

Preparing for screenings

Charlotte Modersitzki, right, a Hereford Regional Medical Center WorkSmart program representative, gets paperwork ready for Shirley Intermediate School teachers, from second from right, Nancy Denison, Shelia Straughn and Karen Fangman, before they submit to a variety of medical tests. The four are taking part in an employee health program offered by Hereford Regional Medical Center's WorkSmart industrial medicine program, which includes medical screenings and health information.

Mexican fair election pact gives hope for honest vote, multiple party system

By JOHN RICE
Associated Press Writer
MEXICO CITY (AP) - A new pact for fair elections has raised unusually high hopes for an honest vote in 1994 and an eventual end to the country's generations of single-party rule.

Mexico's ruling party and all of the major opposition forces signed the "Pact for Peace, Democracy and

Justice," unveiled Thursday at a meeting of the Federal Electoral Institute.

"There is a beginning, at least, of an agreement for a transition to democracy," said Sergio Aguayo, a political scientist at the elite Colegio de Mexico and a frequent critic of Mexican elections.

"There's a long road to walk, (but)

at least it's a start on the road."

The pact appears to be a direct fallout from the New Year's rebellion in southern Mexico, where poor farmers took up weapons in an attempt to overthrow it.

The ruling Institutional Revolutionary Party, or PRI, has held power since 1929, when then-President Plutarco Calles founded it as an official part of the government.

President Carlos Salinas de Gortari already has pushed through two major reforms the government claimed would make elections trustworthy.

The leftist Democratic Revolution Party, or PRD, that had refused to support Salinas' two earlier reforms signed the pact on Thursday.

"I believe it is a fundamental step in the sense of a democratic

transition," said Jaime Sanchez Susarrey, a political scientist at the University of Guadalajara. "It radically changes the perspectives for 1994."

The pact promises impartial electoral officials, agreed upon by all parties; reliable voter lists; fair treatment in the mass media for all candidates; a ban on the use of public funds for campaigning; and possible further changes in election laws.

The rebellion in Chiapas led Salinas to change the man in charge over Mexican elections. Interior Minister Patrocinio Gonzalez Garrido, a former Chiapas governor mistrusted by the left, was replaced by Mexico's Mr. Clean, Jorge Carpizo.

Bluebonnet hails poet's birth

Purple cows may not seem to be the subject of general study, but students at Bluebonnet Intermediate School on Friday took poet Gelette Burgess' work to heart as they celebrated "Purple Cow Day."

Burgess immortalized the violet bovine in poetry.

The Bluebonnet celebration was in honor of Burgess' birthday Sunday and featured purple clothing and Purple Cow drinks -- grape soda and ice cream -- served by the PTO.

To add educational value to the celebration, students wrote their own silly poems, with winners from each grade level and class selected.


Overall winner was Deloris

Phipps' sixth grade, which wrote:

"I never saw a one-handed bunny,
"I never hope to see one,
"But I can tell you that it's funny,
"I'd rather see than be one!"

The class was presented the Bluebonnet Spirit Stick for its work.

Your Realtor Reports



Christopher Tardy

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HISD, hospital work together on health

The Hereford Independent School District and Hereford Regional Medical Center are working together for healthier teachers, Mark Collier, director of the hospital's WorkSmart industrial medicine program.

"Working with the school system, WorkSmart is offering the 'Fit for Life Diet and Exercise Program'," he said. "Walking, stretching and jogging programs, along with diet evaluations, weigh-ins and blood pressure checks are offered."

The program also gives HISD employees educational classes on how to control diet and how to develop a safe exercise program.

An important element of the program is health screening, said Richard Souter, assistant superintendent for professional services.

The screenings are currently under way in the schools through Feb. 2. For a small charge, employees are given an HDL, LDL, triglycerides and coronary risk profile; a pulmonary functions test; a fitness factor test; and body-fat measurement.

"Through a mutual agreement between the school and the hospital, HISD employees receive a wide variety of services from HRMC. It's all part of our strategic plan to build a stronger bond between the hospital and the community's major employers," Collier said.

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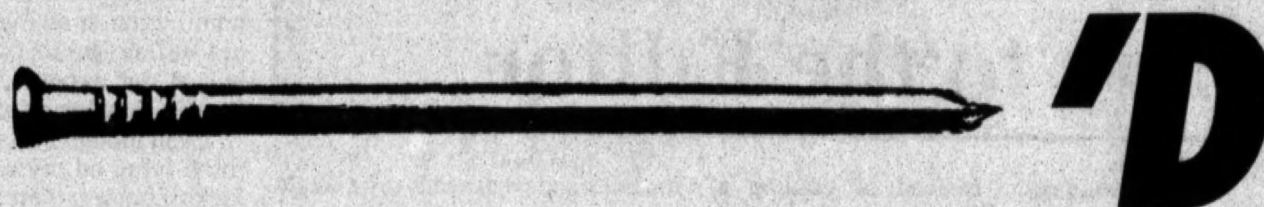
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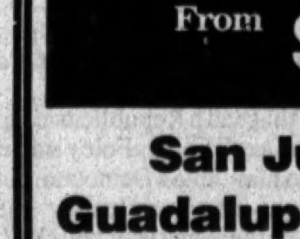
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Cowboy Madness strikes again as team heads for Super Bowl

By MIKE COCHRAN
Associated Press Writer
DALLAS (AP) — Cowboy Madness, they called it.

It began last year before the NFC Championship victory over San Francisco and grew more frenzied as the Dallas Cowboys invaded Los Angeles to play the Buffalo Bills in Super Bowl XXVII.

Fourteen long years had dragged by since the Cowboys' last Super Bowl appearance, and fans were ecstatic.

Deliriously so. They trampled one another to buy anything blue and silver, remotely blue and silver or something that might, in time, turn blue or silver.

Blue bread in Dallas. Blue hamburgers in Fort Worth. Blue toilet paper in Austin.

"If you wrote 'Dallas Cowboys' on a piece of toilet paper, it would sell," reported a sales clerk in Austin, home of the club's summer camp. "We've sold some hideous things."

Near Fort Worth, a guy stole a color TV to watch the Cowboys in the Super Bowl, but got caught when he returned for the remote control.

That was January 1993. Now, a year later, again victorious over the 49ers in the NFC title game, the Cowboys are in Atlanta and poised for Sunday's rematch with the Bills in Super Bowl XXVIII.

And the fans in Dallas and elsewhere are back at it. Call it Son of Cowboy Madness.

Madness II? "It's incredible," said Evan Anthony, regional advertising manager for the Kroger chain which, not coincidentally, employs Cowboys quarterback Troy Aikman as a spokesman.

"If it has the Cowboys' logo on it, you can sell it. We're selling stuff like crazy."

A Dallas tattoo artist named Robert Hackney says he's etched some stars and helmets in discreet spots on a few fanatic fans, but even he thinks it's a mite bizarre.

"It's not something I personally want to encourage," he said. "It seems sort of trendish. If you want it, I'll do it."

But, he pointed out grandly, "We don't advertise."

Barber shops and nail salons are not so reticent. Barber Carl McKenzie at LeMc Hair Design says he's carved stars, "Cowboys" and Emmitt Smith's No. 22 in some heads.

And at Brandy's Nail Boutique, boosters get their fingernails painted with team colors, confetti or stars.

"It's quite popular," said technician Frances Hargreaves.

Texas politicians wasted no time hopping aboard the Cowboys' chariot.

In Austin, Gov. Ann Richards said when Dallas beats the Bills Sunday, she will send New York Gov. Mario

Cuomo a Cowboys jacket "to keep him warm during the cold New York winter."

She added: "I'll be proud to be the first governor in history to have two Super Bowl wins during my term."

In Washington, our U.S. Senators made weird bets with their Yankee counterparts and put the hammerlock on a rent-a-buffalo head. Actually, the beast was borrowed from the Smithsonian, which should be unconstitutional.

If you think this whole thing sounds like a circus, you're right. Zoos in Dallas and Fort Worth are making game bets with the zoo in Buffalo.

That's why you may soon find an African lion in the Buffalo zoo named Troy Aikman. Or a bison in the Fort Worth zoo named for Buffalo defensive end Bruce Smith.

Meanwhile, officials in Dallas have been warring over an on-again, off-again celebration for the conquering heroes who, someone suddenly noticed, haven't actually won the game yet.

Last year's gala, you may recall, turned violent, with 50 people injured.

As city council members debated how, when and where to honor the team, club owner Jerry Jones took time out from the Atlanta cocktail circuit to intervene.

"The Cowboys are thrilled that the city is having a parade," he said. "We've decided that we'll only have one if we win."

And folks criticize him for his ego. In Buffalo, Texas, the townspeople changed the name to Blue Star for the second straight year, explaining that the ploy pulled the Boys through once and surely would again.

Fans built a large blue star for the main intersection and camouflaged other Buffalo signs with a bunch of smaller stars.

In Henryetta, Troy Aikman's hometown, Okies went crazy when a light-head Troy, suffering a concussion during the 49ers game, said the Super Bowl was going to played

there. They got so swept up they were trying to sell tickets.

The Henryetta Free-Lance planned a special edition, the high school band lobbied to replace Naomi and Wynonna Judd as halftime entertainment and folks scurried to get tickets in Cameron Stadium.

Rick Thompson, at Bob's Clothing store, fielded calls from desperate out-of-town customers.

"I tell them all we got left is a pair of tickets on the rock wall in the north end zone," he announced.

A Dallas Morning News columnist headed to Henryetta for the game, but was assessed \$16 for a room at the Old Corral motel.

"...Looks like the usual Super Bowl price gouging has started," he grumbled.

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Sports

Randall sweeps Hereford; Girls show improvement

Hereford's varsity basketball teams both lost at Randall Friday night, but they were different kinds of losses.

For girls' coach Eddie Fortenberry, the 51-39 loss--a closer margin than most recently in the series--was at least reason for encouragement.

For boys' coach Randy Dean, his team's 78-45 loss was just a plain bad game.

"We didn't play well tonight," Dean said. "They pretty much beat us in every phase of the game."

Hereford was outscored by at least six points in every quarter. Randall led 16-10 after one; 37-21 after two; and 53-33 after three.

Fortenberry compared his team's performance against some of its other games this year, including a 53-33 loss to Randall in the first meeting. Friday's game compared favorably.

Randall led only 8-5 after one quarter.

"We didn't get off to the slow start we've been getting off to against good teams," Fortenberry said. "I think we were just ready to play this time."

"We played a lot, lot better on defense than last time," he said. "We played with a lot more intensity and hustle than last time. We cut down on turnovers quite a bit."

Randall started to open up a lead by scoring the first six points of the second quarter.

"They hit a three right after we played good defense--I thought we were fixing to shut them down--then they had a three-point play, so there were a couple of back-breakers right in a row. And these I know were off a couple of turnovers by us."

Randall took that nine-point lead (25-16) into halftime and stretched it by three in the third quarter (37-25). The teams played even in the fourth quarter.

"It's still encouraging," Fortenberry said of the relatively close game. "It gears where the program is at...and in a short amount of time."

Heather Hodges led the Lady Whitefaces with nine points, and Mindi Davis added eight.

Isaac Walker led the boys' team with 14. Benton Buckley scored 11 and Cody Marion added 10.

Hereford lost both the junior varsity games: the girls lost 42-26, and the boys lost 90-66. Julie Cole scored seven to lead the girls. The boys' JV spread the scoring around: Todd Dudley, Gregg Kalka and Ronald Torres each had 11 points; Brian Torres and Johnathan Keenan had nine; and Michael Marquez added eight points.

Wes Ferrell, a star pitcher for the Cleveland Indians, holds the major league record for home runs by a pitcher with 37.

District 1-4A Basketball standings

	Boys	
	District	Overall
Pampa	5 0	18 8
Borger	4 1	18 8
Randall	3 2	9 17
Caprock	2 3	8 18
Hereford	1 4	7 18
Dumas	0 5	3 20

Friday's scores
 Randall 78 Hereford 45
 Pampa 76, Borger 52
 Caprock 46, Dumas 43

	Girls	
	District	Overall
Randall	7 0	15 9
Borger	5 2	22 6
Dumas	5 2	14 11
Hereford	3 4	10 15
Pampa	1 6	3 19
Caprock	0 7	1 25

Friday's scores
 Randall 51, Hereford 39
 Dumas 51, Caprock 20
 Borger 60, Pampa 25

Tuesday's doubleheaders
 (Girls at 6, Boys at 7:30)
 Hereford at Borger
 Dumas at Pampa
 Randall at Caprock

Levy, Johnson have little to say before Super Bowl

By DAVE GOLDBERG
 AP Football Writer

ATLANTA (AP) - Marv Levy stepped to the podium for his final pre-Super Bowl news conference Friday and was greeted by silence.

"This will be the shortest press conference ever," he said. "I guess you've asked them all."

Neither Levy nor Jimmy Johnson had much to say, only 48 hours before Levy's Bills meet Johnson's Cowboys in the Super Bowl. So Levy, in particular, tried to put some perspective on things.

"I have a fan who calls me on my radio show every week and tells me 'Football is War! You have to go all out all the time,'" he said. "I finally told him that I knew someone who hit the beach with the Marines at Iwo Jima yelling, 'War is Football! War is Football!'"

Johnson, meanwhile, suggested his

loyalty to the Cowboys wasn't necessarily a lifetime one, although he didn't necessarily say he was going somewhere else.

"It's very easy not to be interested in anything else if you have multi-multi-multi million dollars and own the Dallas Cowboys," he said in a reference to owner Jimmy Jones. "It's different when you're a working stiff like I am."

Most of the day's news came from commissioner Paul Tagliabue's annual Super Bowl news conference.

He said the league would examine the 2-point conversion as a way to get more excitement into the game, which sometimes appeared this season to be a series of dull kicking contests.

The 2-point conversion has been opposed in the past by coaches, who feel it would add additional pressure to an already high-pressure job.

But Tagliabue said he had support

for it from San Diego's Bobby Ross and Minnesota's Dennis Green, both former college coaches. Tagliabue also said that Miami's Don Shula, co-chairman of the rules-making competition committee, said the committee would discuss the 2-pointer at league meetings in March.

The controversy over the Georgia state flag, which contains the confederate stars and bars and flies over the Georgia Dome, also came up several times. Each time it did, Tagliabue said the league wouldn't enter the controversy on the advice of the Rev. Jesse Jackson; Gene Upshaw, president of the NFL Players Association; and Atlanta Mayor Bill Campbell, all of whom are black.

"We don't want to inject ourselves into a local political controversy,"

(See SUPER BOWL, Page 7A)

UIL realignment: 3A Canyon may replace Caprock in 1-4A

The University Interscholastic League (UIL) will announce its district realignment on Tuesday, and Hereford likely will have different-looking district schedules for the next two years.

"This is just a guess, but I think it's a good guess," boys' athletic director Danny Haney said. "Hereford

Graf wins 4th Aussie Open

By ROB GLOSTER
 AP Sports Writer

MELBOURNE, Australia (AP) - Steffi Graf won her fourth Australian Open title nearly at love, but couldn't even get a kiss from a ballboy.

Graf blasted forhand winners all over the court to defeat Arantxa Sanchez Vicario 6-0, 6-2 today, her most dominating performance in a Grand Slam final since she won the 1988 French Open title without dropping a game.

The men's final is Sunday, with Pete Sampras facing Todd Martin in an all-American battle.

Graf, who won her fourth straight Grand Slam title, finished the match in 57 minutes. She lost just 12 points in the first set as she overwhelmed Sanchez Vicario, much to the delight of Graf's kazoo-toting fans.

"If this is the way that I'm playing, I don't care about the score or the length or whether it's a final or the first round," Graf said. "It's such

(See GRAF, Page 7A)

will stay in this north district (1-4A) with Caprock going to 5A and Canyon going to 4A."

Girls' AD Brenda Reeh said she also thought Caprock would move up: "without a doubt from everything we hear."

That means Hereford's District 1-4A would include the familiar Dumas, Borger, Pampa and Randall, plus Canyon.

Haney said Plainview might go back up to 5A after two years in 4A (District 2). He said he didn't believe Randall would move up to 5A as had been speculated.

Childress, in 3A, was listed by the Lubbock Avalanche-Journal recently as a school which might move up, maybe in Hereford's

district. Hereford boys' basketball coach Randy Dean, who came here from Childress, said there's a "zero" chance of that, because there's only about 350 students in all four grades there.

Haney said if for some reason Caprock doesn't move up and Canyon does, Hereford would have to go south for its district games, to play Frenship, Levelland, Estacado, Lamesa and Snyder.

Reeh said that the UIL intends to fill out 32 districts in Class 4A, doing away with first round playoff byes for such districts at 3-4A. That would pave the way for regional tournaments in basketball and volleyball, which every classification but 4A has had in the past.

Jazz wins as Warriors falter

By The Associated Press
 Many NBA teams can survive a subpar performance by their best scorer, or even an off night by two top players. When the three leading scorers leave their games at home, however, it usually spells trouble.

That's what Golden State had Friday night when Latrell Sprewell, Chris Webber and Chris Mullin had miserable outings in a 119-91 loss at Utah.

"It was one of our worst efforts of the year," said Warriors coach Don Nelson, whose team is 8-4 for January but has lost its last three road games. "Coming out flat is nothing new for us. We've been doing it all year."

Karl Malone had 30 points and 17 rebounds and Jeff Malone scored 27 points for the Jazz, who led 51-38 at halftime. Sprewell, Webber and Mullin combined for 24 points.

Elsewhere in the NBA, it was Phoenix 108, Philadelphia 103; Miami 106, Orlando 97; Atlanta 117, Charlotte 105; Chicago 113, Milwaukee 96; Portland 109, Minnesota 98; and the Los Angeles Lakers 105, Detroit 97.

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Setting up Italy

Northwest Elementary School third grade teacher Amy Scott supervises students from her class and Jana Davis' special education class as they put together an exhibit on Italy for the school's Culture Fair on Friday. The display featured a sugar cube Coliseum, a diorama of Venice, and maps of Italy and reports on the country, all prepared by students. The fair was put on by the entire school, with various classes assembling displays on countries including Brazil, Norway, China, Germany, Kenya and Japan.

Year-end figures point to strong growth of GDP

WASHINGTON (AP) - The economy finished 1993 with the kind of robust growth not seen since Ronald Reagan was president. Clinton administration officials basked in the glow of the report Friday and the stock market surged into record territory.

The gross domestic product grew at brisk 5.9 percent annual rate in the fourth quarter, the Commerce Department said.

"You can't get much more solid and steady growth than that," Treasury Secretary Lloyd Bentsen told the U.S. Conference of Mayors.

It was the fastest growth since the end of 1987, 2-1/2 years before the start of the 1990-91 recession.

And, it was accompanied by mild inflation. A price measure tied to the GDP advanced at a scant 1.3 percent annual rate in the fourth quarter, the second-lowest quarterly rate since 1967.

The combination touched off rallies in both the stock and bond markets.

For all of 1993, GDP grew 2.9 percent, the best gain in five years.

At the White House, spokesman Mark Gearan said, "We're delighted," and attributed the growth to the administration's deficit-reduction program, which he said resulted in lower interest rates.

Robert E. Rubin, director of the president's National Economic Council, told reporters at a breakfast that "the fourth quarter is aberrational for all kinds of reasons."

A third of the growth came from catch-up production by auto companies to restock depleted inventories and from a rebound in crop production from the summer's flooding in the Midwest and drought in the Southeast, according to Commerce Department chief economist Lewis Alexander. And inflation was held down by a sharp drop in crude oil prices.

Government purchases, held back by the downsizing of the military, and the nation's trade performance both detracted from growth in the fourth quarter. But almost everything else that could have gone right did.

Housing construction, spurred by mortgage rates near 25-year lows, advanced at a 31.7 percent rate. That in turn fueled spending on furniture and appliances.

Consumer spending overall was up 4 percent, including a 14.3 percent advance for durable goods - the big-ticket items expected to last three or more years.

Businesses increased their investment spending at a 21 percent rate, the strongest pace since 1978. Purchases of computers and other efficiency-enhancing equipment rose at a 24.6 percent rate. Even the long-moribund commercial construction sector advanced, at a 10.7 percent rate.

Analysts expect growth probably will lapse to a still-respectable 3 percent rate in the current quarter, held back in part by January's deep freeze in the East and Midwest and the Los Angeles earthquake.

The relapse won't be nearly as pronounced as the backslide a year ago, when growth late in 1992 spurred to a 5.7 percent rate on a surge of optimism surrounding the presidential election and then

stumbled to a near standstill, 0.8 percent, early in 1993.

Even though the latest GDP advance was large, the recovery has been weak by historical standards.

The Commerce Department said economic output has increased 7.7 percent since the end of the recession in March 1991. That's only half the average gain of 15.4 percent during the same period of past expansions since 1960.

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YOUR COST \$14,998



NEW '94 EXPLORER 4 DR. XLT 4X2

- Equipped with:
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 - AM/FM/Cass
 - Luggage Rack
 - Super Engine Cooling
 - 4.0L V-6
 - Automatic OD Transmission

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NEW '93 SABLE GS

- Equipped with:
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 - Power Windows/Locks
 - Tilt/Cruise
 - Cast Alum Wheels
 - 3.8L V-6
 - Auto OD Trans
 - AM/FM/Cass
 - Tilt/Cruise
 - Rear Window Defroster

MSRP \$19,659

YOUR COST \$16,639



NEW '93 F-150 FLAIRSIDE CONVERSION XLT

- Equipped with:
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 - Power Windows/Locks
 - Chrome Wheels
 - Tachometer
 - Chrome Bumper
 - AM/FM/Cass
 - 5.0L V-8
 - Auto. C.D. Trans.
 - Running Boards
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MSRP \$20,588

YOUR COST \$17,500



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YOUR COST \$9,649



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YOUR COST \$9,264



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Lifestyles

The Hereford Brand - Sunday, January 30, 1994 - Page 1B

Annual Spring Fling scheduled in April

Experience spring and nature at it's best this year "Deep in the Heart of Texas." That's what folks 55 and over will be doing at the Texas 4-H Center on Lake Brownwood when several hundred will enjoy the annual Spring Fling during April says Beverly Harder, Deaf Smith County Extension Agent-H.E.

Sponsored by the Texas Agricultural Extension Service, four weeks are offered from which men and women alike may choose:

Spring Fling I--April 05-08
Spring Fling II--April 12-15
Spring Fling III--April 19-22
Spring Fling IV--April 26-29

Opportunities include "hands-on" learning centers where one can learn leather working, oil painting, stained glass and other exciting projects. Educational programs on topics such as horticulture, photography, nutrition, finances, and other current interests are a popular highlight.

Boat rides and fishing on Lake Brownwood add popularity to your stay. Lighted tennis courts, horseshoes, billiards, volleyball, shuffleboard, dominoes, and card and table games are all popular activities.

A special "Hats Off To You" theme will provide a festive atmosphere to the event. Thursday's theme party will feature some exciting activities and entertainment.

Spring Fling '94! Are you 55 or older? Then it's for you! Each week is limited to 165 participants at a nominal fee. Get away and learn to make the most of the best years of your life. Call your county Extension office today at 364-3573.

"Educational programs of the Texas Agricultural Extension Service are open to all citizens without regard to race, color, sex, disability, religion, age or national origin."



Donation presented

L'Allegra Study Club President Jan Weishaar presents a check in the amount of \$4,700 to Pat McGinty, secretary-treasurer of the Deaf Smith Health Care Foundation. The money was raised from the 1993 Project Christmas Card. L'Allegra Study Club has sponsored the event for several years and uses the money for various community projects.

Extension News

By BEVERLY HARDER
County Extension Agent-HE

WHAT YOU NEED TO KNOW ABOUT FRUCTOSE

Fructose is the sweetest naturally occurring sugar found in fruits, berries, vegetables and honey. The principle commercial source is in corn. It is found commercially in high fructose corn syrup or in granular form.

Like sucrose (sugar), fructose provides 4 calories per gram. Unlike sucrose, it limits the rise in blood glucose levels after a meal. Therefore, from the standpoint of caloric level for those trying to lose weight, fructose and sucrose (sugar) would provide equal results or the same number of calories to foods. Glucose levels after meals are caused to rise more rapidly with sucrose. Since fructose does not cause such a rapid increase in glucose levels, persons with diabetes may have been permitted to use fructose by their dietitian or physician for this reason. Since most persons with non-insulin dependent diabetes are over their normal weight, eating one of the alternate sweeteners--saccharin, aspartame or acesulfame-K--would be a better choice since they provide no calories.

If you can use fructose, recipe substitution can be challenging. In recipes, consider that use of fructose in warm foods perceived sweetness is

equivalent to table sugar. In cold foods it is 1 1/2 times sweeter than table sugar. Combining fructose with other sweeteners heightens the sweetening power of both sweeteners.

Fructose is a better browning agent than sucrose. Baking times need to be shorter and temperatures lower.

Another characteristic of fructose is that it retains more water. So the product such as a cookie will be more moist. It also makes the batter thicker resulting in a heavier layer cake.

Fructose enhances flavor of fruit but not necessarily sweeter in taste. Also, it enhances natural flavors of other foods such as vegetables or meat. Add a few drops of lemon juice and it can serve as a salt replacement.

Use three-fourth the amount of crystalline fructose when substituting for sugar in fruit drinks, iced tea, berries, salad dressings, etc. The same amount is needed for hot beverages. It is not recommended for candies, layer and sponge cakes. Jams may be prepared with crystalline fructose but cooking times have to be increased and low methoxyl pectin (i.e., Mrs. Wages or Slim Set) is needed.

Crystalline or granular fructose is found in the dietetic section of supermarkets, at health food stores or directly from suppliers for larger quantities.

Check with your physician and dietitian if you have diabetes before using fructose.

Educational programs conducted by the Texas Agricultural Extension Service serve people of all ages regardless of socioeconomic level, race, color, sex, religion, handicap or national origin.

Plans finalized for annual bean supper set Feb. 28

The Deaf Smith County Lapidary Club met Monday at the Deaf Smith County Library to finalize plans for its annual bean supper to be held Feb. 28 at the library.

During the business meeting presided over by President Dale Henson, Dee Sturges reported on the class on silver casting she is taking in Clovis, N.M. Sturges described the casting methods used by the class.

The door prizes were won by Ezell Sadler and Charles Lyles and were furnished by Dale Henson.

The program was presented by Carey Lyles who brought specimens from his collection. He discussed the rocks and their origins.

Hosts for the meeting were Thama Pearson and Ruth King. Those present were Messrs. and Mmes. Weldon Roberson, Ezell Sadler, Dale

Henson, Ralph Packard, Floyd Coker and Dee Sturges, L.D. Combs, Pearson, Bert Brown, King and Charles and Carey-Lyles.

The next time you drive into a filling station, you may find a different kind of "gas" for sale. More than 800 natural gas filling stations are now operating in the United States, according to the America Gas Association, with an average of five new facilities opening every week.

In 1870, the 15th Amendment to the Constitution, giving black men the right to vote, was declared in effect.

Dr. Crawford W. Long, of Jefferson, Ga., first used ether as an anesthetic during a minor operation in 1842.

Thank You

We are truly grateful to the good friends who did so much for us during our recent sorrow. May we take this time to say thank you for the many comforting expressions of your friendship and affection. A special thanks to the employees of Holly Sugar and Frito Lay.

The Family of C.H. Chuck Calaway
Bonnie & Cody

Randel Calaway & Family
Carla Powell & Family

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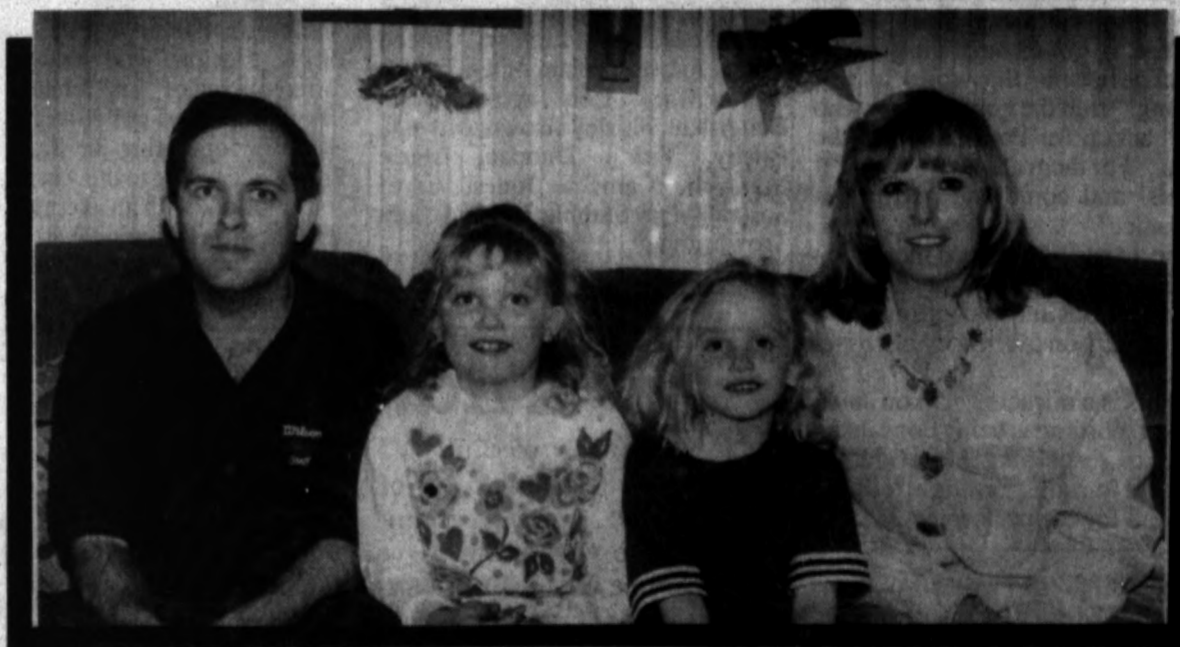
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Mr. and Mrs. Eddie Fortenberry

Welcome to
HUSTLIN' HEREFORD!

This week, join us in welcoming the Fortenberry family who moved here from Lockney. They are (from left) Eddie, Amber, Ashley and Terri. Eddie assumed the helm as the head girls' basketball coach at Hereford High School. During his six-year stint as a head coach at Lockney, Fortenberry propelled a previously winless Lady Longhorn cage program into the playoffs twice, and to an overall 92-86 record. Terri is a third-grade teacher at Northwest Elementary School. Their daughters, Amber, age nine, and six-year-old Ashley attend school at Northwest also. The Fortenberrys reside at 227 Fir.

This message sponsored by the friendly folks at

BAR G FEEDYARD

TULSA, Okla. (AP) - Reba McEntire has yet to bring out the big guns.

The country singer promised a free \$23 ticket to her Feb. 19 concert to the first 100 people to turn a gun in to police. But only six people showed up on the first day of the six-day offer.

Two women who traded in their husbands' handguns were first on line Tuesday, Cpl. Michael Ault said. Four other people turned in "ree more handguns and a rifle.

Some officers said the offer might have been more successful if it had come from an act more popular with younger people, such as Guns N' Roses or Snoop Doggy Dogg.

Happy Birthday Happy Birthday Happy Birthday

Happy 1st Birthday Dalton B. Gaitan

Love, Mom & Dad, Sammy & Clarisse

Wishes

Bridal Registry

Kimberly Barnes
Brad Barrett

Tiffany Hedgcock
Clint Cotten

Tori Irlbeck
Todd Marnell

Rebecca Reed
John Cornelius

Shelly James Oylar
Dr. Garret Oylar

Ruthie Aguilar
Ken Courville

Robin Downing
Scott Downing

Cami Enger
Jay Holcombe

Cathy Seay
Brad Smith

Angela Banner
Rodney Strafuss

Lori Alford
Mark Davis

Ronda Fuston
Brandon Ray

Wendy Sanders
Richard Blankenship

Alisa Hoelsher
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Former resident is married in Amarillo

Former Hereford resident, Melanie Michelle Petree of Amarillo, became the bride of David William Sarpalius, also of Amarillo, during an evening wedding ceremony held Jan. 8 in St. Stephens United Methodist Church in Amarillo.

The Rev. Jim Smith of the church officiated for the couple.

The bride is the daughter of Billy and Jan Bogard of Amarillo and Lenney Petree of Dumas. She is also the granddaughter of Christine Petree of Hereford and is the great-granddaughter of Zane Foster of Hereford.

The bridegroom is the son of Jesse and Donna Fuller of Gretna, La. and Congressman Bill Sarpalius of Washington, D.C.

The bride was presented in marriage by her father, Lenney Ray Petree.

The bride's twin sister, Mende Lucille Petree of Amarillo, served as maid of honor and best man was Scott Stone of Amarillo.

Bridesmaids were Katie Hoy and Evancy Kirk, both of Amarillo, and the bride's cousin, Blaire Jones of Friona.

Groomsmen were Klinton Fuller of Alamogordo, N.M., the groom's stepbrother; Brandon Petree of Amarillo, the bride's brother; and Jason Ward of Amarillo, the groom's cousin.

Junior bridesmaid was Tianne Yarbrough of Amarillo, and junior groomsmen was the bride's cousin, Hayes Jones of Friona.

Music was provided by violinists, Helen Gerald and Beverly de la Bretonne; cellist, Charlotte Harbin; and David Hinds who played the trumpet. Wedding selections included "Trumpet Voluntary," "Trumpet Tune," "Largo" by Handel, and "Jesu, Joy of Man's Desiring" by Bach.

The bride was attired in a

candlelight formal-length Elizabethan styled dress with Alexandria silk featuring misty pearl buttons down the front which were encircled by diamonds. Her gown had Juliet sleeves tightened to the wrists and the skirt gathered in a dramatic V-point at the waistline. The designer gown featured a cathedral-length train in Alexandria silk.

The shoulder length illusion veil was attached to a beaded headpiece and the bride carried an arrangement of champagne roses, gardenias, stephanotis, ivy and baby's breath.

The bride also wore pearl earrings and a pearl necklace belonging to the groom's mother.

In keeping with bridal tradition, the bride wore as something old, rings belonging to her grandmother, Mrs. Louis Welch, and her great-grandmother, Mrs. Ralph Wilson.; something new, the wedding gown; and something borrowed, the pearl necklace and earrings. She also placed the traditional sixpence in her shoe and wore a blue garter.

The bride's aunt, Gay Bingham of Amarillo, invited guests to register at the reception held in the church reception hall.

Cake was served by the bride's aunt, Holly Jones, and Jackie Stowers of Friona. Punch and coffee were poured by Lois Vernon Amarillo. Tiffani McAroy of Amarillo presided at the groom's table.

The couple left for a wedding trip to Disney World in Florida before making their home in Amarillo.

The bride is a graduate of Tascosa High School in Amarillo and attends Amarillo College.

The bridegroom is also a graduate of Tascosa High School and is currently employed by United Parcel Service. He is also attending Amarillo College studying hazardous material.



MRS. DAVID SARPALIUS
...nee Melanie Petree

Computer short courses being offered in the area

AMARILLO -- Texas Agricultural Extension Service is offering a series of computer shortcourses for beginning and advanced users. The program features a traveling notebook computer laboratory and classes are scheduled in communities throughout the Panhandle in February.

Dr. Steve Amosson, Professor and Extension Economist-Management will be teaching financial recordkeeping with the Quicken 7 software program which is now widely used in agricultural operations. Registration fee for each 2-day basic instruction session is \$75.00. All classes start at 9:00 a.m. and end by 3:30 p.m. Pre-registration is required with each session limited to 14 participants or couples.

The introductory class will be held in Spearman on Feb. 1-2. Dalhart on Feb. 3-4, and Silverton on Feb. 7-8. Additional courses are scheduled in Clarendon on Feb. 9-10 with a final session being held in Amarillo on Feb. 14-15.

Dr. Amosson is offering an advanced shortcourse series in 1-day sessions for participants having a working knowledge of Quicken. This course will focus on shortcuts, file management, tax summaries and enterprise reports. Registration is

\$40.00. Pre-registration is required. The advanced classes will be offered in Perryton on Feb. 16, Amarillo on Feb. 21 and Dalhart on Feb. 23.

Advanced users also may be interested in a separate seminar on developing financial statements with Quicken 7 software. The class taught by Dr. Amosson, will be offered in Perryton on Feb. 17, Amarillo on Feb. 22, and in Dalhart on Feb. 24. Cost of the class is \$40.00 and Pre-Registration is required.

For registration forms and more information contact your county agent or Dr. Steve Amosson at the Texas A&M Research and Extension Center in Amarillo, 806-359-5401.

If you think the world grows colder as you grow older, you're right--sort of. According to the American Medical Association, the aging body becomes progressively less able to maintain an even temperature when subject to external cold. In addition, the body mechanism that normally detects a drop in external temperature begins to lose its sensitivity as you age. As a result, some older people don't realize they are becoming chilled and may suffer from hypothermia.

Precautions can protect children from burns

Each year in Texas, thousands of children sustain fire, scorching or scalding injuries. Many severely burned children die from their injuries.

In 1992, burn injuries were the fourth leading cause of death for Texas children ages 1-19. Hundreds of burned children were admitted to hospitals.

To reduce the incidence of burn injuries and deaths and to raise public awareness, the U.S. Congress has chosen the week of Feb. 6-12 to start the ninth annual National Burn Awareness Campaign.

The theme for this year's campaign is: "The worst kind of burn is the one you could have prevented." Dr. David R. Smith, Texas Commissioner of Health, said, "Many deaths and injuries from burns could be prevented with simple changes in the way we do things. Even something as simple as keeping children away when you're pouring hot liquids could prevent a painful scalding injury."

The Texas Department of Health's (TDH) EMS for children (EMSC) program suggests other ways to prevent burn injuries. These include:

- Turning pot handles out of children's reach while cooking.
- Using short cords on appliances

and preventing cords from dangling from work surfaces.

-Making certain that microwaved food and liquids are not too hot, especially on the inside.

-Placing young children in cribs or playpens, well away from cooking areas.

-Adjusting water heater temperatures to 120 degrees F. or lower. Temperatures higher than 140 degrees F. can cause serious injury.

-Running cold water first, then adding hot water to a safe temperature, when filling a bathtub.

-Covered unused electrical sockets with tight-fitting plastic safety plugs to prevent children from poking items into the sockets.

-Keeping children away from plugged-in electrical cords. Biting or chewing a live electrical cord can cause serious burns.

The EMSC program works to promote public awareness of ways to reduce all types of childhood injuries: motor vehicle crashes, burns, poisonings, falls and drownings.

According to paramedic and nurse Rhonda Blackmore, director of EMSC, "We'd much rather help by preventing the injury than to have the children and their families go through the pain and rehabilitation of an injury."

For more information about preventing burns and other injuries, contact your local EMS or the EMS for Children program at 1-512-458-6740.

George White paid George Gershwin \$50 a week to write tunes for the "Scandals of 1920."

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Olga Aguillon

Janie Aguillon

Thank You

Thank you to those of you who remembered our loved one at his passing. The prayers, visits, calls, food, memorials and flowers we received during this difficult time were greatly appreciated. You all care

The Aubrey Cook Family
Leola, Ron and Lynn Cook, Jeanette Cook Hampton

Dr. Damon A. Cross, D.C.

Dr. Keith Norvell, D.C.

DR. DAMON A. CROSS, D.C. WELCOMES DR. KEITH NORVELL, D.C.

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- CALL FOR APPOINTMENT

Flame Fellowship to meet

Hereford Flame Fellowship will meet at 7 p.m. Thursday, Feb. 3, in the Community Center. Special speaker will be Susan Owens of Hereford.

Mrs. Owens graduated from Dimmitt High School and attended Hardin Simmons University. She is married to Ronnie Owens and they have three children and one grandchild.

They are farmers and members of

Frio Baptist Church. She is director of Gethsemane Prayer Conference, calling people to prayers and intercession.

In June 1993, their two younger children were in a devastating motor vehicle accident. Mrs. Owens said God used them to show others that God is still in the miracle business.

Come and hear her remarkable story. The meeting is open to the public.

50 and still NIFTY!

Happy Birthday

Love, The Dancery's & Terrie's

Thank You

The family of Guadalupe Casarez wishes to express their deep appreciation for the prayers and support shared with the passing of our beloved mother.

The friendship expressed for the family has been uplifting and sincerely helpful in our time of sorrow.

God has blessed the family with the wonderful memories of a beautiful wife, mother, and grandmother; and certainly the world's best friends surrounding her family.

Thanks to all who sent flowers, cards and food, also to father Darryl for the services and those who came to visit.

Thank You from the Children of Guadalupe

Do You Want to Be a Teacher?

Are you a college graduate who does not have a teaching certificate but would like to pursue a teaching career?

Apply to the

Panhandle Alternative Certification for Educators (PACE) Program.

PACE is an accelerated teacher certification program offered by West Texas A&M University.

Initial admission requirements include:

- a four-year degree from an accredited college or university and
- a 2.5 overall grade point average on a 4.0 scale.

Eligible participants may select a teacher certification program in elementary education, secondary education, generic special education, bilingual education or English as a second language.

For further information regarding application and admission requirements, call 806-656-2599.

Applications are being accepted now. Selected candidates will begin formal training in June.

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Marriage planned

Mr. and Mrs. Jerry Zelonish of Spring announce the engagement of their daughter, Lisa Renee, of Charlotte, N.C., to Melvin Kalka Jr., also of Charlotte. He is the son of Mr. and Mrs. Melvin Kalka Sr. of Hereford.

The couple plans to marry April 30 at St. Ignatius Loyola Catholic Church in Spring.

The bride-elect graduated from Klein High School in 1986 and received a B.S. degree in advertising in 1990 from the University of Texas at Austin. She is currently employed in the marketing department at Acosta Sales, Co. in Charlotte.

The prospective bridegroom is a 1984 graduate of Hereford High School and received a B.S. degree in food technology in 1988 from Texas Tech University. He is presently employed by Pfizer, Inc. in Charlotte as a territory manager for the Food Science Division.



LISA RENEE ZELONISH, MELVIN KALKA JR.

Pointers for parents

If you think it's confusing for you to figure out what to eat, try figuring out what to feed a baby! Parents have a whole host of questions starting with, "What foods can I feed my baby and when can I start feeding them?" The answers to these questions are important because in the first year of life, babies' digestive systems are continuously developing and need to be treated with care.

Sometime between four and seven months, a baby will be able to hold his head up, sit by himself, grasp objects with his palm and take food from a spoon. At this point you can very gradually start the transition to solid foods.

A single-grain infant cereal mixed with breast milk or iron fortified infant formula is good to begin with because its consistency makes it easy for an infant to take from a spoon. Rice cereal, in particular, makes a good first food because it is unlikely to cause a food sensitivity.

Once your baby learns to move his tongue back and forth to swallow and begins chewing motions while eating, you can introduce pureed or fork mashed fruits and vegetables. You should offer only one new food at a

time and wait four to five days before progressing to the next food to avoid problems with food sensitivities.

Until your baby's first birthday, you should continue to offer breast milk or an iron-fortified infant formula. Whole cow's milk does not provide the iron a baby under a year of age needs. If you are tempted to switch to table milk because of its cost advantage over formula, you should consider switching instead to an iron-fortified formula that offers extra savings and is specially made for infants who are starting to eat cereal and other solid foods.

Don't assume that higher priced infant formula brands are better for your baby. Federal law regulates formula ingredients and ensures that all infant formulas are safe and nutritious.

A recent Gallup poll of over 1,000 women over the age of 18 revealed that 51 percent say they are overweight by at least 10 pounds. In fact, the Calorie Control Council determined that 48 million consumers are dieting at any time and an additional five million are dieting as a result of holiday over-eating.

Between The Covers

By REBECCA WALLS

How has your new year been so far? Mine is moving so quickly I am having trouble keeping up. By the time I get home in the evenings I am exhausted and all I want to do is settle back with a good book. For those of you who are in the same situation we have new books coming out each week that you may choose from. You are invited to come in, make your selection and spend some quiet time with a good book.

This weeks selections include Arctic Peril by Max Marlow. Malmoon is an Eskimo convicted of beating and stealing from three fur trappers. After serving 6 of the 10 year sentence, Malmoon is released from prison for good behavior and returns to his home just before winter closes in. Malmoon is with his people only a few days when they hear the engines of the plane and the crash. Tpo Captain John vis of World Airways a flight over the Pole was nothing new, but an extreme case of Clear Air Turbulence made this flight different. The plane

is torn in half upon impact and immediately begins to sink into the deep soft snow. By the time the people escape the sinking forward section, the tail section can no longer be seen. Surrounded by fog and an incoming blizzard rescue efforts are futile. The survivors must decide what to do next. Just when it seems like nothing worse could happen an Eskimo hunter begins to stalk them. Is Malmoon the stalker, or has he gone to help the survivors like he told his people?

Rosalind Laker's The Sugar Pavilion begins in the year 1793 during the French Revolution. A mob of armed Revolutionaries storming the gates of the Chateau de Juneau sent everyone in the house fleeing in panic, everyone except Madame la Comtesse. When the Comte de Juneau heard the news of the uprising he had a seizure and collapsed. Now on his death bed Madame refuses to leave his side, determined that his last moments will be spent in the home of his ancestors. Fearing for the safety of her son Madame asks Sophie, one of the

servants, to take her son Antoine to safety. Sophie Delcourt escapes to England with 4 year old Antoine in her charge. After a dangerous voyage Sophie and Antoine reach Brighton which has become a fashionable resort and heaven for French emigres under the patronage of the Prince of Wales. Sophie is determined to make a living by rebuilding the reputation of the Delcourt Confectionery. As Sophie becomes more successful in her profession she carefully guards Antoine's true identity until he can return to France and claim his inheritance.

Life Blood by Caroline Llewellyn is the story of Jo Treleven. Jo, a recent widow, moves to the picturesque Cotsworld Village of Shipcote with her infant son. The cottage was left to her by her grandmother and Jo hopes to find peace so that can resume her career as a childrens author. But instead of peace Jo discovers that she is living in the house where a woman was brutally murdered 50 years ago. The murderer was never caught but his identity may have been revealed in a novel written by Jo's grandmother. All copies of the book "Life Blood seems to have been destroyed and Jo's search for the book leads to many other disturbing revelations. Among them is the possibility that she and her son maybe in mortal danger.

The Feather and the Stone by Patricia Shaw is set in the 19th century Australian Outback. Sibell Delahunty finds herself orphaned and shipwrecked in a scarcely civilized country. The only other survivor Logan Conal, an unreliable Irishman, rescues Sibell and takes her to the Gilberts, her only family connection. The Gilberts arrange a marriage for Sibell which she finds totally unsatisfactory. As a result Sibell flees to a cattle station in search of security and a life of her own. There Sibell finds a life of harsh work, family rivalry and Logan Conal.

Other titles of books going out Monday:
Death the Trip of a Lifetime by Greg Palmer.
Loving Trust by Robert A. Esperti.
Understanding Wood Finishing by Bob Flexner.
Designer Needlepoint

Assistant librarian gives recent study club program

Deaf Smith County Library Assistant Joe Weaver presented a program for members of the Hereford



The United States established diplomatic relations with what was then the U.S.S.R. in 1933.

Study Club when the group met recently in the home of Gracie Shaw.

Weaver spoke with an Irish accent and donned an Irish costume as he plunged the group to the year 1776 in New England. Portraying the role of Mr. Honeyman, Weaver told of how he became a spy for General Washington. In befriending the lobster backs, he was able to bring information to Washington and take false information back to the enemy. Honeyman was a little-known player in the revolutionary war but his help was invaluable.

Members present were Barbara Allen, Doris Bryant, Morgan Cain, Addie Cunningham, Hazel Ford, Mildred Garrison, Elizabeth Hellman, Carol McGilvery, Nedra Robinson, Gladys Setliff, Gracie Shaw, Helen Spinks, Bessie Story, Mary Stoy, Virginia Winget and Joan Yarbrow.

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Saturday, February 5, 1993

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Nursery will be provided

Refreshments will be served at intermission

Hosted By: Fellowship of Believers, Hereford, TX

Belinda Gibson to serve on committee

AMARILLO -- The Texas State Board of Nursing Examiners has selected Belinda Gibson, R.N., to serve as a member of the board's Advisory Committee.

The committee will address issues in the practice of professional nursing in urban and rural settings as well as acute and extended care settings.

Mrs. Gibson was selected from a large statewide list of nurses. She will represent acute care nursing practice in the Panhandle region.

She holds a BSN degree from West Texas A&M University and is a member of Sigma Theta Tau National Honor Society for Nursing.

She works for High Plains Baptist Health Systems and has been in the practice of professional nursing for 13 years with clinical experience in obstetrical and critical care nursing.

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Ann Landers

DEAR ANN LANDERS: In the '40s and '50s, when a student got in trouble at school, that student got in trouble again at home. Now the typical parental response is "Quit picking on my kid."

When a teacher wrote to complain about being unable to physically discipline students, you oversimplified the problem by suggesting that troublemakers be expelled. This rarely happens these days because teachers must prove they attempted corrective methods, which is almost impossible.

School boards and school administrators must bear their share of the blame for the deterioration of education. In our district, for example, teachers at the elementary level can only RECOMMEND that a student not be passed to a higher grade. The parents must make the final determination. This is sheer madness.

And that's not all. Many schools have eliminated grading (remember A, B, C, D, F?). They are more concerned with a student level of self-esteem than whether or not he is learning. More madness.

Why don't you ask the teachers of America and Canada what can be done to turn things around? I would be interested also in what teachers have to say about disciplining students.--G.S. in Spokane

DEAR SPOKANE: You've raised two excellent questions. And now, teachers, may I hear from you?

DEAR ANN LANDERS: I read you regularly in the Korea Herald (Seoul) Y our column is a link to home, for which I thank you.

I am an American who has lived here for eight years. I especially enjoyed the letter about how over-blown children's birthday parties have become, because very little is made of them here. It is the older people who

are feted. What's more, the older you are, the bigger the celebration.

I recently observed my 60th birthday. My adopted Korean family took over an entire restaurant to celebrate the occasion.

The people here are wonderful, and Seoul is such a beautiful city. You ought to come and see for yourself.--D.R.R.

DEAR D.R.R.: I have been in Seoul. During the Vietnam War, in 1967, I visited our wounded in the hospitals there. It was 102 in the shade and there WAS no shade, but the city was magnificent.

Congratulations on your 60th. You picked a good place to celebrate. Asian cultures revere the elderly, while in America, we seem to worship at the shrine of youth. We spend billions of dollars annually on cosmetic surgery, creams, elixirs, hair transplants and coloring--anything that might possibly knock off a few years. Ah, vanity, thy name is woman--and man, too, I might add.

DEAR ANN LANDERS: I just read your response to "Blue in Ohio," who thinks she's a failure because her 17-year-old daughter, "Daphne," is having sex with her 19-year-old boyfriend. You told her, "This is what's happening--you did your best."

Did anyone but me notice that Daphne showed good judgment by taking the pill and using condoms? I hope when my children become teenagers, they will be as smart and responsible as she is.--California

DEAR CALIF: The best approach by far is to educate teenagers about the dangers of high-school sex. When it's too late to recommend abstinence, protection is the way to go. Thanks for saying so.

Gem of the Day: Why is it that the one who snores always falls asleep first?

DEAR READERS: Remember the letter from the reader whose two dogs were devoted to one another? "Rex," she wrote, "will soon have to be put to sleep because of crippling arthritis. Is there any way to let Rocky know that Rex isn't coming back? Whenever we take Rex to the vet, Rocky positions himself at the front door, whines and refuses to budge until Rex returns."

I told my correspondent that animals do not process information the same way humans do, so telling Rocky wouldn't do much good, but I did suggest that she try to fill the void by taking him for rides and walks, giving him extra attention and a change of scenery.

My readers (by the thousands) let me know that my response was inadequate. Read on for some truly helpful comments:

DEAR ANN: This is about the Rex and Rocky letter. We also had two dogs. When Spirit was hospitalized, her brother Silver searched all over the house for her. He whined a lot and wouldn't eat. Finally, Spirit had to be put to sleep.

We brought her body home and laid it at Silver's feet. Silver put his paw across Spirit's shoulder, sniffed the body, stayed for a while, then walked away and never looked for her again. He knew she wasn't coming back.--K.V.D., Orleans, Mass.

From Cambridge, Vt.: Animals can handle death better than humans. It is infinitely more cruel when the animal has no idea what happened to a companion who simply disappears. He interprets it as "abandonment," and the grief goes on.

When our horse had to be put down, we removed the halter and brought it back to show his pasture mate. The horse smelled the halter, jumped and snorted, and ran to a far corner of the pasture where she stood with her head down, grieving. Had it been handled differently, I'm sure she would have pined for a long time.

Panama City, Fla.: The best way to communicate to Rocky that Rex is not coming back is to let him see and smell Rex's body after he has been euthanized. His reaction will be the same as a human's. He will nudge Rex and try to wake him up. After a while, he may try to drag the body off somewhere to bury it. If Rocky is not presented with Rex's body, he may mourn for a very long time.

South Bend, Ind.: When you know your pet will have to be put to sleep and he has a pal, let the dog sleep on a pillow so his scent will be on it.

After he goes, his pal will find comfort in sleeping on that pillow.

Rochester, N.Y.: We had two cats and two dogs. When our 18-year-old cat, Ben, had to be put to sleep, Schatzie, a dog, took it harder than the other cat. When Lady, the other dog, died, the remaining cat mourned along with the other dog. Animals know more and feel more than we think.

Lexington, Ky.: Children can also have trouble understanding the death of a pet. Recently, our 14-year-old cat, Fellini, was euthanized. I held him

during the injection. Two of my daughters chose to stand with me. My 3-year-old preferred to wait outside. We put Fellini in a bag, brought him home and buried him under the dogwood tree. Death was then a reality.

One should not use the phrase "put to sleep." Say instead, "helped him die." Bedtime can be scary for a 3-year-old if she thinks she may not wake up.

So, dear readers, once again, you have educated me as well as one

another. My thanks to all who wrote. **Gem of the Day:** Most of the troubles we face come from saying "yes" too soon and "no" too late.

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.

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<i>Robin Downing Scott Downing</i>	<i>Kim House Andrew Gee</i>
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Is exercise important?

Does regular exercise really matter?

"Yes!" says Dr. William Baubie, an emergency specialist at Kingston Hospital in Kingston, New York. "After the pain and sweat have been showered away, healthy skin, toned muscles and extra physical and mental energy remain. Perhaps even more important than making you feel and look your best, regular exercise can also help prevent injury, disability and chronic disease."

Dr. Baubie says that proper exercise decreases the health risks of smoking, stress, obesity and alcohol use and may prevent stroke, high blood pressure, heart attack, sports injury or osteoporosis.

"To get the greatest health benefits from exercise, and reduce your risk of injury," Dr. Baubie says, "it's important to exercise properly and safely."

He suggests beginning by selecting an exercise activity that you can enjoy and can perform regularly without getting discouraged. "Always consult your physician

before you start an exercise program," says Dr. Baubie. This is especially important if you have any of the following risk factors: over age 40, inactivity, obesity, smoking, problems of the heart, lungs, or musculoskeletal system.

Dr. Baubie also suggests you:

-Learn appropriate form and technique from a fitness instructor.

-Always include warm up and cool down activities, such as slow walking and stretching exercises for the appropriate muscle groups.

-Drink plenty of water, and dress appropriately.

-How hard should you exercise?

Proper exercise intensity requires reaching your "target heart rate," which is 50 percent to 80 percent of your maximum heart rate, for at least 30 minutes three times a week. Your maximum heart rate is 220 minus your age in years. You should exercise at 50 percent of your maximum heart rate for the first few weeks in order to slowly adapt to your new exercise program.

What if you get injured?
"If you experience any pain, dizziness, shortness of breath, irregular heartbeat or increased fatigue, stop your exercise immediately and consult your physician or trainer," says Dr. Baubie. Most exercise or sports-related injuries are caused by overuse and unusual demands on muscles, joints, tendons and ligaments. Overuse injuries are treated with cold packs, elevation, rest and anti-inflammatory medication for the first few days and then heat with gradual stretching and strengthening activities.



Restaurateurs offer tips on making (and keeping) reservations.

G.E.D. Testing

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Calendar of Events

MONDAY

Odd Fellows Lodge, IOOF Hall, 7:30 p.m.
 TOPS Chapter No. 1011, Community Center, 5:30-6:30 p.m.
 Rotary Club, Community Center, noon.
 Planned Parenthood Clinic, open Monday through Friday, 711 25 Mile Ave., 8:30 a.m. until 4:30 p.m.
 Nazarene Kids Korner, Monday, Wednesday and Friday, 8:15 a.m. until 5:15 p.m.

AA meets Monday through Friday, 406 W. Fourth St., noon and 8 p.m. For more information call 364-9620.
 Spanish speaking AA meetings each Monday, 406 W. Fourth St., 8 p.m.
 Ladies exercise class, First Baptist Church Family Life Center, 7:30 p.m.
 Deaf Smith County Historical Museum: Regular museum hours Monday through Saturday 10 a.m. to 5 p.m. and Sunday by appointment only.

TUESDAY

Good Shepherd Clothes Closet, 625 E. Hwy. 60, open Tuesdays and Thursdays from 9-11:30 a.m. and 1:30-3 p.m. To contribute items, call 364-2208.
 Kids Day Out, First United Methodist Church, 9 a.m. until 4 p.m.
 Hereford AMBUCS Club, Ranch House, noon.
 Social Security representative at

courthouse, 9:15-11:30 a.m.
 Kiwanis Club of Hereford Golden K Chapter, Hereford Senior Citizens Center, noon.
 Hereford Rebekah Lodge No. 228, IOOF Hall, 7:30 p.m.
 Problem Pregnancy Center, 505 E. Park Ave., open Tuesday through Friday, 9:30 a.m. until 12:30 p.m. Call 364-2027 or 364-5299 for appointment.
 Domestic Violence Support Group for women who have experienced physical or emotional abuse, 5 p.m. Call 364-7822 for meeting place. Child care is provided.
 St. Anthony's Women's Organization, Antonian Room, 8 p.m.
 Hereford Riders Club, Community Center, 7:30 p.m.
 Alpha Alpha Preceptor Chapter, 7:30 p.m.
 San Jose Women's Organization, San Jose Catholic Church, 7 p.m.
 American Legion and Auxiliary, Legion Hall, 7:30 p.m.
 Crown of Hospice, Hereford Chapter, 5:30 p.m.

VFW, VFW clubhouse, 8 p.m.
 BPOE Lodge at Elks Hall, 8:30 p.m.
 National Association of Retired Federal Employees, Hereford Senior Citizens Center, 1 p.m.
 Merry Mixers Square Dance Club, Community Center, 8 p.m.

Community Center, 7:30 p.m.
 Hereford Senior Citizens governing board 2 p.m. and business meeting at 3 p.m. at the Senior Citizens Center.
 Patriarchs Militant and Ladies Auxiliary, IOOF Hall, 8 p.m.

SATURDAY

Kiwanis Whiteface Breakfast Club, 6:30 a.m.
 Community Duplicate Bridge Club,

Open gym for all teens, noon to 6 p.m. on Saturdays and 2-5 p.m. on Sundays at Church of the Nazarene, AA, 406 W. Fourth St., 8 p.m. on Saturdays and 11 a.m. on Sundays.

FRIDAY

Kiwanis Whiteface Breakfast Club, 6:30 a.m.
 Community Duplicate Bridge Club,

Open gym for all teens, noon to 6 p.m. on Saturdays and 2-5 p.m. on Sundays at Church of the Nazarene, AA, 406 W. Fourth St., 8 p.m. on Saturdays and 11 a.m. on Sundays.

There's no substitute for fine, quality lace

By KATHRYN BONN
 For AP Special Features

Francois Damide is sweating a bit as he fingers a piece of fabric. He's on the phone, speaking French, fast. Donna Karan needs lace now and Damide, president of Solstiss Inc. in New York, passes word to headquarters in the French village of Caudry. It seems the painstaking process can't produce the goods fast enough.
 "It takes nine months to make a baby," his boss reminds him in a plea for patience.
 Such are the trials of supplying Seventh Avenue with material made the same way for more than 150 years. Centuries ago, handmade lace meant ultimate luxury. It was even used as currency in the 1700s. The invention of the Leavers machine in 1813, still used by Solstiss and other high-end manufacturers, revolutionized the industry and made lace more widely available.

For fashion designers who will use only the finest raw materials, there's no substitute for the quality lace produced by small French firms. Prices run from about \$20 a yard for simple patterns to \$350 for complex embroidered styles woven with metallic threads and beads.
 Today, lace is turning up in all facets of fashion, from demure to aggressively sexy. Lacy sheers have come out of the lingerie drawer to be worn for all to see, day and night. For Solstiss and other top-of-the-line French companies, bridalwear and lingerie are a small fraction of the business. Designers now use lace in everything from high-girth stockings to couture ball gowns.

Traditional weaves like chantilly lace are in high demand. So are the myriad modern variations such as lace embroidered with intricate beaded patterns, sequins and metallic threads in an awe-inspiring range of styles and shades. (Solstiss makes more than 1,500 patterns.)
 "Classic to cutting edge, designers are using lace in new and unconventional ways. Karl Lagerfeld inserts sheer panels in floor-length black dresses. Gianni Versace combines delicate bits of lace with chunky crochet.

Donna Karan and Christian Lacroix finish dressy evening ensembles with lace pumps and spike-heeled boots.

One of the latest looks is a short skirt bordered in black lace, a compromise on hem length. Yves Saint Laurent hems couture as well as ready-to-wear dresses and skirts with lengths of lace; Saint Laurent and others stitch it into petticoats to be worn under longer chiffon lace skirts. Besides decorating flirty styles such as frilly baby doll dresses, lace peeks out of jacket and pants cuffs, incongruously paired with heavier fabrics like wool.

Even in black, lace is no longer reserved for night. In his spring collection, Bill Blass layers a lace jacket over a gray pin-striped suit, injecting unexpected sexiness into a tailored daytime look in a new twist on office to cocktails dressing.
 For unabashed nighttime glamour, lace is always in style. Pamela Dennis, a young Seventh Avenue designer known for sparkling evening dresses, says there's nothing like lace for understated sexiness.

"Lace has an old world feeling with a twist of youth," she says.
 Along with beaded miniskirts, Dennis finishes cashmere wraps in Solstiss lace and adds spice to classic suit dressing with a sheer bodice.
 "Lace has such a popping texture, you can mix a little short-sleeved lace T-shirt with a wool trouser for a great transition from day to night," Dennis says.

For the designer many consider the maestro of American glamour, French lace has always been a staple. Geoffrey Beene, who just celebrated his 30th year in fashion, uses it in every collection.

"Lace is alluring," he says, "and I don't use that word much anymore. It's the oldest fabric, and it's also the most modern. It doesn't wrinkle, packs easily and isn't as precious in its upkeep as people think."

Beene uses lace for edging and details in accessories as well as in major pieces. A highlight of his spring collection is a reemphasized lace bolero, black with yellow petals.

Red Cross Update

BY BETTY HENSON

Congratulations goes to the members of the instructor's class taught by Ronny Sanders. The new instructors are Charlie Arellano, Janis Auburg, Kurt Hasley, Patricia Holland, Paul Kilpatrick, Conny Whitehorn and Rick Whitehorn. Special thanks to Ronny Sanders, instructor trainer.

Donations for the California Earthquake Relief are being accepted at our office at 224 S. Main St. or P.O. Box 1371.

The latest disaster bulletin gives the following information. The Red Cross has opened 15 service centers to process applications. Damage assessment indicates there are 50,000 damaged homes and an estimated 33,000 families will receive assistance from the Red Cross office. There were 42 shelters opened and 35 remain open with 48,705 people in shelters. There are 72 emergency response vehicles and 4,156 staff and volunteers assisting victims. The estimated cost for the earthquake relief is \$31.6 million and \$9 million has been raised.

A CPR class will be held from 9 a.m. until 5 p.m. Feb. 5 at the Red Cross office.

The board of directors will meet in a special called meeting at 7:30 p.m. Wednesday at the Red Cross office.

The Deaf Smith County Chapter of the American Red Cross is a United Way Agency.

New Arrivals

Jerry and Denise Heggstad of Hereford announce the arrival of Robyn Lee Ann Heggstad, 5 lbs. 15 oz., 19 1/2 inches long, on Jan. 12 at Palo Duro Hospital in Canyon. They also have a three-year-old daughter, April.

The infant is the granddaughter of Janet and Roy Ceingang of Dimmitt and the late Betty Ann Moore. Great-grandparents are Elgin and Coy Moore of Hereford. Bessie Ballard of Lubbock is the baby's great-great-grandmother.

Rebekah officers installed

Nelma Sowell was installed as warden and Mary Lou Weatherford was installed as financial secretary when members of the Hereford Rebekah Lodge #228 met Tuesday evening.

Noble Grand Peggy Lemons presided as reports were made with 19 visits to the sick, 35 cheer cards, 19 dishes of food and seven flowers and memorials were recorded. Members discussed their chili supper slated from 5-8 p.m. Feb. 19 at the I.O.O.F. Hall. Tickets are

priced at \$3 for adults and \$1.50 for children. The menu will consist of chili, beans, pie, coffee and tea.

It was announced that the charter will be draped in memory of Lydia Hopson at 7 p.m. Tuesday, Feb. 1.

Irene Merritt served as hostess. Others attending were Ben Conklin, Anna Conklin, Tony Irlbeck, Rosalie Northcutt, Susie Curtsinger, Ocie Bolton, Ursalce Jacobsen, Leona Sowell, Dora Lea Howell, Verna Sowell and Dorothy Collier.

A Heartfelt Thanks

We would like to thank all the Individuals and Businesses who helped us after Dallas & Cole Whipple's accident, especially T&T Pancake House, V.F.W., Nazarene Christian Academy, Sugarland Feedyard, Larry Cothrin & Avenue Baptist Church. Only your love and concern has made this bearable.

A special thanks to Bert Parker, Shawn Rickman, & Tommy Provence for being there when needed.

Thanks to the Sheriff's Dept., EMS Crew, Dr. Khuri, ER Staff, and Carrie Shirley in X-Ray for her quick & thorough work to stabilize them for the transfer.

Cole is home now, and Dallas is in St. Anthony's Rehab unit and is doing well.

God Bless You All
 The Dallas Whipple Family

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Ask Dr. Lamb

DEAR DR. LAMB: I read your column about hepatitis B and believe I understand it, but I do not understand how hepatitis A is contracted. You say it is transmitted by the fecal-oral route. I don't understand this. Also, is there a vaccine for hepatitis A? Which is more dangerous? Which has no cure?

DEAR READER: Viral hepatitis A is caused by a virus in food. A good example is oysters that have been contaminated by sewage. It is a form of food poisoning and can be spread by food handlers.

If you are going to get hepatitis, this is the type to get. It is usually the least dangerous. Over 45 percent of Americans have antibodies to hepatitis A, showing that at some time they had it. Once you have had it, and have recovered, you are immune to it and will not contract it again. The disease is directly related to sanitation. Like other food- and water-borne diseases, it is transmitted from infected people to others by the virus in fecal material being in water or food. Those caring for a patient with hepatitis A must avoid unnecessary physical contact and must use gloves and wash one's hands carefully after

contact.

It is sufficiently mild that many people do not recognize they have the disease and may think it is "food poisoning," unless jaundice also occurs. You can be quite sick from hepatitis A. In rare cases, it can cause serious destruction of the liver.

The virus is in the stools about a week before symptoms occur and is shed for about two to three weeks. This is when a person is contagious. After this initial phase, a person is no longer contagious.

To help you understand the difference between the types of viral hepatitis, I am sending you my new Special Report 145, Hepatitis and Cirrhosis. 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. This is the only form of hepatitis that you get from contaminated food. Sometimes an outbreak of viral hepatitis A occurs when a group of people eat contaminated food, such as raw oysters that are contaminated.

There is no vaccine, but injections of immune serum globulin to family members or those likely to be ex-

posed will prevent or minimize the severity of the disease.

DEAR DR. LAMB: My 84-year-old mother has a severe bowel prolapse that has lasted for five years. It has gotten worse this last year so that her bowel protrudes and will not stay in. It is about the size of an egg and very red and irritating.

One doctor says she should have surgery. The other says no. The one who says no is the surgeon who was asked to do the surgery. He says the muscle in her bowel is weak, which is why it protrudes. He told her to keep pushing the bowel back in, but it will not stay in any more. What can be done?

DEAR READER: In rectal prolapse, the rectum literally turns itself inside out and may protrude three or more inches. The inner lining of the rectum is what you see, like turning a glove inside out. That causes an increase in secretions from the glands in the lining with irritation of local areas.

Mild conditions may be managed by simply replacing the rectum, but as the condition progresses -- and it usually does -- surgery is the only cure. The decision on whether to recommend surgery also depends on patient's age and medical status. But regardless of most patients' ages, they usually tolerate the procedure used to tack the rectum, by scar tissue, to the sacrum, preventing its prolapse.

DEAR DR. LAMB: My blood type is A positive and my wife is A negative. One of our sons has type O positive blood. I would have thought that he would have had either A positive or A negative blood. Can you give me a clinical reason why he has a different blood type? I know I am the biological father.

DEAR READER: I have been surprised at the number of letters I receive asking just such questions about blood type. The problem seems to be that most people don't realize that each person contains two gene factors for blood type. The dominant gene determines that person's blood type, but the genes that affect non-dominant blood type may be transmitted.

Both you and your wife have gene factors for type AO and both of your blood types are reported as type A. Your son has inherited only the genes for type O blood from both of you. He has your genes to be Rh positive. Therefore he is type O Rh positive even though you are his biological father.

History is the witness that testifies to the passing of time: it illumines reality, vitalizes memory, provides guidance in daily life and brings us tidings of antiquity.

Military Muster

SAN ANTONIO -- Eric Matthews, son of Mr. and Mrs. Ronald Matthews of Hereford, has enlisted in the U.S. Air Force, according to Staff Sgt. Carol Perry, Air Force recruiter.

Upon successfully completing the Air Force's six-week Basic Military Training course at Lackland Air Force Base, Matthews is scheduled to receive technical training in the mechanical career field.

FORT GEORGE G. MEADE, Md. -- Air Force Senior Airman Jose L. Lopez Jr. has graduated from Airman Leadership School here.

The 153-hour course focuses on preparing senior airmen to accept greater responsibilities as supervisors and rating officials.

Lopez, an apprentice signals intelligence analysis specialist, is the son of Jose L. and Guadalupe Lopez of Hereford.

BEVERLY HILLS, Calif. (AP) -- Paul Newman's salad dressing and spaghetti sauce are getting him a special Oscar at this year's Academy Awards.

The 69-year-old actor will receive the Jean Hersholt Humanitarian Award for donating to charity more than \$80 million in profits from Newman's Own food business. Previous winners include Elizabeth Taylor and Audrey Hepburn.

Thank You

We would like to express our extreme gratefulness to all of the people who helped comfort us in our recent loss of Rudy Martinez. A special Thanks to Dn. Jesse Guerrero & David Alvarado for a beautiful service. Also to Rix Funeral Home, all the people who prepared the wonderful food, the flowers, cards & many prayers. During times like these, we realize how much our friends mean to us. Your expression of sympathy will always be treasured.

From all of the Martinez Family

Valentine's Dance

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1989 Mercury Tracer 4 dr., economic 4 cyl. engine with full power & air. AM/FM radio. Test drive this nice car.

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MINDING YOUR OWN BUSINESS

Don Taylor

WORDS OF WISDOM X

The alphabet is a wonderful organizational tool. You can use it for filing systems, seating charts and listing the names of several important people on one list - without offending anyone. Kings and Presidents use it and it works well in phone books and dictionaries.

It seems only natural that we organize a column in alphabetical order. I can imagine no column that would be better suited for alphabetical arrangement than our tenth Words of Wisdom. So here it is: Wisdom in alphabetical order.

- Action - Thought is the blossom; language the bud; action the fruit behind it. - Ralph Waldo Emerson
- Bible - A thorough knowledge of the Bible is worth more than a college education. - Theodore Roosevelt
- College - When a subject becomes totally obsolete we make it a

- required course. - Peter Drucker
 - Democracy - Democracy is based on the conviction that man has the moral and intellectual capacity, as well as the inalienable right to govern himself with reason and justice. - Harry S. Truman
 - Experience - Experience enables you to recognize a mistake when you make it again. - Franklin P. Jones
 - Freedom - The natural progress of things is for liberty to yield and government to gain ground. - Thomas Jefferson (Natural, but not desirable - D.T.)
 - Government - This country has come to feel the same when congress is in session as when the baby gets hold of a hammer. - Will Rogers
 - Humor - A man isn't poor if he can still laugh. - Raymond Hitchcock
 - Intelligence - When you don't have an education, you've got to use your brains. - Anonymous
 - Justice - Justice is the insurance which we have on our lives and property. Obedience is the premium we pay for it. - William Penn
 - Kindness - A kind heart is a foundation of gladness, making everything in its vicinity freshen into smiles. - Washington Irving
 - Love - He that falls in love with himself will have no rivals. - Benjamin Franklin
 - Mother - All that I am, or hope to be, I owe to my angel mother. - Abraham Lincoln
- The Last Half**
- Neighbors - The impersonal hand of government can never replace the helping hand of a neighbor. - Hubert H. Humphrey
 - Old Age - The problem with old age is that there isn't much future in it. - Anonymous

- Patriotism - Abandon your animosities and make your sons Americans! - Robert E. Lee
- Quiet - The good and the wise lead quiet lives. - Euripides
- Reading - Reading is to the mind what exercise is to the body. - Joseph Addison
- Solitude - I live in that solitude which painful in youth, but delicious in the years of maturity. - Albert Einstein
- Trust - Put your trust in God, but keep your powder dry. - Oliver Cromwell
- Unity - One country, one constitution, one destiny. - Daniel Webster
- Vocation - Every calling is great when pursued. - Oliver Wendell Holmes, Jr.
- Work - Nothing is really work unless you would rather be doing something else. - James M. Barrie
- Xylophone - I'm glad Webster spelled zilaphone with an x. - Don Taylor
- Yesterday - I am afraid of tomorrow, for I have seen yesterday and I love today. - William Allen White
- Zeal - Experience shows that success is due less to ability than to zeal. The winner is he who gives himself to his work, body and soul. - Charles Buxton

You may write to Don Taylor in care of "Minding Your Own Business," Box 67, Amarillo, Texas 79105.

THE QUIZ

is a feature of the
NewsCurrents
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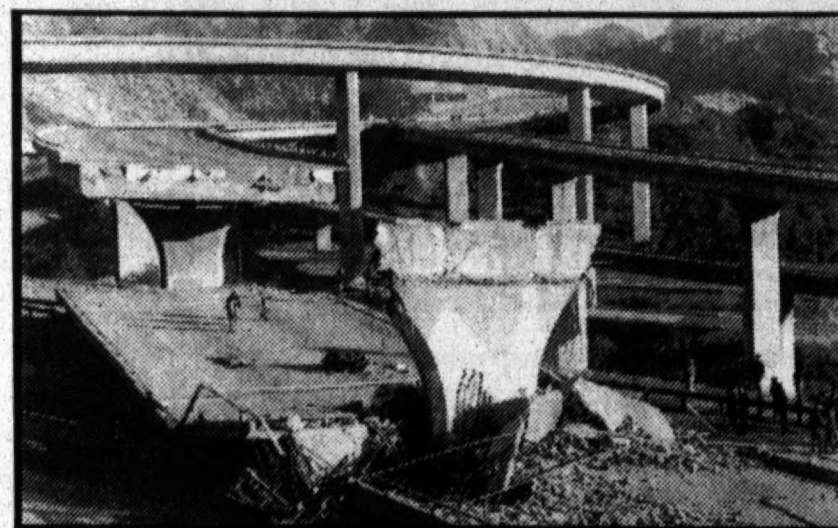
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THE QUIZ

THE QUIZ IS PART OF THIS NEWSPAPER'S
NEWSPAPER IN EDUCATION PROGRAM

WORLDSCOPE

(10 points for each question
answered correctly)



1) The quake that recently hit Los Angeles was centered in the San Fernando Valley. It registered at about ... on the Richter Scale, well below the strength of the big quake experts say is still likely to strike the L.A. area in the next 20 or 30 years.
a-5.9 b-6.6 c-7.1

2) President Clinton gave his State of the Union speech a few days ago. The Constitution commands the President to deliver a message to Congress (CHOOSE ONE: once a year, from time to time).

3) Recently Treasury Secretary ... visited China and put pressure on its leaders to do more to improve human rights in their country.

4) Byron De La Beckwith is on trial in Mississippi for the third time. He is charged with killing civil rights leader ... in 1963.

5) Special prosecutor ... recently issued his final Iran-contra report, which found Ronald Reagan and George Bush at fault, but not enough to be charged with any crimes.

MATCHWORDS

(2 points for each correct match)

- | | |
|--------------|-------------|
| 1-assumption | a-asylum |
| 2-refuge | b-ally |
| 3-afflict | c-inference |
| 4-invert | d-injure |
| 5-accomplice | e-reverse |

PEOPLE/SPORTS

(5 points for each correct answer)

1) In what may be a harbinger of the Academy Awards, ... won a Golden Globe as Best Director for his critically acclaimed "Schindler's List."

2) Actor Telly Savalas, who became famous as the bald-headed TV detective known simply as ... died recently at the age of 70.

3) The Super Bowl was a re-match between the defending champion Dallas Cowboys and the Buffalo Bills. The Bills are the ... team to appear in four consecutive Super Bowls.
a-first b-second c-third

4) A wave of upsets cleared the way for ... to ascend to the number one spot in men's college basketball for the first time in ten years.
a-Kansas b-Kentucky c-UCLA

5) Now that CBS has lost the rights to NFL games, former coach and television football analyst ... will join the Fox network for a cool \$32 million.

NEWSNAME

(15 points for correct answer or answers)



I recently withdrew my name for consideration as Secretary of Defense. Who am I?

YOUR SCORE:
91 to 100 points — TOP SCORE!
81 to 91 points — Excellent
71 to 81 points — Good
61 to 70 points — Fair
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Comics

Marvin

By Tom Armstrong



The Wizard of Id

By Brant Parker and Johnny Hart



BLONDIE

by Dean Young and Stan Drake



BEETLE BAILEY

By Mort Walker



Barney Google and Snuffy Smith

By Fred Lasswell

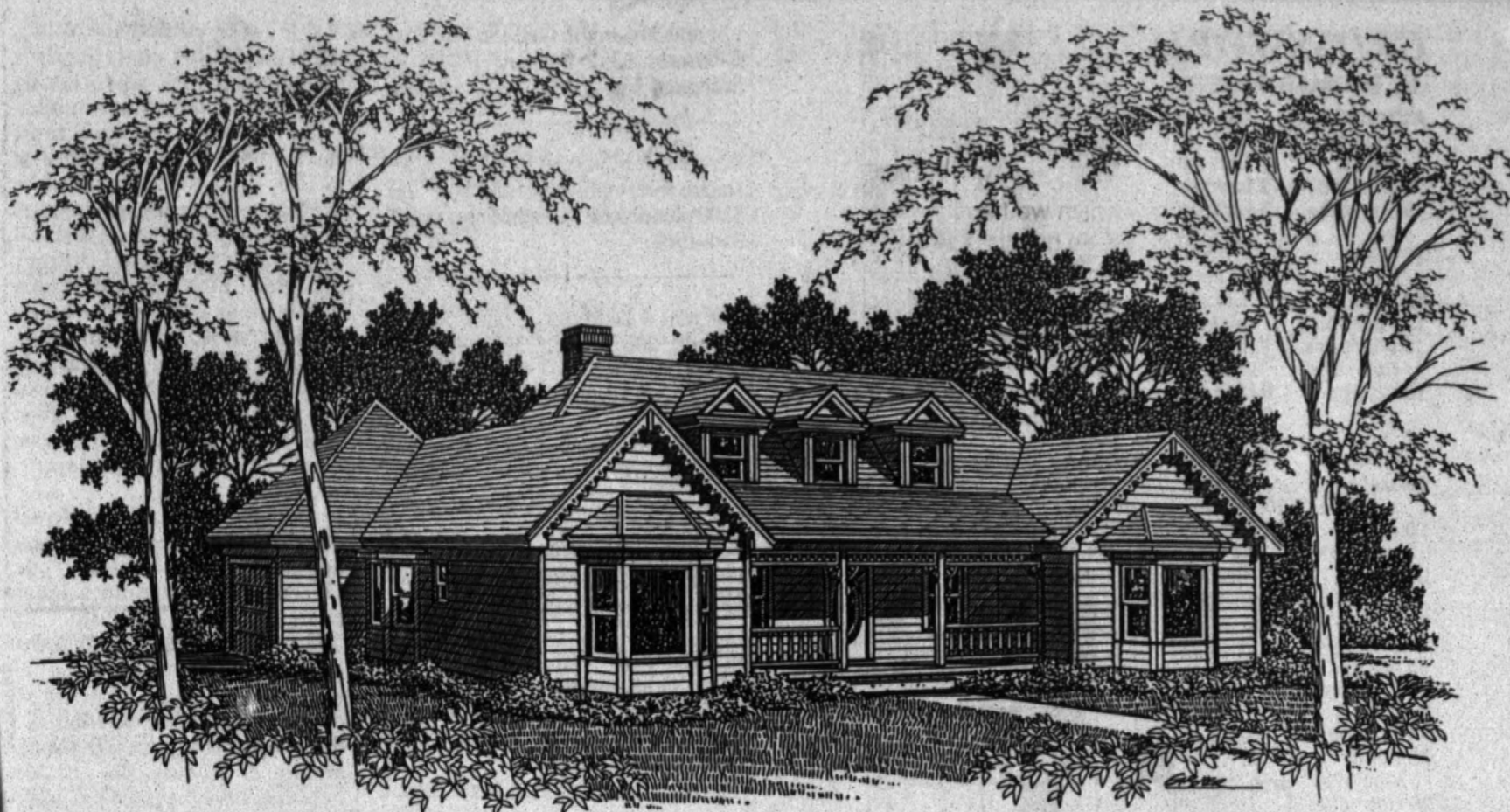


ANSWERS TO THE QUIZ

Week of 1-31-94

WORLDSCOPE: 1-b; 2-from time to time; 3-Lloyd Bentsen; 4-Medgar Evers; 5-Lawrence Walsh
NEWSNAME: Bobby Ray Inman
MATCHWORDS: 1-c; 2-a; 3-d; 4-e; 5-b
PEOPLE & SPORTS: 1-c; 2-a; 3-d; 4-e; 5-b
5-John Madden

Real Estate



VICTORIAN COTTAGE INCLUDES BONUS ROOM

Choose Between Two Master Bed Room Arrangements

FEATURE HOMES

© BY W.D. FARMER, F.A.I.B.D.

The layout of this plan is for smooth even flow. The front porch entry is wide as is the foyer. The open vista is to a sunken great room enhanced by wood rail division, false beams, a terrace view and a fireplace with raised hearth.

The bed rooms are zoned for privacy and the master bed room is totally private, and directly ac-

cessible to the great room. A bay window is included in the private bed room as well as a compartment bath with twin lavatory. Closet space is plentiful.

The alternate master bed room arrangement moves the bath to the rear wall and creates a much larger bed room with direct access to the terrace. The garden bath includes a garden tub recessed into a bay window, twin lavatories and a separate shower and toilet compartment. An oversized walk-in closet is indicated along side the bath.

The remaining two bedrooms are isolated and serviced by a central bath. The stair to the basement is from this area. A rear stair is shown for access to a bonus room, over the great room.

The dining, kitchen, breakfast, laundry and garage are in a line. Feature appointments are a bay and a wide shallow pantry in the breakfast room, isolated laundry area and entry to double side-entry rear garage. Access to the terrace is from this area also.

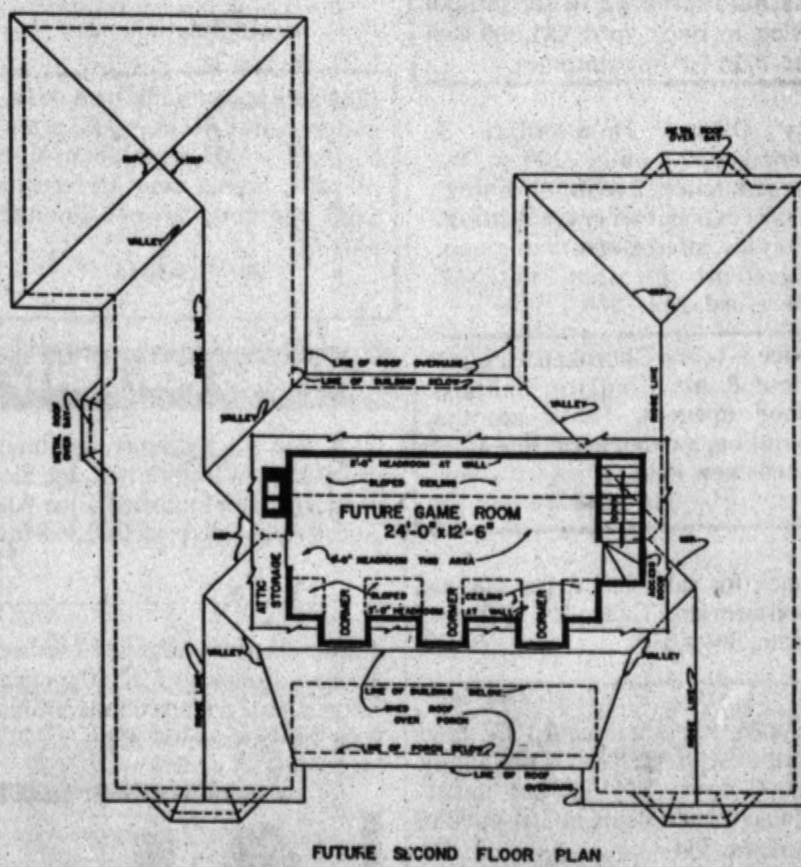
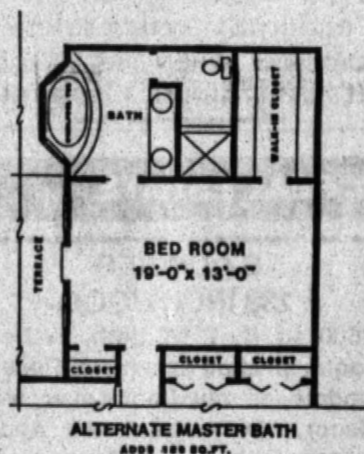
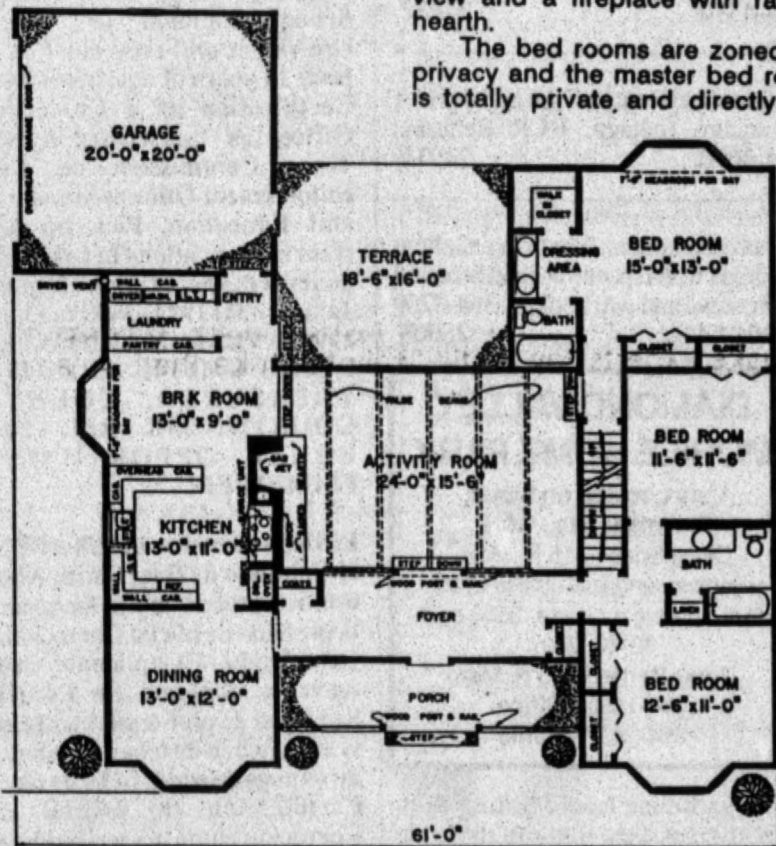
The game room is huge and boasts a sloped ceiling and triple dormer windows.

The Victorian exterior is enhanced by dormers and twin bay

windows, front porch with wood rail, ornate trim, single pane windows and twin gable roofs.

The plan is number 963. It includes 2,399 square feet of heated space including the bonus room. If the garden bath alternate is selected the total square footage increases to 2,585. All W. D. Farmer plans are drawn in accordance with FHA and VA requirements.

For further information on this plan, write W. D. Farmer Residence Designer, Inc., P. O. Box 450025, Atlanta, Ga 30345.



Most sliding doors are easy to maintain

It's relatively simple to keep sliding doors - whether bypass or patio type - in good working condition.

Bypass doors are lightweight movable panels used mostly for showers and for closets. They are suspended from a top track with multiple channels so that they can slide past each other. They are popular for closets because they allow access to the full width of the storage space.

Patio doors, usually made of glass in wood, metal or vinyl frames, have one fixed and one or two sliding panels. The movable panels rest on rollers that travel in a bottom track with channels.

Most sliding doors can be lifted straight up out of the track, but some can be freed only when they are lined up with key openings, generally when the door is halfway open. Always have someone help you lift and move a patio door.

With either type of sliding doors, keep the tracks clean and lubricated. Patio door tracks need more upkeep. Vacuum out loose debris and scrub out compacted dirt with a toothbrush. Use a silicone lubricant to keep the door moving freely. Don't use grease or oil, which attract and hold dirt.

Problems with patio doors most frequently stem from the tracks. Inspect them for burrs, bends or other deformities and repair or replace them as needed.

For minor bends in a patio door track, cut a block of wood to fit tightly in the track. With the wood inserted in the track as backing, flatten the sides with light, quick hammer blows. A more serious

deformity will require replacement.

Some tracks can be replaced with a kit available from a window and door hardware specialist. Other tracks will have to be replaced by a professional installer.

Most problems with bypass sliding doors are track-related. Here are some tips on troubleshooting bypass doors.

- If a bypass door is balky, check the roller brackets at the top of the door. Roller brackets keep the door level and maintain uniform clearance between the bottom of the door and the floor.

- There are dozens of styles of hanging brackets - some with one wheel and others with two. (A double-wheel bracket will support a slightly heavier door than will a single-wheel one.) All are designed so that you can adjust the height of the door without taking it down.

To adjust the door, simply loosen the screws holding the brackets to the door, slide them up or down in the slots, then retighten the screws.

- If the door sticks, or a roller jumps a track, check for loose screws, an object lodged in the track, a broken roller or a bent track.

- If the rollers don't move freely, apply a little powdered graphite to the axles of the sticky rollers; don't use oil on nylon rollers. Also lubricate catches and locks from time to time.

- To clean an overhead bypass door track, spray household cleaner on a terry cloth rag, wrap the rag around the tip of a screwdriver, and rub the padded tip along the track.

- To work smoothly, bypass doors must be plumb (check them with a carpenter's level) and properly positioned in the bottom guide.

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312 DOUGLAS - 3 bdrm., 2 bath, side entry garage, rock fireplace, 2097 sq.ft. + 200 sq.ft. in quality basement, make offer.
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Question/Answer

Q: I have a septic system problem. Once a year, I have to dig up my tank cover and clean out the tank. We have a water softener which uses about 20 pounds of salt weekly. We switched soaps, softeners, etc., but nothing helps. Waste foods and grease are kept to a bare minimum. Can you give me any suggestions to solve this problem?

A: Cleaning or pumping out a septic tank once a year really is not that bad. Most health departments recommend that the tank should be cleaned every two to four years depending on use. Even when a septic system is functioning properly, the tank should be cleaned periodically, or at least inspected for sludge buildup.

Otherwise, sludge can accumulate to a level where solid wastes will be carried out into the leaching field and eventually clog the voids in the soil and the perforations or open joints in the drain tiles. When this happens, the leaching field requires replacement, usually at a cost of at least 10 times the price of a cleaning.

Apparently, the waste water from your water softener regeneration process discharges into your septic system. This is a potential problem, especially if the leaching field is installed in a finely textured clay-type soil. The salt brine in the waste water is not broken down by the bacterial action as it passes through the septic tank on its way to the leaching field.

As the salt accumulates in the field, it can, and often does, clog the voids in the soil, thereby damaging and shortening the life of the disposal field. To eliminate this problem, the waste water from your water softener should discharge into a separate drywell or onto the ground away from your leaching field, plants, and your water well, if you have one.

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232 FIR This is a 3 bdrm., 1 3/4 bath home. This home could be purchased creatively call to see how.

NEW LISTING ON JUNIPER Large living area with a vaulted ceiling, fireplace, large utility, sprinkler system, 3 bdrm., 1 3/4 bath, 2 car garage. This is a must see home for anyone in this price range, call for more information.

Farm and Ranch

Page 12B--The Hereford Brand, Sunday, January 30, 1994

ASCS will take Wetlands signups

Agriculture department announces dates

WASHINGTON -- Landowners may apply for the Wetlands Reserve Program during a sign-up period beginning Feb. 28 and continuing through March 11.

Information about the program may be obtained in Hereford at the Agriculture Stabilization and Conservation Service office, 317 W. Third.

Grant Buntrock, administration of the U.S. Department of Agriculture's

ASCS, announced that landowners in Texas and 19 other states will have the opportunity to enroll eligible acreage in the WRP.

This year's signup is the second conducted by the USDA. Funded in the 1992 fiscal year, the WRP was limited to 50,000 acres. However, landowners on 2,337 farms applied for enrollment of more than 462,000 acres. Only 49,888 acres on 265 farms were accepted in the first

signup.

The program allows purchase of permanent easements from participating landowners of farmed wetlands, prior converted wetlands and riparian areas that link wetlands.

Participants agree to accept no more than the fair market value of the land for agricultural use, in return for a lump sum payment and cost-share assistance for implementing wetland restoration practices.

Working with the ASCS in determining eligibility and environmental quality of acres offered will be the USDA Soil Conservation Service and the Department of Interior Fish and Wildlife Service.

The national ASCS administrator said state ASCS committees will be given greater discretion in selecting wetlands that meet state environmental goals, such as food protection, water quality, migratory birds and wildlife habitat benefits.

EPA opts to allow use of natural gas engines

WASHINGTON -- U.S. Sen. Phil Gramm, R-Texas, has announced that the Environmental Protection Agency has opted to permit farmers to continue using natural gas-fired irrigation engines.

"This announcement by the EPA ends an intense struggle to avert the threat that massive new federal regulations posed to the livelihood of thousands of Texas farmers," Gramm said.

In a recent letter to EPA Administrator Carol Browner, Gramm had urged speedy clarification of the proposed rule.

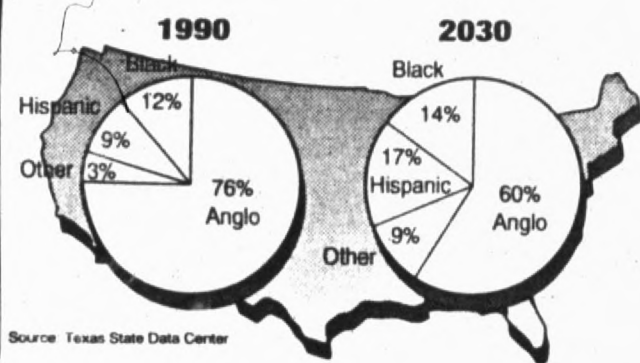
Under the proposed rule, emission monitoring devices would be required for all such stationary engines. Estimated cost for the monitoring devices are at least \$25,000 per engine.

"I am pleased with the EPA's clarification of the proposed rule, which exempts clean natural-gas fueled engines used to power irrigation equipment from these costly monitoring standards," Gramm said.

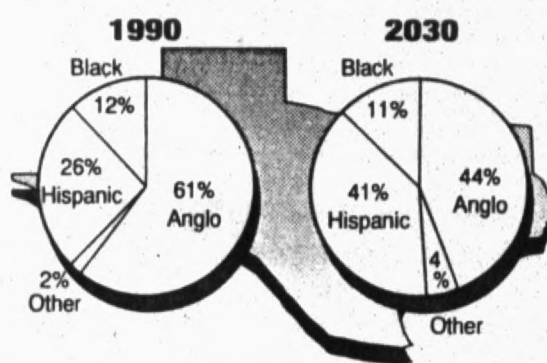
The United States and Canada lie within eight standard time zones.

More Diverse Population

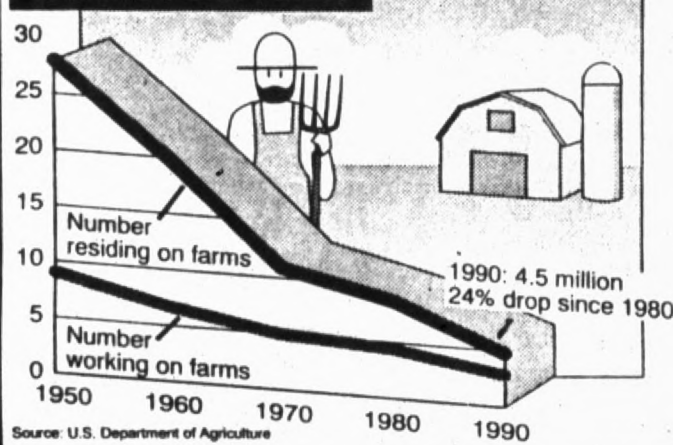
- ◆ By 2050, the U.S. population will be 47 percent minority groups and 53 percent Anglo.
- ◆ The Texas population is projected to be more than half non-Anglo by 2015 and 56 percent non-Anglo by 2030.



Source: Texas State Data Center



Fewer on U.S. Farms



Source: U.S. Department of Agriculture

Changing Farm Structure

- ◆ The largest 15.5 percent of American farms generate 80 percent of the country's gross agricultural sales. The remaining smaller operations that make up 84.5 percent of all farms, generate less than 20 percent of sales.
- ◆ U.S. on-farm employment was 2.8 percent of total employment in 1990. About 20 percent of U.S. workers are employed in agriculture and agribusiness.

Center sets computer courses

Computer classes for keeping farm records and field mapping will be offered at the Texas A&M Computer Training and Education Center at Halfway during February.

Record Keeping with Bell Farm Register will be offered on Feb. 4, taught by Don Bell, an area farmer who wrote the cash record-keeping program.

Field mapping will be given for persons interested in drawing individual field maps to scale. The course will be taught by Randy Wilmeth on Feb. 8.

Farm record keeping with Tellwriter Plus, developed for South Plains farmers, will be offered at the Halfway center on Feb. 15.

Quicken7 for DOS will be taught by Dr. Jackie Smith, extension economist, on Feb. 17-18. Also scheduled during the month is a Quicken 3 for Windows course. Information about either course may be obtained by calling Smith at 806-746-6101.

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Agencies collaborate on project

AUSTIN -- Public education, the environment and consumers of electricity will all benefit from a windpower project initiated by the Lower Colorado River Authority in partnership with the General Land Office of Texas.

An agreement between LCRA and the General Land Office calls for installation of 150 wind turbines on acreage in West Texas that is dedicated to the Permanent School Fund.

Land Commissioner Garry Mauro and LCRA General Manager Mark Rose announced the project. Also present for the announcement were officials of Kenetech Corporation of California, contractor for the project.

Previously, leases on state lands have been limited to oil and gas production, a primary revenue source for the PSF.

Mauro said the latest project to

U.S. provides more seafood

WASHINGTON (AP) - Mexico is buying more seafood from the United States, in part to cater to the health-conscious demands of tourists, with a particular appetite for lobster and scallops, the Agriculture Department reports.

During the first nine months of last year, U.S. seafood exports to Mexico were up 62 percent to \$24.7 million, the department said.

should demonstrate that windpower is economically feasible for Texas, and that the "sustainable" resource could someday produce up to 10 percent of the electric output in the state. Eventually, he said, the project could generate "hundreds of millions of dollars" for the school fund.

Wind turbines are in widespread use in California, providing 1.5 percent of the state's electrical needs, Mauro pointed out. "According to a study conducted by the Pacific Northwest Laboratories, Texas has 10 times the wind resource of California," he said.

"That means windpower is capable of producing 10 percent of the total electric consumption in Texas. And, it's a resource that will always be around."

"Unlike oil and gas, windpower is an energy boom that is not going to go bust."

"Not only will it provide a clean, safe renewable source of energy for our state for many years to come, it's going to help the public school children of Texas."

The land commissioner said the first 50 megawatts to be produced by the project will generate between \$3 million and \$4 million for the school fund. "Those revenues will grow as

the plant expands to its expected production of 250 megawatts."

The first phase of the project is planned to generate electrical power of 50 megawatts, sufficient power for 15,000 homes. The second phase would raise the number to 60,000 homes.

The first 150 wind turbines will be installed in Culberson County, about 10 miles south of Guadalupe Pass and Guadalupe Mountains National Park.

Up to 750 wind turbines may be installed. Easements have been obtained on one 7,500-acre ranch. Rights will be sought as the project develops.

In the agreement among the LCRA, land office and Kenetech, the California company will operate the project and provide the wind turbines, sell the electricity generated to LCRA. The General Land Office will acquire easement rights at sites.

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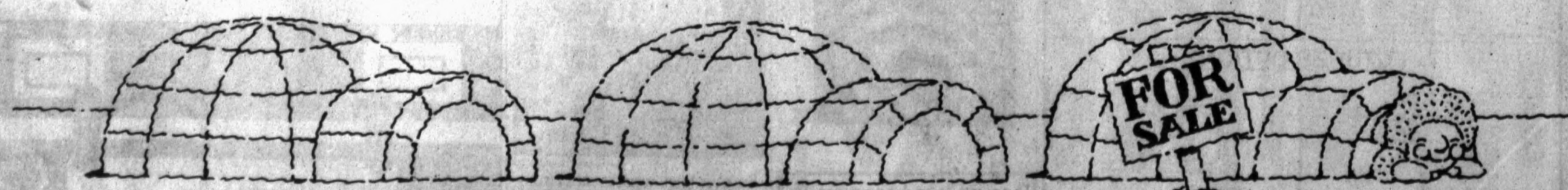
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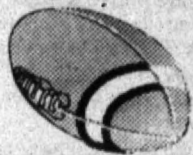
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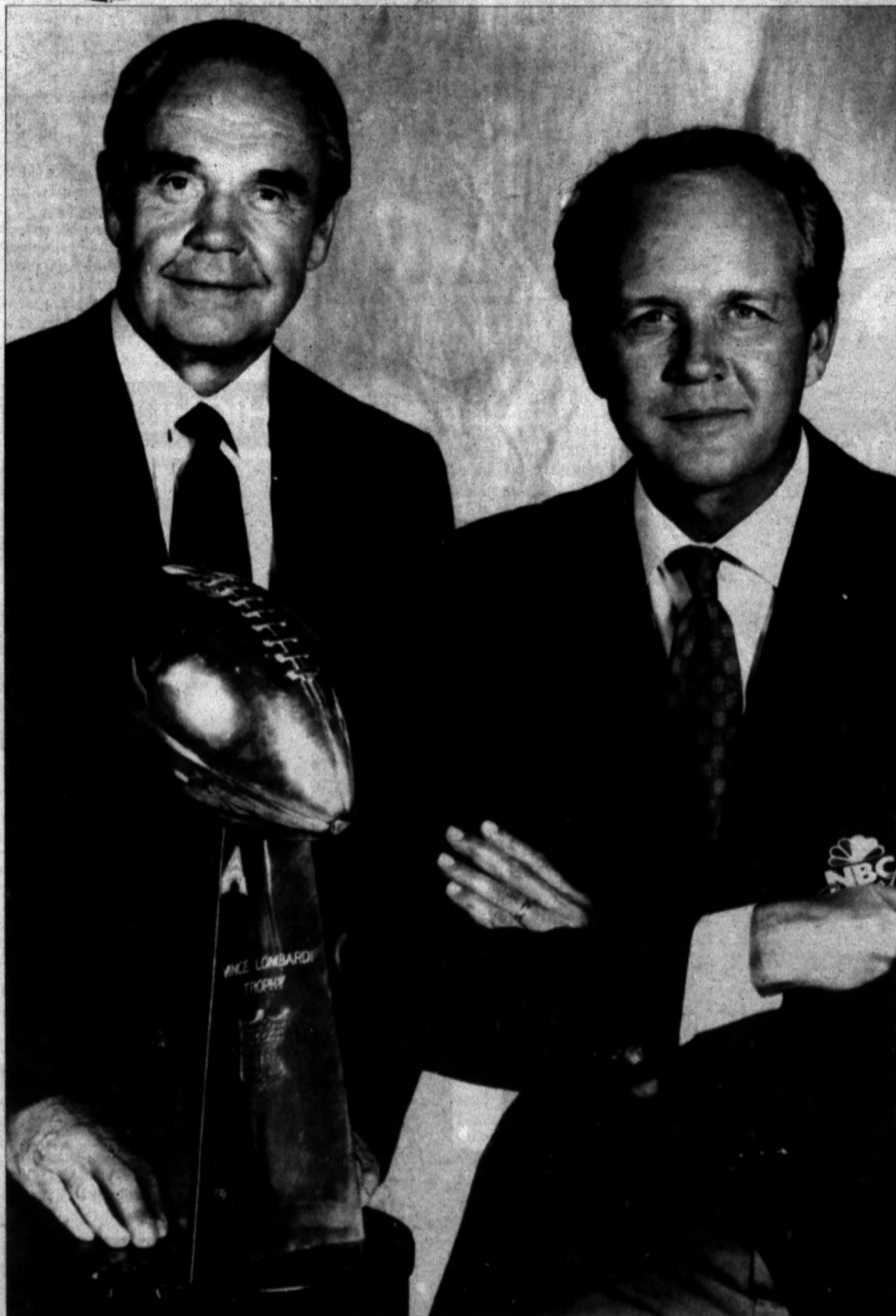
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Trumpy, Simpson stick close to Super Bowl players



BY SARA BENNETT



Dick Enberg (left) and Bob Trumpy call the action at Super Bowl XXVIII, Sunday on NBC, from the Georgia Dome in Atlanta. Enberg, Trumpy and in-studio analysts Mike Ditka and O.J. Simpson will have plenty of material to work with after spending much of the week before the game with the players and coaches.

The Super Bowl teams will probably be sick of analysts Bob Trumpy, Dick Enberg, O.J. Simpson and Mike Ditka by the time the big game rolls around.

NBC will broadcast Super Bowl XXVIII, Sunday, Jan. 30, from the Georgia Dome in Atlanta. And like last year, Enberg and Trumpy will be calling the action, making them the first commentators to do back-to-back Super Bowl games exclusively for the same network.

"It is very cool," Trumpy says, referring to his place in Super Bowl history. "Super Bowls are always cool, no question about that."

Once the pregame show gets going, however, the broadcast channel becomes irrelevant, lost in the shuffle of interviews, profiles and game-day predictions.

Trumpy, the color commentator, and Enberg, the play-by-play man, are two of only a handful of broadcasters with complete access to both teams during the week leading up to the game. Although teams were not known at press time, Super Bowl preparation remains the same.

"There should be some insights coming from the two of us that might be a little bit different than what everybody else is writing or reading or finding out," Trumpy says. "We're allowed to go to practice, we're allowed to talk to the players, we're allowed to talk to the coaches, and it's not in a press conference setting."

The insights gathered by Trumpy, Enberg and in-studio analysts Ditka and Simpson all week long come in handy when there's a one-sided game on the field. Trumpy is pleased with the way he and his partner handled last year's 52-17 Super Bowl romp by the Dallas Cowboys over the Buffalo Bills.

"We think we entertained people in the fourth quarter when (there) was 30 points difference between the two teams," Trumpy says. "We refer to it as 'emptying our bucket.' All that preparation we do - in a bad game, that's when you use it, to keep people interested."

Watching the teams practice prior to the Super Bowl helped put last year's game in Trumpy's highlights book.

"We thought Buffalo had a great game plan going into the Super Bowl, offensively and defensively," he recalls. "For some strange reason they seemed to change what they had in mind, and we picked up on that immediately. We were very proud of that."

Simpson is no stranger to the players either. He's wherever they are, all season long, right up to the end.

"I'm at the field, I'm in the clubs, I'm in the locker room," he says.

But Simpson, who likens his knowledge of his craft to a writer's, instinctive knowledge of grammar and punctuation, doesn't need to work any harder than he does in a normal football week.

"It's almost instinctual now," he says. "I follow the game on anything. I know the teams, I know the offense, I know the defense. I've always felt, for the most part, close to the players."

How does the quick-to-smile Simpson see his style meshing with Ditka's no-nonsense approach?

"Ditka brings a certain attitude," Simpson says of the former Chicago Bears coach. "He brings a hard-nosed viewpoint. I've enjoyed working with him immensely. He's an easy guy to rib because of his personality. You can get on him, (but) he takes it the way it's meant. It's almost that jocular type of quickness."

—CABLE CHANNELS—

- | | |
|----------------------------|----------------------------|
| 2 - DISNEY CHANNEL | 20 - HBO |
| 3 - LOCAL | 21 - CINEMAX |
| 4 - KAMR (NBC), AMARILLO | 22 - MTV |
| 5 - KACV (PBS), AMARILLO | 23 - VH-1 |
| 6 - WTBS ATLANTA | 24 - NASHVILLE NETWORK |
| 7 - KVII (ABC), AMARILLO | 25 - THE DISCOVERY CHANNEL |
| 8 - FAITH | 26 - A&E |
| 9 - WGN, CHICAGO | 27 - LIFETIME NETWORK |
| 10 - KFDA (CBS), AMARILLO | 28 - HSE |
| 11-12 - C-SPAN & C-SPAN II | 29 - TNT |
| 13 - KCFI (FOX), AMARILLO | 30 - HEADLINE NEWS |
| 14 - ESPN | 31 - NICKELODEON |
| 15 - CNN | 32 - USA |
| 16 - THE WEATHER CHANNEL | 33 - UNIVISION |
| 17 - FAMILY CHANNEL | 34 - CMT |
| 18 - SHOWTIME | 35 - THE LEARNING CHANNEL |
| 19 - LOCAL ACCESS | 36 - CARTOON NETWORK |

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TRIVIA QUIZ

Which Western's cast had Sinatra, Stooges?

BY STEVEN ALAN MCGAW

Questions:

1. After making this Billy Wilder picture, James Cagney retired from the screen for 20 years.
2. This film marked Albert Finney and Audrey Hepburn's only screen appearance together.
3. Name the film that features Dean Martin, Jerry Lewis, Zsa Zsa Gabor and Elsa Lanchester.
4. Dean Martin returns, with Frank Sinatra, Victor Buono and the Three Stooges, in a 1963 Western comedy.
5. Franchot Tone stars in this suspenseful 1943 film about a hotel in the middle of the Sahara.
6. Billy Cosby wishes he'd never seen the script for this one.
7. Marlene Dietrich makes even John Wayne forget about the Navy in this one, Broderick Crawford looks on.
8. John Sayles directed this gem about the 1916 World Series scandal.

1. "One, Two, Three"
2. "Two for the Road"
3. The film is "Three King Circus"; thankfully, no one has felt the need to reunite that group.
4. "4 for Texas"
5. "Five Graves to Cairo"
6. Audiences, too, wish they'd never experienced "Leonard Part 6"
7. "Seven Sinners"
8. Sayles' movie was "Eight Men Out"; the director appears on screen as sports writer/burnerist Ring Lardner.

Answers:

HIGHLIGHTS



Jennie Garth stars in the fact-based mystery "Lies of the Heart: The Story of Laurie Kellogg," airing on ABC, Monday, Jan. 31.

Garth portrays a young mother who is accused of enticing four local teenagers into murdering her 43-year-old husband.

Her defense against the murder charge is that she had been abused by her husband for 10 years, so she suffered battered women's syndrome and thus was incapable of forming intent to kill.

TRIVIA

In 1958, Charles Bronson starred in his own TV series titled "Man With a Camera." He played a free-lance police photographer.

TRIVIA

Sandy Dennis, Dustin Hoffman, Peter Fonda and Jon Voight all made their early TV appearances in episodes of "The Naked City."

SUNDAY



Angela Lansbury stars as Mrs. Harris, a cleaning woman who reunites the wealthy Marquis de Chassange, played by Omar Sharif, with his estranged daughter, in "Mrs. Arris Goes to Paris," Sunday on CBS.

After Office Hours *** 1/2 (1935) Clark Gable, Constance Bennett. A wealthy reporter gets fired from her job, but later teams up with her boss in exposing the schemes of a racketeer. 1:30. February 1 11am.
Against the Wind *** 1/2 (1948) Robert Beatty, Simone Signoret. During World War II, English saboteurs parachute into German-occupied France to support the resistance movement. 2:00. February 5 10:30pm.

Beach Party ** (1984) Tom Hanks, Tawny Kitaen. A prenuptial celebration for the groom-to-be turns into a no-holds-barred evening of fun and debauchery. 2:00. February 4 8pm.
Beach Beverly Hills (1993) Gloria Pryor, Heather Ann McTague. Three alluring models search for wealthy husbands amid the surf and sizzle of the Hollywood beach set. 2:00. February 4 12am.

Bfaddock: Missing in Action III ** (1988) Chuck Norris, Aki Aleong. Col. James Braddock returns to Southeast Asia to rescue his Vietnamese wife and their son from the sadistic Gen. Quoc. 2:00. February 5 3:05pm.
Breaker! Breaker! * (1977) Chuck Norris, George Murdock. A trucker skilled in karate takes on corrupt small-town officials as he searches for his missing brother. 1:55. February 4 7:05pm.
Bright Eyes ** 1/2 (1934) Shirley Temple, James Dunn. An adorable orphan lies at the center of a three-way custody battle. 2:00. January 30 2pm.

MOVIES ON TV
Cosby, Culp return to the 'I Spy' beat on CBS; marquee TV and film names fill airwaves

BY SARA BENNETT
Criminals, spies and scoundrels dominate movies in a week when murder is overshadowed by positive and humorous outcomes.
CBS airs "Mrs. Arris Goes to Paris," starring Angela Lansbury, Sunday, Jan. 30. The movie, which premiered in December 1992, chronicles an English cleaning woman's journey to Paris to fulfill her wish of owning a House of Dior gown.

played by Sigourney Weaver, in Fox's presentation of "Working Girl." Harrison Ford's business with Griffith turns romantic as she's about to close a big deal with him.
"The Fisher King," one of Robin Williams' best showings, is on The Movie Channel Monday. Williams portrays a homeless man who is befriended by a washed-up radio host (Jeff Bridges).
Wednesday, Feb. 2, USA premieres "Dangerous Heart," about a drug dealer (Tim Daly) who tries to win the affections of a woman (Lauren Holly) whose police officer husband (Jeffrey Nording) stole money from him.

SUNDAY JANUARY 30

Table with 12 columns (7 AM to 12 PM) and multiple rows listing TV programs and movies such as Pony Tales, Umbrella, C. Brown, Quack, and Movie: The Return of the King.

Jan. 30 - Feb. 5 HOROSCOPE

By C. C. Clark
Aries (March 21 - April 20)
You will have a more optimistic attitude, especially where matters of the heart are concerned. Valentine's Day cannot come too soon for you.
Taurus (April 21 - May 20)
Take your health problems seriously and do what has to be done. There is a good chance you will receive a message containing great news.

Libra (Sept. 23 - Oct. 22)
You may be dealing with a person who is not what he or she may seem to be. It will not be easy, but it may be time for a reality check.
Scorpio (Oct. 23 - Nov. 22)
Add some color to your life and buy some art work you have been admiring. You may get financial assistance, but not in the way you expected.
Sagittarius (Nov. 23 - Dec. 20)
Break from your regular routine and head out for some fun. A young person may give you some valuable information.

SUNDAY JANUARY 30

Table with 10 columns (12:30 to 5:30) and multiple rows listing TV programs and movies such as Torkelsons, Danger Bay, Zorro, and Donald Duck.

TUESDAY

FEBRUARY 1

Grid of TV programs for Tuesday, February 1, 7 AM to 12 PM. Includes shows like Fraggles, Today, Tradition, Gilligan, Good Morning America, etc.

TUESDAY

FEBRUARY 1

Grid of TV programs for Tuesday, February 1, 12:30 to 5:30. Includes movies like Horse in Gray Flannel Suit, Our Lives, Body Elec., etc.

TUESDAY

FEBRUARY 1

Grid of TV programs for Tuesday, February 1, 6 PM to 11 PM. Includes movies like The Wind in the Willows, News, MacNeil/Lehrer Newshour, etc.

Five Days One Summer ★★½ (1982) Sean Connery, Betsy Brantley. A middle-aged physician and his female companion reflect on their relationship during the course of an Alpine trip. 2:00. February 31 3pm.

The Five Man Army ★★ (1970) Peter Graves, James Daly. A band of Americans battles Mexican rebel forces for a stolen gold shipment in 1914. 2:15. February 3 11:45pm.

Flesh and Blood ★★★ (1979) Tom Berenger, Suzanne Pleshette. Based on Pete Hamill's novel about a street tough who develops his boxing skills in prison for a career in the ring. 4:00. January 31 11am.

Flight of the Navigator ★★★ (1986) Joey Cramer, Veronica Cartwright. An alien spacecraft holds the key to the disappearance of a boy who reappears physically unchanged eight years later. 2:00. January 30 1pm.

Forced Vengeance ★★ (1982) Chuck Norris, Mary Louise Weller. An unemployed bodyguard uses his martial-arts skills to protect his late boss's daughter from murderous rivals. 2:00. February 1 7:05pm.

Fulfillment ★★★ (1989) Cheryl Ladd, Ted Levine. A farm wife faces a crisis of conscience when her infertile husband suggests that she bear his brother's child. 2:00. February 1 9am.

Funeral in Berlin ★★½ (1967) Michael Caine, Eva Renzi. A British spy arranges for the defection of the Russian officer in charge of Berlin's war security. 2:00. February 5 12pm.

Funny Girl ★★½ (1968) Barbra Streisand, Omar Sharif. Based on the true story of Fanny Brice who rose from obscurity to become one of America's most-beloved entertainers. 3:15. January 30 1:30pm.

Ghost in the Machine (1988) John Thaw, Kevin Whately. Inspector Morse is called in when a British lord's strange death follows the theft of several valuable paintings. 2:00. February 1 8pm, 12am.

Godzilla vs. Monster Zero ★½ (1966) Nick Adams, Akira Takarada. Aliens invade Earth with Godzilla, Rodan and Ghidrah the three-headed monster under their control. 1:45. January 30 12:10am.

Godzilla's Revenge ★★ (1969) Kenji Sahara, Tomonori Yazaki. A young boy dreams of sharing adventures with Godzilla and his son on Monster Island. 1:35. January 30 1:55am.

Gorky Park ★★★ (1983) William Hurt, Lee Marvin. A Moscow detective's investigation of a bizarre triple murder leads him to run-ins with the KGB and an American tycoon. 2:45. February 3 12:50am.

Great Balls of Fire! ★★★ (1989) Dennis Quaid, Winona Ryder. A biography of Jerry Lee Lewis, whose reckless lifestyle and controversial marriage nearly destroyed his career. 2:30. January 30 3pm.

The Hanging Tree ★★ (1959) Gary Cooper, Maria Schell. A doctor kills a man while rescuing a girl and is almost lynched by a drunken mob. 2:00. February 5 8pm.

Heathers ★★½ (1988) Winona Ryder, Christian Slater. Life within an elite social circle proves too much for a girl who goes to extremes in dealing with her snobbish peers. 2:00. February 5 10:50pm.

Heidi ★★★ (1937) Shirley Temple, Jean Hersholt. A young girl is taken from her grandfather's alpine home to work as a servant for a wealthy family. Colorized. 2:00. January 30 6pm.

Hercules and the Princess of Troy ★★ (1965) Gordon Scott, Diana Hyland. The legendary strongman defends Troy from a corrupt senator and a monstrous sea beast. 1:00. February 5 4:35am.

High Noon ★★½ (1952) Gary Cooper, Grace Kelly. Cooper won an Oscar for his portrayal of a lawman whose townspeople desert him when four vengeful gunslingsers arrive. 2:00. February 3 7pm.

The History of Mr. Polly ★★ (1949) John Mills, Sally Ann Howes. Based on a story by H.G. Wells. A soulful dreamer embarks on a long bicycle ride to put some meaning back into his life. 2:00. February 1 3am.

Hostile Guns ★★½ (1967) George Montgomery, Yvonne De Carlo. A federal marshal escorting a wagonload of outlaws to prison discovers among them a woman whom he once loved. 2:00. February 3 3pm.

Humanoids From The Deep ★★ (1980) Doug McClure, Ann Turkel. Loathsome creatures from the ocean's depths attack a California coastal town. 1:45. February 3 7:05pm.

I Spy Returns (1994) Bill Cosby, Robert Cup. Premiere. Retired agent Scott and his former partner Robinson return to action when their spying offspring go on assignment. (In Stereo) (CC) 2:00. February 3 7pm.

Impact ★★½ (1949) Brian Donlevy, Ella Raines. A woman's clever scheme to dispose of her husband via an "accident" backfires on her and her lover. 2:00. January 30 10am.

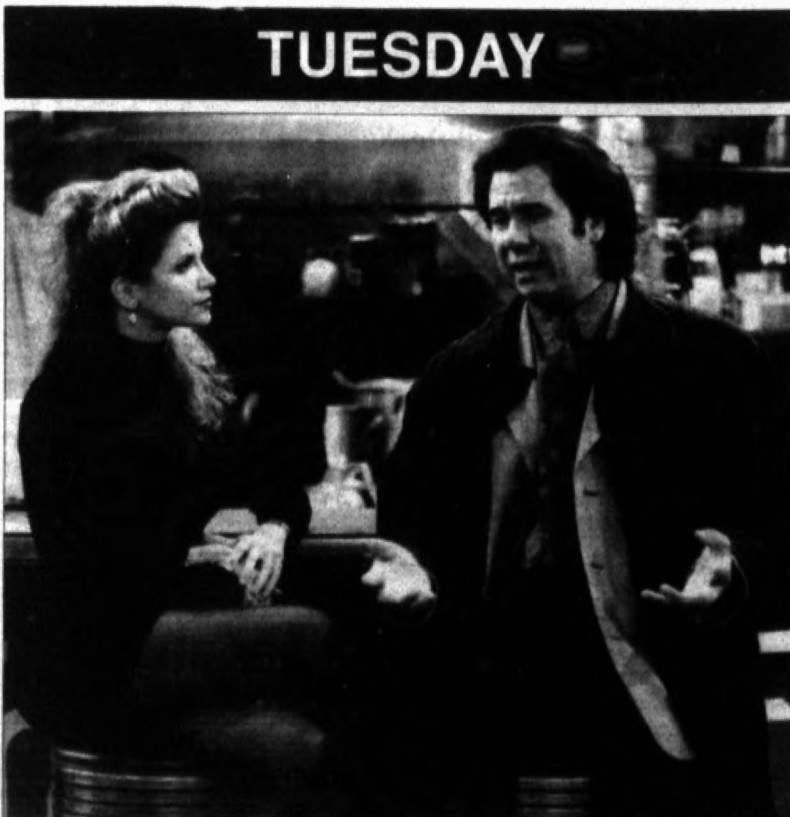
The In Crowd ★★ (1988) Donovan Leitch, Jennifer Runyon. 1960s Philadelphia is the setting for this tale about a teen-ager who falls for the hottest dancer on a local TV show. 2:00. February 3 3pm.

In Old Chicago ★★½ (1938) Tyrone Power, Alice Brady. The O'Leary's lives take an unexpected turn when their cow kicks over a lantern and starts the Chicago Fire of 1871. 2:00. January 30 12pm.

Invasion of Privacy ★★ (1992) Robby Benson, Jennifer O'Neill. A convict's obsession for the writer who interviewed him turns menacing when she spurns his advances upon his release. (CC) 2:00. January 30 6pm.

The Ipcress File ★★½ (1965) Michael Caine, Nigel Green. Crook-turned-secret-agent Harry Palmer tries to find a missing scientist. Based on characters created by Len Deighton. 2:00. February 5 3pm.

The Island of Dr. Moreau ★★ (1977) Burt Lancaster, Michael York. Based on H.G. Wells' novel about a mad doctor, his tropical island laboratory and his bizarre experiments in zoology. 2:00. February 3 10:35pm.



A recovering alcoholic, played by John Larroquette, gets advice from a hooker (Gigi Rice), setting the stage for comedy in NBC's "The John Larroquette Show" on Tuesdays.

TUESDAY

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THURSDAY

FEBRUARY 3

7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM
Fraggle	Pooh Corner	Umbrella	Dumbo	Tracks	Care Bears	Gummi B.	Lunch Box	Pirates of Caribbean	Movie:	
Today				Jenny Jones		Geraldo		To Be Announced		Our Lives
Business	Business	Finance	Finance	Lamb Chop	Barney	Sesame Street		Mr Rogers	Station	Com-Age
Gilligan	Bewitched	Happy Days	3's Co.	Little House on the Prairie	(05) Matlock	(05) Perry Mason				Movie:
Good Morning America				Donahue	Regis & Kathie	Little House on the Prairie				News
Worship	God Squad	Choir	Joy-Music	Old Time Gospel Hour	Cope	Baptist Hour				Life Choices
Garfield	Bozo		Andy Griffith	Can We Shop	People Ct.	People Ct.	Geraldo			News
(8:00) This Morning		Vicki		Ricki Lake	Price Is Right		Young and the Restless			News
Rangers	Melodies	Bankers	Tale Spin	700 Club	K. Copeland	Paid Prog.	Paid Prog.	Paid Prog.		Can-Shop
Sportacr.	Sportacr.	Fitness Pros	Getting Fit	In Motion	Bodyshape	Sportacr.	Sportacr.	Sportacr.		Corp. Battle
Babar	Rupert	Waltons		700 Club		Health Club	Name-Tune	Make Deal		Pursuit
Movie: Crystalstone Kamlesh Gupta. **			(-35) Movie: Spirit of the Eagle 'PG'		(-05) Movie: All Through the Night Humphrey Bogart.					Movie:
White Fang	Tintin		Movie: The Last Emperor (1987) John Lone, Peter O'Toole. 'PG-13'		(-45) Movie: The Addams Family Anjelica Huston. **					Movie: The Buddy Holly Story Gary Busey. *** 'PG'
Movie: The Buddy Holly Story Gary Busey. *** 'PG'			Movie: Falling in Love Robert De Niro. **		'PG-13'					Movie: The Man in the Gray Flannel Suit
(Off Air)		VideoMorning					Crafts	Cookin'		:10 Seconds
Paid Prog.	Paid Prog.	Great Books	Literary	Home	Great Chefs	Cuisine	Graham K.	Cholesterol	Easy	Homeworks
In Search Of		McMillan and Wife			McMillan and Wife			Police Story		Rockford
Workout	Gourmet	Your Child	Baby Knows		Movie: September (1987) Denholm Elliott. **		Gourmet	Ullman		Supermkt.
Wk. in SWC	HS Extra	Tennis TV	Bodies		NHL Hockey Dallas Stars at Winnipeg Jets					Basketball
Bugs Bunny	Colossal Cartoon Club	Adventure	CHiPs		Charlie's Angels			Movie: The Moonshine War (1970) **		**
Muppets	Gnome	Elephant	Dream Hour	Eureka's Castle	Muppets	Gnome	Cappelli	White Seal		Eureka
Turtles	Ghostbust.	Ghostbust.	Scooby Doo	Ten of Us	MacGyver		Quantum Leap			Murder, She Wrote
Nos.Jos G.	El Chavo	Chespirito		Papa Solt.	Candido P.	Simplemente Maria	Angelos Blancos			La Traidora
Magic Box	Kitty Cats	Bookmice	Join In!	Zoobilee	Iris the Prof.	Magic Box	Kitty Cats	Laurie		Cooking
(5:00) Morning Crew				Smurfs	Smurfs	Snorks	Shirttales	Puppies		Richie Rich
										Bear Bunch

THURSDAY

FEBRUARY 3

12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
Movie: Escape to Witch Mountain 'G'			Quack	Care Bears	Umbrella	Wonderland	Kids Incomp.	Mickey	Just Perfect	Eerie Ind.
Our Lives	Another World		Leeza		Oprah Winfrey		Maury Povich		Cur. Affair	NBC News
Body Elec.	Wait God	Neighbors	La. Cookin'	Sesame Street		Reading	Sandiego	Sq. 1 TV	Ghostwriter	Play Bridge
Movie: Matlock: The Evening News			Bugs Bunny	Planet	Flintstones	Brady B.	Saved-Bell	Saved-Bell	Gro. Pains	Gro. Pains
Rush L.	One Life to Live		General Hospital		Sally		Family Feud	Am.Journal	Jeopardy!	ABC News
Illuminations	Worship	Spirit	Faces	Stories	VISN Agenda		Lightmusic.	Jessy Dixon	Heart-Matter	Point
News	Kojak		Design. W.	Hello Sp.	Yogi	Dawgs	Flintstones	Saved-Bell	Dreams	Fame
Bold-Beau	As the World Turns		Guiding Light		Design. W.	Family M.	Edition	Hard Copy	News	CBS News
Can-Shop	Matlock		People Ct.	Love Con.	Tom-Jerry	Tiny Toon	Animaniacs	Batman	Saved-Bell	Full House
Corp. Battle	NBA Finals	Final Four	Sports	Trucks	Motorcycle Racing		Gauntlet	Dream Lg.	Desig. Hitter	Inside PGA
Triv. Purs.	Split Sec.	Make Deal	Healthcliff	Diamonds Bros.	Popeye	My Dog	Punky B.	Big Jake	Rin Tin Tin	New Lassie
Movie: Driving Me Crazy		Movie: Casablanca Humphrey Bogart.		Suspects	(-35) Movie: Rocket Gibraltar Burt Lancaster. ** 'PG'					Movie: Spirit
Movie: The Disappearance of Nora		Movie: Zelly and Me Isabella Rossellini.		Movie: Leap of Faith Steve Martin. **	** 'PG-13'					Crack US
Movie: Man in Gray		Movie: Educating Rita Michael Caine. *** 'PG'		Movie: Wayne's World Mike Myers.		(-15) Movie: D.A.R.Y.L. **				
News	Be a Star	On Stage	VideoPM							Club Dance
Home	Pet Con.	Great Chefs	Cuisine	Graham K.	Cholesterol	Easy	Homeworks	Home	Pet Con.	Animals
Rockford	Columbo				Mrs. Columbo		Police Story			Rockford Files
Shop-Drop	Moonlighting		L.A. Law		Movie: The In Crowd (1988) Donovan Leitch. **			Supermkt.		Shop-Drop
College Basketball: Kan. St. at Okla. St.			Paid Prog.	Paid Prog.	Win Case	Broussard	Jankovich	E. McCarter	On the Line	Sportsman
Movie: (-15) Movie: Passage West (1951) John Payne. **			Movie: Hostile Guns (1967) George Montgomery. **							Bugs Bunny's All-Stars
Lin' Bits	Flipper	Leslie	Weinerville	Doug	Looney	Crazy Kids	Hey Dude	Guts	You Do	Looney
Sale	Joker's Wild	Tic Tac	Press Luck	Scrabble	PGA Golf: Pebble Beach Pro-Am				Turtles	Turtles
La Traidora	Liviatolo		Cenizas y Diamantes	Cristina		Noticias y Mas		Papa Solt.		NoticLUnL.
Yan Cooks	Peasant	Madeleine	Laurie	Romantic	Homebodies	Hometime	Peasant	Yan Cooks		Cooking
Top Cat	Down Wit' Droopy D		Yogi Bear	Huck	Joelle-Cats	Ban. Spitts	Super Adventures	Godzilla		Centurions

Memphis ** (1992) Cybil Shepherd, Moses Gunn. A woman re-examines her life after her maternal instincts are unexpectedly awakened by the youth she has helped kidnap. 2:00. **February 2 1:50am.**

Missing in Action ** (1984) Chuck Norris, M. Emmet Walsh. An American colonel, struggling to convince the world that MIAs are still imprisoned in Vietnam, travels to Ho Chi Minh City. 2:00. **February 5 11:05am.**

Missing in Action 2: The Beginning ** (1985) Chuck Norris, Soon-Tack Oh. An American colonel, held prisoner by sadistic Vietnamese captors, makes a bid for freedom for himself and his fellow POWs. 2:00. **February 5 1:05pm.**

Misunderstood ** (1984) Gene Hackman, Henry Thomas. After the death of his wife, a shipping magnate's absorption in his work leads to the neglect of his young sons. 2:10. **January 31 2:50am.**

Mogambo * (1953) Clark Gable, Ava Gardner.** A showgirl and the wife of an anthropologist vie for the attentions of a rugged big-game hunter during an African safari. 2:30. **February 1 12:30pm.**

Money on the Side ** (1982) Karen Valentine, Jamie Lee Curtis. Three suburban housewives turn to prostitution to make ends meet, unaware of the physical and emotional dangers facing them. 2:00. **February 2 8pm.**

The Moonshine War ** (1970) Patrick McGouhan, Richard Widmark. A federal agent uses questionable tactics to confiscate a batch of moonshine from a backwoods brewery. 2:15. **February 3 11am.**

Mrs. 'Arris Goes to Paris (1992) Angela Lansbury, Omar Sharif. A British charwoman's quest to buy a Dior gown becomes a mission to reunite a Parisian diplomat with his estranged daughter. (In Stereo) (CC) 2:00. **January 30 8pm.**

My Mom's a Werewolf ** (1988) Susan Blakely, John Schuck. A frustrated suburban housewife suffers an identity crisis after falling under the spell of a handsome werewolf. 2:00. **February 3 1:30am.**

The Octagon ** (1980) Chuck Norris, Lee Van Cleef. A wealthy young woman hires a retired martial-arts champion to protect her from terrorists trained by mysterious ninjas. 2:15. **February 1 9:05pm.**

On Golden Pond ** (1981) Katharine Hepburn, Henry Fonda.** An elderly couple must deal with old family tensions when their daughter, her new fiance and his son visit their New England retreat. 2:00. **February 5 7pm.**

Other Women's Children (1993) Melanie Mayron, Geraint Wyn Davies. A pediatrician's strained marriage is pushed to the breaking point when she becomes overly attached to a dying boy. (CC) 2:00. **February 1 8pm.**

The Outsiders ** (1983) Matt Dillon, C. Thomas Howell. Teen gang members in a mid-1960s Oklahoma town become involved in a murder, leading to tragedy for all concerned. 2:00. **January 30 2pm; 31 3am.**

The Painted Desert ** (1931) William Boyd, Helen Twelvetrees. A man who was abandoned in the desert returns home to his adopted family to settle a long-standing feud. 1:30. **February 2 3:30am.**

Passage West ** (1951) John Payne, Dennis O'Keefe. Six escaped convicts force themselves upon a group of westbound religious pioneers. 1:45. **February 3 1:15pm.**

Paternity ** (1981) Burt Reynolds, Beverly D'Angelo. A bachelor in his 40s who wants to be a father searches for the right woman to bear his child. 2:00. **February 5 1am.**

The Phantom Tollbooth * (1968) Butch Patrick, Voices of Mel Blanc. Animated.** A young boy discovers the importance of purpose in one's life when his toy car takes him through a mysterious gateway. 1:30. **February 4 6pm.**

A Place in the Sun ** (1951) Montgomery Clift, Elizabeth Taylor. A factory worker plans his future with a wealthy debutante, but in reality he is destined to spend his life with a working girl. 2:00. **February 3 1am.**

THURSDAY



Another '60s show comes back when Robert Culp (left) and Bill Cosby reunite in "I Spy Returns," Thursday on CBS. This time the duo gets into action when their children become secret agents.



Little Caesars® Pizza

829 S. 25 MILE AVE.

On The Corner of
Hiway 385 & Park Ave.

364-4062

BEST VALUE COUPON

MONDAY MADNESS!

2 MEDIUM PIZZAS
with cheese and 1 topping*

\$5.99
Plus Tax

LIMITED TIME OFFER!

Valid Mondays only at participating Little Caesars.
*Excludes extra cheese.

BEST VALUE COUPON

BEST VALUE COUPON

TERRIFIC TUESDAY!

2 MEDIUM PIZZAS
with cheese and 1 toppings*
Plus Crazy Bread*

\$6.99
Plus Tax

LIMITED TIME OFFER!

Valid Tuesdays only at participating Little Caesars.
*Excludes extra cheese.

BEST VALUE COUPON

BEST VALUE COUPON

2 PIZZAS
with cheese and 1 topping*

SMALL \$5.49
MEDIUM \$7.99
LARGE \$9.99

Valid only with coupon at participating Little Caesars.
Extra toppings available at additional cost.
*Excludes extra cheese.

Expires 1/30/94 1204-5-6

Little Caesars®
©1993 Little Caesar Enterprises, Inc.

pizza! pizza!

Bonus!

Now when you buy **\$8.98**
TWO pizzas with TWO toppings* for **\$8.98**
PLUS TAX MEDIUM SIZE

Get a \$1 bonus pizza for only...

MED. SIZE PLUS TAX

*Excludes extra cheese. Offer available at participating carry-out stores. Bonus Pizza includes cheese and pepperoni and is available with any medium or large Pizzal Pizzal® purchase. Ask for details. ©1993 L.C.E., Inc.

BEST VALUE COUPON

Big! Big! CHEESE

24 THICK SLICES!
WITH ONE TOPPING OF YOUR CHOICE*

\$8.88

Offer valid for a limited time at participating stores. No coupon necessary.
Expiration date may not match other coupon expiration dates.
*Excludes extra cheese ©1993 L.C.E., Inc.

Little Caesars®
©1993 Little Caesar Enterprises, Inc.

BEST VALUE COUPON

2 PIZZAS "With Everything"
10 toppings!
Not valid with Square Pan.

SMALL \$8.99
MEDIUM \$10.99
LARGE \$13.99

"With Everything" toppings include pepperoni, ham, bacon, ground beef, Italian sausage, mushrooms, green peppers and onions. Upon request black olives and jalapenos. No substitutions.
Valid only with coupon at participating Little Caesars.
Not valid with any other offer.

Expires 1/30/94 One coupon per customer, carry-out only. 1201.02.03

Little Caesars®
©1993 Little Caesar Enterprises, Inc.

BEST VALUE COUPON

FAMILY CHOICE®
2 MEDIUM PIZZAS

\$9.99
Plus Tax

One pizza with 8 select toppings* for the adults.
One pizza with up to 2 toppings* for the kids.

2 LARGE PIZZAS \$12.99 Plus Tax

Valid only with coupon at participating Little Caesars. 8 topping Pizza includes pepperoni, mushrooms, onions, bacon, ham, ground beef, green peppers and Italian sausage. No substitutions or deletions. *Excludes extra cheese.
Expires 1/30/94

Little Caesars®
©1993 Little Caesar Enterprises, Inc.

BONUS! BONUS! BUCK!

8 Piece Crazy Bread

\$1.00
Plus Tax
Valid At Participating Stores Only.

Little Caesars®
©1993 L.C.E., Inc. Expires 2/13/94

BONUS! BONUS! BUCK!

Side Order Of Spaghetti

\$1.00
Plus Tax
Valid At Participating Stores Only.

Little Caesars®
©1993 L.C.E., Inc. Expires 2/13/94

BONUS! BONUS! BUCK!

2-32oz. Servings Of Coke

\$1.00
Plus Tax
Valid At Participating Stores Only.

Little Caesars®
©1993 L.C.E., Inc. Expires 2/13/94

TV OFFER EXPIRES: 1/30/94

15 PC.

SUPER BUCKETS

SUPER VALUE

YOUR CHOICE



OR



\$9.99

EACH
PLUS TAX

Available at participating KFC® restaurants. Includes white/dark pieces. No coupon necessary. Limited time offer. Prices and piece count may vary. © KFC 1993

99¢

1 Leg & 1 Thigh



Limit one per coupon.

OFFER EXPIRES: 2/13/94

Extra charge may apply for Skinfree Crispy and Honey BBQ flavored chicken where available. Offer good only at participating KFC® locations. Not good with any other offer. Customer pays all applicable sales tax.

©KFC 1994
SBF/Ama/1-17FSI



\$3.79

3 Piece Meal

- 3 Pieces of Chicken
- Choice of Two Individual Side Items
- Cornbread Muffin or Biscuit



Limit one per coupon.

OFFER EXPIRES: 2/13/94

Extra charge may apply for Skinfree Crispy and Honey BBQ flavored chicken where available. Offer good only at participating KFC® locations. Not good with any other offer. Includes white/dark pieces. Customer pays all applicable sales tax.

©KFC 1994
SBF/Ama/1-17FSI



\$10.99

10 Piece Meal

- 10 Pieces of Chicken
- Choice of Two Large Side Items
- 4 Cornbread Muffins or Biscuits



Limit one per coupon.

OFFER EXPIRES: 2/13/94

Extra charge may apply for Skinfree Crispy and Honey BBQ flavored chicken where available. Offer good only at participating KFC® locations. Not good with any other offer. Includes white/dark pieces. Customer pays all applicable sales tax.

©KFC 1994
SBF/Ama/1-17FSI



\$13.99

20 Pieces of Chicken



Limit one per coupon.

OFFER EXPIRES: 2/13/94

Extra charge may apply for Skinfree Crispy and Honey BBQ flavored chicken where available. Offer good only at participating KFC® locations. Not good with any other offer. Includes white/dark pieces. Customer pays all applicable sales tax.

©KFC 1994
SBF/Ama/1-17FSI





**ROTISSERIE
GOLD**
SLOW ROASTED TO PERFECTION

And Choice Sides



Available at participating KFC® restaurants. Side item choice may vary by restaurant. © KFC 1994



BBQ BAKED BEANS

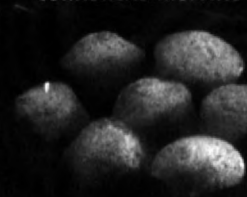
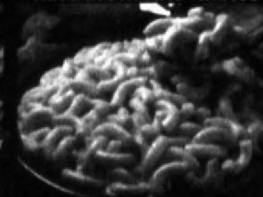
POTATO SALAD

CORN ON THE COB

GARDEN RICE

MACARONI AND CHEESE

CORNBREAD MUFFINS



GREAT TASTES SIDE BY SIDE.

NEW
ROTISSERIE GOLD
Quarter Chicken Deal
\$1.89

- Dark Quarter of Chicken
- Cornbread Muffin or Biscuit

Limit one per coupon.
OFFER EXPIRES 2/13/94

All white quarter available at extra charge.
Offer good only at participating KFC® locations. Not good with any other offer.
Customer pays all applicable sales tax.
©KFC 1994
RQM/Ama/1-17FSI



NEW
ROTISSERIE GOLD
Quarter Chicken Meal
\$3.19

- Dark Quarter of Chicken
- Choice of Two Individual Side Items
- Cornbread Muffin or Biscuit

Limit one per coupon.
OFFER EXPIRES 2/13/94

All white quarter available at extra charge.
Offer good only at participating KFC® locations. Not good with any other offer.
Customer pays all applicable sales tax.
©KFC 1994
RQM/Ama/1-17FSI



NEW
ROTISSERIE GOLD
One Whole Chicken
\$6.49

Offer good only at participating KFC® locations. Not good with any other offer.
Customer pays all applicable sales tax.
©KFC 1994
RQM/Ama/1-17FSI



NEW
ROTISSERIE GOLD
Whole Chicken Meal
\$10.99

- One Whole Chicken
- Choice of Two Large Side Items
- 4 Cornbread Muffins or Biscuits

Limit one per coupon.
OFFER EXPIRES 2/13/94

Offer good only at participating KFC® locations. Not good with any other offer.
Customer pays all applicable sales tax.
©KFC 1994
RQM/Ama/1-17FSI





AAFFILIATED
FOODS INC
MEMBER STORE

THRIFTWAY

The Store That Saves You More!



NATIONAL BRANDS ★

Winter

FESTIVAL

OF VALUES

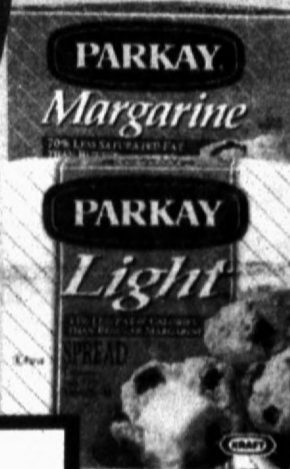


MINUTE MAID
ASST. FROZEN

Orange
Juice

79¢

10-12
OZ.
CAN



KRAFT-QUARTERS
REGULAR OR LIGHT

Parkay
Margarine

2 89¢

16 OZ.
PKGS.



HEAVY GRAIN FED BEEF

Round
Steak

\$ 1 59

LB.



Russet
Potatoes

\$ 1 49

15 LB.
BAG

EACH



ASSORTED GRINDS

Hills Bros.
Coffee

\$ 3 79

36-39
OZ.
CAN



KLEENEX
ASSORTED

Bathroom
Tissue

79¢

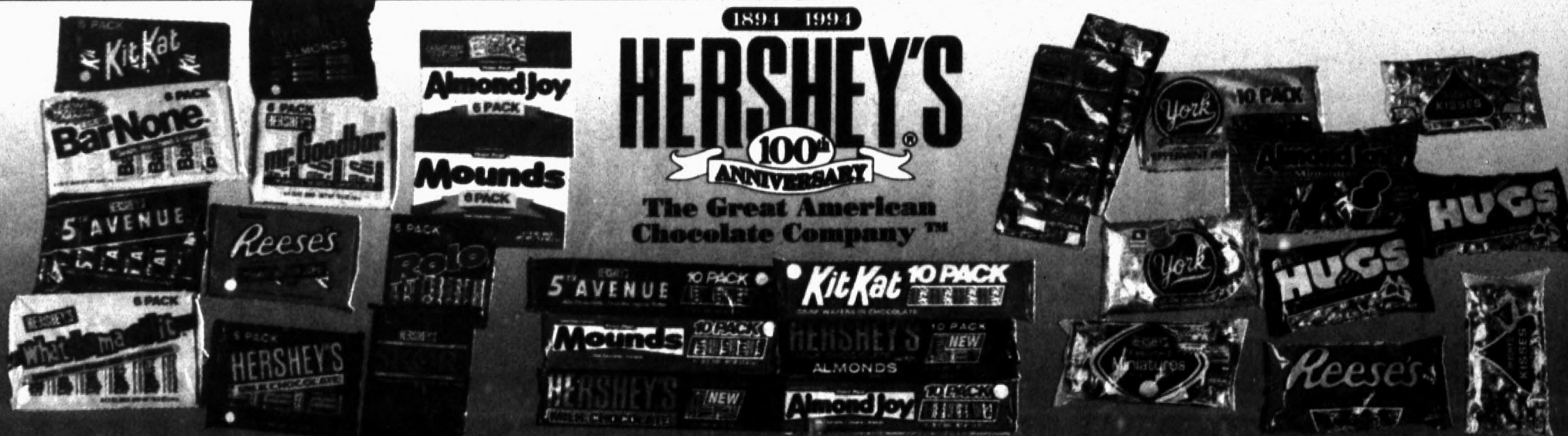
4 ROLL
PACK

1894-1994

HERSHEY'S

100th ANNIVERSARY

The Great American Chocolate Company™



HERSHEY'S-ASSORTED

Candy Bars

\$1.89

6 PACK

HERSHEY'S-ASSORTED

Candy Bars

10 PACK

99¢

HERSHEY'S ASSORTED

• KISSES • MINIATURES
• HUGS • REESE • YORK
• ALMOND JOY

Candies

13-16 OZ. BAG

\$2.69



ASSORTED PURINA Alley Cat Cat Food

\$2.99

7 LB. BAG



THRIFTY HOUND Dog Food

\$2.89

20 LB. BAG



CARNATION-ASSTD. MIGHTY DOG Dog Food

2.99¢

6 OZ. CANS

55¢
\$1.19 WITH COUPON
18 OZ. Without \$1.74 Coupon



QUICK or
OLD FASHIONED
QUAKER® OATS or
QUAKER® MULTI GRAIN



SAVE

**BUY 1 FREE
GET 1 FREE**

12-15 OZ.
BUY: Any Instant Quaker® Oatmeal
PRESENT: This Coupon to the cashier
along with purchase.
GET: Any Instant Quaker® Oatmeal
FREE!



SAVE

\$1.50
\$1.99 WITH COUPON
Without \$3.49 Coupon

ANY 15/16 OZ.

CAP'N CRUNCH® CEREAL



SAVE

SCHILLING Guacamole or Salsa Seasoning Mix

2.99¢

.75-1.0Z. PKGS.



ASSORTED Schilling Dip Mix

2.99¢

.75 OZ. PKGS.

SCHILLING Sloppy Joes Seasoning Mix

69¢

1.31 OZ. PKG.

ASSORTED Bacon Bits or Chips

\$1.29

3.25 OZ. BTL.



<p>INSTANT REGULAR/DECAFFINATED Taster's Choice Coffee</p> <p>\$3.69 7 OZ. JAR</p>	<p>ASSORTED Carnation Hot Cocoa Mix</p> <p>\$1.39 10 CT. BOX</p>	<p>NESTLE'S Chocolate Quik</p> <p>\$2.99 2 LB. CAN</p>	<p>REGULAR/LIGHT Coffee-mate Creamer</p> <p>\$1.99 16 OZ. JAR</p>	<p>ASSORTED FLAVORS INSTANT Taster's Choice Coffee</p> <p>\$3.69 3 OZ. JAR</p>	<p>ASSORTED FLAVORED Coffee-mate Creamers</p> <p>\$1.79 8 OZ. JAR</p>
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<p>• REG. AND SALT ADDED SWEET PEAS • CUT GREEN BEANS • FRENCH SLICED GREEN BEANS • WK. REG. ASIA C&S GOLDEN CORN • SUMMER CRISP GOLDEN CORN • MIXED VEGETABLES • REG. LITE CHUNKY MIXED FRUIT REG. LITE FRUIT COCKTAIL • REG. LITE CHUNKY MIXED FRUIT REG. LITE FRUIT COCKTAIL • REG. LITE CHUNKY MIXED FRUIT REG. LITE FRUIT COCKTAIL</p> <p>Del Monte Vegetables 2 11-17 OZ. CANS 99¢</p>	<p>Del Monte Fruits 15.25-17 OZ. CAN 89¢</p>		
<p>DEL MONTE ASSTD. IN JUICE OR SYRUP Pineapple</p> <p>15-15.25 OZ. CAN 59¢</p>	<p>DEL MONTE TOMATO Sauce</p> <p>5 8 OZ. CANS 99¢</p>	<p>DEL MONTE Ketchup</p> <p>28 OZ. BTL. 99¢</p>	<p>DEL MONTE PUDDING CUPS OR Gel Cups</p> <p>4 PACK 99¢</p>

SUNLIGHT-AUTO
POWDER OR GEL
Dish Detergent
\$1.99 50 OZ.
BOX OR
BTL.

SUNLIGHT
LIQUID
Dish Detergent
89¢ 22 OZ.
BTL.

REG./UNSCENTED
BATH BAR SOAP
**Lever
2000** 2 BAR
PKG. **\$1.69**
5 OZ.
BARS

REG./SOFTLY SCENTED BATH
**Caress
Bar Soap** 2 BAR
PKG. **\$1.99**
5 OZ.
BARS

Reynolds Wrap

**ECONOMY
Reynolds
Foil**

\$1.99
12"x75'
ROLL

Fritos

**ASSORTED
Fritos[®]
Corn Chips**

\$1.99
SIZE
10.5 OZ.
BAGS **\$3**

**MORTON
SALT**

**PLAIN
OR IODIZED
Morton
Salt**

2 69¢
26 OZ.
CTNS.

**SCOTT
Softkins
Wipes**

48 ct. PKG.
\$1.59

**Viva
Napkins**

\$1.59
300
CT.
PKG.

Welch's

**PURPLE OR WHITE
Welch's
Grape Juice**

\$2.39
48 OZ.
BTL.



HEAVY GRAIN FED BEEF

Round Steak

\$1.59
LB.

HEAVY GRAIN FED BEEF BONELESS Round Steak LB. \$1.79	HEAVY GRAIN FED BEEF BONELESS Rump Roast LB. \$2.19	HEAVY GRAIN FED BEEF SIRLOIN Tip Steak LB. \$2.49	HEAVY GRAIN FED BEEF SIRLOIN Tip Roast LB. \$2.39	EXTRA LEAN Ground Round LB. \$1.99
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JUMBO PACK FRESH FRYER

Split Breakfast

LB. **\$1.19**

<p>REG. /HOT 2 LB. ROLL \$3.79</p> <p>LITE TURKEY & PORK 12 OZ. ROLL \$1.99</p>	<p>JIMMY DEAN REG./HOT/SAGE Sausage \$1.99 1 LB. ROLL</p>	<p>6 Microwave Sausage Biscuits JIMMY DEAN Sausage & Biscuits 9 OZ. PKG. \$2.09</p>
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FROZEN SPECIALS

<p>CHOLESTEROL FREE NONFAT FROZEN YOGURT SUGAR FREE EXCLUDED BLUE BUNNY-ASSORTED Frozen Yogurt 2 \$5 1/2 GAL. ROUND CTNS.</p>	<p>SHURFINE ICE CREAM Sandwiches or Bars \$1.29 6 PACK</p>	<p>ASSORTED MEXICAN FROZEN Patio Dinners 3 \$4 12-13 OZ. BOXES</p>	<p>BANQUET ASSORTED Fried Chicken 2 \$5 19-25 OZ. BOXES</p>	<p>BANQUET ASSORTED Frozen Dinners 99¢ 9.5-11 OZ. BOX</p>	<p>PATTIES/NUGGETS Banquet Chicken \$1.99 9-15 OZ. BOXES</p>	<p>BANQUET ASSORTED Cream Pies 99¢ 14 OZ. BOXES</p>
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PACK FRYER
lit
ast
19



WILSON
 REGULAR OR POLSKA
Smoked Sausage **\$1.59**
 LB.



OSCAR MAYER
Wieners • REGULAR • LITE • BUN LENGTH
\$1.59
 1 LB. PKG.



WILSON
 EXTRA LEAN
 Ham or
 Smoked Turkey
 Breast
Roast Beef **\$1.99**
 8 OZ. PKG. EA. 10 OZ. PKG.



OSCAR MAYER
 RED RIND
 Meat Bologna **\$1.59**
 1 LB. PKG.

OSCAR MAYER
 HAM & CHEESE OR
 Chopped Ham **\$1.99**
 1 LB. PKG.



ADVANCE
 CHICKEN FRIED PATTIES,
 FINGERS OR CHUCK WAGON
Patties **\$1.29**
 LB.



MAMA ROSA
 PEPPERONI OR DELUXE
Pizza **\$3.49**
 2 PK. 40 OZ. PKG.



WRIGHT'S TRAY PAK
 Sliced Bacon **\$1.39**
 LB.

WRIGHT'S
 Sliced Ham **\$1.79**
 1-2 LB. PKG. LB.




BAR S
 MEAT
Franks **69¢**
 12 OZ. PKG.

DAIRY SPECIALS



BRIGHT & EARLY
 IMITATION
 Orange Juice
 2 12 OZ. CANS **99¢**

MINUTE MAID
 ASSORTED CHILLED
Orange Juice **\$2.69**
 66 OZ. JUG




COLBY / COLBY JACK / CHEDDAR
 1/2 MOON / LONGHORN
Kraft Cheese **\$1.59**
 16 OZ. PKG.



REGULAR OR LIGHT
Kraft Velveeta **\$3.79**
 2 LB. BOX



RED / LIGHT AMERICAN
 SWISS OR PIMENTO
Kraft Singles **\$1.99**
 12 OZ. PKG.

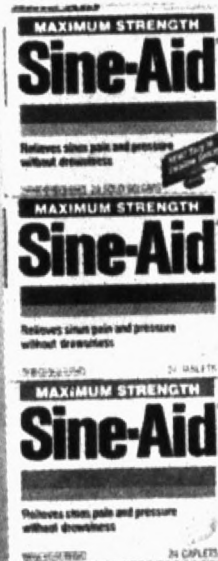


KRAFT MONT. JACK
 COLBY MONT. JACK / MOZZ. / CHEDDAR
Shredded Cheese **\$1.59**
 8 OZ. PKG.



KRAFT
 REGULAR / LIGHT
Philadelphia Cream Cheese **99¢**
 8 OZ. PKG.

TYLENOL® Value Days



TYLENOL-EXTRA STRENGTH Caplets.	50 ct. PKG.	\$3.99
TYLENOL-EXTRA STRENGTH Gels.	24 ct. PKG.	\$2.99
GELCAPS/CAPLETS/TABLETS TYLENOL PM.	20-24 ct. PKG.	\$3.69
TYLENOL-ASSORTED Childrens Chewables.	30 ct. PKG.	\$2.79
MAXIMUM STRENGTH-ASSORTED Sine-Aid.	20 ct. PKG.	\$3.99
DOUBLE STRENGTH/MINT/CHERRY LIQUID Mylanta.	12oz. BTL.	\$4.99
INFANTS Mylicon Drops.	1/2oz. BTL.	\$5.99

125th ANNIVERSARY SALE! 125th



CAMPBELL'S CHIC./BEEF/TURKEY Noodle Soup 10.75 oz. CANS 5 FOR \$3	CAMPBELL'S Tomato Soup 10.75 oz. CANS 2 FOR 99¢	CAMPBELL'S VEG. VEGETARIAN OR Vegetable Soup 10.5 oz. CANS 5 FOR \$3	CAMPBELL'S ASSSTD. VEGETABLE V-8 Juice 32 oz. BTL. \$1.69	CAMPBELL'S REGULAR Tomato Juice 32 oz. BTL. 99¢
FRANCO AMERICAN ASSORTED Plain Pastas 14.75-15 oz. CANS 5 FOR \$3	CAMPBELL'S N.E. CLAM CHOWDER • CHIC. NOODLE • POT HAM CHOWDER • BROCCOLI & CHEESE • CLASSIC CHIC. NOODLE Chunky Soup 19 oz. CANS 2 FOR \$3	CAMPBELL'S ASSORTED SOUP Healthy Request 16 oz. CANS 3 FOR \$4	CAMPBELL'S CHIC. RICE/CHIC. VEGT. TOM. VEGT./SPLIT PEA Healthy Request 16 oz. CAN 99¢	CAMPBELL'S ASSTD. ALL EXCEPT VEG. BEEF Home Cookin Soups 19 oz. CAN \$1.59



GILLETTE Series Products
 • ASSORTED A/P OR CLEAR GEL DEODORANT
 • ASSORTED DEODORANT OR ANTI-PERSPIRANT STICK
 • ASSORTED AFTER SHAVE LOTION
 • ASSORTED SHAVE CREAM
 • ASSORTED SHAVE GEL
 2.25-9 oz. SIZE
\$2.29 EACH



ATRA PLUS & REG./TRAC II PLUS AND REGULAR
Gillette Cartridges
 5 ct. PKG.
\$2.99



PETER PAN-ASSORTED Peanut Butter 18 oz. JAR \$1.69	ALL VEGETABLE-WESSON Shortening 3 LB. CAN \$1.89
HUNT'S TOMATO Paste 6 oz. CANS 2.79¢	HUNT'S ASSORTED Manwich Sauce 15.5 oz. CAN \$1.29
HEALTHY CHOICE ASSORTED Spaghetti Sauce 26 oz. JAR \$1.69	

COLGATE-FAMILY SIZE
Ultra Brite Toothpaste
 6 oz. TUBE
79¢

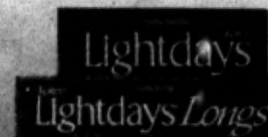
ASSORTED
Teen Spirit
 SHAMPOO, HAIRSPRAY OR CONDITIONER.
 7-12 oz. BTL.
\$1.89



REGULAR OR EXTRA
ABSORBENT
Depends
Poise Pads
\$4.69 20-22
ct.
PKG.



KOTEX
LIGHT DAYS
Panty
Liners
\$1.19 15-22
ct.
BOX



HI-DRI
Paper
Towels
2.99¢
REG.
ROLLS

ASSORTED OR
ULTRA KLEENEX
Facial
Tissue
89¢
108-175
CT. BOX

HUGGIES ASSTD. STEPS
HIM OR HERS
Ultra
Diapers
\$7.49
24-50
CT.
PKG.

BOYS OR GIRLS
TRAINING PANTS
Huggies
Pull-Ups
\$7.89
14-19
CT.
PKG.

HUGGIES
ASSORTED
Baby
Wipes
\$2.99
80
CT.
CTN.

ALL VARIETIES
KOTEX
Maxi
Pads
\$2.89
18-24
CT.
PKG.

HORMEL
ASSORTED
Micro Cup
Meals
7.3-7.5 OZ. CUP
89¢



Make It
Hormel
Hassle-Free
Meals!

REG./HOT
NO BEANS
Hormel
Chili
19 OZ. CAN
99¢

DINTY MOORE
CHICKEN & DUMPLINGS
BEEF/MEATBALL STEW
Micro Cup
Meals
7.5 OZ. CUP
99¢

DINTY MOORE
Beef
Stew
24 OZ. CAN
\$1.89



NESTLE
ASSTD. POWDER
Sweet
Success
12.4 OZ. SIZE
\$5.69

NESTLE
VARIETY PACK
Sweet
Success
6.7 OZ. BOX
\$3.89

NESTLE ASSTD.
READY TO DRINK
Sweet
Success
10 OZ. CAN
99¢

NESTLE ASSTD.
BARS
Sweet
Success
6 CT. BOX
\$2.89

HORMEL
Chunk
Ham or
Turkey
5 OZ.
CAN
\$1.29

ASSORTED
SPAM®
Luncheon
Meat
12 OZ.
CAN
\$1.69

HORMEL
Chunk
Breast of
Chicken
5 OZ.
CANS
2 \$3

HORMEL
Chunk
Breast of
Chicken
5 OZ.
CANS
2 \$3



ASST. FABRIC SOFTENER
Ultra Downy
\$2.19
20 OZ.
JUG



ASSORTED DETERGENT
Ultra
Tide
\$5.99
66-110 OZ.
BOX



OLD EL PASO
ASSORTED
Taco or
Tostada Shells
2 12 CT.
4.5-5.25 OZ.
BOXES \$3

OLD EL PASO
Taco
Seasoning Mix
1.25
OZ.
PKG. 59¢

OLD EL PASO
Fried
Beans
16
OZ.
CAN 69¢

OLD EL PASO
ASSORTED
Thick N Chunky
Picante Sauce
16
OZ.
JAR \$1.69



CHILEAN
RED SEEDLESS
Grapes
LB. **99¢**

RUSSET
Potatoes
\$1.49
EACH
15 LB.
BAG

FRESH Crisp Celery 39¢ EACH	YELLOW Squash 69¢ LB.	ZUCCHINI Squash 69¢ LB.
FRESH GREEN LEAF Lettuce 2 \$1 BCHS FOR	RIO STAR Grapefruit 4 \$1 FOR	FRESH Kiwi Fruit 8 \$1 FOR
		RED DELICIOUS EXTRA FANCY Apples 2 \$1.89 LBS. FOR

B&R

WE RESERVE THE RIGHT
TO LIMIT IN TEXAS

thriftway
THE BEST WAY TO SAVE!

AT AFFILIATED
FOODS INC. MEMBER STORE

PRICES EFFECTIVE JAN. 30-FEB. 5, 1994
HEREFORD, TX
406 E. 7TH
1105 W. PARK
CLOVIS, NM
116 W. 14TH

PRICES EFFECTIVE JAN. 31-FEB. 6, 1994
FRITCH, TX
316 E. BROADWAY

PRICES EFFECTIVE FEBRUARY 2-8, 1994
CLARENDON, TX
HWY. 287 WEST

PRICES EFFECTIVE FEBRUARY 3-9, 1994
IOWA PARK, TX
401 W. PARK
TULIA, TX
100 S.E. 2ND



10 LB. MEAT SALE

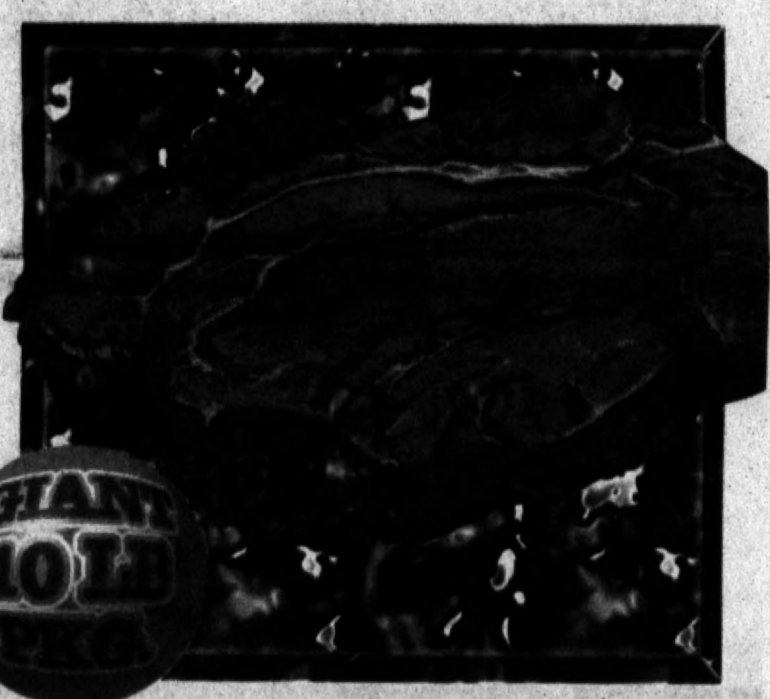


BIG SAVINGS ON THESE ECONOMY PACKS NOW THRU FEBRUARY 5, 1994.
 QUANTITY RIGHTS RESERVED. NO SALES TO DEALERS.



**IGA TABLERITE
 BONELESS
 CHUCK
 ROAST
 12⁹⁰**

**IGA TABLERITE
 BONELESS
 CHUCK
 STEAK
 14⁹⁰**



**SLICED
 SLAB
 BACON
 8⁹⁰**

**FRYER
 DRUMSTICKS
 OR THIGHS
 5⁷⁰**



ENING

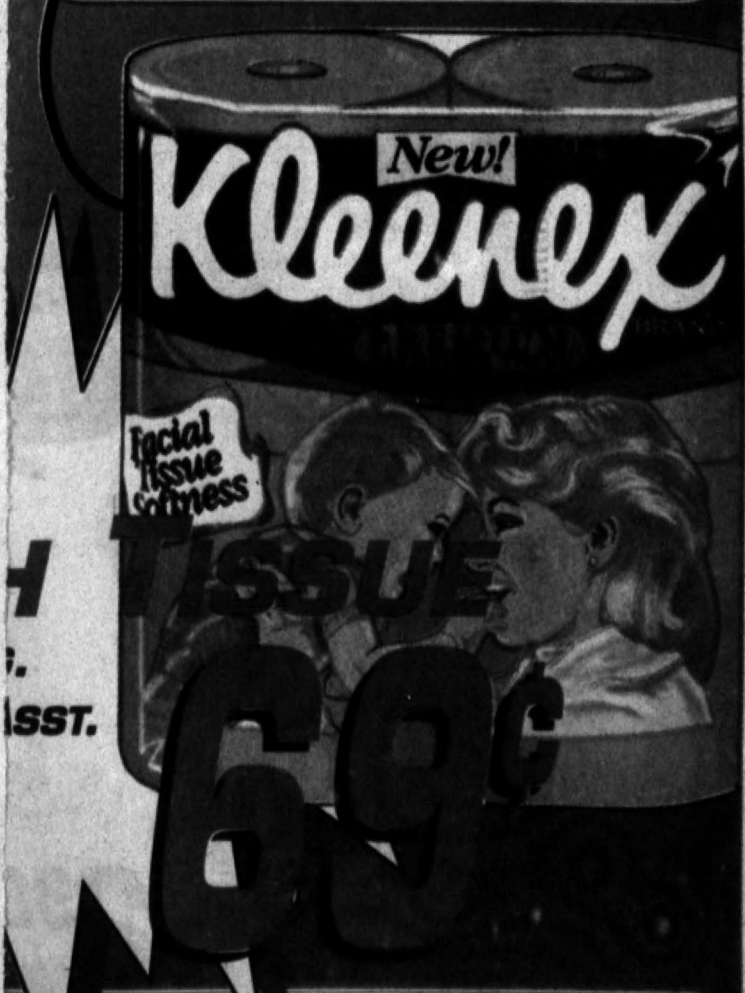
tion!

PRICES GOOD FEBRUARY

S	M	T	W	T	F	S
			2	3	4	5
6	7	8				



**TROPICANA
 ORANGE JUICE
 HOMESTYLE OR REGULAR
 12 Oz. CAN
 79¢**



Coca-Cola
 Trademarks
 6 PACK - 12 Oz. CANS
 129

and Mall 
 Open 8 am - 10 pm
 7 Days a Week

IGA
10 LB.
MEATSALE



**80% LEAN
GROUND BEEF**

15⁹⁰
IGA
TABLERITE



**COUNTRY STYLE
PORK RIBS**

12⁹⁰
IGA
TABLERITE



**FRYER
LEG QUARTERS**

4⁹⁰



**MARKET PACKED
HOT LINKS**

12⁹⁰

IGA
10 LB.
MEATSALE

*BIG SAVINGS ON THESE ECONOMY
PACKS NOW THRU FEBRUARY 5, 1994.*

QUANTITY RIGHTS RESERVED. NO SALES TO DEALERS.

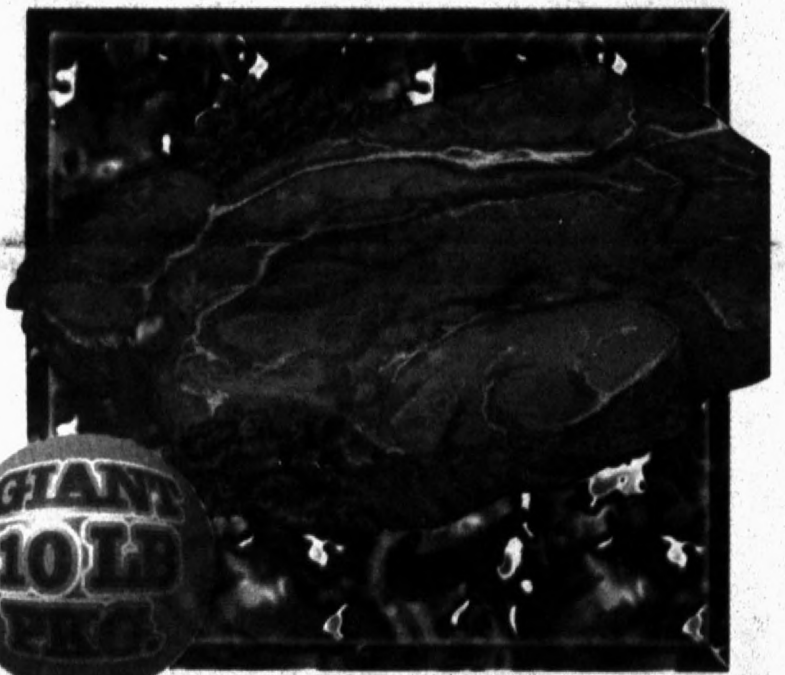


**IGA TABLERITE
BONELESS
CHUCK
ROAST**

12⁹⁰

**IGA TABLERITE
BONELESS
CHUCK
STEAK**

14⁹⁰



**SLICED
SLAB
BACON**

8⁹⁰

**FRYER
DRUMSTICKS
OR THIGHS**

5⁷⁰



GRAND OPENING Celebration!

PRICES GOOD FEBRUARY

S	M	T	W	T	F	S
6	7	8	2	3	4	5



CHUCK ROAST 1.19



20 LB. BAG RUSSET POTATOES 1.99

WILSON FRANKS
12 Oz. PKG.



39¢



TROPICANA ORANGE JUICE
HOMESTYLE OR REGULAR
12 Oz. CAN **79¢**



PANHANDLE MILLING FLOUR
25 LB. BAG **2.89**



IGA LARGE EGGS
DOZEN - LIMIT 2
39¢



KLEENEX BATH
4 ROLL PKG.
WHITE OR ASST. **69¢**

FOLGERS COFFEE
13 Oz. BAG



2 FOR \$3.99



Coca-Cola
6 PACK - 12 Oz. CANS **1.29**



Taylor & Sons
518 25 Mile Avenue - Sugar Land Mall
Hereford, Texas
364-3682



Open 8 am - 10 pm
7 Days a Week

10 LB. IGA[®] MEATS SALE

**IGA TABLERITE
PORK STEAKS
12⁹⁰**



**A HEALTHY ALTERNATIVE
GROUND TURKEY
OR CHICKEN
8⁹⁰**

<p>10 LB. PKG. BEEF TRIPE</p>	<p>IGA TABLERITE 3⁹⁰</p>	<p>10 LB. PKG. SWISS STEAK</p>	<p>IGA TABLERITE BONELESS 16⁹⁰</p>
<p>10 LB. PKG. PORK FEET</p>	<p>IGA TABLERITE 4⁹⁰</p>	<p>10 LB. PKG. POTATO PATTIES</p>	<p>FAST BROWN "HEAT & EAT" 8⁹⁰</p>



**RAINBOW CHICKEN FRIED
"HEAT & EAT"
STEAK FINGERS
OR PATTIES
9⁹⁰**



**ROASTED "HEAT & EAT"
CHICKEN WINGS
8⁹⁰**



**MARKET PACKED
CATFISH NUGGETS
13⁹⁰**

**PRICES GOOD NOW THRU FEBRUARY 5, 1994
QUANTITY RIGHTS RESERVED. NO SALES TO DEALERS.**

GRAND OPENING

Celebration!

PRICES GOOD FEBRUARY

S	M	T	W	T	F	S
			2	3	4	5
6	7	8				



DUCK ROAST
1.19



20 LB. BAG
RUSSET POTATOES
1.99

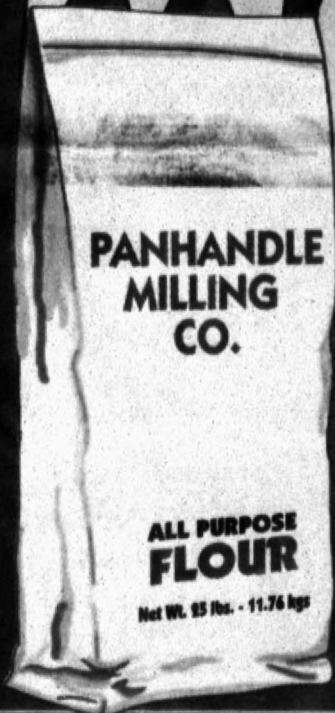
WILSON FRANKS
12 Oz. PKG.



59¢



TROPICANA ORANGE JUICE
HOMESTYLE OR REGULAR
12 Oz. CAN
79¢



PANHANDLE MILLING CO.

ALL PURPOSE FLOUR

Net Wt. 15 lbs. - 11.76 lbs



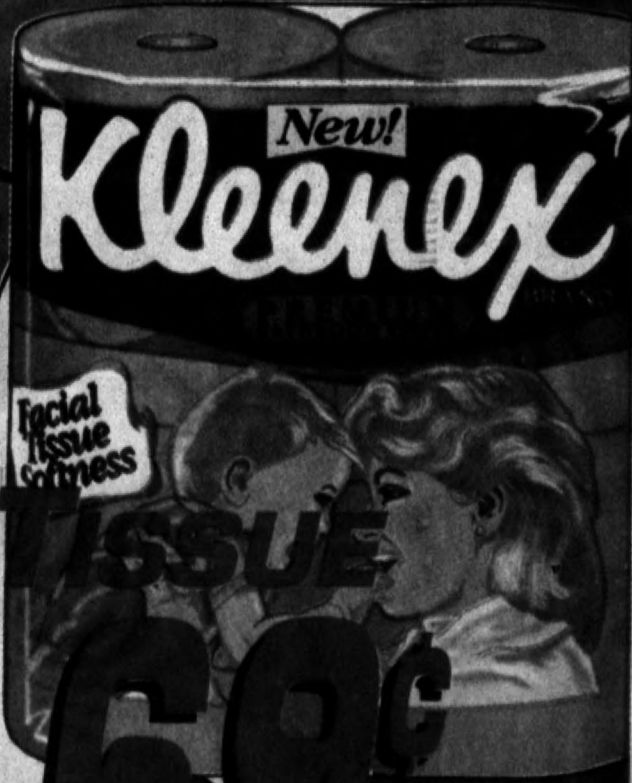
IGA LARGE EGGS
DOZEN - LIMIT 2

39¢

PANHANDLE MILLING

FLOUR
25 LB. BAG
2.89

KLEENEX BATH
4 ROLL PKG.
WHITE OR ASST.



69¢

REGULAR OR PERK
FOLGERS COFFEE
13 Oz. BAG



2 FOR \$3



Coca-Cola
Trademarks

6 PACK - 12 Oz. CANS
1.29




Taylor & Sons
518 25 Mile Avenue - Sugar Land Mall
Hereford, Texas
364-3682




Open 8 am - 10 pm
7 Days a Week

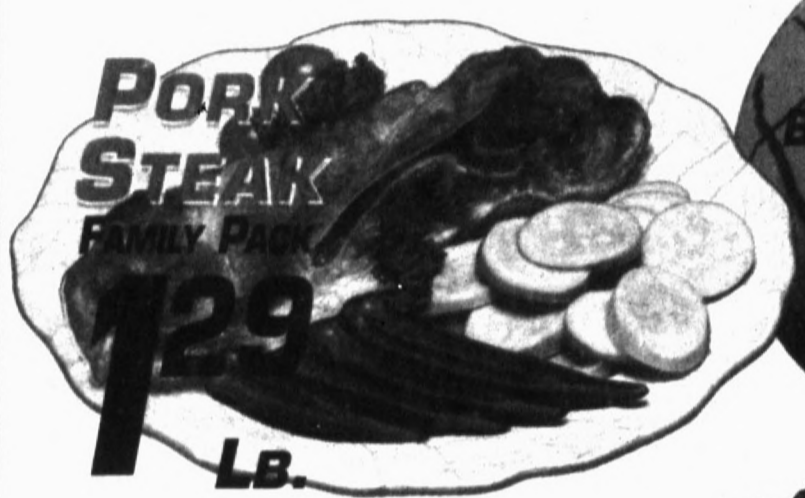
FINEST QUALITY MEATS



BONELESS CHUCK ROAST
1.19 LB.



PORK BUTT ROAST
1.09 LB.



PORK STEAK FAMILY PACK
1.29 LB.



CHUCK ROAST BONELESS CENTER
1.39 LB.



CHUCK STEAK BONELESS - FAMILY PACK
1.59 LB.



PORK RIBS COUNTRY STYLE
1.49 LB.



STEW MEAT BONELESS
1.99 LB.



WILSON BOLOGNA
12 Oz. Pkg.
79¢



JIMMY DEAN SAUSAGE
1 Lb.



HORMEL LITTLE SIZZLERS
12 Oz. Pkg.
99¢



TV NICE N CHEESY
2 Lb. Box
3.69

JIMMY DEAN SAUSAGE
2 Lb. 2.99

AMERICAN CHOICE SLICED CHEESE
10 2/3 Oz. Pkg.
99¢



KRAFT COLBY CHEESE
Colby Jack, Colby or Mild Cheddar
10 Oz. Pkg.
1.59

GOOD THROUGH 2/19/94

Save 85¢ WITH THIS COUPON

on ONE 12 Oz. Kellogg's Special K Cereal ONLY.

CONSUMER: OFFER IS LIMITED TO ONE COUPON PER PURCHASE. COUPON MAY NOT BE REPRODUCED OR TRANSFERRED. RETAILER: KELLOGG SALES COMPANY will redeem this coupon in accordance with our redemption policy, copies available upon request. Cash value 1/100¢. Void where prohibited, taxed, or restricted by law. Mail coupons to: KELLOGG'S IN-AD, CMS DEPT. 38999, ONE FAWCETT DRIVE, DEL RIO, TX 78840

5 38000 55185 2

GOOD THROUGH 2/19/94

BUY 1, GET 1 FREE

(Up to \$3.55 value) at the checkout. Buy ONE 15 Oz. Kellogg's Froot Loops Cereal, Get ONE 15 Oz. Kellogg's Froot Loops FREE!

CONSUMER: OFFER IS LIMITED TO ONE COUPON PER PURCHASE. COUPON MAY NOT BE REPRODUCED OR TRANSFERRED. RETAILER: KELLOGG SALES COMPANY will redeem this coupon in accordance with our redemption policy, copies available upon request. Cash value 1/100¢. Void where prohibited, taxed, or restricted by law. Mail coupons to: KELLOGG'S IN-AD, CMS DEPT. 38999, ONE FAWCETT DRIVE, DEL RIO, TX 78840

5 38000 54414 4

GOOD THROUGH 2/19/94

Save \$1.25 WITH THIS COUPON

on ONE 15.1 Oz. Kellogg's Cinnamon Mini Buns Cereal ONLY.

CONSUMER: OFFER IS LIMITED TO ONE COUPON PER PURCHASE. COUPON MAY NOT BE REPRODUCED OR TRANSFERRED. RETAILER: KELLOGG SALES COMPANY will redeem this coupon in accordance with our redemption policy, copies available upon request. Cash value 1/100¢. Void where prohibited, taxed, or restricted by law. Mail coupons to: KELLOGG'S IN-AD, CMS DEPT. 38999, ONE FAWCETT DRIVE, DEL RIO, TX 78840

5 38000 60477 0

GOOD THROUGH 2/19/94

Save \$1.00 WITH THIS COUPON

on ONE 24 Oz. Kellogg's Corn Flakes Cereal ONLY.

CONSUMER: OFFER IS LIMITED TO ONE COUPON PER PURCHASE. COUPON MAY NOT BE REPRODUCED OR TRANSFERRED. RETAILER: KELLOGG SALES COMPANY will redeem this coupon in accordance with our redemption policy, copies available upon request. Cash value 1/100¢. Void where prohibited, taxed, or restricted by law. Mail coupons to: KELLOGG'S IN-AD, CMS DEPT. 38999, ONE FAWCETT DRIVE, DEL RIO, TX 78840

5 38000 50176 5

IGA GRAND OPENING FROZEN SPECIALS IGA

ASSORTED RAINBOW

POT PIES
7 Oz.



3 For 99¢



ICE CREAM

2 For 3.19

VAN DE KAMP'S

FISH STICKS OR FILLETS
BREADED OR BATTERED
8 Oz.



99¢



TV ICE CREAM
OLD FASHIONED
1/2 GALLON

2 For \$3



DOWNYFLAKE ECONO WAFFLES
ASSORTED
16 Oz.

2 For \$3

TONY'S PIZZA
MICROWAVE



2 For \$3

BANQUET

CHICKEN
ASSORTED
19 - 28 Oz.



2 For \$5

RED BARON

PIZZA
12 INCH

2.99

DAIRY DEPARTMENT

ASSORTED
LA CORONA YOGURT
8 Oz.



3 For \$1



PLAINS MILK
1 GALLON
1.99



CHURNSTYLE OR REGULAR
COUNTRY CROCK SPREAD
3 LB. TUB

2 For \$3



BORDEN CHOCOLATE MILK
QUART

2 For 98¢

PLAINS COTTAGE CHEESE
24 Oz. **1.29**

IGA
CINNAMON ROLLS
9.5 Oz. TUBE



BUY 1, GET FREE

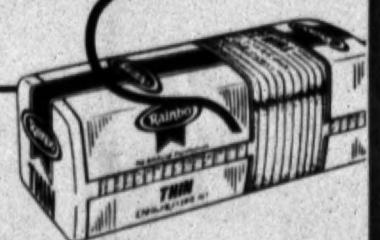


MRS BAIRDS SPLIT TOP WHEAT BREAD
24 Oz. LOAF **69¢**

HOSTESS POWDERED GEM DONUTS
2 For 1.99

EXTRA THIN RAINBO WHITE BREAD
24 Oz. LOAF **69¢**

DEPARTMENT





GENERAL MERCHANDISE



HUGGIES Baby Steps
DIAPERS
24 - 50 COUNT

7.99



REGULAR OR HEAVY
42 LOAD
ULTRA
98 - 103 OZ.

4.99



NIAGARA
SPRAY STARCH
REGULAR OR HEAVY
22 Oz. CAN

89¢



ULTRA
SNUGGLE
REGULAR OR MORNING FRESH
40 Oz. BTL.

3.49

HEALTH & BEAUTY



REGULAR OR LIGHT POWDER
ARRID X-DRY
4 Oz.

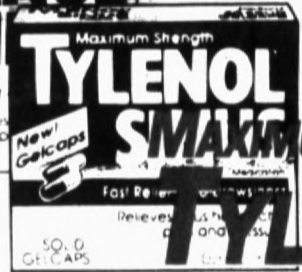
1.99

NIGHTTIME OR
COUGH & COLD

ALKA SELTZER PLUS
20 Ct.



4.49



Maximum Strength
TYLENOL SINUS
CAPLETS TABLETS OR GEL-CAPS
20 - 24 Ct.

3.99



MARQUEE
NIGHT TIME
REGULAR, CHERRY OR GEL-CAPS
COMPARE TO NYQUIL
6 Oz.

BUY 1, GET 1 FREE!



SINGLE BLADE
MARQUEE RAZORS
COMPARE TO BIC
10 Ct.

5 \$4
FOR

MARQUEE
ASPIRIN
100 COUNT
COMPARE TO BAYER



BUY 1, GET 1 FREE!

BEEF N MORE
DOG FOOD
20 LB. BAG

5.49

PET SUPPLIES



9-LIVES
CAT FOOD
5.5 Oz. CAN



4 \$1
FOR

PURINA HI-PRO
DOG FOOD
20 LB. BAG

6.99

KITTY
LITTER MAXX
LITTER
10 LB. BAG



MEOW MIX
CAT FOOD
5.5 LB BAG
Chicken! Salmon! Turkey!
Flavors

3.69

FRESHEST PRODUCE



THOMPSON SEEDLESS GRAPES
FROM CHILE

89¢ LB.



SWEET PEACHES
FROM CHILE

89¢ LB.



CALIFORNIA SUNKIST LEMONS

\$1
FOR

FROM MEXICO



FROM CHILE
NECTARINES

89¢ LB.



CALIFORNIA SUNKIST ORANGES

1.49

4 LB. BAG



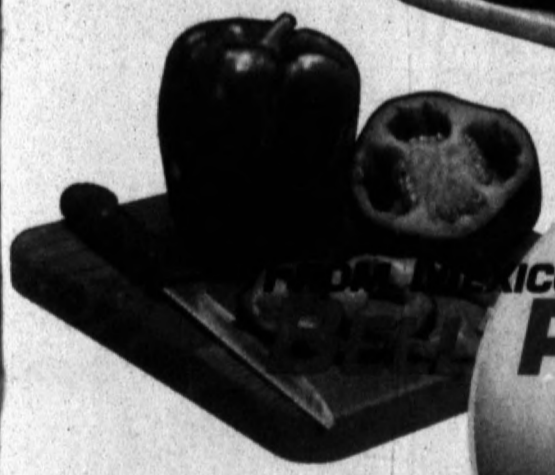
3 FOR \$1

FROM MEXICO

JICAMA

LB.

79¢



FROM MEXICO

PEPPERS

3 FOR \$1



FROM MEXICO

PINEAPPLE

1.39
EACH

CRAFT HALFMOON CHEESE
1.99

GOOD THROUGH 2/19/94

BUY 1, GET 1 FREE

(Up to \$3.95 value) at the checkout.
Buy ONE 25.5 Oz. Kellogg's Raisin Bran Cereal,
Get ONE 25.5 Oz. Kellogg's Raisin Bran FREE! NLY

CONSUMER: OFFER IS LIMITED TO ONE COUPON PER PURCHASE. COUPON MAY NOT BE REPRODUCED OR TRANSFERRED. RETAILER: KELLOGG SALES COMPANY will redeem this coupon in accordance with our redemption policy, copies available upon request. Cash value 1/100¢. Void where prohibited, taxed, or restricted by law. Mail coupons to: KELLOGG'S IN-AD, CMS DEPT. 38990, ONE FAWCETT DRIVE, DEL RIO, TX 78840



5 38000 56114 1

SPARKLETT'S WATER
Distilled or Drinking
1 Gallon



SKINNER ELBO MACARONI
Short Cut
12 Oz. Pkg.



BUY 1, GET 1 FREE!

BUY 1, GET 1 FREE!

GOOD THROUGH 2/19/94

Save \$1.50

on ONE 21.1 Oz. Kellogg's Apple Cinnamon Rice Krispies® Cereal ONLY.

CONSUMER: OFFER IS LIMITED TO ONE COUPON PER PURCHASE. COUPON MAY NOT BE REPRODUCED OR TRANSFERRED. RETAILER: KELLOGG SALES COMPANY will redeem this coupon in accordance with our redemption policy, copies available upon request. Cash value 1/100¢. Void where prohibited, taxed, or restricted by law. Mail coupons to: KELLOGG'S IN-AD, CMS DEPT. 38990, ONE FAWCETT DRIVE, DEL RIO, TX 78840



5 38000 54878 4

GOOD THROUGH 2/8/94

50¢ off 2 Lb. Uncle Ben's®
Converted Rice Original



1. Buy a 2 Lb. box of UNCLE BEN'S® converted Brand Rice Original
2. Present this coupon to the cashier along with purchase
3. Receive 50¢ off.

Limit 1 Coupon per purchase, good only on product indicated. Customer pays any sales tax. Any other use is fraud. Void if altered, transferred or copied. RETAILER: To obtain face value plus 5¢ submit this coupon to Uncle Ben's Inc. P.O. Box 870152 El Paso TX 88987-0152. Invoices proving purchase of sufficient stock within the past 90 days to cover coupons presented for redemption must be shown upon request. Cash value .01¢. Void outside USA and where prohibited or taxed.

310614



5 54800 11150 8



only at IGA SUPERMARKETS

**RAINBOW
SHORTENING**
42 Oz.
CAN

89¢

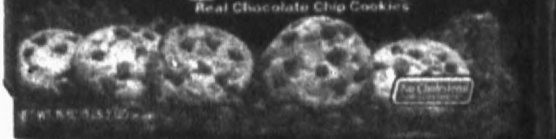


**IGA
SOFT DRINKS**
ASST. - 3 LTR. BTL.

5 FOR \$4



Chips Ahoy!
Real Chocolate Chip Cookies



**CHIPS -AHOY
COOKIES**
ASST, 14.5-18 Oz. PKG.

1.99

**LUCKY LEAF
APPLE JUICE**
64 Oz. BTL.

2 FOR \$3



**WOLF
BRAND
CHILI**
NO BEANS
19 Oz. CAN

99¢



**RAINBOW
THIN AND CRISP
SALTINE CRACKERS**
16 Oz. Box

2 FOR 99¢

**RITZ
CRACKERS**
ASST, 16 Oz. Box

1.99



**BUDWEISER
BEER**
18 PACK
- 12 Oz. CAN

8.99

**BEST MAID
SALAD DRESSING**
32 Oz. JAR

79¢



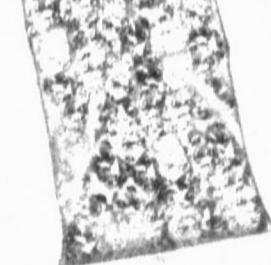
22 Quality
Quantity
BRAND FIDEO
vermicelli
AN ENRICHED MACARONI PRODUCT
EASY OPENER NET WT 5 OZ. (142 GR.)

**Q&Q
VERMICELLI**
5 Oz Box

4 FOR 89¢

HOST ICE
10 LB BAG

79¢



**TRES MONEDAS
SALSA**
10 Oz. BTL.

2 FOR 1.89



**MONDO FRUIT
SQUEEZES**
ASSORTED 6 PACKS



**HI DRI
PAPER TOWELS**
SINGLE ROLL

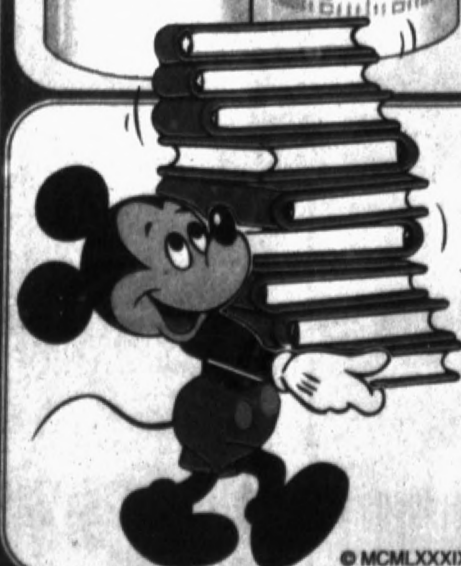
2 FOR 99¢

**PAPER
PRODUCTS**



**KLEENEX
FACIAL TISSUE**
REGULAR OR UPRIGHT
85 - 175 COUNT

5 FOR \$4



**WALT DISNEY
FUN-TO-LEARN
LIBRARY**

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In the weeks ahead VOLUMES 2 to 18 will sell for the extremely
low price of only \$2.99 each. Buy a book each week.
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Take advantage of this 99¢ Introductory
Offer... and introduce your child
to the joys of reading and learning.
19 VOLUMES IN ALL
Sturdy, hardcover books
like these in full color

