## HerefordBRAND



Mostly cloudy skies low in the upper 30s, northeast
Thurscay: Cloudy with a 20 per-
 the upper 50s, northeast wind 10
to 20 mph . Thursday night: Cloudy with a
40 percent chance of showers and

## Extended forecas

 hriday: Mostly cloudy with achance of showers and thunderstorms, high near 55 Saturday: Partly cloudy with a
slight chance of showers and thunderstorms. low around 40 , high in the lower 60s. Sunday: Mostly cloudy with a
chance of showers and thunderstorms. low in the lower 40s, high

## Hereford weather

Tuesday's
precipitation.
Census jobs are available
$\qquad$
$\qquad$ Rom nisen chame -471.8330 (TDD for hearing Positions are still available for enu-
erators (censusus takers.). These are
 The testing in Deaf Smith County $=5$

## CORREGTION



While his fished was weighed, Nathan Gonzales, the son of Armando and Diana Gonzales, had a big smile. The boy caught the biggest fish, a 22-inch
carp, at Saturday's 3rd Annual KidFish carp, at Saturday's 3rd Annual KidFish event. The boy was misidentified in a
photo caption in Tuesday's edition of the Hereford Brand. The newspaper

## TWISTERS

## Rescue workers comb through debris left by deadly tornadoes

## FORT WORTH (AP) - Rescue workers were the downtown area as workers early today bega

 picture of the damage this morning after clear tornadoes swirled through the Fort Worth area, these tall buildings. That stuff, if it starts falling killing at least four people and injuring well over 100 others. Authorities closed off the central business disstay home after one twister shattered windows in dozens of office towers Tuesday, sending glassand debris crashing into the streets and leaving many buildings structurally weakened. Rescue workers resumed their floor-by-floo
damage assessment of several buildings this morn ing with the help of a team of 100 specialist
from the Texas Urban Search Rescue Team from the Texas Urban Search Rescue Team, a
group the Texas Legislature created after the group the Texas Legislature created after the
1995 Oklahoma City bombing to respond to catas trophes, said Fort Worth Mayor Kenneth Barr.
"We've been to each building preliminarily, "We've been to each building preliminarily, and
we haven't found anybody. But we're bringing new search and rescue folks...so we're going to
retry areas," said Pat Svacina, a spokesman for the city of Fort Worth. "We have no indication that there's any other victims, but we want to be
sure." and we get winds here, it becomes fying objects, and experts tell us they, could fly for several blocks
So we've got to keep people out of here and ho we ve got to keep people out of here and no
have people in danger,
Svacina said. U.S. Rep Kay Granger, R-Fort Worth, faxed a
letter to President Clinton asking the administra. letter to President Clinton asking the administra. tion to provide financial assistance to the area hit
by the storm. Granger, a former mayor of Fort by the storm. Granger, a former mayor of
Worth, expects to return to Fort Worth today.
Two people died Two poeple died in the tornado itself, said Lt
Kent Worley, a spokesman for the Fort Worth Fire Kent Worley, a spokesman for the Fort Worth Fire
Department. One person was Department. One person was crushed inside a
collapsed industrial building, and another was hit by flying debris.

No names were available early today. Strong winds blew two other people from their
car into the Trinity River. Their bodies had not been found, Worley said, and a search and rescue team was expected to resume searching at day
break. Names of the victims were not Three people were arrested on suspicion of loo ing at the corporate office of Cash America Interna


Directors re-elected - The incumbents were given new terms during the $62^{\text {nd }}$ Annual Meeting of Deat Smith Electric Cooperative Inc. held Tuesday evening in the Dear Smith County Bull Barn. Reelected were (from left) Clarence Martin of Parmer County, Donald Wright of Castro County and Clark Andrews of the Frio community. More than 1,500 in attendance at the annual meeting dined on fish, chicken and beef and were entertained by the Flying J Wranglers, a country band from Ruidoso, N.M. Please see related photo, Page A3

## HISD board OKs texts, placement of windmill

By Dianna F. Dandridge
Textbook choice and placement of the windmill in the new Career and Technology Building II were the leading topics of discuasion Tuesday night at the Hereford Independent Textbooks being chose includedLiterature 1-4 at the secondary yevel and reading/fine arts in grades; reading for second and third grades K-1; and science in
grades 1.5 . All elementary books were pregranes in 1.5 . All elementary books
sented in both English and Spanish.
The Hereford High School English department reviewed the literature books and opted to go with the state-approved Literature 1-4 tion by Region XVI, the textbook committee urged the board to approve the adoption of the reading and science books published by Scott-Foresman. All textbooks are state-approved and will be paid for by the state. Teachers should be able to expect the teach-
ers editions by late May, with delivery of student editions within the first three weeks of June.
With the
With the new buildings nearing completion, the placement of the Hagar Family windmill
generated considerable discussion among generated considerabe discussion among it outside the building, dismantling it and mounting flat to following the original plans of erecting it as planned in the original plans.
The board, after deciding the windmill would face vandalism and make the district liable should individuals be hurt because of it, voted to assemble the windmill in
its entirety as space would permit.
"We have been charged with keeping the windmill as near as possible to the original plans as possible," trustee Carolyn Waters
said. "It was always the intent for it to be
inside and that is where it ahould be." Board president Dave Charest conourred o numerous problems and that by placing it ndoors, the school could have better control $f$ who had access. The board chose to erect the windmill in close as as high as possible and keep it HISD business to the original state. HISD business manager Randy McDowell provided the board with information regard-
ing the general services contract, which proing the general services contract, which pro-
vide school districts cooperative buying power for a variety of items. Because of the number of schools participating in this cooperative effort, significant savings can be attained by
The contract costs the district a total of \$210. Through this contract, it can purchase, bulk items, such as paper, technology supplies, and audio and video equipment, at
great discounts.
Charest delivered certificates of recognition to the Academic Language Therapy Association Spelling bee winners and T-shirt design
winners; the stock show participants and the winners; the stock
basketball teams.
During the public comments, Charest said he decided not to seek re-election because he wants to be able to watch his children in cheir athletic events and because a new job
has the potential for a conflict of interest. has the potential for a conflict of interest. buildings should be completed in the next fow weeks; HISD will offer eight summer school courses this year; and the district will offer the summer food programs for children
up to the age of 18 . Superintendent Elizabeth Abernethy said she had accepted the reaignations of Sue
Hutson, Conny Marin Lynn Luther, Mike
McManigal, and Scott Whittaker.


## Tex

hat have hit large 1,740 April 10, 1979: Wichita Falls, 42 killed - May 11, 1970: Lubbock, 26 killed, 500 injured, $\$ 135$ million in damges.
11 April 3, 1964: Wichita Falls, seven killed, 111 injured, 815 million in damages
. April 2, 1957: Dallas, 10 killed, 200 injured, $\$ 4$ million in damages May $11,1953:$ Waco, 114 killed, 597
injured, $\$ 41,150,00$ in damages. May 11,1953 : Near San Angelo, 11
killed, 159 injured, $\$ 3,239,000$ in damages. - May 15, 1949: Amarillo, six killed, 83 injured, $\$ 5,310,000$ in damages.
. July 30,1933 : Dallas (Oak Cliff, 5 killed, 30 injured, $\$ 500,000$ in damages

- May 9, 1927: Garland, 11 killed, $\$ 100,000$ in damages . May 4, 1922: Austin, 12 killed 50 injured, - May 4, 1922: Austi
$\$ 500,000$ in damages.


## Prospects will meet with board

## Oy Donald M. Coopor

Two prospectas for a vacant seat on the Doaf mith county Hospital District board will moet room at Hereford Regiopal Medical Conter, Accountant Gayle Cotten and school administrator Conny Martin are scheduled to be interviowed yy the directors, who are expected to make their
deecision after the seesions. The vacancy on the board was created by the
resignation of Steve Lawlis. The directors also resignation of Steve Lawlis. The directors alao
accepted Lawlis' resignation at the March 21 meet. accepted Lawhs resignation at the March 21 meet-
ing
Lawlis, who was elected to the board in May 1999, will relocate his medical practice to Gorgetown later this
spring. In his letter of
resignation, Lawlis stated
he has "many obligations If either Cotten which will not allow me or Martin is apoo devote the time neces. pointed to com-
sary to serve the board. por to the capacity that I be. to the eapacity
lieve I should. plete Lawlis At last week's meeting,
board president Dean term, it will be board president Dean the second time Crofford said he had been in less than six contacted by some county
residents who recom- whons that the
board has been tant principal at Here. forced to appoint
ford Hih school, be ap. ford Hilgh School, be ap. a new director.

## pointed to

Director Bobby Owen made a motion that the board appoint Hereford accountant Gayle Cotten to the positton. However, directors Jease Rincones and Mark Collier said they would prefer to meet with Martin and Cotten before making
motion died for lack of a second.
The board then decided to set up the interviews
with Cotten and Martin. ith Cotten and Martin.
If either Cotten or Martin is appointed to com plete Lawlis' term, it will be the second time in less appoint a new director. Last fall, Rincones wa named to complete the unexpired term of Jeremy

## MAY - ELETION

The hospital district board is having the same problem that plagued the city and the schoo members of the Hereford City Commission and the Hereford Independent School District board are expected to be canceled because the number of Four saats will be on the May 6 hospital district
board ballot, but no candidates have flled yet for positions.
The directors are all elected at-large. The incum bents are Crofford, Rincones, Mark Collier and
Collier has been a director since 1996; Crofford since 1994; and Solomon since 1997. Solomon wa appointed to complete an unexpired term, then on a full term in 1998.
oard must submit a petition with hospital distric oard mut submit a petition with 25 signatures of registered county voters by p.m. April 6. Com-
pleted petitions must be authenticated as signed by registered voters by the candidate in the County administrative assistant Carolan Garza.

## HEREFORD BRAND <br> Local roundup

## Pllot Club to hold 'Game Night'

The Hereford Pillot Club's "Game Night" will be 7.10 p.m. Thurday in Hereford Community Conter
Admisision it is tis. Door prizes will be awarded and the grand
prize drawing for a card table and chairs will be held.

## Farm Safoty Camp

The Texas Partnership for Farm Family Health and Safoty, Inc. is aponsoring a Progressive Farmer Safoty Day
18 , 2000, from $8: 30$ a.m. to 3 p.m. at the Bull Bari The camp will be offered to approximately 425 are fith grade tudents. The gool of this camp is to prevent farm injuries and how to avold them
The organizers need volunteers to help with registration, food proparation and other tasks. Individuals wishing to help


## Juvenile detention forum

Omelials of the Deaf Smith County Juvenile Probation Department will conduct a public meeting Thursday at the Hereford Senior Citizens Center regarding the possible location
of a 45.60 bed juvenile detention center. of a 45.60 bed juvenile detention cente
Public opinion will be very important to the possible location
of the faclity at the closed Golden Plains Care Center in the 400 block of Ranger, according to chief county juvenile offeer Lou Serrano.
The facility
The facility has the potential if located in Hereford for an additional 30 jobs, with possible expansion in the future by a

## THE ASSOCIATED PRESS

## News digest

## Man pleads Innocent

AUSTIN (AP) - A Michigan man facing kidnapping, extortion and robbery charges on the disappearance of missing atheist
Madalyn Murray O 'Hair will plead innocent when given the chance, his attorney says.
Gary Karr, co convicted felon, was scheduled to appear in federal
court today before U.S. Magistrate Stephen Capelie - his frat court tepearance since being extradited from Miphigen - his frat
cut kart' attorney. Tom Mills of Dallas, alid there would be no plea today. He called today's hearing a routine matter to determine whether Karr needs a court-appointed attorney.
Karr, 51 , was being held in Michigan on weapons charges. He previously served 20 years in prison afrer a 1974 crime spree that
included rape, kidnapping and armed robbery. A federapegrand jury indicted Karr in December on charges of conspiring with others to plot and carry out the kidnappings and
extortion of O'Hair, her son Jon Garth Murray and adopted extortion of OHair, her sorn
daunhter Robin Murray ${ }^{\text {Hait Hair }}$
The throe have been misaing since 1995, Authorities have said they were killed but their bodies have not been found. Karr and others are accused of stealing more than $\$ 500,000$ in money, gold coins, vehicles, watches and other jeweiry from the OHairs. The indietment did not identify the other suappecta.
If convicted of all charges. Karr could got up to life in prison without parole.
O'Hair is
O'Hair is best known for a case that led to a 1963 Supreme Court decision that, along with a decision the previous year, struck down mith $\$ 500,000$ in gold coins.

## ELSEWHERE

HANTAVIRUSCASE: A 12 -year--ld Lubbock girl was treated for hantavirus by Texas Tech Health Sciences Center doctors last week, West exas doctorg announced the case Tuesday, aying they
are concerned the drought is causing rodents to seek human food
 JALLESCAPE:A man in Austin who fooled jailers into letting him go by posing as a cellmate was back in custody Tuesday. Ooftciala a ay
the inmate memorized his cellmate's birth date and Socilal security

## 46

Fifty years of service .. Ooopsl Not really, just 50 years. Students and staff at Hereford High School wanted to make sure Poppy Head realized she was 50 years old today
Black streamers hung around her desk and many wore black Black streamers hung aro
in honor of the occasion.


HHS students honored


HMS honorees . Six local students will be honored for their academic excellence through the Texae Celebrations of Educational Excellence programs. Pictured back row from the left are Jerad Johnson Charest.

Six Hereford High School Students will particl dents in the celebration of their academic excel pate in the State 30 in the West Texas A\&M Alumn Banquet Hall. The students, Tan Nguyen, Stefan Friemel Brigham Brown, Holly Coneway, Taylor Charest and ing academic achievements In all, celebrations will university campuses around the atate. HHS atu denta will join approximately 133 other area stucholars, prospective valodictorians, Academic Decathlon participants, students who have made perrect scores on the Texas Assessment of Academic ckills exam, schoiarahip recipienta, plus many other students who The atudents will receive Celebrations of Educaional Excellence medallions and a congratulatory letter signed by Gov. George W. Bush.

## Supreme Court views school prayer

School prayer is back at the Supreme Court. Nearly four decades after it banned organized, officially sponsored prayers rom public schoois,
the court is deciding whether schools can let students lead stadium crowds in prayer be fore high school footbal After hearing arguments in Aher hearing arguments in
a Texas case today, the jus.
tices must determine whether tices must determine whether a pre-game prayer over a
stadium's public address sys. tem violates the constitution. ally required separation of government and religion.
Their decision, expected by Their decision, expected by

late June, could help clarify $\begin{array}{ll}\text { ernment and religion. } & \text { percent gave no opinion. The } \\ \text { Their decision, expected by } & \text { polls margin of error was plus } \\ \text { late June, could help clarify or minus } 3 \text { percentage points. } \\ \text { the law surrounding school } & \text { Earlier this month in Texas' } \\ \text { the lat }\end{array}$ | the law surrounding school $\begin{array}{l}\text { Earlier this month in Texas } \\ \text { prayer - a confusing jumble } \\ \text { Republican primary, } 94 \text { per }\end{array}$ |
| :--- |

## HEREFORD BRAND

## Emergency services

Activities reported by emer-
gency services personnel for
March 28, 2000, include the
following: POLDEPARTMENT

- A 32 -year-old man was
arrested in the 100 block of
arrested in the 100 block of
South Progressive and charged
with publicintoxication
-Two 21 -year-old men were
arrested in Dameron Park and
charged with possession and marj(uana, under two ounces. Incidents
being observed traveling after being obser
high speed.
reported in the 800 block of
Knight Street. $-\AA \begin{aligned} & \text { A dog was allowed to run at }\end{aligned}$ arge in the 100 block of Ranger ing a child custody was reported in the 300 block of Fir.
- Thef over $\$ 50$ and under $\$ 500$ was reported in the 900 $\$ 500$ was reported
block of East First. - A dog bite was reported in
the 400 block of East Fourth. - Burglary of a habitation was

Centre.
-Two men were fighting in
Veteran's Park Veteran's Park. No serious injuries and no charges re. Texas Lawn Tuesday by the sulted.
the nation's highest court
helped create. Texas Gov. George W. Buash, Texd state At torney General John Cornyn flled briefs supporting stu-dent-led prayer.
The court's $n$ into the politically volatile is. sue comes as an ABC New poll says two-thirds of Ameri
cans think students should be permitted to lead such prayers.
The poll, based on more than 1,000 interviews, found that 67 percent of those asked
favored student-led prayers; 2 percent opposed them and percent gave no opinion. The
cent of voters approved a
nonbinding resolution backing student-initiated prayer at school sporting events.
The Supreme Cort The of ofreme Court, however, ot ten Ignores public sen-
timent in fulfling its role as the ultimate arbiter of constitutional disputes
In the Texas case, the Santa District's polindent School dents to policy of allowing stuor "invocation" any "message" ball games was challenged in 1995 by four students and their parents.
Santa Fe a community of
ane 10,000 residents ome 10,000 residents about 40 miles southeast of Hous.
ton, has seen deep divisions created by the prayer dispute. Banning such prayers
"would be a much ane "would be a huge disappoint-
ment not only for us but for ment not only for us but for
the nation," school board presithe nation, school board presi-
dent John Couch II said in a recent interview with The As. sociated Press.
But Debbie Mason, a Bap-
tist who is on the other side
satified that allowing prayers will destroy my faith in the Constitution and what this country stands for yers for the school distric nd Texas are aligned againat lawyers representing the stuents and paren
the 1995 lawsult.
A federal appeals cour ruled last year that schoo officials must tell students to keep their graduation-ce-
emony comments and prayer nonsectarian and non-pros elytizing" but also ruled tha student-led prayers at high school footbal games
pealed both parts of the st E.S. Circuit Court of Appeal ruling but the Supreme Cour agreed only to focus on the
football games, passing up the graduation-ceremony dispute The justices' last major rul ing on school prat
nounced in 1992.

## HEREFORD BRAND

Obituaries


She was born Sept. 20, 191 in Jack County to Charles and
Elizabeth Wade. She graduElizabeth Wade. She gradu
ated from Hereford High ated from Hereford High College. She was employed as a bookkeeper and credit man
ager for an Amarillo jewelry store.
She married Stanley Th nas in 1929 and later marrie John Robert Stevenson on July
16, 1945. 16, 1945 .
She was a member of the First United Methodis Church, where she served on
several boards and commit
tees.
Survivors include her hus band; one step-son; frur grand children; seven great-grand
children; several
nieces and nephews.
She was preceded in death by her two children; six The family suggesta memor als be made to the First United Methodist Church, or King Manor Methodist Home.

## LIFESTYLES



Country band - The Flying J Wranglers, a country band from Ruidoso, N.M., entertained during the $62^{14}$ Annual Meeting of Deat Smith Eliectric Cooperative, Inc. The group pertormed country tavorites, original numbers and a variety of yodeling songs. The wide assortment of door prize incluced in the plecture were awarded to coop members at the close of the meeting

## CREATORS SYNDICATE

## AnnLanders

 Landorar My Landorat My
husband
left husband lef
me years ago
suspected he was having an affair, but he
denied it. Wo were divorced, Lancere and one month later, he ind oduced our 6-year-old daughter to his now
girifriend. He married this home-wrecker eight montha ago, and she has aaked my daughter to call her "Mom." 1 am terribly upset by her 1 taking, over my roie. Frankly have anything to do with my daughter. I don't want her attending achool functions or
after-school sporting events. How I can overcome my ha tred for this witch? Please help me. - Furious in Minne sota, Moar Minnesotai You need more help than I can
give you, Please get some se. rious counseling at once. There is no way you can keep this woman from trying make sure she will fail by keeping your cool, maintaining your compoosure, and concentrating on being the best
mother you can be. This will mother you can eose midering all you have to contend with, but you CAN do it - and you
Doar Ann Landorsi I am
ing To Save my Marriage in Chicago," whose husband flow
into rages and brow Into rages and broke things.
can sympathize with her be. can sympathize with her, be
cause I walked in her shoes 30 years ago. You told her
that her husband needd that her huaband needas counseling, and I agree, but she
needs counseling, also. She needs counseling, also. She
needs to learn how to respect herself so the will no longer put up with his abuse. Soon after the wedding, my x-husband began breaking
things. His first tantrum wa three months into our mar riage, when he smashed al our lovely wedding gifts. A
few monthe later fow months later, he prolly pietures and my high school yearbook, which I troa.
sured. Then, he began to toar sured. Then, he began to tear
up money. It didn't end there up money, It didn't end there
$H \mathrm{He}$ hit me, and by that time 1 had one child, and was preg nant with another It was then decided - "No more,", and
got out of the marriage, got out of the marriage.
I leanned through counsel ing that because I was an adult child of alcoholics, I had zero self-esteem. I thought 1 was worthless and that he
had the right to abuse me. had the right to abuse me
Please, Ann, tell the woman who wrote to run as far as she can from that man and never look back. Someday, she
will meet will meet someone who will
treat her with respect, the days of abuse will' be a thing of the past. - Happy at Last in Florida
knocked around will read this carefully, and clip it so he or he can read it again and one should put up with being physically abused, whether the spouse is drunk or sober. Men (or women) who tear up and
break things exhibit dangerous signs. The things they destroy are substitutes for people - and before long, they go to work on the people. Dear subject of clergymen who che subject of clergymen who
hate weddings had run its ourse, but when I read this etter from Father Vincent J, Ineehy in Venice, Fla., iknew
had to print it. Here it is: "The wedding ceremony went fine. It was the recep tion in the parish hall that was unusual. Seated at the
table with the bride's parents was a monkey dressed in a tuxedo, with a black bow tie, wearing a top hat. The bride's nother asked, What do you ike saying, Lady, he look ust like you.' Instead, I bit my tongue and said, 'Cute.' "Actually, Ann, the monkey behaved better than some of banana daiquiri. Many who at tended got smashed and be haved disgracefully, I don
mind if you print this letter and use my name."
So, Dear Readers, no more writing to you regarding "Try. ery person who is being which is not likely. good as this,

## Jackson speaks to Pilot Club

 Juvenile Probation facility in
Hereford for the Pilot Club of Juvenile Probation facility in Martha Jones, assisted by
Hereford for the Pilot Club of Anna Solomon, conducted a
Hereford Tuesday morning. Jackson has been the HISD
teacher at the teacher at the Youth Home since
it opened in January 1994. He it opened in January 1994. He
gavea brief phyaical description of the home including his clastronom as it was six years ago and as it is
after recent remodeling. aftor recent remodeling,
His teaching covers the entire curriculum for grades four
through 12 although the average age of the juveniles is 14 years,
which is usually a freshman in
high school.
on-one with the juveniles. Other ing was catered by Panaderi Zacatecas birthday auction. Members who
had birthdays since January
brought the gifts. rought the gifts.
The final Pilot Game Night in The final Pilot Game Night in The current series will be at 7 p.m
Thursday in the Hereford Community Conter. The grand prize drawing for a card table grand prize drawing for a card table and chairs will be held that evening,
Marilyn Bell announced that he Plot Club will have a team owling in the Bowl havkids Sak tournament on Saturday to


DALEINE T SPRINGER

 Happy 503 Irom mandinity at the offlee

## NaZarene  hristian Academ 3641697 <br> 

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## OPEN HOUSE At Nazarene Christian Academy Saturdey, April 1st 10:00 A.M.

Meet the administrator and ask questions about NCA
1410 LaPlata Dr. • $364-1697$



Black Mouse gardeners -. Members of the Deat Smith County Historical Society took advantage of the spring weather earlier this week and spent an afternoon working in the garden the garden will be alive with a varied assortment of flowers in a rainbow of colors.

## Senior Citizens

THURSDAY-Italian spaghetti raisin sauce, sweet potato patwith meat, Italian green beans, ties, buttered green beans, FRIDAY-Pool classes, quilting tossed garden salad, sherbet; or chicken and noodles.
FRIDAY-Red fish with wedge, creamed potatoes, fried wedge, creamed potatoes, fried
squash, coleslaw, assorted pie; or smothered pork chops, buttered carrots, peaches.
MONDAY-Chicken breast, sweet sour sauce, rice pilaf, Capri
vegetables, pineapple salad with sweet sour sauce, rice pilaf, Capri
vegetables, pineapple salad with
grated cheese, brownie; or Polish gegrated ch
sausage.
Quilts are topic of Veleda program
Pat Fisher presented a pro- received an award for Most she had selected 56 garments to gram on quilts for the recent Unusual and one for Best of she had selected 56 garments to gram on quilts for the recent
meeting of Veleda Study Club. Fisher brought numerous quilts for the members to view and gave
the histories of many of them.

Fisher learned to quilt from her "Grandma Mac" and still does quilting by hand. She had five quilts in the last
King's Manbr Quilt Show

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## MARCH IS NUTRITION MONTH <br> Weight management tips

Chatomen Clak OM Rbido Obeality ia a condition in which exceese fit may put a porroon at resulta from the body's inability to balance caloric intake with energy expenditure. The prova-
lence and health riaks associated lence and heaith riaks ascociated
with obesity underscores it prominence as a major public health problem. According to the National Health and Nutrition Examination Survey made in
1994, 33 percent of adults in the United States are obese. Health riaks related to obesity include
coronary heart dieease coronary heart disease, hypergallstones, sleep apnea, osteoargailsones, acep apnea, osteoar
thritis and cancer of the reproduction organs. Obesity-related medical conditions are the
second leading causes of America, resulting in 300,000 Amesica, lost each year. The estimated annual health care cost due to obesity in the United
States is about $\$ 70$ bilion (1) At any one time approx mately 25 percent of men and 45 percent of women are trying to lose weight. American's spend more than $\$ 33$ billion per year on
weight control products and weight control profucts and
services, yet these efforts seem to have no effect on slowing the increasing prevalence of obesity. Societal pressures and obsession ing toour increasing obesity. The consumption of dietary energy from fat has decreased but the
total energy intake of an adult total energy intake of an ad
has incroased 6 percont aince 1979. Only $1 / 5$ of population eurrently gots enough oxercise to arroct
tively.
The The goal of obealty treatment ohould be rofocused from welght lose alone to weight manage.
mont, which means achioving mont, which moans achieving
the best woight poealble in the context of overall health. "Woight Management" ia defined as the adoption ofhealthful and suatain-
able eating and exercieo behavable eating and ozercise bohav-
iors indicated for reduced dicoase riak and improved foolingase of energy and woll-boing. All weight management programa
should at very leaut include training in lifestyle modification with the following goals:
ful aratinal change to a healthful eating style with increaced
achioving a hoalthful weight aeed to be broadened and made more realistic, baced on mall, maintaining weight changee setting un-maintainable goal weights and to focus on education about healthful eating and incroased activity. Goals chould tolerable, onjoyable and atable eating and exercise pattorna. Woight management includee lifolong commitment to hoalthful lifestyle. Continued and hoolt from family mombere and health care profosaionala is
(1) Wolf AM, Colditz GA, The Cont of Obesity, the US perspective. vegetablos;
eating based on internproach to eating based on intornal regula. tion of food (hungry and satiety); ${ }^{\text {and, }}$-Gradual increase to at least 30 minutes of enjoyable phyaical activity each day.
Traditional
tervention programs are built on the promise that persons can control their
own woight and redosion their bodiear regardlosas of phyaiology or genetics. These programs set weight goals according to stan-
dardize tables and use restrictive diet plans to asaist pervona in their attompts to roach what usually prove to be un-maintain-
able woighta.
 37.

## Texas Press Assodation

Memories.

youterchy becomes tocidy.





## Spring Sale

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## SPORTS

## Demons end Herd's streak

-Hereford falls
The Whitefaces jumped out to Dumas 6-4

|  | After scoring a run in the bottom of the fourth, Dumas |
| :---: | :---: |
| Dr doff Elackmen |  |
| Moreved Arond Sporse Editor |  |
| The HHS baseball | by the |
| went to Dumas to top of the seventh |  |
|  |  |
| games but were |  |
| halted by thes Demons, |  |
|  |  |
| the Herd by two |  |
|  |  |
| The 6.4 <br> The Herd gave up five hits |  |
| The Herd gave up five hits to even their district record in and six runs over seven innings. The losing pitcher for a game against Palo Duro. |  |
|  |  |
| Horeford was George Castillo. Castillo entered the game with a 6.1 record but dropped to 6 - |  |
|  |  |



Androw VIllarreal makes contact with a Dumas pitch in the Whitefaces' $6-4$ loss. The Herd will now face Pall Duro at 1 p.m. on Saturday.

## Longhorns stop Herd's stampede

 Whitefaces fall to trict record to 3.1 , the Herd innings. Caprock 8-1

Hervord Arand Spoote Editior
Atter improving their dis- in both
triet record to 3-1, the Herd innings.
lost to Caprock 8.
$\qquad$ The lone Here- back on track Friday when ford run came in they take on Dumas. The
the fourth inning.
game will take place in Herethe fourth inning, game will take place in Here-
The game had ford at $4: 30$ p.m. a total of 9 er rors between the
two teams. Heretwo teams. Here-
ford had a total of five errors, and
Caprock had four The 8-1 loss is the worst

## HEADING TODUMAS





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owengl performance was as good as newt" iveral perfor Canco was as Call 806-364 2015 or stop by 120 Witherspoon


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# Opening day of season happens in Japan 

allowing one run and five hits. lead for good in the fift on
After five women in colorful Hamptons wildness. Buford
kimonos presented flowers to defeat Mets in major league season
opener


Mike Piazza hit a two-run shot for the
Mets and, in keep. Mets with in keep Ing with Japanese "besuboru"
custom, was presented with custom, was presented with a
stuffed doll when he reached
home plate. He followed tradiket over the dugout. Sammy Sosa, who visited the U.S. Embassy with Piaza earlier in the day, got the
biggest cheers. He delivered a biggest cheers. He delivered a
double and single, and walked twice.
Jon Lieber kept in control, pitching seven neat innings and
gling pitcher. Lieber wound
and with the win und with the win got a save, while
Hampton Hampton took the
loss. The Cubs ended a string of ended a string of
three straight losses in openers
and beat the Mets and beat the Mets
for the first time in six tries on opening day. New York played the game
under protest, apparently dis. under protest, apparently dis.
puting a ninth-linning lineup puting a ninth-inni
change by Chicago.
Young, acquired to give the cubs a lead off man with speed, led off the game with a
walk, stole second and scored Walk, stole second and scored
when newcomer Damon Buford followed with a single.
followed with a single.
After the Mets scored in Subscribe to the Brand: he third on Darryl Hamilton's Banks sang "Take Me Out to
the Ball Game" during the seventh-inning stretch for fans
then who paid $\$ 115$ for the top
ticket ticket.
Brolled
Broiled eel, rice balls and
sake were served up in the sake were served up in the
concession stands, and beer girls in fluorescent outfits sold
beer. Some fans wore mask beer. Some fans wore masks
to cover their mouths, this to cover their mouths, this
being heavy pollen season. Missing were the drums and horns were the trums
games in Japally mark games in Japan. There appeared to be a mix-up - Japa-
nese officials wanted to create an American atmosphere, and banned the noisemakers. Major league officials wanted that flavor, and promised there
would be a change Thursday would be a change Thursday
night when the Cubs and Mets wrapped up the opening two game series. 364-2030
 singled and one
out later, Hamp out later, Hamp-
ton walked Sosa,
Henry Rodri Henry Rodriguez
and Andrews to force home a Andrews hit a Andrews hit a
two-run homer in two-run homer in Dennis Cook to make it $4-1$ and
Grace connected Grace connected
in the eighth. Pi azza hitt a two.
run homer in the run homer in the eighth off Brian
Williams
ween the lines inside
ballpark that looks like the Metrodome and is home to
both the Tokyo Yomiuri Giboth the Tokyo Yomiuri Gi-
ants and Nippon Ham Fighters, it seempod like any big league game in America, except for uniform ads on the
Mets and Cubs. Also player Mets and Cubs. Also, players
seemed to have trouble with seemed to have trouble with
the infleld dirt, which caused several batters to stumble coming out of the box.
Cubs Hall of Famer Ernie
Banks sang "Take Me Out to

## Belle highest paid player

 NEW YORK (AP) - Nearly (\$10, milion, Los Angeles up ir 13.0 percent in 1997. The four players made mate million or more last season, topped by
Baltimore's Albert Belle Baltimore's
$\$ 11,949,794$.
Of 916 players on Aug. 31 rosters, 342 players made $\$ 1$ million or more, according to a study of all major league
contracts by The Associated Press. That comes out to a record 37.3 percent, up from
36.5 percent in 1998 and 34.5 36.5 percent in 1998 and 34.5 percent in 1997 .
In 1998, there were just 326 players at at $\$ 1$ mere on or
more, and that was up from more, and that was up from
285 in 1997. 280 in 1997 . followed in the
Belle was lis
top 10 list by Boston pitcher op 10 list by Boston pitcher
Pedro Martinez ( $\$ 11.25$ mill (ion), Los Angeles pitcher Kevin Brown ( $\$ 10,714,286$ ), At

## ROBINSON EJECTED

## -

Spurs beat
Blazers 89-85
Johnson was fouled and made coach Gregg Popovich also had oth free throws for an 89-85 to be held back by an assis-
tant coach. Scottie Plppen's 3-point shot It was Robinson's first ejec-
was far short as time ran out. tion since March 2, 1996, Robinson scorect 15 points
and Johnson had 14 for the and Johnson had 14 for the
Spurs, who won their fourth Spurs, who won their fourth
straight. Duncan added 15 re-
bounds.
PORTLAND, Ore. (AP) his 36 points in the final $3: 16$ after David Robinson was gected as the San Antonio Spurs rallied from 11 points
down in the fourth quarter to own in the fourth quarter to
beat the Portland Trail Blazors 89.85 on Tuesday night. Robinson was ejected for heatedly arguing an offensive
foul with the Spurs trailing 82.75 .
Damon Sth spurs trailing Damon Stoudamire's free throw made it an 83-75 lead, but Duncan took over from
there. His hook shot and a 20 here. His hook shot and a 20 -
foot jumper by Avery Johnson followed by four free throws by Duncan, tied it at 83 with 1:18 left.
On the
On the Spurs' next posses sion, Duncan was posses-
teamed but still sable. teamed but still sank an off.
balance 18 balance 18 -foot jumper to give
the Spurs an 85 - 89 lead the Spurs an 85.8
32.6 seconds left. Two free throws by Mario Elie made it a four-point game with 26.4 seconds to go, and
after Brian Grant's lay up,
gainst Philadelphia. As it turned out, that's all
took to fire Duncan up. Pippen tried to atone for the Blazers' slump by himself early on, pushing the ball and attacking the Spurs' interior He hit two stralght 21 -foot jumpers, then a 3-pointer, and fed Detlef Schrempf for an easy hook shot to cap an 11-2
run to open the second quarrun to open the second quar-
ter and put the Blazers ahead 26-22. The lead changed hands flve times after that, and Sean Elinott's 3 -pointer from the cor1:05 left. After a jam by Wallace on a fob from
Schrempf two free throws for a $43-40$
Spurs lead at

## halftime. <br> h

PC CROFFORD


## SEMINAR

## Inspirational writers to get lessons in the craft

ing inspirational - Ariter will ing thapirational writer will
be the guest speaker at the
Inspirational Writers Seminar ${ }^{2000}$ The
The seminar, which is spon-
sored by the Amarillo sored by the Amarillo Chapter
of Inspirational Writers Alive a non-denominational, non-
profft writers group, will be 8 profit writers group, will be 8 a.m.- 5 p.m. Saturday at Church, 4801 S . Austin. Kathy Collard Miller, au-
thor of "God's Vitamin C for thor of "God's Vitamin C for
the Spirt," will be the keythe Spirt," will be the key-
note speaker. Miller speaks $30-40$ times a
year, encouraging writers in year, encouraging writers in
their craft. She has had 100 articles publishe
from three morning workshops and three afternoon work. shops. Leaders are Ivon Cecil,
Donna Smith and Robert W. Donna Smith and Robert
Wylie.
Cecil, an Amarillo native is a graduate of West native, A\&M University. She is a col-
umnist for Bytine Magazine and the author of Kirby and the author of "Kirby
Kelvin and the Not-Laughing
Lessons,"

## Restaurant managers can hone management skills

$\underset{\text { area restaurant managers can }}{\text { AMARAL }}$ area restaurant managers can
sharpen their management sharpen their management
skills by attending the Texas Restaurant Asisociation Education Foundation (TRAEF) management training seminar, Camp: Restaurant Management for the Real World," will be 8 a.m. .6 p.m. April 100.11
at Hofbrau Steaks, $703 . \mathrm{G}$ In. at Hofbrau Steaks, $7203-\mathrm{GIn}$ In
terstate 40 West. signed to teach restaurant
children ages 4-8. She will
discuss "Anatomy of the discuss "Anatomy of the ture Books: Writing the story Behind the Pictures" and Common Problems in Writ ing for Child
Smith, a resident of Tipton,
Okla., holds a bachelor's de gree in language arts and a
master's in education. She taught 23 years at Altus
Okla.) High School. Her short letion has appeared in nu nerous publications. She will speak on "Editing From posts" and "Finding Topics in Strange Places."
Sting Topics
St
Wylie, columnist for the
marillo Globe-News, is auAmarillo Globe-News, is au
hor of numerous scholarly and general interest articles. He also is a frequent speaker
on poetry and the English on poetry and the English language. His workshops are
"Elements of Poetry: Part I, "Elements
The seminar fee, which in-
cludes luncheon, is $\$ 70$ in cludes luncheon, is, $\$ 70$ in ad-
vance or $\$ 75$ at the vance or $\$ 75$ at the door. For advance reservations,
all Helen Luecke at $376-9761$
tomer service to improve cus ees, develop risk management skills and control costs. by TRAEF to help developed problems to help ease the problems associated with the growing shortage of qualified
and trained entry-level managers. Registration is $\$ 275$ per person (\$225 for TRA member employ ees). For more information,
contact TRAEF at( 800 ) $395-2872$.


## BILL STOVELL

 Hi-Pro executive named
## Stovell

 honored In Friona FRIONA - The genAnimal Health has been named the 2000 Man of ar for Friona. is stovell, who began his career with the Frionabeen general 1971, has been general managersince 1978. Under his su nce 1978. Under his su-
pervision, Hi-Pro Animal Health has grown to include 19 distribution ceners covering 35 states and
omploying 250 . employing 250.
the Friona City Council Friona Economic Council,
ment Corp, board, and ment Corp, board, and the
Friona Chiamber of Com Friona Chamber of Com-
merce board. He also is active in several agricul. tural organizations, including AgriLabs, the Ameri-
can Veterinary Distribucan Veterinary Distribu American Feed Industry Association.
hbnews@wtrt.net
hbnews@hotmall.co

## Comics



## License plate aids schools

$\begin{array}{lll}\text { Special to The Brand } & \text { cense plate is a colorful spe- To order the new "Read To } \\ \text { Two Hereford Independent } \\ \text { cialty plate that promotes } & \text { Succeed" license plate, simply }\end{array}$ Two Hereford Independent cialty plate that promotes Succeed" license plate, simply
School District libraries have reading in Texas. The pur- fill out the application form received the first installments chase of this plate, the purof funds provided by Texans' purchase of special license plates for their motor vehicles.
Hereford Junior High School has received $\$ 25$ and West Central Elementary received
$\$ 50$ from the Texas Education $\$ 50$ from the Texas Education Funding becomes available when the special license plates
are purchased through the are purchased through the
state. tudent, will tional materials for local pubtional materials for
lic school libraries. Cost of these special plates is only $\$ 30$, in addition to the regular registration fee, however every "Read to Succeed"
license plate will generate $\$ 25$ for the purchase of educational materials for the public
school library school library of the
purchaser's choice. available at the nearest scho and mail it along with a chec o the Texas Department Transportation. Please be sur
to indicate on the application to indicate on the apprication
the local school distriet and campus name where your do nation should be directed. The school librarian or principa
can provide this information The new plates will arrive a the Deaf Smith County Tax
Assessor-Collector's Office in 6 to 8 weeks.

## Television

WEDNESDAY
MARCH 29


THURSDAY
MARCH 30

| 7 AM | 7:30 | AAM | 0:30 | OAM | $0: 30$ | 10 AM | $10: 30$ | 11 AM | $11: 30$ | 12 PM |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |



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oach plus tax. Discover roads you never knew were roore there
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tion. Call $364-0492$ after 6:00p.m.

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tires. $\$ 5,500$ firm. Call $258-7720$.

FOR SALE! 1 savage 12 gauge automatic shot gun, 1 large sofa,
1 small desk, 2 recliners (almost new), exercise bicycle, 1 set
Britannica Encyclopedia
( 26 books
books $)$ with chest. 515 Westhaven or call $364-2231$.

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Screen Series by Danbury Mint Screen Series by Danb
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GE TOP Freezer, 2 -door refrig.
erator. Almond, $8^{\prime}$ Uniden SAT erator. Almond, 8 Uniden SAA

|  |
| :---: |
|  |  |
|  |  |

## 1a. GARAGE SALES

HUGE GARAGE Sale. 131 Greenwood. Saturday 8:00a.m.
lots of goodies and junkl NO Lots of good
FOLINGII

GARAGE SALEt 412 Barrett. Thursday
3:00p.m.

custo ranch
Field Preparation Seeding and Working new ground plowing out grasses for new stands, or over seding current grasses.
JOE WARD ${ }_{364-2021}$ (day) or
We9 289-5994 (night).
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34 K . $655-9196$.

1994 DODGE Laramie Cummins SLT Auto Laramie sion 1 tom dually, 1 I4,500; 1994
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ERRORS $\begin{aligned} & \text { buyers with low to moderate } \\ & \text { income. You could reecive up to } \\ & \$ 7,500 \text { in assistance. Call Kyle }\end{aligned}$ 87,500 in assistance. Call Kyl
Michaels at $356-9444$ to apply.

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Aproximately
1,800 eet. $11 /$ car garage, good size
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Complete Cymplete with Merlin Phone
Sery nice updated offices. 815 S . 25 Mile Avenue.
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| :---: |
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| excellent location. |
| Beautifully decorated. New |
| carpet. Great Home! |
| Wartes Realty |
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| 5. RENTAL PROPERTY |

## 5. RENTAL PROPERTY

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HEREFORD BRAND - Wodnesday, March 29, 2000 - A8


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shop.
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trict, P.O. Box 278, 310 W trict, P.O. Box 278, 310 W .
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 really sell!Unsure how to write a Classified Ad that will get results? Follow
these pointers and these pointers and you'll soon have For starters, look at ads which offer the same intem/products. Get a sense of going rates and ideas for how to make your ad stand out. Once
you're ready to write, begin with exactly what you're selling: "Dining room set, maple, six chairs,"
Then rememeber these hints:

- Give the price. A newpaper consultant says 70 percent of classified readers won't respnd to an ad with no price.
words for a car are make, model, year, body style, color, mile the key price. If it's a house, key words are location, type of constriction number of bedroons and baths, and condition.
- Don't use abbrocita
money if ads are billed by the line. Brand ads are billed by the words so spell them out so readers won't be confused trying to figure out
write. Be Don't be milieading. Think accurate and factual when you
you.


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timell

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Hereford

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"PRECIOUS FEET"
unborn baby's feet at 10 weeks.
T1/

| LEGAL NOTICES |  |
| :---: | :---: |
|  | The State of Texas TO: cenobiobarrientos |
|  |  |
| BARRIENTOS. Reapondent and the said suit beeing number DR.-9KK-179 onsuid docket of suid Court, and entited "ln the Mater of the Marriage of CRI ISTTN Of sid |  |
|  |  |
| which, suit is a roquest to DISSOLVE THE MARRIAGEAND DIVISION OF PROPERTX. |  |
| The Court has authority in this suit to enter any judgement or decree dissolving the marriage and providing for the division of property which will be binding on you. |  |
|  | Issued and given under my hand and seal of said Court at Hereford, Texas, this the 24. day of MARCH, 2000. |
|  | JBANSCHUMACHER Clerk of the District Cour Deaf Smith County, Texas |

## TNRCC to collect hazardous waste

Special to The Brand
Deaf Smith County residents will have a chance to dispose hazardous wastes and recyclables next week, thanks
to the Texas Natural Resource Conservation Commission to the Texas Natural Resource Conservation Commission
(TNRCC), The agency will collect these items 8 a.m. -1 p.m. April 7
at the Deaf Smith County Bull Barn as part of its cleanup campaign. The purpose of the eleanup campaign is to offer rural wastes asposal and recycling opportunities for farm and ranch Disposal costs for one 55 -gallon drum of pesticide could
cost a farmer cost a farmer as much as $\$ 2,000$ at a commercial facility. Al agricultural chemicals will be accepted except pesticides or
herbicides containing $2,4,5$-T-Silvex; explosives; compressed gas cylinders; fertilizers or nutrients that are neither hazardous nor contain pesticide admixtures; or pesticide or wood preservatives containing pentachlorophenol, Empty plastic containers must be clean, triple-rinsed or
high-pressure rinsed to be accepted. There is a two-drum limit per a participant on oil filter recycling and filters will not be accepted from businesses that change oil for a fee.


DAILY CRYPTOQUOTES
DAILY CRYPTOQUOTES - Here's how to work it: AXYDLBAAXR
is LONGFELLOW
One letter stands for another. In this sample. A is used for the three L's. X for the two O's. ect. Single letters apostrophes, the length and formation of the words are al
3-29 CRYPTOQUOTE
H KNET VHF HFS HF HWTAKHX - ATG VBKG ATGX EBCCGEA, ATG SNKANGK ATGX LGA.

UHZHFGWG ZKBYGKP Yesterday's Cryptoquote: THE GREATEST PLEASURE IN LIFE IS THAT OF READING, WHEN WE ARE YOUNG. - WILLIAM HAZLITT


1500 West Park Avenue - 364-1281 Richard Schlabs Amber Gritith



| METAL FUTURES |  |
| :---: | :---: |
|  |  |




Help XIT Wish Everyone A Happy Easter！

Bring the kids by your local XIT Customer Care Center and pick up a coloring sheet and contest rules．Prizes will be awarded in each location and in several age groups．Enter原 soon，contest ends April 12
logic capture of the last days of the Vietnam War，drew 15,000 spectators and perform ers．
Decorated floats and cos－
tumed performers streamed hrough Danang＇s public square during the two－hour
event，televised live nation－ event，televised
ally．Army，air force，nayy and militia troops marched past a
war memorial inscribed＂The war memorial inscribed，＂The
nation remembers their con－ rributions，＂
The 1965 landing of US combat troops in Danang
marked the United States＇of． marked the United States＇of．
ficial entry into the war．On March 29，1975，Danang be－ came the third city to fall as
communist forces advanced down the coastline in an ag．
gressive offensive that ended April 30 with the capture of
the South Vietnamese capital． That vietory reunited the country and ended the conflict
that killed 58,000 Americans Oil from new soybean is better for the heart WASHINGTON－A new
soybean developed by govern ment scientists yields oil that， hee processed，has far less
heart－damaging fats and other substances than other cooking The oil straight from the soybean has less than half the
saturated fat of conventional varieties．Also，it does not have to go through a process that produces artery－elogging
trans fatty acids trans fatty acids．
from margarine to in foods from margarine to crackers．
Food manufacturers are eager to find a healthier version， because the Food and Drug Administration plans to require
the listing of trans fats on food nutrition labels． The soybean holds＂excel－ lent potential＂for food mak－ ers and＂will provide the
needed flexibility to be used in a wide variety of products，＂ the Institute of Shortening and Edible Oils，which represents companies that process veg－ the United Soybean Board．
hbnews＠witt．net


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