24 Put down  
25 Fitting  
27 Closes tightly  
31 In the future  
33 Fork feature  
34 "—girl"  
35 Wee dollop  
36 Novelist Levin  
37 Crosses out  
39 Epoch  
40 Summer sign

Owner to sell NW, 3 bedroom, 2 bath with large shop. 9% non-qualifying assumable loan. 364-4633 after 6:30 p.m. 19930

Eastern New Mexico Ranch, 10,000 ac. grama grass, 3,000 ac. cult. 1,000 ac. C.R.P. Deaf Smith Co. Ranch-3300 ac. ranch/large pre conditioning yd. Contact Tony Gabel at Scott Land Co. 276-5341. 19939

Retire at Lake Tanglewood near Amarillo! 4 bedroom, 3 bath on tree lined lake front. Will trade for farmland. Call Larry or Kay, 358-7421 or 358-2022 or 622-2000, Larry Brown Realtors, Inc. 19950

House to be moved, 1200 sq.ft., metal siding, hardwood floor in living room, lots of cabinets, closets. Call 647-5526 or 647-3335. 19994

For sale by owner-Nice brick home, 2 bedroom, 1 3/4 bath, double garage, South Highway 385. Phone 364-1792 or 364-4194. 20002

**FOR SALE**  
360/ac irrigated land two miles NW of Ford. The two wells are tied together with U.G. tile. Soil is PMA Type soil. Crop Base - Wheat 138/ac.-Yld. 58 bu. per ac. Grain Sorghum 101.7/ac-Yld 146 bu per ac.  
Charlie Hill Real Estate  
1500 West Park  
Hereford, Texas 79045  
806-364-5472

## 5-Homes For Rent

Best deal in town, furnished 1 bedroom efficiency apartments. \$175.00 per month bills paid, red brick apartments 300 block West 2nd Street. 364-3566. 920

Nice, large, unfurnished apartments. Refrigerated air, two bedrooms. You pay only electric-we pay the rest. \$305.00 month. 364-8421. 1320

For rent 2 bedroom duplex with water paid. 364-2131. 19999

For rent 2 bedroom house, washer/dryer hookup, \$100 deposit, \$275/mo, you pay bills. 364-5855. Available March 5th 20000

For rent 3 bedroom, 2 bath, washer/dryer hookup, cellar, \$250 + \$100 deposit, 215 Knight. 364-4908. 19988

For rent 2 bedroom apartment, Paloma Lane Apartments, yard maintained, carpeted, range furnished, no pets, \$170/deposit, HUD contracts welcomed. 364-1255. 19567

For rent 1 bedroom apartment, all bills paid, stove, refrigerator & A/C provided. 364-3209. 19825

For rent 2 bedroom apartment, Paloma Lane Apartments, yard maintained, carpeted, range furnished, no pets, \$170/deposit, HUD contracts welcomed. 364-1255. 19567

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For rent 2 bedroom apartment, Paloma Lane Apartments, yard maintained, carpeted, range furnished, no pets, \$170/deposit, HUD contracts welcomed. 364-1255. 19567

Self-lock storage. 364-6110. 1360

2 bedroom unfurnished duplex w/d hookup, fenced yard, no pets, \$225.00 monthly. Call 364-4730 evenings. 17133

Need extra space? Need a plac to have a garage sale? Rent a min-storage. Two sizes available, 364-4370. 18115

Eldorado Arms Apartments. One & Two bedroom by the week or month, \$75 Deposit, Free cable & water. 364-4332. 18873

For rent 2 bedroom apartment, Paloma Lane Apartments, yard maintained, carpeted, range furnished, no pets, \$170/deposit, HUD contracts welcomed. 364-1255. 19567

For rent 1 bedroom apartment, all bills paid, stove, refrigerator & A/C provided. 364-3209. 19825

Three bedroom, 1 1/2 bath, fenced backyard. 293-5637. 19937

Nice 3 bedroom brick at 841 Blevins. Attached garage, hookups, fenced yard, \$350 + deposit. References. 364-4049 or 364-4921. 19976

For rent furnished efficiency duplex, stove, refrigerator, water paid, \$159.00. 364-4370. 19985

For rent 3 bedroom, 2 bath, washer/dryer hookup, cellar, \$250 + \$100 deposit, 215 Knight. 364-4908. 19988

For rent, 2 bedroom duplex with water paid. 364-2131. 19999

For rent 2 bedroom house, washer/dryer hookup, \$100 deposit, \$275/mo, you pay bills. 364-5855. Available March 5th 20000

**WE DELIVER!**  
No matter where you live, we bring you our area's #1 source of news and information.  
Call today for subscription  
364-2030  
The Hereford Brand

Haven't you been in the dark long enough?

**ADVERTISE!!!**  
The Hereford Brand  
364-2030

**Classifieds.**  
They're just for you, everyday, in the Hereford Brand.  
Call Janey Allmon today at 364-2030 and get a classified to work for you.



# CLASSIFIEDS

Call Janey Allmon at the Hereford Brand, 364-2030, or come by 313 N. Lee to place your classified advertising. We reach thousands everyday!

1,2,3 and 4 bedroom apartments available. Low income housing. Stove and refrigerator furnished. Blue Water Garden Apts. Bills paid. Call 364-6661. 770

House for rent or lease, 3 bdrm, 1 1/2 bath, builtins, fenced yard. 364-1274, 8-5; 364-3750, night; References & deposit required. 20009

For rent 3 bedroom 1 1/2 bath. 847 Irving, 375.00 month + deposit. 364-5299. 20010

### PARK PLACE APT.

Apartment for Rent  
DBL Car Garage  
364-4350

### 6-Wanted

Want to buy small recliner chair that does not rock. Must be in good condition with good springs. Call 364-6957.

### 7-Business Opportunities

Make approx. \$200/day. Need churches, schools, athletic group, club/civic group or person 21 or older, to operate a family fireworks center, June 24-Jul 4. Call 1-800-442-7711.

### 8-Help Wanted

**Wynns Store Inc.**  
We are looking for Assistant Store Directors that are energetic, well organized individuals who have the desire to work hard to be the best. Retail experience is preferred. Excellent benefit package, includes medical, dental, 401 K. Relocation may be necessary. Send resume to Wynns 5302 Ave. Q, Lubbock, Texas, 79412.

**NOW HIRING**  
National Corporation expanding in the Hereford area. We will hire three people who are honest & neat to call on our present customers & contact potential new accounts. Company benefits, earning potential of \$250 per week while learning. Call Amarillo-373-7488.

We'll pay you to type names and addresses from home. \$500.00 per 1000. Call 1-900-896-1666 (\$1.49 min/18yrs +) or Write: PASSE - 480W, 161 S. Lincolnway, N. Aurora, IL. 60542. 19997

Secretary needed. Bookkeeping, typing, answer phone. 364-2490. 20004

Pen riders. Apply in person Bartlett II Feedyard. 258-7298. 20022

**Career Opportunity** as a local representative for one of the nation's largest insurance companies. No previous experience necessary, complete training program while you learn. Benefits package, opportunity for advancement. Call Randy Edwards, American General Life & Accident Insurance Company 374-0389. Equal Opportunity Employer, M/F/H/V

Cleaning--Housekeepers light work. Earn to \$550 wk All shifts Pt-Ft. 1-800-221-9207. 19882

Town & Country is accepting applications for part time employment. Please apply 100 S. 25 Mile Ave.

### 9-Child Care

Experienced Child Care openings for children under five. Call Bonnie Cole, 364-6664. 19155

### Hereford Day Care

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

248 E. 16th 364-5062

**KING'S MANOR METHODIST CHILD CARE**  
\*State Licensed  
\*Qualified Staff  
Monday-Friday 6:00 am - 6:00 pm  
Drop-ins Welcome with advance notice  
**MARILYN BELL / DIRECTOR**  
364-0661 • 400 RANGER

### 10A-Personals

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

Problem Pregnancy Center now located 801 E. 4th, Dr. Revell's Clinic. Free Pregnancy Testing. For appointment-Call 364-2027 or 364-7626 (Janie) 1290

I will not be responsible for any debts other than my own.  
A.L. Greenway

### 11-Business Service

**WINDMILL & DOMESTIC**  
Sales, Repair, Service  
Gerald Parker,  
258-7222  
578-4646

### HOME MAINTENANCE

Repairs, carpentry, painting, ceramic tile, cabinet tops, attic and wall insulation, roofing & fencing.  
For free estimates  
Call:  
TIM RILEY-364-6761

### HOUSECLEANING

Reasonable, honest & dependable with local references.  
364-8868

**Roto-tilling: Gardens and flower beds.** Also planting lawns, sod or seed. Call for estimates. Call Nathan or Ronny Henderson at 364-4549 or 364-6355.

Furniture refinishing to look like new, regluing. For estimate call 364-7109 or come by 219 Ave. E. 20008

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

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

Garage Doors & Openers Repaired. Call Robert Betzen Mobile 346-1120; Nights Call 289-5500. 14237

### 12-Livestock

Wheat pasture for lease now. Gayland Ward-258-7394, 364-2946. 19853

Silage/growing ration preconditioning program for cattle that are leaving to come off wheat. 276-5341. 19940

Round Bale Hay for sale, \$25.00 in the field. 276-5521. 19946

For sale: Red top cane, round bales, \$65/ton; haygrazer, \$30/bale; maize butts, \$1.50 square bale. 289-5341. 19989

Heavy Springer Holstein cross heifers. Would make good nurse cows. Call 289-5963. 19998

### 13-Lost and Found

Lost: Small Chihuahua female white with tan spots. 443 Sycamore. Please return. Reward. 364-7444. 20005



The first non-Native American known to have seen what are now the states of Arizona and New Mexico was a Black explorer named Estevanico.

### AXYDLBAAXR is LONGFELLOW

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

### 3-5 CRYPTOQUOTE

'GAL XIG PYEG ZEX HIJL  
PYAWY JVEUGL YAZ,  
NKG PYEG ZEX PIKUH  
HI. - NDIPXAXF  
Yesterday's Cryptquote: AT A ROUND TABLE THERE'S NO DISPUTE OF PLACE. - ANCIENT AD-AGE

You can't lose—or get lost—with THE ROADS OF TEXAS! Texas Highways Magazine



Get your copy at the newspaper office.  
Call the Hereford Brand 364-2030

A Great Gift!!! Texas Country Reporter Cookbook -- the cookbook everyone is talking about. 256 pages featuring quotes on recipes ranging from 1944 War Worker rolls to a creative concoction using Texas tumbleweeds. \$13.95 at Hereford Brand. 17961

reach 2.4 million Texans for only \$250

Now you can run your classified ad in newspapers all across Texas for \$250.

That's right—a 25 word ad costs only \$250 to run in 225 newspapers with a combined circulation of more than one million (that's 2.4 million readers) throughout the Lone Star State.

One call to this newspaper, that's all. We'll place your ad in 225 newspapers. All you have to do is get ready for results.

This new sales opportunity is brought to you by this newspaper and the Texas Press Association member newspapers

CALL 364-2030

Statewide Classified Advertising Network



# What was that you said?

What is the difference in sending a Valentine's Card or simply saying, "I love you"? The spoken word has little staying power. With Valentine's Day only coming once a year, a few words is not enough to last. The card, however, is something you can hold on to, refer back to, carry with you, read again and again, save in your scrapbook forever. The card is a lasting record and a part of your personal history. The same can be said when comparing radio to newspaper. Notice which one can be held, referred back to, carried on shopping trips, and found in libraries for generation after generation.

## Newspaper vs. Radio

- Radio copy depends on word imagery and it is limited to 30 or 60 seconds, not enough time for complex issues.
- Average recall for a 1/2 page newspaper ad is 32%; for a 1/4 page ad, it's 31%. Radio ad recall is only 4%.
- Once a commercial is aired, it is gone. There is absolutely no tangible evidence it existed. For those listeners not tuned in at that specific time, the commercial is lost.
- Radio is an entertainment medium. People listen for musical enjoyment (passive experience).
- Newspapers are an information medium. People read to seek data and learn (active experience).
- Newspapers are the only medium that allow shoppers to compare values offered by competitive advertisers.
- 77% of all newspaper readers look at every page. No audience can actively listen to the radio 77% of the time (Audits and Survey, Inc.).
- 44% of newspaper readers look forward to ads, compared to 10% for radio (Audits and Survey, Inc.).

Newspapers are the way to reach today's consumers

Make your message last... with

THE **HEREFORD BRAND**

**Schlabs Hysinger**  **SERVING HEREFORD SINCE 1979**  
COMMODITY SERVICES

1500 West Park Ave. 364-1281  
Richard Schlabs Steve Hysinger

Phone 364-1286 Each Trading Day After 5:30 P.M. for Recorded Commodity Update

### Prices effective Wednesday, March 4, 1992

CATTLE FUTURES		GRAIN FUTURES	
<b>CATTLE-FREEDER (CME) 4,000 lbs., cents per lb.</b>			
Mar	79.10	79.10	79.10
Apr	77.10	77.10	77.10
May	75.10	75.10	75.10
Jun	73.10	73.10	73.10
Jul	71.10	71.10	71.10
Aug	69.10	69.10	69.10
Sep	67.10	67.10	67.10
Oct	65.10	65.10	65.10
Nov	63.10	63.10	63.10
Dec	61.10	61.10	61.10
Est. vol. 1,814; vol. Tues 1,477; open Int. 10,902. -1.			
<b>CATTLE-LIVE (CME) 600 lbs., cents per lb.</b>			
Apr	78.00	78.00	78.00
May	76.00	76.00	76.00
Jun	74.00	74.00	74.00
Jul	72.00	72.00	72.00
Aug	70.00	70.00	70.00
Sep	68.00	68.00	68.00
Oct	66.00	66.00	66.00
Nov	64.00	64.00	64.00
Dec	62.00	62.00	62.00
Est. vol. 21,457; vol. Tues 16,589; open Int. 96,379. +143.			
<b>WHEAT (CBT) 5,000 bu., cents per bu.</b>			
Mar	264.00	264.00	264.00
Apr	274.00	274.00	274.00
May	284.00	284.00	284.00
Jun	294.00	294.00	294.00
Jul	304.00	304.00	304.00
Aug	314.00	314.00	314.00
Sep	324.00	324.00	324.00
Oct	334.00	334.00	334.00
Nov	344.00	344.00	344.00
Dec	354.00	354.00	354.00
Est. vol. 43,200; vol. Tues 33,877; open Int. 125,000. +708.			
<b>SOYBEANS (CBT) 5,000 bu., cents per bu.</b>			
Mar	581.00	581.00	581.00
Apr	591.00	591.00	591.00
May	601.00	601.00	601.00
Jun	611.00	611.00	611.00
Jul	621.00	621.00	621.00
Aug	631.00	631.00	631.00
Sep	641.00	641.00	641.00
Oct	651.00	651.00	651.00
Nov	661.00	661.00	661.00
Dec	671.00	671.00	671.00
Est. vol. 43,200; vol. Tues 33,877; open Int. 125,000. +708.			
<b>WHEAT (CBT) 5,000 bu., cents per bu.</b>			
Mar	264.00	264.00	264.00
Apr	274.00	274.00	274.00
May	284.00	284.00	284.00
Jun	294.00	294.00	294.00
Jul	304.00	304.00	304.00
Aug	314.00	314.00	314.00
Sep	324.00	324.00	324.00
Oct	334.00	334.00	334.00
Nov	344.00	344.00	344.00
Dec	354.00	354.00	354.00
Est. vol. 17,000; vol. Tues 22,716; open Int. 59,102. +38.			

METAL FUTURES	
<b>GOLD (CMX) -100 Troy oz., \$ per Troy oz.</b>	
Mar	350.00
Apr	350.00
May	350.00
Jun	350.00
Jul	350.00
Aug	350.00
Sep	350.00
Oct	350.00
Nov	350.00
Dec	350.00
Est. vol. 18,000; vol. Tues 13,790; open Int. 103,531. +296.	
<b>SILVER (CMX) -5,000 Troy oz., cents per Troy oz.</b>	
Mar	408.00
Apr	418.00
May	428.00
Jun	438.00
Jul	448.00
Aug	458.00
Sep	468.00
Oct	478.00
Nov	488.00
Dec	498.00
Est. vol. 9,000; vol. Tues 13,445; open Int. 85,406. -348.	

FUTURES OPTIONS	
<b>CATTLE-FREEDER (CME)</b>	
Strike	Call
Price	Put
Mar	Apr
Apr	May
May	Jun
Jun	Jul
Jul	Aug
Aug	Sep
Sep	Oct
Oct	Nov
Nov	Dec
Dec	Jan
Jan	Feb
Feb	Mar
Mar	Apr
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Feb</	





### Musical this weekend

The First Baptist Church Youth Choir will be presenting the musical, "Let's Go to the Rock", at 7:30 p.m. Friday and 7 p.m. Sunday in the auditorium of the Stanton Special Programs Center. The public is invited to attend the performances which will feature music from the 1950s. There is no charge. Rehearsing for the musical are Misty Peabody and Tim Burkhalter. Steve Hall, minister of music and education at First Baptist Church, is the director. Beth Frye is choreographer and Bonnie Wuerflein serves as drama coach.

## Ask Dr. Lamb

**DEAR DR. LAMB:** Do you have any information on atrial fibrillation? My husband, age 39 and in excellent health otherwise, has just been diagnosed with this.

**DEAR READER:** There are two types of atrial fibrillation. Some people have episodes of atrial fibrillation and a normal heart rhythm in between. Others have persistent or chronic atrial fibrillation. Atrial fibrillation means the top sacular chambers of the heart are actually twitching at a rate of about 500 per minute rather than contracting in a rhythmic fashion. It does decrease the pumping efficiency of the heart.

There are many causes for atrial fibrillation, including an overactive thyroid as occurred in President Ford's case. A transient episode can occur from an acute illness, particularly diarrhea with a loss of potassium. Alcohol will cause an attack of atrial fibrillation in some instances. In general, caffeine is apt to make heart irregularities worse.

The first question concerning your husband is what is causing his atrial fibrillation. It can be an indication of underlying heart disease. Many patients who have a heart attack develop atrial fibrillation as part of the picture. Others just have coronary artery disease without having had a heart attack. And an inflammation of the heart may cause it. What needs to be done for your husband and what he can do about physical activity depends on the cause.

I have discussed atrial fibrillation in Special Report 102, Heartbeat: Too Fast, Too Slow, Irregular, which I am sending you. Others who want this report can send \$3 with a long, stamped (52 cents), self-addressed envelope for it to THE HEALTH LETTER/102, P.O. Box 5537, Riverton, NJ 08077.

Americans spend about \$400 a year on razor blades a year.

**DEAR DR. LAMB:** I have had blood clots in my right arm and shoulders on two occasions. My doctor put me on Coumadin, a blood thinner. I have a prothrombin test every three weeks and have been on Coumadin for two years.

Lately I have been tired, sleepy and weak. I asked my doctor, who is a vascular surgeon, what the side effects of Coumadin were, and he said that is why you are having blood tests to make sure it is not thinning your blood too much. When I first left the hospital he told me some signs to watch for, but I can't remember them. A pharmacist told me that it was a dangerous drug and I shouldn't be on it any length of time.

Now I have to go back to work in a few weeks and I'm so weak I'm not sure I can make it. Can you tell me if this is from the Coumadin?

**DEAR READER:** Coumadin is widely used in patients who have clot formation including after some cases of heart attacks. Its main action is to prevent blood clotting. Its greatest risk is that, by preventing clotting, you may bleed. As your doctor said, you are having blood tests to be sure you do not have too much of a tendency to either bleed or to clot.

The only way it should make you tired is if you have bled and are anemic. A simple blood test to measure your red blood cells will answer that. You must have misunderstood the pharmacist. As long as the blood-clotting mechanism is within normal limits, which is controlled by the amount you take, you can take it for years, as many patients have. Do be checked for anemia caused by blood loss.

Dr. Lamb welcomes letters from readers with health questions. You can write to him at P.O. Box 5537, Riverton, NJ 08077. Although Dr. Lamb cannot reply to all letters personally, he will respond to selected questions in future columns.

## Ann Landers

**DEAR ANN LANDERS:** Your column has been a great place to vent anger and that is what I need to do.

I work in the office of a cardiologist and help run cardiac stress tests on patients. The law requires that the cardiologist be present during this exam. The patients are given specific appointment times and they are always prompt. The problem is that the physician is often an hour or more late.

Invariably, the patients take out their anger on the technical and nursing staff. I have told these people to let the physician know how they feel, but no one ever does. Even the most irate patient becomes a pussycat the moment the doctor enters the room. The cardiologist will give the patient some excuse about an emergency somewhere, which is rarely the case.

Why don't these people realize that they are paying dearly for terrible service? Very few people would tolerate such irresponsible behavior from anyone else whose services they were paying for, and I might add, doctors these days don't come cheap.

I believe if more people would speak up and remind the physician that the patient's time is just as important as the doctor's and let the "employee" know who is "boss," this problem would quickly disappear.

Ann, help these people wake up and smell the coffee--Monia in Sarasota

my father covered up for her. Please don't print my name or state. I don't want to let the world know about the rotten treatment I got, but do print my letter for the benefit of others who may one day face this experience.--Hurt and Angry in Never Never Land

**DEAR NEVER NEVER:** "Things" do not make people happy. You are going to fare a lot better than your sister who got the best jewelry and the fancy clothes.

Clothes wear out and jewelry becomes less exciting after you've had it a while. I'll opt for self-respect any day of the week. My hat is off to you for taking the high road. And don't think for a minute that your father doesn't know the score. And so does your mother.

Is alcohol ruining your life or the life of a loved one? "Alcoholism: How to Recognize It, How to Deal With It, How to Conquer It" can turn things around. Send a self-addressed, long, business-size envelope and a check or money order for \$3.65 (this includes postage and handling) to: Alcohol, c/o Ann Landers, P.O. Box 11562, Chicago, Ill. 60611-0562.

## American homes changing

Americans today are rethinking the home--what it is and how it is used--in ways that may affect the design, construction, selection, purchase and remodeling of future houses, according to a recent study on trends and patters in household life.

The report concludes that American homes could be much more useful to the people who live in them. Signs of change can be found in following initiatives:

\*Some developers are moving away from large, homogeneous tract subdivisions to more socio-economically diverse and more environmentally sensitive developments.

\*Builders, furniture designers and appliance manufacturers such as Whirlpool use barrier-free and universal designs to meet the needs of both general and special population groups.

\*The housing industry is exploring flexibility in home design to accommodate a household life that includes a growing number of diverse and concurrent activities--elder care, child care and home offices.

**Mr. Burger**

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## Have a healthy heart

Some people can consume great quantities of food high in dietary cholesterol, yet their blood cholesterol may be low. For theirs, the link between dietary cholesterol and blood cholesterol is stronger. Scientists are studying how and why people differ in their responses to dietary cholesterol, says Mary Helen Gunkler, registered dietitian and staff nutritionist for Total cereal.

She goes on to say that the best advice now is to limit foods that can contribute to high blood cholesterol--a major risk factor for heart disease. Such foods include those high in dietary cholesterol and those high in saturated fat. Gunkler also recommends limiting overall fat in the total diet.

Good goals for everyone are:  
 \*No more than 30 percent of calories from fat.  
 \*No more than one-third of these fat calories from saturated fat.  
 \*No more than 300 milligrams of dietary cholesterol per day.  
 Achieving these goals is a matter

of moderating food quantity and choosing good alternatives that are equally delicious. Here are examples:  
 \*Select low-fat milk, yogurt, cheese and sour cream. Limit use of cream and full-fat cheeses.  
 \*Decrease use of butter and unsaturated vegetable fats, margarine and oils.  
 \*Limit whole eggs to no more than three per week. Choose egg whites or cholesterol-free egg substitutes.  
 \*Decrease use of butter or cream sauces with vegetables. Serve vegetable with seasonings.

Gunkler concludes that making changes like these is an important first step in reducing dietary cholesterol and, thus, blood cholesterol. She says that blood cholesterol also can be decreased through loss of excess weight plus exercise.

The onion was regarded by the Romans as a god who guarded the kitchen and guided the healing of battle wounds and skin diseases.

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**Deaf Smith General Hospital**  
*Neighbors Caring For Neighbors*

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QUALIFICATIONS:

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