| AUSTIN（AP）－Lawmakers may |  | responsibility to pressure the |
| :---: | :---: | :---: |
| ss | 㖪 1995 regular legislativ | Legislature to fund sch |
| quities in school facilities |  |  |
| ether they want to or not | du | g bond issues |
| State District Judge F． | hearing on McCown＇s rulin | to b |
| Cown said Monday | attorncys representing poor school | He told both sides |
| nsidering moving up the dead | districts said the deadline was | er dates for him to |
| as | ineffectiv |  |
| equitable way to pay for sch | They | Those discussed during the hearing |
| facilities． | gap in facilities to widen because | were in September，October or |
| If he does，attorneys for poor |  | 兂 |
| dist | passing bond issues befor | cent study showed tremendous |
| e to meet in a special legislative | 1995 | disparities in school facilities |
| e to meet in a special legislativ | Since many school districts would | between poor and wealthy districts． |
| session this year． <br> Last month，McCown upheld | have the funding they need for facilities it would reduce pressure in | Richer districts are spending |
| xas＇latest school finance plan， |  | facilities every year than poor |
|  | equitable system，they argued． | cts，and they＇re doing it for |
| method to equitably fund the building | 俍 tolieve they（lawmaker | equal or lower tax rates，＂said lawyer |
| of school facilities and cquipment | will do anything unless there is | Al Kauffman of the Mexican |
| He gave lawmakers until Scpt．1， | monumental pressure，＂Buck Woo | American Legal Defense and |
| 5，to address the issue．If they | an attorney for poor school distric | Educational Fund． |
| d，he said he would order a halt |  | The record throughout the case |
|  |  | the |
| 1 school distric | deadline was enough of a threat． | buildings with computers and |
|  |  |  |

## NATO allies threaten Serbs


 supplies or prevent thc rotation of
besieged peackecepers in in the warom former Yugoslav republic．
What happens depends on the behavior of the Bosnian Serbs from
this moment forward，＂ Clinom naid at whe windup of a
two－day NATO summi．t He saidU S bo－macrs would pammiticipesectia in the
bassault if $i$ it orderced by the North The warning in a communique
inches NATO closer to a forceful intervention in the bo 200 y conflives sided with Britain and France in their
reluctance recluctance to open firc on the Serbs
over their stcady bombardment of

Gamez makes bid for judge

 Farmworker Division office，for the
past 16 years．
N． 1 fecl
that Working what my years or oxperinence
bi－cultural and bint bilingual，being
are bi－cultural and bil－ingual，are
qualitics that will enabale me to She came to Hereford in 1947 as
a migrant farm worker．She has been and raised nine children with her
husband，Refugio Gamcz． Ms．Gamez has served on several
boards．
Councluding he Camp Fire the South Plains Health Providers．
Shc is a present member of the
National Farm Workers Group，and the Texas Allincefert

Television station debating airing featured miniseries
＂Tales of the City＂a Public Broadcasting Service miniseries that was featured on the cover of Sunday＇s Entertainment supplement spokesman Wendell Jones said today．
According to the＂Entertainment＂story，＂Tales of the City＂was scheduled for broadcast on PBS stations nationwide Monday through
Wednesday．KACV－TV is aired on Channel 5 for Hereford Cablevision customers．
Jones said station management screened the first part of the miniseries
ast night and is debating whether or not to air the show at all，because last night and is debating whether or not to air the show at all，because
of some scenes involving drug use and concerns that those scenes might appear to endorse the use of drugs．
The series was discussed this morning，he said，but station
had made no firm decision either way as of 11 a．m．
had made no firm decision either way as of 11 a．m． Jones said if the miniseries is aired，it will be shown at 9 p．m．Thursdays
beginning Jan． 20 for six consecutive weeks，which he said was the way the show was originally conceived，rather than in three，two－hour segments．
The series is based on Armistead Maupin＇s novel＂Tales of the
City．＂It was adated for TV by Richard Kramer and stars Oscar winner Olympia Dukakis．




San Antonio father helps deliver child

## Complications often arise d

 brech deliveries，during whichbabies come out feel first instead of Mike．and Sandra Templer＇s
harowing experience began justaftec cques． m ．，when he diailed 911
 has a history of specydyd deliverecies
told him she needed tobcimmediae
 Mike called EMS A second time
atter realizing Sandacould not reach
the hospial beforc the baby＂sarival．
 of the emergency service，took
Mikc＇s call She asked him to Mike s call She asked him
＂He said，＇Oh God，Oh God，＇，and，
he sarncd to breathe a litue faster，＂ he slarted to breathe a a ietle faster，
Reichert said．． 1 said，Calm dow Rcichert said．＂I said，＂Colm dow＂
II you＇re going to help your wife， have to remain calm．
M．R．Reicher warned Templer that
his wife needed to his wire necded to avoid pushing
during contractions，but tie baby s． during contractitions，but the babys
boty emerged Paramedics antived just after she advised him not to pu

## Tax time preparations

toe liaver，assistant county librarian，straightens tax forms on a table just inside the library The library maintains numerous tax forms，including the 1040，1040A and 1040EZ forms， as well as several schedules and other documents for community convenience．Weaver said on the tabler needed by taxpayers is available at the library，either free for the takigg cautioned that library personnel are not qualified to answer any tax questions or to offer any assistance in filing the forms or filling them out．Forms also are available by calling He ws arson：

## Extension agents report to commissioners on activites




 $\begin{array}{ll}\text { program executive committec，such as method demonstration and } & \text { Don Moore of Precinct } 3 \text { as judge } \\ \text { Tommie Weemes，discussed work } \\ \text { being planned }\end{array}$ being planned．
Weemes also noted that 70 to 100 Adult leadership training will be in mectings if Judge Simons is
citizens of Deaf Smith County will a high priority of the agriculture
unailable．Formal cancellation of out－dated citizens of Deaf Smith County will a high priority of the agriculture ．－Formal cancellation of out－dated
be asked to participate in the program for the year，Newton coupons for right－of－way warrants peasked commituce＇s planning
program cortcd．A joint teadership training found by County Clerk David Ruland
session on Feb．10，at the Bull Barn．
program funded by a grant will be
recently．He reported to commission－ ＂We want the community to help conducted for Potter，Randall and ers that the warrants were never

Senator＇s lawyers，prosecutors debate when trial should begin


# Local Roundup 

City sets work session
paring are amonglopics the Hereford City Commission Scuss during a work and planning session Wednesday, HBA meeting set
eting at 7 p.m. today in in the Hereford Community Center nerrom A A new board of diriectors will be elected. The meecing Bluebonnet PTO to meet

All Phe meeting, which weeks will be presented and a presentation on gangs Cloudy, high of 50 Wednesday morning of 19 , reports KPAN. Tonight, fair with a low in the

## News Digest

## World/Nation

a triumphant spirit, but doubts linger over how far the West should MEXICOCITY - Peo㲘 Carlos Salinas de Gortari shook up his Cabinet in an effort to def fuse the
Indian uprising in southern Mexico, replacing an old politico with a humar State
hirt sleeves questioning potential jurors in a nearly empty coutrois only begins 0 tell lhe stion
Wasilingoto ight other states are the work of conservative groups using the hot-buto sue to advance their social agenda, gay rights activists say. Republican challenger. During a mecting Gov. Ann Richards and her leading Richards asked big city police chiefs to join her in Washington, where

## (12 Police Beat

Weekend Hereford Police
Deparment activity reports contain
he following arrests and inciden eports: TUESD --Criminal mischief was reported
in the 200 block of Avenue I and in
the 200 block of the 200 block of Union. block of Avenue C.
-- Criminal trespass was reported -Criminal respass was reported
in the 300 block of Avenue H .
-- Burglary of a motor vehicle was - Burglary of a motor vehicle was
reported in the 100 block of North
Texas and in the 200 block of Juniper. - Theft was reported in the
block of North 25 Mile Avenue. -T Terroristic threat was repo
in the 800 block of Blevins. - Death by natural causes
reported in the 100 block of Elm - Theft was reported in the
block of Kingwood.

- Two accidents were reported.
MONDAY MONDAY
-- A 22 -year-old male was arrested
in the 200 block of Avenue A for
Class A assault (domestic violence). - - Harassment was reported in the
300 block of North U.S. 385 and in 300 block of North U.S. 385 and
the 200 block of Vera Cruz. 300 block of North U.S. 385. - Class B theft was reported in the
1300 block of East Park Avenue 1300 block of East Park Avenue. reported in the 400 block of Jowell in the 200 ble mischief was reported in the 300 block of Avenue $F$

Officers issued 26 citations. dispatched at 6:39 p.m. Sunday to a grass fire in the 300 block of Avenue K , and at $11: 05$ p.m. Sunday to a
grass fire at Hereford Bi -Products.

$$
\begin{aligned}
& \text { SUNDAY } \\
& \text { Sear-oldmale, }
\end{aligned}
$$

## A A 39-year-old male was arrested the 300 block of North US 385 for

 in tublic intoxication.-A 19-year-old male was arrested and failure to identify to a peace
officer.
A 23 -year-old male was arrested istorderly conduct and public
intoxication.


Weekend Deaf Smin Co Sheriff's Department activity reports
contained the following arrests and
incident reports: A. A 26 -year-old female was
arrested issuance of bod check warrant.
-A 37 -year-old male was arrested on a surrender-of of surety on a theft by Veteran's Paualk, whereachild was hit in the eye with a BB.
-- Theft was rep
enters moved out, repotted, where
 chicle hit a building.

## Health groups seek tough tobacco laws

 presididn and ans seven past surreors
general joind heallh groups today in

## 



## 5

Cost to imprison vs. Cost to imprison vs.
treatment, education
and job training and job training


## Obituaries

 Rosary was recitcd Monday ing. Burial will be in Memorial Park
evening in Gililland-Watson Rose Cemetery of Dalhart, by HassMr. Warden was a native of
Middlewater and grew up at Ware. He moved to Dalhart in the 1950 sand
farmed farmed in that area from 1968 until
moving to Herford in 1975. He was
a heavy equipment operator for 15 Survivors are five sons, David
Warden of Hereford, Tim Warden of

## din

## Fie

Galan, Tina Sanchez Savila, Sylvia
Fierro, all of Hereford ;ive broie


## Hospital Notes

$\qquad$ Inf. Boy Heredia, Maria Luisa Herecia,
Cristobal Hermander, Illyrhae Inman Minnie Johnston, Dorma Kirby.
Anna

Mr. and Mrs. Jose Vielma are the
parents of a boy, Americo Vielma borm January $5,1994$. He weighed 6 pounds
$81 / 2$ ounces.
Mr. and Mrs
the parents of a boy Do Martinez are born January 6,1994 . He weighed 8
pounds, Segura Ramirez, Gregoria Roman, Inf.
Boy Vaunds, 10 ounces.
Bernadine Wite, Ithar Prebel
Valadez,
Mr. and Mrs. Jose Dorado are the NEWBORNS
Mr. and Mrs. Rodolfo Carrascoare the parents of a boy, Zachary Nicholas
Carrasco bom January 5; 194. He
weighed 6 pounds $61 / 2$ ounces.


## Government report triggered sharp drop in cigarette smoking

## By PAUL RaEBURN

$\qquad$ ago today, a modest brown paperback book released by the U.S. Public
Health Service triggered history's Health Service triggered hist
sharpest decline in smoking. sharpest decline in smoking.
Cigarete consumption in
United States abruptly dropped percent in the three months after the
Jan. 11, 1964, release of an. . 1, ,
surgeon general's seporton smoking surgeongen
and health. That book has since proven to be
a landmark in U.S. public healt it a landmark in U.S. peblic health. It
not only halted the decades-long rise not only halted the decades-long rise
in the number of American smokers, it initiated a steady decline that "II was a very dramatic and
courageous thing todo," said Joseph courageous thing to do, said Jose the top domestic policy aide to President Johnson and secretary of
health, education and welfare under health, education
President Carter.
But the report also provides a
sharp reminder of the power of the tobacco lobby, health activists said,
and its ability to block any serious and its ability to block any serious
regulation by the fedcral government. "I don't think anyonc on our 1964 surgeon general's advisory committee
would have dreamed that 30 years would have dreamed that 30 years
later we would find perhaps the most lethal and addictive products in
society still manufactured, advertised and distributed virtually without restriction, said Dr. Charles
LeMaistre, now president of the M.D.
Anderson Cancer Anderson Cancer Center in Houston.
Security was tight when the report was released. Two hundred reporters were locked in the auditorium of the
State Department for a two-hour briefing by Surgeon General Dr. Luther $L$. Terry and the panel of
experts. The report's blunt and closely
guardedconclusion: Smoking causes lung cancer in men.
Researchers had noticed an Researchers had noticed an
unexplained increase in lung cancer among Americans as long ago as
1900. Several important studies in the

## 1950s pointed the finger at cigarettes.

## TOITHAM

No tickets correctly matched all
six numbers drawn Saturday night for six numbers drawn Saturday night for
the twice-weekly Loto Texas game, the twice-weekly Lotto Texas game,
state lottery officials said. The numbers drawn Saturday from
a field of 50 were: $5,9,13,40,41$ and
44. There were 108 tickets sold with
five of the six numbers five of the six numbers, with each
ticket worth $\$ 1,530$. There were 5,838 tickets with four of six
numbers, with each winning $\$ 102$. And there were 112,621 ticketss sold
with three of six numbers, with each with three of six numbers, with each
worth an automatic $\$ 3$. Lotery officials. estimate the
jackpot for Wednesday night's game jackpot for Wednessda
will be $\$ 8$ million.
AUSTIN (AP)-ACorpus Christi
woman has claimed a share of the woman has claimed a share of the
latest Loto Texas jackpot. latest Lotto Texas jackpot.
Lottery officials said Monday that Sherron I. Gray was one of four people holding tickests that matched
the six winning numbers $-12,38,28$, 24, 42 and 4 - drawn Jan. 5 .
Ms. Gray received a check for
$\$ 509,934$, her share of the total cash value of the $\$ 2,039,000$ pot. Ms. Gray, 49, is an optician who
said she randomy selected the
numbers while "running late for work." Three remaining winners, from San Antoonio and the Houston area, are expected toclaim their prizes this
week, said lottery spokesman Keith Elkins.
ut the surgeon generars report pu ne words "cigarette" and "cancer "There' 's no doubt that the original surgeon general's report and those hat followed heightened public usage," said Thomas Lauria, a usage, said Thomas Lauria, a
spokesman for the Tobacco Institute In the three months before the eport, Americans smoked cigarettes the rate of about 1,000 per person. the three months after the report, harpest decline ever accorson, the Iichael Eriksen, director of the argeon general's Office on Smoking
and Health. Forty-two percent of Americans
moked in 1964, percent now.
When the first surgeon general's eport was relcased, Presiden We didn't want to do anything "out it," said Califano, now and Substance Abuse University. "We wanted to get chools integrated, the voters' rights ll passed, fair housing passed. And on the whole phalanx of Souther Califano tried to make up for tha S Carter's secretary of health 1978, a banner headline on the fron page of the Washington Star said "Califano Declares War on Smok"Califa
ing."
Agai
Again, however, political realities The tobacco industry went crazy," Califano said. "It ultimately costme my job. Joycelyn Elders, the current surgeon general, thinks Washingto
may finally be at a turning point. "Washington is beginning oto catch
p," she said. The key to toughe regulations, she said, is seeing reventive health effort, much as

## [2PPC3.

AUSTIN (AP) - The Lotto Texas Sick 3 winning numbers drawn
order: (four, zero, zero)
AUSTIN (AP) -The Loto Texas Pick 3 winning numbers drawn (four, five, zero)

THE HEREFORD BRAND
 $=x^{2}+2$
 $=$ 츤
=
maty

"

Skin care tips for winter trips Don't forget to keep your skin
looking and feeling its best during looking and feeling
your winter travels. Whether you're heading south to
Whe beach your skin is exposed to dramatic climate changes that leave it feeling
dry and irritated. ry and irritated.
Here are some
Here are some easy skin-saver tips:
-Lower the temperature. After a Ireezing day, a hot shower may feel
good, but it contributes to skin good, but it contributes to skin
dryness. Combined with dry, heated air, this spells dry skin disaster. Exfoliate your skin. After bathing, gently scrubskin with a mild quick exfoliation. If necessary follow up with a moisturizer all ove to prevent dry, chapped skin.
-Bring along moisture. -Bring along moisture. Don't
forget to pack a moisturizing body bar to keep skin feeling soft and smooth in any climate. -Moisturize the air. Help your skin
retain moisture when you return from your tropical trip or ski holiday by using a humidifier or placing a basin of water near your radiator to add moisture to the air.
It's the law! Though the law says you are not
liable for more than $\$ 50$ of unauthorized charges on any credit card you report lost or stolen, it still can cost you money.
That 's because there's always the
chance that you notified three of the four companies who issued your cards, but forgot to notify the fourth. And the fourth card was actually a
cash machine card. For those, the cash machine card. For those, the
maximum liability according to law is significantly higher and under certain circumstances, could be the
entire amount in your checking account.
Fortunately, there are ways you can protect yourself as well as get
some peace of mind. There are credit some peace of mind. There are credi
card protection services that allow you to register all your credit and debit cards, even your cash-machine cards, so that if any ar lost, all you
have to do is call a single, toll-free " 800 " number.
Calling this one number promptly
notifies all the companies who issued notifies all the companies who issued for prompt replacement of all reported lost/stolen cards.
One of the leading companies that does this is SafeCard Services Inc.,
1-800-HOT-LINE. Thiscompany ha been in business since 1969 and now provides this type of security to about 13 million consumers. The consumers are offered these services through
more than 100 credit card issuing more than
companies.
That seems to be something that's good to know in case any of your cards ever become one of the 20,000
credit cards that are lost or tolen each day in the United States.

The Swiss watch industry says i the world's watch sales in terms of retail dollars.

According to a University of
Michigan study, about 6 percent of Ider U.S. workers receive early etirement "window" offers, but about 60 percent reject the chance
retire early.


Library displayer of the month
As the National Football League continues playoffs, Seth Pietsek, 12, displays paraphernalia of his favorite team, the Dallas Cowboys. The public is invited to view the special exhibit
throughout this month at Deaf Smith County Library throughout this month at Deaf Smith County Library.

## Ann Landers

DEAR READERS: I came across
an article in the November Mas an article in the November Mayo helpful. Since I receive many letters cscribing the agony of families ectroyed by compulsive gamblers, decided to share the article with you
Signs of Uncontrollab
Urge to Gamble Urge to Gamble
You may have a gambling addictio
You take time from work and amily life to gamble.,
You gamble in secret.
You feel remorse after gambling even quit for a while and then start Yagain. cnd up" gambling. And you gamble

## Hints

 from HeloiseDear Heloise: I go to the super-
narket carrying my coupons in th put box which my checks came in put my checkbook, I.D. card and senior discount card on the bottom
and place the coupons on top. I know the location of the products
so well that I have the needed coupons arranged in order before I go to he store. I use the lid to place the product. Sometimes I take new-product coupons and locate them for another shopping day. I have a coupon ar-
ranger at home so I only take the coupons which I use. I save from $\$ 50$ to $\$ 75$ a month for the ty
C. King, Kenosha, Wis.
What a couponer you are! I hope yourletter shows others how a little effort using coupons can really save
you a lot of money. - Heloise ou a lot of money. - Heloise
SEND A GREAT HINT TO: Heloise
PO Box
795000
San Antonio TX 78279-5000 (Reprinted from the November P.O.
1993 Mayo Clinic Health Letter with 1993 Mayo Clinic Health Letuer with
permission of Mayo Foundation for ${ }^{\text {permiscion }}$ Education and Research, Rochester, Minn. 55905.$)$
DEAR ANN LANDERS: You DEAR ANN LANDERS: You
asked your readers to let you know
how your advice turned out, so I will how your advice turned out, so I will
tell you.
My wife was My wife was 300 pounds over-
weight when I wrote to you several years ago to ask for help. You advised
me to hide all the pots and pans, blow up the stove and refrigerator, chain her to the bed and put her on a water diet. For seven months, , had to use a
row boat to get to the bedroom, but your advice was terrific. It really workd. Today, my wifc weighs 85 model in New , signed a contract to model in New York for $\$ 5,000$ an hour
and is running for president of the and is running for president of the Nice going, Annie. Keep shoveling out that great advice.--Jack in Litlle Rock
DEAR JACK: Well, well. You

## BREAKFAST

 with The MAYOR
## Dutch Treat Thursday, January 13th 7:00 A.M.

 Panchita's Restaurant Converse with the Mayor, be it concerns, problems, questions or appreciations.EVERYONE WELCOME

## Pointers for parents

Children are getuing a healthy dose of a classic, then read the book and school day-and many educat the compare the two media. Use school day-and many education $\begin{aligned} & \text { television as a catalyst to read } \\ & \text { experts say that's good. }\end{aligned}$
newspaper or magazine articles about These young people are watching stories of interest. educational programs without 3. Select programs that teach. commercials and designed to support Parents can be assured that all cable heir core curricula. The quality in the classroom programs are
programs are produced by America's educational, non-commercial, nonprograms are produced by America s educational, non-commercial, non-
leading cable networks and are violent and without product endorseprovided free to schools by their local cable companies. These same
programs are available in homes with programs are available in homes with
cable.
Here are some TV literacy tips for
parents: Get involved. Help your

1. Get involved. Help your
children choose programs that children choose programs that
stimulate their imaginations. When shere's time, watch TV together and discuss the programs may carry millions of megawatts of 2. Read more about it. Capture plectricity the U.S. would ever need their interest with the video version if the energy could be harnessed.


Monday - Friday
8:30 am - 9:30 am Hereford YMCA Designed for ALL ages. Work at your own speed For more information call: Jeri Bezner - 276-5656
Keith Ann Gearn -364-5655


## Spotlighting Excellence.

An evening of magnificent classics, presented by The Amarillo Symphony Orchestra Robert Schumann: Manfred Overture Samuel Barber: Canzonetta Franz Joseph Haydn: Oboe Concerto Maurice Ravel: Bolero Wayne Rapier, oboe
saturday, January 15, 8 p.m. Sarurday, Jo

Concert Sponsor: Boatman's First National Bank \& The Barrick Foundation

## For tickets, call the Amarillo Symphony, 376-8782.

## EASY access to FAST cash!!

At our drive-up ATM located in the south lane of our drive-in facility.


## Sports



## No easy layups

Todd Dudley of the Hereford junior varsity basketball team contests a layup attempt by a Randall player in the third-place game of the Hereford JV Tournament Saturday. Hereford lost the game, 49-44

## JV hurt by clutch free throw shooting

The Hereford boys' junior varsity team lost to setle for fourth place in
and had the Hereford JV Tournament. Hereford lost $64-60$ to Frenship in
a semifinal matchup, then lost $49-44$ a semifinal matchup, then lost 49-44
to Randall in the third-place game. In to Randail in the uird-place game. In
both games, Hereford was playing
catch-up down the catch-up down the stretch. In both,
Hereford trailed by three point in the Hereford trailed by three points in the
final seconds when the opponent hit a free throw to seal the win. In the sophomore bracket of the
toumament, Hereform tournament, Hereford's sophomore
team also went down to team also went down to the wire
Saturday but lost $48-46$ to Caprock

Hereford won only one of six
basketball games played Monday in basketball games played Monday in
Hereford, as the junior high girls hosted Valleyview and the freshman
girls hosted Amarillo High girls hosted Amarillo High.
Hereford's one measure Hereford's one measure of
satisfaction was provided by the satisfaction was provided by the
seventh grade White team's $26-11$

## Kerrigan

 will skate again soonBOSTON (AP) - Figure skater Nancy Kerrigan returned home and
got a boost from doctors: A magnetic gota
resonance imaging test of her right knee showed no damage to the
kneecap and no injury to kneecap and no injury to the
ligaments. ligaments.
Kerrigan, who was attacked Thursday at the U.S. Figure Skating Championships in Detroit, limped
slightly as she descended stairs slighty as she descended stairs
Monday at Logan International Airport, her mother supporting her right elbow
Later,
Later, the Stoneham native Dr. Mahlon Bradley, a physician who works with the U.S. Figure Skating Association, said he was
encouraged. encouraged.
in the knee has stabilized and there is an improved range of motion, ough the quadricep muscle is still (See SKATER, Page 5)

## All-American has Hereford connection

Spicer Sigman of Pilot Point, son
of former Hereford residents Stan and
Gerry Sigman, has been named of former Hereford residcnts Stan and
Aerry Sigman, has been named to the Spicer was scecrooited all star several Texas 1965 and he is the son of Margaret academic all-conference and earned
Sigman of Lubbock, and the late a
a 3.7 GPA his final season. He plans Sigman of Lubbock, and the late a 3.7 GPA his final season. He plans
Stanley Sigman. Spicer's namesake
to enter medical school.

## YOUR CREDIT WILL BE APPROVED:

If you have a job, a valid driver's license, and can make a down payment your credit will be approved. t's that simple
 Over 150 pre-owned cars and frucks to choose from area locations. These are Hereford examples


## HJH, 9th grade girls have rough night

victory over a previously unbeaten
Valleyview team. Makesha Rives led Hereford with 11 points.
Hater Hereford's seventh Maroon fell 34-16, but Misty Tice scored six poins. The eighth A team lost 42 -33
despite Misti Davis' 14 points. The despite Mistean lost $40-18$, though Sarah Ramey had six points. Across the hall in Whiteface Gym,
the ninth grade A team bowed 43-24.
to Amarillo High. Cassie Aney and the ninth grade A team bowed 43-24
to Amarillo High. Cassie Abney and Kori Fowler scored six each. Hereford's B team, playing only its
third game of the season, lost $36-6$ third game of the season, lost 36-6. Scoring against the more experienced
Sandies were Marissa Tarr, Christy Sandies were Marissa Tarr, Ch
Haney and Jamie Harrison.

The ninth grade A girls played a
ame at Dumas Saturday and lost 38 . 36. Christina Kuper and J.J. Hill scored nine each for Hereford. The HJH boys played at
Valleyview Monday, and the seventh grade boys split. Hereford's Maroon team won $36-31$, getting 13 points
from from Chris Torres, but the White lost 32-28. Chris Cory led the White with
seven points. seven points.
Scores for games were not reportcd.
Hereford's ninth grade boys' Thursday. Eric Ambold Randall on Thursday. Eric Ambold scored 14 and
Trip Robison had 9 for Hereford.
throughout the third quarter, and it
ended with Randall holding a $34-32$
in a consolation semifinal game. Only battle in the first half, but Frenship thr
seven teams were in the sophomore took the lead for good with a 8-Orun en en
tourney, so Hereford didn't get to tart the second half. Hereford had leat another game. a 6-0 run very late in the fourth Nickolas Tarr led the Hereford quarter to pull within $59-58$, but sophomores with 12 points. Josh Frenship hit three free throws in the Bulard had 10, David Sims had 9 and final eight seconds.
$\qquad$ The Estacado JV won the JV points. He was helped by Gregg tournament, beating Frenship $68-61$. Kalks with 11, Ronald Torres with 10
The Dalhar JV, the only JV team in and Wade Backus with eight The Dalhart JV, the only JV team in and Wade Backus with eight. In the third-place game, Hereford
the sophomore bracket, beat Borger's
sophomores $54-43$ in the other trailed 12-4 after one quarter; but a hampionship ine other The Hereford JV's 14-6 run tied it up just before time, before Randall added four The teams continued trading askets to start the fourth. Two free throws and a field goal by Dudley
tied it at $40-40$, but Randall immediately answered with a three-pointer Randall hit its free throws in the final minute to pull out the win. oints, and Dudley added eight.
Tascosa took third place in the
ophomore bracket by beating Amarillo High $62-36$. Palo burotin consolation by beating Caprock 53 7. On the JV side, Pampa wo

Herd to host Petersburg
Petersburg comes to Hereford
today for a girls/boys basketball doubleheader--girls at 6 p.m. boys at 7:30-
Gym. Hereforl's boys a
the girls are $7-12$. the girls are 7-12. The girls resume District 1-4A play and the boys start district
play Friday, when Borger visits Whiteface Gym. Hereford's girls are 1-1 in district play.

## Thank You

On behalf of the Whiteface Kiwanis Club I would like to thank the following businesses and groups for their assistance in our Christmas Basket Project; with money raised throughout the year from members and guests contributions and the generous donations, time and or services rendered by those listed below, we were able once more to provide food baskets for 50 needy families in the Hereford area this Christmas season.
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I think it is one of the strengths of this area that people have the ability and are willing to lend a hand making Hereford a great place to call home.

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medium? medium?

## Emmitt named NFL MVP

By DENNE H. FREEMAN AP Sports Writer
IRVING, Texas (AP). Emm Smith keeps conquering new "ronters. Tony Dorsett and Bob Lilly neve acomplished with the Dallas owboys. fanchise history to win the MVP award.
Cams in the 1990 NFL by 16 other inning The Associated Press awar sweet, about as sweet as it gets." ho have are so many great players nd there are so mor the Cowboys, tho are in the league this years," mith said. "That's why this award Staubach won the NFC MVP ward but never earned it for th
"It's all a little overwhelming,"
aid Smith, who recently won his said Smith, who recenily won his
third-consecutive NFL rushing title hird-consecutive NFL rushing titl although he missed the first two
games of the season. "I guess God had a plan when he had Emmitt Smith in mind. I'm glad to be a part of that plan. ${ }^{\text {.L }}$ Look at the things that hav usphing title after spotting the fiel wo games, and I've got a chance for nother Super Bowl ring," he said. Smiuh said it still burned him that
but the Cowboys.
"I thought Tampa Bay might want me," Smith said. "I was just an wour of second thoughts about coming ou as a junior on that draft day. I kep slipping and slipping. Then Dalla oget me."
In his young career, Smith is
In
get rapidly running out of goals to shoo t. He still has a few.
oing," Smith said. "I want to take
a good shot at Walter Payton's rushing record and that will take
in the Professional Football Hall of touchdowns. He also has caught 189
Fame some day." Fame some day." Earl Campbell, Jim Brown and
Steve van Buren Steve van Buren are the only three
runners to win three consecutive NFL rushing titles. All three are enshrined
at Canton, Ohi at Canton, Ohio.
Dallas quarterback Troy Aikman said, "Emmitt earned it that's for "Emmitt played hurt and he played great. It's a tremendous
accomplishment for someone who missed the first two someone whe of the
season. season. He had a great regular season," Offensive lineman Erik
Williams said. Smith, selected Monday as MVP
voting by 81 national media in voung by 81 national media winner, Steve Young of the San leading rusher for the third straight
leat season, received 26 votes, while Young, the top passer in the NFL, had
21 . "It's a great honor because it supposed to do and done what you're well as
nyone," said Smith, who tor anyone," said Smith, who has won hree consecutive rushing titles. He
ran for 1,486 yards this season, with ran for 1,486 yards this season, with
nine touchdowns, and caught 57 passes, with one TD.
Only the third running back since
980 to be named MVP, Smith held ut through training camp and the irst two games of the season, which Dallas lost 10 Washington and
Buffalo. The Cowboys (12-4) also ell at Atlanta when Smith bruised uadricep in his right leg.
"We're a different "We're a different team with Emmitt, that's obvious," guard Nate
Newton said. "He's our big-play guy, the one we rely on." After Dallas' first two defeats,
Cowboys owner Jerry Jones couldn't owboys owner Jerry Jones couldn put together a S 13.6 million contract
fast enough. The players were mad at Jones, coach Jimmy Johnson was angry and the fans were incensed. With Smith availabie for an entire came, the Cowboys were 12-1 this In his four NFL seasons, Smith has
rushed for 5,699 yards and 50


## Shaq, Magic dump Rockets

ORLANDO, Fla. (AP) - It was a Sweet victory, one Orlando's Scot tive if the Magic is going to keep progressing toward a goal of making playorfs
over the Houston Rockets should be savored, he said, then forgotten. won, but I don't think we should make more of it than that," the seven- year pro said. "It was one o that's all it really was."
Some of Skiles' ceammate
however, felt it was a breakthroug for the young franchise that's trying o make the playoffs for the first time. everybody we can play with the big , cams," rookie Anfernee Hardaway hese kinds of games to thinning
respect."
Hardaway had 28 points and six personal matchup against Hakeem Olajuwon with 28 points and seven trounghts game while ending Houston' our-game winning streak.

Third-ranked Kansas has put logeth Third-ranked Kansas has put togethe to a 12 -game winning streak. The Jayhawks' defense force ceams to shoot poorly and then they Add 26 points from. Add 26 points from Steve
Woodberry and a grity performance from Patrick Richey and Kansas had enough for a $94-84$ victory over klahoma in a very physical game

No. 2 Duke 89, Brown 71
Cherokee Parks scored 25 points and Duke waited until the final seven Brown before breaking away from

No. 14 Connecticut 75,
o. 16 Syracuse 67
art in the Big Eoff to its firss 4-0
SKATER

 had Sunday
Bradiey said the skater could recurn to the ice within a week. She to strengthen the knee and inprov he strengthen the knee and improve will have to work on a stationary "Iam


## Jayhawks beat up Sooners <br> \section*{Boston, 97}

Donyell Marshall's 20 points, 11
rebounds and five boocked shots. The Huskies (13-1) won in
Hartford despite shooting Hartford despite shooting ${ }^{2}$
season-low 39 percent. Syracuse $9-2$ $2-2$ ) lost in its first road game of the season.
Oklahoma State 103 Although Oklahoma State was on its way to a lopsided 103-45 victory over West Texas A\&M, coach Eddie
Sution had another reason for benching his starters early on. "I didn't think the starters were ready to play, that's why I pulled
them out at the start of the Sutton said after Monday's night victory, "I think it showed that they weren ' Iready, and that is very natural after the type of win we got Saturday",
The Cowboys (11-4), coming off my rehabilitation and my training so
I can get back on the ice as soon as possible," said the Stoneham native.
"I can't let this stop me from living." The injury forced her to withdraw from the championships, where the Lop two finishers normally represent
the United States at the Olymics. the United States at the Olympics.
Tonya Harding won the title and Kerrigan was given a waiver for the
other berth.
Kerrigan was
other berth.
a weekend 20-point victory over
Oklahoma, literally "ran" over
outmanned West Texas A\&M, even with its missed shots and turnovers. "I thought we played 30 minutes in the game," "Sutton said. "The first five minutes and the last five weren't very good."
Bryant Thompson were in the midst of the Cowboys' series of runs after West Texas took an 8-5 lead with 13:22 remaining in the first half.
The Pokes went on a 4 that lasted up until halftime horn, hituing $25-0$.
The Buffaloes' Roy O'Neale jumper with $15: 55$ left tin the game to jumper with 1 scoreless stretch for the visitors during the 25 -point Oklahoma State blitz,
It left the Cow
eand timewboys with a 66-21

In Detroit, invesugators awaited hancement of a videotape they said showed the assailant waiting for attack.
"I wouldn't want to see this
happen to anyone again. I would happen to anyone again. I would
definitely like to see him caught" definitely like to see him caught,
said Kerrigan. She said it may have been a random attack that wouldn't be repeated by the same person.


#### Abstract

a hot team," said 13 -of-19 shots. 13 -of-19 shots. "We shot 51 percent from the floor against the No. 1 frield-goal percentage team in the NBA, so obviously we had some things going obviously we had some things going for us," said Orlando coach Brian The Magic, which led $86-82$ entering the fourth quarter, also go a lift from assistant coach Tree Rollins, who agreed Monday tocome out of retirement as a temporary backup for O'Neal. Roilins, filling in for the injured Greg Kite, played eight minutes and Gad two points, two rebounds, one steal, one assist and one blocked shot 3 impressive numbers for a 38 -year-old who hadn't played since ending a 16 -year carecr last spring. With Vernon Maxwell sidelined for the second straight game because of an irregular hearibcat, the Rockets lacked the spark to come back in the 15 points for Houston, while Sam 15 points for Hou. Cassell added 14 . In the only other NBA game played Monday night, Jeff Hornacek scored 31 points to lead Philadelphia scored 31 points to lead Philadelphia over Boston, $99-94$.






Bobbitt testifies as unique trial opens in circuslike atmosphere
MANASSAS, Va. (AP) - John second time, only now as wittess gave out Slice soda and wieners to the
Bobbitt squirmed on the witness instead of defendant, Bobbitt told a Bobbitt squirmed on the witness instead of defendant, Bobbitt told a crowd. kitchen knife. Telling his story in court for the

by JOHN SHARP TEXASCOMPTROLLER OF PUBLICACCOUNTS

## Grocery store

 coupons A lot of peoplit collect couponsto redeem when they make $p$ pur Loreceem when they make p
chases a the grocery store. The coupons can save you money and, in some cases, lower the emount of sales tax you pay on your purchases. depends on the items you purchase. Food items are not subject to sales tax, whecher you pay the full price for them or use a coupon to lower the price. The real savings comes when
you purchase otherwise taxable items with a couporw. Suppose you purchase a packageg of party napkins that are priced a $\$ 1.50$. Without a coupon you'll pay sales tax A coupon for the napkins valued at 50 cents lowers the price of the
item to SI . Now you item to 51 . Now, you'll only pay
sales axa on SL.
For more information on sales
taxes, write to the Comptrale taxes, write to the Comptroller
of Public Accounts, Ausin, Texas 78774 . Or call us
toll-free at $1 / 800-252-5555$.
stand, barely an arm s length from the jury of seven men and five women In her opening statement defense In her opening statement, defense
Monday heven men and five women wise, Lorena, lawyer Lisa Kemler described the attacked him.
He gave virtually the same Bobbitts' relationship as a "reign of He gave virtually the same terror" and told the jury that sexual,
testimony in November, when he was testimony in November, when he was physical and verbal abuse began in
tried and acquitted in the same tried and acquitted in the same the first month of their four-year
courthouse for marital sexual assault. "I felt a couple of jerks. After that $\begin{gathered}\text { Kemler said it was more than Mrs, } \\ \text { Bobbitt could endure when her }\end{gathered}$ "I felta a couple of jerks. After that $\begin{aligned} & \text { Kemier said it was more than Mrs, } \\ & \text { she just cut it off," said Bobbitt, } \\ & \text { subband could endure when her } \\ & \text { shifting in thed }\end{aligned}$
his her. shitting in his chair as the first " "t was his penis from which she
witness at Mrs. Bobbitt's trial in a could not courtroom so small that the stand is
just a few feet not escape," Kemler said. "It
had caused her the most pain and the just a few feet from the defense table. had caused her the most pain and the
Bobbitt, 26, often asked to have most fear. You will come to one Bobbit, 26, often asked to have conclusion: A life is more valuable
questions repeated, hesitated,
stammered and mumbled his way questions repeated, hesitated,
stammered and mumbled his way through the answers, and pleaded a
faulty memory. faulty memory.
He said he leapt from his bed when he realized his penis had been cutoff.
His hands pressed against his His hands pressed against his
bleeding crotch, he woke up a house guest for help.
"I didn't know how to explain it
to him. I was kind of embarrassed", to him. I was kind of embarrassed,"
Bobbitt said, looking down "I knew I had to get some help."
Mrs. Bobbitt, 24 , was expected to take the stand today: She is charged with malicious
wounding for cutting off Bobbitt's penis after he came home from a
night of drinking
night of drinking June 23. If
convicted, the Ecuadoran-born
manicurist convicted, the Ecuadoran-born
manicurist could get up to 20 years
in prison in prison and be deported. Mrs. Bobbitt's trial opened in a
circuslike atmosphere. The case .
which has been cast by many as a which has been cast by many as a
battle of the sexes - drew several baundred reporters and technicians Vendors hawked T-shirts saying "Revenge - How Sweet It Is" and
 Paul E. Ebert said Mrs. Bobbitt had
approached her husband "in an amorous way" that night. "You folks will have to judge ... as to whether or
not what this woman did to her husband is justified or excusable," Ebert said.
Bobbitt contends his wife attacked him because she was angry overk his
plan to leave her. He denied ever forcing her to have sex.
Bobbiut's penis was reattached
fter the attack, butdoctors say itmat after the attack, but doctors say it may
be two years before they know if full be two years before they kno
sexual function will return.

## Dr. Milton

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## Anti-gay measures start in Texas, 8 other states

WASHINGTON (AP).Anti-gay Lesbian-Gay RightsLoobby of Texas, which took effect Jan. 1 , will cos
allot measures underway in Texas sid of the ballot initiatives. vallot measures underway in Texas said of the ballo initiatives.
and eighto other states are the work of
The anti-gay conservative groups using the hot-button issue to advance their
social agenda, zay rights activiss say social agenda, gay ights activists say. Using g the gay and lesbian issue as a
wedge ... to agitate communities. raise money and advance the broader agenda of social repression,"
National Gay and Lesbbian Task Force official Robert Bray said Monday. At a ational Press Club news of many gays sand lestians or many gays and lesbians 10 go
public wihh heir sexual orientation makes it easier for conservatives to
definin the hemosexual define the homosexual community.
"The far right vilifies The far right vilifies and
demonize gay people, he said.
"We are described as child-. ing, sexually predatory, AlDs spreading perverts who want special
rights.
The The charge is rejected by Rev. working to repeal a new policy granting spousal benefits to the domestic parners of Austin's sgay and
unmarriced heterosexual city
 lam for standing for what's right,
Bullock said lo be a protected status." Bray and other gay rights activist contend they aren' scecking special status. . merely the same legal
protection

## "This is really persecution of

 lesbians and gays," Dianne Hardy
## avas. The contenders for hottest female star are Jensen Buchanan of "Another <br> $=$

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amendment adopted by Colorado core expected to to register for the
 initiatives in Arizona, Florida, Idsto, As of Monday, 189 couples had
Maine. Mich igna, Missouri, Oregon Maine. Michigan, Missouri, Oregon As signod Monday, 189 couples had
and Washington. The Colorado measure was struck. The down lastorant month at the Travis County clerk's office.
Concerned Texans is inhting
 ruling isn' binding on other states. poricy on erounds that in's fiscally
In addition to tracking the inesponsiblec condones illegal and In addition to tracking the immorasible: condones inesal and
statewwide anti-gay initiatives, the National Gay and Lesbian Task Force is keeping an eye on Austin.
Bullock organized Coner Bullock organized Concerned signatures necessary to place an Texans Inc. after the Austin City May that wouldment on the ballot in Council voted last September to May that would repeal the policy. We are concerned about the
revise its leave and medical revise its leave and medical benefits in-your-face aantitude that the gay
plan to include the partners of
unmarried heterosexual and gay city
community has." Bullock said.
"They don't want tolerance; they employees. "They have the same rights -just not the right to violate the law," Bullock said,
City official just not the right to violate the law," "All we're trying to get is insurance
We don't get the tax benefits of
City officials estimate the policy, marriage and all those other things."
Soap operas nominated for awards
LOS ANGELES (AP) - Drake World," Melina Kanakaredes o
Hogestyn plays a hunk who lost his "GuidingLigh" and Melisesa memory and his wife. Is he the father "Guiding Light" and Melissa Reeve Mariena's baby? Hogestyn, the paternity mystery "Days of Our Lives" competes Hogestyn, the paternity mystery against "Guiding Light" and "The
nd the show he ison, "Days of Our Young and The Restess" for favorite
ives," were among the nominees show. Tuesday for among the nominees Awards. Hogestyn, Frank Dicopoulos of Hogestyn, Frank Dicopoulos of
Guiding Light" and Antonio Sabato r. of "General Hospital" are candidates for hottest male star.
The contenders for hotester

For Insurance call Jerry Shipmian, CLU
S01 N. Man 0 (008)3se "They don't want tolerance; the) want total acceptance.". But countered Ms. Hardy-Garcia: nemsumantumenamamax of "Days of Our Lives." "Days of Our Lives" compete gainst "Guiding Light" and "The Young and The Restess" for favorite show. 5

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Will include ticket dismissal and insurance discount. For
information, call $364-6578$.
700

## Schlabs serving Hysinger $\quad \square \begin{aligned} & \text { HEREFORD } \\ & \text { SINCE } 1979\end{aligned}$

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

Phone 364-1286 Each Trading Day After 5:30 P.M Prices effective

will pick up junk cars free. We buy
scraton and meala, aluminum cans
$364-3350$. Cange \& O eners Repaired C


## home maintenance

 Repairs, Carpentry, paintung,ceramic tile, cabinet tops, attic
 rencing. For free estimates call
TIM RILEY-364-6761

## VACUUM WORLD  experience. <br> Bob Bididuel <br> 609 E. Park Ave Sulie D.3649411 <br> 

 fermale Dalmaion, 9 montrs old weaing
red collaran red collar, answers to name of Frockles
Reward offered Call 13642976 and kean message.

Lost female Boxer pup in vicinity
414 Long. $364-0747$
Reward.

Found: Female Geman Stepherd Chim in 3 denale German Shephert Camin
in will give away . Cal

Found: Australian Shepherd Catue

Found: Black and brown old wearing a narpow brown collanco

## LEGAL NOTICES

NOTICE TO CONTRACTORS highway maintenance Sealed proposals for: MOWING on various roadways in the on various roadways in the
upperm ost 17 counties of the
Texas Texas Panhandle
Will be received
b Will be received by the Texas
Department of Transportation located at: 5715 Canyon Drive, Amarillo, Texas Beginning at 10:00 AM on January 20 and
 each day Then publicly opened
and read.
All prospective bidders are All prospective bidders are
encouraged ot attend the Pre
Bidders' Conference which will
 be held at the Texas Department
of Transportation's District
 Amarillo, Texas Time \& Date 10:00 A.M. i WEDNESDAY; JANUARY 12, 1994
Bidding proposals, plans and
specifications will be availableat the Engineer's office at: 5715 Canyon Drive, Amarill, Texas,
Telephone ( 806 ,
356-3283 Uelephone (806)
Usual rights reserved.

Hereford supermarkets and grocery storee
 procrces at


ATTORNEY FOR Donald LESTATE Davis

Names in the News

## LONDON (AP) - Frankly, my dear, Britons playing both roles, Dalton Mamakos said Friday

 oot doing a remake." the upcoming 540 million $\mathbf{O}^{\circ}$ minisareries Scarlet,", which picks up where the Wind "left off.
Starring "Gone With the Starring opposite Timohy Dallon's
Rhet Butler, Whalley- Kilmer said she's not bering asked to copy Vivien
Leigh "who is, incidentally, one of my idols." a former James Bond, said
Dalton, he was "quite used to comparisons
in my life." And shrugging off skepticism about ADVERTISEMENT FOR BIDS
Notice is hereby Notice is hereby gilen anat ine
Hereford S.D.D. will be aceepting seafect dids. until January 2i,
1994,
Bids 1994. Bids will be opened at 3:00
P. 3 .in the Centrali idministraPM., in the Centrala aminisiaa
tion offece located at 136 Avenue F, Hereford, Texas, for the
following Colowing:
Ryobi Press-Model 2800
Rnterited Integrated water sssitem-maxi-
mum sheet site $11 \times 17$ mum sheet sizz $11 \times 17$ Serial 142324
Specifications
Specirications and information
may be obtained by may be obtained by contacting.
Willime spies, Graphic Aris
Instry.te Instructor, atat 200 Avenue $\mathbf{F}, 363$.
7629. The Dlstrict reserves the 7629. The District reserves the
right to reject any and all bids.

## Notice is hal notice

 Notice is hereby given that theZoning Commission of the Clity of Hereford will convene at the
City Hall at $7: 30$ P.M. on the 35 . day of January, 1994, to consider the rezoning of the following
property.
 Lot 4, Hough's Subdivision, in
Block 33 vvants Addition to the
Town of Town of Hereford, Dear Smith County, Texas.
 Fe rezoned rom
Farcilial Retrail to Distri" Com- Commercial Retail District. Those
interested in the above request
are are invited to attend the meetin
on the Recommendation of the Zoning
Comer Commission on the above
described property will then be considece propery the City Conmis-
sion at their next regular meeting son the teir next reguuar meetitis
at $7: 30$ P.M. All City Board City Secretary Al CCity Board meetings are
availabte
of doill persons regardlew of disability. If you require City Hasistance, please contact
Hereford, 224
$\mathrm{N}$. Lee Street, 24 meeting.

joked, "It's better than having any Mamakos said Friday, "He is currenly recuperating aa
damned Yankees playing the parts." his home in Universal City where hi Based on the Alexandra Ripley best personal physician, describes his
seller, "Scarlett" began a 22 -week condition as sood,' yet guarded," shoot Sunday in 53 locations around Mamakos said good,' yet guarded," England, Ireland, and the United States. The supporing cast includes Stephen The role of New York police L.
Collins, inheriting Leslie Howard's Theo Kojak earned an Emmy for role as Ashley Wilkes; Julie Harris, Savalas $\begin{array}{ll}\text { Jean Smart, and Ann-Margret. } & \begin{array}{ll}\text { as a series on CBS }\end{array} \text { rom } 1973 \text { to } 1978 \\ \text { and }\end{array}$ UNIVERSAL CITY, Calif. (AP) revived in TV movies from 1989 Telly Savalas, best known as the revived in TV movis. 1990 on ABC-TV.
hardboiled, lollipop-sucking detective
$\qquad$
in "Kojak," is recuperating at home Savales has aloo arper after treatment for prostate cancer, a of films, including "The Birdman of spokesman said.
Savalas, 69 , was discharged last Alcarraz," "The Man From the Diner's Savalas, 69, was discharged last Club," "The Gratest Story Ever
week from Huntington Memorial Told," "The Dirty Dozen," "Kelly's week from Huntington Memorial Told," "The Dirty Dozen," "Kelly's
Hospital in Pasadena, spokesman Mike Heroes" and "Beau Geste."
A X Y D L B A A X R R

is LON G F L L O W

## Life <br> MayBegin AtForty, But Disease CanBegin AtFour. <br>  8.000 children lasting 15 years suggests that its especially prudent to encourage kids in prue right eating habits. A dit low in saturated fats and iow in saturated acts and cholesterol can actuall lower a major risk factor for heart disease in children. your local American Heart Association. YourLife Is In Your Hands. <br> American Hear Association WESHOULDAI TGHIEN OURBEITS.

It's a fast-paced, fast-track, fast-lane kind of world out there. Which is
why everyone should buckle their safety belts and buckle them firmly jecause you never know when you might need a little extra security. YOUCOIDIFMTAMT FOMADUNE NUEIEVURSKIVBII

Page 10-The Hereford Brand Tuesday, Jangary 11, 1994

## Newer treatment helps manage,

 prevent bouts of depression "blues."
For most of us, these feclings are an episode of depression will For most of us, these feelings are
temporary and we return to our usual selves in a few days. However, one
in five Americans at some time in his in five Americans at some time in his
or her life will experience feelings of sadness and emptiness that are so overwhelming, they choke off the
ability to participate in life. When ability to participate in life. When
these feelings last for two weeks or these teelings last for two weeks or
more, the person may be suffering from depression. If not properly diagnosed and treated by a doctor depression can
or even years.
or even years.
Depression is caused, in part, by
a chemical imbalance in the brain, much in the way other diseases such
as diabctes and as diabe chemical imbalances. Personal problems such as loss of a loved one or financial difficulties also may trigger the onset of a depressive
episode or make a current episode

Most people with depression experience their first episode in their late teens or early 20 s , and it is not
unusual for an affected person to experience several episodes during a lifectime. According to results from the National Institute of Mental
Health (NIMH) Collaborative
years, emphasizing the need for long. lerm treatment. Morcover, near. he NIMH study had one or mo. "Like diabetes or hypertension, depression is considered a chronic
illness. Furthermore, depression iliness. Furhermore, depression lerm treatment," says Dr. James Department of Psychiatry at the Baylor College of Medicine.
The NIMH Collaborative Study also found the average length of an untrcated depressive episode to be
weeks. However, effective treatments for depression ar available and as many as 80 percent of patien
recover if treated appropriately. A newer class of antidepressants called
selective serotonin reuptake inhibitors (SSRIs) appear to be as effective a associated with fewer side effects
commonly observed with the older commonly observed with the older drugs such as weight gain, dry mouth
and blurred vision. The most common side effect associated with Thembers of the SSRI class is nause
The
SSRI--Paxil--became
vailable by prescription in February
993. Clinical trials in a broad range ofdepressed patiantst, including those who were moderately to severely depressed and those whose depres-
sion was accompanied by symprom sion was accompanied by symptom
of anxiety, showed Paxil to be an effective treatment.
Paxil also was shown to be
effective in preventing relapse of effective in preventing relapse of depression in patients who were
reated for up to one year. Furthermore, the safety of the drug did noi appear to differ during short-versus
long-term freatment. long-term treatment.
Dr. Claghorn advises that, "if you think you or somebody you know may be suffering from depression, it is important to seck treatment beccaus
depression does not quickly go away depression does not quickly go awa According Antidepressant the Dr. Claghorn the symptoms of an acute episode of depression; however, "therapy may need to be maintained for a longer period of time because of the recurrent nature of the condition
This method of teatment is similar This method of treatment is similar
to the management of other chronic illnesses such as diabetes or hypertension. Furthermore, once a patient begins to feel better, he or she should not stop taking the medication
without consulting their doctor."

## Ask Dr. Lamb



New Year's resolutions topic of Wyche program
"Yes, You Can" was the program .The hostess read a poem entitled
presented by Argen Draper for -n presented by Argen Draper for "A Neighbor." Roll call was
members of the Wyche Family and answered by "a resolution I kept in Community Education Club when
they met Jan. 6 in the home of Mary they met Jan.
Subblefield.
During her program concerning discussed. Also, Vada Batterman was New Year's sesolutions, Mrs. Draper emphasized hat resolutions are easier
to kep if broken into shor-term goals or into smaller parts. Giviving an
example, she said, "If you want to example, she said, "If you want to
lose weight, lose one pound a week Also, of 30 or so peand they attainable or 100 costly or something you really desire to do?" with "12 Joys of January" challenging wembers to a short-term resolation on health and organizational goals. meeting with a prayer and the opening exercises were conducted by Mary Lou Aven.


## Oneplay couldrun you clear of home buying interference.



Financing, Down Payments, Price negotiations. Inspections. All obstacles that could block you from buying a home.

But one move could get you right through that red tape. A call to an experienced real estate agent.

An expert agent can coach you smoothly through the entire home buying process. From using the sophisticated multiple listing service to find the home that fits your needs and your budget. To tackling financing options. Setting up and monitor ing inspections. Negotiating
price. And even maneuvering you through closing.

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Read The Hereford Brand for more information about qualified agents. Every day, the real estate classifieds list many properties and agents. And on Sundays the housing section examines the latest market trends and home buying opportunities. Getting the right coaching now could mean the difference between confusion and closing

Theres More
In The Brand.


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    Get Cash 24-Hours-A-Day!
    Carry your bank in your pocket, and you can get cash anytime you need it at any hour...with your ATM Card.

    Come see us at The Hereford State Bank, and we'll help you apply for yours.
    

