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The

Hereford Brand

• Hustlin' Hereford, home of Patty Hill

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HRMC administrator, financial officer say:

Hospital making changes recommended in audit

BY SPEEDY NIEMAN
Editor-Publisher

Personnel changes and strengthened internal controls put in place during the last three months at Hereford Regional Medical Center are paying off, according to Paul Fowler, chief financial officer.

Fowler, as well as chief executive officer Ron Rives, issued statements this week in response to a report on the annual audit last week which indicated needs for improvement in certain areas at the hospital.

"Patients are now receiving information about their hospital charges in a timely fashion--within seven days of discharge," Fowler said. "We've changed the schedule for statements to go out, and we've tightened the procedures for following up on billing to insurance companies and Medicare."

Fowler noted that an audit completed in December, 1993, by Brown, Graham & Co., pointed out several areas in which the hospital needed improvement. "The audit covered the fiscal year ending Sept. 30, 1993, and we had already begun making changes before the audit was completed. We've continued to improve our systems since that time," he added.

Mary Ann Triviso, who came to HRMC from Harrington Cancer

Center in Amarillo, has made several changes in internal controls since she took over the business office in December, 1993. "We've put in some procedures that allow us to do a better job of reconciling the numbers," she said.

After hearing complaints about patient billing, Fowler said the statements and data mailers the hospital now uses are much more "user friendly." He said he hopes patients are noticing a difference and finding their bills easier to understand.

Fowler said the in-house computer system was completely reevaluated several months ago and key people were selected to receive training in the system. "The problems can't be solved in a few months, but we're making constructive progress."

Rives, hospital administrator, said "we consider the recent audit a positive experience for the hospital."

We can't improve unless we know exactly what areas are weak. We knew several months ago, when we made important personnel changes, that there were some problems in our business office. The audit simply confirmed we were making the changes in the right area."

Rives noted that the encouraging aspect of the audit was that it

confirmed the hospital is financially sound and improving. "Our average daily census was up in 1993 to 12 patients a day, the exact number for which we budgeted. Almost every patient statistic was up, indicating that we are serving more people in the community."

With all revenue sources, including \$1 million in ad valorem taxes, the hospital showed a profit of \$416,721. Rives noted that the operational loss for the hospital was \$544,728.

"At first glance, that number looks bad because the loss the year before was \$216,000. However, the difference is primarily related to the amount of disproportionate share funding we received from the government, which was down about \$215,000, and we spent \$100,000 on physician recruitment and guarantees."

Rives said the expenses for the hospital were up 29 percent from last year. "We're serving more patients, so we have more employees and are using more supplies. Net patient revenue was up 23.2 percent from the previous year, and that's encouraging."

The administrator concluded that "the best news is that we're healthy, doing better than expected, and looking forward to continuing to serve our community in an efficient and effective manner."



Book of World War II memories

Robert Lohr of Hereford responded to a request in a magazine for World War II experiences recently. He sent a photograph and a short article about a 72-hour pass when he was serving in the U.S. Navy in Chicago. His contribution is in the lower left part of the page of the book he is holding.

Hereford nostalgia buff pens story for magazine

By GEORGIA TYLER
Staff Writer

A Hereford man enjoyed a short nostalgia trip recently and made \$10 to boot.

Robert Lohr, admittedly a nostalgia buff, subscribes to a magazine called *Reminiscence* that invited readers to submit their special memories of World War II.

"I just saw an announcement and sent in the information and a picture," said the Hereford resident. "I was surprised when I found out they used it and paid me \$10 besides."

Lohr's reminiscence was about a trip he made to visit his parents in Loveland, Colo., traveling from Chicago, Ill., to Denver, Colo., on a 72-hour pass from his U.S. Navy duties.

"It was a 15-hour trip on the Denver Zephyr, so I spent a day getting there, a day at home and a day going back to Chicago," he recalled.

He remembers, too, that on the return trip, he had to stand up a good part of the time.

But, what he can't remember is how much the round trip ticket cost him.

"I guess it cost me \$20 or \$25 and

I suppose there was some kind of special rate for servicemen, but I just don't remember," admitted Lohr.

When Lohr saw the announcement in the magazine about the book to be published, he recalled the incident and dug out a photograph of himself and his father, taken at their home in Colorado.

In the photo, Lohr is the epitome of a World War II sailor -- bell bottom trousers and a white sailor cap sitting at a jaunty angle on his head.

He sent the picture and an explanation to *Reminiscence* and was surprised and gratified to learn his contribution was accepted.

The publisher sent not only the \$10 but a copy of the book, *We Pulled Together... and Won!*, which he has enjoyed page by page since it arrived.

Lohr realized that some of his friends who also served in the Armed Forces might be interested in the book as much as he. He ordered some and has sold them to former servicemen.

"I guess I've sold about 30 copies, mostly through the American Legion," said Lohr.

The Hereford man was just months out of high school when he enlisted in the U.S. Navy in 1943. After basic training in Idaho, he was sent to Chicago for a school, then to the

Philadelphia Navy Yard for two weeks.

Lohr crossed the continent, then, to Astoria, Ore., where he was assigned to the USS *Admiralty Islands*, an aircraft carrier. The ship was sent to the South Pacific where the crew earned battle stars for Iwo Jima, Okinawa and Japan.

"We were getting ready to go to Japan when the war ended," Lohr said. His ship's function, primarily, was to take aircraft to the "big carriers," pick up damaged planes and take them to Hawaii for repairs.

When the war in the Pacific ended, the *Admiralty Islands* was converted to a troop carrier.

"They welded bunks into the ship and we carried troops back to the States," he said. "We were at sea all of 1945."

Lohr came home from the war in 1946 and soon married Carol Jean. He worked for Great Western Sugar for 17 years and after hearing about Holly Sugar, he moved his family to Hereford to work for the company.

Memories of buddies and battles, from North Africa to New Guinea, are shared in the book by those who lived the experiences.

And, it's long on nostalgia... the bad times of the war years are just beneath the surface.

Chamber banquet set here Thursday

The 1994 Deaf Smith County Chamber of Commerce annual banquet will be held Thursday, March 3 in the Deaf Smith County Bull Barn.

John Sharp, Texas State Comptroller of Public Accounts, will be the guest speaker.

Sharp is the state's 35th comptroller. He works with the pledge to give taxpayers "full value for each and every dollar they send to Austin." He is an excellent speaker with a very timely message which will also be enjoyable.

In addition to the keynote address by Sharp, the Chamber will formally introduce the 1994 slate officers and its new board of directors. The outgoing directors will be recognized and honored for their service to our community.

As a highlight for the evening, the chamber will welcome a special musical presentation of the Hereford

Chamber Singers as the Chamber salutes this group for their work representing Hereford.

Of course, one of the highlights of the evening will be the announcement of this year's "Citizen of the Year" to be named by the Hereford Noon Lions Club.

Nominations for this award are still being accepted from the public. Anyone wishing to submit a person's name may do so by bringing it to the chamber office, 701 N. Main, or by mailing it to Citizen of the Year, P.O. Box 192, Hereford, Texas 79045.

Tickets to this year's banquet are now on sale at the chamber office for \$15. Reservations for blocks of seats for local firms can also be made at this time.

"We would invite all members and local residents to attend this year's banquet as we begin the year with the theme 'The Future is Ours,'" said chamber president Wes Fisher.

Early voting ends Friday

Tuesday is the last day for applications to be submitted for mail ballots for March 8 political primary elections.

Deaf Smith County Clerk David Ruland said Friday that mail ballots sent after that date might not be received in time for counting on election day. The ballots must be in his office by 7 p.m., on March 8 when polls close for in-person voting.

Friday afternoon, Ruland reported 103 ballots have been mailed to persons unable to vote in person or who will be out of the county.

In early voting for the Democratic primary election, a total of 463 persons had marked ballots late Friday. Forty-three Republican ballots had been cast.

Early voting will close next Friday at 5 p.m.

THE FIREBALLS

Group keeps music style alive in area

BY RICK LANNING
Staff Writer

If you grew up in the '50s, you've probably heard of the Fireballs. They blew onto the rock and roll scene like a West Texas wind. And you know what? They're still around nearly a half century later.

The Fireballs hail from Clovis, N.M., just a hop-skip-and-a-jump from Hereford. On February 5, the Fireballs were honored guests at the Surf Ballroom in Clear Lake, Iowa where thousands of fans marked the 35th memorial anniversary of the tragic deaths of Buddy Holly, Richie Valens, and the Big Bopper.

Buddy Holly, another Texan, and the others died in a plane crash on the same date 35 years ago. This year, as in the past, rock and rollers, country western musicians, and fans gathered to pay tribute to the talented musicians.

George Tomsco of Clovis is one of the original members of the rock group that recorded such hits as "Sugar Shack," "Bottle Of Wine," "Bulldog," and "Torquay."

While some would have thought Tomsco and his fellow musicians would have retired by now, such is not the case. The group changed its name from Jimmy Gilmer and the Fireballs to just plain Fireballs. Gilmer,



THE FIREBALLS

...From left, Drummer Joel Hahn, Lead guitarist George Tomsco, Vocals/Rhythm guitar Chuck Tharp and Bassist Stan Lark

(See THE FIREBALLS, Page 2A)

'ReLEAF' promotion planned here by HBA

"Hereford ReLEAF" will launch a city cleanup program scheduled for the entire month of April, it was announced this week by Hereford Beautification Alliance (HBA).

The ReLEAF promotion will give Hereford youngsters an opportunity to plant 720 tree seedlings and to participate in the design and planting of a windbreak. The Soil Conservation Service and the Tierra Blanca Soil and Water Conservation District are helping sponsor the promotion with HBA.

April 29 is Texas and National Arbor Day. Pat Reily, SCS official and vice president of HBA, said the planting of trees and participation in the ReLEAF program will be offered to the first 200 youngsters who sign up.

Registration begins Feb. 28 and continues through March 15. Youth groups from churches, Boy and Girl Scouts, Campfire Girls or any other organized youth group with a

leadership official can register by calling Reily at the SCS office, 364-6995.

As a prize in helping plant the windbreak, each child will be given a potted white pine seedling to take home and plant. Selected trees such as the White Pine Pinion, Flameleaf Sumac and Nanking Cherry will be planted.

Trees will be planted throughout the city on several sites where there is a water drip-line and the commitment by someone to maintain the trees. Reily said one of the first plantings will be at Central Park, located at 6th and Ross where a living fence of trees and shrubs has been planned along the east boundary.

KPAN Radio will sponsor a weeklong call-in contest, April 4-9, on "Tree Trivia." Fifty potted seedlings will be given away to callers with the correct answers to questions on trees, conservation and beautification.

FEB 27 1994

Local Roundup

County agenda posted

Deaf Smith County Commissioners' Court has posted a short agenda for the regular meeting Monday, beginning at 9 a.m., at the courthouse. Commissioners will discuss and approve a grant application for the juvenile office, hear a report on the annual county audit and discuss records retention schedules and possible contracts.

Senior parents to meet

The parents of Hereford High School seniors will meet at 7 p.m. Monday, Feb. 28, in Hereford State Bank. The meeting will be to discuss the Senior Prom. All senior parents are invited to attend.

Welfare board to meet

The Deaf Smith County Child Welfare Board will meet in regular session in the county courthouse at 2 p.m. Tuesday. In addition to presentation of the minutes and financial report, the board will discuss public awareness on child abuse and neglect.

West Central schedules open house

Fourth graders of West Central School will present a program during the open house scheduled Tuesday, from 7 p.m. to 8:30 p.m. Visitors will be invited to tour classrooms after the program.

Forum to be televised

Hereford Cablevision will broadcast a "Meet the candidates" forum that was originally held on Feb. 17. The chamber's Legislative Affairs Committee and Hereford Educators Association co-sponsored the forum, which featured appearances by several county candidates who are on the ballots for the March 8 primary elections. The forum will be shown on cable Channel 19 at 7 p.m. on Wednesday, March 2; and Friday, March 4.

Local girls to be in pageant

Fidelia Hernandez and Dusty Saul of Hereford are entered in the Miss Top of Texas Scholarship Pageant, a preliminary to the Miss Texas and Miss America pageants. Miss Top of Texas will be held here on Saturday, March 5, at 7 p.m. in the Hereford High School auditorium. Tickets are \$4 each at the door, with \$1 to go to the Rape Crisis/Domestic Violence Center of Hereford.

Recycling day scheduled

A recycling day has been scheduled by the Hereford Beautification Alliance for Saturday, March 5, from 9 to 11:30 a.m. at the Community School, 15th Street and Whittier. Local citizens are urged to bring aluminum and metal cans, batteries, and newspapers tied in bundles. No glass or plastics are wanted at this time.

THE FIREBALLS

the former lead singer, lives in Nashville, Tenn. where he plays with a band.

Tomsco and the others, including guitarist Stan Lark, Joel Hahn on drums, and Chuck Sharp on rhythm guitar, look a little older, but they can still play a pretty mean dance beat. And they're enjoying life and their music more than ever, said Tomsco.

"People all over West Texas and Eastern New Mexico seem to like our music," said Tomsco. "And age doesn't seem to matter. The kids as well as the adults enjoy us."

Tomsco is a native of Raton, N.M. The 53-year-old entertainer began taking guitar lessons at age nine and thus began a lifelong love affair with music.

"The '50s was an incredible era," said Tomsco, a smiling man who

exudes enthusiasm. "Instrumentals were very big. Songs like 'Tequila' and 'Honky Tonk' with Bill Doggett just blew the people away.

"I don't think the era will ever be repeated."

While attending Raton High, Tomsco met some other young people who liked music. They began singing together in choir class and worked on their music at night and on weekends. The nucleus of the Fireballs was being formed.

At a talent contest held by the local PTA, the group played a song by an up-and-coming young musician, Jerry Lee Lewis. The song, "Great Balls of Fire," brought down the house.

After they were together for a while, they met a talented musician named Norman Petty, who had set up a recording studio in Clovis.

Petty was recording a number of



Top corn grower

Frank Bezner Jr. of Hereford, left, receives a congratulatory handshake and a Cross pen set from Frito-Lay corn buyer Kent Vickery. Bezner was honored as Grower of the Year by Frito-Lay at the company's annual Growers Meeting, held Friday here.

The Chamber and You

BY MIKE CARR
Executive Vice President

The Chamber's Annual Banquet is set for this Thursday, March 3, beginning at 7 p.m. in the Deaf Smith County Bull Barn. This year's banquet will be fast-paced with special entertainment being provided by the Chamber Singers as we salute them for 20 years of performing. Many of the original members will be rejoining the group for the night's performance.

Our community is pleased to welcome the Honorable John Sharp, State Comptroller of Public Accounts, as our guest keynote speaker. All residents are invited to attend and enjoy the evening which will be highlighted by the naming of the Citizen of the Year.

Tickets are available at the Chamber office, 701 N. Main. If any companies or large groups would like a block of seats together, they are invited to call the Chamber at 364-3333 to make reservations.

-CofC-

The Business Retention Committee of the Chamber will have its regular monthly meeting Monday,

Feb. 28 at 4 p.m. Chairman Jeff Brown and the Business Retention Committee have been very busy and done a wonderful job this past 12 months making visits and contacts with local business and industry. The primary focus in addition to expressing our appreciation is to offer our support and assistance in the event of possible expansion. Thanks to each member of this committee for helping make a difference.

-CofC-

Plans for the "Biggest Circus Under the Tent" are well underway as the Chamber has begun its advance ticket sales for the children's tickets. This event promises to be both educational in nature and also very entertaining. The date will be April 27, so mark your calendar. Watch for more information and plan to attend. A special thanks to every business that has helped make tickets available for our local kids. Your support is appreciated.

-CofC-

Dates to plan for this month include the Grand Opening and ribbon cutting for Fashion Boutique, which was formerly Betty's Shoes. The ribbon cutting will be Wednesday, March 2 at 10 a.m.; the Miss Top of Texas Beauty Pageant will be Saturday, March 5 at Hereford High School; Spring Break will be March 14-18; the Hereford Invitational Golf Tournament will be March 19, which kicks off Super Sports Weekend; the remainder of Super Sports Weekend will be March 26 with the girls and boys track meet. A new and bigger event the "Beef Capital of the World" tennis tournament will be held March 25-26. More than 1,000 athletes will be in town to compete, so please put "Welcome, We're Glad You're Here" signs on windows. Finally, Hereford High School will host its Career Day on March 31.

-CofC-

There's a lot happening in Hustlin' Hereford, so let's all join together and make everything work for the betterment of our great city.

-CofC-

Don't forget to "Shop Locally"

Frito-Lay honors area corn growers

Frito-Lay officials and area corn growers contracted to the snack food company met together on Friday for their annual growers meeting.

Some 65 farmers gathered at the Hereford Country Club to hear reports on activities at Frito-Lay and to be honored for outstanding corn growing.

Frank Bezner Jr. of Hereford was named Grower of the Year. He was presented with a Frito-Lay Cross pen set. He was honored as the producer with the lowest defect per delivered pounds, meaning the highest quality corn grown last season.

In addition, Frito-Lay announced its "Top 20 Club," which honors other top growers.

To be named to the club, a grower is evaluated on several criteria: to

deliver quality corn, to deliver all the contracted corn and a review of the grower's history with the company.

This year 26 men were named to the "Top 20 Club."

They are: From Hereford, Randy Allmon, Tommy Betzen, Frank Bezner, Lewis Block, Dick Fellers, Randy Fellers, Bob Gerber, Gary Schumacher, Joe Schumacher, Bob Meyer, Charles Schlabs, Richard Sims Jr., Don Tindal, Dwayne Walker and David Zinser; from Bovina, Donald Christian and Charles Christian; from Hart, Duane Clevenger and Deryl Clevenger; from Farwell, Mark Howard, Greg Howard and Dub Howard; from Friona, Cris Ingram; from Kress, Richard McClure; from Lazbuddie, Steve Meiwes; and from Easter, Steve Olson.

Obituaries



EMILIA GUERRERO
Feb. 24, 1994

Emilia Guerrero, 62, of Hereford, died Thursday in Amarillo.

Rosary will be recited Sunday in Rix Funeral Chapel. Services will be held at 11 a.m. Monday in San Jose Catholic Church with the Rev. Darryl Birkenfeld, pastor, officiating. Burial will be in St. Anthony's Cemetery.

A native of Vaughn, N.M., and came to Hereford in 1945 from La Garita, N.M. She married Baldomero

Guerrero in 1958 in Hereford. She was a member of San Jose Catholic Church and was the first Fiesta Queen in 1954. She had been a secretary for Gonzales Brothers Plumbing.

Survivors are her husband; a daughter, Delilah G. Murillo of Hereford; two sons, Baldomero Guerrero Jr., of Albuquerque, N.M., and Ruben Guerrero of Hereford; three sisters, Pauline Martinez and Romona Gonzales of Hereford, and Mela Barela of Clovis, N.M.; four brothers, Arthur Gonzales, Delfino Gonzales, Sammy Gonzales and Severo Gonzales, all of Hereford; her mother Adelaida O. Gonzales of Hereford, and six grandchildren.

BLANCHE WILLIAMSON
Feb. 24, 1994

Lula Blanche Williamson, 83, died Thursday in Hereford.

Services will be held at 11 a.m. Monday in the Hereford Church of the Nazarene with Pastor Ted Taylor officiating. Burial will be in Portales, N.M., City Cemetery, at 1:30 p.m. Mountain Time, by Gilliland-Watson Funeral Home.

Mrs. Williamson was born in Roosevelt County, N.M., and married Mark Edward Williamson in 1929 in Portales. He died in 1962. A member of the Church of the Nazarene, she came to Hereford from Arizona in 1962.

Survivors are two daughters, Wanda Hoover of Hereford and Faye Whalen of Vashon Island, Wash.; a son, Ed Williamson of San Antonio; six grandchildren and 11 great-grandchildren.

The family has requested that memorials be directed to favorite charities.

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O.G. Nieman
Mauri Montgomery
Garry Wesner
Craig Nieman

Publisher
Adv. Mgr.
Editor
Circulation Mgr.



The Hereford Police Department listed the following offense and activity report Saturday morning:

--Officers issued 16 traffic citations, investigated one minor accident, and dispatched one fire call.

--A 21-year-old man was arrested for second offense of no liability insurance; a 17-year-old man was arrested for theft and false ID.

--An attempted suicide was reported in the 500 block of Ave. G.

--Three criminal mischief cases were reported and two domestic disturbance incidents were checked. --Thefts were reported in the 500 block of 25 Mile Ave. and at US-385 and Lake Street.

--Assaults were reported in the 500 block of Irving and the 1300 block of E. 1st Street. An harassment incident was reported in the 400 block of Irving.

--A report of disruption of classes was reported at Hereford Junior High.



Masonic donation

Harvey Milton, master of the Hereford Masonic Lodge, presents Hereford Junior High School librarian Karen Solomon with a Texas history book. The lodge recently donated \$100 to the library to be used in the purchase of books. Mrs. Solomon said most of the books relate to Texas. Masonic lodges throughout Texas have long supported schools, Milton said, dating back to when lodges were used before the creation of public schools in the state.

American Legion to observe 75th anniversary here

The 75th anniversary of the American Legion will be observed in Hereford on March 15.

The celebration will begin with a dinner at 7 p.m. Special music entertainment will be presented and a guest speaker will come from Cannon Air Force Base, Clovis, N.M.

The American Legion was founded in 1919. Hosting the birthday celebration will be Post 192 members and auxiliary.



Nazarene spellers

Nazarene Christian Academy has entered two students in next week's county spelling bee. Sixth-grader Amanda Robbins, second from left, will represent the school in Friday's Senior Bee, set for March 4, while fifth-grader Eddie Trotter, right, is the Junior Bee's representative. That bee is March 3. Alternate for the Junior Bee is Natalie Nino, fifth grade, while Riley Hall is Senior Bee alternate.

Ann Landers

DEAR ANN LANDERS: It amazes me that I am actually writing to you. Mine is a story I am sure you have heard before. I am a homosexual, and nobody knows it. I am the typical "boy next door." My friends and family would be shocked if they knew the truth.

My longtime companion died recently of AIDS, and I feel very much alone. Both my friend and I worked for very conservative business firms, and the disclosure of our sexual orientation would have meant professional suicide. I am trying hard to accept my loss, and I hope some day that I will be able to feel good again.

I guess the reason I am writing is to plead for a little understanding and compassion. I watch the news and read the papers every day and wonder why homosexuals are so despised. Do these haters actually believe we had a choice? Why would anyone choose to be a constant object of ridicule and hate?

If I could be "normal," I would grab that option in a heartbeat. But a series of failed heterosexual relationships and the pain they inflicted on the women I became involved with have taught me that I really have no right to try to be straight.

I simply do not understand how people who profess to care about their fellow man can spend so much time and energy perpetuating a climate of hate directed at a segment of society that had no choice.

I'm not particularly comfortable with the image some flamboyant homosexuals project. It makes it difficult for those of us who choose not to go public, but perhaps bizarre behavior is their response to rejection. I just wish we could all learn to live together and be a little nicer to one another. -- J.C. in Chicago

DEAR J.C.: Thank you for a letter that just might open the door a crack. It never ceases to amaze me that in this day and age, so many people fail to understand that homosexuality is not a lifestyle that is chosen. That "choice" was made at birth. Maybe one day, those haters will understand this.

DEAR ANN LANDERS: I simply must voice my opinion about the woman who said she has lost all sexual interest in her husband because he has gained 40 pounds and she is no longer physically attracted to him.

I am a divorced woman, over 50, who has finally discovered love with a real man. I mean really deep, everlasting true love, the kind that could never be diminished by a person's physical appearance. Although my man happens to be gorgeous, if the day should come when he balloons to 400 pounds and loses his hair and all his teeth, my love will remain constant.

The man I love lives inside that wonderful body. He is kind, gentle, considerate, patient and understanding -- not just my lover, but also my best friend. No matter what lies ahead, I will love him with all my heart until the day I die.

I feel sorry for the woman who wrote to you because she is missing not only sex but the rewards and joy that true love brings.--The Luckiest Woman in N.Y.

DEAR LUCKY WOMAN: Thank you for a very sweet letter. I'm sure you meant every word of it, but I hope you are never put to the test.

DEAR ANN LANDERS: Recently, you printed a letter about a young man who died in a middle-of-the-night car crash. Unfortunately, some people tend to push their ability to drive beyond their capacity to do so safely.

Sleep deprivation is one of the major under-recognized killers in our society. In the contest between the will to stay awake and the need to sleep, sleep will always win. Too often, the driver ends up wrapped around a telephone pole.

As a doctor, I frequently see patients who suffered major head trauma in accidents that occurred at night. The student who stays awake cramming for a Friday morning exam, celebrates by drinking a lot and ends up driving himself home in great danger.

Please let your readers know that sleep deprivation increases the effect of alcohol. Tell them, too: Whether you are drinking or not, don't drive when you are tired!--Daniel A. Katz, M.D., Department of Neurology, the Menninger Clinic, Topeka, Kan.

DEAR DR. KATZ: YOU told them, in a way that I never could, and I thank you.

Too often people take a drink because they "need a lift." What they do not realize is that alcohol is a depressant. After the lift comes the letdown, and then, of course, another drink is needed to recapture that "happy" feeling.

I'll sign off before I begin to sound like a broken record, but I hope my readers get the message.

DEAR ANN LANDERS: There is a crying need for parents and teachers to teach children of all ages how to write a gracious thank-you note. This letter is a desperate attempt to bring it to their attention.

Here is a sample of a thank-you

note I received recently. "Grandma, thanks for the money. 'Jason Brown.'" No "Dear Grandma," no mention of what he would do with the money. No cute drawing if he didn't want to write words and no signing off "with love." There was only his full signature--as if I might not know who Jason is.

Did any teacher ever teach ME how to write a thank-you note? No! Did I ever teach my students how to do this simple but gracious act? No!

It is so simple--just one loving, thoughtful, gracious sentence is enough.

This habit started early in life can be a door opener to many blessings. Children should be taught to write thank you notes even if the recipient lives next door. It is simply an expression of good manners.

Please, parents and teachers, think about it. I wish I had.--A Former Teacher and Present Grandmother in Vista, Calif.

DEAR VISTA: Teachers often write to tell me they discussed my column in class. This pleases me immensely. I hope your letter will be a topic for classroom discussion around the globe. Thank you for writing.

DEAR ANN LANDERS: What do you think of a husband who won't stay out of his wife's purse?

"Clarence" and I have been married for over 50 years, and he takes money from my purse even though he has plenty of his own. He also opens my mail. I often don't know I have been invited to a shower or a tea until someone phones to ask me why I wasn't there.

Don't write me back because Clarence will probably take the letter. Just put it in the paper.--Pre-empted, New Jersey

DEAR NEW JERSEY: I doubt that you will be able to teach that old dog any new tricks, so your best bet

is to utilize an old one. Beat him to the mailbox.

Drugs are everywhere. They're easy to get, easy to use and even easier to get hooked on. If you have questions about drugs, you need Ann Landers' booklet, "The Lowdown on Dope." Send a self-addressed, long, business-size envelope and a check or money order for \$3.65 (this includes postage and handling) to: Lowdown, c/o Ann Landers, P.O. Box 11562, Chicago, Ill. 60611-0562.

PITTSBURGH (AP) - John Major has baseball and steel in his blood, not just cricket and crumpets.

The British prime minister plans a Feb. 28 visit to Pittsburgh, where his grandfather toiled in steel mills and his father played amateur baseball.

Major's office in London said the prime minister was "delighted" with the invitation, which came from President Clinton.

The prime minister's grandfather, Abraham Ball, came to the United States in the late 19th century and worked in mills owned by Andrew Carnegie, said British Embassy spokesman Peter Bean.

Major's father, Thomas Ball, also spent time in the United States, and was "quite a keen baseball player," Bean said.

Thomas Ball added Major to his name after joining an American circus in 1895, forming the "Drum and Major" vaudeville act with a girl named Kitty Drum.

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Betty Gilbert

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I would like to ask for your vote in the upcoming Primary Election on March 8, 1994. Absentee voting begins February 17, at the County Clerk's Office.

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Johnny Latham

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We would especially like to pay tribute this week to vice-president and loan officer, Mark Nicklaus, who after eight years of professional dedication and loyalty to this institution and the community, will pursue a career in farming. We offer him our best wishes, and every success.

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HJH Roundup

By CAROLYN WATERS

An interesting quote caught my eye this week. "There's nothing wrong with you that what's right with you can't cure!" If we'll just take what's right with those with whom we work, whether it's adult or child, and put aside what's wrong with them, we'll surely get better results!

Mr. Vincent's earth science classes are studying climates around the earth, constructing and interpreting climate graphs and identifying factors that contribute to a climate.

Congratulations to Monica Castillo and to Henry Hernandez whose drawings were recently on display at Western Plaza Mall in the Northwest Texas Regional Scholastic Art Exhibition. They are students of Mrs. Walker. Mrs. Walker's beginning students are learning how to enlarge a small image by using grids and the advanced students are studying the work of Vincent Van Gough and will experiment with his style of painting.

Mr. Stanley's math classes are working on multiplication and division of fractions. His advanced classes are beginning geometry.

Students in Mrs. Sims classes have just completed "The Princess Bride" and will be writing fictional biographies of one of the characters in the story.

Eighth grade reading classes of Mrs. Miller and Mrs. Perrin, who read from a variety of sources, have just completed "Murder of a Gentle Lady" from the March, 1994, Readers Digest, which provided an excellent opportunity to discuss violence in America. Another topic which has drawn interest for eighth grade reading students has been the Olympics. One discussion from this study has been scandal in the Olympics and the character of Olympians.

A team of HJH teachers attended the Texas State Middle School Conference in Houston. They toured mentor schools and attended many conferences, including the restructuring of the middle school and innovative ideas for teaching. This team will be sharing their ideas with the HJH staff. Conference scheduling allowed time for some side trips of interest and giant pretzels had some important place in the agenda. For details on this and other events, check with team members Margot Sims, Dona Hendrickson, Marilyn Leasure, Pam Stephens or Karen Solomon.

Our sympathy is extended to Sue Morris on the loss of her father. We are glad to report that Jana Horton is recovering well at home. Also, my new grandson, who was hospitalized Tuesday, is doing well and should be home by now.

History Fair, locally, will be March 11 and the area fair at Canyon will be March 19. Those students who plan entries are working hard to meet these deadlines. We invite you to view their work and offer encouragement to each of them.

Museum extends exhibit dates

The Panhandle-Plains Historical Museum in Canyon has announced that "A Visual Legacy: The New Deal on the Texas Plains" will remain on exhibit through September 11. The exhibit commemorates the 60th anniversary of President Franklin Delano Roosevelt's New Deal.

This exhibit has been so popular and reflects so much about the history of the Panhandle, that we decided to leave it up to give more people an opportunity to see it. Our largest crowds come during the summer months, and we felt that many of them would be interested in the exhibit," explained the Museum's Curator of History, Dr. William Green.

The Great Depression affected the Texas Panhandle-Plains region just as it did in other parts of the nation. But in Texas and several adjoining states, a severe drought in the 1930s compounded the problems wrought by the Great Depression. As a result, the New Deal program in the Texas Plains was more extensive than in other parts of Texas.

The exhibit includes photographs of buildings and other projects constructed by various New Deal agencies. Other photographs show Dust Bowl condition on the Texas plains during the Great Depression. Some of the murals in the PPHM's Pioneer Hall were New Deal projects, as was the mural in the Canyon post office. A portion of the exhibit focuses on these murals and several others in the region.

Several of the PPHM's major archeological projects were supported by the WPA during the 1930s. Photographs of these projects in progress and some of the materials found by archaeologists are included in the exhibit.

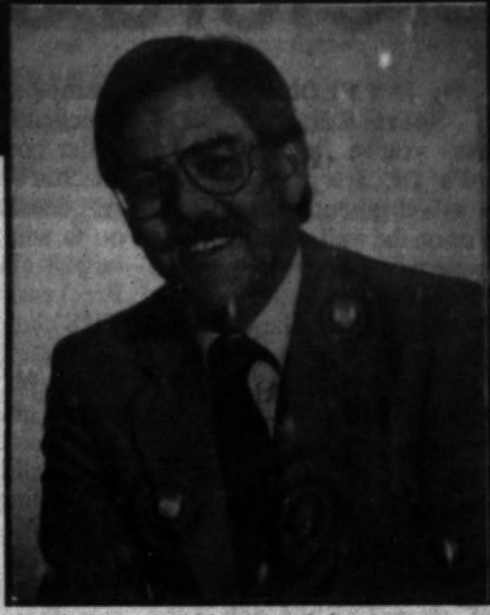
Re-Elect Tom Simons

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Dear Friends:
So far over 450 votes have been cast in the Democratic Primary election in Deaf Smith County. This is the final week for early voting and I urge you to vote this week or on Tuesday March 8th. I appreciate your vote & support.

Sincerely,
Tom

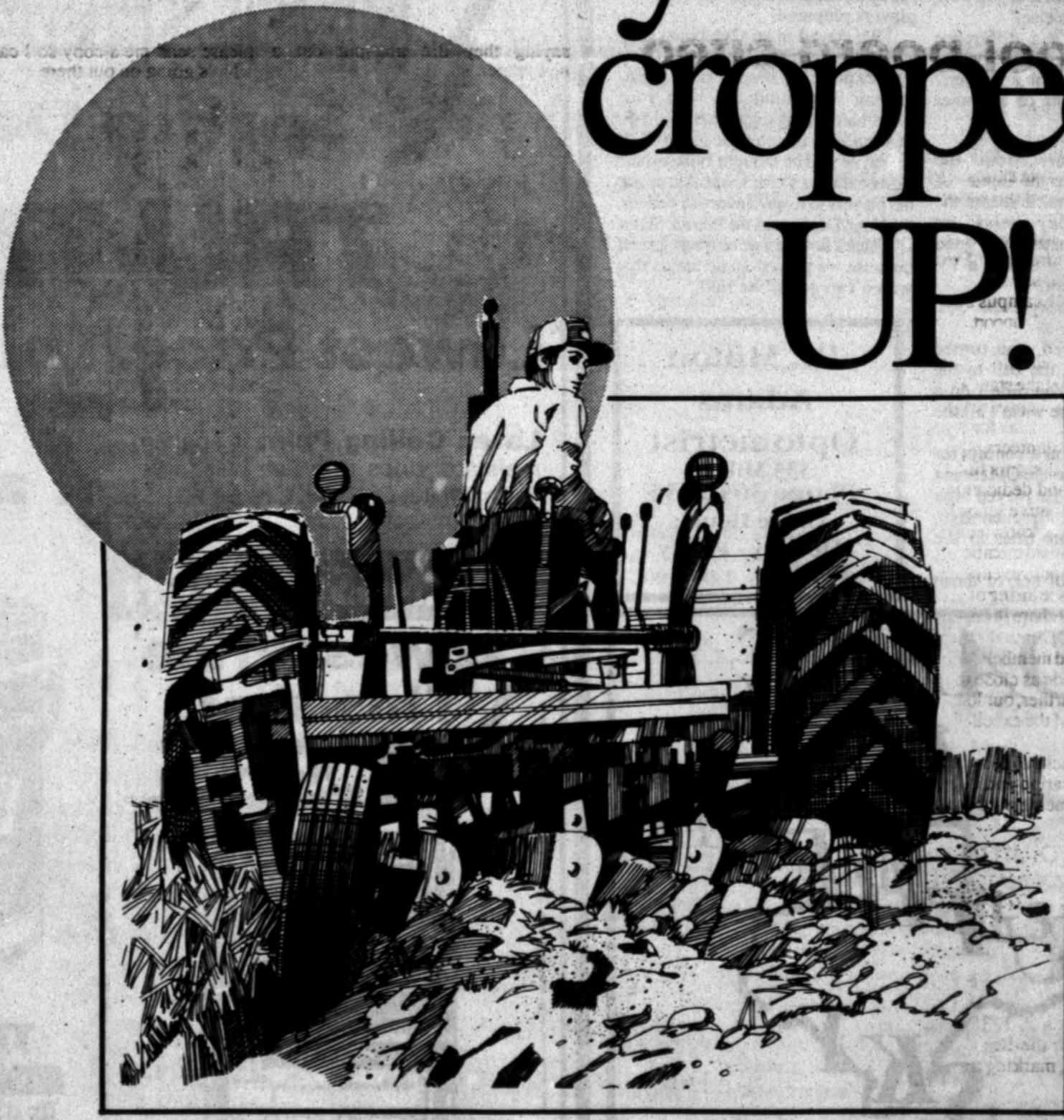


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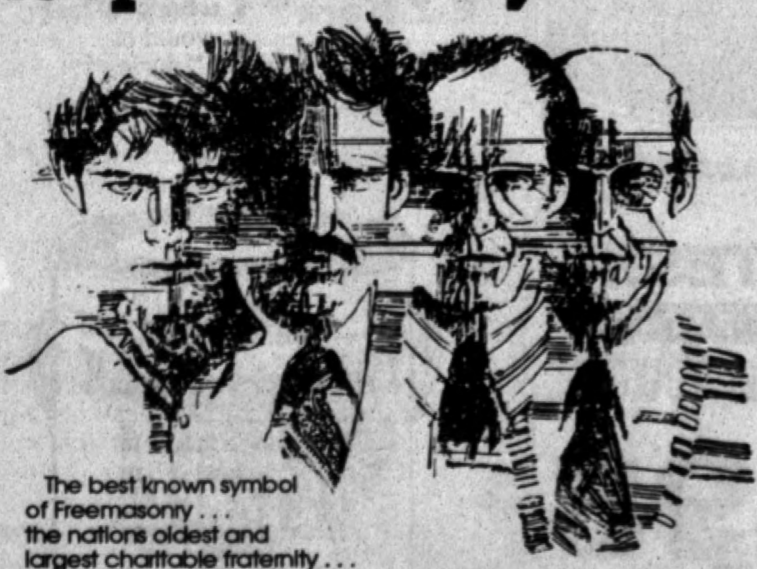
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LAS VEGAS (AP) - B.B. King and Eddie Van Halen, guitar-shaped roulette tables and chandeliers made from gold saxophones: it must be the Hard Rock Hotel & Casino. The guitar greats, along with singer Chris Isaak, were on hand for the ground-breaking of the resort-casino that Hard Rock Cafe founder and president Peter Morton is touting as "the world's first rock 'n' roll hotel-casino." The casino will be decorated with music and movie memorabilia. The 345-room hotel is scheduled to open in December 1994.

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A Message From:
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Sports

Hereford's Payne played for OU football dynasty

By JAY PEDEN
Sports Editor

Unless you're a patient of Hereford's Dr. Jerry Payne, and you've asked about the unusual mementos on the walls of his waiting rooms, you may not have known that he played football for one of the greatest dynasties in college sports.

The Oklahoma University Sooners dominated the football fields of the '50s, losing nine games during the entire decade.

During Payne's freshman season, 1956, he watched--freshmen couldn't play then--as the Sooners went 10-0 and won their third national championship in seven years.

The Sooners finished high in the rankings every year Payne played: fourth in '57, fifth in '58, 15th in '59.

His sophomore year, he contributed to the tail end of the longest winning streak in college football history: 47 games. OU finally lost to Notre Dame, itself not a shabby program. Still, the Sooners went to the Orange Bowl and beat Duke 48-21. Payne still has the trophy from that game: a 10-inch silver bowl that's perfect for filling with oranges.

He earned a starting spot at offensive guard and defensive tackle his junior year, 1958, but a knee injury limited him to starting half the games that year and his senior year. He was good enough to earn All-Academic Big Eight honors after his junior year.

Payne said he was only a little amazed at what he was a part of, and he was careful not to let it get to his head.

"I remember when I was junior, I was starting. I remember going back to the huddle, and I thought, 'Gee whiz, I'm playing on the number one team in nation.' But those were thoughts I kept to myself. You didn't go out and brag and act like you were better than everyone else."

Of course there's a difference between pride and excessive pride. "I was proud I was on a winner," he said. "I think being on a winner instills pride."

That's a far cry from the stereotypical player in some of today's top programs. It seems the best players today miss no opportunity to demonstrate how good they are, especially if there's a TV camera in the stadium.

If players were cocky in the '50s, they kept it a secret.

"When you scored, you turned around and pitched the ball to the referee," he said. "You didn't do a little dance, and there wasn't all the taunting."

Winning wasn't a new concept for Payne when he got to the Oklahoma campus in Norman. He played high school football at Breckenridge, which won five state titles in the 1950s.

Payne was part of one of those

championship teams: in 1954, Breckenridge won the state 3A title under coach Joe Kerbel, later the coach at West Texas State. They beat Abilene that year, and Abilene went on to win the 4A title--4A was the largest classification then--so that Breckenridge team considered itself THE champions of Texas.

It was only natural for Payne to want to play for a college that in 1955 was the champion of college football.

"I was used to winning," Payne said. "I didn't want to go somewhere where they didn't have a winning program."

"I think everybody wants to be on a winner, to play for a winner. It's something I'd done all my life."

Payne had a role model in Jerry Tubbs, who was a senior at Breckenridge when Payne was a freshman. Tubbs went to OU, where he was an All-America center, finishing fourth in the voting for the 1956 Heisman Trophy. He led OU to two national championships and more than half of those 47 wins in a row.

Payne had another role model in OU coach Bud Wilkinson.

"I thought a lot of him as a man, and I heard nothing but good things from the players when I went to visit OU."

Wilkinson passed away on Feb. 9.

Wilkinson was respected by other coaches because he won. His head coaching record was 145 wins, 29 losses and 4 ties, all at Oklahoma from 1947-63. His winning percentage of .826 is eighth all-time.

"One of the things he did better than anybody was to get you focused, to get you believing in yourself," Payne said. "Often he'd tell us we needed to play as well as we could, and if we did that, we didn't need to worry about the other team."

Wilkinson always had detailed scouting reports and always had his players prepared.

"We stayed in an Oklahoma City hotel before games," Payne said. "You were expected to spend Friday night, in your own mind and with your roommate, going over what you'd do in situations (during the game)."

Payne said he thought Wilkinson's best quality as a coach was that he got his players to respect every opponent, the Notre Dames and the Podunk States.

"That's how he won so many games, because we played some teams that weren't so good," he said.

One of the few times that failed, it cost OU a 47-game winning streak. As strange as this sounds, Payne said the Sooners weren't impressed with Notre Dame--Notre Dame!--before

the Irish ended the streak with a 7-0 win in Norman.

"The year before, when Notre Dame had Paul Hornung (the Heisman Trophy winner that year), it was Jerry Tubbs

senior year, and OU beat Notre Dame 45-0," Payne said. "We thought we were going to beat them. Notre Dame didn't have that good a team."

Fueled by the win over the Sooner juggernaut, the Irish finished 10th in the Associated Press poll with a 6-3 record.

Wilkinson had the respect of his players because of the way he treated them.

"Bud never would embarrass a player," Payne said. "If you did something wrong, he'd put his arm around you and take you off to the side and tell you what you did wrong. He'd never scream or yell at you or call you a dummy. His advice was direct to you; your mistakes were not brought out for others to see."

"I would say he could remember every player who played for him, because he made an effort to know

you and your families. On game days, when mothers and fathers would come into the dressing room, he'd call them by name."

Academics were important to Wilkinson, too, Payne said.

"Bud was very interested in all his players getting an education. He wanted you to go to class."

Wilkinson graduated 91 percent of his athletes, an excellent record of which Payne was not a part. That's a perfect example of how statistics can be deceiving: Payne was accepted into medical school at the University of Texas at Dallas after four years at OU, even though he was a few hours short of a degree. He earned his medical degree, and he's been practicing medicine in Hereford since 1967.

Wilkinson made the Split-T

(See PAYNE, Page 8)



Nice trophy

Hereford's Dr. Jerry Payne holds the trophy he earned as a lineman for the Oklahoma University Sooners when they won the Orange Bowl after the 1957 season.

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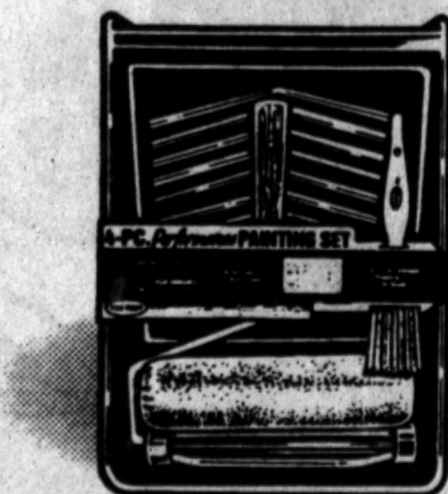
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Figure skating saga ends with bizarre twist

HAMAR, Norway (AP) - Figure skating at the Lillehammer Games was more than just a story - it was a real-life soap opera, complete with bizarre plot twists to the very end.

The Olympic gold medal went not to Nancy Kerrigan, not to Tonya Harding, but to Ukraine's 16-year-old orphan Oksana Baiul, so sore from a practice collision that it wasn't certain until just hours before that she would compete.

Kerrigan, who missed the U.S. nationals when she was clubbed by a man hired by Harding's ex-husband, added the silver medal to the bronze she won two years ago.

And Harding, still under investigation back home in the Kerrigan assault, finished eighth after breaking a lace on her first jump and tearfully talking the judges into letting her start again.

Even the medals ceremony didn't escape the melodrama that has enveloped this sport since Kerrigan was clubbed Jan. 6. It was held up a few minutes because no one could find a recording of her newly independent nation's national anthem. It was Ukraine's first gold medal ever.

Baiul, the world champion, skated with three stitches in her right shin and a sore back after a crash in practice Thursday.

She went on immediately after Kerrigan and, in one of the closest finishes in Olympic history, stole the medal from her with a lively routine set to Broadway show tunes. Kerrigan had led after Wednesday's technical program, with Baiul second.

"The hard life I've had up to now gives me strength to compete," said Baiul, whose mother died two years ago and who never knew her father.

Baiul was ranked first with five judges. Four judges gave first place to Kerrigan.

"I could not think about the gold after my performance," Baiul said. "I never do because my goal is to do well and give joy to the spectators. Tonight, when I was through, judging by the applause, I thought I had done well."

China's Chen Lu won the bronze. The difference for Baiul was her artistry, even though Kerrigan clearly had the support of the flag-waving crowd.

"I think I skated great," Kerrigan said. "I was smiling, I was happy, I was enjoying myself. I mean, how can I complain?"

"I decided not to play any mind games with myself, or question myself, because I knew I was capable of this," Kerrigan said. "And I proved that to myself."

But she couldn't beat Baiul, because the German judge gave Baiul the tie-breaking edge in artistic impression. Baiul burst into tears as she saw the scores posted, but apparently had no idea she won. She looked overcome as she was helped to the dressing room by her coach.

"This is a big shock to her," said coach Galina Zmievskaya, pointing to Baiul's back, which was sore from the collision. Zmievskaya took Baiul into her home after the skater's mother died.

"What's our place?" First place, which Kerrigan did not dispute.

"I don't think it takes away from what I planned to do and did out there," she said. "I knew I was capable of doing just what I did."

Baiul's win gave the former Soviet Union a sweep of the figure skating gold medals. Kerrigan's silver was the only U.S. medal in the sport this year, while Chen's bronze was China's first Olympic figure skating medal.

While Kerrigan had plenty of time to recover from her injuries, Baiul had just a day. She crashed into Germany's Tanja Szewczenko while both were skating backward at near full speed. Baiul spiked herself and also wrenched her back. She got through her final practice routine Friday morning, but left halfway into the session.

A few hours later, she found the fortitude Harding will need in the coming weeks.

Harding still must face a U.S.

Figure Skating Association disciplinary hearing and a grand jury investigation involving the attack on Kerrigan. Harding's ex-husband admitted to planning the assault and implicated her in the plot.

As bad as things finished in the technical program - Harding was 10th - they started even worse in the free skate.

Harding appeared for her program only 6 seconds before she could have been disqualified, taking a hit from her inhaler before getting on the ice. She popped her opening jump, a triple lutz, then stopped skating 45 seconds

into the routine. Crying, she went directly to the referee.

Lifting her right leg, Harding showed him a broken shoelace and her performance was postponed nearly a half hour.

"I knew that if I was going to skate like that it was going to be very risky," she said. "I could break my ankle really easily."

When Harding reappeared - to a smattering of boos - after three other skaters finished, she was almost flawless. She popped her triple axel into a single, but otherwise skated cleanly. Harding clearly tired at the

end, but her marks were good enough for eighth.

"I think I did quite well under all the circumstances," she said, "because I think I was ready to have a nervous breakdown before I went out the first time."

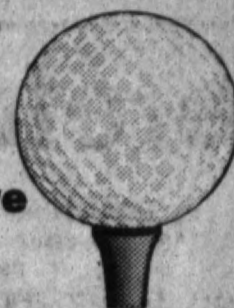
Chen moved up from fourth to third with a terrific program that included six triple jumps. Surya Bonaly of France made several mistakes to fall to fourth, just ahead of Japan's Yuka Sato.

Katarina Witt, the 1984 and '88 Olympic champion, was seventh.

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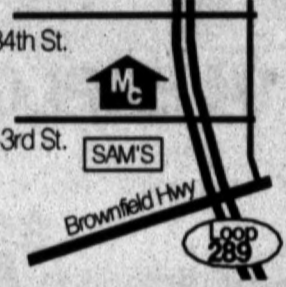
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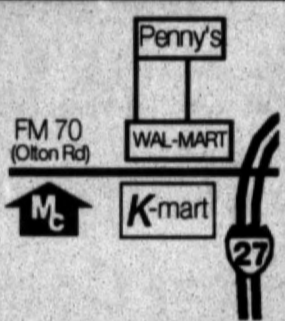
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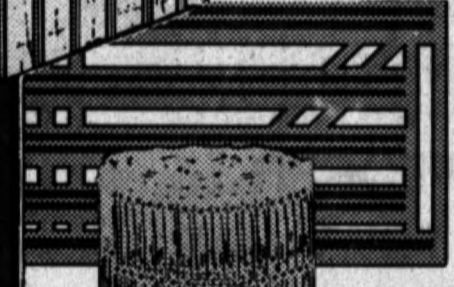
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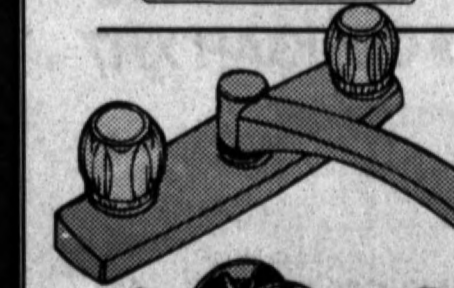
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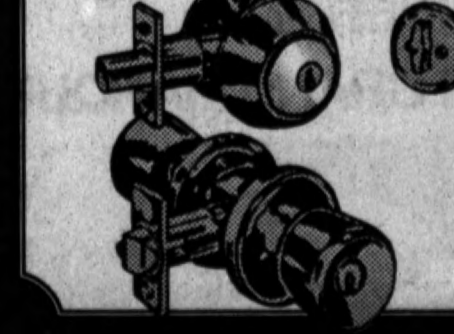
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Lee On Aoki
PONTE VEDRA, Fla. (AP) - Isao Aoki, one of Japan's greatest golfers, now is a member of the PGA Senior Tour.

Another Senior Tour member, the always colorful Lee Trevino, summed up Aoki's game.

"He's like an 18-wheel truck," Trevino said. "He can change gears any time he wants. He's sneaky long off the tee, good with the wedge and no slouch with the putter. He is just an awfully good golfer."

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Celtics lose 11th straight game

By BERNIE WILSON
AP Sports Writer
Here's a record the Boston Celtics won't take pride in.

The Celtics, who love to tout their record 16 NBA championships, set a franchise mark with their 11th consecutive defeat Friday night, losing 115-102 to the Seattle SuperSonics.

Their old record for consecutive losses was 10 set in 1949.

PAYNE

offensive formation famous. Don Faurot invented it, but Wilkinson learned it from Faurot and perfected it.

It was an option offense, and it gave birth to the wishbone and veer offenses that won thousands of games in the '60s and '70s. Darrell Royal, who made the wishbone famous at the University of Texas, was a quarterback for Wilkinson before Payne got to OU. Emory Bellard, who invented the wishbone when he was Royal's offensive coordinator at UT, was the head coach at Breckenridge for Payne's senior year. Breckenridge used the Split-T then, which was another reason Payne liked OU.

Payne explained that the Split-T was called that because the offensive linemen were split apart from each other, not bunched up as close as possible to the ball.

"If your man came out with you, you were spreading the defense," Payne said. "If he didn't, you had a blocking angle."

Just like everyone in those days, Payne played both ways. Wilkinson's system was rigid about where players line up.

"Everybody who played on offense, there was a corresponding place where you played on defense," Payne said. "I played left guard on offense and the left guard on offense was the defensive left tackle in the regular 5-4 Oklahoma defense."

Payne got to play with and against some of the top players of the day. He said Army was probably the best team he remembers playing. He played in two Orange Bowls: a 48-21 win over the Duke after the 1957 season, and a 21-6 win over Syracuse after the 1958 season.

"I was glad that when we played Syracuse, Jim Brown had already graduated," he said.

Payne was denied a third Orange Bowl because of the Big Eight's "no-repeat rule."

"The guys are working as hard as they can," Boston coach Chris Ford said. "We just don't have the talent. We've got to keep working hard and hopefully get a win somewhere down the road."

Elsewhere on a busy night in the NBA, Miami beat Philadelphia 115-84, Chicago beat Washington 116-94, Orlando defeated New Jersey 114-102, Atlanta beat Milwaukee 111-100 and Cleveland beat Golden State 107-97.

Also, Indiana beat Detroit 110-90, Denver beat New York 102-94, Utah defeated Phoenix 107-87, the Los Angeles Clippers beat Sacramento 121-111, and San Antonio stopped the Los Angeles Lakers 126-110.

Kendall Gill scored a season-high 25 points, Shawn Kemp had 23 points and 13 rebounds, Detlef Schrempf had 23 points - his best since joining the Sonics - and Gary Payton added 20 points.

Xavier McDaniel came off the bench for 21 points and Rick Fox scored 17 for the Celtics, who scored 100 points for the first time in the losing streak.

Spurs 126, Lakers 110

At Inglewood, Calif., Willie Anderson scored a season-high 33 points, leading San Antonio to its 14th victory in 15 games.

Anderson, who played only the first three quarters, made 14 of 18 shots.

Vlade Divac had 21 points and 10 rebounds and Nick Van Exel scored 18 points for Los Angeles, which was swept by San Antonio in a season series for the first time. The Lakers have dropped five of six games.

David Robinson, the NBA's second-leading scorer, had 26 points, and Vinnie Del Negro finished with 24 for the Spurs. Dennis Rodman grabbed 18 rebounds.

Clippers 121, Kings 111

At Los Angeles, Elmore Spencer had a career-high 28 points and Harold Ellis scored 16 of his 26 points in the second quarter as Los Angeles ended a five-game losing streak.

Mitch Richmond made eight 3-point shots, setting a Kings franchise record for 3-pointers in a game, and finished with 37 points.

Mark Jackson added 18 points and eight assists for the Clippers, who blew all but one point of a 19-point lead in the third quarter.

Hawks 111, Bucks 100

At Atlanta, Duane Ferrell, starting in place of the departed Dominique Wilkins, scored 20 points and Kevin Willis scored 17 of his 21 points in the fourth quarter for the Hawks.

Willis, who also grabbed 13 rebounds, made eight of nine shots in the final period.

Danny Manning, obtained from the Los Angeles Clippers on Thursday for Wilkins, the Hawks career scoring leader, watched in street clothes.

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RE-ELECT **RULAND**
FOR COUNTY CLERK



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I feel you have a smoothly run, money saving clerk's office. It is effecient, and has made a positive difference for all residents of the county. If re-elected, I plan to continue the tradition.

Please cast your vote for David Ruland in the March 8, Democratic Primary.

David Ruland

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Lifestyles

The Hereford Brand--Sunday, February 27, 1994--Page 1B



MAUDETTE SMITH
Ford Club



GRACE COVINGTON
Westway Club



EDITH HIGGINS
North Hereford Club



ZADIE BETTIS
Bippus Club



JO LEE
Wyche Club



TONI VAUGHN
Draper Club

'Club Woman of the Year' to be named at annual luncheon

This year marks the 43rd year that The Hereford Brand will sponsor the Annual Deaf Smith County Family Community Education Council Appreciation Luncheon scheduled from noon until 1 p.m. Monday in the banquet room of the Hereford Community Center.

The event will be highlighted by naming the "Club Woman of the Year." The six nominees are recognized for their leadership, growth and development in extension club work and their involvement in the community, church and family. Each nominee submitted resumes which were judged by an out-of-county extension agent for home economics.

All members of the local extension clubs use the annual luncheon as a way of expressing thanks to the Commissioners Court and the local media for their support during the year.

Also, to be honored at the luncheon will be extension homemakers who have had perfect attendance at the monthly council meetings and those who have had perfect atten-

dance at the club meetings. Fifty-year plus pins will also be presented.

Vernis Parsons of the Cultural Family Community Education Club was last year's "Club Woman of the Year" recipient.

The nominees vying for this year's title include Grace Covington of Westway FCE Club; Toni Vaughn, Draper Club; Zadie Bettis, Bippus Club; Edith Higgins, North Hereford; Maudette Smith, Ford Club; and Jo Lee, Wyche Club.

The following resumes were submitted for publication.

MAUDETTE SMITH

The outer circles of the FCE emblem carry the words, home family community with cooperative extension service in the outer circle designating the cooperation of the county, state and nation in the extension program.

Maudette Smith, nominee for Woman of the Year from the Ford Club, is a diligent worker in the cooperative work of the county, district and state FCE organization.

Maudette has served the last year as county FCE chairman, and has

assumed duties on the district level in cultural arts, delegate to district and state meetings and has assisted the district director in planning meetings.

Maudette has assisted by organizing the County Recipe Contest for a new state FCE cookbook, has served on the yearbook committee and assisted with the county fund raising catering committee. She has presented leader training programs to not only her club but others in the county and has worked diligently in preparing the Annual Pheasant Hunter's fund raiser dinner.

Maudette taught a portion of the 1993 Clothing and Textile Workshop for 4-Hers and has served for five years on the Family Living Committee. Using her hobbies and creative talents Maudette not only wrote and presented her own original installation ceremony for FCE clubs but used her photography talents to capture a state FCE win in the photography contest.

Home and family captures much of her time as she assists husband, John, in the family ranching operation, preparing meals for hungry hands, and utilizing computer experience to prepare the bookkeeping end of the ranching operation.

Maudette also serves her community in the voting process by serving as an election judge. Maudette states that the most valued part of being an FCE member has been the friendships that have been made locally, district, and on a State level.

Home, family, community and FCE work benefit from Maudette's many talents.

(See LUNCHEON Page 2B)

Dr. Stanley Pearle, optometrist and founder of Pearle Vision Inc., advises students and others who put in long hours of reading to take frequent breaks and look into the distance to reduce stress on the eyes.

Thank You

We would like to express our extreme gratefulness to all the people who helped comfort us in our recent loss of Max Leon. A special thanks to Doug Manning, the entire congregation of the Fellowship of Believers, and the Crown of Texas Hospice. Thanks to everyone who offered prayers, cards, flowers and food. During times like this, we realize how much our friends mean to us. Your expressions of

Lavon Leon, Teresa & Gary Williams

Early Childhood Education Clinic

March 9th, 1994
Hereford Community Center

Hereford Independent School District's Special Education Department is offering a FREE clinic for children 3, 4 and 5 years of age. This clinic is to identify children who may need early classroom experiences because they seem to have problems in-

- HEARING • TALKING • SEEING
- PLAYING LIKE OTHER CHILDREN
- LEARNING ABOUT THEIR WORLD
- USING THEIR HANDS

or may have a PHYSICAL HANDICAP.

Certified specialists will be working with children at the Community Center on March 9 from 9:00 am to 5:30 pm. APPOINTMENTS ARE REQUIRED and can be made by calling 363-7600

A parent or designated adult will need to accompany the child to the screening to provide permission and needed developmental information.

If you need additional information, call Mandy Everett - 363-7600



Wishes

Kimberly Barnes
Brad Barrett

Tori Irlbeck
Todd Marnell
Ruthie Aguilar
Ken Courville

Cathy Seay
Brad Smith

Shyla Gooch
Tony Yosten
Shannon Van Scoyoc
Jared Victor

Tiffany Hedgecoke
Clint Cotten
Rebecca Reed
John Cornelius

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Adam Treff

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LUNCHEON

GRACE COVINGTON

Grace Covington, Woman of the Year Nominee from the Westway FCE club, can be found as she ministers to people's needs in many areas of her busy life.

Never without a smile or a word of friendly encouragement finds Grace encompassing the FCE emblem representing the richness of family and community life. Grace makes all part of her family of friends and enriches her community through her church work, her work in the Hospital Auxiliary, as a member of the Golden Tone's Choir at her church and in what she considers a special ministry in bereavement services.

Grace has provided a richness of life serving as Sunday School teacher for children for over 50 years. Richness of life is provided to friends as modeled by her driving people to medical services both locally and in neighboring cities.

"People" are a hobby for Grace. Grace states that FCE work has enriched her life by helping her to be more knowledgeable about community needs and has provided her with the ability to become a leader with confidence in herself.

Grace serves as FCE council delegate, works on the Westway Country Christmas Bazaar, and uses her hobby of needle craft to win winning positions on the District level for the FCE association.

TONIE VAUGHN

Another of the hearth fires expressions is that of fellowship and hospitality. No finer caring fellowship is found than that exemplified by Tonia Vaughn, Women of the Year Nominee from the Draper Club. Tonia is well known for her gifts of foods, expression of kindness and phone calls to check on the safety and well being of others.

The lamp of knowledge in the emblem exemplifies Tonia Vaughn. Tonia cites the past fourteen years as FCE member as being a personal growth time. The growth of self esteem, growth of leadership in learning to preside at meetings, chair committees, present leader training to her club and others as well as growth in working on a local and district level are ways that Tonia states that she found new potential in her FCE work.

Tonia is the mother of seven children and enjoys being an active grandmother as grandchildren participate in many activities. Tonia can be found serving as a volunteer working with youth in many of the activities.

Tonia states that the great thing about FCE is that you can set your own level of involvement and get there at your own pace. The level of involvement that Tonia has chosen has benefited her club, community, and family. Tonia states that the FCE organization helps members realize potential that might have otherwise gone untapped.

JO LEE

Jo Lee, Woman of the Year nominee representing Wyche FCE club, brings out the finest of the FCE Creed which states that sharing responsibility is necessary. Shouldering the responsibility of FCE Council Chairman for the 1994 year is a product of the FCE member's faith in Jo's ability to "get things done."

Jo is a 15-year member of FCE clubs in Nolan County and Deaf Smith County. Jo is known to FCE members as a person that is often overheard to say "yes, I can serve," "no problem," and "I'll be there." Jo's responsibility has served the Wyche club at every level of leadership and the community benefits for her work on cancer crusades, heart drives, Volunteer Hospital Auxiliary, a member of the Retired Senior Volunteer program, working in the Dawn community and being a generous giver of time and energy to many.

Jo served her club in the past year as president, assisted on club projects to benefit the community, served on the Council as committee chairman and served as a delegate to District and State.

Jo states that "I shudder to think what life would be without her FCE work."

EDITH HIGGINS

The FCE emblem utilizes the oak leaf to symbolize the strength of the home. Edith Higgins, Woman of the Year nominee from the North Hereford FCE club, exemplifies the strength of the home and embodies the skills necessary for enriching quality of life for family. The mother of four children and numerous grandchildren find their quality of life better as Edith continues to sew and build strong family bonds.

Laughter fills the air when Edith works in her FCE club and community as she brightens the environment around her with cheer and wit.

Edith is currently serving her club as president and serves as a chairman on the FCE Council. Building skills in officer training courses, leader trainings, and in teaching others those skills learned has provided strength to the FCE club and community.

Edith shares skills in baking with the Hereford Care Center, raises a garden and shares the produce with many, and utilizes her excellent seamstress skills to teach others.

The strength of the oak tree symbolizes the strength that Edith provides as an FCE member.

ZADIE BETTIS

FCE clubs in the state of Texas have benefited by the membership of Zadie Bettis, Woman of the Year nominee from Bippus FCE Club. The center of the FCE emblem features the hearth fire of the home and expresses the spirit of the finer attributes of the home. These attributes represent comfort, peace and protection.

Zadie Bettis has nurtured these attributes in the counties of Heiskell and now Deaf Smith County where she has been an FCE member for 44 1/2 years.

Zadie is a retired LVN though she is again utilizing those valuable skills to care for a relative. Zadie never misses the opportunity to give encouraging hugs to those she works with and is one of those members that brings peace and comfort to all.

Zadie has served as a FCE council delegate, has made lap robes and bibs for nursing homes, provided an abundance of food for adopted neighbors of the Bippus Club, served on the cheer committee, presented leader trainings, and assisted with the Bippus Community projects.

Hobbies of sewing, crochet, quilting, cooking, painting of Dalton figures have been put to use to improve the quality of life and beauty for others.

Zadie is very active in her church work stating that "church work is vital and club work helps build good neighbors."

BEVERLY HARDER County Extension Agent-HE LOSS OF TASTE AND SMELL--A CULPRIT OF MALNUTRITION

Good nutritional habits should never get old. Yet malnutrition is a serious health problem among the nation's elderly, according to recent research in which health professionals found that one in four of all elderly patients is malnourished.

In other words, one-half of all elderly patients in hospitals and 40 percent of nursing home residents suffer from malnutrition.

Among the primary reasons many elderly become malnourished are losses in their senses of taste and smell, according to Susan Schiffmann, Ph.D., professor of medical psychology at Duke University Medical Center.

Imagine the loss of all simple pleasures of taste and smell in which the overall quality of life is greatly reduced, especially for the elderly whose senses decline due to aging.

This loss in taste and smell usually begins around 60 years of age and becomes more pronounced in

subsequent decades of life. Certain diseases and or medications prescribed for such conditions also can contribute to these sensory losses.

Thresholds (the levels at which flavors are detected) are about 2.5 times higher in the elderly than in young college students. But the threshold for detecting fat in food is four times higher in the elderly, especially a problem for many seniors following low-fat diets, making it very difficult for them to follow a low-fat diet.

How can the elderly increase eating of lower-fat, nutrient dense foods? Improve the taste by adding herbs, spices or flavor enhancers such as monosodium glutamate (MSG).

Before scientists believed that only four taste sensations--sweet, salty, sour and bitter-existed. Today new data

suggests that there are many more tastes such as glutamate. This taste, known as "umami" to the Japanese, has been described by Westerners as brothy or meat-like.

Elderly people may be unknowingly consuming large amounts of fat without being able to really perceive it. Flavor enhancers can be used in foods to help replace some of the mouthful normally contributed by fat, allowing older persons to enjoy their

food while maintaining a nutritionally adequate, low-fat diet.

Studies have shown that adding glutamate to blended or table food improves appetite and reverses the effects of anorexia among the elderly in long-term care settings.

"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."

Extension News

Couple exchanges wedding vows

David Glenn Fish, son of Mr. and Mrs. Beryl Fish of Hereford, and Susan Beach Thurman, daughter of Mr. and Mrs. Earl Gene Beach of Cotton Center, were married Feb. 14 in the home of the groom's parents. The Rev. Ted Taylor, pastor of the

Church of the Nazarene, officiated. Special participants were the bride's daughters, Kara and Lauren Thurman.

The couple will reside in Cotton Center. Fish is employed by M&W Carrot, Inc.

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Pd. Pol. Advertisement, Charlie Bell, treasurer, Box 1931, Hereford, Texas 79045

Husbands party held

Members of Veleda Study Club held their annual husbands party recently in the home of Betty Olson with Margaret Zinser serving as co-hostess.

Red and white decorations and centerpieces were used on the tables.

A Mexican stack supper and pecan pies were served to Betty and George Olson, Frank and Margaret Zinser, Joyce and George Ritter, Marcella and Bill Brady, Juanita and Gid Brown, Aaron and Della Hutto, Norma and Bill Walden, Mary and Edward Dziuk, Betty Roberts and Clovis Seago.

On April 30, 1945, with Russian forces approaching his bunker in Berlin, Adolf Hitler committed suicide along with his wife, Eva Braun, whom he had married the day before. One week later, Germany agreed to unconditional surrender, ending Hitler's Third Reich.

Atlantic City, N.J., staged the first Miss America Bathing Beauty contest in 1921.

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Todd Marnell**

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Clint Cotten**

**Kim Barnes
Brad Barrett**

**Sherald Roddy
Will Webb**

**Rebecca Reed
John Cornelius**

**Lori Alford
Mark Davis**

**Susan Dupy
Kris Gallagher**

**Lisa Zelonish
Mel Kalka Jr.**

Xi Epsilon Alpha hears two programs

Brenda Ramey's home at 313 Sunset Drive was the site of the February 15 meeting of Xi Epsilon Alpha Chapter of Beta Sigma Phi Sorority.

Two programs were held: Kay Williams focused on "Chocolate!" as a decadent fudge cake, baked by Peggy Hyer, was served, and Ramey discussed and demonstrated "Stenciling."

In addition to Ramey, Williams and Hyer, other members attending were Linda Arellano, Holly Bixler, Charla Edwards, Deann Harris, Melinda Henson, Carol Kelley, Ruby Lee, Connie Matthews, Gaye Reily, Susan Shaw and Melinda Whitfill.

Following the opening ritual, President Arellano read from a letter that was sent by Laura Ross Wingfield of International that said no city would ever be forced by International to host a convention or area meeting.

Thank yous were extended to secret sisters for Valentine's Day gifts by: Williams, Kelley, Ramey, Henson, Arellano, Harris, Hyer, Shaw, Reily, Edwards, Whitfill and Matthews. Chapter Sweetheart Susan Shaw thanked everyone for making the recent brunch so special and for the sweetheart pin and other mementos.

A note from Alpha Alpha Chapter member, Jimmie Middleton, thanked the chapter for hosting the Jan. 18 party.

Lee reminded everyone of the March 5 City Council fundraiser. The silent auction and meal of stew and cornbread will require that chapter members bring two gifts or \$10 and whatever food they sign-up

for. The event will be held from 7-11:30 p.m.

Also, a benefit dance for Floyd and Phyllis Neill will be held from 5-7 p.m. March 26 from 9 p.m. until 1 a.m. at the Elks Lodge. Dinner will precede the event from 5-7 p.m. Cost for adults will be \$5 and \$2 for children.

Service committee chairman, Shaw, collected used children's videos to be donated to the Deaf Smith County Library for check-out. She reminded members to bring baby food to the second March meeting to be donated to Operation Good Shepherd.

Program and yearbook committee chairman, Henson, said the next chapter meeting will be held Tuesday and will feature a party with Alpha Iota Mu Chapter. She noted that the second March meeting has been moved to March 22 because of spring break at school. Hyer will serve as hostess for the event.

Social committee chairman, Williams, said that reservations have been made for Friday and Saturday, April 15-16, at Glorietta, N.M. for the all-girl trip. She stressed that a

definite head-count will be needed by the first week in April of who will be attending and what vehicles will be taken.

Membership Committee Chairman Matthews said the Tuesday chapter meeting will be held at 7 p.m. in the Southwestern Public Service Reddy Room. AIM members will be guests

and the theme will be "Movies." Everyone is asked to dress up like a movie so other members can guess their identities.

After adjournment, closing ritual and Mizpah were repeated. Refreshments of decadent fudge cake, candy, flavored tea and coffee were served to members.



MR. AND MRS. DAVID FRY

Lookingbill, Fry wed Saturday evening

Immediate family and close friends gathered Saturday evening for the marriage of Kimberly Dawn Lookingbill of Euless and Donald David Fry of Azle. The ceremony, which was officiated by the Rev. Mauldin, was held in the Lakeside Baptist Church in Lakewood, Texas.

The bride is the daughter of Fred and Sandy Lookingbill of Summerfield and Ruby Sandavol of Roswell, N.M. The bridegroom is the son of Mr. and Mrs. Donald Fry of Azle.

The bride was presented in marriage by her father.

Lisa Helker served as maid of

honor and Troy Gilchrist was best man.

Classical guitar music was performed by the groom's sister, Deborah Fry.

The bride carried sweetheart red roses.

The couple will make their home in Euless.

The bride graduated from Hereford High School in 1983 and graduated from Texas Tech University in May 1989 with a finance degree. She is currently employed at ACS as a treasury analyst in Dallas.

The groom graduated from Azle High School in 1985. He served in the United States Navy for six years and is a veteran of Desert Storm. He is presently employed by Halliburton Logging Services as an electronic technician.

New Arrivals

Mr. and Mrs. Raymond Ellis of Amarillo are the parents of a daughter, Ellen Danae Ellis, born Feb. 11, 1994, at Northwest Texas Hospital. The mother is the former Devany Paschel of Hereford.

Grandparents are Mr. and Mrs. Larry Paschel of Hereford, Mr. and Mrs. Clarence Revell and Donald Ray Ellis, all of Amarillo.

Great-grandparents are Leona Sowell of Hereford, Mr. and Mrs. George Paschel of Vega and Pauline Revell of Clarendon.

LOS ANGELES (AP) - Fox Broadcasting can't wait to show off one of its newest staff members: National Football League commentator John Madden.

Football season is months away, but Madden will host the Fox-TV movie "Rise and Walk: The Dennis Byrd Story" on Monday. Byrd, a New York Jets player, suffered a paralyzing neck injury during a game, but overcame it and can now walk.

Madden will discuss his views of professional football during the movie's 8-10 p.m. EST broadcast, Fox said Wednesday.

Madden, formerly a CBS sportscaster, was hired by Fox after the network outbid CBS for rights to National Football Conference games, starting with the 1994-95 season.

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PATTIE URBANCZYK
Alpha Iota Mu Chapter



JIMMIE MIDDLETON
Alpha Alpha Chapter



SUSAN SHAW
Xi Epsilon Alpha Chapter

Beta Sigma Phi Sweethearts are honored Saturday evening

Sweethearts representing the three local chapters of Beta Sigma Phi Sorority were honored Saturday evening during the sorority's annual Valentine Ball held at the Hereford Country Club.

Presented during the special event were Pattie Urbanczyk, Alpha Iota Mu Chapter; Susan Shaw, Xi Epsilon Alpha Chapter; and Jimmie Middleton, Alpha Alpha Preceptor Chapter.

The women and their escorts led the opening dance. A meal of hamburgers and all the trimmings was served prior to the dance.

The evening's theme was "Denim and Diamonds."

On Feb. 12, a brunch was also held at the Hereford Country Club in honor of the three women who were presented with BSP sweetheart pins and gifts from their respective chapters. Chairman of the brunch committee was Ruby Sanders and her committee was comprised of other former sweethearts. Beverly Redelsperger served as master of ceremonies and Murlene Streun delivered the invocation.

The following biographies were submitted for publication by the three sweethearts.

SUSAN SHAW

Susan Shaw is a member of the Xi Epsilon Alpha Chapter and has been in Beta Sigma Phi Sorority for almost 15 years with perfect attendance during that time. She has served as president of Alpha Iota Mu and vice president and corresponding secretary of Xi Epsilon Alpha, as well as serving on various committees.

Susan is married to Sid Shaw and they have two children: Scott, 16, and Stephanie, 6. She is self-employed as a private music instructor of piano and voice.

Susan is a charter member of the Hereford Chamber Singers, and is a member of the Hereford Music Study Club. Her family is active in the First Baptist church where she serves as the Children's Choir coordinator. Her hobbies are tennis and singing with the ladies' sextet, Gentle Touch.

PATTIE URBANCZYK

A member of Alpha Iota Mu Chapter of Beta Sigma Phi Sorority since 1991, Pattie Urbanczyk is currently serving her chapter as vice president and is president of BSP City Council.

She has served as extension officer of her chapter and recording secretary of BSP City Council. She has also served on the Rosebud Committee, as well as the scrapbook and social committees. She is currently membership committee chairman of her chapter.

Pattie attended West Texas A&M University for two years where she majored in business. She is a member of the Nazarene Christian Academy PTF and is a member of St. Anthony's Catholic Church and choir. She and her husband, Brian, who is employed at Hereford Welding and Supply, have a daughter, Madison, who is enrolled in K-4 at the Nazarene Christian Academy.

Her hobbies include baking and crafts. She also enjoys traveling, snow skiing, watching football and being with her family.

JIMMIE MIDDLETON

Alpha Alpha Preceptor Chapter sweetheart, Jimmie Middleton, has been a member of Beta Sigma Phi for 12 years. Jimmie has served as chapter recording secretary, treasurer and corresponding secretary.

Jimmie was married to the late Don Ed Middleton for 20 years and was actively involved in farming and ranching in Swisher and Deaf Smith Counties. She has two children, Max Middleton of Hereford and Kathy Middleton of Boston, Mass. She also has two grandchildren, Drew Gavin, 7, and Megan Danielle, 4. The mother of the two grandchildren is Holly Hodges Middleton.

Jimmie has answered many challenges in her life. In 1976, she hung wallpaper for a friend and that later developed into a business for four years. During this time, she was a substitute rural route mail carrier. In 1980 and "three sets of brakes later,"

she bought and operated the Diet Center of Hereford for three years. Since that time she has enrolled in several college classes and continuing education classes, ranging from human anatomy and physiology, Word Perfect, secretarial accounting and psychology.

Since her husband's death in 1984, she has been involved in feedyard secretarial work and is presently working in commercial insurance at Plains Insurance Agency.

Her hobbies include gardening, plate collecting, sewing and people and she is a member of Fellowship of Believers Church.

Nevada legalized gambling in 1931.

The Academy Awards ceremony was telecast in 1953 for the first time. Best picture was "The Greatest Show on Earth."

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We're Glad You Made Hereford Your

HOME!



Mr. and Mrs. Pete Rodriguez

Welcome to
HUSTLIN' HEREFORD!

This week, join us in welcoming Pete and Cynthia Rodriguez who moved here from Abilene. Both are natives of Abilene and both are graduates of Abilene High School. Pete attended Ranger Junior College where he played baseball, and then later earned a teaching degree at Hardin Simmons. Cynthia attended Cisco Junior College and Texas State Technical College. Pete coaches freshman football and basketball at Hereford High School, and is also an assistant coach for the varsity baseball program. Cynthia is employed as a medical records clerk at Hereford Regional Medical Center.

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*Alisa Hoelscher
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Marriage date set

Former Hereford residents, Stacy White and Rickie Vogel, plan to be united in marriage June 11 at First Baptist Church in Hereford.

The bride-elect is the daughter of Butch and Mary Beth White of Hereford and the prospective bridegroom is the son of Herb and

Elizabeth Vogel, also of Hereford.

Miss White is a 1990 graduate of Hereford High School and will graduate from Texas Tech in May.

Vogel is a 1987 graduate of HHS and graduated from Texas Tech University in 1991. He is employed as a cattle buyer for EXCEL Corp.

Local travel center to provide new service

Hereford Travel Center has recently been named an American Family Cruises (AFC) "Family Vacation Specialist," according to Joan Coupe, manager of the center.

"Becoming an accredited Family Vacation Specialist is a natural progression in the evolution of Hereford Travel Center," said Coupe. "We are very excited about this because it allows us to provide an important new service for families of the area."

AFC's program gives travel agents an in-depth education on the very special needs of parents traveling

with children. AFC is also the first cruise line to offer "KinShips," cruise ships specially designed to accommodate families and their needs with four to six-berth staterooms, and more than 50 percent of public space devoted to kids' and family activities.

On board, AFC features four separate, age-graded, imaginatively designed kids' clubhouses for children and teens. There's also babysitting services so parents can enjoy adult-only activities.

For more information on the family vacation cruises, contact Hereford Travel Center.



STACY WHITE, RICKIE VOGEL

BOSTON (AP) - David Copperfield made it magic.

When Jack Arone decided to pop the question to his high school sweetheart, Patt Renkainen, he dashed off a letter asking Copperfield to help.

At Sunday's show, Copperfield invited Renkainen on stage to help him out, then had Arone join her.

He took up the microphone, dropped to his knees, and proposed. The crowd went wild.

G.E.D. Testing

For adult residents of Texas, 17 years of age and up. Parent's permission required for all 17-year-olds. Satisfactory scores qualify for the Texas Education Agency Certificates of High School Equivalency. \$35.00 Fee. Next Test March 1 & 2 • 1:00 pm to 5:00 pm at Hereford High School, Room 131.

For more information call:

Severo Reyna
363-7625

Host families sought

The American Intercultural Student Exchange is seeking American High School students to study or vacation overseas and Host Families for Exchange Students between the ages of 15 and 18 for the 1994-95 school year.

This can be such a rewarding experience for an American family who would like to share their culture and family by welcoming a student from Europe, South America, Japan, Thailand, Russia and Australia as a family member.

American students can also participate in the AISE program for a school year or spend a summer living with a Host Family overseas.

Host families that participate in this program are couples without children, couples with children (any ages) and single parents.

The students arrive in August and return in June of the following year.

Currently this program has 20 students educated in the Texas Panhandle and is proud of their success in National Honor Society, sports, theater arts and Federica Bocellari from Italy was the 1993 Homecoming Queen of Claude.

The host family is responsible for

room and board while the student is living with them and the student has his/her own spending money and medical insurance.

Please take advantage of this opportunity to share love across the cultural barriers.

Contact Lori Scott locally at (806) 355-6035 or call 1-800-SIBLING. AISE is a non-profit organization dedicated to the fostering of international peace and understanding.

RADNOR, Pa. (AP) - Whitney Houston says she and Michael Jackson are victims of media racism.

"I see white folks do a lot of things - a lot of things that I wouldn't even think about doing - and nobody cares," Houston says in the Feb. 26 edition of TV Guide.

"I think a lot of emphasis is placed on black people because there are not many who are able to succeed. So when one does, it's like, 'Uh-oh'."

Houston said she first recognized the problem last year when tabloids reported - falsely - that she had been hospitalized for an addiction to diet pills.

Photographers using autochrome in the 1920s carried into the field not only bulky cameras but also steamer trunks full of chemicals and a supply of color plates that weighed as much as 150 pounds.

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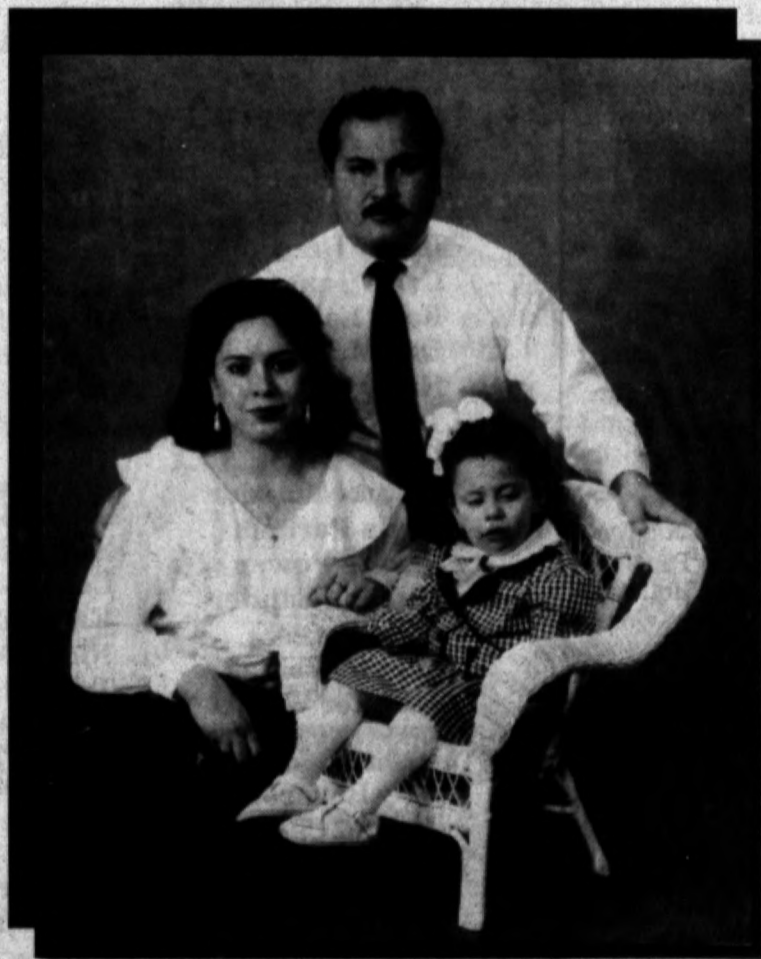
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★ ★ ★ ELECT ★ ★ ★ Armando Alaniz

My wife and I were born and raised in Deaf Smith County. I have been in law enforcement for eight years and my wife, Monica, is a fifth grade teacher at Bluebonnet Intermediate School. We have a daughter, Marina, 3 years of age.



For many years, our county has faced difficulties in many areas. I am concerned about many county issues, for example: strengthening our tax base with economic development, risk reduction of civil liabilities, making the library more assessable to those who want to further their education, help reduce juvenile problems with proven programs, investing in a caliche pit and water well, to better our county roads, and search for alternative funding, such as grants and other government resources.

I strongly believe that we need to invest time and resources in order to improve our community.

If I am elected, I will solicit creativity and experience from citizens within our community, in order to enhance the quality of life in Deaf Smith County.

UNITING TOGETHER WE CAN MAKE DEAF SMITH COUNTY A BETTER COMMUNITY.

Please cast your vote for Armando Alaniz in the March 8, Democratic Primary.

Pd. for by Committee to Elect Armando Alaniz, County Commissioner Pct. 2, 308 Cherokee, Hereford, Tx 79045, Sharon Ruland Campaign Treasurer.

Armando Alaniz

★ COUNTY COMMISSIONER PRECINCT 2 ★

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American music is examined

Margaret Williams, music teacher at Bluebonnet School, presented the program for members of the Hereford Study Club when the group met recently in the home of Barbara Allen for their February meeting. Virginia Winget served as co-hostess.

Williams escorted the group through a century of American music, beginning with the Black spiritual, "Everytime I Feel the Spirit," and concluding with the currently popular rap music.

President Hazel Ford presided over the business meeting.

Those present were Barbara Allen, Willie Braddy, Doris Bryant, Morgan Cain, Elizabeth Cesar, Addie Cunningham, Hazel Ford, Mildred Garrison, Elizabeth Hellman, Carol McGilvary, Gladys Setliff, Helen Spinks, Bessie Story, Mary Stoy, Virginia Winget and Joan Yarbrough.

SAN FRANCISCO (AP) - Pulitzer Prize-winning author Alice Walker says state education leaders were "abominably weak" to remove one of her stories from a statewide reading test at the behest of a conservative group.

The state Department of Education removed Walker's story, "Roselily," after the Traditional Values Coalition called the story "anti-religious."

School leaders were concerned the story would create controversy, state education spokeswoman Susie Lange said.

But Walker, who won the Pulitzer Prize for her 1983 novel "The Color Purple," was outraged.

"I could not believe how easy it was for these people to get to remove the story from the test," she said in Wednesday's San Francisco Chronicle. "They (education officials) are abominably weak."

"Roselily" is the story of a Christian woman married to a Muslim man in rural Mississippi.



CCA concert planned Tuesday

Members of the Hereford Community Concert Association are invited to attend the performance of the Americus Brass Band at 8 p.m. Tuesday, March 1, in the Hereford High School auditorium. The group will present "Honor and Glory: Memories of the Civil War." During this performance, the Americus Brass Band recreates a band from the Civil War, that of the 4th Georgia Infantry Regiment of the Confederate States of America. Through the story and the music of this historical group, you will place yourself into the shoes of the Civil War soldier. You will feel the excitement and exhilaration of the pre-war days, the tension and expectation of camp life, the horror of battle and the loss of loved ones.

First few minutes are critical in heart attack

The first few minutes of a heart attack are the most critical to save a patient's life, but the days following may be the most important for the patient to maintain a high quality of life.

With that objective in mind, Hereford Regional Medical Center is now offering a complete cardiac/pulmonary preventive and rehabilitation program under the direction of Scott Modersitzki, an exercise physiologist specializing in cardiac/pulmonary rehabilitation.

"The program will provide comprehensive preventive and diagnostic treatment and rehabilitative services for individuals at risk of, or with a diagnosis of, cardiovascular or pulmonary disease," said Ron Rives, hospital CEO. "Patients recovering from open heart surgery or other hospitalization for heart problems or pulmonary disease will have the security of knowing they have a formalized, supervised

program to guide them through the recovery process."

Modersitzki said he will work with each individual's personal physician to set up a regimen of exercise and behavior modifications.

Dr. Jesse I. Perales is medical director of the program. Dr. Joaquin Martinez-Araras, a cardiologist from Amarillo who sees some patients in Hereford, will work with the program as well.

Modersitzki has a bachelor of science degree in Community Health Education and master of science degree in cardiac rehabilitation and corporate fitness, both from Utah State University. He was worked the last several years in wellness and fitness centers in rehabilitation.

For more information about the new program, contact a local doctor or call 364-2141, Ext. 315.

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Red Cross Update

The American Red Cross all across the United States is providing immediate relief to disaster victims.

Red Cross volunteers provide emergency shelter, meals, clothing and health care. The Red Cross works with families to identify disaster caused needs, develop an immediate plan and provide for basic necessities to help return to a more normal living situation as soon as possible. All Red Cross disaster assistance is free and is a gift from the American people.

All Red Cross Chapters are training volunteers to help in a disaster. Some of the classes are mass care, providing food and shelter immediately after the disaster, family assistance, providing household goods, minor home repairs, damage assessment determines how many buildings and people are affected by the disaster and what kind of assistance is needed.

Call our chapter or the chapter nearest you to volunteer for disaster services. Our chapter office is located at 224 S. Main St. and the phone number is 364-3761.

Special thanks to Sally Walker for her assistance as volunteer office staff and many other positions. The Deaf Smith County Chapter is a United Way Agency.

Johnson honored by Pioneer Study Club

Billee Johnson was honored on her 95th birthday when members of the Pioneer Study Club met recently in the Lamar Room of King's Manor with Virginia Wood and Maria Escamilla serving as co-hostesses.

During the meeting, members of the King's Manor staff prepared and served lunch including Johnson's birthday cake. Tables were decorated in a Valentine's motif.

"Crime Prevention" was the topic introduced by Oleta Hoffman who presented Officer Robert Holberg. He is one of two local law enforcement officials who work with the Drug Abuse Resistance Education (DARE) program in Hereford schools. The program is taught to kindergarten through sixth grade age students sharing eight tools for saying "no" to drugs and building respect, trust and friendship between the children and officers of the law.

Holberg commended Hereford on the fact that total offenses in 1993 were less than the previous year. He also said that 50 percent of the offenses were cleared. The national average is 30 percent. He warned against scams, affirmed the

Crimestoppers program and spoke of the newest member to the law enforcement team, "Ricky," the dog.

President Rosemary Thomas called the meeting to order and Virginia Wood gave the invocation. The Pledge of Allegiance to the flags was led by Escamilla and Secretary Wood read the minutes of the previous meeting which were approved.

Nell Culpepper gave the treasury report and committee reports were heard. Mary Panciera announced that in 1993 the club participated in 143 projects, had recorded 2,975 volunteer hours and had made donations of \$3,756.55.

Willie Wimberly gave the federation report. She said that Family Week was designated Nov. 21-27 and has been signed by Gov. Ann Richards and now awaits the approval of the 74th Texas Legislature.

Members present were Johnson, Gladys Miller, Thomas, Panciera, Wimberly, Culpepper, Hoffman, Catherine Grupp, Escamilla, Mary Jane Burrus and Wood.



HONOR ROLL

First Grade

Brodie Boren
Nathan Cole
Roger Gonzales
Cade Hansard
Kara Landers
Dax McCracken
Haley McCulloch
Torree McDowell
Penny Nino
Rhiana Noland
Kayla Parham
Trinity Power
Mitchell Sanders
Joel Torres
Keeton Walden
Jennifer Winget

Second Grade

Amy Barnes
Joshua Casey
Allison Cochran
Cody Cochran
Kealie Fellhauer
Callie Hansard
Carlie Henson
Carrisa Hicks
Brynn Huffaker
Landry Lloyd
Amy Northcutt
Marissa Rojas
Joe Russell
Christen Scogins
Edward Silva
Chelsea Walker
Clarissa Zamora

Third Grade

Cory Bartels
Tanner Gearn
Alyssa Hill

Derek Mendoza
Teel Merrick
Erin Noland
Jose Reece
Patricia Salazar
Esrael Silva
Amanda Smith
Robbie Stengel
Lacie Young
Denise Zuniga

Fourth Grade

Sabra Brownlow
Linden Duggan
Kali Hall
Nicole Mendoza
Tyler Nielsen
Kevin Winget

Fifth Grade

Jeremy Gonzales
Cassidy Hicks
Tyler Keeling
Sloane Merrick
Landon Noland
Landon Parham
Eddie Trotter

Sixth Grade

Riley Hall

Seventh Grade

Aja Albiar
Brynn Bryant
Lyndi Carlile
Rachel Chamberlain
Rachel Chavez
Mary Hodges
Noelle Merrick
Mindy Morton
Christy Schumacher

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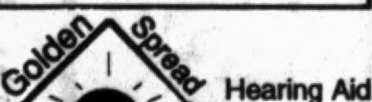
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Dawn Community

Would like to thank everyone that supported, and helped with our Chili Supper.

Thank you Sam, the chili cooks, the pie makers, Bill & Wanda. A special thanks to the Ward Band for entertainment.

Thank You

— YOUR EYES — CARE FOR YOUR CONTACTS



Keeping your contacts lenses clean not only helps you see better but makes your eyes more comfortable and less likely to become irritated or infected. Unless you have extended-wear lenses or disposables, daily care is essential.

First step is to wash your hands before handling lenses. Daily cleaning with an appropriate cleanser removes protein deposits and other debris from the lens. Rub gently on each side for about 10 seconds. Rinse with saline to remove cleaner and debris before disinfecting. Check expiration dates on eye-care products.

Disinfecting works to kill any microorganisms on the lens that might cause infection. After a number of hours (follow instructions carefully), the disinfectant solution is neutralized, the lenses are rinsed and are ready to wear.

Once a week, use an enzymatic cleaner that can break up the protein deposits that daily cleaning misses.

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We want to recognize these students for achieving "Excellence in Academics" by obtaining a 93 average for the fourth six weeks of school

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.
 Annual Deaf Smith County Family Community Education Council Appreciation Luncheon, banquet room of Hereford Community Center, noon until 1 p.m.
 Deaf Smith County Lapidary Club, 7:30 p.m.
 Valeda Study Club, 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, 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, Senior Citizens Center, noon.
 Hereford Rebekah Lodge No. 228, IOOF Hall, 7:30 p.m.

Problem Pregnancy Center, 505 E. Park Ave., Tuesday through Friday, 9:30 a.m. until 12:30 p.m. Free and confidential pregnancy testing. 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 available.

St. Anthony's Women's Organization, Antonian Room, 8 p.m.

Hereford Riders Club, Community Center, 7:30 p.m.

Alpha Alpha Preceptor, 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.

Advisory board of Hereford Satellite Work Training Center, noon.

La Afflatus Estudio Club, 3 p.m.

Xi Epsilon Alpha Chapter, 7:30 p.m.

Toujours Amis Study Club, 7 p.m.

WEDNESDAY

Noon Lions Club, Community Center, noon.

Young at heart program, YMCA, 9 a.m. until noon.

Al-Anon, 406 W. Fourth St., 5 p.m.

Draper Family Community Education Club, noon.

Knights of Columbus at KC Hall, 8 p.m.

THURSDAY

San Jose prayer group, 735 Brevard, 8 p.m.

Weight Watchers, Community Church, 6:30 p.m.

Kids Day Out, First United Methodist Church, 9 a.m. until 4 p.m.

Kiwanis Club, Community Center, noon.

TOPS Club No. 941, Community Center, 10 a.m.

Story hour at library, 10 a.m.

Hereford Toastmasters Club, Ranch House, 6:30 a.m.

Ladies exercise class, First Baptist Church Family Life Center, 7:30 p.m.

Immunizations against childhood diseases, Texas Department of Health office, 205 W. Fourth St., 9-11:30 a.m. and 1-4 p.m.

Al-Anon, 406 W. Fourth St., 8 p.m.

Bud to Blossom Garden Club, 9:30 a.m.

Elkets, 8 p.m.

L'Allegra Study Club, 10 a.m.

Alpha Iota Mu Chapter, 7:30 p.m.

North Hereford Family Community Education Club, 2:30 p.m.

Bay View Study Club, 2 p.m.

VFW, VFW clubhouse, 8 p.m.

BPOE Lodge, Elks Hall, 8:30 p.m.

FRIDAY

Kiwanis Whiteface Breakfast Club, 6:30 a.m.
 Community Duplicate Bridge Club, Community Center, 7:30 p.m.
 Hereford Senior Citizens governing board 2 p.m. and business meeting 3 p.m. at Senior Citizens Center.
 Patriarchs Militant and Ladies

Auxiliary, IOOF Hall, 8 p.m.

SATURDAY

Open gym for all teens, noon to 6 p.m. on Saturdays and 1-5 p.m. Sundays at Church of the Nazarene.
 AA, 406 W. Fourth St., 8 p.m. on Saturdays and 11 a.m. on Sundays.

Between The Covers

By REBECCA WALLS

The Don Feller family was honored as the library's Family of the Year last Thursday night. Don and Kathie have 4 children. Andrew, Bekki, Shawn and Amy. Growing up on Holly Farms in Wyoming and Montana, Don continues to work for Holly Sugar. The Fellers have been residents of Hereford since April of 1990. Not only have the Fellers been users of the library, but they have helped in library development by suggesting authors and titles of books that have been very popular reading. One such author is Marian Wells and her "Starlight Trilogy and The Treasure Quest Series."

The new book list this week begins with an autobiography Ann-Margaret: My Story. For years we have known Ann-Margaret the actress admired for her beauty and legend, but now we have the opportunity to know Ann-Margaret the woman. In an honest, warm and witty manner Ann-Margaret tells of her relationship with Elvis Presley, her battle with alcohol, the reclaiming of her self esteem, her 22 foot fall on stage, after which doctors feared she would never dance again. Ann-Margaret also tells of her 29 year love affair with her husband Roger Smith and how their relationship changed when Roger began his battle with myasthenia gravis. Ann-Margaret, who had always been protected by her husband, found their rolls reversed. Ann-Margaret was forced to take control of her own life as well as her husband's and become a person of independence, an accomplished actress, and a woman of guts, humor,

energy and inspiration.

Devil's Juggler by Murray Smith is a debut novel filled with a nonstop excitement which places the author in the same league as Ken Follett and John LeCarre. Three main characters, David Jardine, Detective Eddie Lucco, and Justice Eugene Pearson find their lives controlled by forces that lead to Bogota's Colombia. As head of the Secret Intelligence Service operation in South America, David Jardine must plant an informer in the top echelon of Colombia's dangerous drug cartel. Desperately trying to breathe life back into an 18 year old girl, Detective Eddie Lucco vows he will find the identity of the girl and the ones responsible for her death, even if it means going to the source of the cocaine. In Dublin, respected Justice Eugene Pearson, and secret leader of the Provisional Irish Republican Army, struggles to keep a spotless reputation when he is photographed with the corpse of a drug dealer known as the Whore of Venice. Now the one person that Pearson holds dearer than country or cause is being held by the people he loathes the most. Pearson vows to get her back even if it means going to Bogota himself. When the three men begin their quest, none know what the final outcome will be. Jardine becomes the spider who spins the web that leads to the capture of the others.

McNally's Caper by Lawrence Sanders sends Archy McNally into his "loopiest" thriller yet. Palm Beach's "man-about-crime" enters high society when he visits the Forsythe estate in an attempt to discover which intimate relative is lifting the family valuables piece by piece. Before the puzzle can be solved McNally must fend off the affection of the Forsythe females, deal with buried scandals, and in the end discover the murderer of one of the family members.

Lillian Jackson Braun's The Cat Who Came to Breakfast takes the reader to peaceful Pear Island, a perfect place for fishing, relaxing, boating and murder. Local residents, summer people and mainland people are upset with the development of a major resort complex taking place at the southern end of Pear Island. The explosion of a cabin cruiser in the marina is the first of a series of "accidents" and Quilleran begins to wonder if sabotage is involved. Will Quilleran be able to discover the identity of the murderer before he becomes the victim of an "accident"?

Help kids deal with feelings

A growing number of caregivers are discovering that a valuable tool to help them deal with the children in their care has been right in front of their eyes for a number of years.

That tool, available every day on the public television station, is Mister Rogers' Neighborhood. The program has a new project called Mister Rogers' Neighborhood Child Care Partnership, which offers a 360-page Plan & Play Book.

It works like this:
 Contact the local PBS station for a training session and the Plan & Play Book which has the program schedule and follow-up activities. Caregivers watch the program with the children and talk about it with them. The topics Mister Rogers presents include: kindness, celebrations, mistakes, jealousy, and feelings when parents go to work.

Then, caregivers follow up the program themes with activities suggested in the Plan & Play Book.

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Having served as your Deputy County Treasurer for the past 12 1/2 years has been a privilege. If elected I will maintain the integrity and high standards of this office. The efficiency and dependability which you have entrusted to the County Treasurer will be continued.

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AgriFood masterstraining program set

A volunteer training program for persons interested in the agriculture and food industry will begin March 7 in Canyon.

Sponsoring the program are the Deaf Smith, Potter and Randall Counties' offices of the Texas Agricultural Extension Service.

Texas AgriFood Masters Program will provide volunteers with 32 hours of intensive training from authorities on a variety of subjects. Environmental, food industry and agricultural issues will be explored.

On completion of the program, the volunteers will be asked to assist with 12 projects, including speaking opportunities, school outreach programs, industry and media relations, agriculture fairs, career days and other outreach opportunities.

The goal of the AgriFood Master Program is to provide accurate, unbiased, scientific-based information to consumer audiences so they may stay informed about agriculture, natural resources, food and environmental issues. With the background

of the issues, consumers will be equipped to make wise decisions about food and fiber production and marketing systems.

The importance of the agrifood

industry in the High Plains area prompted the decision to provide the training, said organizers. Value of the agrifood industry is estimated at \$3 billion.

Consumer surveys have identified food safety and quality, environmental and natural resource issues as needing attention.

The training will be held on eight

consecutive Mondays, beginning March 7, from 6 p.m. to 9:30 p.m. A \$25 fee will be charged.

The schedule for the program includes leadership and ag literacy, March 7; tour of agri-food processing facilities, March 14; consumer perceptions and approaches to controversial issues, March 21.

Also on the training agenda are ergonomics, pesticide research, bio-

technology, March 28; human health concerns, food additives, April 4; committee structures and volunteer opportunities, April 11; ag overview, water utilization and quality, April 18, and media relations, April 25.

Applications for the training are available in the Deaf Smith County Extension Service office on the fourth floor of the courthouse. Information may be obtained by calling 364-3573.



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1989 Chev. 3/4 ton, 4 wheel drive, cab & chassis pickup. Auto trans power & air. We will help you rig this pickup to fit your needs.

We also have several other 4X4's. 1985 Chevy Suburban. 1986 Big Ford Bronco. 1987 Ford Bronco II. 1984 Bronco II. 1983 GMC S-15 extended cab pickup. '88 Chev. S-10 Blazer, 88 1/2 ton Chev. Pickup.

1987 Cadillac DeVille Brougham, 4 dr., white body finish and fully loaded. Come test drive this extra nice car.

Livestock judges
A Hereford student at South Plains College, Jeffery Carlson, second from right, was a member of the college's livestock judging team that gained third high point team honors, overall, at the recent Southwestern Exposition and Livestock Show in Fort Worth. Other team members are, from left, Scott Head of Levelland, Kyle Smithwick of San Angelo, Justin Munson of Hagerman, N.M., Carlson, and Darryl Rea of Silver City, N.M. Carlson earned fifth high individual overall, third high point in sheep and fifth in oral reasons.

Wetlands program may get 25,000 acres in Midwest
WASHINGTON (AP) - The Agriculture Department says an estimated 25,000 acres of Midwestern cropland will be returned to wetlands under the Emergency Wetlands Reserve Program.

The Soil Conservation Service will buy easements from landowners who agree to restore farmed, converted or potential wetlands in eight states. The program has a \$15 million allocation.

Landowners whose bids are accepted will be notified by Feb. 25.

"We'll be enhancing the environment, increasing the water-holding capacity of flood plains, and giving Midwestern landowners an opportunity to recoup some of their losses from the disastrous floods," said Paul W. Johnson, chief of the Soil Conservation Service.

The Soil Conservation Service and the Fish and Wildlife Service will determine what, if any, restoration work is needed on land accepted into the program, and develop a wetlands plan of operation for the acreage.

The wetlands program is a voluntary program that offers agricultural landowners in the flooded Midwest a chance to restore and protect wetlands on their property through permanent easements.

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AUCTION

Thursday, March 3, 1994 — Sale Time: 10:00 a.m.

LOCATED: From Friona, Texas, Intersection of U.S. Highway 60 and F.M. Highway 1731, 7 miles West on F.M. Highway 1731 to Sale Site; OR From Bovina, Texas, 8 miles North on F.M. Highway 1731 then 2 1/2 miles East on F.M. Highway 1731.

GEORGE W. JONES ESTATE & OTHERS — Owners
Telephone: Auctioneers — James G. Cruce — (806) 296-7252 or Jim Summers — (806) 864-3611
Due to the death of Mr. Jones, the following will be sold at Public Auction:
LIMITED CONSIGNMENTS WELCOME, PLEASE CALL AUCTIONEERS, FIRST!

TRACTORS, COMBINE —
1—1990 Case IH 740, 2 Wheel Drive Diesel Tractor, Cab, A/C, Hdr., Radio, 18 Sp. Trans, W.F., 3-pt. 4-Hyd., Wts., 18.4x42 Rubber W/Aste Duals, Offman Quick Hitch, (936 Hours, One Owner, Shredded), Bought New June of 1991, 2 1/2 Years Left On Warranty
1—1985 Ford 340-B Industrial Diesel Tractor, W/Off-Hyd. Front-End Loader, W.F., 3-pt., 2-Post Roll-over Canopy, (Only 450 Hours, One Owner, Shredded)
1—1984 Case 2394 Diesel Tractor, 2 W.D., Cab, A/C, Hdr., Radio, W.F., Weights, Dual Hyd., 18.4x42 Rubber, With Duals, (5500 Hours)
1—1979 John Deere 4640 Diesel Tractor, S.G. Cab, A/C, Hdr., Radio, W.F., Weights, D.H., Quad Range Trans., 20.8x38 Rubber, (6641 Hours)
1—1975 International 915 Diesel Combine, Cab, A/C, Hdr., Radio, Hydrostat, No Header, 28Lx28 Rubber

DUMP TRUCK, EQUIP. TRAILER —
1—1972 Chevrolet C-50 S.A. Dump Truck '50 Engine, 4 Sp-2 Sp., 12' Steel Bed, T/C Host, 8.25x20 Rubber, (Good)
1—1975 Bolche 1F, T.A., All Steel Equipment Trailer, 7.5x15 Rubber, (Good)

EQUIPMENT —
1—Case IH 485, 24", Hyd. Folding Tandem Disc Plow, 21" Discs
1—Case IH 5700, 35", D.T., Hyd. F.W. Chisel/Sweep Plow
2—Roll-A-Cone 10' LR Mulch Harrows
2—Roll-A-Cone 6' LR Mulch Harrows
2—1989 Case IH 5100, 16-10" Grain Drills, D.D., Depth Bands, With Case IH 5100 Hyd. 2-Drill Hitch
1—Offman 11 Shank, 3-pt. Ripper Plow, On Double 7"x7" Square Bar, D.G.W., Coilers, Used Very Little
1—John Deere 1508, 15", D.T., Hyd. Folding Shredder, Dual Blades
1—Case IH 181, 28", 3-pt., Rotary Hoe, Nearly New
1—1991 Newmar 200, 9", 3-pt. Hydraulic Blade
1—John Deere 225, 22", Tandem Disc Plow, Folding
1—John Deere 225, 21", Hyd. F.W. Double Chisel Disc Plow
1—John Deere 737, 4 Row Shredder
1—Krause 3-pt., 21", Chisel/Sweep Plow, T.S.B., H.C., Gauge Wheels, Folding
1—International 48, D.T., Folding Springtooth Harrow
1—Kent 42, D.T., Folding Spring Shank Harrow
1—Noble 36, D.T. Field Cultivar, S/S, Folding, With Mulch Tine Harrows
1—Winkles Type 24' Land Plow
1—Hamby 9 Shank, 3-pt. Ripper Plow, D.G.W.
1—International 642, 4-16" Spinner Mouldboard Plow
1—International No. 83, 8 Row, 3-pt. Cultivar
1—Krause 750, 21", Folding Tandem Disc Plow
1—Krause 14' Chisel Disc Plow
6—John Deere 71 Flex Planter Units, D.D.
1—Case 21, 3-pt. Fert. Rig, T.S.B., T.P., Nitrolator, G.W.
1—Fertilizer Rig, 7 Shank, With Chisels, D.T.S., G.W., T.P., Nitrolator

2—John Deere DR-A 16-10" Grain Drills, S.D., P.W., C.C.
1—Big 12, 3-pt., 21" Cultipacker, S.S.B.
1—International 40, 4 Row Flat Shredder
1—John Deere 642, 6 Section, 3-pt. Flex Gang Rotary Hoe
1—John Deere 642, 4 Section, 3-pt., Flex Gang Rotary Hoe
1—Lullston 6 Row, 3-pt. Rolling Cultivator, Big Bar
1—Type 20-47, 3-pt. Grain Drill
1—John Deere 8 Row, G.W.D., 3-pt. Milo Planter, 4"x7" Bar
1—Hamby 8 Row, D.S.B., P.T.O., Rodweeder Rig, G.W., L.T.M., 3-pt.
1—Big Ox 9 Shank, 3-pt. V-Ripper Plow, G.W.
1—Ford 7 Shank, 3-pt. V-Ripper Plow, D.G.W.
1—Gannon 8, 3-pt. Earth Cavalor, With Scarifiers
1—Graham Home 5, 3-pt. Shredder
1—Eversman 6, D.T. V-Ditcher, C.C.
1—John Deere DR 16-10" Grain Drill, P.W., C.C.
1—Noble 15' LR Mulch Harrow
1—John Blue 4 Row, D.T. Fertilizer Applicator, 400 Gal. Tank
1—Schlabe 3-B Clostraster Packer
1—IH-C, D.T. Tandem Disc Plow
1—5 Row, 3-pt. Lister, D.T.B., G.W.
1—7 Row, 3-pt. Middle Runner Plow

HAY & LIVESTOCK EQUIPMENT —
1—Tumblebug Type 2 Wheel Round Hay Bale Mover
1—4 Wheel 4 Round Hay Bale Trailer, (Coby)
2—Round Hay Bale Feeder Rings
3—20' Bottomless Hay Racks
1—Big Valley Cattle Squeeze Chute
1—Hay 14, T.A. Stock Trailer, 3 Canvas Cover
1—S.M. 2 Wheel, D.T. Wire Roller, With Electric Wire & Hyd. Pump
2—Spools Barb Wire
1—Jel Wire Roller
1—Large Lot Electric Fence Posts With Insulators
1—Super 98 Electric Fence Charger
1—Super 12 Electric Fence Charger
1—Super 1000 Electric Fence Charger
1—Galager Electric Fence Charger

IRRIGATION —
1—Dobbs 5 H.P. Floating Tailwater Pump
40—Joints 7"x20" Gated Pipe, 40' Rows
5—Joints 6"x20" Gated Pipe, 40' Rows
10—Joints 8"x20" PVC Gated Pipe, 40' Rows
10—Joints 8"x20" PVC Flowline
14—Joints 7"x30" Flowline
1—Lot 12" Atlanta Valve Lids
1—Big 12, 2 Wheel, 30' Pipe Trailer
4—12"x7" Hydrants; 2—12"x8" Hydrants; 2—10"x7" Hydrants
1—Lot Aluminum Fittings: 6", 7", 8"
1—Lot Irrigation Tubes
1—Lot Water Furrow Bullets

TANKS, TRAILERS —
3—500 Gallon Overhead Fuel Tanks & Stands
1—2 Wheel Motorcycle Trailer
1—Powers 2 Wheel Service Trailer, With Lincoln 150 Portable Welder, Portable 5 H.P. Air Compressor, With Honda Gas Engine
1—2 Wheel Pickup Bed Trailer, With Toolbox

GRAIN CART, CONVEYOR, GRAIN DRYER —
1—Case 150 Bushel T.A., P.T.O. Grain Cart, With 6"x10" Front Auger
1—Westfield 6"x12' Side Mount, Hyd. Grain Drill Auger, (Like New)
1—John Deere 428, 56' Portable Cube Or Hay Conveyor
1—Du-Ar 450 Bushel Capacity Continuous Flow Portable Grain Dryer, (Natural Gas)

TRACTOR & TOOLBAR MAKEUPS —
1—Set 20.8x38 Axle Duals, (4640 Hubs)
1—Offman Cat III, 3-pt. Quick Hitch
1—Hamby 21", T.S.B., 3-pt. Tool Carrier
1—Hamby 21", D.S.B., Tool Carrier
1—Set Hamby Hydraulic Row Markers
1—John Deere Roll-A-Matic Front End
2—Sets Hamby Gasse Wheels
22—Hamby 1"x3" Shanks & Clamps
1—Lot John Deere Orchard Shanks
1—John Deere Toolbar 3-pt. Hitch
1—15, 2x" Toolbar
1—Set Toolbar G.W.
8—Noble Rotary Fans
1—S.M. 2 Drill Hitch
1—H.D. Crossover Drawbar
1—Tye Toolbar Stabilizer
1—Lot John Deere Lister Beams & Bottoms
1—R & J Rodweeder Boot

FREIGHT ELEVATOR, SHOP EQUIPMENT, NON-CLASSIFIED —
1—Freight Elevator With 26' I-Beam Track
1—Jet 3 Ton, 3 Phase Electric Hoist
1—Continental 20 Ton Hyd. Shop Press, (Like New)
1—Lincoln 150 Portable Welder
1—Portable 5 H.P. Air Compressor, With Honda Gas Eng.
1—Lot New I-Beams, Purins, Various Lengths
1—Lot Galvanized Corrugated Tin, Various Lengths
Notes: Not Many Small Items, Please Be On Time.
Any Announcement Sale Day Takes Precedence.

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PUBLIC NOTICE
DATE: February 1, 1994
CONTACT: Mary E. Batenhorst
(806) 376-2236

PUBLIC AND PRIVATE NONPROFIT ORGANIZATIONS
IN DEAF SMITH COUNTY

Farmers Home Administration (FmHA) has a need for 50 applications. Organizations wishing to package housing loan/grant applications must attend certification training to be eligible to participate. Certification training will be held on Wednesday, March 2, 1994 at 10:00 AM. Additional information may be obtained from the local FmHA office located at 313 West 3rd, Hereford, Texas, or telephone number 364-2802. An organization must be legally authorized to work in Deaf Smith county and a 1) State, State agency, or unit of general local government; or 2) a private nonprofit organization or corporation that is owned and controlled by private persons or interests, is organized and operated for purposes other than making gains or profits for the corporation, and is legally precluded from distributing any gains or profits to its members. In addition, a private nonprofit corporation must be 1) organized under State and local laws; 2) qualified under Section 501 (c) (3) of the Internal Revenue Code of 1986; and 3) has as one of its purposes assisting very-low and low income families to obtain affordable housing.

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Terms of Sale: CASH — All Accounts Settled Day of Sale
Lunch Will Be Available

1,507 new center pivot systems installed in HPWD in three years

During the period from 1990 to 1993, a total of 1,507 new center pivot irrigation systems were installed in the High Plains Underground Water Conservation District No. 1.

The additional systems brought the number in operation in the district up to 6,433 in the 15-county area.

Parmer County has the highest number, 1,258. Lamb County reports in with 1,250; Castro County, 786; Bailey County, 671; Hale County, 604.

Also, Deaf Smith County has 433; Hockley County, 349; Cochran

County, 347; Lubbock County 304; Lynn County 170; Crosby County 141; Floyd County 78; Randall County 39; Potter County, three, and Armstrong, none.

During the 1990 to 1993 period, the largest increase in center pivot use was recorded in Castro County where 230 were installed. Others were Hale, 216; Parmer, 197; Lamb, 185; Lubbock, 135; Deaf Smith 109; Cochran, 104, and Lynn, 60.

"Given an average price of \$30,000 per sprinkler system, the additional 1,507 represent a \$45

million water conservation investment by irrigators within the district service area during the three years," said A. Wayne Wyatt, water district manager.

Many producers have upgraded their systems to low energy precision application -- LEPA -- center pivot which can achieve an irrigation application efficiency of up to 95 percent.

Glenn Blackmon and Arnold Husky, HPWD engineer technicians, used county aerial photographs to locate each center pivot for the 1993 update.

Inventory of Center Pivot Sprinkler Systems within the High Plains Underground Water Conservation District No. 1

COUNTY	1986 INVENTORY	1990 INVENTORY	1993 INVENTORY	INCREASE/ DECREASE (1986-1993)	INCREASE/ DECREASE (1990-1993)
ARMSTRONG	0	0	0	0	0
BAILEY	581	614	671	+ 90	+ 57
CASTRO	336	556	786	+ 450	+ 230
COCHRAN	125	243	347	+ 222	+ 104
CROSBY	14	56	141	+ 127	+ 85
DEAF SMITH	220	324	433	+ 213	+ 109
FLOYD	33	41	78	+ 45	+ 37
HALE	217	388	604	+ 387	+ 216
HOCKLEY	162	278	349	+ 187	+ 71
LAMB	834	1065	1250	+ 416	+ 185
LUBBOCK	68	169	304	+ 236	+ 135
LYNN	53	110	170	+ 117	+ 60
PARMER	690	1061	1258	+ 568	+ 197
POTTER	3	3	3	0	0
RANDALL	16	18	39	+ 23	+ 21
TOTALS	3,352	4,926	6,433	3,081	1,507

4-H, FFA members take stock to Houston show for judging

A large delegation of Deaf Smith County residents, representing 4-H and FFA, will be in Houston this week to show animals at the Houston Livestock Show.

First group to leave for the annual event went to Brenham where preliminary barrow judging is conducted. Pigs qualifying for further judging will go on to Houston after the sifting in Brenham.

Lambs and steers will be entered directly in Houston.

Showing pigs under the 4-H banner are Trent Barber, Melissa Berend, Brent Carlson, Michael Carson, Rusty Dutton, Kody Lewis, Don Metcalf, Tysha Paul, Curt Smith, Ben Sublett, Camille Vasek, Bethany Williams and Chris Williams.

Wade Johnson is entering a pen of

commercial steers in the show and market steers will be shown by Craig Campbell, Brent Carlson, Justin Scott and Shelia Teel. Also on the 4-H list is Jantzen Louder, showing a beef heifer.

FFA exhibitors in market steers are Cassie Abney, Catherine Beville, Krista Beville, Brittney Binder, Jeremy Blair, Kinann Campbell, Michael Carlson, Chad Christie, Colby Christie, Ian Isaacson, Jason Messer, Nikki Messer, Jerad Johnson, Camille Vasek, Bric Wall and Zack Wall.

Entering lambs are Catherine Beville, Krista Beville, Nelson Beville, Chad Christie and Colby Christie.

Raising pigs for the show were Cassie Abney, Karen Allemand,

David Ballejo, Catherine Beville, Krista Beville, Nelson Beville, Brittney Binder, Jessica Burkart, Melissa Caraway, Aaron Caraway, Chad Christie, Colby Christie, Amy Killingsworth, Erin Killingsworth, Cody Marsh, Cory Marsh, Jason Messer, Nikki Messer, Tanner Murphey, Clint Robison, Trip Robison, Justin Scott, Jeb Skiles, Trey Skiles, Kim Smith, Zack Wall, Shannon Wells, Jay Wilson and Stephanie Wilson.

For Insurance call
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Thanks

From
The Deaf Smith County 4-H



Pictured left to right are Jim Marsh, representing the Deaf Smith County 4-H Scholarship Fundraiser, Shirley Garrison and Johnny Trotter representing Bar G Trucking winners of the Easley Trailer which was donated back to the fund for re-auction with proceeds going to the scholarship fund, and Dr. Cliff Skiles who purchased the trailer.

Prize Donors

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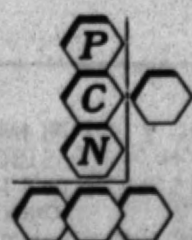
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| Edward Allison | David Brumley | Gene Vasek |
| Donald Vasek | David Zinser | Janice Vasek |
| Steve Louder | Gaylon Ward | Ronald Vasek |
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MINDING YOUR OWN BUSINESS

Don Taylor

FIXING OUR FOCUS

As I write this column our house is under attack. We're remodeling and sounds of work in progress echo throughout. The electrician is shouting instructions to his assistant in the attic. The carpenter is using a miter saw to cut trim and the painter has a compressor running right outside my office door. Occasionally, the sounds of drills and cutoff saws add to this medley of noise. It is difficult to concentrate on my writing.

Concentration is the ability to focus our attention on the task at hand. Fixing our focus allows us to shut out external and internal interference and to center our power and effort on getting the job done.

The ability to concentrate is a skill you can develop. Once you learn to stay focused you will reap several benefits.

The Pay Off

A key benefit of concentration is that you will accomplish more. High achievers stay focused and get more done. We all have the same number of hours each day, but most of us can learn to use those hours more effectively. We will accomplish more by focusing on one task until we finish it.

A second benefit of concentration is fewer mistakes. The quality of work completed increases when we're focused. We avoid these little mistakes we all make when a project doesn't have our undivided attention. It always requires less time to do it right the first time.

Another benefit is more available time. While concentration doesn't add any hours to your day, it will free up more of those hours for other tasks. Fixing your focus on one task until you get it done will allow you to tackle more projects. The time you gain, added to that saved by making fewer mistakes, will stretch your day and make you more productive.

A side benefit, but still part of the pay off, is the peace of mind that comes from doing your job well. When you're doing quality work and accomplishing more every day, you become more relaxed. You no longer will lay awake at nights worrying about the tasks you weren't able to finish. They will be done and you'll enjoy the peace of mind.

Barriers to Concentration

Distractions. Distractions come in many forms. Phone calls, co-workers and cluttered work areas are leading causes of distraction. Shut your office door and put all calls on hold until you can complete an important, urgent task. When noise begins to threaten

your concentration, put on stereo headphones and block out unwanted sounds with soft music.

Fatigue. Often your mind or body runs out of gas before you finish an important task. Usually, you are better off getting some rest before returning to the job. No one knows your personal limits better than you. If you're too tired to focus, take a break. Get a little exercise or eat a light meal. Then you can return to the task refreshed.

Boredom. Routine tasks often cause boredom and similar symptoms to fatigue. If you feel boredom setting in and have no real reason for fatigue - that is, the kids didn't keep you up all night - turn the task into a challenge.

When I find myself in a routine task like collating 100 workshop handouts, I make the work a game. I time how long it takes to arrange and staple 20 copies of the work. Then I try to do another 20 in less time. Soon the work is done and it was fun.

I hope these tips will help you be more productive. It does pay to fix your focus and improve your concentration skills. If you drifted off to sleep halfway through this column, we need to talk.

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



NEWSPAPER IN EDUCATION PROGRAM

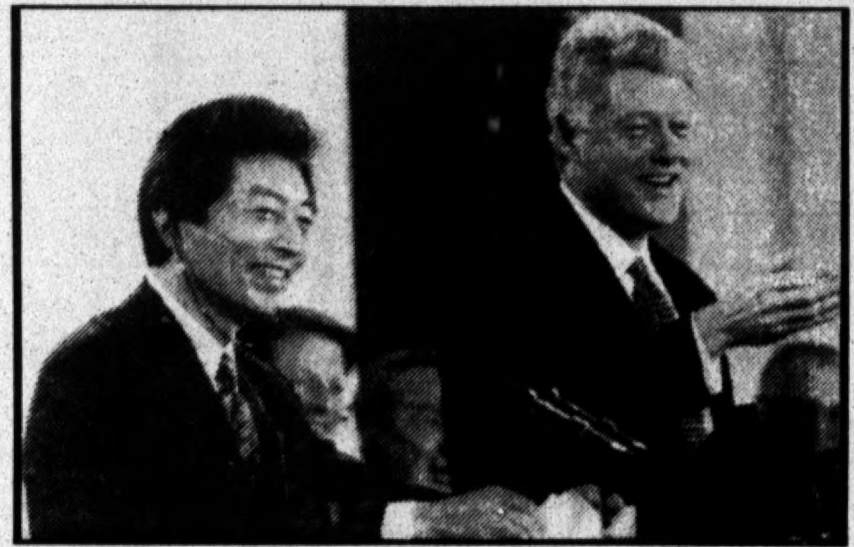
P.O. Box 52, Madison WI 53701
1-800-356-2303
or call (608) 836-6660

THE QUIZ

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

WORLDSCOPE

(10 points for each question answered correctly)



1) Last week, President Clinton and Prime Minister ... of Japan held a rather unproductive meeting. The two met to discuss ways to reduce the huge U.S.-Japan trade deficit, which is up over \$50 billion now.

2) The Gender Equity Act now before Congress is a response in part to (CHOOSE ONE: national achievement test scores, college admissions figures) that are lower for women than for men.

3) Reports suggest that marijuana use is on the rise again among high school seniors. Marijuana use among high school seniors peaked in ... when about 37 percent were using it. a-1967 b-1979 c-1990

4) Special counsel Robert Fiske recently delivered a notice of subpoena to the ... Firm in Little Rock instructing it not to shred documents related in any way to Whitewater.

5) Education Secretary ... says his department is okaying the use by colleges of race-based scholarships to remedy past discrimination and promote diversity.

MATCHWORDS

(2 points for each correct match)

- | | |
|-------------|--------------|
| 1-diversity | a-rectify |
| 2-remedy | b-obligatory |
| 3-detect | c-uncover |
| 4-advocate | d-mixture |
| 5-mandatory | e-backer |

PEOPLE/SPORTS

(5 points for each correct answer)

1) Squelching any rumors that he might coach the NFL expansion Jacksonville Jaguars, Notre Dame coach ... said last week that he is staying at Notre Dame.

2) Skier ... did America proud recently when she won a gold medal in the Olympic super giant slalom race.

3) Pop star ... was found "not guilty" in a recent lawsuit in which he was accused of stealing his hit "Dangerous" from a Denver woman after hearing it on her demo tape.

4) Edvard Munch's famous painting ... was recently stolen from the National Gallery in Oslo, Norway. Experts think the theft may be tied to an anti-abortionist effort.

5) Journalist ... who wrote about AIDS in the 1987 book "And the Band Played On," died a few days ago of complications from the HIV virus.

NEWSNAME

(15 points for correct answer or answers)



I'm retiring from the Navy in part because of criticism for my handling of the Tailhook scandal. 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

IF BABIES RULED THE WORLD..

...NEWBORNS WOULD BE FITTED WITH DENTURES SO THEY COULD SKIP THE STRAINED MUSH AND GO RIGHT TO THE GOOD STUFF!



The Wizard of Id

By Brant Parker and Johnny Hart



BLONDIE

by Dean Young and Stan Drake



BETLE BAILEY

By Mort Walker



Barney Google and Snuffy Smith

By Fred Lasswell

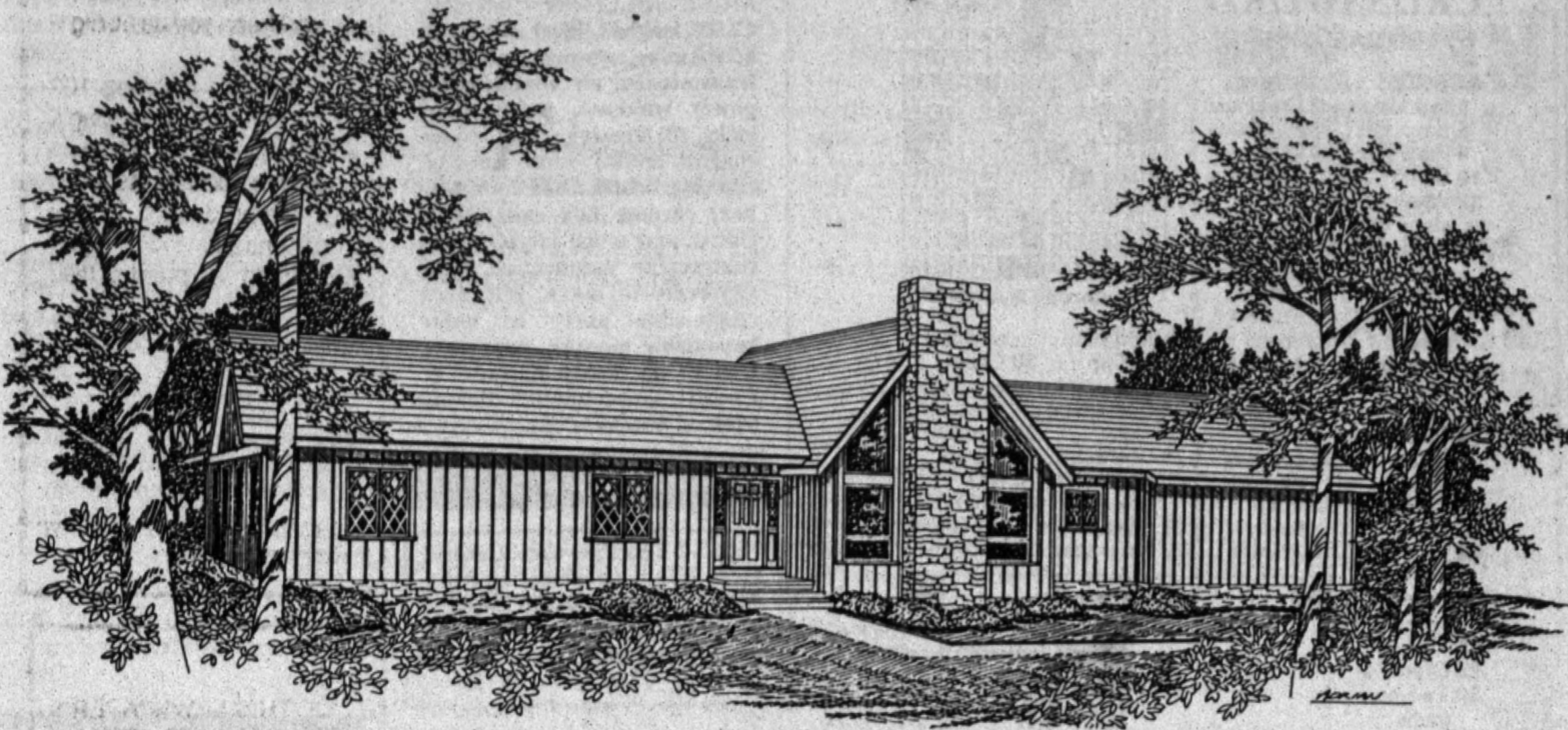


ANSWERS TO THE QUIZ

Week of 2-28-94

WORLDSCOPE: 1-Morihito Hosokawa; 2-national achievement test scores; 3-b; 4-Rose Law; 5-Richard Riley
NEWSNAME: Frank Kelso
MATCHWORDS: 1-d; 2-a; 3-c; 4-e; 5-b
PEOPLE AND SPORTS: 1-Lou Holtz; 2-Diana Roffe Steinhilber; 3-Michael Jackson; 4-"The Scream"; 5-Randy Shiltz

Real Estate



Question/Answer

Q: Are rain gutters absolutely necessary for a home? What happens if you don't install them? Are there advantages over having them not having them?

A: Gutters and their associated down spouts (also called leaders) are installed on a structure to control and direct rain runoff from the roof. The absence of gutters might result in water seepage into the basement or crawl space, rotting sections of wood trim, damage to foundation plantings and the erosion of topsoil adjacent to the house. Whether they are masonry constructed or have long overhanging eaves, most houses that are not in the snow belt would benefit from gutters.

In the snow belt, gutters are considered a nuisance and require lots of maintenance. Often snow and ice will tear them from their supports.

Q: What does "wear layer" refer to with regard to vinyl flooring?

A: As the name implies, it's the top surface on a vinyl floor. It varies in thickness, often from .005 to .0020, and it's made of clear vinyl or urethane, the latter being more wear resistant and more expensive. It starts out as a liquid and is baked on to the sheet of flooring. It's one of several characteristics that influence a vinyl floor's cost. The thicker the wear layer, generally, the more expensive the floor.

VAULTED GREAT ROOM AND DINING ROOM

Large Open Kitchen and Breakfast Room

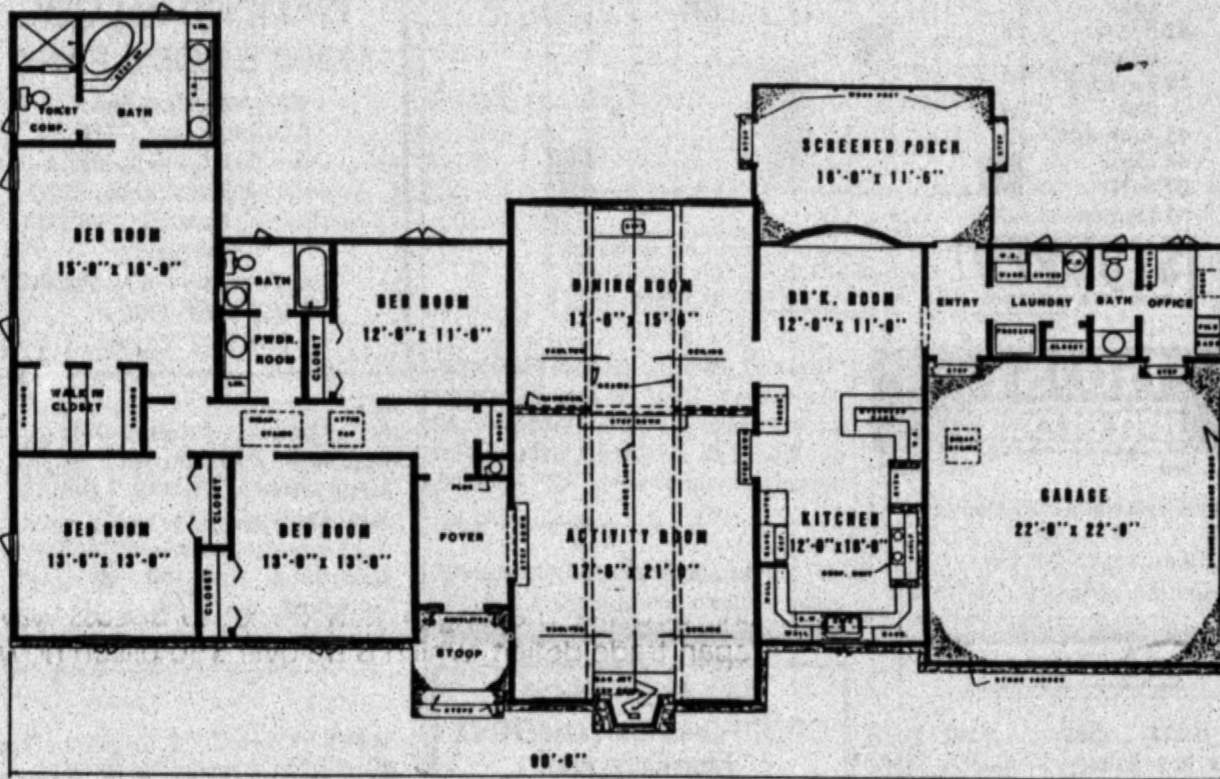


© BY W.D. FARMER, F.A.I.B.D.

A large family will thoroughly enjoy this plan, as it is designed with a good traffic pattern and four full sized bed rooms in only 2,629 square feet.

The foyer will direct you to a large family area or private bed room wing. The family area boasts a sunken great room with vaulted ceiling, stone fireplace and open rain view through to the enormous formal dining room. This room will accommodate a large group and includes a wet bar.

You step up from the great room to the kitchen-breakfast room area. The kitchen is immense and features built-in appliances, pantry, desk, stone appointments, and a view to the front as well as the back of the house through the bow window shown in the breakfast area. The breakfast room is sized for a large family dining. Entrance to the screened porch and double side entry garage is from the rear hall. The laundry, half bath and office are adjacent and the office also has garage access.



FLOOR PLAN

All four bed rooms are large. Room sizes shown are clear inside room dimensions. Three of the bed rooms are serviced by a central bath. A luxury garden

bath and a triple walk-in closet are provided for in the master bed room. The garden bath includes double vanity, corner garden tub, and a separate shower and toilet compartment. An attic fan and disappearing stair are shown from the bed room wing hall.

The contemporary exterior includes a stone chimney, vertical

siding, glass in the gable end and diamond-lite windows.

The plan is number 2644, and it includes 2,629 square feet of heated area. All W. D. Farmer plans are drawn to meet requirements of FHA and VA. For further information on this plan, write W. D. Farmer Residence Designer, Inc., P. O. Box 450025, Atlanta, GA 30345.

Question/Answer

Q: We bought some land and had a well drilled on it. Good water was found at 130 feet deep, but the flow rate from the 4-inch-diameter well is only 1-1/2 gallons per minute. Are there methods that could be used that would allow us to use this well if we build a home on this property?

A: It is feasible to use a well with a yield of 1-1/2 gallons per minute to supply the water requirements for a house. A flow rate of 1-1/2 gallons per minute (gpm) produces more than 2,000 gallons of water per day. This quantity of water is more than adequate for most residences.

In order to supply a sufficient quantity of water to satisfy most simultaneous demands, you will need a flow rate of at least 8 gallons per minute. However, a higher rate may be needed, depending on the number of fixtures in the house.

A high flow rate (at least 8 gpm) can be accomplished by pumping the

well water into a storage tank that is open to the atmosphere and then pumping water from the tank into the house at a greater flow rate. This type of installation is not uncommon and is quite effective.

A typical installation consists of a 500-gallon storage tank that is equipped with two sensors - one for high water, which shuts the well pumps, and one for low water, which starts the well pump. The high water sensor can be set at 450 gallons, and the low water sensor set at 300 gallons. A larger tank may be needed if you have a large family.

In order to get the water from the storage tank into the house, you will need a booster pump and a bladder-type pressure tank. The cost for this type of installation depends on the location. However, in the New York suburbs it costs about \$1,500 to \$2,000. Most well pump contractors can install this type of system.

1/2 SECTION, \$475 PER ACRE FARMLAND - 1 mile off paving.

BEAUTIFUL COUNTRY HOME - 3 bdrm., 2 bath, side entry double car garage, 2600 sq.ft. Has domestic well & septic system. Skylights, glazed tile, recessed lighting, double leaded glass doors, ceiling fans & too many extras to mention - only \$91,000.

NICE BRICK, CORNER LOT - has full basement, double car garage. Only \$35,000.

3 BDRM., 2 BATH - side entry garage, rock fireplace, 2097 sq.ft. + 200 sq.ft. in quality basement, make offer.

COUNTRY HOME HAS 5 ACRES - well, 3 bdrm., 1 1/2 bath, horse pens.

110 N. 25 Mile Ave. Suite C

HCR 364-4670

HENRY C. REID 364-4666

JUSTON MCBRIDE 364-2798

Equal Opportunity Housing

The Tardy Company

Insurance & Real Estate

803 W. 1st P.O. Drawer 1151 Hereford, Tx. 79045

364-4561

J.L. (Jigger) Rowland 364-0889

Glenda Keenan 364-3140

Mike Paschel 364-4327

Denise Teel 289-5945

Betty Gilbert 364-4950

Christopher Tardy 364-7948



217 RANGER - ITS UNBELIEVEABLE BUT TRUE!

Hard to believe that you can find a house-a 3 bdrm., 2 1/2 bath home in NW Hereford for less than \$30.00 per sq.ft. Many special features like a huge, huge living room with WB fireplace, a sunroom, an extra large basement with a built-in bookcase headboard. The size is a terrific surprise so come let us show you today.

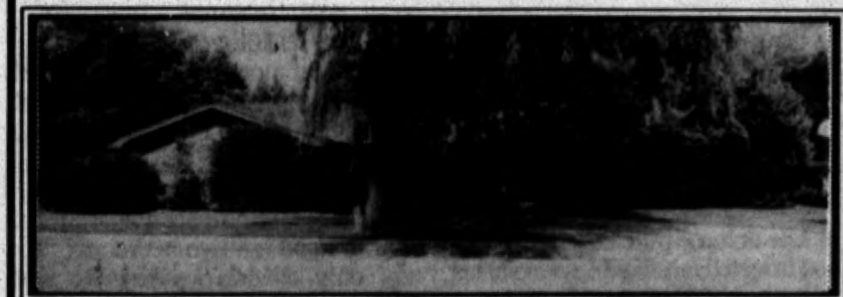
ATTENTION VETERANS Here is your chance to get 2 for 1 (one acre tract has an assumable TX VET loan and one 10 acre tract, fenced, well, with a mobile home can be financed on a VET loan). Can be purchased together or the 19 acres can be bought separately. The two parcels of land are across from each other.

LEASE-PURCHASE this very attractive 3 bdrm. home. Recarpeted and repainted after the owners moved out. Front lawn sprinkler. Garage large enough for a full size car and a small car or pickup. See to appreciate.

817 WEST PARK and 811 WEST PARK Great commercial investment for a business to run and/or income producer. The former E-Z Mart convenience store still has the refrigerator units in place. The Hereford Mini Storage has 47 rental units.

GREAT START in your own business, good for a beauty operator wanting to get started without a big investment. Beauty shop could be set up with rental booths or on a commission basis. Added plus is the one bedroom apartment on the back for extra income.

HEREFORD MUFFLER just listed for sale, includes the business inventory and building. Family lives elsewhere and needs to get the estate settled. Over 3200 sq.ft. building would work to merge with another business. Come in and let us see what can be worked out for you.



222 NORTHWEST

Wonderful home 3 bdrm., plus office, formal living and dining, beautiful yard & gardens.



NICE HOME

Den plus workout, study or hobby room, isolated master, utility efficient, extra insulation, sprinkler system.

DUPLEX	Great location, 3 bdrm. with fireplace, and 2 bdrm. w/fireplace, nice size living area.	109 KINGWOOD
EXCELLENT CONDITION	1900 plus sq.ft., nice den/kitchen combination plus living room, carpet 2 yrs. old, great storage bldg. just right for shop or hobby.	PAYMENT \$550.00
AFFORDABLE	Large living room with fireplace, large kitchen & dining room plus basement.	\$35,500

SPACIOUS COUNTRY HOME WITH 6 ACRES - 4 bdrm., 3 bath, living room & den with fireplace, huge country kitchen with bay windows & built in hutch. Landscaped with large shade, pine & fruit trees with drip irrigation system. Several barns, pipe corrals with working chutes & electric waterers, large concrete cellar, satellite system. All fenced with locking gates.

WORK FOR DOWN PAYMENT - Needs paint, carpet & cleaning. Will sell FHA or VA, 3 bdrm., brick. Only \$28,000.

BEAUTIFUL BRICK HOME ON TEXAS - Nice carpet, huge living room & den with double fireplace. Extra large yard with lots of trees. \$67,500.

317 DOUGLAS - Nice 3 bdrm., 1 3/4 bath, sunk in living room, dining room, large master bdrm., covered patio. Wood shake shingles.

2 STORY - 4 bdrm., 2 3/4 bath, needs work. Only \$55,000. ERA

MARN TYLER REALTORS
1700 W. HWY 60 364-0153

MLS NAR • Marn 364-7129 • Mutt Wheeler 364-7504 • Irving Willoughby 364-3769 • Charlie Kerr 364-3975

Top Properties TOPS IN SALES & SERVICE!
240 Main 364-8500

Carol Sue LeGate 364-3527
Hortencia Estrada 364-7245
Clarence Betzen 364-0866

Temple Abney 364-4616
Ronnie Lance 364-8394
Marilyn Culpepper 364-4009

Classifieds

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

The Hereford Brand

Since 1901
Want Ads Do It All!

You Want It,
You Got It!
CLASSIFIEDS

364-2030
Fax: 364-8364
313 N. Lee

CLASSIFIED ADS

Classified advertising rates are based on 15 cents a word for first insertion (83.00 minimum), and 11 cents for second publication and thereafter. Rates below are based on consecutive issues, no copy change, straight word ads.

TIMES	RATE	MIN
1 day per word	15	3.00
2 days per word	28	5.20
3 days per word	37	7.40
4 days per word	48	9.60
5 days per word	59	11.80

CLASSIFIED DISPLAY

Classified display rates apply to all other ads not set in solid word lines—those with captions, bold or larger type, special paragraphing, all capital letters. Rates are 4.35 per column inch, 3.65 an inch for consecutive additional insertions.

LEGALS

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

ERRORS

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

1. ARTICLES FOR SALE

'83 Ford 1/2 ton and two Motorola radios. 364-3202 25682

We Buy Furniture, Appliances, TV's, and almost anything else.
Call or Come By
Trash & Treasures
Second Hand Store
143 N. Main-364-8022

Sister Anna
Palm Card, Psychic
and Crystal Readings
tells Past, Present, Future
advises in all problems in life, such
as love, Marriage, Business, Health,
Happiness, Financial Problems, Help
to get loved one closer or just to
achieve and accomplish more in life.
\$5.00 Off Tarot Card Reading
Come see Sister Anna at 223 25 Mile
Ave. in Hereford from 8 a.m. til 9 p.m.
7 days a week, or call 364-8582.
One visit will convince you!

Thin, Smooth thighs
Now! Thigh Cream
Call 364-1531
- While Supply Lasts -
LOST 1 1/2" - 4 weeks

ANTIQUA TRACTOR AUCTION

March 3, 1994 Time 1:00
p.m.
Location: At the Roosevelt
County Fair Grounds, Por-
tales, New Mexico
Expecting 75-100
Tractors

For more information
call
Bill Johnston
Auctioneers
(505) 356-5982

Voté Por Lois Jones
Para Tesorera del
Condado

- 31 Años de experiencia como accountadora
- Graduada de Colegio con entrenamiento especial en negocios.
- Residente de Hereford por 24 años.

Fast Service, Turn Us Around!
Auto, Tire, Brake, Transmission,
Computer Diagnostics, Brake
Shop, Air Conditioning, Wash, Wax,
Call A Alignment Shop
301 E. 1st 364-6637

\$ A Mom's Dream! \$
What else could let you: Stay home and make \$\$\$ Lose weight and feel great? Earn more \$ than you can imagine!
Call Now:
Jana (806) 364-2423 \$

T-Shirt Corner 901 East 1st-One rack T-shirts and sweats 1/2 price! I letter T-shirts & caps. Handmade Baby Quilts. 25949

For sale: Like new Soloflex with Butterfly attachment, \$1,100.00; Fit One SKier-\$120; Stepper with elastic jump rope attachment for arms, \$90; Hooked on Phonics reading program-\$190. Call 364-5878 25950

For sale: 6 weeks old cocker spaniel puppies, very cute and loveable, \$25. Like new washer & dryer, \$250, will deliver. Call 289-5321. 25952

Part Irish Setter puppies for sale: \$5.00. Will be small-med size dogs. Call 364-8836 or after 6:00 PM call 364-1129. 25973

Orstrich eggs for sale. 806-225-6611. 25977

Have Mile a Minute afghan and 3 dolls to sell. Also will take crochet orders. Reasonable rates. After six 276-5724. 25981

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

The Roads of Texas and The Roads of New Mexico are for sale at The Hereford Brand in book form. \$12.95 each, plus tax. Discover roads you never knew were there. Hereford Brand, 313 N. Lee. 24757

Used clothing sale. Mens, womens & children 1,000 items, Bulk sale only. Call 806-622-0549 2-27-94; 12p.m.-5p.m. 25984

Bahama Cruise! 5 days/4 nights, underbooked! Must sell! \$279/couple. Limited Tickets. (407)767-8100 ext. 2050 Mon-Sat 9am-10pm. 25989

2. FARM EQUIPMENT

\$500 reward for information leading to the arrest and conviction of persons involved in theft of: New 16' Big Tex 2-axle trailer with 19 rolls of 52" net bull wire stolen between Feb. 14-15th from Sunnyside Farms nine miles north of Springlake, Tx., Phone Castro Co. Sheriff's Department (806)647-3311 or (806)647-2189.

HyTest Variety Seed Oats, Gayland Ward Seed, 258-7394. 25911

3. VEHICLES FOR SALE

For sale 1983 Bronco XLT 351 engine. One owner. 258-7579 25985

US MARSHAL SALE
Roosevelt County Farm Land
Wednesday, March 16, 1994 1:00 PM MST

PREVIOUS OWNERS
WINDSOR FARMS, LTD
Timothy Holabird
1540 ACRES, More or Less

LOCATION OF PROPERTY:
This property is located between Portales NM and Muleshoe Tx on the south side of State Road 202 approximately 8.75 miles east of U.S. Highway 70.

LOCATION OF AUCTION:
Sale to be held at the front door of the Roosevelt County Courthouse, at 101 W. 1st, Portales, New Mexico.

TERMS: The Real Estate Will Be Sold For Cash To The Highest Bidder. Sold Subject To All Taxes Due Thereon.

TITLE: Title Will Be Conveyed By US Marshal Deed.

SPECIAL NOTICE: This sale is being made without Covenant or warranty, expressed or implied, as to title, possession or encumbrances. Please have your attorney or title company inspect title before sale.

Bobby Fletcher Auctioneer
PO Box 509 755-7131
W. 1st Street, Portales, NM
806/866-4201 FAX: 806/866-2023

Real estate discrimination policy

All real estate advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or intention to make any such preferences, limitations or discrimination.

State laws forbid discrimination in the sale, rental or advertising of real estate based on factors in addition to those protected under federal law. We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

CROSSWORD

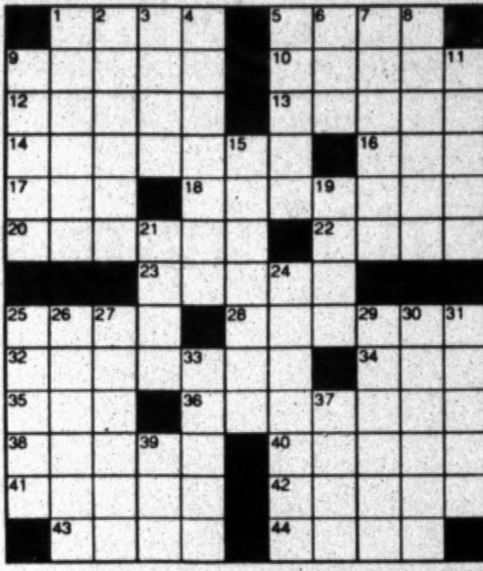
by THOMAS JOSEPH

ACROSS
1 In addition
5 Bounders
9 Pie part
10 So far
12 Whet-stone user
13 Macaroni variety
14 Prone to sidestepping
16 Nabokov novel
17 Jiffy
18 Disputed Asian region
20 CNBC's Tom
22 Charged atoms
23 Burning crime
25 Thin cut
28 Lead-ins
32 Two-deck game
34 Yale backer
35 Dull life
36 Riga sight
38 Pueblo material
40 Khaki color
41 Prison-related
42 Finishes last
43 Authentic
44 Ogle

DOWN
1 Demon-
2 Craze
3 Purposes
4 One walking a line
5 Superheroes' attire
6 Enzyme suffix
7 Power-house
8 Mail an entry
9 Mating game
11 Signs of sorrow
15 First-string
19 Pointer

S	C	A	B	L	A	C	K
P	A	P	E	R	A	C	H
A	S	P	I	E	T	R	E
D	E	L	L	C	I	E	R
E	Y	E	W	A	S	H	R
S	P	I	T	E	P	Y	L
O	N	E	S	A	P		
S	A	L	E	B	O	R	I
A	M	I	P	O	R	S	C
M	E	S	S	A	G	E	K
O	C	H	E	R	S	L	E
S	H	E	A	R	T	O	R
E	R	R	S	U	S	S	R

Yesterday's Answer



STUMPED? For answers to today's crossword, call 1-900-454-7377/199¢ per minute, touch-tone / rotary phones. (18+ only.) A King Features service, NYC.

TRUST H&R BLOCK

127 W. 3rd 364-4301

- Income taxes are our only business.
- We have more experienced tax preparers than anyone else in the business.

It's Why America Returns.

1975 Buick LaSabre, loaded, good rubber, new battery, \$700. 364-5330. 25917

\$1,000 firm for a Ford 1980 LTD. Good tires, good condition. 258-7760, after 4 p.m. 25920

1981 Jayco-J series. Pop up camper. 364-1335. 25928

1965 Chevrolet Pickup. 364-7650 25939

For sale 1991 Ford Probe GL, only 12,000 miles. Like new, blue and ready for you \$8500.00 or Please call 364-2700 25951

For sale '82 Ford extended cab pickup, \$2,500.00 or best offer. 901 Cherokee. 25955

'87 Chevy Blazer 4x4 Tahoe package, 85,000 miles, \$7,500.00. Call after 6 p.m. 364-6992 25971

MUST SELL! '89 Chevrolet, C1500, longbed, Silverado, 23,000 actual miles, new tires, automatic transmission, air conditioning, power windows, power door locks, tilt steering wheel, cruise control, am/fm stereo cassette, running boards, bed mat, tool box, chrome box rails, grille guard, and much more, no old contract to assume, no back payments to make, just need responsible party to make reasonable monthly payments, Call Doug Hulderman in The Credit Department, Friona Motors, 806/247-2701

4. REAL ESTATE

Nice 3-2-2 on Cherokee. Central Heat & air, fireplace, builtins, door openers, 10x12 storage building, garden area, low 40's, needs new loan. 276-5668

NEED CASH? I buy mortgages and land contracts 806-364-3274

DIAMOND VALLEY MOBILE HOME PARK
Lots Located on Sioux, Cherokee Sts., G&H
Office Space-415 N. Main w/Janitor service & utilities Store Front Building for lease, 3500 sq.ft. 421N. Main
Doug-Bartlett-415 N. Main 364-1483 - Office 364-3927 - Home

Nice red 1988 suburban Plainsman conversion, front & rear air, cargo doors, running board. Priced to sell quickly. Call 364-3140, evenings or message in day time. 25974

1974 Plymouth Scamp, power steering, power brakes, automatic, air, \$300. 364-1585 or 364-6617. 25979

MUFFLER SHOP CROFFORD AUTOMOTIVE
Free Estimates For All Your Exhaust Needs Call: 364-7650

MUST SELL! '93 Ford Probe, 3-door, 5-speed transmission, power windows, power door locks, cruise control, tilt steering wheel, remote keyless entry system, am/fm stereo cassette, cast aluminum wheels, GT cloth bucket seats, and much more. No old contract to assume, no back payments to make, just need responsible party to make reasonable monthly payments. Call Doug Hulderman in The Credit Department, Friona Motors, 806/247-2701

MUST SELL! '92 Ford F-250, Longbed, 351 engine, 5 speed transmission, air conditioning, am/fm stereo, tilt steering wheel, cruise control, no old contract to assume, no back payments to make, just need responsible party to make reasonable monthly payments, Call Doug Hulderman in The Credit Department, Friona Motors, 806/247-2701

For sale by owner: 511 Lawton-3 lots with it-Call 505-482-9476 also 505-763-7598. 25966

3 bedroom, 1 1/2 bath house to be moved off of farm. Needs lots of TLC, \$7,000.00. Call 578-4560. 25968

Nice home with 17 acres, 2 barn, garage, located 8 miles N. 1 1/2 miles off Hwy. Home re-done, three bedroom, nice kitchen. Call Don Tardy Co. 364-4561. 25975

House for sale, 3 br, 1/dr, double garage. For information & details call Chris, Canyon, Texas 655-8546. 25980

For sale, great for add-on 18x22 with bath. Call after 4:00 364-3022. Will consider trade for clean used car. 25982

4B. FARM & RANCHES

DEAF SMITH COUNTY - Good section with full pivot sprinkler. Sowed to wheat. 4 bedroom house and large steel barn. (Concrete floor). Ideal cattle-farm comb. LET'S LOOK - Nice thousand head feedyard sitting on 160 acres of choice land. Complete with irrigation well, U.G. pipe, and pumpback system. PANHANDLE - We have the 7.9 sections in contract. Please call for details on the 14 1/2 section ranch. HEREFORD, TEX - Please call for details on commercial property. Some dock high, some ground level, some cooler space, some w/ railroad. Priced to sell. Consider trade. Please call for details on food corn handling elevator with up to date cleaning facility attached. Approx. 850,000 bushel capacity. Strong water area. High corn production. Scott Land Co. Ben G. Scott-Dimmitt, Tex. 79027 806-647-4375 day or night.

±280 acre irrigated farm. 8 wells, underground lines, good grain bases, lays good, metal shop, pipe corrals, home, near Hereford. \$400 per acre, Owner finance part. 409-543-5636

5. HOMES FOR RENT

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

Best deal in town, furnished 1 bedroom efficiency apartments. \$185.00 per month bills paid, red brick apartments 300 block West 2nd Street. 364-3566. 920

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

Self-lock storage. 364-6110. 1360

Eldorado Arms Apts, 1 & 2 bedroom furnished apts, refrigerated air, laundry, free cable, water, & gas. 364-4332. 18873

Need extra storage space? Need a place to have a garage sale? Rent a mini-storage. Two sizes available. 364-4370. 24832

Classifieds.

They're just for you, everyday,
in the Hereford Brand.

Call Janey Allmon today at 364-2030 and get a classified to work for you.

Classifieds

Commercial Rentals. Call us for prices & square footage. HCR Realtors, 364-4670. 24911

For rent - 309 Grand, 2 bdrm-2bth mobile home. Excellent condition. Call HCR Real Estate, 364-4670. 25820

Paloma Lane Apartments, 2 bedroom available. Clean, neat, grounds maintained, application required, \$170 security deposit, 364-1255 EHO. 25908

Two bedroom apartment, stove, fridge, water paid, 364-4370 25924

Clean one bedroom apartment, lots of storage behind Sugarland Mall, \$200/monthly + \$150 deposit Call 372-9993 or 353-6228 25927

For rent 830 acres irrigated, allotments, Northwest Hereford, 409-543-5636. 25933

Efficiency apartment for working gentleman, utilities paid, nice area, 364-1371. 25948

For Lease: 3 bedroom house, extra nice, no pets, references required. 364-2926. 25953

2 bedroom mobile home, kitchen appliances, no pets, Nk-364-4974 25957

2 bedroom, 1 bath, stove & refrigerator furnished, 214 Ave. J, \$300 monthly. 364-6489. 25967

2 bedroom 1 bath, 1 car garage, fenced yard. Deposit, \$150.00; \$295/monthly. References required. 364-6772. 25982

For rent 3 bedroom, 1 bath available March 1. 364-1033. 25986

FOR RENT
For rent Commercial Building, 2200 square feet, main street and Hwy. 60. \$300 plus deposit, complete remodeled. 364-4908.

7A-Situations Wanted

Private duty sitter for elderly. Wages negotiable per hour. Time negotiable. Good references. Send inquiries to Box 673xyz. 25932

8. HELP WANTED

Position For RN & LVN. Good benefit package. Competitive salary. Kings Manor Methodist Home, 400 Ranger Drive, Hereford, EOE. 23745

ATTENTION NURSES
King's Manor needs 3-11 and 11-7 licensed nurses. Shift differential \$1.00 an hour. Apply at: 400 Ranger Drive, Hereford, Texas

ATTENTION REGISTERED NURSE

Do you want position, salary, benefits, and authority as Director of Nursing for a 74 bed certified, not-for-profit nursing facility? Do you believe two heads are better than one? Do you think paper work and patient care deserves shared responsibility? Are you a team player? If so, our Nurse Administrator wants to employ you.

King's Manor Methodist Home
400 Ranger Drive

OPPORTUNITY KNOCKS WANTED: Insurance Agent with life & property & casualty license.
CALL 364-7676

PARK RANGER II
Assists in building maintenance, vehicle repair, facility cleaning, etc. Must be able to work with public. Must be Commissioned Peace Officer in Texas or be able to obtain Cert. in one year. Carpentry, plumbing, mech. repair, electrical experience required. Must submit TPWD Application. Available at park or newspaper office. See complete job descr. and qualifications. \$1,421/monthly. Palo Duro Canyon State Park (806)488-2227 Closes 5:00 P.M. on March 1, 1994. We are an equal opportunity/affirmative action employer.

TRI-STATE CHEMICALS
East Hwy. 60 Hereford, Texas
We are now interviewing for: **DELIVERY DRIVERS MUST HAVE**
*CDL License with hazardous endorsement
*3 years driving experience
*Dependable
*Good driving record
Contact:
Keith Herrera
806-364-3290

The City of Hereford will accept applications for a **CERTIFIED POLICE OFFICER**. Salary: \$1,868.00/monthly. Application form and job description may be picked up at City Hall Water Office, 224 N. Lee, and must be returned to the City Manager's Office no later than 5:00 P.M., Friday, February 25, 1994. Applications may be obtained through mail by contacting the Hereford Police Department, 212 N. Lee, Hereford, Tx. 79045, telephone (806)364-2323.

Hereford Care Center now hiring LVNs, CNAs, all shifts, also Saturday RNs, 231 Kingwood. 25455

Wildlife/Conservation Jobs-Game wardens, security, maintenance, etc. No exp. necessary. Now Hiring. For info call (219) 794-0010 ext. 8306 8am to 9pm 7 days. 25894

Experienced lathe operator, waterwell pump rig operator, baling rig operator, and general machine shop helper. If you qualify for any of the above call 806-364-0353 or apply in person, Big T Pump Co., E. New York Ave., Hereford, Texas. 25921

Notice: Positions Available! With Federal, State and Local Government. Both skilled and unskilled \$16,500.00 to \$72,000.00 plus benefits. For application and jobs list call (615)779-5508 Ext. K-941. 25935

Need people to sell Avon in Hereford. No need to sell door to door. Low start up fee. Call 364-5719. 25958

Drivers needed-One local, one OTR, CDL required. 364-4198. 25959

Help Wanted Temporary part time child care worker and also need substitutes. Requirements high school diploma, experience in group child care. Apply Hereford Day Care, 248 E. 16th, 9-6. 25972

Lunch time delivery driver. Must know city streets and businesses and have good car. Apply in person Pizza Mill and Sub Factory, 811 N. Main. 25978

9. CHILD CARE

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

HEREFORD DAY CARE
Offering an excellent program of learning and care for your children 0-12!
Special Licensed
Also - SPECIAL AFTER-HOURS pick-up for Kindergarten Children!
364-5062
248 E. 16th

10. ANNOUNCEMENTS

Problem Pregnancy Center Center, 505 E. Park. Free pregnancy testing. For appointment call 364-2027. 364-5299 (Michelle) 1290

11. BUSINESS SERVICES

WE CAN HELP!
Motorcycles & Mobile Homes 6-12 mo. in/out of city limits.
INSURANCE
Bad Driving Records? • Young Drivers? Need a SR-22? Never had liability insurance? Financing Available for these policies
CALL US TODAY!
SHACKELFORD AGENCY
141 N. 25 Mile Ave. Hereford 364-8825

HOME MAINTENANCE
Repairs, Carpentry, painting, ceramic tile, cabinet tops, attic and wall insulation, roofing & fencing. For free estimates call TIM RILEY-364-6761

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

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

Rowland Stables, 840 Avenue F. 364-1189. Stall rental and boarding. We cater to good families and good horses. 2660

Garage Doors & Openers Repaired. Call Robert Betzen Mobile 364-1120; Nights Call 289-5500. 14237

Tree trimming & removal & regular lawn cleaning, garden and lawn rotor tilling, rototiller renting. Ryder Lawn & Garden. 364-3356. 25532

Warren-Equipment Sales & Service, Balers, Rakes, Twine, Vermeer Parts, Morrison Baler Belting. Call Jim 364-5774 or mobile 344-2774. 25759

Attention Gardeners: Spring is near. For rent: 8 H.P. Rototiller "Rear Tire" electric starter, at 113 Bradley or Call 364-0087. 25893

Concrete Work, slabs, patios, walks, driveways, free estimates. Call Eddie-364-0396 25969

12. LIVESTOCK

For sale Three Limosine Bulls, 2 red, 1 black, \$1.00 per po und, See 6 miles North on 385 or call J.L. Marcum, 364-0990 or 364-4125. 25905

Wanted wheat pasture for graze out & pay by CWT or the gain Welch cattle 647-5647 or 647-2708 25919

Registered Black & White stud for breeding. 364-7674. 25945

13. LOST & FOUND

Lost: 1 1/2 year old female Siberian Husky, Answers to the name of Tiffany. She has blue eyes, black and white coat. There is a reward. If found call 364-3920 25956

Lost: Black & white male, Siberian Husky. Answers to "Sham" Liondene Edmonson. 364-1525. 25976

Lost Miniature female Pincher. Lost 2-24 in the 100 block of Ave. B. Reward offered. 364-4439. 25983

Lost-Female Brown & white Boxer. Answers to name of Sadie-Reward-One mile West of town, after 5 call 364-1851. 25987

Comprehensive coverage of local news, social events, sports and happenings in Deaf Smith County is yours ONLY in The Hereford Brand. Good news and good advertising go together. Large ads or small ads pay off in The Brand!

AXYDLBAAXR IS LONG FELLOW

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

2-26 CRYPTOQUOTE
M LKJ K EXFFMTRX HMILEZKFX.
M JFXKZXJ ELKE KRR ELX
EFDELN AXFX UHPAH.—QKZXN
VXMTRXZKH

Yesterday's Cryptoquote: A LIBRARY, A GARDEN, A GROVE, A PURLING STREAM ARE THE INNOCENT SCENES THAT DIVERT OUR LEISURE.—WILLIAM BYRD
NEED HELP with Cryptoquotes? Call 1-800-420-0700! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features Service, NYC.

LEGAL NOTICES

ORDINANCE NO. 1313
AN ORDINANCE OF THE CITY OF HEREFORD, TEXAS, PROVIDING THAT THE CODE OF ORDINANCES, CITY OF HEREFORD, TEXAS, BE AMENDED BY ADDING A SECTION TO BE NUMBERED SECTION 98-386, WHICH PROHIBITS TRUCKS ON CERTAIN STREETS AND EXCEPTION THEREFOR AND PROVIDING A PENALTY FOR VIOLATING THIS ORDINANCE

BE IT ORDAINED BY THE CITY COMMISSION OF THE CITY OF HEREFORD, TEXAS:
Section 1: That the Code of Ordinances of the City of Hereford, Texas, is hereby amended by adding a section, to be numbered 98-386, which Section reads as follows: Section 98-386. Trucks prohibited on certain streets, exception. The Chief of Police, after study and investigation and consultation with the City Manager, is hereby authorized to erect Signs prohibiting any truck-tractor, road-tractor, semi-trailer, truck or other Commercial motor vehicle having a gross weight in excess of fifteen (\$15,000) pounds from using certain Streets when such use would create a hazard. This prohibition shall not apply to a vehicle having a trip origin or destination on such Streets.

Section 2: That the penalty for the violation of this Ordinance by any person, persons, firms, partnership, company or corporation shall, upon conviction, be the imposition of a fine in any sum of money not to exceed \$500.00, and that each day of violation shall constitute a separate offense.

Section 3: That this Ordinance shall be effective from and after its passage and publication, as provided by the City Charter. The above and foregoing Ordinance was duly introduced on the motion of Commissioner Black, seconded by Commissioner Griego, and was duly PASSED, APPROVED AND ADOPTED by the unanimous vote of the City Commission on the 21st day of February, 1994.

ROBERT D. JOSSERAND, Mayor
City of Hereford, Texas

ATTEST:
TERRI JOHNSON, City Secretary

ST. PAUL, Minn. (AP) - Bonnie Raitt gave 'em something to talk about in Minnesota when she joined a rally protesting a plan to store more nuclear waste in the state.

"Don't kid yourselves," Raitt said Wednesday. "Nobody else is going to take this waste. Minnesota is going to be stuck with it."

Northern States Power Co. wants to store highly radioactive nuclear waste in steel casks outside its Prairie Island plant along the Mississippi River.

NSP says the storage would only last until a permanent repository is established. But some are skeptical that a new site for the waste will ever be found.

An estimated 500 protesters attended the state Capitol rally organized by Minnesotans for Nuclear Responsibility. Raitt also headlined an anti-waste concert in Minneapolis.

NAPLES, Fla. (AP) - George Bush is passing the political torch. His son Jeb is running for governor of Florida, George W. Bush for the same job in Texas.

"I'm having a little bit of an identity crisis. Around here I'm better known as 'Jeb's dad' - that suits me fine," the former president told an audience of 1,200 on Tuesday at The Registry, a resort.

Bush described politics as a "closed chapter" in his life but said he still keeps tabs on the Clinton administration.

He had mild praise for some of his successor's domestic programs, including legislation to battle crime. But criticized Clinton's health care reform plans and foreign policy.

"I hope I don't sound like a partisan critic because I have tried to give him time," Bush said. "I am very concerned about the state of our leadership around the world."

How to make a wedding unique

A growing number of couples who want to make their special day as unique as they are saying "I do" to weddings that go beyond tradition and reflect their love, lifestyle and budget.

Here are some tips from the "Priceless Weddings on Petite Budgets" section of the newly published Creative Weddings (Plume \$9.95) by Laurie Levin and Laura Golden Bellotti.

-When selecting a site, research the lesser-known inns and bed and breakfasts in your area. The ambience is more romantic and they may be able to give you a better deal than the average hotel or restaurant.

-Consider finger foods as an alternative to dinner - but make them substantial and abundant.

-Buy your own liquor, if possible. You'll realize a tremendous savings.

-Spend as much as you can on service personnel the day of the wedding. They're worth it.

-When people ask if you need any help, say yes...and then be specific.

-Whether you're coming up with a budget or coming down with a major case of wedding frenzy, keep in mind that your wedding is only a party; your marriage is going to last a lifetime.

The book, subtitled "An Up-to-Date Guide for Making your Wedding as Unique as You Are," uses models of dozen so real-life weddings, with how-to details that go from the inception to the reception. The models provide guidance for your own mix-and-match ideas as you combine traditional elements with novel ones, with an emphasis on what pleases you, not the wedding experts.

Planning a memorable, creative and personal wedding can be a challenge for any bride and groom-to-be, especially those who stray from tradition. Authors Laurie Levin and Laura Golden Bellotti's new book gives some valuable advice.

Schlabs Hysinger
SERVING HEREFORD SINCE 1979
COMMODITY SERVICES

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

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

Prices effective Thursday, February 24, 1994

CATTLE FUTURES

CATTLE - FREDER (CME) \$1.00 lbs., cents per lb.
Mar 81.25 81.25 81.25 81.25
Apr 80.25 80.25 80.25 80.25
May 79.25 79.25 79.25 79.25
Jun 78.25 78.25 78.25 78.25
Jul 77.25 77.25 77.25 77.25
Aug 76.25 76.25 76.25 76.25
Sep 75.25 75.25 75.25 75.25
Oct 74.25 74.25 74.25 74.25
Nov 73.25 73.25 73.25 73.25
Dec 72.25 72.25 72.25 72.25
Est. vol 3.1M, vol Wed 3.02M, open int 11.35, 225

CATTLE - LIVE (CME) \$1.00 lbs., cents per lb.
Apr 75.25 75.25 75.25 75.25
May 76.25 76.25 76.25 76.25
Jun 77.25 77.25 77.25 77.25
Jul 78.25 78.25 78.25 78.25
Aug 79.25 79.25 79.25 79.25
Sep 80.25 80.25 80.25 80.25
Oct 81.25 81.25 81.25 81.25
Nov 82.25 82.25 82.25 82.25
Dec 83.25 83.25 83.25 83.25
Est. vol 11.8M, vol Wed 10.27M, open int 82.87, 481

HOGS (CME) \$68.00 lbs., cents per lb.
Apr 64.25 64.25 64.25 64.25
May 65.25 65.25 65.25 65.25
Jun 66.25 66.25 66.25 66.25
Jul 67.25 67.25 67.25 67.25
Aug 68.25 68.25 68.25 68.25
Sep 69.25 69.25 69.25 69.25
Oct 70.25 70.25 70.25 70.25
Nov 71.25 71.25 71.25 71.25
Dec 72.25 72.25 72.25 72.25
Est. vol 1.5M, vol Wed 1.53M, open int 30.27, 174

METAL FUTURES

GOLD (COMEX) - \$100 Troy wt., \$ per Troy wt.
Feb 375.50 375.50 375.50 375.50
Mar 376.50 376.50 376.50 376.50
Apr 377.50 377.50 377.50 377.50
May 378.50 378.50 378.50 378.50
Jun 379.50 379.50 379.50 379.50
Jul 380.50 380.50 380.50 380.50
Aug 381.50 381.50 381.50 381.50
Sep 382.50 382.50 382.50 382.50
Oct 383.50 383.50 383.50 383.50
Nov 384.50 384.50 384.50 384.50
Dec 385.50 385.50 385.50 385.50
Est. vol 329, vol Wed 3.2M, open int 30.27, 174

GRAIN FUTURES

CORN (CBT) \$1.00 bu., cents per bu.
Mar 287 287 287 287
Apr 286 286 286 286
May 285 285 285 285
Jun 284 284 284 284
Jul 283 283 283 283
Aug 282 282 282 282
Sep 281 281 281 281
Oct 280 280 280 280
Nov 279 279 279 279
Dec 278 278 278 278
Est. vol 10.0M, vol Wed 9.8M, open int 162.975, 862

SOYBEANS (CBT) \$1.00 bu., cents per bu.
Mar 398 398 398 398
Apr 397 397 397 397
May 396 396 396 396
Jun 395 395 395 395
Jul 394 394 394 394
Aug 393 393 393 393
Sep 392 392 392 392
Oct 391 391 391 391
Nov 390 390 390 390
Dec 389 389 389 389
Est. vol 10.0M, vol Wed 9.8M, open int 162.975, 862

WHEAT (CBT) \$1.00 bu., cents per bu.
Mar 287 287 287 287
Apr 286 286 286 286
May 285 285 285 285
Jun 284 284 284 284
Jul 283 283 283 283
Aug 282 282 282 282
Sep 281 281 281 281
Oct 280 280 280 280
Nov 279 279 279 279
Dec 278 278 278 278
Est. vol 10.0M, vol Wed 9.8M, open int 162.975, 862

FUTURES OPTIONS

CATTLE-FREDER (CME) \$1.00 lbs., cents per lb.
Strike Calls Puts
78 1.00 1.00 1.00 1.00
80 1.50 1.50 1.50 1.50
82 2.00 2.00 2.00 2.00
84 2.50 2.50 2.50 2.50
86 3.00 3.00 3.00 3.00
88 3.50 3.50 3.50 3.50
90 4.00 4.00 4.00 4.00
92 4.50 4.50 4.50 4.50
94 5.00 5.00 5.00 5.00
96 5.50 5.50 5.50 5.50
98 6.00 6.00 6.00 6.00
100 6.50 6.50 6.50 6.50
Est. vol 2.2M, vol Wed 2.1M, open int 14.22, 375

CORN (CBT) \$1.00 bu., cents per bu.
Strike Calls Puts
280 1.00 1.00 1.00 1.00
285 1.00 1.00 1.00 1.00
290 1.00 1.00 1.00 1.00
295 1.00 1.00 1.00 1.00
300 1.00 1.00 1.00 1.00
305 1.00 1.00 1.00 1.00
310 1.00 1.00 1.00 1.00
315 1.00 1.00 1.00 1.00
320 1.00 1.00 1.00 1.00
325 1.00 1.00 1.00 1.00
330 1.00 1.00 1.00 1.00
335 1.00 1.00 1.00 1.00
340 1.00 1.00 1.00 1.00
345 1.00 1.00 1.00 1.00
350 1.00 1.00 1.00 1.00
355 1.00 1.00 1.00 1.00
360 1.00 1.00 1.00 1.00
365 1.00 1.00 1.00 1.00
370 1.00 1.00 1.00 1.00
375 1.00 1.00 1.00 1.00
380 1.00 1.00 1.00 1.00
385 1.00 1.00 1.00 1.00
390 1.00 1.00 1.00 1.00
395 1.00 1.00 1.00 1.00
400 1.00 1.00 1.00 1.00
405 1.00 1.00 1.00 1.00
410 1.00 1.00 1.00 1.00
415 1.00 1.00 1.00 1.00
420 1.00 1.00 1.00 1.00
425 1.00 1.00 1.00 1.00
430 1.00 1.00 1.00 1.00
435 1.00 1.00 1.00 1.00
440 1.00 1.00 1.00 1.00
445 1.00 1.00 1.00 1.00
450 1.00 1.00 1.00 1.00
455 1.00 1.00 1.00 1.00
460 1.00 1.00 1.00 1.00
465 1.00 1.00 1.00 1.00
470 1.00 1.00 1.00 1.00
475 1.00 1.00 1.00 1.00
480 1.00 1.00 1.00 1.00
485 1.00 1.00 1.00 1.00
490 1.00 1.00 1.00 1.00
495 1.00 1.00 1.00 1.00
500 1.00 1.00 1.00 1.00
Est. vol 4.0M, vol Wed 3.9M, open int 115.95, 449

SOYBEANS (CBT) \$1.00 bu., cents per bu.
Strike Calls Puts
395 1.00 1.00 1.00 1.00
400 1.00 1.00 1.00 1.00
405 1.00 1.00 1.00 1.00
410 1.00 1.00 1.00 1.00
415 1.00 1.00 1.00 1.00
420 1.00 1.00 1.00 1.00
425 1.00 1.00 1.00 1.00
430 1.00 1.00 1.00 1.00
435 1.00 1.00 1.00 1.00
440 1.00 1.00 1.00 1.00
445 1.00 1.00 1.00 1.00
450 1.00 1.00 1.00 1.00
455 1.00 1.00 1.00 1.00
460 1.00 1.00 1.00 1.00
465 1.00 1.00 1.00 1.00
470 1.00 1.00 1.00 1.00
475 1.00 1.00 1.00 1.00
480 1.00 1.00 1.00 1.00
485 1.00 1.00 1.00 1.00
490 1

BUSINESS REVIEW

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Wall & Sons Drilling, Inc.

Serving the entire area and located in Hereford at 15th Street and Progressive Road, phone 364-0635, Wall & Sons Drilling is completely equipped to drill your water well promptly and efficiently. Call them anytime for estimates on any water well that you may be planning.

They drill 3" to 12" wells and sell, install and repair submersible pumps to provide a complete water supply system for you. They are licensed and bonded and serve residential, commercial and agricultural needs. They have had years of experience in drilling and repairing wells. Many in this community have had occasion to call on them in the past. They have always offered efficient and reliable service at a fair price.

Drilling a good, long producing water well is not a job for an amateur. When you contract with Wall & Sons Drilling, you can be assured that your job will be completed in the shortest time and at the lowest possible price. When you think of drilling a new well or repairing an old one, think of these dependable pros.

Dr. Milton C. Adams Specializing In Optometry

Even if you believe you have 20/20 vision, an annual eye examination is just as important as a routine physical in preventing a physical disease or visual disorder. Dr. Milton C. Adams, located in Hereford at 335 North Miles, phone 364-2255, is trained to screen for glaucoma and cataracts in addition to routine visual analysis and eyeglass prescription testing.

This specialist can catch early stages of a visual disorder or the onset of diabetes and high blood pressure. He treats nearsightedness, farsightedness and astigmatism with prescriptions for glasses, contact lenses and, if needed, referrals for surgery. He also offers the latest styles, fashions and selections in eyewear with tinted and bifocal glasses. With major advancements in contact lenses, he is able to offer soft, hard, gas-permeable, daily and extended-wear, tinted and bifocal contacts.

For quality eyecare service and exams, call 364-2255 for an appointment today. Dr. Milton C. Adams considers the care of your family's eyes his life's work, and better vision his everyday goal.

Terry's Floral And Designs Terry Sparks, Owner

When the occasion calls for flowers, call on the friendly people at Terry's Floral And Designs, located in Hereford at 315 East Park Avenue, phone 364-3114. They carry an excellent selection of cut flowers that includes practically all varieties. Flowers are among nature's most beautiful gifts to man. For any occasion it is always proper to "Say It With Flowers." Terry's Floral And Designs' flowers are kept in the best of condition as they have provided all facilities necessary to keep the stock in prime bloom.

For floral decoration for weddings or banquets, their service is unique. For funerals, their designs assure you this final tribute has been most fitting and proper. Always remember that flowers make a perfect gift for congratulations, anniversaries, birthdays, a sick friend and many other occasions. No matter what your wishes may be, they will see that your desires are carried out.

Remember, nothing better expresses your thoughtfulness than flowers. For beauty, creativity, and originality in floral design, you can rely on the friendly folks at Terry's Floral And Designs, the area's leading full-service florist.

Crown Of Texas Hospice Kathryn Acton, RN

Hospice is a concept of supportive care offered to terminally ill patients and their families. It focuses on quality of life when the length of life cannot be extended. The primary goal is to provide the patient and family supportive and loving care while allowing the patient to remain at home. Crown Of Texas Hospice offers physical (pain control), emotional, spiritual and social support services.

With a team approach, nurses, home health aides, physicians, therapists, social workers, clergy and trained volunteers meet regularly to plan the best care possible. They focus on individual assessment and care under a physician's direction. They teach family members how to care for the patient, make regular home visits, provide caregiver relief and help determine needed services by listening and responding to the needs of the patient. Volunteers are always needed and are a vital part of hospice. Crown Of Texas Hospice also provides bereavement services and continuing assistance to families for a year after death. The patient and family are not charged—eligible Medicare and other insurance are billed when possible. Additional services for eligible Medicare patients may include medications, medical equipment and inpatient care.

Crown Of Texas Hospice is located in Hereford at 805 Main Street, phone 364-0190. You may help by making a donation, remembering a loved one with a memorial, becoming a volunteer, helping to raise funds, or scheduling a hospice speech for your group.

Hereford Parts & Supply, Inc. Jimmy Madrigal, Manager

Hereford Parts & Supply is located in Hereford at 702 West 1st Street, phone 364-3522, and is one of the most completely stocked and most reasonably priced stores in the area. They feature a full selection of auto parts and accessories for both domestic and foreign cars and trucks.

When you seek information from them, you don't get a hurried reply. A courteous response with complete knowledge is returned to every request, and you are not obligated in any way. Whether it is a large or small order, you will receive their automotive expertise to help select just the right part. Whatever your needs may be, you're sure to find it at Hereford Parts & Supply. They stock water pumps, starters, mufflers, shocks, batteries, carburetors and much, much more. By carrying only name brand parts and accessories, you can be assured of getting only the best for your car or truck. Every effort is made to have on hand those parts most in demand. Special or unusual items can be custom ordered.

Remember, when in need of anything in the automotive parts line, think of the name Hereford Parts & Supply. You will be pleased with their most complete selection and their fast, friendly service.

CC Mercantile, Inc. Under New Ownership & Management

This prominent feed and farm supply store is located in Hereford at 920 East Highway 60, phone 364-5187. They feature feeds as well as seeds, fertilizers, veterinary and farm supplies. They are primarily a feed store, and feed is their specialty, but they also stock garden supplies, fertilizers, bulk and retail seeds, veterinary supplies, pet foods and other related items. You'll find they're fully equipped to serve a variety of needs with prices well below what you commonly find.

Concerning feeds, CC Mercantile is an authority on the subject. People in this area have come to look to them for information and advice regarding the proper feeds and feeding. Stocking only the highest quality feeds at all times, they have a reputation second to none for top-grade products and excellent service. They supply their customers with a complete line of feeds for livestock, horses, poultry, rabbits, etc., as well as pet foods. Every buyer is met with the same courtesy, and friendly service and a sincere effort is made to supply your needs at the lowest prices.

If you want to do business with someone you can depend on and trust in, stop by CC Mercantile. Whether you're buying feed for one animal or 100, you can be sure of saving money when you shop here.

Texas Bearing Company Of Hereford

The supply center in this area for all types of bearings and power transmission products, regardless of their application, is Texas Bearing Company Of Hereford, located in Hereford at 102 Main Street, phone 364-5687. They have established a reputation throughout the community for providing top quality products and service.

Serving commercial businesses, the automotive industry, agriculture, industrial plants and others, Texas Bearing Company Of Hereford is sure to have the bearings and power products you need. They keep in stock a complete line of both precision and standard bearings for any application. Their bearings are manufactured under rigid specifications to be long-lasting and durable. They also stock roller chains, V-belts, mechanical seals, couplings, and hydraulic hose.

The representatives at Texas Bearing Company Of Hereford are interested in the needs of their customers, and adhere to the rules of quality service and promptness. We are fortunate to have a company that is so highly regarded in the industry. Remember, when your business applications call for high quality bearings and power transmission products, contact Texas Bearing Company Of Hereford. Their products and service are sure to please.

High Plains Coral Reefs Kari Sanders, Owner

One of the most popular stores in this area for tropical fish and supplies is High Plains Coral Reefs, located in Hereford on Harrison Highway, phone 364-2538. The management has complete knowledge of tropical fish and is always ready to assist you in every need, whether you're thinking of buying an aquarium or already own one. They feature both tropical and saltwater fish.

Through careful marketing research, this firm has established a reputation for carrying all exotic fish and supplies that are the most popular, and at prices that will fit everyone's budget. Filters, gravel, plants, and everything necessary for a successful aquarium is right here in one convenient location. They always want you to browse and look around at your leisure. The products you get will be the best available, and the prices will always be right. Complete information on how to keep your aquarium in the best of condition is always available.

For all your tropical or saltwater fish needs, shop where other satisfied people do! You will be pleased with their large selection and their helpful assistance.

Hereford Iron & Metal Co.

Recycling issues are weighing heavily on the minds of Americans today. Roughly 80 percent of the trash generated in America is buried in landfills, and landfills are filling up at the rate of two a day. All of us must take an active interest in recycling issues so our children will be able to enjoy an environmentally sound world.

Hereford Iron & Metal Co., located in Hereford on North Progressive Road, phone 364-3777, offers a complete recycling service for the area. They recycle all types of metals, including aluminum, copper, brass, iron, scrap metals and all types of non-ferrous metals. They serve the residential, commercial and industrial needs of the community with top quality service. They can also help your organization, school or civic group start a fund-raising project. Recycling drives are excellent money-makers for any group. Hereford Iron & Metal Co. always pays top dollar for all of your recyclable goods. Businesses are invited to contact them for container rental and pick-up services.

Statistics show that over a lifetime the average American throws away 600 times his adult weight in trash. We can all start making a difference in the growing problems America is facing by visiting Hereford Iron & Metal Co. on a regular basis and making every day "Earth Day."

R&R Equipment Company Robert Chavez, Owner

With a dedicated company such as R&R Equipment Company in the area, there simply is no reason for your home, car, truck, boat, camper, office, factory or public building to be lacking fire protection equipment.

For the finest in fire extinguisher and systems sales and service, call R&R Equipment Company or visit them in Hereford at 225 West 1st Street. They feature dry chemical, CO₂, wet agent and Halon type extinguishers for residential, commercial and industrial buildings. In addition, they also offer on-the-spot service on fire extinguishers for retail businesses. Smoke alarms for residential and commercial buildings are another specialty of this well-known company. They also have fire suppression systems available for the area restaurants. R&R Equipment Company has extinguishers of most any conceivable size for every possible use. Remember, the most expensive fire extinguisher you ever buy may be the one you purchase AFTER the fire. Annual inspections, hydrostatic testing and recharging are all part of this safety-oriented firm's determination to have your extinguisher ready in case of fire.

Call R&R Equipment Company today at 364-1034 and let them show you how to increase the safety of your home, business or plant, and reduce the risk to your family and employees. They are fully staffed by professionals who are experts in all areas of fire protection, systems and equipment.

Abraham Allergy Clinic Allergy Specialist

Anyone who has experienced allergy attacks knows what a nuisance they are. Allergies come in many forms. Some cause breathing difficulties, runny nose, itchy eyes, skin rashes and intestinal upsets. Hayfever, asthma and eczema are all allergies.

For all the allergy sufferers in the area, there is hope. Abraham Allergy Clinic, located in Canadian at 720 Ash Street, phone 323-6467 or nationwide toll-free 1-800-658-6326, specializes in asthma, and hayfever and sinus-related diseases in adults and children. They have helped countless patients overcome their allergies. Abraham Allergy Clinic also treats patients bothered by hives, contact dermatitis, bee sting sensitivity, allergic headaches and tension, recurrent infection, exercise-related asthma, and food allergies. Their staff is always friendly and courteous, and understands the pain and suffering that allergies can bring. They accept most major insurance plans, and appointments are made by calling 323-6467, or nationwide toll-free 1-800-658-6326. You'll find their office hours flexible for your convenience.

Stop sneezing, itching, gasping for air, and putting up with unbearable sinus headaches. You don't have to suffer anymore. Put away your tissues, nose drops and aspirin, and pick up the phone and call Abraham Allergy Clinic today.

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The best of everything to build anything! That's what knowledgeable contractors who make their living in building and remodeling—say about Sutherlands. Located in Amarillo at 4717 South Washington Street, phone 373-3057, this full-service building materials center stands ready to serve you with the highest quality lumber, cabinets, storm windows and doors, insulation and paneling at prices you're sure to like. Their business was founded on the principle of good service and they have excelled at this by providing you with the most professional service of this type available. They are well known in this and the surrounding areas for their high standards of excellence.

People throughout the area have come to know that they can depend on these local building specialists for everything from paints and hardware, power and handtools. Sutherlands specializes in all types of home improvement projects, and can offer helpful tips to help you complete your job right the first time. Contractors as well as homeowners have learned that whatever they desire in the lumber or building supplies line it can all be found here in one convenient location.

Whether your building plans are large or small you will receive the courteous attention from the friendly folks at Sutherlands. Stop by soon!

Hi-Plains NTS Communications Serving Hereford For 9 Years

The telephone is used more than any communication instrument in the world today, and long distance calling is utilized more than ever before. In our competitive society, Americans are constantly looking for ways to save on long distance calling, with quality service being of utmost importance. Hi-Plains NTS Communications, located in Plainview, phone 293-0687 or toll-free 1-800-658-2793, has the answer to quality long distance service with discounted rates on all of your long distance calls.

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To receive more information on their personalized services, phone them at 293-0687 or toll-free 1-800-658-2793 today. See the difference long distance calling with Hi-Plains NTS Communications can make in your telephone bill!

Brown Graham & Co., PC Certified Public Accountant Bernard Gowens, CPA • Donna West, CPA

Successful business owners and large corporations in our financially motivated society continue to look for ways to conserve their hard earned dollar wherever they can. Often, the accounting firm they employ is their largest asset. A professional accounting firm must be many things to its clientele—a management and financial advisor, a business consultant, an investment counselor, and a tax and pension planner—in addition to providing the traditional accounting, auditing and tax services.

With many years of experience in the accounting field, the professionals at Brown Graham & Co., located in Hereford at 218 West 3rd Street, phone 364-3740, have proven their ability to do a thorough job, and are highly respected throughout the area. Through their continuing education in this rapidly changing field and modern computer technology, Brown Graham & Co., is able to provide just the right combination of consulting services and accounting skills to small businesses and large corporations. Their expert services are very reasonable, and most importantly, personalized for each client's needs.

As professionals serving professionals, Brown Graham & Co., invites you to contact their office for a consultation. Let them put their years of experience and training to work for you!

Roden Dental Clinics Rick Roden, DDS

An attractive smile is one of the best assets an individual can possess. Regular, professional dental health care can enable your smile to be brighter. In addition, good dental hygiene is one of the most important ingredients in one's overall health care. Routine dental check-ups can help prevent gum disease, cavities and other dental problems which can lead to more serious systemic health problems.

Roden Dental Clinics, located in Hereford at 129 West 5th Street, phone 364-2213, offers a full range of professional dental services for you and your family. Their office is comfortable and relaxing, and the caring staff does its utmost to put even the most anxious or frightened patient at ease. Dr. Rick Roden provides preventive care and counseling, cosmetic dentistry, general dentistry and emergency treatment. The office welcomes most dental insurance plans and will be glad to discuss your required treatments and their costs before treatment begins. Convenient office hours are available by appointment.

You owe it to yourself and your family to be the best you can be. Dr. Rick Roden and his staff provide professional, caring dentistry and take pride in preventing dental disease, improving the appearance of your teeth and protecting your smile. Contact the office of Roden Dental Clinics today for an appointment.

El Tenampa Restaurant Serving The Hereford Area For 3 Years

Enjoy all the flavor of old Mexico with a delicious meal from El Tenampa Restaurant, located in Hereford at 407 North 25 Mile Avenue, phone 364-8237. You will find luncheons and dinners moderately priced and moderately priced. They specialize in authentic Mexican dishes tempered to the American taste.

The atmosphere is relaxed, but undeniably warm. Bring your family and friends to El Tenampa Restaurant for a uniquely different dining pleasure. Their menu features some of your old favorites such as tacos, enchiladas, homemade tortillas, gorditas, tamales, burritos, spanish rice as well as special combination dinners. People of all ages are sure to enjoy the Mexican specialties featured here. Take out service is always available.

Remember, for the finest in authentic Mexican cuisine served in a casual setting fit for the entire family, drop in soon to El Tenampa Restaurant. You will be pleased with their creative approach to Mexican cooking and their friendly, gracious service. They are open for lunch and dinner seven days a week for your convenience. Stop in soon for a real taste treat!

Melvin Fowler Electric Serving The Hereford Area For 37 Years

For any electrical wiring or repair work, you can count on the professionals at Melvin Fowler Electric, located in Hereford, phone 364-7537. They are experts in both industrial and commercial wiring, and have the experience and the know-how to handle any job.

When you have electrical work to be done, you want reliable people handling the work. If it's done improperly, or without adequate safeguards, you could be inviting a major fire in your business. With Melvin Fowler Electric in charge, you can rest assured that you're getting the best contractors available. Whether you want a 220 circuit installed for heavy appliances, need an entire business wired, or are just concerned about the condition of the wiring in your business, they will see to it that the job meets or exceeds all current standards. The electricians that they employ are fully licensed, bonded and insured for your protection. They are also your authorized dealer for a wide variety of electric motors.

Experience does make a difference in the electrical contracting field. If you need any electrical work done, call Melvin Fowler Electric. They will handle the total job with the utmost of competence, and will complete it in the shortest time possible.

THE HEREFORD BRAND

Week of February 27 thru March 5, 1994.

Entertainment

VIDEOS ■ SOAPS ■ MOVIES ■ AND MUCH MORE!

Fox's 'Rise & Walk' not just for football fans



BY SARA BENNETT

Don't be fooled by the green and white uniforms and football lingo. "Rise & Walk: The Dennis Byrd Story," airing Monday, Feb. 28, on Fox, isn't a sports movie.

The film progresses from the day Byrd, a former New York Jets player, broke his neck in a game, to the day he walked out of the hospital on his own. Some consider his recovery a miracle. Byrd, played by Peter Berg, sees it as an extension of his Christian faith and the help he received throughout the ordeal from his wife, Angela (played by Kathy Morris), and therapist Joanne Giametti (Johann Carlo).

Byrd boils down the elements that worked together to help him recover:

"Through my faith and determination that I would walk again, and the support of my wife and the help of therapists, and the cards and letters that I received encouraging me, I was able to overcome this paralysis."

The film, based on the book by the same title, does tell that story. But viewers don't see the moments when the injured athlete loses faith in himself and his ability to bounce back. Because the real-life story has a happy ending, the dark days are incredibly overshadowed by the breakthrough days. Through much of the film, it's Dennis who comforts friends, family and teammates.

Perhaps viewers can overlook this and just see Dennis as strong-willed and determined. His faith is portrayed realistically, and in the end, even non-believers might believe.

Those who watch this film for its NFL side won't be disappointed. The actors who portray Dennis' teammates actually play football during flashbacks to games; they're not superimposed on a stadium background.

And Dennis' teammates' love for

him is evident. Flashbacks to rookie season training camp depict the defensive lineman as an extremely likable small-town boy (who would have played pro football for nothing, he says in the film). So when his close friends visit him in the hospital after the injury, their emotions are believable.

Because Berg isn't nearly as big ("I'm about 6 foot on a very good day") as the 6-foot-5-inch, 275-pound Byrd, smaller-than-NFL players were cast to make the off-field scenes work. On the field, however, camera angles work to de-emphasize Berg's small size.

"I have seen and been disappointed with a lot of movies that have portrayed football and have tried to get the speed of football, and the overall feel," Byrd says, adding that he is impressed with his movie teammates' performances. "This movie and the clips that I have seen is without question, hands down, the best football recreations that I have ever seen."

"Not only is it a challenge to get the football stuff," says co-executive producer Jed Dietz, "but it's a movie that's so much about relationships between Dennis and Joanne and Angela, and his children over the course of the movie."

"It (the film) captures a side of players," says co-executive producer Rick Schaeffer, "their intelligence, their love, their capacity to reach out to confront their own worst fear, which was Dennis Byrd lying there paralyzed."

The film ends with Dennis, Angela and older daughter Ashtin walking down a sunny Oklahoma road, having overcome one of the toughest experiences possible. "I'm walking extremely well now," Byrd says.

—CABLE CHANNELS—

2 - DISNEY CHANNEL

3 - LOCAL

4 - KAMR (NBC) AMARILLO

5 - KACV (PBS) AMARILLO

6 - WTBS ATLANTA

7 - KVII (ABC) AMARILLO

8 - FAITH

9 - WGN CHICAGO

10 - KFDA (CBS) AMARILLO

11-12 - O-SPAN & O-SPAN II

13 - KOIT (FOX) AMARILLO

14 - ESPN

15 - CNN

16 - THE WEATHER CHANNEL

17 - FAMILY CHANNEL

18 - SHOWTIME

19 - LOCAL ACCESS

20 - HBO

21 - CINEMAX

22 - MTV

23 - VH-1

24 - NASHVILLE NETWORK

25 - THE DISCOVERY CHANNEL

26 - A&E

27 - LIFE TIME NETWORK

28 - HSE

29 - TNT

30 - HEADLINE NEWS

31 - NICKELODEON

32 - USA

33 - UNIVISION

34 - CMT

35 - THE LEARNING CHANNEL

36 - CARTOON NETWORK

The story of former New York Jets star Dennis Byrd's (pictured) recovery from paralysis is told in "Rise & Walk: The Dennis Byrd Story," Monday on Fox. The TV movie, starring Peter Berg as Byrd, traces the football player's life from his early life on the Oklahoma prairie to his rehabilitation from the gridiron injury.

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313 N. Lee



Rocky Carroll toots his own horn as Joey, Roc's brother, Tuesdays on the Fox comedy "Roc."



Steven Weber plays a pilot who hangs around the airplane hanger, Thursdays on NBC's "Wings."

TRIVIA QUIZ

Time to get serious
about television series

BY STEVEN ALAN MCGAW

Questions:

1. This long-running CBS series was based on Martin Scorsese's 1974 film "Alice Doesn't Live Here Anymore."
2. Each week, this spinoff of "All in the Family" opened with the rousing theme song "Movin' on Up."
3. This series, set in Sacramento, was based on a book by Thomas Braden.
4. Name the ABC series about two female employees of a Milwaukee brewery. (Bonus: From what long-running show did this spin off?)
5. One cast member made the transition from the 1970 movie to the TV series, portraying the same role in each. Name the actor, the character and the film/series.
6. Following a fiery accident, a former astronaut is rescued from death by the replacement of many of his organs with electronic counterparts. Name the show, the character and the actor who played the expensive Lazarus.

Answers:

1. The show, of course, was "Alice."
2. "The Jeffersons."
3. "Eight Is Enough."
4. "Laverne and Shirley" evolved from an episode of "Happy Days."
5. Gary Burghoff played Radar O'Reilly in both versions of "M*A*S*H."
6. The series was "The Six Million Dollar Man," Col. Steve Austin was played by Lee Majors.

For a fee of \$35,000, former first lady Eleanor Roosevelt did a single television commercial for Good Luck margarine.

THURSDAY

MARCH 3

Grid for Thursday March 3 from 7 AM to 12 PM. Shows programs like Fraggles, Today, Business, Gilligan, Good Morning America, etc.

THURSDAY

MARCH 3

Grid for Thursday March 3 from 12:30 to 5:30. Shows programs like Quack, Care Bears, Umbrella, Wonderlam, etc.

THURSDAY

MARCH 3

Grid for Thursday March 3 from 6 PM to 11 PM. Shows programs like Movie: The Ernest Green Story, News, MacNeil/Lehrer Newshour, etc.

One Woman's Courage (1994) Patty Duke, Margot Kidder. Premiere. The witness to a brutal crime becomes a target herself when a jury fails to convict the killer she testified against. (In Stereo) (CC) 2:00. February 28 8pm.

Operacion Tijuana (1991) Jorge Reynoso, Manuel 'Flaco' Ibanez. Un policia norteamericano va a Tijuana para captar a los criminales quienes venden una polvora explosiva. 2:00. February 27 3pm.

Ordinary People **** (1980) Donald Sutherland, Mary Tyler Moore. Four Oscars went to this story about a guilt-ridden teen's struggle to deal with family tensions following his brother's death. 2:30. February 27 7pm, 11pm.

Out for Justice **1/2 (1991) (Parental Discretion) Steven Seagal, William Forsythe. A streetwise New York cop juggles his relationship with the mob and his allegiance to the force during a manhunt for a psychotic thug. (In Stereo) (CC) 2:00. February 27 8pm.

Over the Top **1/2 (1987) Sylvester Stallone, Robert Loggia. A trucker tries to renew his relationship with his estranged son while preparing for an important arm-wrestling contest. 2:00. March 1 12:05pm.

Part 2, Walking Tall ** (1975) Bo Svenson, Luke Askew. Assassins attempt to end Tennessee Sheriff Buford Pusser's one-man war against Southern crime lords. 2:00. February 27 11:50am.

Pat Garrett and Billy the Kid **1/2 (1973) James Coburn, Kris Kristofferson. A newly appointed lawman yields to political pressure and takes up the hunt for Billy the Kid, his lifelong friend. 2:00. February 28 1pm.

Perfect Family ** (1992) Jennifer O'Neill, Bruce Boxleitner. A brother and sister harboring a deadly secret worm their way into the lives of a single mother and her children. (In Stereo) (CC) 2:00. February 27 6pm; March 5 1pm.

Perry Mason: The Case of the Reckless Romeo (1992) Raymond Burr, Barbara Hale. An actress is charged with murdering a TV personality who revealed intimate details of their affair in his tell-all book. (In Stereo) (CC) 2:00. March 4 8pm.

Pretty Maids All in a Row **1/2 (1971) Rock Hudson, Angie Dickinson. Gene Roddenberry wrote and produced this black comedy about a high-school guidance counselor well-versed in seduction and murder. 2:00. March 5 2:05am.

The Purple Rose of Cairo *** (1985) Mia Farrow, Jeff Daniels. A Depression-era moviegoer embarks on a whirlwind adventure when a matinee idol steps off the screen and into her life. 2:00. March 3 8pm.

Que Familia Tan Cotorra Guillermo Rivas, Leonorilda Ochoa. Un embotellamiento de trafico, de puras carcajadas en la mas comica de las peluculas de los 'Beverly de Peralvillo'. 2:00. February 27 10am.

Race to Freedom: The Underground Railroad (1994) Janet Bailey, Courtney B. Vance. In the 1850s, escaped slaves embark on a perilous journey to Canada via the famed Underground Railroad. 2:00. February 27 3pm.

Raid on Rommel ** (1971) Richard Burton, John Colicos. A British captain leads his commandos behind enemy lines in a daring mission to destroy Nazi weaponry. 2:00. February 27 2pm; 28 3am.

Red Dust *** (1932) Clark Gable, Jean Harlow. The overseer of an indochinese plantation creates havoc when he falls in love with the wife of a young engineer. 2:00. March 3 1pm.

Return to Macon County ** (1975) Nick Nolte, Don Johnson. Two race-car buddies find romance, excitement and danger when they take a road trip through the Deep South. 1:45. February 27 2:20am.

Rise & Walk: The Dennis Byrd Story (1994) Peter Berg. Premiere. Chronicles former New York Jet Dennis Byrd's struggle to overcome paralysis after suffering a devastating game injury. (In Stereo) (CC) 2:00. February 26 7pm.

Robin and Marian **1/2 (1976) Sean Connery, Audrey Hepburn. An aging Robin Hood returns to Sherwood after years away to renew his romance with Maid Marian, who has since entered a convent. 2:15. March 2 7pm.

Romance en Puerto Rico Maria Antonieta Pons, Dagoberto Rodriguez. Una muchacha escapa como polizon en un barco que viaja a Puerto Rico para no casarse con un millonario que no quiere. 1:30. March 3 10:30pm.

R.P.M. **1/2 (1970) Anthony Quinn, Ann-Margret. When he is made president of a dissident-torn university, a sociology professor tries to establish a rapport with the students. 2:10. March 3 10:20pm.

Sam Cade ** (1972) Glenn Ford, Edgar Buchanan. Cade learns of a proposed contract killing by the syndicate and discovers that a wartime crony is planning to murder him. 2:00. February 27 12pm.

Scandalous ** (1984) Robert Hays, John Gialdini. After he meets a pair of con artists en route to London, a popular television reporter finds himself accused of murder. 2:00. March 3 3pm.

School Daze **1/2 (1988) Larry Fishburne, Giancarlo Esposito. Musical numbers underscore Spike Lee's account of tensions erupting among the student body at an all-black university. 2:00. March 5 12:05am.

Serial **1/2 (1980) Martin Mull, Tuesday Weld. A happily married Marin County couple are spurred by their trendy neighbors into exploring alternative lifestyles. 2:00. February 27 2am.

The Seven Percent Solution **1/2 (1976) Alan Arkin, Nicol Williamson. After curing the sleuth's cocaine addiction, Sigmund Freud joins forces with Sherlock Holmes on a particularly nasty case. 2:00. March 5 7pm, 11pm.

USA WORLD PREMIERE MOVIE advertisement for 'NOBODY'S CHILDREN' starring Ann-Margret. Includes promotional text and a small image of a child.

Jupiter has a diameter of 88,000 miles, 11 times the diameter of earth.

SATURDAY MARCH 5

Table of TV programs for Saturday March 5, 7 AM to 12 PM. Includes shows like Pony Tales, Mad Scientist Toon Club, and various movies.

SATURDAY MARCH 5

Table of TV programs for Saturday March 5, 12:30 to 5:30. Includes shows like College Basketball, Old House, and various movies.

SATURDAY MARCH 5

Table of TV programs for Saturday March 5, 6 PM to 11 PM. Includes shows like Star Trek: Next Generation, Wrestling, and various movies.

The Yellow Balloon *** (1953) Andrew Ray, Kathleen Ryan. A vicious criminal uses a small boy to further his larcenous lifestyle. 2:00. February 4 3am.

Zapped Again 1/2 (1989) Todd Eric Andrews, Maria McCann. An outcast student uses new-found powers of telepathy to gain acceptance with his snooty classmates. (In Stereo) 2:00. March 4 10pm.

Frank Sinatra appeared on a 1971 'Life' magazine cover after announcing his retirement from 'the entertainment world and public life.'



Tom Arnold plays a Midwestern welder trying to make a good life for his wife (Alison LaPlaca) and family as he returns to the front of televisions Wednesday with the premiere of 'Tom,' airing on CBS.

The American Sports Awards

2ND ANNUAL ESPYS

MONDAY

HEREFORD CABLEVISION 364-3912 • 119 E. 4TH



POSSIBLE NEW HIT SERIES?

By LYNN ELBER AP Television Writer
LOS ANGELES (AP) - After a turn as a loose-cannon TV star in last season's short-lived 'The Jackie Thomas Show,' Tom Arnold says he's glad to be playing a character closer to home. Arnold stars in the CBS comedy 'Tom' which debuts at 8:30 p.m. EST on Wednesday.

and make an extra \$5 that we could use in the family right now," Arnold says. "And I don't understand why she'd want to be a lawyer and be away from me and the kids." Arnold recognizes that the Rolls-Royce life he leads with TV star wife Roseanne Barr is a big jump from his working-class days in Ottumwa, Iowa. But that doesn't mean he's lost touch with it, he says. "People that I worked with at the meat-packing plant, I still see them back home," he says. Arnold is jumping networks to CBS with 'Tom,' leaving ABC, which is home to his wife's hit series 'Roseanne' and also 'Jackie Thomas.'

me," he says.

He did take part of his old series with him: LaPlaca, who was part of the 'Jackie Thomas' cast.

"I loved working with her ... we did have good chemistry," Arnold says.

Arnold is tackling more than acting and producing duties (with co-executive producer Steve Pepon) on his new show. He remains co-executive producer, with his wife, on "Roseanne" (he calls it "our bread and butter") and is producing two new series for ABC.

Arnold also has squeezed in a movie: "True Lies," an Arnold Schwarzenegger action-comedy about U.S. spies trying to foil nuclear terrorists.

How has his wife reacted to his new busy schedule? Location filming did put some strain on his wife because he was away for long periods, Arnold says.

"It would be only natural if you were used to having somebody who

worked for you, who was kind of under your umbrella all the time, and then to have that changed ... it'd be natural to feel a little abandoned at first," he says.

But in an industry where a performer might be lucky to have five or 10 years of success, opportunities can't be squandered, Arnold says.

"You've got to take advantage of it. If we work for five more years, that will be very lucky," he says. "I try to get (Roseanne) to understand that."

TV SPORTS

USA features furry frolicking felines

BY SARA BENNETT

Don't bring any sourpusses to this event.

The USA Network airs the 44th annual Cat Fanciers' Association Houston Cat Show Saturday, March 5, from

the Summit in Houston, home of the NBA's Rockets.

Broadcaster Bill Macatee serves as host of the event, the second-ever cat show for USA. Sharon McKeen-Bounds serves as analyst.

As far as the audience goes, "You're typically talking about people who just like cats," says Thomas Dent, executive director of the CFA. A total of 450 pedigreed cats, who bring along 211 owners, claw their way to the top of their classes.

The Persian cat is the most popular type, based on breed registration totals. And it is well represented at the Houston show with seven of its own divisions.

"Each breed has its own standard," Dent says. "In a Persian, you're looking for a heavy-boned cat, a nice dome to the head, and you're looking for a short nose." The Main Coon cat ranks second in popularity among breeders. The Siamese, Abyssinian and Exotic round out the starting five.

Dent emphasizes the importance of

the Houston show: "Over the years it's generally been considered by those actively pursuing higher national awards (as) the show to go to."

CABLE

A Showtime original; free Disney preview

BY JOHN CROOK

Samuel L. Jackson ("Jurassic Park"), Sam Waterston and newcomer Seth Gilliam star in "Assault at West Point: The Court-Martial of Johnson Whittaker," a Showtime original movie premiering Sunday, Feb. 27. Based on the true story of one of the first black cadets admitted to West Point, the production is part of the premium channel's Black History Month.

Ann-Margret stars as an American wife trying to adopt a pair of Romanian orphans in "Nobody's Children," premiering Thursday,

March 3, on the USA Network.

A school for acrobats is highlighted in a segment of "National Geographic Explorer," airing Sunday on TBS.

Oscar winner Jeremy Irons, Juliette Binoche and Miranda Richardson star in "Damage," Louis Malle's controversial examination of an obsessive love affair. It airs Sunday on the Movie Channel.

The Disney Channel presents a five-day free preview on many cable systems beginning Thursday. Among the many new programs and specials included is "Jim Henson's the Secret Life of Toys," a new series premiering Saturday, March 5.

A Jewish family shelters a wounded Danish resistance fighter (D.B. Sweeney), who later helps them escape to Sweden in "A Day in October," a World War II drama airing Saturday on the Family Channel.

"The Big Valley" was not Barbara Stanwyck's first television series. In 1960, she served as host for NBC's "Barbara Stanwyck Show."

WORD LINK

Fill in the missing letters in the "TV words" below.

F A S I E C R A

L . . L W

L V E A W A

T H E C O S B O W

Now rearrange the letters you filled in to spell the name of

A TV ACTOR:

TV Words: Frasier Crane, L.A. Law, Love and War, The Cosby Show. Answer: Harry Anderson.

SOAP WORLD

Glynnis O'Connor leaving 'ATWT'

BY CANDACE HAVENS

Dear Candace: A friend of mine told me that the actress who plays Margo on "As the World Turns" has been fired. I can't believe it! I thought she really was talented. Can you tell me if this is true? -Rosemary in Michigan.

Dear Reader: Glynnis O'Connor took on the popular role of Margo on "As the World Turns" a year ago and even then was having second thoughts about it. "Margo is really one of the most difficult characters I have ever had to play," she says. "She is really my opposite and is a very aggressive person. It takes a great deal out of me each day to get that across."

O'Connor was looking forward to the day when she didn't have to work so many hours and could spend more time with her daughter, Lindsay. Unfortunately that never happened. The actress was leaving before her daughter woke up and coming home after Lindsay had gone to bed.

The actress said she actually was grateful when she and executive producer Laurence Caso recently decided she was not right for the part. O'Connor was technically fired, but she was very happy about it.

There have been several rumors about who will replace O'Connor. In fact, three of the actresses who have previously played the role of Margo may be available.

Hillary B. Smith is on "One Life to Live" as Nora, but her contract is up in June. Smith was a fan favorite in the role, and she has said on several occasions that she would never say never to playing Margo again.

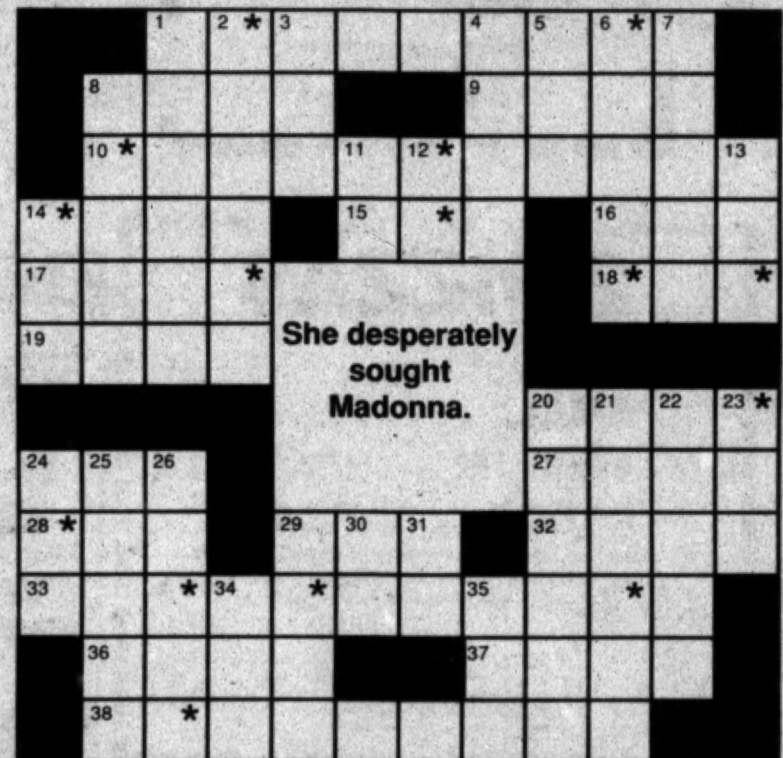
Ellen Dolan has been doing some guest spots in prime time in California, but she might not want to return to the East Coast.

Margaret Colin, who is married to Justin Deas (Buzz, "Guiding Light"), is in town, but it is doubtful she will return to the daytime scene.

There is also a good chance the show's executives will try to find a new actress to portray the character.

Send your comments to Candace Havens, Soap World, Features Dept., TV Data Technologies, Northway Plaza, Queensbury, N.Y. 12804.

TV CROSSWORD



The answer to the Crossword Quiz is found within the answers in the puzzle. To find the answer, unscramble the letters noted with asterisks within the puzzle.

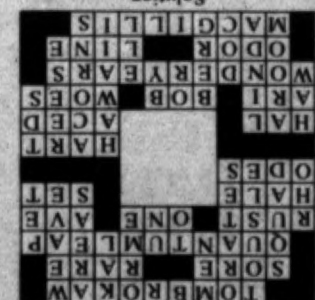
ACROSS

- Katie Couric's co-host (2)
- Angry
- Steak orderer's word
- Scott Bakula's series (2)
- Orangy color
- # of daughters for Sheriff Brock on *Picket Fences*
- "_ Maria"
- Skipper's portrayer on *Gilligan's Island*
- Beautician's offering
- Poetic works
- Parker's portrayer on *In the Heat of the Night*
- Evan Evans' portrayer on *Evening Shade*
- Made a hole in one
- Meyers
- The Price Is Right* host
- Troubles
- The ___ ; recent sitcom
- Aroma
- What's My ___? (1950-75)
- John, Polly, Casey, Robin, or Elizabeth

DOWN

- Word in the title of Jerry Mathers' series
- Prefix for wrap or fit
- Dreyfuss, to the Westons
- Greek letter
- Setting for *Magnum, P.I.*
- Oak tree droppings
- Della
- Steve Young's scores, for short
- Hee
- ___ With a View, 1985 Oscar winner
- Star of *Alice*
- Mass of ice
- Man ___ Gun*; 1958 Macdonald Carey film
- ___ Design; 1981 Patty Duke Astin movie
- Baker; Kevin Hagen's role on *Little House on the Prairie*
- Building wing

Solution
Rosanna Arquette



WORD SEARCH

P A N A J N M P Y S T N A C P
 U V F M M R O B B E W R G I K
 R S F Y H C T A R C S D N I O
 K T I X P N H I G F M K P E A
 D N X O U E P E L P P E P Y L
 H S T I M P Y R V A F M A W V
 E W Y D L O B L N Z R L N D E
 A Q U L K O A T H E N C T J B
 T Y D E V I H R L A K L S E B
 H O B I S E B B O H B E D H C
 C E N F R Y S H X I K I E S X
 L K A R J C Z T E M N N A I R
 I P H A S D Q C E B A V L Y C
 F F I G A R O H E R L E L U E
 F O C W L R E Y O B F L T A S

Cartoon Cats

(Words in parentheses not in puzzle)

Eek
Felix
Figaro
Garfield

Heathcliff
Hobbes
Pink Panther
Scratchy

Stimpy
Sylvester
Top (Cat)
Tom



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BONUS! BONUS! BUCK!

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Supplement to The Hereford Brand March 1994

Senior Scene



Van presented to Senior Citizens

A new van with a hydraulic lift for wheelchairs was recently presented to the Hereford Senior Citizens Center by S. L. Garrison. Accepting the keys was Margie Daniels, executive director

of the center. The van was purchased as a memorial to Homer Garrison by his family and memorial contributions to the Hereford Senior Citizens Association.

Margie's Notes

BY MARGIE DANIELS
Executive Director
of Hereford
Senior Citizens

It always amazes me when we see someone turn some sad event in their lives to something that benefits other people. That is what the family and friends of Homer Garrison did. Mary Garrison and family, Shirley and Mildred Garrison, and friends knew how much the Senior Citizens Center was a part of Homer's life and decided to give a gift as a memorial to honor the work Homer did here. His work will go on with the help of the new Chevrolet Astro van and lift that was donated. His influence will always be a part of this organization as years go by. We want to thank Homer's family and friends for their wonderful gift.

Last Thursday, I was at the Chamber of Commerce Fun Breakfast where it was Judge Gulley's day. He won the best toga contest and received a nice prize from Hereford Travel Center. Later his name was drawn for the door prize of \$100 in Hereford Bucks. Guess what? He donated the Bucks to Hereford Senior Citizens Association. We thank you, Judge Gulley! If you have never been to the Fun Breakfast, you should try it--it's fun!

I'm planning a tour to Branson for June 14-18. Please sign up if your are interested. All arrangements will soon be ready. Also, if we have enough requests for a wild flower tour, I will put something together. Let me know soon if your are interested.

Please pray for rain.

President's Corner

BY SHIRLEY GARRISON
HSCA President

The response to Homer's memorials is overwhelming and I just want to give a big thanks to all of you. Whether you gave to the Senior Center, the church, or a favorite charity, it will benefit someone else. Doing something for others enriches our own lives, many times more to the giver than to the recipient.

Attendance at the Center continues to be a "full house." I see new people joining monthly and new activities involving our members. Recently the Center acquired a lot of doll molds, parts, equipment, etc., from a local business. Now, under the leadership of Rosalee McGowen and Jolene Bledsoe, regular classes are held each week in the art of making and dressing dolls. There will be a number of happy granddaughters as recipients of these very professionally-made dolls.

The Braschler Show from Branson, Mo., will be back on March 11 for a two-performance show. The Gospel Show will be at 6 p.m. and the Variety Show at 8 p.m. This show is limited to 350 people for each performance. We have completely sold out in past appearances and expect to this year. Stew and cornbread will be served beginning at 5 p.m. and between performances. There will also be sandwiches and snacks at reasonable prices.

This is a quality show and I recommend it to anyone who likes good music and family-type comedy entertainment. To be assured of a ticket, it must be bought in advance. You may call the Senior Center at 364-5681.

Coming Events

Monthly dance

The monthly dance will be held at the Center on Saturday night, March 5, at 7:30. Admission is \$5 per person. Truman Welch and his band will play.

Music show

The Braschler Music Show is returning to the Center on Friday, March 11, for two great performances. The Gospel Show begins at 6 p.m. and the Variety Show is at 8:30 p.m. Tickets are \$10 per person for one show, or \$9 a person for both shows. The Center will serve stew or sandwiches and dessert from 5 p.m. until 9 p.m. Price of the meal is \$4.

Birthday social

The monthly birthday social will be held at the Center on Thursday, March 24, at 6:30 p.m. See you at the Center!

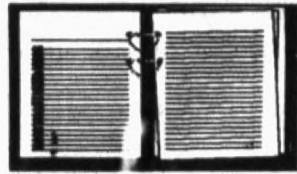
Pancake supper

The Golden K Kiwanis Club will hold its annual pancake supper at the Center on Saturday, March 26, from 5 to 8:30 p.m. Tickets will be \$3.50. Come on out and join the fun!!

NASHVILLE, Tenn. (AP) - George Jones is pairing up again with ex-wife Tammy Wynette. Not to mention Dolly Parton. And Linda Ronstadt. And Emmylou Harris.

Jones and Wynette, who were married from 1969 to 1975, are recording together for the first time since 1980. The effort will appear on an album of duets that Jones is releasing.

In addition to Wynette, Parton, Ronstadt and Harris, his duet partners include Travis Tritt and Vince Gill.



March at HSC



ACTIVITIES

TUESDAY, March 1, 1994-- Stretch & flexibility 10:00-10:45; Water Exercises, Golden Spread Hearing 1-4.

WEDNESDAY, March 2, 1994-- Stretch & flexibility 10-10:45; Water exercises; Ceramics, 1:30.

THURSDAY, March 3, 1994-- Stretch & Flexibility 10-10:45; Oil Painting 9-11; Oil Painting 1; Choir 1; Water Exercises.

FRIDAY, March 4, 1994--Line Dance 9:45-11; Water Exercises, HSCA Board Meeting 12 noon.

SATURDAY, March 5, 1994-- Games 12-4; HSCA Dance 7:30.

MONDAY, March 7, 1994--Line Dance 9-11; Devotional 12:45; Water Exercises.

TUESDAY, March 8, 1994-- Stretch & Flexibility 10:10:45; Water Exercises, Beltone Hearing, 1-4.

WEDNESDAY, March 9, 1994--Stretch & Flexibility 10-10:45; Water Exercises, Ceramics, 1:30; Alzheimers Grp. 11:30; Blood pressure 10; Glucose 2.

THURSDAY, March 10, 1994-- Stretch & Flexibility 10-10:45; Oil Painting 9-11; Oil Painting 1; Choir 1; Water Exercises.

FRIDAY, March 11, 1994--Line Dance 9:45-11; Water Exercises, HSCA Board Meeting 12 noon, Braschler Music Show 6p.m.; 8:30 p.m.

SATURDAY, March 12, 1994-- Games 12-4.

MONDAY, March 14, 1994--Line

Dance 9-11; Devotional 12:45; Retired Teachers 11-2.

TUESDAY, March 15, 1994-- Stretch & Flexibility 10-10:45; Water Exercises.

WEDNESDAY, March 16, 1994--Stretch & flexibility 10-10:45; Water Exercises, Ceramics, 1:30.

THURSDAY, March 17, 1994--Stretch & flexibility 10-10:45; Oil Painting 9-11; Choir 1; Water Exercises.

FRIDAY, March 18, 1994--Line Dance 9:45-11; Water Exercises.

SATURDAY, March 19, 1994-- Games 12-4.

MONDAY, March 21, 1994--Line Dance 9-11:45; Devotional 12:45; Water Exercises.

TUESDAY, March 22, 1994--Stretch & Flexibility 10-10:45; Beltone Hearing 1-4.

WEDNESDAY, March 23, 1994--Stretch & flexibility 10-10:45; Water Exercises, Ceramics 1:30.

THURSDAY, March 24, 1994--Stretch & Flexibility 10-10:45; Oil Painting 9-11; Oil Painting 1; Choir 1; Birthday Social 6:30.

FRIDAY, March 25, 1994--Line Dance 9:45-11; Water Exercises.

SATURDAY, March 26, 1994-- Games 12-4.

MONDAY, March 28, 1994--Line Dance 9-11; Devotional 12:45; Water Exercises.

TUESDAY, March 29, 1994--Stretch & Flexibility 10:10:45; Water Exercises.

WEDNESDAY, March 30, 1994--Stretch & Flexibility 10-10:45; Water Exercises, Ceramics 1:30.

THURSDAY, March 31, 1994--Stretch & Flexibility 10-10:45; Oil Painting 9-11; Choir 1; Water Exercises.

LUNCH MENUS

TUESDAY, March 1, 1994--Roast Beef/w gravy, baked potato, seasoned carrots, green pea salad, fruit cobbler.

WEDNESDAY, March 2, 1994--Oven Fried Chicken/w gravy, mashed potatoes, buttered spinach or green beans, jellied fruit cottage cheese salad, banana pudding.

THURSDAY, March 3, 1994--Swiss St ak/w rice, green beans, cauliflower, coleslaw, bread pudding/w raisin sauce.

FRIDAY, March 4, 1994--Fish nuggets, buttered parsley potatoes, stewed tomatoes or carrots, garden salad, pudding/w topping.

MONDAY, March 7, 1994--Mexican stack, pinto beans, spanish rice, salad fixins, peaches & cookie, tostados.

TUESDAY, March 8, 1994--Chicken Fried steak w/gravy, mashed potatoes, Italian Green Beans, Tossed Salad, Meringue Pie.

WEDNESDAY, March 9, 1994--Baked Turkey & Dressing w/gravy, cauliflower au gratin, seasoned green peas, cranberry gelatin salad, fruit cobb' r.

THURSDAY, March 10, 1994--Baked Ham, Great Northern Beans, buttered broccoli, hash brown potatoes, coleslaw, fruit & cookie.

FRIDAY, March 11, 1994--Breaded fish, cheese grits, brussels sprouts or green beans, orange gelatin/w carrots & pineapple, fruit cobbler.

MONDAY, March 14, 1994--Polish sausage/w kraut, baked sliced potatoes, fried okra, garden salad, peaches & cookie.

TUESDAY, March 15, 1994--Salisbury Steak, bake potato, seasoned spinach, perfection salad, fruit cocktail cake.

WEDNESDAY, March 16, 1993--Chicken Breast Fillet w/sour cream sauce, rice pilaf, green beans, coleslaw, pineapple upside cake.

THURSDAY, March 17, 1994--"New England Boiled Dinner" Hot corned beef/w cabbage, potatoes, turnips, carrots, sm. white onions, raspberry gelatin salad, plums, cornbread.

FRIDAY, March 18, 1994--Fish Strips, macaroni & cheese, Normandy Vegetables, carrot & raisin salad, sherbet.

MONDAY, March 21, 1994--Beef Stew/w vegetables, coleslaw, cake & peaches, cornbread.

TUESDAY, March 22, 1994--Pork Roast/w gravy, glazed sweet potatoes, turnip greens, tossed salad, apple pie.

WEDNESDAY, March 23, 1994--Oven Fried Chicken, Creamed new potatoes & peas, buttered corn, fruit salad, applesauce cake.

THURSDAY, March 24, 1994--Italian Spaghetti, green beans, buttered carrots, tossed salad, fruited pudding.

FRIDAY, March 25, 1994--Catfish nuggets, parsley buttered

potatoes, harvard beets, coleslaw, lazy daisy cake.

MONDAY, March 28, 1994-- Stuffed baked potato, topping as desired, steak fingers, green beans, fruit & cookie.

TUESDAY, March 29, 1994--Roast beef/w gravy, potato supreme casserole, buttered broccoli, cabbage,

carrot & raisin salad, cake w/pudding.

WEDNESDAY, March 30, 1994--Chicken Strips/w gravy, mashed potatoes, peas & carrots, jellied citrus salad, fruit cobbler.

THURSDAY, March 31, 1994-- Mexican Stack, pinto beans, spanish rice, salad fixins, peaches & cookie, tostados



SOCIAL SECURITY

Jim Talbot

SOCIAL SECURITY QUESTIONS AND ANSWERS

Q: My mother, a widow, died in late January. Social Security tells me that I must return her January benefit check even though she was alive through most of the month. Why is this?

A: Social Security benefits are not pro-rated. To be entitled to a Social Security benefit check for a given month, the person must be alive the entire month. No benefit is payable for the month of death.

Q: When a Social Security beneficiary dies, does the funeral home notify Social Security or is notification up to the family?

A: Many funeral directors voluntarily provide death information directly to Social Security. But, family members of a deceases individual still have the legal responsibility to notify Social Security.

Q: I'll be 62 next April and that's when I intend to stop working. Although I've worked most of my life, the jobs I've had did not pay well. My husband plans to work until he's at least 65. Since I know that my Social Security isn't going to be much, can I receive my own retirement now and then get something on my husband's Social Security when he finally retires?

A: Yes. We always pay the highest benefit that you are eligible to receive. When your husband files for his retirement benefits, we'll compare what you're receiving on your work record to what you can get as a wife on his work record. If you can receive more as a wife, we'll continue to pay your own retirement benefits but supplement them with the amount you're due as a wife.

Q: My aunt recently broke her hip and can't get around well enough to take care of herself any longer. I want her to come stay with me. She receives Supplemental Security Income (SSI) and thinks that her checks will be reduced if she moves in with me. Is this true?

A: It's a good thing you asked now because people in your situation can sign up for Part B of Medicare (what you called "the doctor's part") only during the first three months of each year. Contact a Social Security office before March 31 and tell them you want Part B of Medicare. Your coverage will be effective July 1, 1994. The normal cost is \$41.10, but you pay a 10 percent surcharge for each year you could have had Part B but didn't.

If you wish to have your questions answered in this column, please write to Jim Talbot, district Manager, Senior Scene, Social Security Administration, 3501 W. 45th, Suite E., Amarillo, Texas 79106.

Spotlight on health

Arthritis is a group of rheumatic diseases that cause joint pain and inflammation, as well as loss of the ability to move joints easily. If you're one of the 37 million Americans that suffer from this disease, you may have questions regarding your illness, medications, side effects and cures.

In this column, Sanford Roth, M.D., Director, Arthritis Center in Phoenix, answers some frequently asked questions about arthritis:

What can I do to treat my arthritis?

People with arthritis need to participate in a general exercise program when their condition permits. This promotes a feeling of well-being while helping to maintain strength and joint motion.

There are many types of medications available to treat the pain and inflammation of arthritis. Prescription nonsteroidal anti-inflammatory drugs (NSAIDs) are usually the first line of defense against arthritis. More than 13 million individuals with arthritis take NSAIDs chronically. Anyone who has the symptoms of arthritis should consult a physician for a proper diagnosis and appropriate treatment.

What is an NSAID?

NSAIDs are nonsteroidal anti-inflammatory drugs. They are used to reduce inflammation, stiffness, pain and swelling in the joints by blocking certain body chemicals that cause inflammation. There are more than 15 NSAIDs currently available

in the United States. Some of the more popular ones are Relafen, Naproxen and ibuprofen.

What are the side effects of NSAIDS?

No medication is completely free of side effects. While NSAIDs help your joints, some may hurt your stomach. NSAIDs have, on occasion, been shown to cause ulcers in the gastrointestinal tract. Some newer NSAIDs, such as Relafen, are effective in reducing pain and inflammation, but have a low incidence of ulcers. Your doctor is best qualified to help you decide which arthritis medication is right for you.

What are the warning signs of ulcers?

Sometimes ulcers have warning signs, but other times they can develop without knowing it. You should check with your doctor if you have:

- severe heartburn
- stomach pain that goes away after you eat food or take antacids
- severe stomach cramps
- occasional nausea or vomiting without any reason

How do I know my medication is right for me?

You need to talk to your doctor about all medications that are available and choose the one that provides you with the greatest amount of relief from pain and inflammation with the fewest side effects. Some medications are better suited for certain patients, including the elderly.

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Nutrition Notes

By CHARLOTTE R. CLARK
MS RD/LD #130682
FOODS, PHARMACEUTICAL,
OR SOMETHING IN
BETWEEN?
Nutritional Products For
Specific Health Benefits.

A category of compounds called NUTRACEUTICS has been proposed

as a new regulatory category separate from current US Food and Drug Administration (FDA) regulations for food or drugs. The Nutraceutical Research and Development Bill, if enacted, would loosen current criteria for health claims to consumers about nutritional products. The FDA regulations and the Nutrition Labeling and Education Act of 1990 only allows

products that have been scientific tested to be reported to the consumers without brand specifics. Federal regulations and findings should be encouraged to promote human research and clinical testing of the health benefits of foods and food components, in amounts available in the diet, without classifying these substances as drugs. The American Dietetic Association believe that consumers are best served by prohibiting health claims without sufficient research and prior approval and by allowing scientifically based health claims for all qualifying foods in a varied diet.

The term nutraceutical as defined by Stephen L. DeFelice, MD in 1989, who was chairman of The Foundation For Innovation in Medicine is as follows:

"Any substance that may be considered a food or part of a food and provided medical or health benefits, including the prevention and treatment of disease. Nutraceuticals may range from isolated nutrients, dietary supplements, and diets to genetically engineered "designer" foods, herbal products, and processed products, such as cereals, soups, and beverages."

The term nutraceuticals has been used nonspecifically. For instance, it has been said to include four types of food: "genetically engineered foods (tomatoes), raw food, (carrots with B-carotene, processed food without added ingredients (oatbran cereal), and processed food with added ingredients (calcium-fortified juice)". *Nutrition Week, 1993: April 16:7.*

This new concept is a term outside the traditional regulatory concept of either a food or a drug. It is established for review and approval of products and related health claims, and to provide exclusive marketing rights to such claims based on proprietary research.

Although not recognized by the FDA, the term has appeared in publications related to food technology and food marketing. It has been used by the media, used in popular press as *New York Times* and *USA Today*.

In Japan and in some European countries, food products sold for health benefits have been termed **functional foods**, or "processed foods, defined by the main functional ingredient (fibers, minerals, etc.) that are claimed to perform specific health roles such as

preventing, treating and curing various diseases, and which fall into a category somewhere between food, dietary supplements and drugs."

FDA defines **foods** as "products primarily consumed for their taste, aroma, or nutritive value" and drugs as products "intended to rise in the diagnosis, cure, mitigation, treatment or prevention of disease or to affect the structure or a function of the body." The FDA regulations apply to **medical foods** which are defined as products "intended for use under the supervision of a physician for specific dietary management of a disease or condition." **Food additives**, are substances added to foods for specific physical or technical effects; these require FDA approval of data establish safety, including evidence that the additive will accomplish its intended effect.

Sales of food products with health claims have been forecast as a major growth area in the food industry. The Nutrition Labeling and Education Act mandates that "publicly available evidence" be used to support health claims for food, and that the FDA has specified that such claims will not be brand specific. Proponents of nutraceuticals complain that this removes the financial incentive for companies to invest in research and development of nutritional products.

A regulation is now being considered by Japan, Europe, and the United States in which foods must have a clear medical and health benefit named, show the product to be normally consumed in the ordinary diets, must be labeled with medical benefits and precautions for cooking, use, and storage.

Some of the examples of nutraceuti-

cal and clinical research support are: use of beta carotene to prevent cancer, niacin to prevent recurrent heart attacks, pyridoxine to treat depression, vitamin A to treat measles, magnesium to treat hypertension, garlic to reduce arteriosclerosis, fish oil for hypertension, calcium for hypertension as well as osteoporosis, and antioxidants to reduce heart damage after heart attacks. The references cited as evidence for these examples suggest that claims could be approved based on single scientific papers, review articles, or even abstract.

Although most scientific, professional, or consumer organizations have not expressed a position on nutraceuticals, there is concern about reducing the requirements for health claims. If we weakened scientific proof necessary to make health claims for nutraceuticals, we may end up with so many conflicting claims that consumers will not be able to judge the good from the bad.

Open, academic research, including human testing of isolated food components (eg. vitamins, minerals, amino acids, fatty acids, sugars, dietary fibers, and many other food components), has been fundamental to the development of nutrition science; we should not discourage research by requiring investigative new drug procedures for substances in amounts available in the diet. Foods and purified food constituents in amounts commonly consumed should not be classified as drugs simply because they are being tested for potential health effects or disease prevention. REMEMBER THAT MARCH IS NAT.ONAL NUTRITION MONTH, please observe the month and start out a new eating pattern by "EATING RIGHT."

Research important for senior citizens

By MARTHA A. McSTEEN
President
The National Committee to
Preserve Social Security
And Medicare

The Stereotype that older people are an intolerable burden on our health care system is worrisome enough because it is devoid of compassion. Beyond that, however, it is simply off-target. The question "Who shall pay..." is the wrong question.

The right question would be, "How can we, as a society, best meet the challenge of providing affordable, high-quality health care to our aging population?" The answer to this question is, "By substantially increasing our investment in age-related biomedical, clinical and behavioral research." The reasons for doing so were succinctly summarized in the opening paragraph of a 1991 report from the Institute of Medicine: "Science offers the best hope to improve the older person's quality of life. Research that is directed and supported properly can provide the means to reduce disability and dependence in old age, and can decrease the burden on a health care system strained to its limits."

Research Priorities

The National Institute on Aging's \$400 million research portfolio includes all major diseases and disabling conditions associated with old age. The top priority is Alzheimer's disease, followed by osteoporotic hip fractures and the loss of bladder control. This targeting of major conditions leading to long-term care reflects the view that this offers the best chance of improving the quality

of seniors' lives and containing the costs of health care.

Research by Disease

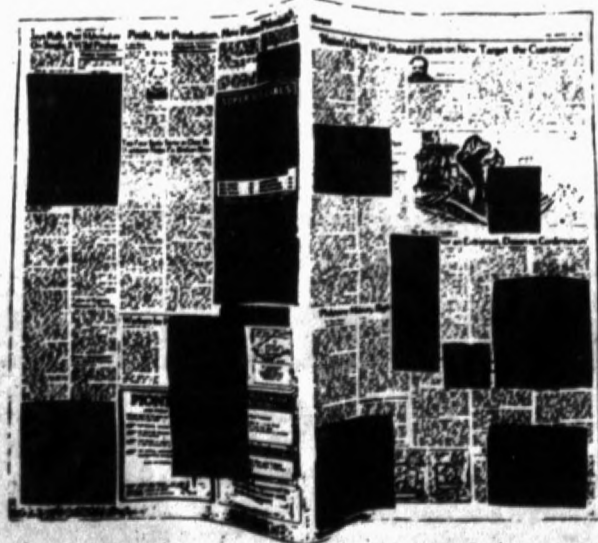
At present, Alzheimer's disease afflicts an estimated four million persons over age 65. It costs the nation \$90 billion a year.

Among fractures related to osteoporosis, a disease characterized by loss of bone density, hip fracture is the most serious. More than 90 percent of such fractures occur in persons over 70, and more than 90 percent of these fractures result from falls.

It is especially important to continue research that re-examines, with an open mind, old assumptions about aging. Many conditions long believed to be the inevitable and irreversible by-products of old age have turned out to be not so inevitable, after all. One example is a form of high blood pressure called isolated systolic hypertension, or ISH. A nationwide clinical trial showed it can be treated successfully, cheaply, and without side effects. Researchers believe that treating ISH prevents up to 84,000 annual admissions to hospitals and nursing homes (mostly for strokes now known to be preventable) and saves \$200 million a year.

Health Services Research

In health services research, the focus is not on fundamental discoveries or new and better treatments. It is efficiency, and the idea is to identify better, cheaper ways of delivering health care services to more people. It is day-to-day operations research, unglamorous but essential.



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Carroll & Ruth Newsom
Lester & Viola Wagner
Sue Inman
Carmen Angel
Erika Durham
Mary Kocan
Mr. & Mrs. Ed Wilson
Mr. & Mrs. Pete Carmichael
Jerry Jackson

Ethel Knabe

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A ten-day voyage through the remote, natural history-rich areas of Southeast Alaska called "Alaska's Coastal Wilderness" provides an opportunity to witness the maze of fjords, channels, rivers, glaciers and wildlife that fills this area. You'll travel aboard the 70-passenger M.V. Sea Lion or its sister ship the Sea Bird, which, with their shallow draft and easy maneuverability, can go almost anywhere - unlike the huge passenger ships, from which you can get only a fleeting glimpse of Alaska's wonders

through a pair of binoculars. Where the Sea Lion and Sea Bird can't go, the ships' fleet of motorized landing craft can, be it to land in bays for a walk in a spruce forest or to cruise around icebergs for an eye-level view.

"This is an exhilarating, unorthodox voyage for adventure-minded people seeking the thrill of exploring areas uncluttered by tourists," says Seven-Olof Lindblad, president and founder of Special Expeditions, which operates the program. "We prefer to show our guests bears, whales, eagles and so on. On each voyage we have a natural history staff who know Alaska well and have discovered where bears are likely to come to the shoreline, where humpback whales congregate and where the good trails lead deep into the forest. There are several charming towns in Alaska, such as Haines, where the local people will dominate our impressions, not the throngs of visitors that crowd some other harbors."

Life aboard the Sea Lion and Sea Bird is decidedly comfortable. These one-class vessels have 36 outside cabins, all with private bath and open, one-seating dining for all meals. Cocktail hour is punctuated with an informative recap of the day's activities, with displays and lively discussions.

The itinerary includes Misty Fjords, Glacier Bay National Park, Le Conte Bay, Tracy Arm, Haines, Point Adolphus, Elfin Cove and Sitka. Departure dates are in June, July and August 1994. Prices begin at \$3,130 per person, double occupancy.

NEW YORK (AP) - Forget Cindy Crawford. Never mind Jane Fonda. Now you can look like talk show maven Regis Philbin.

Philbin is flexing his muscles on the already crowded exercise video circuit with "Regis Philbin: My Personal Workout."

He said he wants to teach everyone what he learned only after being diagnosed last year with a blocked artery: the importance of an aerobic workout.

"I was not exercising my heart," Philbin said in the Feb. 28 issue of People magazine.

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Medication management key to controlling high blood pressure

High blood pressure—also known as hypertension—is the most prevalent medical condition among adults in the United States today.

The Joint National Committee on the Detection, Evaluation and Treatment of High Blood Pressure estimates that as many as 50 million Americans have elevated blood pressure, including 65 percent of Americans between the ages of 65 and 74.

The good news is that high blood pressure can usually be controlled. Although people with high blood pressure rarely feel ill, it is important to detect and treat high blood pressure

early to avoid a more serious condition, such as heart failure, kidney failure or stroke.

Lifestyle modifications are often among a doctor's first instructions to high blood pressure patients. Recommendations may include changes in diet, losing weight, regular exercise and quitting smoking.

A doctor may also recommend medication as an effective choice for many people with high blood pressure. In fact, 73 percent of high blood pressure patients are on prescribed medication to control their hypertension. Managing this medication properly is essential to controlling high blood pressure and to avoiding potential problems, such as drug interactions and adverse drug reactions.

"People taking high blood pressure medication need to take the medicine precisely as directed by their doctor or pharmacist," says Dr. Martin Higbee, associate professor, University of Arizona College of Pharmacy. "They need to read labels carefully, follow instructions for use and storage, and keep track of the medications they are taking, including over-the-counter preparations, to minimize potential problems such as drug interactions and adverse drug reactions."

A drug interaction can occur when taking two or more medicines at the same time. An interaction may strengthen the effect of a drug, diminish it or keep it from working at all. While some predictable interactions are actually used by doctors to your advantage, other combinations can cause serious, unanticipated side effects such as dizziness, insomnia, nausea, and increased blood pressure or heart rate. While an adverse drug reaction can also produce unintended, undesirable side effects, these effects can occur when only one drug is taken. Both prescription and non-prescription (over-the-counter) medications can cause drug interactions or adverse reactions.

The common cold affects many people on the average of twice a year and most of these cold sufferers treat themselves with over-the-counter remedies. People taking medication for high blood pressure should be especially cautious with their medication during the cold and flu season since some cold medications pose an increased risk of drug interaction for these individuals.

"Decongestants, for example, are commonly used to treat colds, but can stimulate the heart and increase blood pressure, causing potential problems for someone who has high blood pressure," says Higbee. "That doesn't mean that people with high blood pressure need to suffer through a cold. An external medication like salves safely and effectively relieve nasal congestion and coughing, but because it is applied externally, it won't interact with other medications the way pills can."

Higbee encourages people on medication for high blood pressure to consult with their doctor or pharmacist when starting a new medication or selecting medication for self-treatment. He suggests starting with the following questions:

QUESTIONS FOR YOUR DOCTOR

-What is the name of the medication I am taking?
-What is the reason for taking this medication?

-How long will it take to relieve my symptoms?

-What should I do if the medication does not relieve my symptoms?

-Is this medicine likely to interact with other medications I am already taking?

-How often am I suppose to take it and for how long?

-What should I do if I miss a dose?

-What should I do if I experience an allergic reaction or adverse reaction?

Senior citizens invited to participate in contest

Owings Mills, Maryland (USA)—The National Library of Poetry has announced that \$12,000 in prizes will be awarded this year to over 250 poets in the North American Open Poetry Contest.

The deadline for the contest is March 31. The contest is open to everyone, but seniors are particularly welcome, and entry is free.

"Many of our previous winners have come from the ranks of senior citizens," said Howard Ely, contest director. "Maybe it's because they have had the opportunity to experience the many things in life which provide the 'raw materials' for artistic creation."

Any poet, whether previously published or not, can be a winner. Every poem entered also has a chance

to be published in a deluxe, hardbound anthology.

To enter, send ONE original poem, any subject and any style, to The National Library of Poetry, 11419 Cronridge Dr., P.O. Box 704-YA, Owings Mills, MD 21117. The poem should be no more than 20 lines, and the poet's name and address should appear on the top of the page. Entries must be postmarked by March 31, 1994. A new contest opens April 1, 1994.

In 1984, the Supreme Court weakened the 70-year-old "exclusionary rule," deciding that evidence seized with defective court warrants can be used against defendants in criminal trials.

How to find right exercise program

An exercise program can give you more energy, strengthen bones and muscles and help control weight. The Arthritis Foundation reports that people with arthritis have even more reasons to exercise. With medicines, rest and other parts of a treatment program, exercise can help keep your joints in working order and can help prevent further joint damage.

The Arthritis Foundation recommends that people with arthritis always check with their doctor or another member of their health care team before starting an exercise program. Together, you can find - or design - a program based on your current level of health and fitness that will meet your goals.

Many Arthritis Foundation chapters offer water and dry land exercise programs especially designed for people with arthritis. Contact your local chapter for information about schedules and locations.

Follow these tips when starting an arthritis exercise program:

-Choose exercises you want to do and start gradually;

-Keep a consistent time and place to exercise;

-Contract with yourself to stick with the exercises you choose; then revise your program after you complete the contract;

-Keep an exercise diary or calendar;

-Remember that if pain from exercise lasts more than two hours, you may have done too much.

Contact your local Arthritis Foundation chapter for a free copy of the "Exercise and Your Arthritis" brochure. For general information and a free "Basic Facts" brochure, call the Arthritis Foundation Information Line, 1-800-283-7800.

The Arthritis Foundation supports research to find ways to cure and prevent arthritis and seeks to improve the quality of life for those affected by arthritis.

Fallen honeydew, plant sap that has passed through the body of aphids or related insects after needed nutrients are absorbed, was the "manna" of the Old Testament and a human delicacy in some places.



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Just Dropping By

Out of town guests of the Center from January 23-February 19 were as follows:

Guests of Clarence and Mildred Betzen were Evelyn Clements of Dumas, Texas; A.G. Schlabs had ed

Schlabs of Friona, Texas; Frank Barrett had M. Simpson, Childress, Texas; Ed Bezner had Mr. and Mrs. Jim Boren of Toledo, Ohio; Verdon and Billie Watts had Madlynne Kelly of Amarillo, Texas;

Oklahoma; Maxine Brown had Irene Decker of Broadview, New Mexico; Shirley Brown had Marjorie Morris of New Home, Texas and Wheeler and Marie Mount of Lubbock, Texas;

Hart of Hart, Texas and Larry Garrison of Tulia, Texas and Bill Hooper of Tulia, Texas;

New video series offers help, hope for Alzheimer's caregivers

Four million Americans, one in 10 over 65 and one in three over 80, are stricken with Alzheimer's disease, a progressive neurological illness affecting memory and reason.

It is the fourth leading cause of death among American adults. Patient care alone costs some \$80-\$90 billion annually. But the devastation of this disease extends far beyond patients and medical fees. The Alzheimer caregiver is often the "other victim" of Alzheimer's.

To help caregivers understand the complexities of Alzheimer's disease and to prepare them for the progression of the disease and how to make essential choices for daily care, the Long Island Alzheimer's Foundation (LIAF) has developed "Living with Alzheimer's," a comprehensive three-part video series. Highlights of the series include:

-Part One: "Understanding Alzheimer's" features experienced

caregivers and experts who discuss the disease, what to expect and the importance of long-term planning.

-Part Two: "Choices in Caregiving" shows the caregiver how to seek help, deal with the anxieties of family and friends and prepare the home for the Alzheimer's sufferer.

-Part Three: "Challenges of Caregiving" presents the thoughts of caregivers about handling the guilt, denial, self-neglect and depression that frequently accompany their seemingly thankless roles.

According to Janet Walsh, LIAF board chairman, "the videotapes, which run approximately 35 minutes each, are idea for use by support group leaders, health care professionals and family members dealing with Alzheimer's sufferers.

To find out where you can view the series in your community or purchase a copy for yourself or a loved one, call 1-800-399-2244.

Also Leo and Louise Witkowski had Floyd and Kathy Miller of Urbandake, Iowa; Opal Shaw had Hillary and Ruth Meyers of Ft. Cobb, Oklahoma; Jim and Evelyn Bozeman had Larry and Ann Heard of Pampa, Texas; Bruce Coleman had Jim McMorries of Amarillo, Texas;

Also John Woodard had Bob Cummins of Amarillo, Texas; Martha Lueb had Sara Jackson of Carrizozo, New Mexico; Ervin Reeves had Barbara and B.F. Reeves of Colorado Springs, Co.; Ray Clay had Alvin and Gertrude Flesher of Cheyenne, Oklahoma; Truman Thurston had Stephni Kirkland of Amarillo, Texas; Floyd and Junita Coker had Ouida Coker of Friona, Texas; Genevieve Lynn had Roger and Thelma Orr of Lubbock, Texas;

Also Cecil and Ella Oglesby had Lela Mae Price and Liz Reynolds of Amarillo, Texas and J.D. and Margarette Word of Floydada, Texas; Ed and Leona Schilling had Rodney and Sarah Miller of Canyon, Texas; Mr. and Mrs. Ronald Fuhrman had Mabel and Clint Fuhrman of Tulsa,

Also Mozelle Phipps had J.D. and Neill McCain of Gainesville, Texas; H.H. Rowland had Kevin and Apryl Burleson of Clarendon, Texas; Lester and Viola Wagner had Louise Mitchell of Dallas, Texas; Jane Packard had Mildred Kendrick, Vivian Parish of Earth, Texas and Elizabeth Packard of Springlake, Texas; Margaret Godwin had Norma Brown of Wichita, Kansas and Myrtle Pollock of Cherokee, Oklahoma; Ruth Groneman had Leona Groneman of Vega, Texas;

Also J.L. Marcum had Edrel and Marge Weeks of Moody, Alabama; Pete and Wilma Carmichael had Jarrell Carmichael of Aurora, Missouri; Edna Schulte had Mike and Christy Schulte of Wichita Falls, Texas; Opal Baxter had Elfreda McGikers of Lazbuddie, Texas; Edtelle Davis had Kathy Middleton of Amarillo, Texas; S.L. and Mildred Garrison had Etola, Sherman, and Kim Nelson of Wolforth, Texas and Ilene Hobgood of Lubbock Texas and David and Marihelen Willis of Red River, New Mexico and Bob and Trish Moore of Muleshoe, Texas and Sarah and Joe

Also Leola Cook had Jeanette hampton of Bartlesville, Oklahoma and Lynn Cook of Amarillo, Texas;

Also Donald Henslee had Homer Henslee of Amarillo, Texas and Greg Glenn of Amarillo, Texas; Also B.F. and Morgan Cain had Pat and Helen Jones of Little Rock, Arkansas; and Joe and Cleta Bowers had J.O. and Treva Mitchell of Rising Star, Texas.

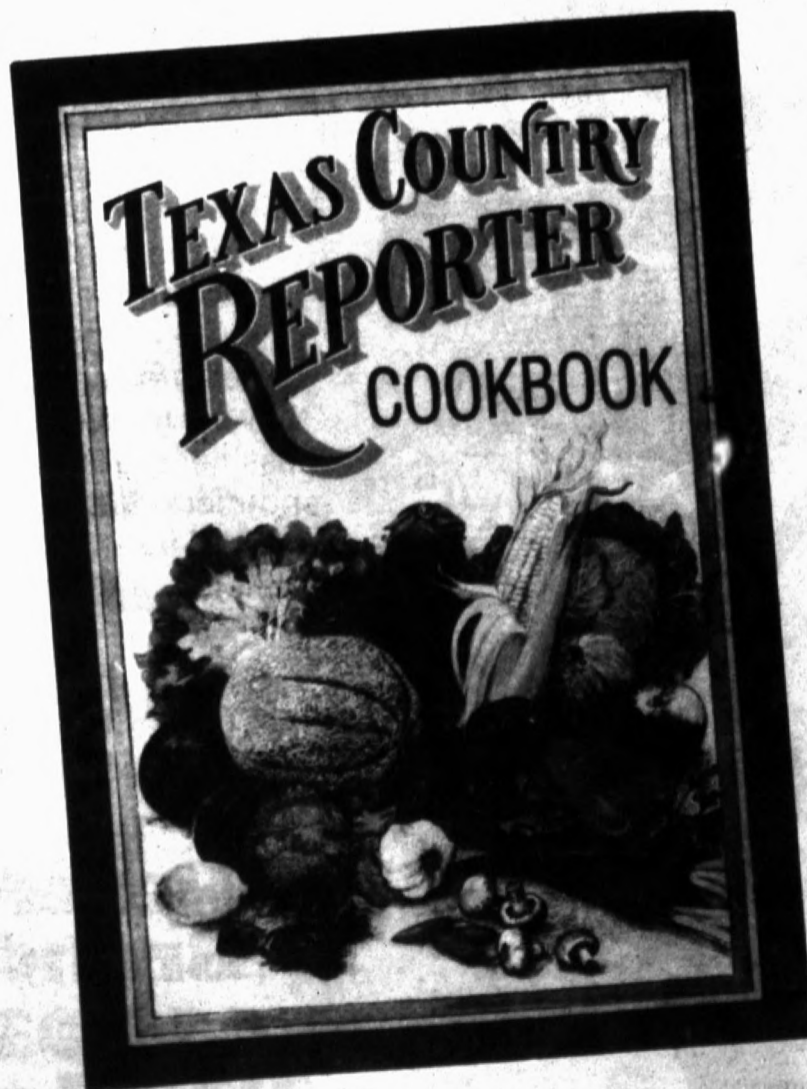
Reception planned for Wilsons

Friends and family are invited to attend a reception in honor of Mr. and Mrs. Elvin Wilson's golden wedding anniversary. The event is scheduled from 2-4 p.m. March 13 at the E. B. Black House.

The reception will be hosted by the couple's children and spouses: Mickey and Shirley Wilson, Dean and Darlene Bingham and Ray and Diana Gerke.

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Tomato Paste 2 6 OZ. CANS **69¢**

HEALTH & BEAUTY CARE

<p>WESTERN FAMILY Tartar Control Western Family Tartar Control Western Family Tartar Control</p> <p>TARTAR CONTROL Western Family Tooth Paste 6.4 OZ. TUBE 99¢ PASTE OR GEL</p>	<p>WESTERN FAMILY ANTI-PLAQUE Western Family ANTI-PLAQUE</p> <p>WESTERN FAMILY DENTAL RINSE REG./MINT ANTI-PLAQUE 15-16 OZ. BTL. \$1.69</p>	<p>WESTERN FAMILY NIGHTTIME WESTERN FAMILY DAYTIME</p> <p>WESTERN FAMILY LIQUID-CAPS DAYTIME OR NIGHTTIME 12 CT. PKG. \$2.49</p>	<p>WESTERN FAMILY ASPIRIN FREE WESTERN FAMILY ASPIRIN FREE</p> <p>WESTERN FAMILY EXTRA STRENGTH NON-ASPIRIN GELCAPS 100 CT. PKG. \$2.99</p>	<p>WESTERN FAMILY EYE DROPS WESTERN FAMILY EYE DROPS</p> <p>WESTERN FAMILY EYE CARE DROPS 5 OZ. BTL. \$1.69</p>	<p>WESTERN FAMILY ANTACID WESTERN FAMILY ANTACID</p> <p>WESTERN FAMILY PLUS SIMETH. 12 OZ. SIZE \$1.69</p>	<p>WESTERN FAMILY SKIN CARE WESTERN FAMILY SKIN CARE</p> <p>WESTERN FAMILY LOTION 16 OZ. BTL. \$1.89</p>	<p>WESTERN FAMILY NIGHTTIME WESTERN FAMILY NIGHTTIME</p> <p>WESTERN FAMILY REG./CHERRY NIGHTTIME 6 OZ. BTL. \$1.99</p>	<p>SHURFINE 60/75/100 WATT SOFT WHITE Light Bulbs 2 PACK 69¢</p>
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VALUES • VALUES • VALUES • VALUES • VALUES • VALUES • VALUES • VALUES

SHURFINE
Black Pepper 4 OZ. CAN **99¢**

SHURFINE-MUSTARD OR TURNIP
Chopped Greens 5 15 OZ. CANS **\$2**

SHURFINE-FRESH SHELLED
Black Eye Peas 5 15 OZ. CANS **\$2**

SHURFINE-WITH SNAPS
Black Eye Peas 5 15 OZ. CANS **\$2**

SHURFINE-WHOLE OR SLICED
New Potatoes 5 16 OZ. CANS **\$2**



SHURFINE
Instant Coffee
8 OZ. JAR
\$2.69

SHURFINE-ASSTD.
Flavored Coffee Creamer
8 OZ. JAR
\$1.29

SHURFINE
Grape or Apple Jelly 18 OZ. JAR **99¢**

SHURFINE-STUFFED
Spanish Olives 5.75 OZ. SIZE **99¢**

ASSORTED
Shurfine Dill Pickles 32 OZ. JAR **\$1.59**

SHURFINE
Brown Gravy Mix 3 .875 OZ. POUCHES **89¢**

SHURFINE-ASSTD.
Gravy or Sauce Mixes 3 1-2.5 OZ. POUCHES **89¢**

**Shur
Fine**

Winter Sale


				
SHURFINE QUALITY Sliced Bacon 1 LB. PKG. \$1.49	SHURFINE QUALITY Smoked Sausage POUND \$1.39	SHURFINE QUALITY Meat Wieners 12 OZ. PKG. 69¢	SHURFINE REG./ GARLIC Meat Bologna 12 OZ. PKG. 79¢	SHURFINE SALAMI / P&P / SPICED Luncheon Meats 12 OZ. PKG. 99¢



MARKET CUT
CO-JACK OR MONTERAY JACK
W/ PEPPER
Wisconsin Cheese
POUND
\$2.39

Shurfine Values!

				
SHURFINE QUALITY Chicken Salad 7 1/2 OZ. PKG. 99¢	SHURFINE QUALITY Ham Salad 7 1/2 OZ. PKG. \$1.19	SHURFINE PIMENTO OR JALAPENO Cheese Spread 7 1/2 OZ. PKG. \$1.19	SHURFINE QUALITY Potato Salad 14 OZ. PKG. 79¢	SHURFINE 97% FAT FREE Cooked Ham 4 OZ. PKG. 89¢

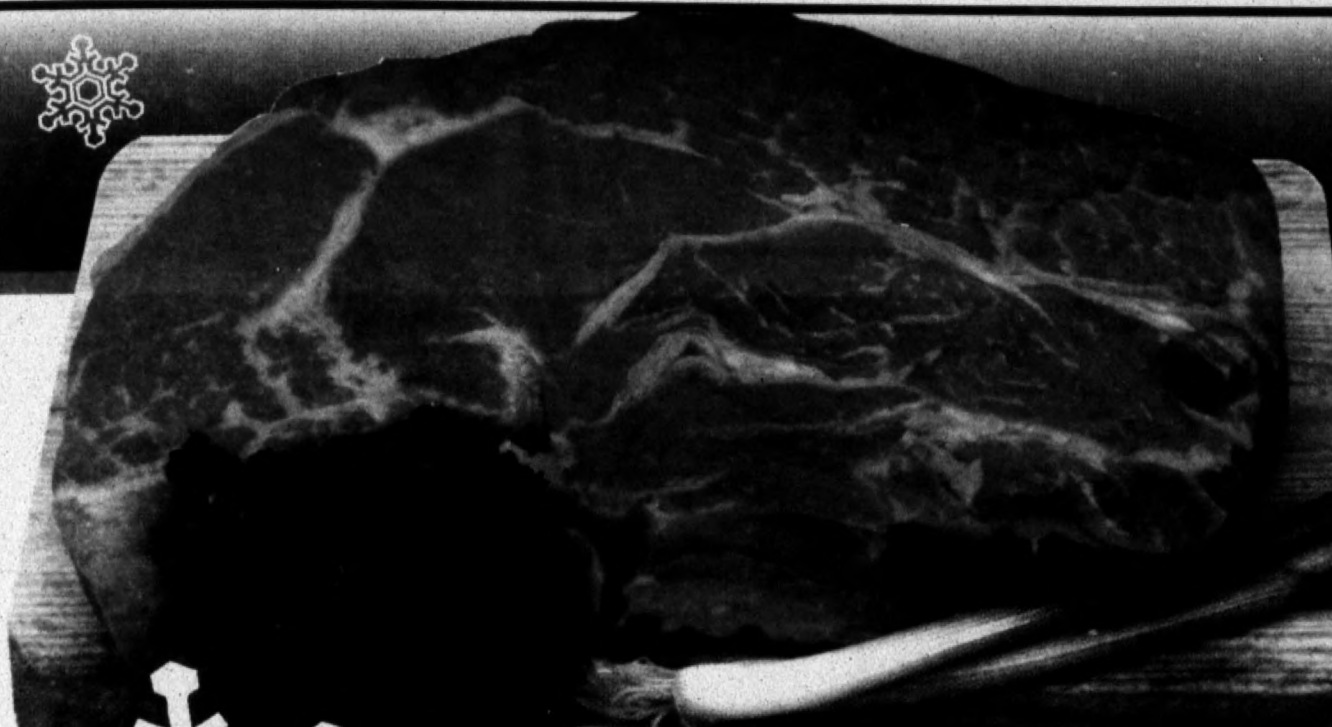


GALLETTI BROS.
FLOUNDER OR
Red Snapper Fillets
24 OZ. PKG.
\$3.99

F R O Z E N S P E C I A L S

			
SHURFINE Orange Juice 12 OZ. CAN 69¢	SHURFINE French Fries 2 LB. BAG \$1.29 <small>CRINKLE OR REG. CUT</small>	SHURFINE Whole Strawberries 16 OZ. BAG \$1.39	SHURFINE Whipped Topping 12 OZ. TUB 99¢

Your Choice! ASSORTED **Shurfine Vegetables** 16 OZ. BAGS
 • PEAS & CARROTS
 • CUT GREEN BEANS
 • WHOLE KERNEL GOLDEN CORN
 • GREEN PEAS
89¢



PREFERRED TRIM
**Beef Boneless
Chuck Steak** LB. **\$1.49**

PREFERRED TRIM
**Beef Boneless
Arm Roast** LB. **\$1.59**

PREFERRED TRIM BEEF
**Boneless Arm
Charcoal Steak** LB. **\$1.69**

LEAN BEEF CUBES OF
**Boneless
Stew Meat** LB. **\$1.99**

FAMILY PACK LEAN
Ground Beef SMALL PKG. **\$1.79** LB. **\$1.69**



PREFERRED TRIM
BEEF BONELESS
**Chuck
Roast** POUND

\$1.39

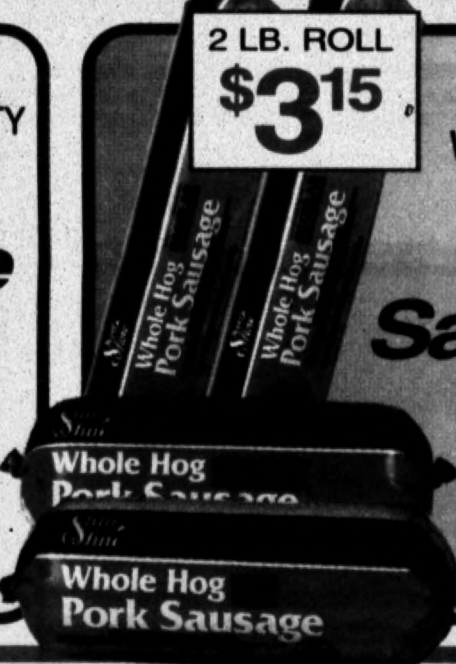


PILGRIM'S PRIDE
U.S.D.A. GRADE A
SPLIT
**Fryer
Breast**
POUND
\$1.39



**Half
Ham**
POUND
\$2.09

SHURFINE
PREMIUM QUALITY
FULLY COOKED
BONELESS
**Whole
Ham**
POUND
\$1.99



2 LB. ROLL
\$3.15

SHURFINE
WHOLE HOG
REG / HOT
**Pork
Sausage**
1 LB. ROLL
\$1.59

D A I R Y S P E C I A L S



SOFT
**Shurfine
Spread** 3 LB.
BOWL **\$1.19**



SHURFINE
**1/2 Moon
Cheese**
10 OZ. PKG.
\$1.59
COLBY OR
CHEDDAR



SHURFINE
**American
Singles**
16 OZ. PKG.
\$1.99



BUTTERMILK OR BUTTERFLAKE
SHURFINE
**Jumbo
Biscuits**
16 OZ. CANS
89¢

SHURFINE
**English
Muffins**
12 OZ. PKG.
59¢

SHURFINE
**Cinnamon
Rolls**
9.5 OZ. CAN
\$1.39

**Shur
Fine**

Winter Sale



ASSORTED

Shurfine Ice Cream

5 QUART TUB

\$2.99



SHURFINE
SQUEEZE
**Chocolate
Syrup**
24 OZ. BTL.
\$1.19



ASSORTED

Shurfine Soda Pop

2 LITER - N.R. BTL.

59¢



SHURFINE-RED OR PINK COCKTAIL OR

**Grapefruit
Juice**

48 OZ.
BTL.

\$1.69



REG./LITE -FRUIT COCKTAIL/ PEARS
YELLOW CLING PEACHES SLICED OR HALVES

Shurfine Fruit

16 OZ. CAN

69¢

SHURFINE-ASSTD. DRINKS/

**Cranberry
Juice**

48 OZ.
JAR

\$1.89



SHURFINE
SMOOTH OR CRUNCHY

Peanut Butter

18 OZ. JAR

\$1.49

SHURFINE-FANCY

**Tomato
Juice**

46 OZ.
CAN

89¢



*Real
Values!*

SHURFINE
TOMATO

Ketchup

32 OZ. BTL.

89¢

VALUES • VALUES • VALUES • VALUES • VALUES • VALUES • VALUES • VALUES

SHURFINE-WHITE

**Facial
Tissue**

250 CT. PKG.

99¢

**Shurfine
Napkins**

120 CT. PKG.

79¢

SHURFINE-TALL

**Kitchen
Bags**

30 CT. BOX

\$1.89

SHURFINE

**Aluminum
Foil**

12"X75' ROLL

\$1.69



SHURFINE-CUT

**Asparagus
Spears**

15 OZ.
CAN

99¢

SHURFINE

**Oven Baked
Beans**

16 OZ.
CAN

59¢

SHURFINE

**Pink
Salmon**

15.5 OZ.
CAN

\$1.89

SHURFINE-JUICE OR

**Apple
Cider**

2 64 OZ.
JUGS

\$3

SHURFINE

**Shoestring
Potatoes**

3 1.6 OZ.
CANS

99¢

**Shur
Fine**

Winter Sale

• CUT GREEN BEANS-
NO SALT ADDED / REG.

• GOLDEN CORN /
CREAM STYLE
WHOLE KERNEL /
WHOLE KERNEL N.S.A.

• FANCY SWEET PEAS-
REG. / NO SALT ADDED
• TOMATOES-NO SALT ADDED /
DICED/ WHOLE PEELED

ASSORTED

Shurfine Vegetables

16-17 OZ. CANS

399¢
FOR



SALTINE

Shurfine Crackers

1 LB. BOX

59¢

SHURFINE-SPANISH OR

**Party
Peanuts**

12 OZ.
SIZE

\$1.89

SHURFINE
ASSORTED
READY TO SPREAD
Frosting

16 OZ. CTN.
99¢



SHURFINE-ASSTD.
DELUXE MOIST LAYER
Cake Mix
18.25 OZ. BOX

69¢

SHURFINE-ASSTD.

**Microwave
Popcorn**

3 PACK

99¢



SHURFINE
ASSORTED
Potato Chips
7 OZ. BAG

69¢

SHURFINE

**Mandarin
Orange**

11 OZ.
CAN

59¢



SHURFINE-ASSTD.
BOYS/ GIRLS
Diapers
27-40 CT. PKG.

\$5.89

VALUES • VALUES • VALUES • VALUES • VALUES • VALUES • VALUES • VALUES



SHURFINE
ASSORTED
**Instant
Oatmeal**
10 PACK
\$1.89

SHURFINE
**Quick
Oats**
42 OZ. BOX
\$1.89

SHURFINE
HONEY NUT
**Toasted
Oats**
14 OZ. BOX
\$1.99

SHURFINE
**Fruit
Rings**
15 OZ. BOX
\$1.99

SHURFINE
SUGAR
**Frosted
Flakes**
20 OZ. BOX
\$1.99

SHURFINE
NUTTY
**Nuggets
Cereal**
24 OZ. BOX
\$1.99

SHURFINE
ASSORTED
**Toaster
Pastries**
11 OZ. BOX
99¢

SHURFINE-ELBO MACARONI OR
**Long
Spaghetti**

24 OZ.
BAG

99¢

SHURFINE-ASSTD.
**Spaghetti
Sauce**

30 OZ.
JAR

\$1.39

SHURFINE
**Apple Pie
Filling**

20 OZ.
CAN

99¢

SHURFINE
**Cherry
Pie Filling**

21 OZ.
CAN

99¢

SHURFINE
**Clover
Honey**

16 OZ.
BTL.

\$1.59

Fresh Produce



CELLO
Dole
Lettuce
HEAD
69¢ EA.

RIPE
Large Red
Tomatoes
POUND
69¢

<p>GARDEN FRESH Green Onions EACH 4 \$1 FOR</p>	<p>EXTRA FANCY RED DELICIOUS Red Apples POUND 69¢ Premium</p>	<p>THOMPSON Seedless Grapes POUND 89¢</p>	<p>TEXAS Rio Star Grapefruit EACH 4 \$1 FOR</p>	<p>CELLO Florida Radishes 6 OZ. PKG. 3 \$1 FOR</p>
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B&R WE RESERVE THE RIGHT TO LIMIT IN TEXAS

thriftway
THE BEST WAY TO SAVE!

AT AFFILIATED FOODS INC. MEMBER STORE

PRICES EFFECTIVE FEB. 27-MAR. 5, 1994
HEREFORD, TX
406 E. 7TH
1105 W. PARK
CLOVIS, NM
116 W. 14TH

PRICES EFFECTIVE FEB. 28-MAR. 6, 1994
FRITCH, TX
316 E. BROADWAY

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

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

