

The Hereford Brand

• Hustlin' Hereford, home of Jacob "Big Jake" Brewer 93rd Year, Vol. No. 57 Deaf Smith County, Texas 10 Pages 25 Cents

Dozens die when Amtrak train derails

By GARRY MITCHELL
Associated Press Writer
SARALAND, Ala. (AP) - An Amtrak train jumped the tracks on a bridge and plunged into a foggy bayou before daybreak today, trapping passengers in a submerged car and killing at least 26 people, authorities said.

It was the deadliest crash in the history of Amtrak, created in 1970 to run the nation's long-distance passenger trains. Sixteen people were killed on Jan. 4, 1987, in an Amtrak crash in Chase, Md.

All three engines and four of the eight cars on Amtrak's Sunset Limited derailed just after 3 a.m. in a remote, swampy area on the northern outskirts of Mobile, Amtrak spokesman Clifford Black said in Washington. Two of the derailed cars were passenger cars, he said.

Steve Huffman, public information officer for the Mobile fire department, put the number of confirmed dead at 26, and authorities said they feared it could go higher. One of the train's four passenger cars was completely submerged.

The cause of the accident was not known. A section of the bridge was collapsed after the wreck, one car perched precariously at the edge of the damaged area. At midmorning, smoke was still rising from an engine that caught fire after the wreck, and more than a dozen rescue boats were visible from the air.

Water at the site is reported to be about 25 feet deep, the railroad said. A freight train passed the scene just prior to the accident and reported no problems.



Bus passing law strengthened

Motorists are reminded that the Texas Legislature this year strengthened the penalty for a person found guilty of overtaking or passing a school bus while its lights are on. Under state law, when a bus has its yellow or red warning lights flashing -- as shown here during an afternoon stop along North Lee on Tuesday -- motorists are required to stop until the bus begins moving and its light switch off. Under the new law, the crime is a Class B misdemeanor, punishable by a fine of \$200 to \$1,000, which no longer can be handled through Justice of the Peace or Municipal courts. Instead, an offender may be arrested and booked into the county jail and charges filed through the district attorney's office, with the case heard before County Judge Tom Simons.

SPS settles rate case; 2.9 percent price drop ahead

AUSTIN (AP) - Amarillo-based Southwestern Public Service Co. says it has agreed to a settlement that will reduce its overall Texas retail electric rates by about \$13 million, or 2.9 percent, beginning Oct. 15.

annually, according to the company. The decrease would be 3 percent for industrial rates, and 3.4 percent for commercial rates.

cent per kilowatt hour is to "satisfy state-favored conservation ideas," said Gerald Diller, SPS vice president of rates and regulation.

Air controllers say new radar system flawed, poses dangers

By JAMES H. RUBIN
Associated Press Writer
WASHINGTON (AP) - Air traffic controllers say their new \$839 million radar system has some gnawing flaws: planes vanish from screens, phantom images appear and even a wayward squirrel can chew up the network.

operating in 1989 and is being used in 62 airports now, including eight military bases. That total, according to the schedule, will more than double by 1995.

ional Airport said there are instances when two planes take off at the same time on parallel runways and one of them disappears from the screen. "It seems to me St. Louis is an accident waiting to happen," one controller wrote NASA in August 1991.

Hospital projects \$12.89 million revenue for '93-94

BY SPEEDY NIEMAN
Editor-Publisher
Deaf Smith County Hospital District directors, in regular session Tuesday night, authorized the creation of a Rural Health Clinic, reviewed a first draft of the 1993-94 hospital budget, formally changed the name of the hospital to Hereford Regional Medical Center (effective Oct. 1), approved staff credentials for two physicians, and heard the

monthly medical staff, operations, financial, and quality management reports.

for the hospital last month, directors formally approved the new name of Hereford Regional Medical Center. A ribbon-cutting ceremony and reception is scheduled Oct. 1 for the historic event.

Hospital approves rural health clinic

After several months of consideration, directors of Deaf Smith County Hospital District Tuesday night authorized the creation of a Rural Health Clinic--a move which board president John Perrin said would expand health care to "serve the under-served," and also benefit the hospital and local doctors.

to a private physician. Ron Rives, Deaf Smith General Hospital CEO, pointed out that the RHC should reduce the load of patients at the hospital emergency room, serve a social need as health care becomes more accessible for Medicare and Medicaid recipients, make physician recruitment more attractive, and increase hospital services used by the RHC.

Paul Fowler, chief financial officer, reported revenues were down from last month, resulting in an operation loss of \$227,289 for the month. An adjustment on interest costs accounted for part of the "paper loss," said Fowler. With non-operating revenue added to the financial report, the net loss was reflected as \$72,172.

Clinton's health plan to be unveiled today to Congress

WASHINGTON (AP) - The sweeping health care reform package President Clinton will unveil in an address to Congress tonight could be a boon to Texas.

that the new federal mandates would crush many small businesses.

health plan. And Howden says the organization is planning to take action.

HISD adopts \$1.239 tax rate

The Hereford ISD board of trustees on Tuesday officially set the district's 1993-94 tax rate in a one-agenda-item meeting that lasted 21 minutes, but which only required one minute to conduct the business.

office with officials from the city, county and chamber of commerce.

In addition, he appointed Veazey and Joe Flood to the County Education District board to replace former trustees John Fuston and Dennis Newton.

S P T S 2 2 9 3

Lifestyles

PPPA to celebrate silver anniversary

The grand finale of Planned Parenthood's 25th Anniversary will be a gala on Friday, Oct. 1, at the Amarillo Garden Center.

The evening of celebration will begin at 7 p.m. with complimentary cocktails and hors d'oeuvres. Dinner will follow with international cuisine from Amarillo's finest restaurants.

Entertainment will be Mary Ellen Morgan from California who portrays Margaret Sanger in a one-woman show. She presents Sanger in the style and mannerisms of the 1930's and brings her work to life.

A special award will be presented to Estelle Marsh for her 25 years of support of Planned Parenthood. She will be the first member inducted into the Margaret Sanger Circle. The society was founded to honor individuals who have exhibited extraordinary and continuing commitment to the Planned Parenthood

mission.

In addition, all of the entries from the Kids Art Contest, "Images of Families" will be on display. Children in kindergarten through 5th grades from youth groups and the general public participated by drawing any kind of picture of their family.

"This has been such an exciting year with many events to commemorate our 25th anniversary," said Ginger Green, President of Planned Parenthood's Board of Directors. "The Gala will give our many supporters an opportunity to celebrate the success of Planned Parenthood coming from its humble beginnings of one small office serving a few women to now serving thousands at 18 offices," she continued.

Tickets for the Gala are \$50 per person. Reservations may be made by calling the Planned Parenthood office at 372-8731.

Ann Landers

DEAR ANN LANDERS: Please tell your readers not to get a dog and then keep it in the backyard alone for hours, days, weeks or years. Dogs are pack animals. They yearn for companionship. They become melancholy and miserable when they are alone for long periods of time.

Dogs, like humans, need fresh water, fresh food and something to think about. A dog left alone in the backyard will often bark non-stop for hours. He is trying to get his message across. Yes, your neighbors can hear it. And no, they don't like it. Do you want your neighbors lying awake all night thinking of creative ways to kill your and/or your dog?

If you are not willing to invest the time and energy to train your dog so it can be part of your family, please don't get one. There is nothing so heartwarming as the love and loyalty of a dog, but it is better for the animal to be destroyed than to be left alone, neglected, bewildered and confused, brimming with love but with no one to accept it.—Faithful Reader in Buellton, Calif.

DEAR BUELLTON: On behalf of all dog lovers, I thank you for writing a letter with a strong message. I hear barks of approval from the 1,200 cities where my column is printed.

DEAR ANN LANDERS: I've grown up reading you and have learned a lot from the people who have written in. A few weeks ago, you printed a letter that really hit me between the eyes. It was from a woman whose husband was addicted to pornography. Her story was so much like mine I couldn't believe it. My husband also had a huge collection of pornographic magazines and videos. I, too, had the feeling that he was comparing me to every woman who walked and had breasts. I felt degraded and hurt. But I decided to do something about it. I finally worked up the courage to seek counseling.

My therapist helped me see that I was not the inferior person my husband had made me out to be. I now know that pornography addicts generally have low self-esteem and seek to build themselves up by putting women down.

Our society is horrified at child molesters but fails to recognize that this is an extreme manifestation of a sexual addiction. Sex addicts can be peeping Toms or even married men who go from one affair to another.

Ten suffragists were arrested in 1917 as they picketed the White House.

Russian novelist Leo Tolstoy was born in 1828 near Tula.

We need to stop perpetuating the myth that a fondness for pornography is just a stage all boys go through. In fact, it can lead to addiction, which is a personality disorder that is extremely damaging to the "boys" and ultimately to the unfortunate women they date or marry.—A Voice of Experience in Ohio

DEAR VOICE: Thanks for a lot of good information. You have helped a great many readers today.

DEAR ANN LANDERS: My problem is my ex-husband. He is a smoker. I personally do not care if he croaks from all his smoking. But the problem is that our 7-year-old son, "David," has asthma and "Mark" continues to smoke around him.

I have sent Mark tons of information about the effects of secondhand smoke on asthmatics, but the ignorant fool still smokes around David during weekend visitations.

What can I do to stop him from smoking around my son? Please don't tell me to talk to him. He tuned me out years ago.—Sylacauga, Ala.

DEAR ALABAMA: Enlist the help of the child's pediatrician. Asthma is a serious condition, and Mark may be endangering David's life by smoking in his presence. This could be cause for losing visitation rights.

Lonesome? Take charge of your life and turn it around. Write for Ann Landers' new booklet, "How to Make Friends and Stop Being Lonely." Send a self-addressed, long, business-size envelope and a check or money order for \$4.15 (this includes postage and handling) to: Friends, c/o Ann Landers, P.O. Box 11562, Chicago, Ill. 60611-0562.

Littlefield Young Homemakers Arts, Crafts Festival Nov. 13

Plans are underway for the 11th Annual Littlefield Arts and Crafts Festival sponsored by the Littlefield Young Homemakers. The event is scheduled from 9 a.m. until 6 p.m. Nov. 13 at the Lamb County Ag and Community Center, located on Hwy. 385 and 17th St.

Fifty booths will be filled with an array of handmade items. There will be no commercial articles.

An admission charge of \$1 will entitle each person who attends to a chance at door prizes which will be awarded throughout the day. Proceeds will be used by the Littlefield Young Homemakers in their adult education programs and

for community and charity work. Booth spaces are available at this time. The organization wishes to extend a welcome to anyone interested in attending or reserving booth space.

For additional information, contact Trudy Austin, 1214 13th St., Littlefield, Texas 79339 or call 1-385-3148.

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Information on breast cancer is updated

You may be hearing lots of facts and figures about breast cancer during the month of October which is National Breast Cancer Awareness Month.

Some of those facts are alarming; others are encouraging. Yet the basic message for October is simple: breast cancer, when detected early, can often be completely cured, and you can help detect this disease.

The bad news about breast cancer is sobering. The incidence of breast cancer is going up and scientists do not know exactly why. This year, 180,000 American women will develop cancer of the breast. Most will have no known risk factor for the disease—meaning all women are at risk.

The good news is that, despite increasing incidence rates, the death rate from breast cancer has been fairly stable for many years. Improvements in early detection of breast cancer and in treatments for the disease help account for this trend. Also, earlier diagnosis now gives women more options for treatment:

approximately 36 percent of women who develop breast cancer do not have a breast removed.

Early diagnosis is the key to treating breast cancer. After treatment for early breast cancer, a woman's survival rate is as high as 90 percent. Every woman should take an active role in protecting her health by practicing monthly breast self-examination, having a yearly breast exam by a physician and getting regular mammograms after age 40.

Many women become so afraid of what they might find that they avoid examining their breasts. It is vitally important not to be ruled by fear. Even if you or your physician find a lump, the chances of it being cancer are small—one in five. However, if there is a problem, early detection not only improves your survival chances, it may also improve your chances of avoiding a mastectomy.

There is some confusion over the statistic that "1 in 8 women" will develop breast cancer during their lifetime. This figure refers to women who live to age 90, at which time their chances of developing the disease jump to 1 in 8.

The risk of breast cancer increases with age: at age 30, women have a 1 in 2,525 chance of developing the disease; at age 40, 1 in 217 chance; and at age 50 the rate jumps significantly to 1 in 50.

Whatever your age, remember that taking care of your breasts is not something to be put off until tomorrow, but an essential and life-long project.

LOS ANGELES (AP) - James Caan says a man found dead outside an apartment where he was staying apparently fell while trying to jump from a stairwell to the apartment's balcony.

Caan was questioned for 10 hours Saturday by police about the death of Mark Schwartz, 25, of West Hollywood. The actor said in a TV interview Sunday that Schwartz was drunk and trying to enter the apartment of a mutual friend where Caan was spending the night.

"He tried to jump across the balcony and fell," Caan told Fox News through a gateway intercom at his Bel-Air home.



A New Vision

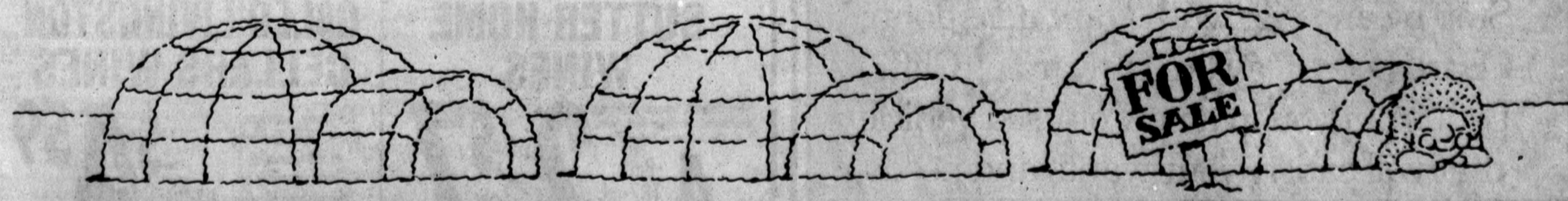
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Sports

Herd spikers can't hold off Sandies

Hereford's volleyball team jumped out to an early lead Tuesday against Class 5A power Amarillo High, but the Sandies caught up and eventually won 16-14, 15-8 in Amarillo.

Hereford dropped to 15-4 in losing its last match before opening District 1-4A play at 2 p.m. Saturday in Dumas. Amarillo High is now 22-1 after winning its 16th straight match.

Hereford scored the first six points

of the match and after Amarillo High caught up momentarily, Hereford took a 10-5 lead.

"Early on our passing was pretty good," Hereford coach Brenda Reeh said. "Amarillo High was never able to set up a really good offense. We kept them off balance by hitting to different spots, tipping to different spots."

"In both games, the errors we did make were very quick—in other words, we'd shank a service receive, or we'd miss a serve," Reeh said. "We'd lose quick points that would give Amarillo High unearned points. Those things demoralize our kids."

"In the second game, our blocking fell apart, and as a result our passes were not quite accurated," Reeh added.

Hereford's junior varsity scored an upset in the first match of Tuesday's doubleheader, downing the Sandie JV 15-10, 2-15, 15-7.

"The girls hustled and never gave up," JV coach Royce Spies said. "They just believed they could beat (Amarillo High)."

Clarrisa Ramirez served for 11 points, including two aces, and Mindy M. Salazar served nine points, including five to close out the match.



Piggy back ride

A defender for Hereford's eighth grade White B team jumps on a Valleyview ballcarrier as Hereford teammates hit him low. Hereford lost this game 14-0 Tuesday in Hereford.

JH gridders win 2 games

Hereford Junior High's football teams won two out of eight games Tuesday.

Both wins came in Hereford. The eighth grade White A team beat Valleyview 14-0, and the seventh Maroon B team beat Borger 34-0.

Also in Hereford, the seventh Maroon A team lost 24-6 to Borger, and the eighth White B lost 14-0 to Valleyview.

In Borger, the eighth Maroon A team lost 44-14 and the B team lost 48-6. At Valleyview, the seventh White A lost 22-0 and the B team lost 26-0.

Deadline is Friday for Y youth sports

Friday is the deadline to sign up for the Hereford YMCA's youth sports leagues. The boys' flag football and girls' volleyball leagues are for kids in grades one through six.

Call the YMCA at 364-6990 to sign up or to get more information.

Naz spikers lose

Nazarene Christian Academy's seventh grade volleyball team saw the Amarillo Catholic Middle School team come from behind in the third game to beat the Nazarenes 15-12, 4-15, 16-14 Tuesday in Hereford.

Bart Starr, famous Green Bay Packer quarterback, wasn't drafted until the 17th round in 1956.

Scientist: Chinese distance runners may not be using enhancing drugs

By JIM LITKE
AP Sports Writer

If you cut up recent newspaper headlines about China's female distance runners, then pasted them back together in a different order, you could come up with this tabloid gem on your own:

"Fueled by Suspicious Potions, Employing Bizarre Training Methods, Mysterious Femmes From Middle Kingdom Run Away from Rest of World"

It's a composite, sure, but barely a stretch. Since the Chinese runners burst onto the international scene at last month's World Championships

Cowboys demote starting LB Jones

IRVING, Texas (AP) - Dallas Cowboys' middle linebacker Robert Jones, who didn't have a tackle in Sunday night's 17-10 victory over the Phoenix Cardinals was demoted Tuesday by coach Jimmy Johnson.

Johnson moved outside linebacker Ken Norton into Jones' position in the middle. Rookie linebacker Darrin Smith was promoted to first string weakside linebacker in Norton's former position.

"Jones was inconsistent and we need to get someone in there who can make plays," said Johnson.

in Stuttgart, coverage of their accomplishments has been tinged by rumors of drug use or colored by sensationalism. And it only worsened after another set of eye-popping performances at their National Games in Beijing.

"If they ratify these records, it will set women's middle and distance running back 25 years," Mary Slaney, the greatest U.S. middle distance runner ever, was quoted as saying early last week. "It will ruin the sport."

They were said to dine on soup made from soft-shell turtles and drink a worm-based tea commonly sold in China's herbal market as an aphrodisiac for men. They were said to run marathon distances each day, training at altitude away from prying eyes and modeling their style on the sika deer and the ostrich.

At least, that was the story cheerfully told during a rambling news conference two weeks ago staged by their coach, Ma Junren.

"If anyone is interested in us," Ma said at one point, suggesting his training methods might be for sale, "we always need funds to buy turtles."

The really funny thing is that much of what he has been saying might be true.

This comes from no less an authoritative source than University of Alberta zoology professor Larry

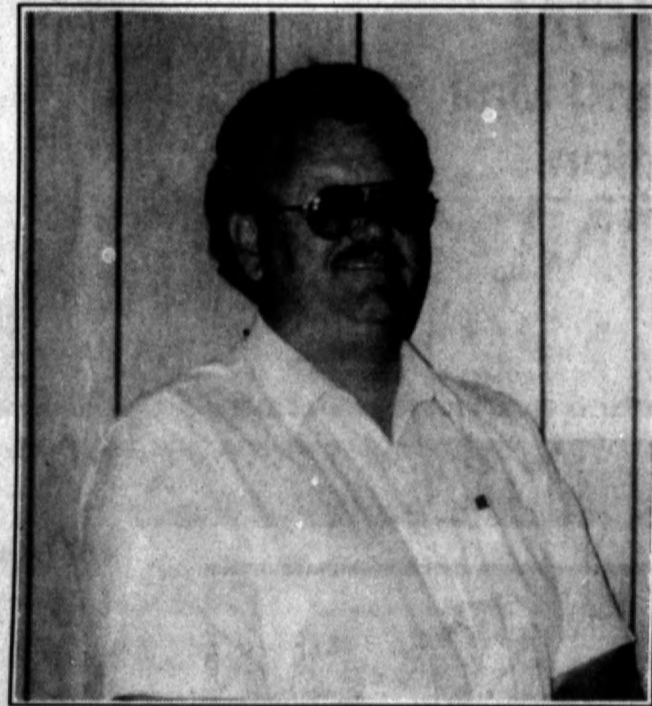
Wang, who has spent most of the past 20 years trying to expand the limits of human performance. In fact, Wang, who was a pretty fair long jumper during his university days in Taiwan, just about predicted the record-setting binge at an academic conference a week before it happened.

"What I said," he clarified during a telephone interview over the weekend, "was that I wouldn't not be surprised to see world records falling very quickly in the very near future."

"I'm not sure it was a prediction exactly. I only knew about the Chinese training methods what I read in the papers. But the point I was trying to make ... was that the elements for a jump in the performance level of athletes like distance runners are coming together at the present time."

After settling in Canada 23 years ago, Wang set out to find a way to enable people to better survive in the cold. Gradually, his research settled on the body's ability to store and burn various fuels. What kept thwarting his efforts at improvement was a chemical called adenosine, which was released by the body as a protective

(See CHINA, Page 5)



Hereford Auto Center is proud to announce the addition of

Gary Phipps

to our staff of sales professionals. Gary recently worked at Rix Funeral Directors.

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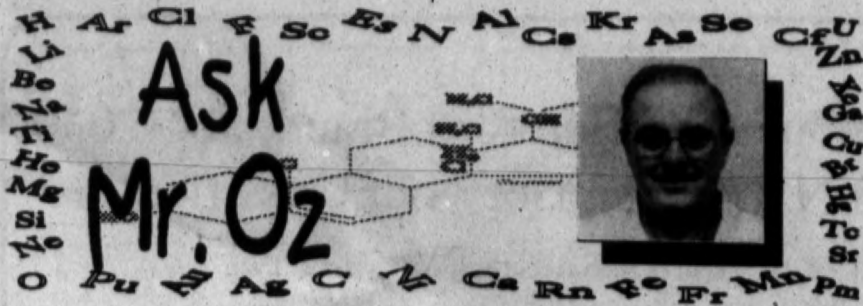
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HOMELAND



Fire safety check can save your life

QUESTION: What causes lightning?

ANSWER: A flash of lightning is a big spark of electricity. If it goes from cloud to cloud, it causes no harm. However, if it goes from cloud to ground, it may cause a lot of harm to buildings, plants, animals -- or even humans.

Electricity is a form of energy, and energy is the ability to do work. Objects are made of matter, which is something that weighs and takes up space. All matter is made up of tiny particles called atoms.

These atoms are made of even smaller particles called neutrons, protons and electrons. The neutrons have no charge. The protons have a positive (+) electrical charge and the electrons have a negative (-) electrical charge.

Generally, an atom has the same number of protons as electrons and is said to be neutral. Positive charges are attracted to negative charges, but negative charges go away from (repel) negative charges. Positive charges also repel each other.

Lightning is caused when clouds

have an overabundance of negative charges at the bottom. These charges are attracted to the positive charges on the ground below.

The result is a huge spark called lightning.

The negative charges usually hit the highest thing around that has a positive charge, like a tall tree. Hint, don't stand under trees during an electrical storm.

By the way, Benjamin Franklin discovered that lightning has electricity.

You see, he was in the way at his home while his wife was house cleaning on this rainy, stormy day.

His wife said, "Ben, why don't you go fly a kite?" he did just that. He attached a house key to the kite string and when lightning struck, a big spark joined the negative charge from the cloud to the positive charge in the key.

Later, Ben invented the lightning rod, which, when put on buildings, sends the electrical charge into the ground, thus protecting the building from harm by fire.

Most people think a fire will never happen to them. Yet each year, a half million home fires kill more than 3,500 people--about 10 a day. What makes these deaths even more tragic is that the vast majority of these fires can be prevented.

During National Fire Prevention Week, Oct. 3-9, people are urged to take 10 minutes to check their homes for fire hazards.

Since home fires peak during the winter months, when use of heating equipment is at its highest, October is a good item to give your home a

fire safety check.

Among the tips offered in the brochure are the following:

- The kitchen is the number-one site for home fires. Keep a fire extinguisher in the kitchen near an exit door, and on each floor of your home.

- Keep portable space heaters at least three feet away from combustibles. If a heater isn't keeping you warm enough, you're asking it to heat too big a space. Don't move closer to it; fix your heating problem.

- don't run electrical cords under a carpet. Walking on a cord can damage it and lead to fire.

- Never leave cigarettes during unattended. Keep ashtrays on stable surfaces. Use large ashtrays that fully contain smoking materials.

- In the bathroom, don't hang clothes or towels to dry on or near a heater.

- Don't let your attic get too cluttered, and don't put combustibles next to the chimney.

- Always use a fire screen on a fireplace. Move furniture and other combustibles at least three feet away from fire. Don't leave papers near the fireplace.

- Have your furnace professionally inspected and cleaned once a year, preferably before heating season starts.

- Recent studies indicate that clothes dryers can be fire hazards. Keep the dryer exhaust duct and housing free of lint. Don't leave home or go to bed with the dryer running.

Degrees are awarded to residents

Degrees have officially been conferred on the first graduating class of West Texas A&M University.

Receiving degrees from Hereford were William R. Baxter, BBA degree in marketing; Imogene M. Conway, MED in education; Suzanne Gaitan, BS in interdisciplinary; Sara E. Gallagher, MED in administration; Ann M. Lueb, MED in administration; Manuel O. Rendon III, MED in administration; Debra A. Tabor, BS in interdisciplinary; and Criselda Vela, BGS in general studies.

WTAMU's graduating class represented five states and 46 cities and towns in Texas.

Whether you are considering getting your ears pierced for the first, second or "umpteenth" time, there's good news about ear piercing today. You probably didn't know it, but the equipment used in ear piercing is overseen by several stringent government health agencies.

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Fall fashion timed right

Ahh, fall. A time for fresh air, long walks in the park, and new autumn styles and colors from European and American designers alike.

Women's fashions this fall have a little of something for everyone. Tailored clothing takes on a simple, chic look in easy layers and main-tailored pants with wide bell-bottoms, while casual looks are tantalizing and alluring in soft rayons and cashmeres. Elegant evening fashions are exactly that - elegant - as satins, silks, angora and, of course, sequins play up the dazzle in ultimate desire. Hot colors this fall play around the earthtones, with lots of tapestries and rich hues

thrown in.

Accessories, too, take on new importance this fall, not just as accents but as fashions statements. Bags are a little smaller in either shoulder strap or unusually shaped carrybags, often adorned with chains or pins. Belts, too, stay away from basics and are adorned with fringe, chains, bold inlaid pearls and faux gemstones. A new Edwardian look that focuses on gemstones and shimmer also will emerge strong.

And in keeping with the times and setting its own trend, Citizen Watch company of America introduces its all-new Gemstone Jewelry Boutique Collection of elegant watches. Bringing together the idea combination of beauty and fashion, the new collection features stunning bracelet models with inlaid pearls and gemstones on sculpted and fluted bracelets for an exquisite look and feel at an affordable price. What's more, the new collection allows for coordination of gemstones with champagne dials, or with mother-of-pearl dials in black or white for versatility and fashionable beauty.



The oldest surviving datable bridge in the world, the stone bridge in Izmir, Turkey, dates back to 850 B. C.

Senior Citizens

LUNCH MENUS

THURSDAY-Baked ham, great northern beans, broccoli, hash brown potatoes, carrot and raisin salad, fruit and cookies.

FRIDAY-Catfish nuggets, cheese grits, brussels sprouts or green beans, orange gelatin and carrot and pineapple salad, fruit cobbler.

MONDAY-Enchiladas, pinto beans, Spanish rice, tossed salad, fruit and cookies.

TUESDAY-Chicken fried steak with gravy, mashed potatoes, beets, buttered broccoli, sliced pineapple and cottage cheese, chocolate cake.

WEDNESDAY-Turkey and dressing with gravy, glazed sweet potatoes, green beans, cranberry gelatin salad, pumpkin pie.

ACTIVITIES

THURSDAY-Stretch and flexibility 10-10:45 a.m., oil painting 9-11 a.m. and 1 p.m., choir 1 p.m., birthday social 6:30 p.m.

FRIDAY-Line dance 9:45-11 a.m., water exercises, garage sale.

SATURDAY-Games noon until 4 p.m., garage sale.

MONDAY-Line dance 9-11 a.m., devotional 12:45 p.m., water exercises.

TUESDAY-Stretch and flexibility 10-10:45 a.m., water exercises, Beltone hearing 1-4 p.m.

WEDNESDAY-Stretch and flexibility 10-10:45 a.m., ceramics 1:30 p.m., water exercises.

MILL VALLEY, Calif. (AP) - Grace Slick's home went up in smoke as a brush fire raced through the wooded hills of Marin County.

The rock star, lead singer for Jefferson Airplane and its later incarnation as Jefferson Starship, arrived at the house soon after the fire was contained Thursday.

"It was sad and very numbing," said Marin Fire Department spokesman Chris Collins, who walked through the wreckage with her. "It's a sad moment for her."

Pushed by high winds, the fire burned 12 acres in upscale Mill Valley before it was contained.

Slick, 53, was the lead vocalist on "Somebody to Love" and "White Rabbit," among other hits.

Merry Mixers Dancers Club Square Dance Lessons



September Lessons Are Free

Lessons begin Thursday, September 23, and are held every Thursday at 7:30 p.m. at the

Hereford Community Center

Roy Johnson-Caller

Couples:

For more information call 364-0832

What Does A Typical Brand Reader Look Like?



That's difficult to say because you are as different as your substantial number would imply! You are one of the 4,100 households we're invited to every evening. That's quite a few. According to the most recent census, our township has slightly less than 5000 households.

Your vocation is part of a broad spectrum as well -- white collar, blue collar, owners, managers, cowboys, teachers, housewives, students and professional.

Yet, with all your individual complexities, your interest in local issues and news gives you and other readers a common bond which is separated only by your level of curiosity.

You are an informed, intelligent and often vocal audience, and we're happy to be a part of your household every evening!

The Hereford Brand
 "We Reach Thousands Every Day!"
364-2030

Ask Dr. Lamb

Martinez attending Austin College

DEAR DR. LAMB: Can you help me with the meaning of "TIA"? I am 79 years of age and have high blood pressure. Our family doctor put me on Dynacirc and Procardia. Another doctor closer to home told me I didn't have to take so much high blood pressure medicine. I quit taking the Procardia. Two weeks ago while shopping, I became ill and passed out. Two salesmen helped my husband lay me down and then someone called 911.

They gave me oxygen and an IV in the hand. I came to in awhile and they took me to the hospital. They took blood, did an EKG and a head scan. I think the Procardia pills were too strong for me and lowered my blood pressure too much. I feel OK, but the nurse at the hospital said this could happen again. I weigh 134 pounds, am 5 feet tall and am trying to lose more.

DEAR READER: I can't be sure what you had without more specific facts. You could have fainted for a variety of reasons. Low blood pressure could cause that. Most medicines do not have a long-term effect, and if it had been more than a day, or two at the most, the effects of the Procardia would have been over. The medicine would have been broken down and eliminated by your body.

Did your question about TIA mean someone mentioned that as a possible cause? It could have been. These are transitory ischemic attacks, often called mini-strokes. One could cause you to lose consciousness. That would go along with the nurse's comment that it could happen again. A TIA may cause any of the symptoms of a stroke, which are quite varied, but the symptoms or findings are of very short duration and leave no residual damage: no permanent paralysis, loss of balance or speech problems.

Anyone who has high blood pressure is at increased risk of a stroke, which includes a TIA. It may well have been that by decreasing your medicine, you may have had a rise in blood pressure which may have been related to the episode. No one should change their medications without discussing it with the doctor who is directly responsible for their care. Once you have a TIA you are likely to have another, and if that is what you had, you would need additional treatment to help prevent the risk of another attack.

To give you more information on what a TIA is and its significance, I am sending you my new Special Report 202, Strokes: Prevention and Recovery. Others who want this report can send \$3 with a stamped (52 cents), self-addressed, No. 10 envelope for it to THE HEALTH LETTER/202, P.O. Box 5537, Riverton, NJ 08077-5537.

DEAR DR. LAMB: I am 72 years old and having trouble with ear-wax accumulation. It affects my hearing. Occasionally I have my ears cleaned out by a doctor. I would like to know if there is any safe way that I can keep my ears cleaned out myself at home?

DEAR READER: Probably. A good approach is to put a few drops mineral oil (not baby oil) in your ears each day. In a short time, the wax will soften and simply flow out. That is a good way to prevent ear-wax accumulation, but when a large amount has already accumulated, you may need help to have the wax removed. Even then, having softened the wax for days before having them cleaned helps a lot.

While ear wax can affect your hearing, you may also have a hearing loss on another basis. An ear specialist can determine that and, if you need help, whether a hearing aid would be beneficial.

DEAR DR. LAMB: I had my gallbladder removed by laser a year ago. The surgeon who performed the operation said I had cirrhosis of the liver. He said the liver was inflamed and very yellow and I was in the second stage. He told me if I drink alcohol I have two years to live and maybe only five years even if I don't drink. I'm a 40-year-old female and have been an alcoholic since I was 32

years old. Can anything be done?

DEAR READER: Cirrhosis of the liver means it has been inflamed and damaged to the point that severe scarring has occurred with the loss of liver cells and a decreased ability to regenerate. It is irreversible. It is also the ninth most common cause of deaths in the United States. A shocking 60 percent of these deaths from cirrhosis are caused by the continual use or abuse of alcohol. There are

many different causes for cirrhosis of the liver, but alcohol abuse is the leading cause.

You don't have to be old to have cirrhosis, as your case indicates. It is the fifth most common cause of death in women between ages 35 and 54 and the fourth most common cause in males of the same age group. Here again is one of the leading causes of death in young people which can be prevented in over half of the instances

by people's lifestyle.

Cirrhosis of the liver can also follow viral hepatitis B and C, obstructive diseases of the bile tract, various infections including syphilis, some medicines in common use and from congestive heart failure.

You will want to read about cirrhosis of the liver in my new Special Report 145, Hepatitis and Cirrhosis. I'm sending you a free copy. Others who want this report can send \$3

with a stamped (52 cents), self-addressed, No. 10 envelope for it to THE HEALTH LETTER/145, P.O. Box 5537, Riverton, NJ 08077-5537.

There are things that can be done to help preserve your liver function as long as possible, which I have discussed in the report I'm sending you. But the most important of all of these is that you should never use any alcohol again. It is a toxin and will speed the loss of your liver function.

Hereford resident, Tamarah Martinez, is a member of the class of 1997 at Austin College, having begun classes at the college Aug. 30.

Martinez, a graduate of Hereford High School, is the daughter of Mr. and Mrs. Robert Amason.

More than 320 new freshmen and transfer students enrolled at AC during registration Aug. 27. All new students moved onto campus and took part in orientation activities.

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DON'T MISS THIS LIMITED TIME OFFER! TOTAL CLEARANCE PRICE REDUCTIONS MARKED ON EVERY ITEM IN OUR STORE. HURRY!

SALE ENDS SOON!

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• NOTHING HELD BACK!

SALE ENDS SATURDAY, SEPTEMBER 25TH

Hurry to One of Our Greatest Sales Events Ever! Every Floor Sample, Every Style and Every Color is On Sale. Save 20%, 30% and Even Up To 50% OFF! Hurry, this Sale Ends Soon!

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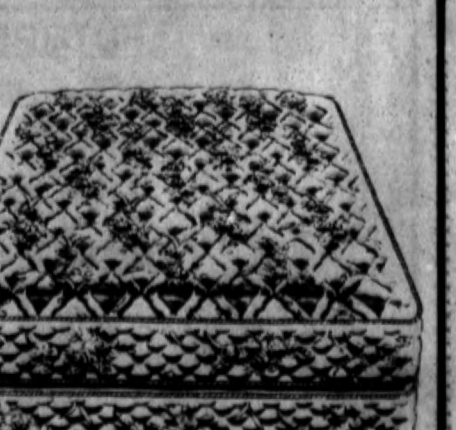
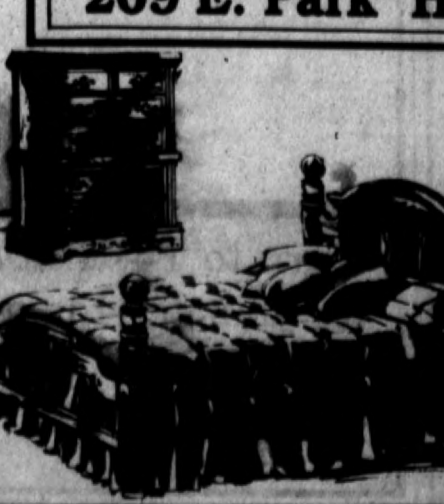
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105 GREENWOOD

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LEVI'S® CLASSIC DENIM JACKET

- REG. 47.99
- 100% cotton
- Yoke front
- Side pockets
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- **SAVE \$10**



PREWASH

STONWASH

RELAXED

DOCKERS® TWILL

23.99

MEN'S LEVI'S® 501® PREWASH JEANS

- 100% cotton
- Original button-fly
- Five-pockets, straight leg
- Indigo blue or black
- Sizes 29-42
- *Limit 6 pair per customer*

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MEN'S LEVI'S® 501® STONWASH JEANS

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- Original button-fly
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- Assorted colors
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- *Limit 6 pair per customer*

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MEN'S LEVI'S® 550® RELAXED FIT JEANS

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- Zipper-fly
- Five-pockets, straight leg
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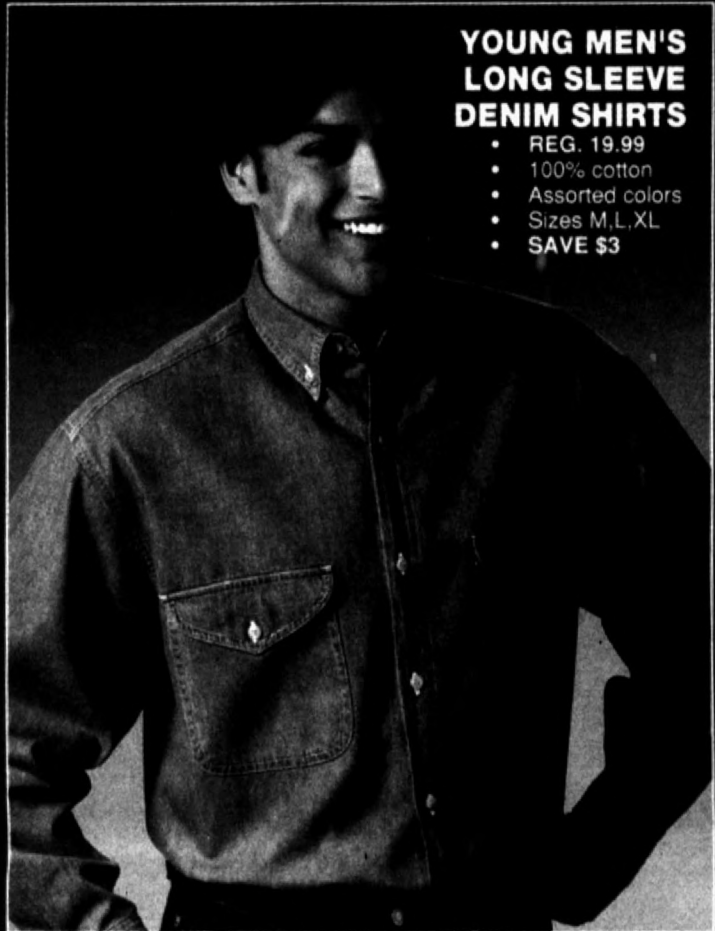
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MEN'S LEVI'S® DOCKERS® CASUAL TWILL SLACKS

- 100% garment washed cotton
- Pleat front
- Relaxed fit
- Assorted colors
- Sizes 30-42
- *Basic model #20529-05*

**YOUNG MEN'S
LONG SLEEVE
DENIM SHIRTS**

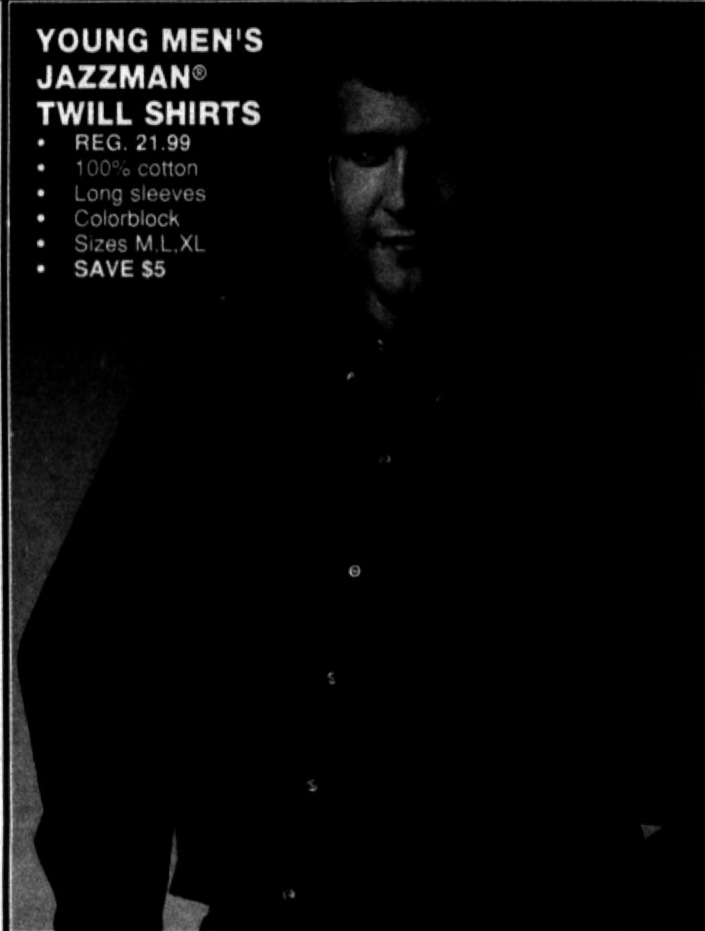
- REG. 19.99
- 100% cotton
- Assorted colors
- Sizes M,L,XL
- **SAVE \$3**



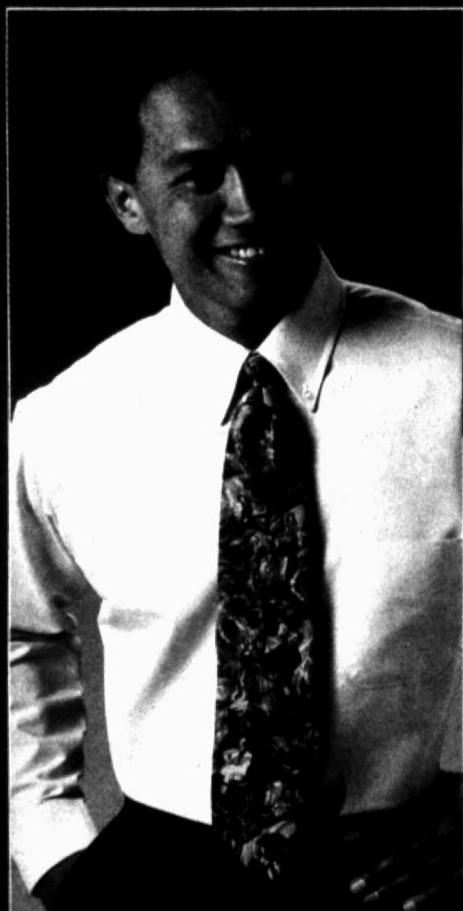
Your Choice
16.99

**YOUNG MEN'S
JAZZMAN®
Twill SHIRTS**

- REG. 21.99
- 100% cotton
- Long sleeves
- Colorblock
- Sizes M,L,XL
- **SAVE \$5**



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Large Group Men's Fashions



**ENTIRE STOCK
MEN'S LONG SLEEVE
SOLID DRESS SHIRTS**

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- Easy care blends
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- Your choice of solids
- Men's sizes 15-17 1/2
- **SAVE UP TO \$7**

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MEN'S FASHION
TIES**

Reg. \$15 **10.99**
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- Polyester or silk
- Assorted patterns and prints
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Reg. \$45 **29.99**

- Polyester and polyester-wool blends
- Assorted styles
- Your choice of colors
- Men's sizes 32-42
- **SAVE UP TO \$15**



HAGGAR



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COLLEGIATE
PRINT T-SHIRTS**

- REG. 14.99
- Assorted teams
- Sizes M,L,XL,XXL
- Selection will vary by store
- **SAVE \$4**

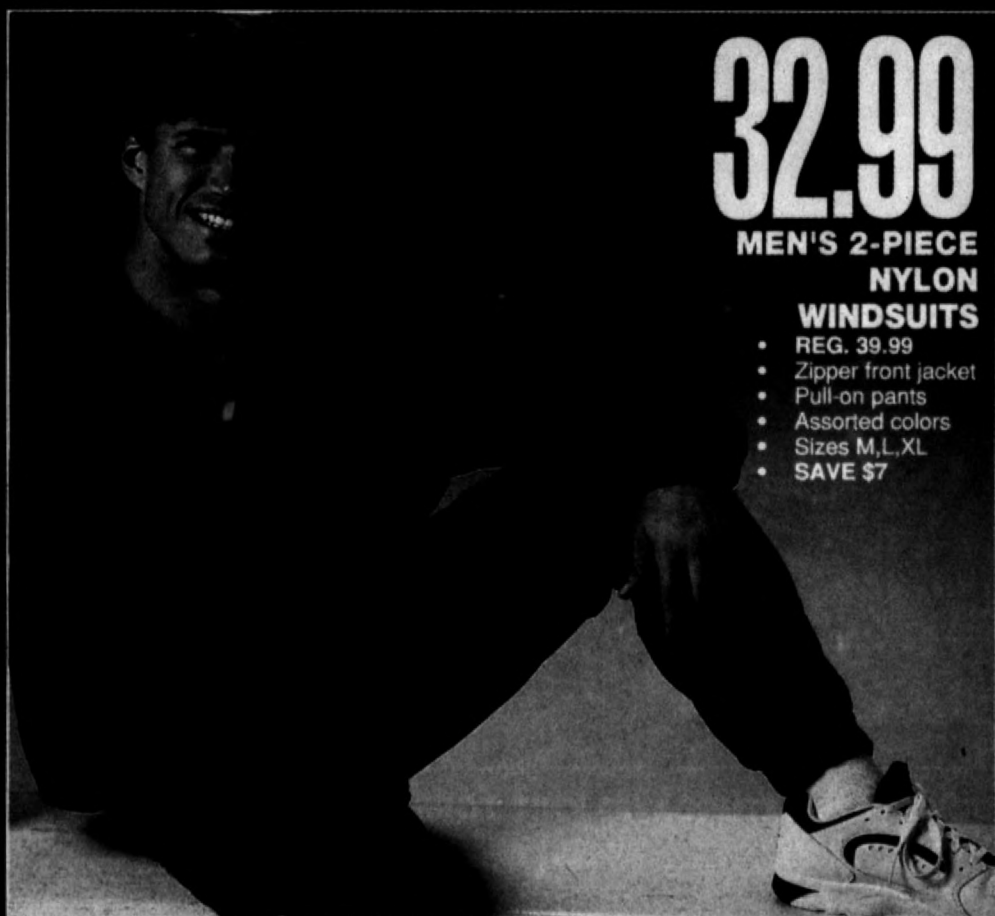
Top of the World®
Baseball Caps **10.99**
Reg. 14.99.....



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**KNIGHTS OF
ROUND TABLE®
FLEECE TOPS**

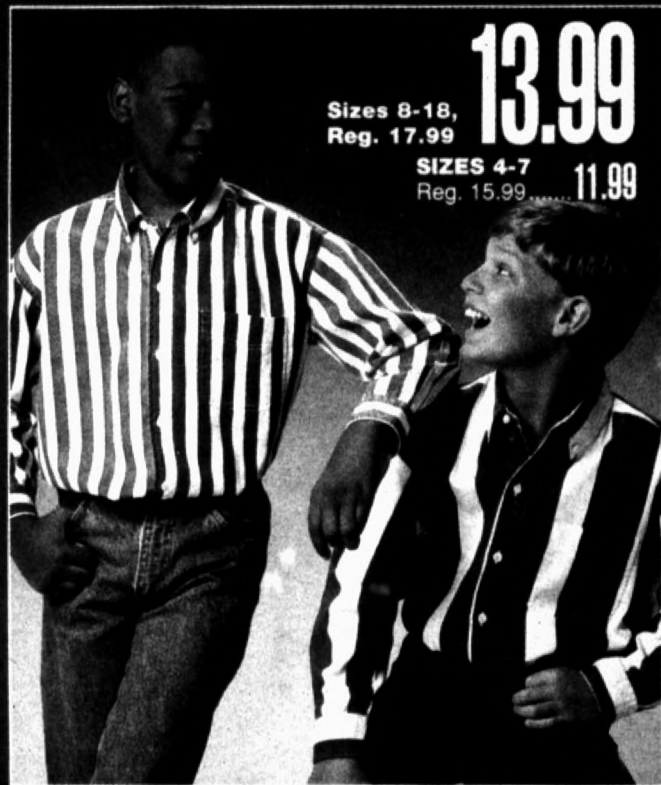
- REG. 29.99
- 100% cotton
- Sizes M,L,XL
- Selection will vary by store
- **SAVE \$10**



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**MEN'S 2-PIECE
NYLON
WINDSUITS**

- REG. 39.99
- Zipper front jacket
- Pull-on pants
- Assorted colors
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- **SAVE \$7**



Sizes 8-18,
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SIZES 4-7
Reg. 15.99 **11.99**



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4-7 Tops
Reg. 15.99

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4-7 Pants
Reg. 18.99

BOYS' 4-18 JAZZMAN® WOVEN SHIRTS

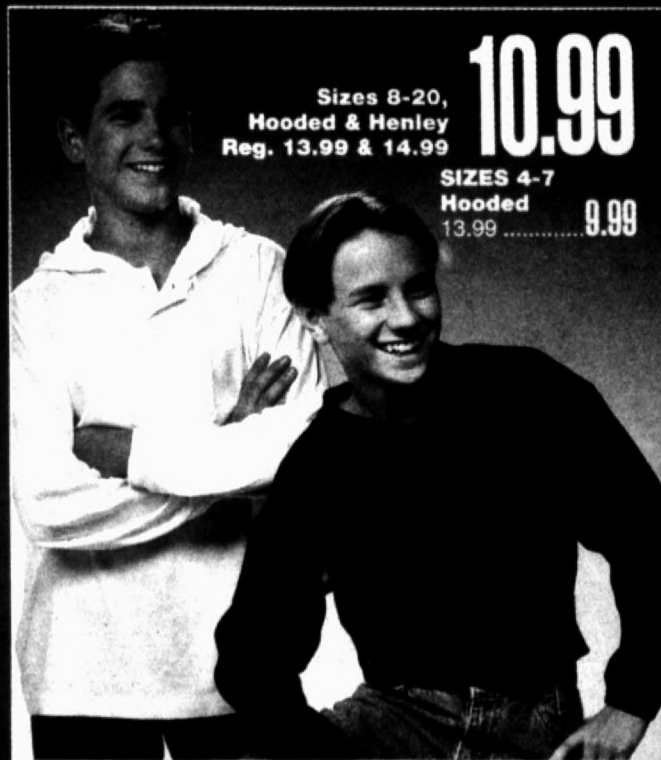
- 100% cotton
- Long sleeves, button-front
- Assorted colors and stripes
- **SAVE \$4**

BOYS' C-LIFE® SEPARATES

- Assorted tops and bottoms
- Selection will vary by store

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8-18 Tops
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Sizes 8-20,
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SIZES 4-7
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13.99 **9.99**



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Sizes 4-7,
Reg. \$22

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BOYS' 4-20 SATURDAYS® KNIT TOPS

- 100% cotton knit
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BOYS' LEVI'S® 550® JEANS

- 100% prewashed cotton
- Relaxed fit, zipper-fly, tapered leg
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25% Off

BOYS' WINDSUITS

Sizes 4-7 Reg. 24.99 to 36.99
Sizes 8-20 ... Reg. 29.99 to 49.99

- Licensed and non-licensed
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33.74

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BABY WEEK

BABY WEEK SALE TODAY THROUGH SUNDAY, OCTOBER 3

8.99

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 Infants' 12-24 Months
 Reg. 15.99

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 Toddlers' 2-4T, Reg. 16.99

2-PIECE DISNEY® FLEECE SETS

- Long sleeve tops
- Pull-on pants
- Assorted Disney® prints
- Easy care fabric
- SAVE \$8

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- REG. 8.99 TO 22.99
- Mix and match
- Tops, jeans, pants and more
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GIRLS' 4-6x, 30% off
 Reg. \$9.99 to \$11.99

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25% Off

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BABY LAUNDRY ITEMS**
 Ends 6/16 to 7/30
 • REG. \$2.99
 • By Spencer's, Target and Children's
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**OSHKOSH B'GOSH
PANDA SLEEPER**
 • REG. \$9.99
 • Machine wash
 • Long sleeves
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**BABES ALLEY® SMALL
DIAPER BAGS**
 • REG. \$9.99
 • Easy to carry, roomy enough for
 everything you need
 • Selection will vary by store
 • SAVE \$3



25% Off

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 • Machine washable
 • Assorted colors
 REG. \$2.99 to \$10

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WEEK



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 Sizes 4-6x
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CHILD 4-6x TURTLE NECK SWEATER

- Long sleeves
- Ribbed crew neck
- Ribbed cuffs
- Ribbed hem
- 100% Cotton

14.99
 Sizes 7-14
 Reg. 22.99

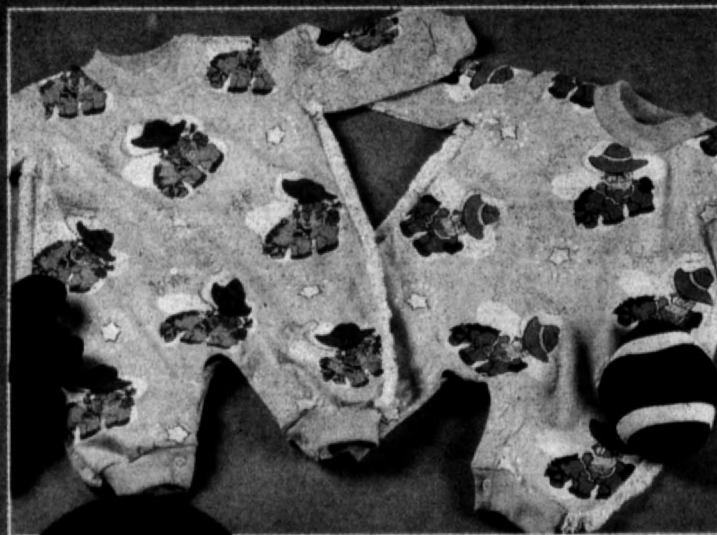
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SAVE 30% OFF ANY ONE REGULAR PRICE CHILDREN'S ITEM IN STOCK

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HEAVY HOODED OVERALL

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- Machine washable
- Long sleeves
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- REG. 15.99
- Acrylic knit
- Solids or stripes
- Sizes S,M,L
- SAVE \$3



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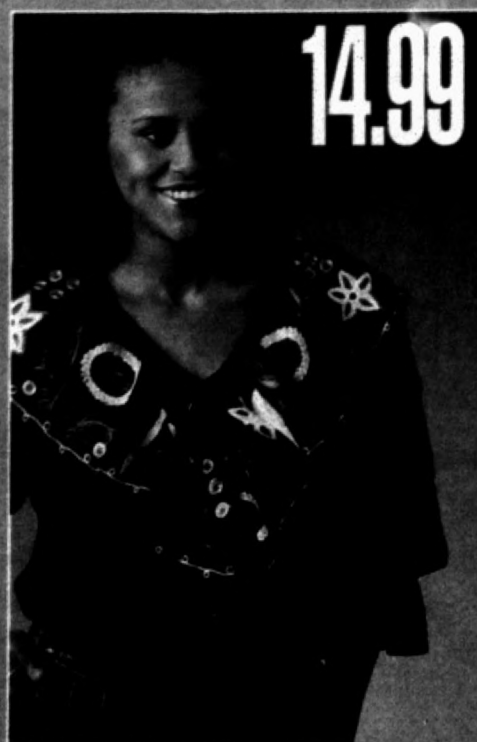
- REG. 8.99
- 100% cotton knit
- Assorted solids
- Sizes S,M,L
- SAVE \$2



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**WOMEN'S
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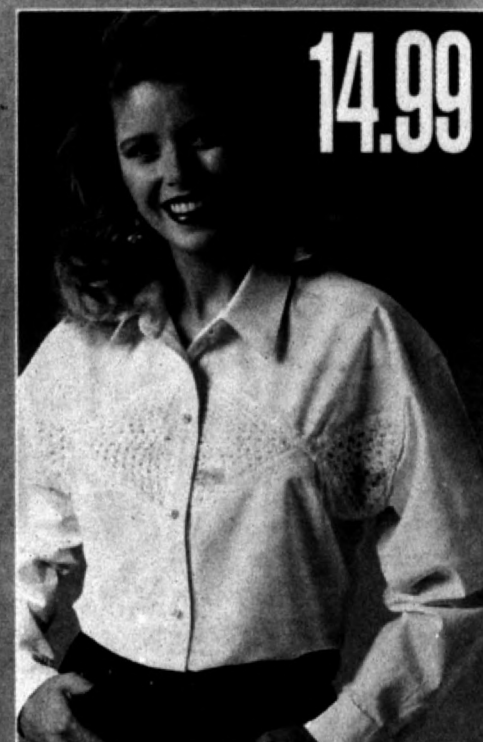
- REG. 12.99
- Elastic waistband
- Assorted colors
- Sizes S,M,L
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**JUNIORS' LONG SLEEVE
NOVELTY POPLIN SHIRTS**

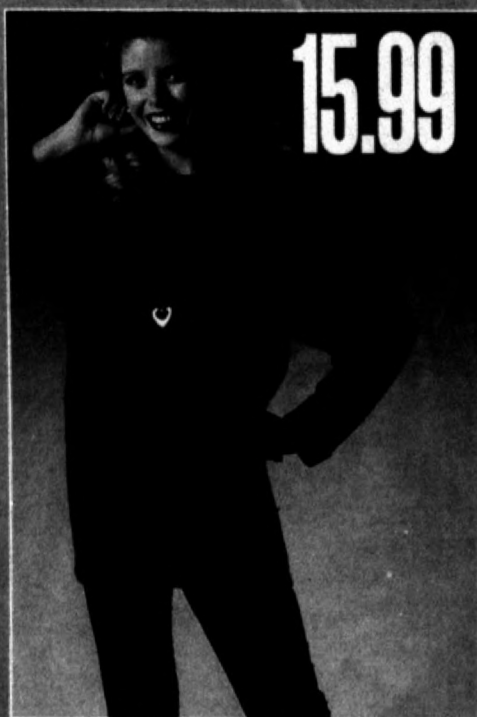
- REG. 21.99
- 100% cotton
- Long sleeves, novelty detailing
- Sizes S,M,L



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**JUNIORS' LONG SLEEVE
NOVELTY POPLIN SHIRTS**

- REG. 21.99
- 100% cotton
- Long sleeves, novelty detailing
- Sizes S,M,L



15.99

**WOMEN'S TEXTURED
TUNIC TOPS**

- REG. 19.99
- Polyester-cotton
- Long sleeves, assorted colors
- Sizes S,M,L



**Juniors'
9.99**

JUNIORS' BODYSUITS

- REG. 13.99
- Long sleeves, Assorted colors
- Sizes S,M,L
- Selection will vary

GIRL'S BODYSUITS
Size 7-14, Reg. 6.99



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THE 29.99 DRESS

- Assorted knit and woven styles
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- Women's sizes 8-18, juniors' 3-13, S,M,L
- Selection will vary

LEGGING SETS

- REG. 39.99
- Textured knit
- Oversized top, pull-on leggings
- Sizes S,M,L
- Selection will vary



PULL-ON PANTS

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PLUS SIZES	
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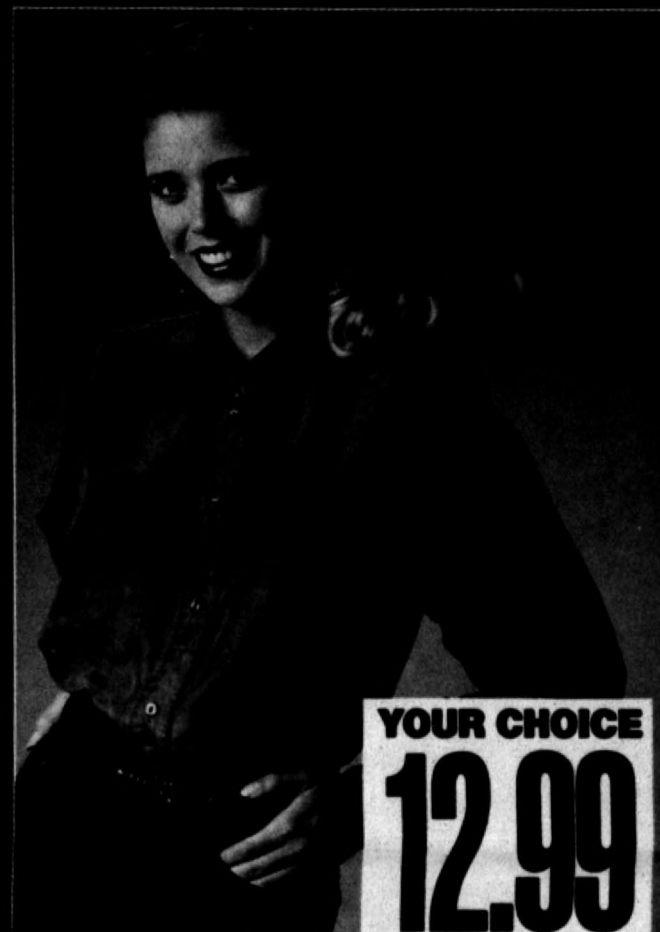
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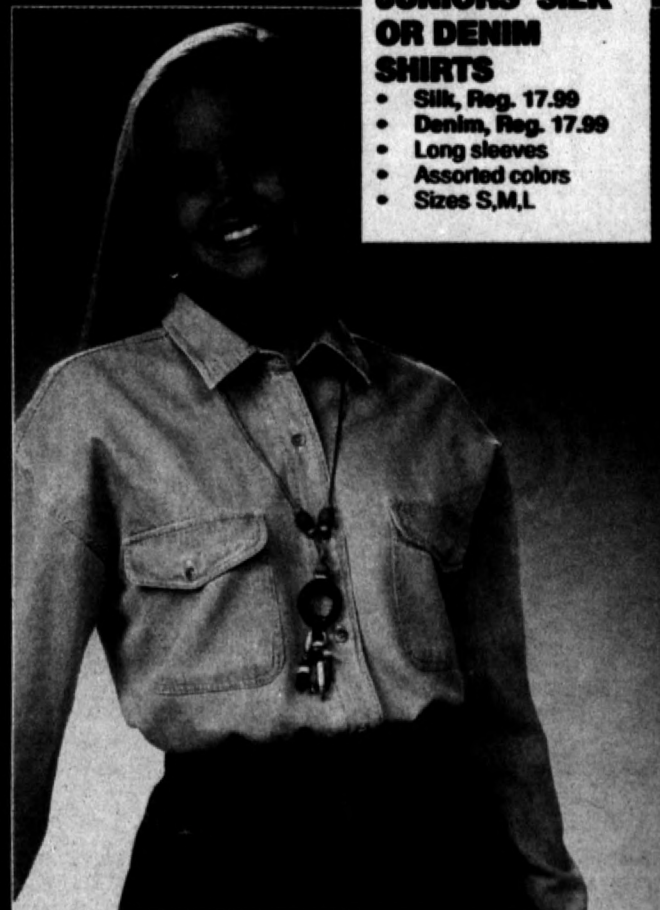


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JUNIORS' SILK OR DENIM SHIRTS

- Silk, Reg. 17.99
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- Long sleeves
- Assorted colors
- Sizes S,M,L





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- Assorted styles
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Sale 5.60
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- Slips and camisoles
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SIZES 5-7. REG. \$4

LORRAINE® PANTIES

- White, beige
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SIZES 8-10,
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- Leather upper
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- Waterproof membrane
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- Lined interior
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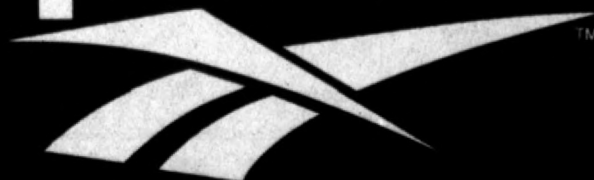
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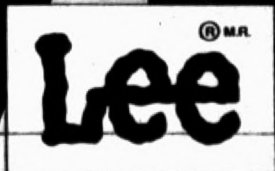
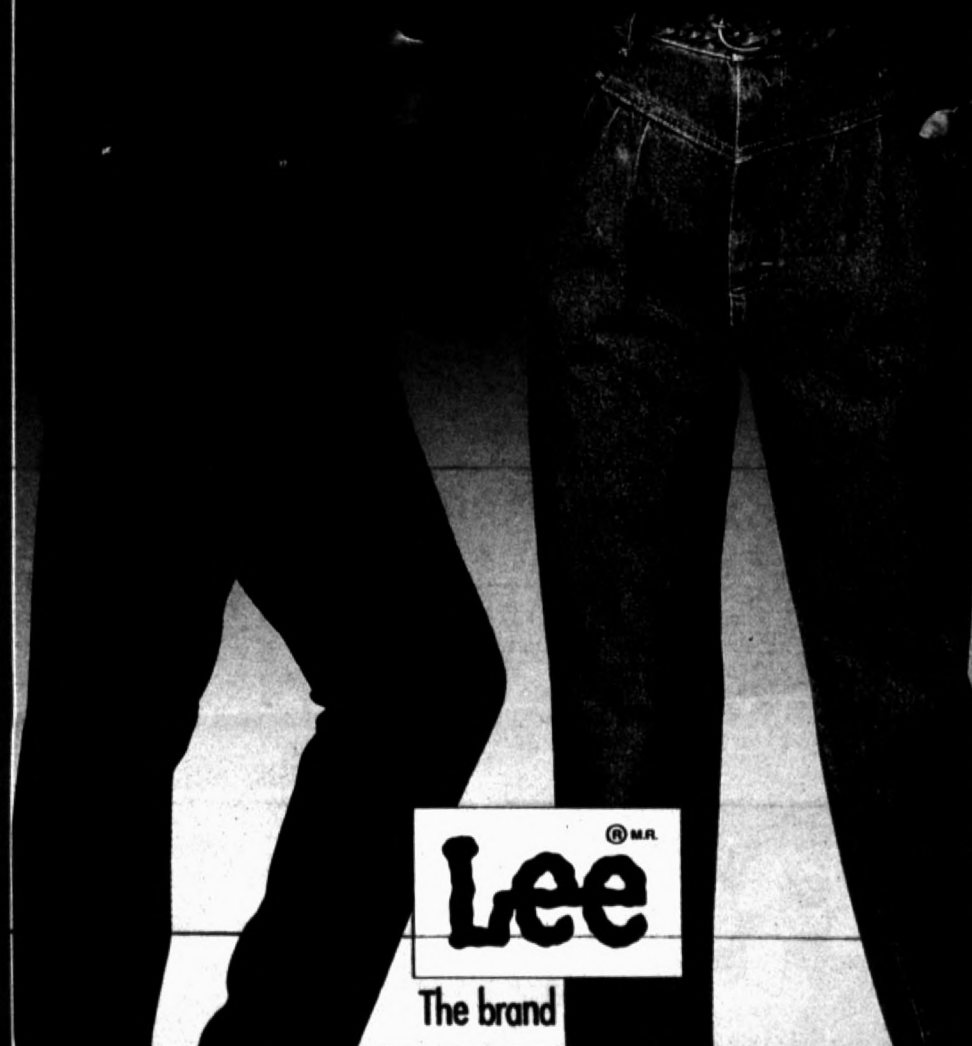
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MEN'S &
WOMEN'S
CLASSIC
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The brand

LEE® . . . THE BRAND THAT FITS

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MISSES' AND JUNIORS' LEE® JEANS

- 100% cotton
- Five-pockets, tapered leg
- Assorted finishes
- Women's sizes 8-18, junior sizes 3-13

PLUS SIZES 16-24, REG. 31.99

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WOMEN'S & GIRLS' KEDS® SNEAKERS



**LOWEST
PRICE OF THE
YEAR!**

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GIRLS'



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KEDS® . . . THEY FEEL GOOD

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**KEDS® CHAMPION
CANVAS SNEAKERS**

- REG. 22.99 & 23.99
- 100% cotton canvas upper
- Machine washable
- Women's sizes 5-10
- Girls' sizes 12½-3
- **SAVE UP TO \$9**

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**WOMEN'S LEATHER
SNEAKERS & WALKER**

- REG. 39.99
- Leather upper
- Sizes 5-10
- **SAVE \$10**

ANTHONY'S

If we do not have the item or size you want to purchase when we advertise, we will offer a 25% discount on any one regular priced item in stock. (This applies only to regular priced merchandise and not to clearance merchandise or the advertising of clearance products.) Styles, colors and sizes may vary by store. We Reserve the Right to Limit Quantities.



Your Health and Comfort Is Our #1 Asset

TECH-MATIC™



by America's leading manufacturer of adjustable beds

Patented
Exclusive Adjustable Pillow Height



The world's most comfortable bed lets you select your own perfect position for reading . . . snacking . . . watching TV . . . and for sleeping or just plain wide-awake rest. Just a touch of the finger awakens our Electronic Control which will shape your Tech-Matic swiftly and silently to a new kind of comfort not found in any other adjustable bed. Tech-Matic has Head Adjustment . . . An extra moveable section that positions head and shoulders for unbelievable comfort, perfect for reading, watching TV, sitting up or sleeping. It's just like having a built-in pillow . . . and it's yours with the Tech-Matic adjustable bed.



Bedrooms are not just for sleeping anymore. It can become a center for many activities: reading, TV, sewing, studying and the ultimate "breakfast in bed" - Total Relaxation! Tech-Matic offers a size for every need from roomy twin to the new Dual King model . . . An ideal choice for couples who prefer different positions. Each spouse has their own control panel for their side of the bed. Each side in complete control of their own desirable position.

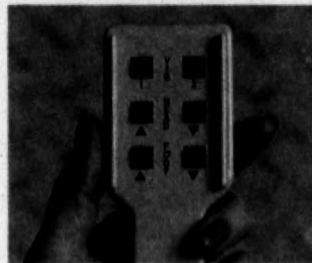
Just plug in the cord and Tech-Matic is ready to go to work for you instantly and quietly at the touch of a finger. All Tech Matic's are compatible with standard headboards and can be attached to your own headboard, if desired. Available in all sizes: Twin, Full, Queen, Dual Queen, and Dual King!

Can be a blessing for the bed-ridden. No cumbersome toggle switches. Our new Electronic Touch Hand Control just needs a touch to relieve the monotony, nervous tension, aches and soreness from remaining in one position too long. And done with virtually no assistance from others. Eliminate your uncomfortable hospital bed. Side rails available on all sizes.



Want or need a soothing blood circulating massage? Just touch the control for Ultra-Matic and enjoy a full-bodied massage right in your own bed. Feel the tension slip away. Just like having a skilled masseur **RIGHT IN YOUR OWN HOME!**

Enjoy Ultra-Therm for controlled warmth. Lets you select the level of heat desired. Since heat rises from the mattress, it is, therefore retained by the lightest of coverings. Much more efficient than an electric blanket.



Electronic Touch Control

Here is how our Electronic Touch Hand Control does your bidding. Just a touch of a finger automatically controls all these functions. Adjust back section, adjust pillow section, adjust leg section, and gives full-bodied soothing dual massage with two controls. One for top half, one for bottom half, or both together at the same time **RIGHT FROM YOUR OWN BED!**

TECH MATIC™

**YES! BY RETURN MAIL PLEASE MAIL ME, WITHOUT OBLIGATION
YOUR FREE BOOKLET "SHOW ME!"**

*Doctors Secrets: How to Rest and Relax Your Way
To Better Health & Comfort!*

Name (please print) _____

Address _____

City _____ County _____

State _____ Zip _____

Phone (Home) (____) _____ (Work) (____) _____

**YES! SEND ME INFORMATION ON DREAMLAND BEDSHEETS
AND LINENS ESPECIALLY MADE FOR ADJUSTABLE, FLAT AND
WATERBEDS. DISTRIBUTORS INQUIRIES WELCOMED.**



**FULL COLOR BROCHURE
SHOW ME!**

**LEARN ALL THE FACTS
ABOUT GOOD HEALTH
AND RESTFUL COMFORT
MAIL IT TODAY**

**THEN
"SLEEP ON IT!"**

The World's Finest The "Amazing" All New TECH-MATIC™ Adjustable Bed

It's
Patented

INCREDIBLE COMFORT, WITH EXCLUSIVE HEAD ADJUSTMENT
AND ULTRA-MATIC DUAL MASSAGE.

It's
Patented



RELIEF IS SPELLED "TECH-MATIC" - SO IS COMFORT

Water Proof - Shock Proof



Safe to use with oxygen!

Many doctors recommend adjustable beds as being beneficial for anyone with lower back pain and swelling of the lower extremities. Enjoy the first great nights rest in years.

Get relief from the pain of arthritis. It will change your whole outlook on life.

Do your legs hurt or burn because of poor circulation, even while on medication? Tech-Matic will help and give you blessed relief. Don't wake up with a tired and weary back and no energy to start the day. Tech-Matic will make you feel alive and vigorous. You will even feel like dancing again.

Even with no medical problems, Tech-Matic will make you feel extremely rested and "ready-to-go" after a truly good nights sleep.

Tired of searching for rest on ordinary beds, recliners, sofa, etc. Let Tech-Matic give you a "total night of rest." Adjust your bed to your most preferable and comfortable position. It's fun and gets rid of that "can't turn off mind situation."

FREE

SEND FOR YOUR FREE COPY OF

SHOW ME!

DOCTORS SECRETS-
HOW TO REST
AND RELAX YOUR WAY
TO BETTER
HEALTH &
COMFORT



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Springfield, MO. 65890-0418



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A Good Deal
Better.

Apples For The Students Back In School

See Inside For Details On The New Program

**25% OFF
FRESH
PORK
SALE**

PORK LOINS

BONUS PACKS OF
ASSORTED CHOPS or
RIB HALF ROASTS

SAVE
UP TO
lb. \$1.30

\$1.39
lb.

FRESH PICNIC

PORK

SAVE
lb. 30¢

ROASTS

lb. **89¢**

APPLE JUICE

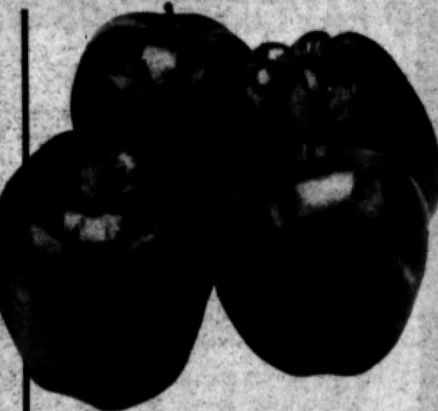


MUSSELMAN'S
Limit Two Bottles
Please

SAVE
UP TO
\$1.70

64-oz.
Bottle

99¢



APPLES

RED DELICIOUS
New Crop of
Washington
State, Extra
Fancy Apples

SAVE
lb. 30¢

lb. **69¢**

SEPTEMBER						
SUN	MON	TUES	WED	THUR	FRI	SAT
			22	23	24	25
26	27	28				

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SALES IN RETAIL CONSUMER
QUANTITIES ONLY PLEASE

DOUBLE MANUFACTURER COUPONS UP TO \$1.00*

*LIMIT ONE LIKE-ITEM COUPON. Additional Like-Item Coupons Redeemed At Face Value Only. FOR A LIMITED TIME ONLY.

PRICES EFFECTIVE WEDNESDAY, SEPTEMBER 22 THRU TUESDAY,
SEPTEMBER 28, 1993 IN AMARILLO, CANYON, HEREFORD, PAMPA &
DUMAS, TEXAS ONLY

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The Pampa News & The Moore Co. News/Press

APPLES FOR THE STUDENTS



GRANT'S FARM WHEAT BREAD

STONE GROUND

SAVE UP TO 70¢

24-oz. Loaf

99¢



JENOS FROZEN PIZZAS

CRISP 'N TASTY All Available Varieties

SAVE UP TO 60¢

7.6-oz. Package

89¢



PATIO MEXICAN DINNERS

Frozen All Available Varieties

SAVE UP TO 90¢

12-oz. Package

99¢

HOMELAND Fall



12-PACK COCA-COLA

Classic, Diet, Caffeine Free or Caffeine Free Diet or DR. PEPPER or 7-UP

12-oz. Cans

\$2.99



PRINGLES CHIPS

All Available Varieties

6-oz. Can

\$1.19

SAVE UP TO 20¢



COUNTRY INN RICE

4.4-oz. Package

99¢

SAVE ON FROZEN FOOD FAVORITES THIS WEEK AT HOMELAND



MEAT PIES

2 \$1

BANQUET Chicken, Beef or Turkey 7-oz. Packages

ENTREES

\$2.19

BANQUET All Available Family Entrees 28-oz. Package

WAFFLES

\$1.89

EGGO Nutri-Grain or Special K 11-oz. Package

VEGETABLES

99¢

VIP BRAND All Available Varieties 14-oz. Package

HOMELAND FRENCH FRIES PRIDE OF AMERICA 32-oz. Package **99¢**
SNOW STAR ICE CREAM All Available Flavors 2 Half-Gallon Cartons **\$3**
ICE CREAM SANDWICHES FREEZER PLEEZER..... Package of 6 **99¢**



KEEBLER COOKIES

12.5-oz. DELUXE GRAHAMS, 11.5-oz. FUDGE STRIPES, 10-oz. TOFFEE TOPPERS or GRASSHOPPER FUDGE MINTS, 11-oz. FUDGE N CARAMEL, 8.5-oz. FUDGE STICKS or 10.5-oz. PB FUDGE BUTTERS

Stock Up Today

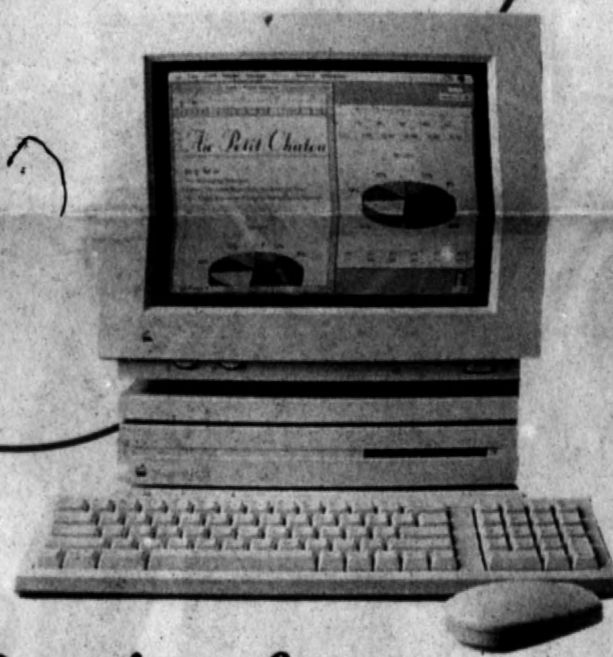
Your Choice

\$1.79

HOMELAND

**APPLES
FOR THE
STUDENTS**

**IS BACK FOR OUR
SCHOOLS**



*Save Homeland Receipts for
Your School so they can
get...COMPUTERS,
TELEVISIONS,
ENCYCLOPEDIAS, SPORTING
EQUIPMENT...and more. It's
FREE...If your school hasn't signed
up yet write or call our Apples
Coordinator, Anita Young, P.O. Box
25008, Oklahoma City, OK 73125.
Telephone (405)557-5553*

HOMELAND

APPLES FOR THE STUDENTS

APPLES FOR THE STUDENTS APPLES FOR THE STUDENTS

HOMELAND

APPLES FOR THE STUDENTS APPLE BONUS BUCKS

IS BACK FOR OUR
SCHOOLS TOO!



When You Buy Any of the
Sponsoring Brands You
Get for Your School a

\$5.00 APPLES BONUS

'APPLE BONUS BUCKS' SPONSORS INCLUDE: Land O' Lakes Butter, Country Morning, Spread & Sour Cream; Musselman's Apple Juice, Applesauce & Pie Fillings; 12-Pack Regular and Diet Coke Classic and Caffeine Free Coke Classic; Ragu 30-oz. Super Mushroom and 28-oz. Super Vegetable Primavera Spaghetti Sauce; Bounty 3-Roll Towels; Homeland Animal Chewable Vitamins; Homeland Ocumin Antioxidant & Zinc; Homeland Antioxidant Softgel Vitamins; Rave Hair Sprays and Styling Aids, L'eggs Sheer Elegance Silken Mist Pantyhose; Selected Homeland Brand Products; Deli Wilson Honey Cured Ham; Hershey's Single Candy Bars; Planter's Dry Roasted Peanuts and Cocktail Peanuts; Atkin's Fresh Pack Pickle Chips and Spears; Softsoap; Malt-O-Meal Apple Cinnamon Cereal; Ziplock Handi-Wrap & Saran Wrap; 20-oz. Cheerios; Eagle Thin Potato Chips; Duracell Batteries; Fitti Diapers; Fuji 8mm Video Cassette; Fuji Cameras; New Freedom Pads; Kotex Pads; Mennen Speed Stick; Mennen Lady Speed Stick; Purex Ultra Detergent; Healthy Choice Dinner; Wisk Detergent; Dannon Yogurt; Garden Club Jelly & Preserves; Carnation Coffee Mate & Creamers; Shedd's I Can't Believe It's Not Butter; Hillshire Smoked Sausage; Hillshire Deli Select Meats; Hormel Bacon; Bar-S Cooked Ham, Bologna, Thick Sliced Bologna; Wilson's Just For Us Hams; Mama Rossa Pizzas; Pizzilla Pizza; Oscar Mayer Hot Dogs, Franks & Wieners; Van De Kamp's Fish; Butterball Turkey Meats; Minute Maid Orange Juice; Banquet Frozen Dinners; Swanson's Frozen Dinners; Chips Ahoy Cookies; 250-ml Minute Maid Juice; 250-ml Hi-C Drinks; Del Monte Canned Fruits; Borden Cheese Loaf; Tropicana Refrigerator Juices; French's Gravy & Sauce Mixes; Durkee Products; Robitussin Products; Mentadent Toothpaste; Doritos; Keebler Reduced Fat Cookies & Vanilla Wafers; Tony's Frozen Pizzas; Bake Shop Supreme Apple Hi-Pie

Look For This Special Tag In Homeland Stores To
Guide You To "Apple Bonus Bucks" Products

APPLE BONUS BUCKS





RAGU SPAGHETTI SAUCE

All Available Varieties

SAVE UP TO \$1.36

28-oz. Jar

99¢



AMERICAN BEAUTY PASTA

Spaghetti, Thin Spaghetti or Elbo Roni

10-oz. Package

3 for \$1



LAY'S POTATO CHIPS

Stock Up & Save This Week

SAVE UP TO 50¢

6-oz. Bag

99¢

SPECIALS



HI-C DRINKS

All Available 9-Pack Flavors in 250-ml. Boxes

Package of 9

\$1.99

SAVE UP TO \$1.00



CRISCO OIL

Regular, Corn/Canola or Puritan Canola Oil

64-oz. Bottle

\$2.99

SAVE UP TO 40¢



MUSSELMAN'S APPLE SAUCE

Regular or Natural

46-oz. Jar

\$1.99

APPLE BUCKS ITEM

HOMELAND DAIRY/DELI SAVINGS!

HOMELAND VITAMIN D MILK

\$1.99

SAVE UP TO 76¢

Gallon

All Available Flavors HOMELAND YOGURT



2 for 89¢

8-oz. Cartons



NESTLE QUIK CHOCOLATE MIX

SAVE UP TO 60¢

32-oz. Can

\$3.29



HILLS BROS. COFFEE

Perfect Balance, Hot Can For All Coffeemakers or Colombian

36-oz. Can

\$3.99

SAVE UP TO \$1.50



KRAFT DELUXE AMERICAN CHEESE

SAVE UP TO 36¢

12-oz. Package

\$2.69



HOMELAND COTTAGE CHEESE

SAVE UP TO 20¢

24-oz. Carton

\$1.69



15% OFF DURKEE SALE



Save On The Regular Retail of Select Durkee Spices
1-oz. CINNAMON STICKS, 1.25-oz. WHOLE ALLSPICE or .875-oz. WHOLE CLOVES



GALA PAPER TOWELS

Compare & Save This Week

SAVE UP TO 14¢

Large Roll

79¢



LEVER 2000 BATH SOAP

LIMIT THREE BARS PLEASE

3.5-oz. Bar

3 for \$1



DOG FOOD

Beef, Chicken or Liver

14-oz. Can

5 for \$1

HOMELAND Fall



ARM & HAMMER

LAUNDRY DETERGENT 18-Load

76.8-oz. Box

2 for \$5



FANCY FEAST

CAT FOOD All Available Varieties

3-oz. Can

39¢



BEST BUY DOG FOOD

20-lb. Bag

SAVE UP TO 50¢

\$2.99

HOMELAND BAKE SHOP

Available Only At Locations With In-Store Bake Shops



SUPREME APPLE PIE

Made With Hand-Picked Fresh Jonathan Apples

9-Inch **\$3.99**

Gourmet Cookies Assorted Varieties 12 for \$2.89

Fresh Garlic Bread Sticks 18 for \$1.69

Turtle Cake CAKE OF THE WEEK 8-Inch Double Layer Only \$4.99

Items May Not Be Available At Self-Serve Bake Shops

HOMELAND DELI SHOP

Available Only At Locations With In-Store Deli Shops



DELI FRESH PIZZAS

Single Topping Pepperoni, Italian Sausage, Hamburger or Veggie

3 for \$6

Wilson Cooked Ham Fresh Shaved b. \$2.99

Potato Salad Original or Mustard..... b. 99¢

Jarlsberg Swiss Cheese b. \$4.99

Items May Not Be Available At Self-Serve Deli Shops



GLADE

AIR FRESHENERS

Super Fresh,
Powder Fresh,
Country Breeze or
Fresh Berries
9-oz.
Bonus Can

2 \$1
for



STYLE

HAIR CARE

15-oz. Shampoo or Conditioner,
13-oz. Shampoo Plus or
7-oz. Hair Spray

SAVE
UP TO
80¢

Your
Choice

99¢



CREST

TOOTHPASTE

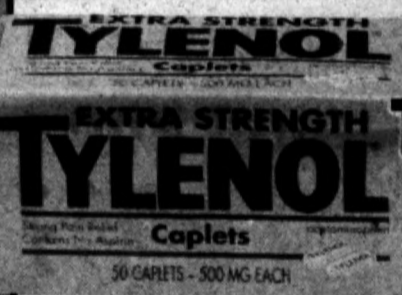
All Available Regular
or Stand-Up Tubes

SAVE
UP TO
70¢

6-oz.
Tube

\$1.99

SPECIALS

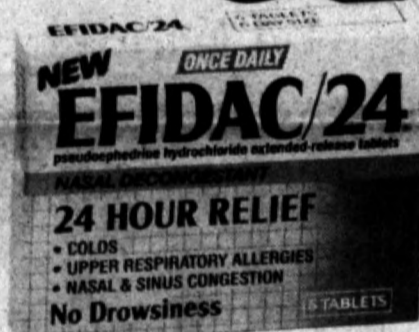


**EXTRA STRENGTH
TYLENOL CAPLETS**

SAVE
\$1.10

Package
of 50

\$3.99



**EFIDAC/24
TABLETS**

Nasal Decongestant
Tablets

Package
of 6

\$2.99
SAVE
\$1.50



**CURITY SUPER
SOFT PUFFS**

King Size

Package
of 100

79¢



**SOUP/CASSEROLE
BOWLS**

BARCELONA
COOKWARE

YOUR FINAL LOW PRICE
WITH FILLED SAVER
CARD AT HOMELAND

\$6.99
Set
of 2



**CHILDREN'S
TYLENOL**

Package
of 30

\$2.29
SAVE
\$1.00

Chewable Tablets
Fruit or Grape Flavored



**CARPET MAGIC
STEAM MACHINE
RENTALS ARE
AVAILABLE AT ALL
HOMELAND STORES**

25% OFF FRESH PORK SALE



QUARTER PORK LOINS

Sliced
Homeland Fresh
Pork Is Guaranteed
To Please Or Double
Your Money Back

SAVE
lb.
60¢

HOMELAND
SUPER TRIM PORK

lb. **\$1.59**



COUNTRY STYLE SPARE RIBS

Sold In Bonus Packs Of
6-Pounds Or More

SAVE
lb.
61¢

HOMELAND
SUPER TRIM PORK

lb. **\$1.38**



SHOULDER BLADE PORK STEAKS

Sold In Bonus Packs Of
4-Pounds Or More

SAVE lb. 50¢

HOMELAND
SUPER TRIM PORK

lb. **\$1.49**



BONELESS PORK CHOPS

Top Loin or
Butterfly



HOMELAND
SUPER TRIM PORK

lb. **\$3.69**

SAVE
lb. \$1.30



CENTER LOIN PORK CHOPS

Sold In Bonus
Packs Of 12 Or
More Chops

SAVE lb. 20¢

HOMELAND
SUPER TRIM PORK

lb. **\$2.49**



FRESH PORK SPARE RIBS

Save On These
Small Meaty
Pork Ribs

SAVE lb. 54¢

HOMELAND
SUPER TRIM PORK

lb. **\$1.65**

PORK NECK BONES

Great For
Soups &
Stews

SAVE
lb. 20¢

lb. **.59¢**



PORK FILETS

CHEF'S REQUEST

SAVE
80¢

5-oz.
Package

\$1.99



SMOKED PICNICS

Save On This
Family Favorite

SAVE lb. 30¢

lb. **.89¢**



BONELESS HAMS

BAR-S WHOLE

SAVE
lb. 50¢

lb. **\$1.89**



GROUND TURKEY

Lean
Sold In Bonus Packs Of
3-Pounds Or More

SAVE
lb.
40¢

lb. **79¢**



HOMELAND HALF-PRICE SPECIALS!

OSCAR MAYER
Cooked Ham ~~WAS \$4.79~~ 12-oz. Package **\$2.39**

LOUIS RICH SMOKED
White Turkey ~~WAS \$3.99~~ 12-oz. Package **\$1.99**

WILSON *Regular or Thick*
Meat Bologna ~~WAS \$2.49~~ 16-oz. Package **\$1.25**

HARRIS BRAUNSWIEGER or
Bologna ~~WAS \$2.29~~ 16-oz. Package **\$1.15**

LOUIS RICH
Turkey Franks ~~WAS \$2.19~~ 12-oz. Package **\$1.09**

FISHER BOY
Fish Sticks ~~WAS \$4.99~~ 32-oz. Package **\$2.49**



SMOKED SAUSAGE

\$1.89
lb. **1.89**
SAVE lb. \$1.30

HILLSHIRE FARM
Regular or Light



DRUMSTICKS or THIGHS

79¢
lb. **79¢**

Grade 'A'
In Bonus Packs Of
2-Pounds Or More



LOIN STRIP STEAKS

\$3.99
lb. **3.99**

HOMELAND SUPER TRIM BEEF *Bone-In*

Owens Country Sate Sausage

PORK SAUSAGE

OWENS **\$2.29**
1-lb. Roll

BREAKFAST TACOS 13-oz. Package **\$2.69**

Ohsé

SLICED BACON

OHSE OLD SMOKEHOUSE 1-lb. Package **\$1.19**

CHUCK ROASTS

7-BONE BEEF **\$1.79**
lb. **1.79**

HOMELAND SUPER TRIM BEEF

STIR FRY

CHEF'S CHOICE Beef or Shrimp 24-oz. Package **\$5.99**

HILLSHIRE FARM DELI SELECTS

\$1.89
4.5-oz. Package

SAVE 30¢

Six Varieties To Choose From

MAMA ROSAS PIZZAS

\$4.99
32-oz. Pkgs.

JIMMY DEAN SAUSAGE & BISCUITS

\$2.99
Package of 10

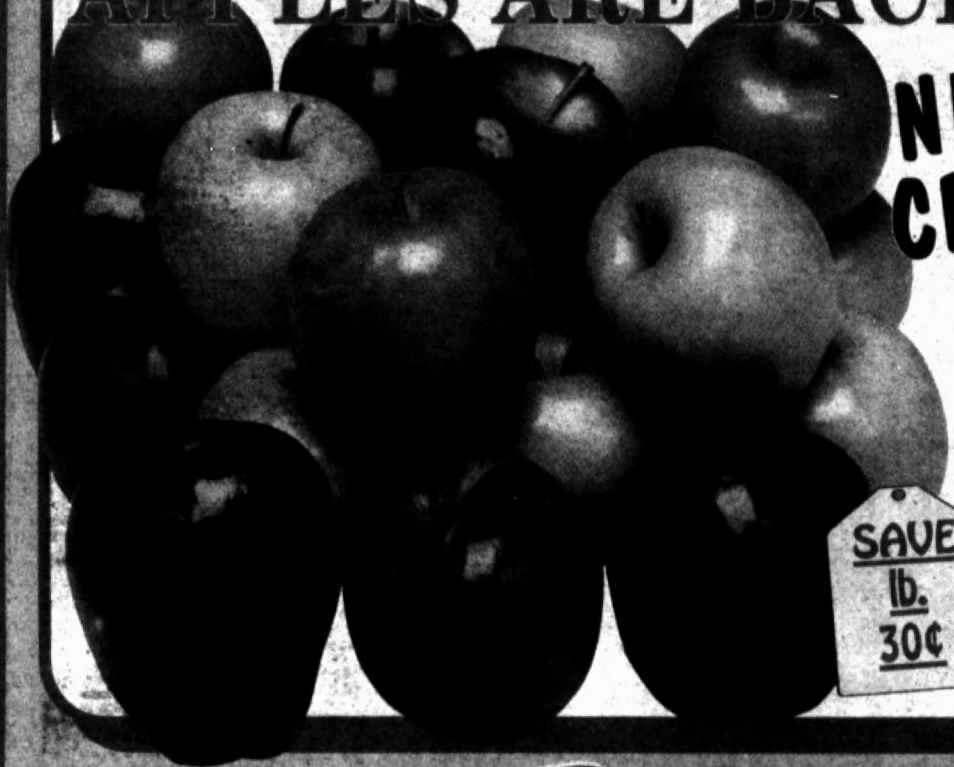
SAVE \$1.00

CATFISH NUGGETS

FRESH **\$1.99**
lb. **1.99**

SAVE lb. 50¢

APPLES ARE BACK AT HOMELAND



NEW CROP

APPLES

Your Choice
WASHINGTON STATE
RED or GOLDEN
DELICIOUS, JONATHANS
or GRANNY SMITHS

SAVE
lb.
30¢

lb. 69¢

HOMELAND Fall **SPECIALS**



WHITE MUSHROOMS

Fresh & Snowy White

8-oz. Package

99¢

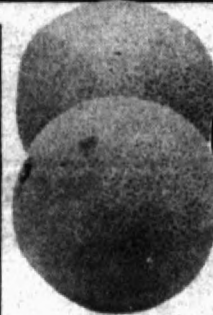
SAVE 30¢



BROCCOLI or CAULIFLOWER

SAVE 30¢

Each 99¢



FRESH CANTALOUPE

Sweet Westside Melons

SAVE lb. 10¢

lb. 39¢

FLORAL SHOP SPECIALS

Available Only At Locations With In-Store Floral Shops

also during National Flower Week



RED & PINK AZALEAS

4.5-Inch Covered Pot

\$5.99

ASSORTED COLORED GLOXINIAS

5-Inch Covered Pot

\$6.99

CARNIVAL OR COLORS BOUQUET

Each

\$3.99



OUR FAVORITE NEW CROP THESE HOMELAND SPECIALS

CARAMEL APPLE WRAPS

6.5-oz. Package

\$1.69

T. MARZETTI APPLE DIP

Caramel or Peanut Butter & Caramel

18-oz. Bowl

\$2.29

HAPPY APPLE CARAMEL APPLES

Package of 4

\$1.99

HOMELAND

"Wish a Healthy day by giving Produce Baskets. A basket filled with fresh fruits and vegetables is always a pleasure to receive"...National Cancer Institute

