





# Phone company makes offer to aid Hereford High

Students attending Hereford High School and 44 other schools in central and western Texas will benefit from an educational support program of Southwestern Bell Telephone.

Beginning Sept. 1, every time a customer in the program's selected area subscribes to a new Southwestern Bell service -- Call Forwarding, Call Waiting, Three-Way Calling or Speed Calling-8 -- Southwestern Bell will donate \$2 to the local high school.

Each high school stands to receive a maximum of \$1,500 during the program, which runs through April 28, 1995.

In Hereford, those telephone exchanges which will be counted as part of the program are numbers beginning with the 364 or 363 prefixes.

"We know that our customers who live in the largely rural areas of central and western Texas want their own communities to benefit when they purchase goods and services," said Gary Stevens, area manager-external affairs. "This has been demonstrated by research as well as personal contacts with customers. Southwestern Bell is already well-known for its commitment to high-

quality education in the communities we serve. We view the program as an opportunity to extend our past support for education while introducing valuable telecommunications services."

The new services -- called EasyOptions -- are designed to help busy customers more efficiently manage their time and keep in touch with friends, family and business partners:

- Call Waiting lets customers know someone is trying to call them while they are using the telephone and offers the option of putting the first call on hold while the customer answers the second call. The monthly cost is \$2.80.

- Call Forwarding provides a simple way for customers to have calls follow them to another location. The cost is \$2.10 (discounted to \$1.40 if purchased with Call Waiting).

- Three-Way Calling lets customers talk to two people at separate local or long-distance locations at the same time. Cost is \$2.10 per month (discounted to \$1.40 if purchased with Call Waiting).

- Speed Calling-8 enables customers to reach eight important or frequently called numbers quickly

and accurately, by pressing a designated key on the telephone keypad. The monthly cost is \$2.10 (discounted to \$1.40 if purchased with Call Waiting).

Customers who buy any of these services from Sept. 1 through April 28, 1995, will assist their local high school automatically -- there's no need to mention the contribution when buying services and no paperwork to complete.

To buy the services or for more information, call 1-800-234-BELL (1-800-234-2355).

Purchases by customers in each high school area will be continuously tracked during the program's eight months. In May 1995, final figures will be totaled and each high school's board of trustees will receive a contribution check.

While Southwestern Bell Telephone requests that the funds be used by the local high school, the money may be used for any educational program, equipment or capital improvement.

"High schools have no shortage of worthy projects," Stevens said. "We're glad that Southwestern Bell Telephone is in a position where we can have an impact on education. When high school students receive better educations, everyone in Texas benefits."

A wholly owned subsidiary of Southwestern Bell Corp., Southwestern Bell Telephone provides voice, video and data communications through 13.2 million access lines in Texas, Missouri, Oklahoma, Kansas and Arkansas.

Forty-two of the 51 Cubans brought to Texas Thursday had come ashore at Key West, Fla., Mueller said.

The other nine were intercepted Thursday at the Miami airport after arriving with false documents.

The Cubans are undergoing medical screening, authorities said.

In 1989, up to 3,500 refugees from war-torn Central America were held in tents at the Bayview center, prompting civil rights complaints.

Gov. Ann Richards' office said U.S. Attorney General Janet Reno has assured her that the refugees won't be housed in tents at the Bayview center.

However, Trominski said: "I don't believe anything's been ruled out."

Attorney General Janet Reno will have to decide whether to break out the tents if the center reaches its indoors capacity of 1,068; with a maximum cap of about 1,400, Trominski said.

As of Friday, there were 527 detainees in Bayview from 45 nations, including the Cubans.

Forty Cubans - most of them caught Sunday crossing the Rio Grande from Mexico near Laredo - were already in detention at Bayview before the 51 were sent here from Florida on Thursday.

Mueller said the INS also had the option of using other holding centers, including those in El Paso, Texas; El Centro, Calif.; and San Pedro, Calif.

For decades, the United States generally allowed Cubans fleeing the Communist regime of Fidel Castro to immigrate with a minimum of red tape.

But President Clinton, trying to avert a repeat of the 1980 Mariel boat lift in which 125,000 Cubans entered the country, changed the policy earlier this month.

Under the new policy, Cubans apprehended at sea are being sent to the U.S. naval base at Guantanamo Bay in southeastern Cuba, where they are told they have no chance of gaining U.S. residency.

Those who make it illegally to U.S. soil on boats, rafts or planes will be held indefinitely at Bayview, INS officials said.

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UT probe begun after allegations made

# Audit shows no laws broken

AUSTIN (AP) - An audit that sprang from allegations by a University of Texas employee revealed Friday some accounting deficiencies at the school, but turned over no illegal alcohol purchases by the athletic department.

An internal audit of several departments at Texas began three weeks ago after Jamie Southerland, a special assistant to the university controller, made allegations of possible financial wrongdoing.

University of Texas auditors concluded: the school failed to report and pay interest and penalties on some sales taxes; a school historical center that provides alcohol at some events wasn't in compliance with state alcoholic beverage laws; and a school administrator had misused copyrighted computer software.

The most serious allegation by Southerland was that officials in the men's and women's athletic departments were falsifying vouchers used to buy alcohol.

UT System auditors concluded that while some officials had failed to follow a university policy that requires approval from a school vice president for alcohol purchases, there was no falsification of vouchers.

"We take any of these accusations seriously," said UT System Chancellor William H. Cunningham. "It's true that when you read the audit we found some mistakes. The

University of Texas is full of human beings. Human beings make mistakes. But we didn't find any cover-up, any conspiracy or any efforts to purchase something illegally. We found errors, and we will correct those errors."

Cunningham said no university employees have been reprimanded as a result of the investigation.

"I want to stress how seriously we have taken these allegations ... We have nothing to cover-up. We have only wanted to find out the truth in this matter," said Texas President Robert M. Berdahl.

Southerland, 31, a three-year employee at the school, said Friday,

"In general, I think they did an accurate and thorough investigation."

Auditors found that approximately \$2,300 worth of alcohol purchases by the men's and women's athletic department hadn't been approved by school vice president Ed Sharpe as mandated by university policy.

Sharpe said he would have approved the purchases anyway. But he said a separate account for alcohol purchases by the athletic departments is being set up effective Sept. 1 to ensure policy compliance. Sharpe said no athletic department officials will have signature authority over the account.

The audit found that Vice President for Business Affairs Joe A. Powell had improperly used

copyrighted computer software to compute his taxes and maintain a savings and checking account on a university computer.

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# Sports

## Herd needs work after lackluster scrimmage



### Forcing the pitch

The Amarillo High quarterback pitches the football but receives some punishment from Hereford defensive end Richard Hicks in the process. Hereford and Amarillo High scrimmaged Friday night in Whiteface Stadium.

### Busy September planned at YMCA

September will be a busy month at the Hereford and Vicinity YMCA, with several different opportunities for athletes of all ages.

The YMCA now is accepting registration for three leagues which begin in September: a flag football league for boys in first-sixth grades; a volleyball league for girls in first-sixth grades; and a co-ed volleyball league for adults.

If you don't want to wait until September, join the ongoing AAU wrestling program for kids six years and older. The classes, taught by Rip Evers, meet 5-7 p.m. Mondays, Tuesdays, Wednesdays and Thursdays. The monthly fee is \$10 for YMCA members and \$15 for non-members.

--Both the kids' leagues, for flag football and volleyball, are split into three divisions: 1st and 2nd grades; 3rd and 4th grades; and 5th and 6th grades. Both are supervised, coached and officiated by adults.

For either league, cost is \$18-\$15 for additional family members—but players must be YMCA members. Memberships cost \$25 per year. Registration for both leagues lasts until Sept. 2.

Football games and volleyball matches will be played on Saturdays, beginning Sept. 10. Practices begin Sept. 8. The entry fee must be turned in with the roster.

The co-ed adult volleyball league had two divisions, one for serious players and one for recreational players. Matches will be played

starting at 6:30 p.m. on Mondays, Tuesdays and Thursdays. Games start Sept. 12 and continue for eight weeks, with a double-elimination tournament at the end.

Entry fees are \$95 per team, or \$8 for YMCA members and \$24 for non-members. The entry deadline is Sept. 8. The entry fee must be turned in with the roster.

For more information on any of these leagues, call the YMCA at 364-6990.

### Spikers reach semifinals

The Lady Whitefaces volleyball team reached the semifinals of the Amarillo Invitational Tournament by knocking off El Paso Eastwood, 15-13, 15-2, in the first round Friday at Amarillo High.

Hereford was to meet Amarillo High in a semifinals match Saturday morning at Amarillo High. The other

semifinal was to pit Dumas against Palo Duro.

Hereford got to the winners' bracket by winning 5-of-6 games against three opponents in pool play. Hereford beat El Paso Ysleta 15-10, 15-9, beat Lubbock Coronado 15-10, 15-9, and split with Brownfield, 15-7, 12-15.

**By JAY PEDEN  
Sports Editor**

The Hereford football team took a step backwards in its preparation for the season with a lackluster showing in a scrimmage against Amarillo High Friday at Whiteface Stadium.

"The whole team was a step off tonight," Hereford coach Danny Haney said. "We let them take it to us instead of taking it to them."

The most glaring problem Friday was that the Herd offense, which had looked good in previous scrimmages, did not score. In four scrimmage sets of plays, in ten plays in goaline situations, in one full quarter of football, Hereford did not come close to scoring.

The Sandie defenders spent most of the scrimmage in the Herd backfield, giving quarterbacks little time to throw and repeatedly hitting running backs behind the line of scrimmage.

"We had missed assignments, and as I said, they took the fight to us," Haney said. "They (the Sandies) were aggressive. They came right at us and made it hard for us to do some things. We'd miss a block here and miss a block there, and it made it real difficult for things we were trying to do."

The Herd defense didn't fare much better.

Amarillo High scored at least once in each of four offensive sessions, each consisting of 12 plays—more if the offense was inside the opponent's 30-yard line. The Sandies totaled five touchdowns in the four sets of plays.

Amarillo also scored six times in 10 plays on the goaline. The scrimmage ended with a full quarter of football—just like a real game—which AHS won 7-0 on a nine-yard touchdown pass.

(Counting a blocked punt the Sandies returned for a touchdown in the scrimmage-opening special teams practice, Amarillo High got the ball in the end zone 13 times to Hereford's zero.)

"We've got to play better defense than that," Haney said. "We've got to be able to stop people, shut them down."

"There wasn't anything that worked for us tonight. Anything that could go wrong, did—you know, Murphy's Law."

One apparent highlight for the Herd illustrated Murphy's Law perfectly. During Amarillo High's third set of offensive plays, Hereford defensive end Ralph Morales scooped up a Sandie fumble in the backfield and raced about 35 yards deep into

AHS territory, finally being dragged down by the Amarillo quarterback.

The Herd wouldn't have gotten the ball there since it was a scrimmage, but it would have in a real game, had the Herd been flagged for being offside on the play.

The only things that went right came in the full quarter, when Amarillo High lost two fumbles deep in Hereford territory. A Sandie defensive back got an interception on the Hereford 17-yard line, but he slipped down and lost a good chance at returning it for a touchdown. AHS also missed a 26-yard field goal with seven seconds left.

The special teams practice that started the evening didn't go to well for the Herd; bad snaps and bad blocking prevented several of the punts or kicks from getting off the ground.

Hereford's placekickers looked good when they got to kick, though. Terence High, the Herd's kicker last season, hit two-of-three field goals

from 32 yards out, and Armando Zambrano drilled his only chance at an extra point.

Additionally, Hereford was an eyelash away from blocking several of Amarillo High's kicks and punts.

"We've made a commitment to special teams: to keep pressure on the defense and the offense with the kicking game," Haney said. "We're going to try to do lots of things with special teams to create good situations for us."

Haney tried to find a silver lining in the black cloud that hung over the Herd Friday.

"The nice thing about this is that it doesn't count," he said. "It was just a high-intensity practice."

"We learned a valuable lesson: that we can't rest on last week's performance or yesterday's performance. You have to get out and perform when called upon, when the bell rings. You have to overcome adversity. Those are things we learned tonight."

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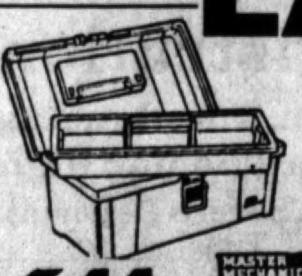
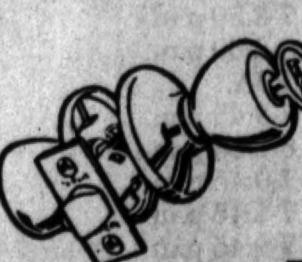
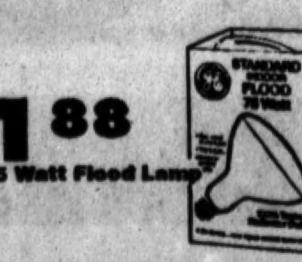
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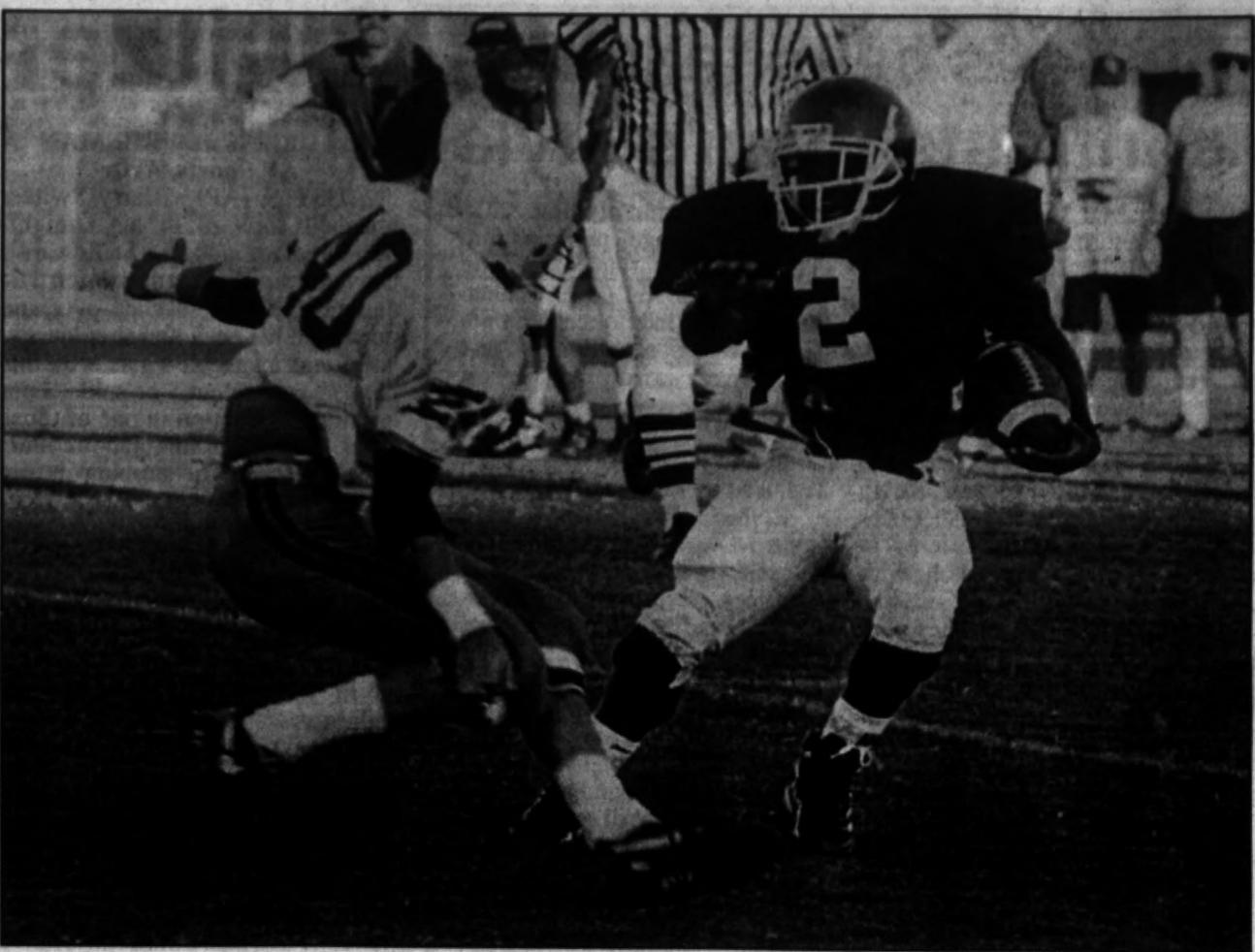
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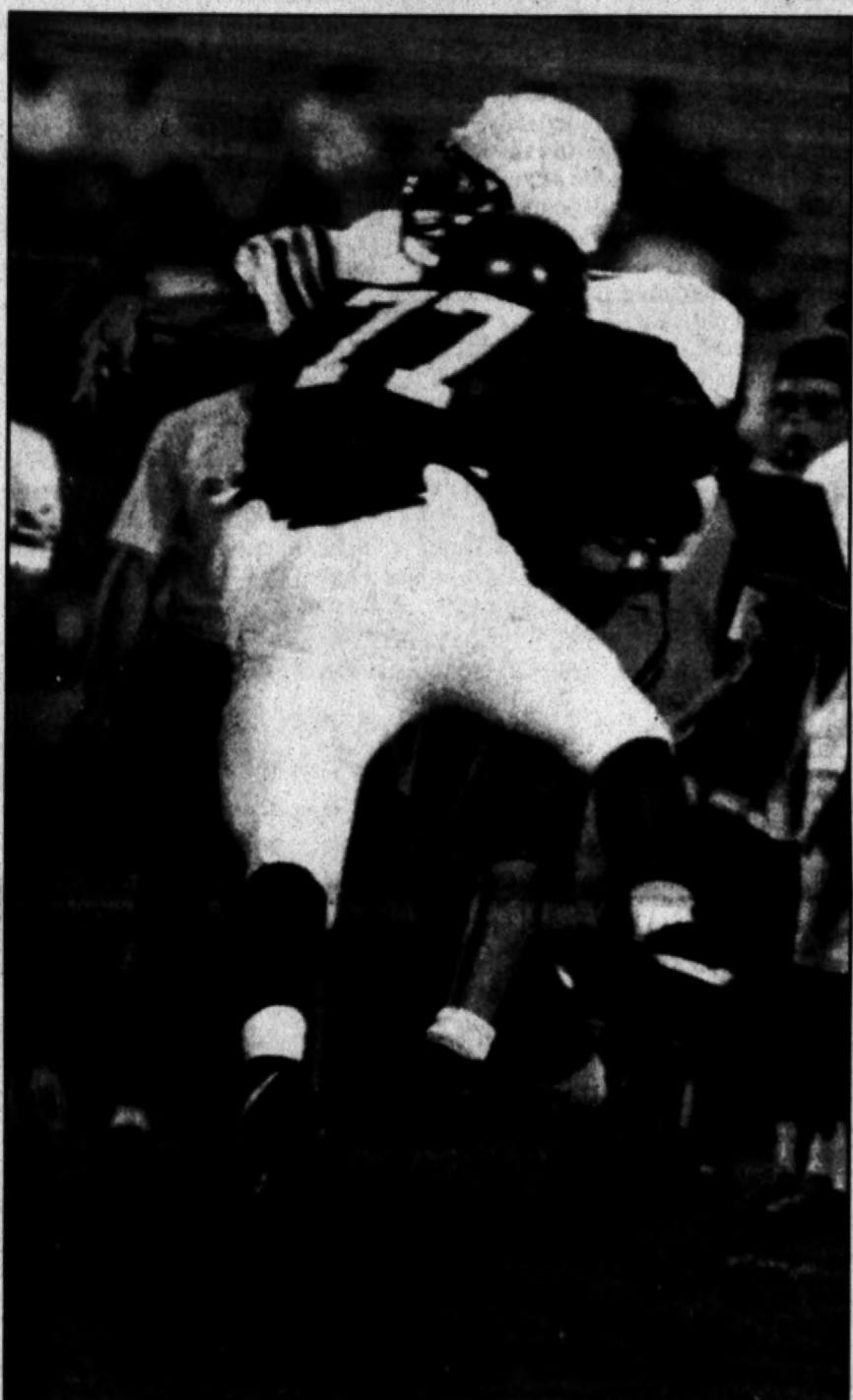
### Judo throw

Hereford cornerback Tanner Murphey (in dark jersey) seems to be resorting to martial arts to bring down this Amarillo High running back.



### Juke

Hereford tailback Marquise Brown (2) puts a move on an Amarillo High defender, leaving the Sandie on the ground.



### Pressure

An unidentified Hereford player puts pressure on the Amarillo quarterback.

### West Virginia to face Nebraska in college opener

EAST RUTHERFORD, N.J. (AP) - Don Nehlen isn't sure whether West Virginia's defense will be able to slow down Nebraska's offense in the Kickoff Classic.

That doesn't mean the West Virginia coach isn't anxious to see the matchup in Sunday's game, especially the strength-versus-strength battle between his defensive line and the Cornhuskers' offensive line.

"If we have a strength on defense, it's the defensive line," Nehlen said Friday during a news conference for the traditional opener to the college football season. "Three of the four have played some football."

Shuler, the Redskins' top pick in the NFL draft and the No. 3 pick overall, made his bid to start Washington's Sept. 4 opener against Seattle by engineering three scoring drives Friday night in a 22-21 victory over the Pittsburgh Steelers.

He may not be ready to join that company yet, but he may be the next starting quarterback for the Washington Redskins.

Shuler, the Redskins' top pick in the NFL draft and the No. 3 pick overall, made his bid to start Washington's Sept. 4 opener against Seattle by engineering three scoring drives Friday night in a 22-21 victory over the Pittsburgh Steelers.

Shuler spent most of the preseason on the sideline in a contract dispute with the Redskins. On Friday, he followed starter John Friesz and

played the second, third and fourth quarters, completing 19 of 30 passes for 206 yards and no interceptions.

Shuler led scoring drives of 56, 84 and 4 yards. Chip Lohmiller kicked two field goals and rookie running back William Bell had a touchdown run.

"This was the first time he was comfortable playing, and it showed," Washington coach Norv Turner said.

In other games, it was: Minnesota 31, Miami 16; Buffalo 24, Kansas City 3; Cincinnati 38, Detroit 14; Atlanta 20, Philadelphia 12; Buffalo 24, Kansas City 3; the New York Jets 10, Tampa Bay 9; Green Bay 24, New England 20 and San Francisco 13, Seattle 9.

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# Lubbock offers more than just mystique

By ELIZABETH ROWAN  
Texas Department of Commerce  
Tourism Division

Lubbock is a classic Texas High Plains town which has carved its own

niche of interesting ranching traditions and entertaining activities for all ages. Travel to Lubbock for the High Plains mystique, but be prepared for a wide range of fine history

centers, restaurants, hands-on children's activities, and award-winning wineries.

Visit Texas Tech University's Ranching Heritage Center (806/742-



## Spotlight on Lubbock

No trip to Lubbock is complete without a visit to the Buddy Holly statue. Lubbock, the home of many notable musicians, also offers great museums, fine wineries and a variety of recreational activities. For more information, contact the Lubbock Conventions and Visitors Bureau, 1-800-692-4035. (Texas Department of Commerce photo by Elizabeth Rowan).

We're Glad You Made Hereford Your  
**HOME!**



Mike and  
Debbie  
Burdett

Welcome to  
**HUSTLIN' HEREFORD!**

This week, join us in welcoming Mike and Debbie Burdett who moved here earlier this month from Pampa. Both are employed with Hereford Auto Center. Mike has been named as the business manager for the firm, while Debbie will become a new member of the office staff. Mike had formerly been associated with Harned Chevrolet in Pampa. Debbie was employed with the Pampa Chamber of Commerce. The Burdetts have one 4½-year-old son, Jeremy.

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It's Like A Whole Other Country.

2482) just once and you'll appreciate the early settlers' spirit of determination. The Ranching Heritage Center is a small "community" of historic homes from the region showing the progression of ranch houses and buildings from the 1840s to the early 1900s. Visitors can take a walk back through time as the windmills creak and jackrabbits race by. Best of all, you can nose around in every building, from the elegant Barton House, built in hopes of attracting a railroad and consequently, a town, to the Blankenship Cowchip House, used to store the settlers' chief means of fuel. Want to see some ingenuity? Take a look at the Picket and Sotol house, built out of stalks of a plant similar to yucca. Special events at the center include "Candlelight at the Ranch" in December when houses and hosts are festively costumed for the holidays and "Ranch Day" in the fall when docents in historic attire demonstrate the ranch life of earlier days.

For a step further back in time, try the Lubbock Lakes Landmark State Historical Park, (806/741-0306 or 806/742-1116) site of impressive excavations of ancient man and extinct animals. Excavations have been underway since 1939 and continue every summer as visiting international archaeology students uncover more of the Yellowhouse Draw, where life gathered around the available water. In fact, the remains here date to the Clovis period, nearly 12,000 years ago. A sculpture of the extinct Giant Short-Faced Bear is sure to awe the children. The park's interpretive center offers hands-on "digs" for the kids and lifelike displays of ancient peoples.

Among Lubbock's more recent residents is its most famous son, Buddy Holly. Holly's image is immortalized in eight and a half feet of bronze at the Walk of Fame. Other West Texas famous folks, from Joe

Ely to Bob Wills, rate their own bronze tile.

Lubbock has more than its fair share of talented musicians, and the best place to catch them may be Stubb's Bar-B-Q. Stubb's, (806/747-4777) famous for lip-smacking barbecue sauce, is also home to blues, well done. Blues performers take the stage nightly to croon their sorrowful tunes.

Stubb's is located in the Depot District, a refurbished area of downtown where dining and entertainment are replacing an old train depot and empty warehouses. The Depot District lets you make "whistle-stops" in a beer garden, elegant dining room, Mexican restaurant, or theater with just one trip. One bar in the District, the Baggage Room (806/747-1646), borrows from its past — original trunks and old suitcases decorate the room. On nearly any night of the week, the Depot District is hopping. While dining in Lubbock, you can be sure there's no shortage of tasty foods, from aged local beef to a harvest of vegetables.

With the plentiful sun and the low humidity of the region, the climate of the High Plains is perfect for one crop — grapes. Lubbock's wines compare favorably to many of the best wines in the country. Llano Estacado Winery (806/745-2258) claims to be one of the most award-winning wineries in Texas, and they have several large walls of medals to prove it. Be sure to take the full winery tour, including the tasting room. There's a bouquet and flavor to suit every palate — don't hesitate to ask for a sample.

Also impressive is Cap\*Rock Winery (806/863-2704), formerly Teysha Winery, with its beautiful stone exterior and vast paneled barrel room. The winery is a beautiful location for the many weddings and parties which are held there. And of course, tours and tastings are indulged daily.

If agriculture and viticulture are a little too "earthy" for you, escape to the world of science and imagination at Science Spectrum (806/433-2525). The Science Spectrum houses

the OMNIMAX Theatre. The domed theater, 80 feet in diameter, and digital sound system give a real up close and personal view as more than 2 miles of film roll through the projector. The film may make you feel as if you are about to drop over the edge of a cliff, which makes the theater perfect for armchair thrill seekers. The Antarctica film is so real, you may want to check your fingers for frostbite. Also in the Science Spectrum is KIDS SPACE, full of hands-on activities for kids of all ages. Science is pure fun when you see the effects of light, energy, sound, and more, with the push of a button or a turn of a handle.

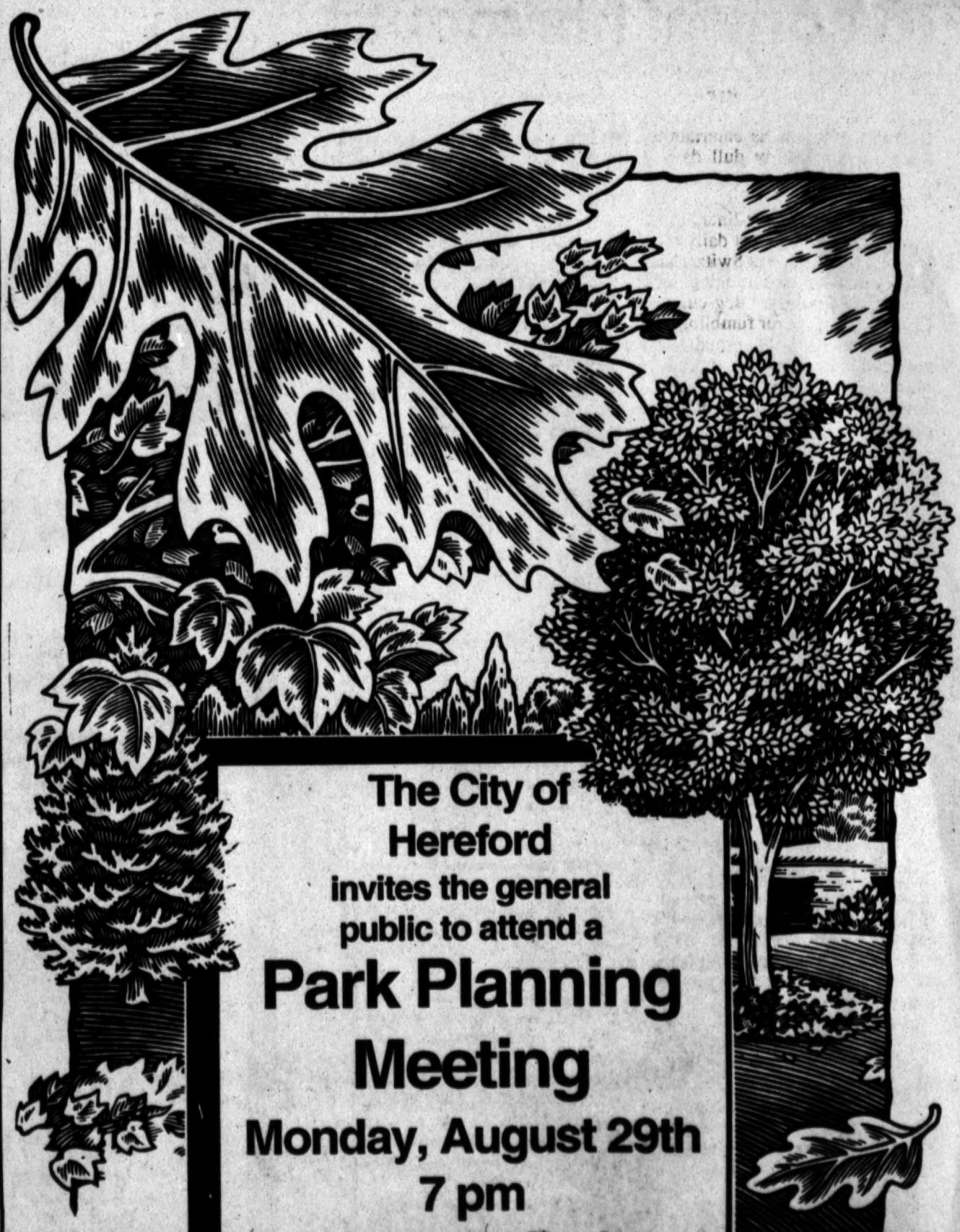
Hitting a hole in one may be a bit easier at Meadowlakes Golf Course in Mackenzie Park. Just be sure to aim for the hole with the flag, as Meadowlakes is next to Prairie Dog Town, one of the last remaining prairie dog colonies in the United States. The prairie dogs rule their town, established in 1932. Mackenzie Park permits visitors to feed the prairie dogs, and if you do, perhaps you'll be thanked by the tiny creatures with one of their distinctive barks.

For more information, contact the Lubbock Convention and Visitor Council, P.O. Box 561, Lubbock, Texas 79408; or call 800/692-4035 or 806/747-5232. In "Texas: It's Like A Whole Other Country," you'll be amazed by the entertainment and fun that Lubbock offers. For a free 272-page Texas State Travel Guide and highway map, call 800/8888-TEX.

ALBANY, N.Y. (AP) - Billy Joel didn't start the fire, or rewrite it either.

A struggling songwriter who claimed Joel stole his work for the hit songs "We Didn't Start the Fire" and "River of Dreams" has dropped his copyright infringement lawsuit, lawyers said Tuesday.

Gary Zimmerman had sued Joel for \$10 million, claiming parts of his unpublished song "Nowhere Man" were used by Joel in the two hits. Zimmerman said he had sent Joel his song in 1986 and never heard back from him.



The City of  
Hereford  
invites the general  
public to attend a  
**Park Planning  
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**Monday, August 29th**

**7 pm**

**Veterans Park**

In case of bad weather  
meeting will be at the  
Community Center.

# Houston PD property room items all have story to tell

By ALEXANDRA HARDY

The Houston Post  
HOUSTON - A robber's fingertip. A casket used in a deadly sex act. A wooden leg.

From the macabre to the mundane, if it's somehow connected to a Houston crime, it's likely to end up in the Houston Police Department Property Room.

"Everything in here has a story behind it," said Ron Cobb, who manages HPD's Property and Supply Division.

The retired police lieutenant thought he'd seen just about everything in his 20 years as a cop, but occasionally even he is surprised by the things officers bring in.

Like the time, four years ago, when a clumsy robber cut off his own fingertip.

"When he was trying to open his switchblade, he somehow cut the tip of his fingertip off and left it behind at the scene," Cobb said. "Of course, they fingerprinted it and found out who he was."

The property room in a near-downtown warehouse on Washington Street behind police headquarters is three stories high and big enough to house a basketball court. Each piece of evidence is computer-coded, tagged and stored in the building until a case is closed.

Before Cobb took over, everything was just stacked in piles in the back. Now things are stored on shelves.

Sitting on one of those shelves, tucked away in the back of the warehouse, is a bright silver coffin used in one of Houston's most bizarre homicides.

In July 1990, police were summoned to a Montrose townhouse, where they found the body of a man wrapped like a mummy in the casket. Police believe he was killed when a sadomasochistic sex act - mummification with plastic wrap - went too far.

No charges were ever filed in that one.

Through the years, Cobb has been amazed and perplexed by some of the sex toys officers have confiscated.

"Those are always strange," he says. "They would bring in these things and I would say, 'What do you use that for?'"

Officers will try to bring in just about anything, and sometimes Cobb has had to refuse them. Several years ago, officers tried to bring in dead pigeons after they received a complaint that a man had poisoned them.

"I was like, 'No.' Next time we'll be taking dead bodies from the morgue."

The closest he's come to actually

storing a body was when they stored a fetus, used in a rape case, in the property room's freezer.

Usually the room holds rape kits and blood samples for 18 months, so that DNA test can be performed on them.

On the second floor of the building are the bikes. "We got more than a couple," Cobb joked. More like thousands. Mountain bikes. Threespeeds. Five-speeds. Ten-speeds. Tricycles. Very few ever make it back to their owners.

Houston has gotten so big that there aren't enough police to trace every item lost, strayed or stolen. Due to the number of items on hand, police can't take queries from the public about things that might be stored in the room.

"You'll see stuff that's very valuable in life," he says. "Antique photographs or family heirlooms that you know have been stolen from someone, but you can't figure out who it belongs to. And that stuff will be lost to their family and they'll never be able to get that picture of their mother or dad. To me that's kind of sad."

Cobb walks through the warehouse and points out other items that are impossible to trace back to their owners. Like several gravestones. "Home at last," he reads on one of

them. "Oh great."

And then there are the firearms. He says it's the one thing they continually run out of space to store. Most of the thousands of guns in brown paper bags stacked on the shelves weren't murder weapons, Cobb said. More than likely, they were confiscated in another crime.

He picks up a menacing looking assault weapon with a laser scope and shines its red beam against a wall. The gun looks like it came out of a Terminator movie. Other weapons stored in the property room are less high-tech, like the man-made bow and arrow seized in a fugitive case.

Shelves near the front entrance store all the smaller items. Wallets, pagers, jewelry and the like. A pager bagged somewhere in the stack has gone off and continues to beep, and beep, and beep.

So many of the things stored in the warehouse seem insignificant. An old mop, a boom box, a bottle of aspirin. And Cobb says many of the items are worth less than the price it costs to store them.

"The face value of it is often very small," he said. "But if it's involving a crime, it's hard to put a value on it," he said. "If it's actual evidence in a rape case for example, that might help convict someone, how to put a price on that?"

## End of Summer SPECIALS



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## No ghosts, but plenty of history lives in furnishings removed from Capitol

By BEN WEAR

**Austin American-Statesman**  
AUSTIN - So far, no ghosts have been detected in the warehouse among the artifacts pulled from the Texas Capitol, only a marauding raccoon.

Still, the drafty old metal building on Trinity Street, off Cesar Chavez Street, is surely home to thousands of ghosts - shades of the politicians, lobbyists and bureaucrats who made Texas lore meeting behind the long-leaf pine doors now leaning against the warehouse walls. Or debating public policy while standing on the century-old boards - the ones with square nails - that were pulled from the House and Senate floors and now sit bundled in one room. Or dozing through a filibuster at their Senate desks below those ornate Plexiglas ceiling tiles now gathering

dust.

If you want to buy a chunk of Texas history, or if you merely want to add a Victorian touch to your home, you'll have a chance in a couple of weeks. The State Preservation Board hopes to empty the warehouse and help defray a smidgen of the Capitol restoration project's \$187 million cost at an auction Sept. 9-10.

All of the items were removed from the Capitol since the refurbishing began in August 1992. They are on the auction block because they, with the exception of the 19th century floor boards, are not original to the Capitol. The goal of state officials is to restore the Capitol as closely as possible to its original 1888 design, with only a few exceptions for modern conveniences.

Most of the articles in the auction - doors, wainscoting, transoms, molding, pediments, stained-glass windows - date from the post-World War I era. Some items - including a granite, oak and copper drinking fountain and a bathtub from the House Speaker's Capitol apartment - are less than 20 years old.

But all of it was made to blend into the Capitol's stately decor. All of it, in Dealey Herndon's words, was "a piece of the Capitol."

"It's sentimental, historical value," Herndon said. "It's not the value of the wood and the glass ... I have absolutely no idea what it will bring in because we don't know who will show up."

All this became available because many of the Capitol's interior walls, essentially glorified partitions, were removed during the restoration. Each time a wall disappeared, that freed up the wainscoting, molding and

wathever doorframes, pediments and transoms that accompanied it. The flooring from the House and Senate chambers was pulled up to make way for an updated system of phone and computer wires and replaced by a more easily removed floor.

The two-part Capitol auction will begin at 6 p.m. Sept. 9 at the warehouse at Trinity and Cesar Chavez Streets, then continues the next day at 1:30 p.m. at the Travis County Exposition and Heritage Center. Only photographs of the merchandise will be displayed at the Heritage Center.

The public can see the merchandise from 9 a.m. to 1 p.m. Sept. 6-8 and all day Sept. 9 at the warehouse.

For further information call the State Preservation Board at 512-463-5495.

Distributed by The Associated Press

## People in the News

NEW YORK (AP) - Vendela says there's nothing wrong with posing topless, hands over breasts, for the cover of an album for breast cancer research.

"I'm still healthy and won't put off men from thinking about breast cancer. We didn't want to scare people off," she said in Tuesday's New York Post.

The photo shoot upset the National Alliance of Breast Cancer Organizations, which will receive some of the proceeds from the album's sales.

"Vendela's picture and words do not in any way fit with the album's purpose and NABCO's mission," said Amy Langer, the alliance's executive director and a breast cancer survivor.

Vendela volunteered for the album "Women for Women," which features female performers singing in support of breast cancer research.

Mark Fine, senior vice president of Hammer & Lace Records, said Vendela would not be on the cover.

LOS ANGELES (AP) - Roman

Polski is getting some unexpected sympathy.

The filmmaker jumped bail and fled to Europe before his sentencing on a 1977 conviction for unlawful intercourse with a minor. He admitted having sex with the 13-year-old at the time.

Now the woman says Polanski, 61, should be allowed to return to the United States without going to prison.

The director of "Chinatown" and "Rosemary's Baby" recently settled a 1988 lawsuit with the woman for \$225,000. Prosecutor Roger Gunson said Monday that Polanski would have to surrender and let the court decide his punishment.

The woman's lawyer, Lawrence Silver, said his client, who lives in Hawaii, wants the case settled so she can get on with her life. Her willingness to see Polanski stay out of prison was not a condition of the settlement, Silver said.

Polanski lives in Paris with his wife and their 14-month-old daughter.

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# Lifestyles

The Hereford Brand--Sunday, August 28, 1994--Page 1B

## Jennings, Burfield vows said in Amarillo chapel

Shawn LeAnn Jennings and David Dean Burfield were united in marriage in a ceremony on Aug. 13 in the Wedding Chapel in Amarillo.

The bride's parents are Mr. and Mrs. Marvin Gaddy of 201 Greenwood and Mr. and Mrs. David Jennings of Dalhart. The groom is the son of Mr. and Mrs. Charles Burfield of 149 Ranger.

David Jennings gave his daughter in marriage. She chose a white silk gown, trimmed in pearls and lace, accented with a large bow in the back. The skirt was straight, extending to floor length. The chapel-length train was accented with pearls and lace. Her veil of illusion was attached to a crown of pearls.

The bride wore a pearl necklace belonging to her grandmother and carried a bouquet of assorted flowers tied with a satin ribbon.

Maid of honor was Shanda ReAnn Smith, Leslie Michelle Wagner was bridesmaid.

Attendants wore tea-length forest green gowns of green satin trimmed with bows at the neck and back. They carried white and burgundy flowers with greenery and lace.

Best man was Leonard Nikkel and J. Dale Butler was groomsman.

Flower girl was Leslie Jennings, daughter of David and Ronnie Jennings. Candles were lit by mothers of the couple, Ginger Gaddy and JoAnn Burfield.

A reception at the chapel honored the couple after the wedding. Terri Ann Smith, sister of the bride, presided at the registry. A traditional three-layer cake with white icing and greenery was served.

The bride wore a long knit dress in green stripes when the couple left on a wedding trip to Cancun, Mexico.

On their return, the couple is residing at 114 Ranger.

The bride is a 1992 graduate of Hereford High School and is employed as a receptionist at Lone Star Agency. The bridegroom attended Hereford schools and is manager of Charlie's Tires.



MRS. DAVID DEAN BURFIELD  
... nee Shawn LeAnn Jennings

## Urbanczyk family reunion noted; 135 members attend

"Meet Your Fellow Urbanczyks---Past and Present" was the theme when 135 descendants of Anton Urbanczyk gathered at Thompson Park in Amarillo on Aug. 14. The reunion has been held annually since 1969.

Children of the late John, Ben, Felix, and their sister, Adela Bichsel, host the gathering. This year's hosts were Tony Urbanczyk, Irene Dziuk, Edna Reinart, Rosalie Stengel, Leona Mazurek and Aurelia Urbanczyk, all of Hereford; Theresa Kotara of White Deer, Ethel Stengel of Amarillo, and Charles and Lori Albus of Pampa.

Charles Albus, master of ceremonies, reported that 2,200 names are now listed in a descendance chart he is compiling. Balloons were released following a history of the family and a short memorial service.

Vicky Schmucker and Evelyn Morrison, daughters of the late Conrad Urbanczyk, registered the guests. The 3-week-old son of Daniel and Mary Jo Schacher of Lazbuddie was recognized as the youngest attending. The oldest descendant present was Dalen Rohan, Ben's daughter from Panhandle. Coming the longest distance were Terri and Daniel Wright of Des Moines, WA. Oldest person attending was Ed Dziuk Sr. of Hereford.

Anton, the family patriarch, came to America in 1854 at the age of four. They landed at Indianola on the Texas coast, went to Galveston, then started a 200-mile trek to settle 30 miles southeast of San Antonio. The family endured through yellow fever on the sea and rattlesnakes on the land.

Anton moved to the Rhineland-Munday area in the early part of the

20th century. His son John moved to White Deer in 1920, and sons Ben and Felix followed in 1911. Daughter Adela joined them in 1921. Felix moved to Hereford in 1937.

Attending the reunion from Hereford were: Greg Urbanczyk; Martin, Sue, Jeremy, Joshua and Jenna Urbanczyk; Lori Urbanczyk, Bill Urbanczyk and guest Lorrie Boyett; Bob and Vicki Schmucker;

Sammye Mazurek; Edna Reinart; Bunny Urbanczyk; Tony and Loretta Urbanczyk; Mike, Evelyn, Melanie and Michael Morrison; Brian, Patti and Madison Urbanczyk; Connie and Connie Urbanczyk; Kevin, Rhonda and Jake Urbanczyk; Sam and Leona Mazurek; Ed Jr. and Mary Dziuk; Nancy, Casie and Seth Urbanczyk; Christy Urbanczyk and guest Sean Smith; and David Dziuk.

## Between the Covers

By JOE WEAVER

So now school is in full swing and things are back to a chaotic normal. For those who have been rattling our door between 9:00 and 10:00 a.m., if you can hold on until Thursday, we will resume our "regular" hours—that is, we will start opening at 9:00 again. (Our closing hours are the same—9:00 pm on Mondays and Thursdays, 6:00 on Tuesdays, Wednesdays, and Fridays, and 1:00 on Saturday). We will be closed this Saturday and Monday for the Labor Day Holiday.

Elmer Kelton has a new book—*Far Canyon*. This resumes the story of Jeff Layne, the buffalo hunting Texan-in-exile first introduced in *Slaughter*. Since Jeff can now return to Texas, he does so, only to find himself in the middle of a fierce border war between dispossessed Mexican ranchers and his longtime enemy. Kelton is well-known for writing great fiction about West Texas, and this looks to be another success.

Ever heard of the Readers Bill of Rights? Neither had I until recently, when I ran across them in a copy of the Texas Panhandle Library System Newsletter, *Saddlebags*. I thought you might be interested in knowing you have.

1) The right not to read. (That sounds contradictory, but I guess the right to read would include the opposite)

2) The right to skip pages. (What a relief and a timesaver!)

3) The right not to finish. (You're kidding! I thought that was required!)

Hereford has a number of excellent retail stores who make every effort to fill your needs or services. Shop at home with the local folks. They help support your church, your kids, your entire community.

4) The right to re-read. (Good thing—what with my wife and kids and the telephone, sometimes I read the same sentence dozens of times.)

5) The right to read anything. (I guess it IS your RIGHT, but you know what you OUGHT to read)

6) The right to escapism. (Isn't that included in #5?)

7) The right to read anywhere. (Unless the house only has one bathroom).

8) The right to browse. (Sure. Try that at a magazine stand.)

9) The right to read out loud. (Normally...but not while I'm watching a movie...or in an airplane...or trying to read for myself!)

10) The right not to defend your tastes. (I guess that's only fair, but what some of you people read is real trash—even if it is on the best-seller list for over two years.)

*Saddlebags* credits Daniel Pennac in *Better Than Life* for the list.

If you haven't had the chance to see last year's entries in the Junior History Fair, better hustle on by early this week to get a look at "Route 66: Main Street of America," and the "Dust Bowl Area, Then and Now."

Coming attractions this fall...Family Films resume...Friends of the Library Annual Book Sale...monthly calendars...National Children's Book Week...Public Story Hour resumes.

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It's A Girl  
**Chloe Clel Shafer**

Born: July 25, 1994

Parents: Terry and Gayle Shafer  
Grandparents: Nick and Marian Yosten  
and the late Clel and Ruby Shafer of Perryton,

**GARYNS**

## Bridal Registry

Darcy Graham Craig Rohrback	Amy Westbrooks Philip Webster	Teela McKee Wade Watson
Sarah Fish David Beard	Angela Duggan Rodney Penton	Amber Shedd Brian Goheen
Mica Plant Sha Gearn	Priscilla Hernandez Aaron Walker	Holly Andrews Chris Coleman
Susan Blackburn Gary Jones	Cory Ott Robert Torres	Shawn Le Ann Jennings David Dean Burfield

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## Extension News

By BEVERLY HARDER  
County Extension Agent-H.E.

### TEACH LATCH KEY KIDS ABOUT FOOD SAFETY

Millions of youngsters who will be on their own at home after school this year could benefit from a few food safety rules to prevent foodborne illness.

Children usually prepare their own snacks when they return from school. Parents can help prevent foodborne illness by reviewing the following list with children:

\*Deposit books and book bags somewhere besides the kitchen. They can harbor many harmful germs.

\*Throw away and left-over perishable foods brought home from a carried lunch. An exception to this might be unopened cans of foods that are shelf-stable and don't require refrigeration, such as canned fruits and canned meats.

\*Always wash hands before touching food.

\*Use only clean utensils.

\*Keep cold foods refrigerated. Always put milk, meat, cheese, etc., back in the refrigerator immediately and be sure the refrigerator door is closed tightly. Take out only what you plan to eat and refrigerate leftovers from any cans that are open.

\*Don't eat any food that looks or smells "funny."

\*If you are going to allow children to use a microwave, or any appliance for that matter, teach them to use it safely. Teach them to always use potholders and warn them about burning steam from popcorn or any closed container in the microwave.

Play it safe to keep youngsters safe and free of foodborne illness by educating them.

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

## Red Cross Update

A CPR renewal class will be held Tuesday at 7:30 p.m., at the Red Cross office. This class is for persons whose certificates are expiring. Call the office to register.

We are taking appointments for school clothing. Used clothing has been collected all summer and is available at the office.

This summer, the new Learn to Swim program was implemented. The new courses are Level I through Level VII. Level I, water exploration, teaches elementary skills which are built on as the student moves through the program.

The learning objectives of this class are for the student to become oriented to the aquatic environment and move comfortably through the water, be able to submerge the face fully, experience buoyancy and demonstrate basic breath control.

Other skills are floating and kicking on front and back, exit and enter water independently, learn alternating arm action and learn safety rules.

Volunteers are needed for our disaster teams so we will be prepared for any disaster that comes along. We really need volunteers willing and able to work in disasters in other parts of the United States. Please call the office, 364-3761, if you can help.

We are accepting donations and aluminum cans to raise funds for disaster relief.

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



## AMY WESTBROOKS, PHILIP WEBSTER Marriage planned

Amy Denise Westbrooks of Dallas and Philip Todd Webster of Chicago, Ill., plan to exchange wedding vows Oct. 22 in First Baptist Church in Richardson.

The bride-elect is the daughter of James and Nancy Westbrooks of Dallas and the prospective bridegroom is the son of Loyd and Delores Webster of Hereford.

Miss Westbrooks is a 1985 graduate of Lake Highlands High School in Dallas. She graduated in

1990 from the University of Texas with a B.S. degree in education. She is currently employed as a flight attendant by American Airlines.

Webster is a 1986 graduate of Hereford High School and graduated in 1990 from Texas Tech University with a B.B.A. degree in marketing. He is a member of Sigma Phi Epsilon Social Fraternity and is currently employed as a market specialist manager by Sterling Plumbing Grp., a division of the Kohler Co.

## HJH Roundup

By CAROLYN WATERS

The saddest of all obituaries might be: "His hidden talents were never discovered." (Edgar Dale, *The News Letter*).

A student with "fire" in him will only be discovered by a teacher who also has "fire." The discovery of promise or talent in youngsters is not made by tests. Tests can tell about achievements or about potential, but there remains an essential element that must be discovered.

Three hundred and fifty students received "Pride Certified" T-Shirts last week. (Pride Certified means Personal Responsibility in Daily Efforts). These students had met the requirements last spring by having a grade in all subjects of at least a 75, no more than two absences, and no more than one detention. Students may qualify each six-week period for the Pride Certified program.

Students wearing Pride Certified T-Shirts will be the only students to visit the snack bar on Fridays.

Thanks to all the parents who took time to attend the awards assemblies on Wednesday and Thursday mornings.

Seventh grade Science I classes will be studying math for at least two weeks. They will be graphing and working with data tables. Seventh grade Texas History classes will be studying geography for three to four weeks. This study involves maps, geography terms and graphs. Eighth graders will also be studying geography in their history classes.

Enrollment at HJH, so far, is 338 in the seventh grade and 398 in the eighth grade. We expect more students to enroll within the next two weeks.

Most students have their schedules "straightened out" by now and most have the required supplies. The "Little Store," operated by the Junior Historians, has been very busy each morning before classes begin.

Fridays will truly be Maroon and White Day at HJH with the Pride Certified shirts worn by students and the new staff shirts that the faculty will be wearing. The staff shirts are maroon with the HJH logo in maroon and white. Thanks to Pam Stephens for all the work that she has done getting these programs organized, shirts ordered and delivered and the positive attitude she shares daily for students and staff.

Teachers with "fire" in them will provide curiosity, provide an array of experiences, help students learn to perceive, to generalize, to practice and to judge to discover this talents. Good teachers are like good parents, their goodness is to be judged by the extent to which they become increasingly unnecessary to the growth of their students or children.

## Bridal Registry

Amy Westbrooks  
Philip Webster

Susan Blackburn  
Gary Jones

Angela Duggan  
Rodney Penton

Cory Ott  
Robert Torres

Teela McKee  
Wade Watson

Darcy Graham  
Craig Rohrback

Sarah Fish  
David Beard

Gail Walterscheid  
Scott O'Kelly

Amber Shedd  
Brian Goheen

Mica Plant  
Sha Gearn

Brenda Greenawalt  
Michael Schaffer

Holly Andrews  
Chris Coleman

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364-7122

## Overeaters Anonymous group to begin meeting in Hereford

Have you tried diet clubs, shots, pills, weight doctors, etc., only to achieve success for a short time, going on to further failures -- gaining and regaining weight each time?

Have you known the despair of feeling fat? Are you thin now, but

know you are on your way up?

Overeaters Anonymous is a fellowship of men and women from all walks of life who meet in order to help solve a common problem -- compulsive overeating.

The only requirement is a desire

to stop overeating.

There are no dues or fees. We are self-supporting through our own contributions.

No matter what size you are when you come to Overeaters Anonymous, if you want to be free of the obsession with food, the OA program can work for you.

If you want to learn how to live a life free of compulsive eating, OA can help.

By abandoning the idea that all one needs to be able to eat normally is a little willpower, it becomes possible to abstain from overeating -- one day at a time.

For weight loss, any medically approved eating plan is acceptable.

For information on Overeaters Anonymous, call Glenda at 364-4042 from 8:30 a.m. to 5:30 p.m. or 364-8085 any other time.

Meetings will be at 6 p.m. Tuesday and Friday in Sugarland Mall. Enter through the south door.

## Labor Day fireworks show set

AMARILLO--Cellular One of Amarillo is sponsoring a spectacular fireworks display on Labor Day, Sept. 5, at the Don Harrington Discovery Center.

The display, which will take place during a performance by the Amarillo symphony, is being choreographed by the world-renowned Grucci family. They have produced fireworks displays for the American Bicentennial, Statue of Liberty Celebration, the Bush and Clinton inaugurations and the Los Angeles Olympics, among others.

The fireworks display will be produced in such a way as to provide added excitement to the symphony's following selections: "American Salute," Jule Styne's selection from "Gypsy," "A Chorus Line," "Can-Can" from *Opheus in the Underworld*, Charles Strouse selections from "Annie" and the finale, "William Tell 1812 Overture."

Danny McWhorter, Cellular One vice president, said his company "is very pleased to be a part of Amarillo's Discover '94 Labor Day weekend festivities."

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**DRINK SPECIAL YOUR CHOICE OF 32 OZ. NR TALLSUP OR PLASTIC FOUNTAIN DRINK 59¢**

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DAVID JONES  
CARMEL, INDIANA  
MARLIO BOOGUA  
GALVESTON, TEXAS  
TERESA DOCKINS  
MURKIN, TEXAS

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PEORIA, ILLINOIS  
MARIE WARREN  
SHIELA, TEXAS  
LEON RAMIREZ  
MARIETTA, GEORGIA  
JIM LINSEY  
MICHAEY WILLIAMSON  
JANIE PESENA

## Ann Landers

**DEAR ANN LANDERS:** I am on vacation, but I have left behind some of my favorite columns that you may have missed the first time around. I hope you enjoy them.--Ann Landers

**DEAR ANN LANDERS:** Please settle our first fight. "Bud" and I have been dating for four months, and I really love him. The problem is that lately he has become a tickling maniac. At first, I thought it was funny, but now, he's driving me crazy.

Last night, he actually tied my hands and held my in a chair while his best friend took off my shoes and hose and tickled the bottom of my feet with a feather for what seemed like an eternity.

When they finally untied me, I used some words I didn't know I knew. Now Bud is mad at me and says I made a big scene over nothing. I claim that what he did was not normal. He says I'm the one who is loony.

I took me months to get this guy to notice me and ask me out. This first fight is killing me. What do you make of it?--Still Rattled

**DEAR STILL RATTLED:** Your "dreamboat" has a streak of sadism an inch thick and a yard wide. To tickle for fun, for a few seconds, is OK. But to tie a girl's hands and invite a buddy in as part of the act is pretty sick stuff, and you'd better recognize it now before the kook graduates to whips and chains.

**DEAR ANN LANDERS:** My husband is so mad at my father, he'd like to kill him. Here's what happened: Two years after we were married, "Harvey" suffered a dizzy spell and had severe chest pains. We called my father, a physician, in the middle of the night. Dad examined Harvey and told him he had a heart problem. He instructed Harvey to "take it easy" and cut out all strenuous activity.

This meant giving up handball and tennis. It also made a serious dent in our sex life. Harvey was so afraid of dying while having sex that he was impotent most of the time.

Two weeks ago, Harvey caught the flu. My father was out of the country, so we called another doctor, who put Harvey in the hospital until he was better. While he was there, he decided to have a complete physical. Harvey was seen by six doctors and received a perfect bill of health.

When we asked specifically about his heart problem, we were told that his heart is perfect. This so baffled us that the following week we flew to the Mayo Clinic, and Harvey was seen by a top cardiologist. The report was "no heart problem, and no evidence that there ever was one."

When my husband thinks of the years he has wasted "being careful," he could wring my father's neck. What should we do about this?--Eight Years Kaput

**DEAR EIGHT:** Nothing. The original diagnosis was worth what your husband paid for it. It's always a good idea to get another medical opinion. Even a doctor who isn't related can be wrong.

**DEAR ANN LANDERS:** I just became aware of a situation that I thought happened only in soap operas. My mother has a thing going with my father-in-law.

They don't have the faintest notion that anyone is aware of it. I am not sitting in judgment. Ann-I'm just numb from the shock. Should I confront my mother with the facts or pretend they don't exist?--Zapped

**DEAR Z:** Confronting your mother will serve no useful purpose. There would be denials and accusations, followed by icicles and estrangement.



SHANA WEINHOLD, AARON SAVAGE

## Homes, business get KUB awards from HBA

Five homes and a business have been recognized by the Hereford Beautification Alliance for the time and effort used to keep property maintained.

Keeping Us Beautiful letters have been sent to recipients, noting their contribution toward improving the appearance of the city. Selection is based on criteria, including neatness, weed-free area, mowed lawns, flowers in season and absence of trash and junk cars.

Notified of selection for the KUB recognition last week were:

- Clyde and Catharine Russell, 309 Cherokee;
- Meredith Ireland, 442 N. 25 Mile Avenue;
- Auralio and Bazilia Carrasco, 208 Lake;
- Tup and Hope Loerwald, 212 Center;
- Carlos and Amparo Charles, 529 W. Second, and
- Hereford Grain Corporation main offices, 600 W. First.

## Lapidary Club hears reports

Members of the Deaf Smith County Lapidary Club during a recent meeting at the Deaf Smith County Library heard members' reports on activities.

Carey Lyles told about a trip to Colorado and displayed specimens of rocks that he collected. He also described his visit to a new mining museum in Creede, Colo.

Dee Sturgis showed several pieces of jewelry she is working on and reported on recent trips to collect rocks.

A trip to Yellowstone National Park was highlighted by Bud and Lurline Cawthon. They noted recent fire damage and the recovery of trees there.

Dale Henson conducted the business meeting.

Next meeting will be on Sept. 26 at the library. Anyone interested in rocks and rock-working is invited to attend.



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## Thank You

The family of Nicole Miller wishes to express its sincere thanks to this community and our many friends who bestowed kind offerings of food, flowers, cards and other expressions of sympathy during our loss of Nicole. You're prayers and concerns have been greatly appreciated.

The Miller Family

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## Couple to wed

Shana Weinhold and Aaron Savage, both of Hereford, plan to wed Oct. 1 in The Bridal House in Plainview.

The bride-elect is the daughter of Dennis and Kathy Weinhold of Chandler, Ariz. and the prospective bridegroom is the son of Helen Savage of Plainview.

Miss Weinhold graduated from Gilbert High School in Arizona and the Pima Medical Institute in Arizona. She is employed by the Hereford Regional Medical Center. Savage is a graduate of Hereford High School and is employed by Sparkman Cattle Co.



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**Now You're  
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Mari!**

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## MINDING YOUR OWN BUSINESS Don Taylor

### A LOT OF WHAT I KNOW...

(Last of two parts)

Last week in Part one, I shared that a lot of what I've learned over the years I've learned from other folks. Many of the lasting, vitally important lessons were taught to me by family and friends.

This week, I want to share some of the lessons I learned at school and I want to contribute to your business acumen by sharing some of the wisdom I've acquired from my bosses. Teachers and supervisors are two of our world's greatest learning resources. I wish that I had learned this when I was younger.

#### Lessons From School

• From Mrs. Irvin, my first-grade teacher, I learned the value of

rewarding outstanding performance. I can still remember that brightly colored pencil I received for completing a difficult assignment.

- From Mr. Layson, my fifth-grade instructor, I learned that discipline really does shape character. It also makes sitting uncomfortable.
- From Mrs. McCracken, my eighth-grade teacher, I learned that respect isn't generated by physical strength or size. Mrs. McCracken stood about 4 foot 6 inches tall and weighed in at 90 pounds when wet. She earned our respect because she was pound-for-pound the best teacher in the state.
- From Mr. Trower, my high school vocational agriculture instructor, I learned the value of public speaking. The ability to stand before an audience and speak forcefully, fluently and convincingly is a skill everyone should develop.
- From Mr. Porter, our school superintendent and my high school psychology teacher, I learned that it is always best to think before you speak. It is frequently better not to speak at all.
- From Dr. Sartain, my college algebra professor, I learned that  $x+ab+r+2=something$ . However, unless I plan to teach algebra, knowing the answer probably isn't going to feed my family.
- From Dr. Owens, my college history professor, I discovered that history can be a hoot. I also learned that any subject presented well can be interesting.
- From Dr. Mayer, my college journalism professor, I learned that there is a right way to write. I don't always write correctly, but I know there is a right way.
- From Frank Smith I learned that all bosses like "hustle."

- From Bill Foster I discovered that if you want to keep good employees you have to pay them what they're worth.
- From Dave Hannen I learned the value of being worth more than you're being paid.
- From John Stensland I got a basic education in selling. He taught me that knowing your product and knowing how it will benefit the customer is a good start on making the sale.
- From Max Barnett I learned that work is never work if you're having fun. The trick is either work around funny people or make whatever you're doing fun.
- From Joe Rich I learned that if you want to be successful in the manure business you follow elephants. That is, think big!
- From Dr. Jerry Miller I learned to check references for any potential employee that aren't listed on the resume. In other words do a little digging if you really want to find out about someone.
- From Dr. John Dittrich I learned the value of empowering employees. Make certain they know what to do, give them total responsibility for getting it done, support them when they need it and reward them for doing it well.

Thank you all for the lessons. I'm sure there were ties when you didn't think I was listening, but I was. More importantly, I'm still learning.

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

## THE QUIZ

is a feature of the

### NewsCurrents

NEWSPAPER IN EDUCATION PROGRAM

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

## Comics

### BLONDIE

by Dean Young and Stan Drake



### The Wizard of Id

By Brant Parker and Johnny Hart



### Marvin

By Tom Armstrong



### BEETLE BAILEY

By Mort Walker



### Barney Google and Snuffy Smith

By Fred Lasswell



## THE QUIZ

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

### WORLDSCOPE

(10 points for each question  
answered correctly)



1) Even though the Clinton administration has announced a stricter entrance policy toward them, refugees like these people leaving a Coast Guard cutter in Miami continue to flee the country of ...?

2) Sudan recently turned over to the French the famous terrorist known as Carlos the ...?

3) Mexico held its presidential election last week, and despite strong opposition, ...?, the candidate of the party that has ruled Mexico for 65 years, won in a three-way race.

4) South African President Nelson Mandela called for a commission to uncover crimes committed under the former South African policy of ...?

5) A two-time Nobel Prize winner, ...?, who died recently at 93, also advocated taking massive doses of vitamin C to fight illness.

### MATCHWORDS

(2 points for each correct match)

- |               |              |
|---------------|--------------|
| 1-research    | a-evacuee    |
| 2-imagination | b-rampage    |
| 3-stampede    | c-creativity |
| 4-refugee     | d-study      |
| 5-propellant  | e-fuel       |

### PEOPLE/SPORTS

(5 points for each correct answer)

1) Actor Rob Morrow, who plays a New York doctor at work in a rural Alaska town, is reportedly leaving the TV series ...? this year.

2) While his involvement with Amy Fisher has already inspired several made-for-TV movies, ...? now says he is embarking on his own acting career.

3) Film director Joel Schumacher says he will direct the movie version of "A Time To Kill," the first novel by author ...?.

4) The child and spousal support payments that San Francisco Giants outfielder ...? must pay were reduced after the player pleaded financial hardship due to the baseball strike.

5) NASCAR driver ...? recently won the Goodwrench 400, a race that had been marred by the terrible crash the day before of driver Ernie Irvan.

### NEWSNAME

(15 points for correct answer or answers)



An author, I recently fled Bangladesh after remarks I made enraged Muslim militants. Who am I?

### YOUR SCORE:

- 91 to 100 points — TOP SCORE!  
81 to 90 points — Excellent  
71 to 80 points — Good  
61 to 70 points — Fair

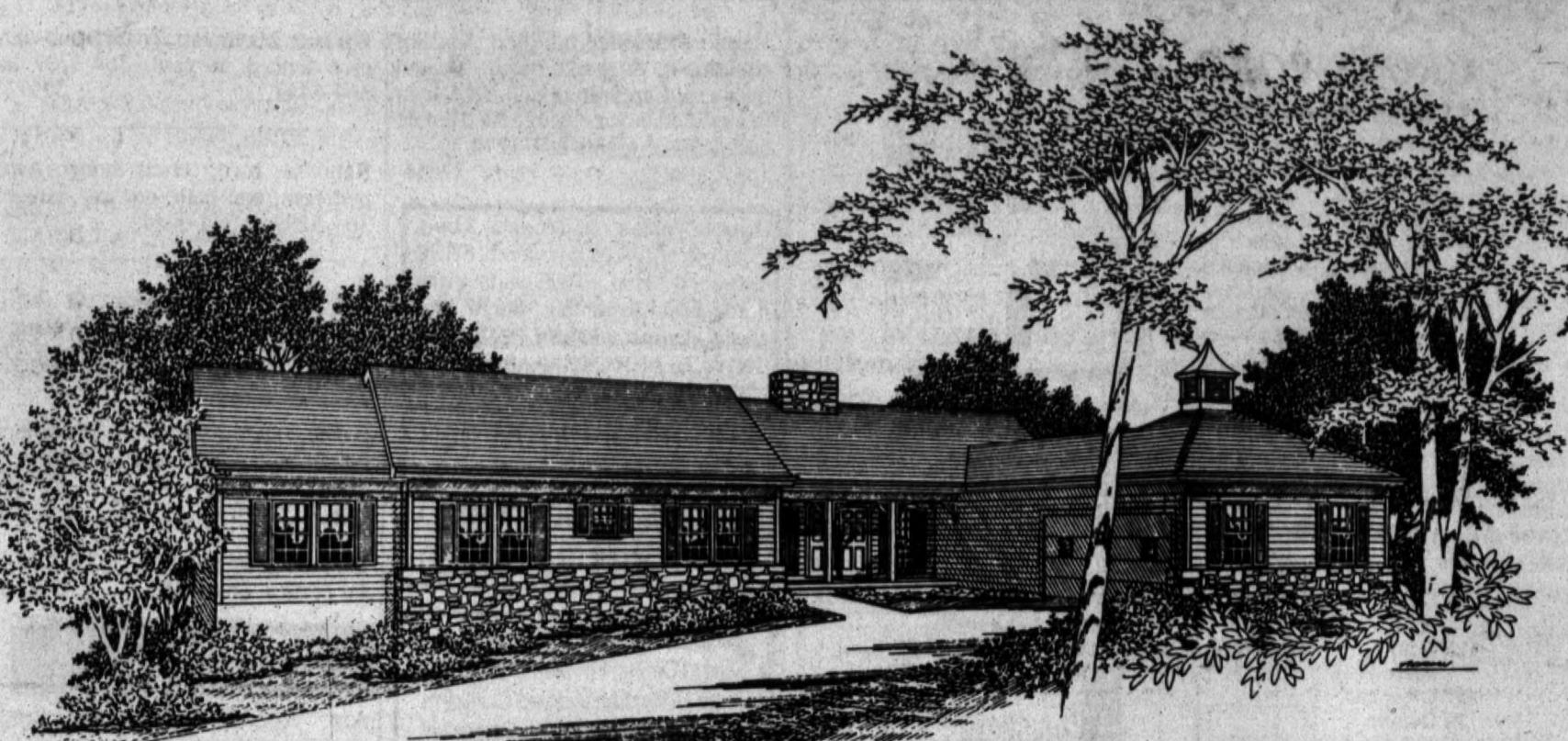
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### ANSWERS TO THE QUIZ

Week of 8-29-94

5-Geoff Bodine.  
2-John Grisham; 3-John Grisham; 4-Barry Bonds;  
3-John Grisham; 4-Barry Bonds;  
1-D; 2-C; 3-B; 4-A; 5-E  
PEOPLES & SPORTS: 1-Jessica Nashin  
MATCHWORDS: 1-d; 2-C; 3-B; 4-A; 5-E  
NEWSNAME: Teslima Nasrin  
4-Anderson; 5-Linus Pauling  
WORLDSCOPE: 1-Cuba; 2-Jackie; 3-Ernesto Zedillo;

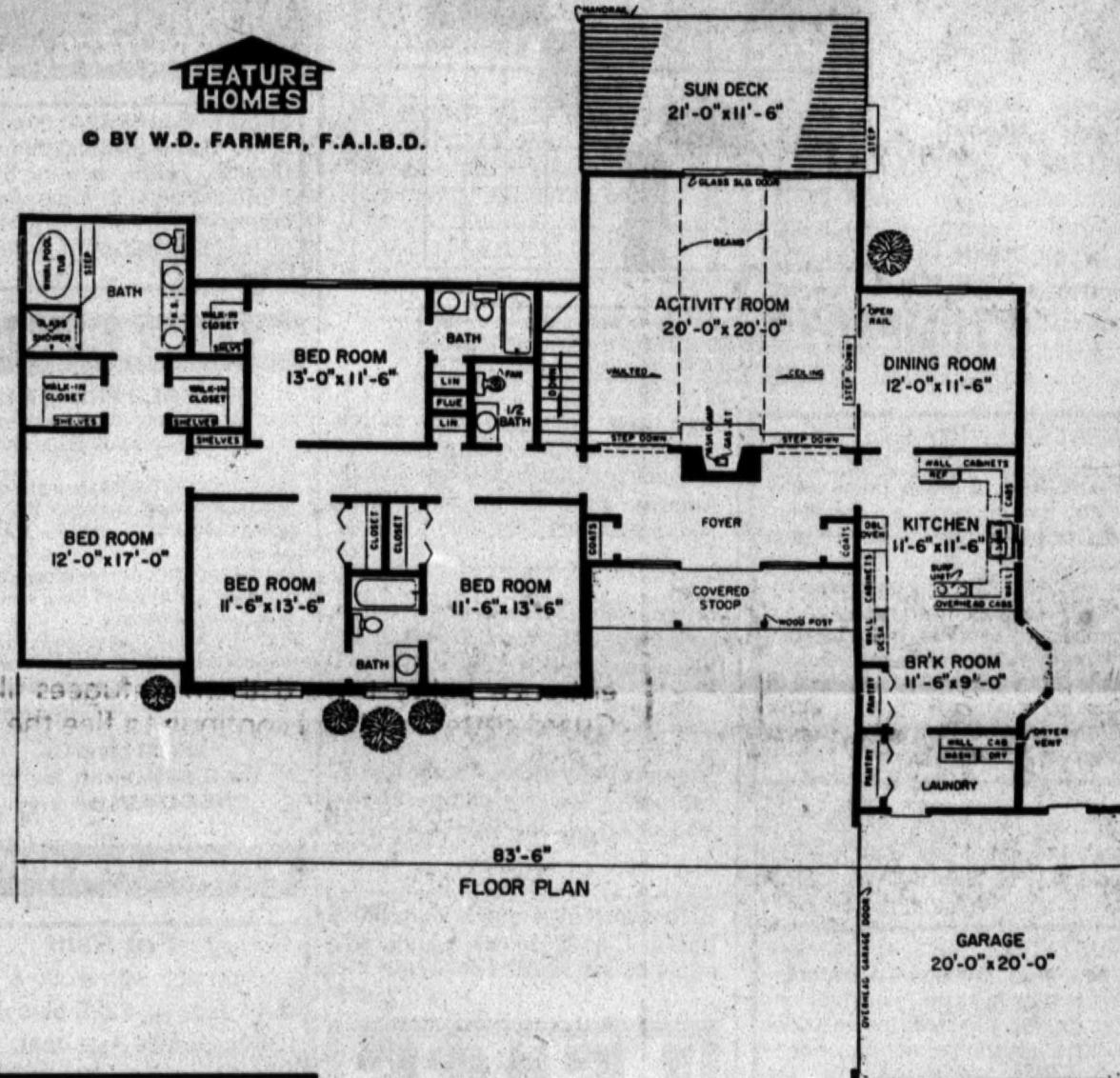
# Real Estate



## RAMBLING RANCH PLAN BOASTS FOUR LARGE BEDROOMS

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A wide covered stoop leads to an eloquent foyer featuring two coat closets. It is separated from the sunken great room by a real wood burning fireplace. A vaulted ceiling is shown for the great room and a full view of the sun deck is provided through a glass sliding door flanked by windows. The dining room is one step up and the full sized kitchen adjoins. The breakfast room and laundry flank the other end of the kitchen-breakfast and garage access is through the laundry. Exceptional pantry space is shown for this area too.

There are four large bedrooms shown for the quiet wing of the plan, each provided with direct access to a full bath and a half bath is shown central for convenient daytime use. The master bedroom boasts the largest bath with separate shower and garden tub, as well as two walk-in closets.

The ranch exterior is enhanced by a stone foundation and horizontal wood frame construction. The roof style is hip, and gable combined and the front covered stoop is large enough to accommodate a seating area.

The plan is Number 2462. It includes 2,436 square feet of heated space. All W.D. Farmer plans include special construction details for energy efficiency and are drawn in accordance with FHA and VA requirements. For further information write W.D. Farmer Residence Designer, Inc., P.O. Box 450025, Atlanta, GA 31145.



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238 ELM

Painted light paneling, open dining, great yard, good size rooms, large bath. Must see.

130 ASPEN - Available lease purchase.  
231 DOUGLAS - Absolutely perfect. Move-in and enjoy.

110 OAK - Basement, sunroom, large patio.



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Temple Abney 364-4616  
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In 1957, President Dwight D. Eisenhower signed into law the first civil rights bill to pass Congress since Reconstruction. Frances Cleveland, wife of President Grover Cleveland, gave birth to a daughter in the White House Sept. 9, 1893.

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121 EAST 15TH STREET - Beautiful inside and out...A custom built home with quality and charm plus lots of room. Has 4 bdrms., 3 baths, office, living room, sprinkler system...And hot tub. It's a home you must see!



106 16TH - Extremely well designed, with separate living room or office. Large backyard with covered patio.



135 IRONWOOD - 3 bdrm., 1 3/4 bath, fireplace, 2 car garage, storage building, has many nice features. Call to set up an appointment.

## Question/Answer

Q: During the energy crunch, we had extra insulation blown in our exterior wall. It was a type of foamed plastic that hardens.

After about a year, the paint started to peel on the inside of our exterior walls, so we know it's from the insulation. When we repainted our plaster walls, the new paint lasted through the summer and then peeled off again during the winter.

Is there a paint that I can use or a barrier to put on the wall to prevent this from happening again?

A: Before you insulated your house, the warm moist air from the house passed through your walls and the space between the walls was kept warm by the heat loss.

When you added insulation, the inside of the exterior wall sheathing became cold. When the warm, moist

air contacts the cold sheathing, the vapor condenses in the wall cavity.

You have plaster walls that cannot usually be painted successfully when damp or wet. However, there is a way that usually does work.

Wash your walls down first with a solution of water (1 quart), household ammonia (1 cup) and a wetting detergent such as Pine-Sol (1/4 cup). Follow by washing again with pure water and let dry completely.

To get the walls really dry, lower humidity in the house by running exhaust fans or a dehumidifier, opening windows on dry days and reducing room temperature.

When the walls are completely dry, feather edge any paint still firmly adhering to the walls. Then use a paint formulated as a vapor barrier.

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# Farm and Ranch

## 15 stops slated on county crops tour

An all-day, 15-stop farm tour will be conducted Tuesday, covering a wide variety of crop demonstrations.

Sponsored by the Deaf Smith County Extension Crops Committee and Texas Agricultural Extension Service, the tour will begin with registration and refreshments at 8 a.m. at the Community Center.

Coffee and donuts will be provided by George Warner Seed Company, Garrison-Townsend, Inc., AgriPro and Hereford Farmers Gin.

Tour participants who have private, commercial or non-commercial pesticide applicator certificates or licenses will receive five continuing education units credit for making the entire tour.

Four extension specialists will

provide information and training at the locations where CEU credit will be offered.

Extension specialists joining in the tour are Dr. Brent Bean, area agronomist; Dr. Carl Patrick, entomologist; Leon New, irrigation, and Kater Hake, agronomist-cotton.

Locations to be visited on the tour are:

-- 8:45 a.m., Weldon Stephan Farm, irrigated cotton variety; 13 varieties compared.

-- 9:10 a.m., Ronnie Andrews Farm, 12 cotton varieties under irrigation.

-- 9:35 a.m., Charles Schlabs Farm, 13 white food corn hybrids being compared under furrow irrigation.

-- 10 a.m., Tony Urbanczyk Farm, feedlot manure and compost applications on irrigated corn.

-- 11 a.m., Kenneth Christie Farm, Frito-Lay, Inc., yellow and white food corn variety test plot.

-- 12 noon, Lunch at Christie Farm, provided by Frito-Lay.

-- 1 p.m., Charles Allison Farm, spider mite control on corn using chemigation.

-- 1:30 p.m., Ray Schlabs Jr. Farm, 13 varieties of cotton under furrow irrigation.

-- 2 p.m., Roy Carlson Farm, 27 early corn hybrids under comparison.

-- 2:30 p.m., Chris Urbanczyk Farm, 17 forage sorghum hybrids under comparison.

-- 3:10 p.m., Ed Rohrbach Farm,

17 grain sorghum hybrids compared under dryland conditions.

-- 3:50 p.m., Tony Brorman Farm, sugarbeet variety trials being evaluated by Holly Sugar agricultural staff.

-- 4:20 p.m., Gene Schenk Farm, 11 sorghum hybrids being grown under furrow irrigation.

-- 4:50 p.m., David Cleavenger Farm, seven sorghum hybrids being compared in furrow irrigation.

-- 5:30 p.m., Joe Grotegut Farm, 25 grain sorghum varieties under comparison in furrow irrigation.

All interested persons are invited to take part in the tour.

Details of the tour and directions to the stops may be obtained from the extension office, 364-3573.

## TTU to host forum for beef producers

LUBBOCK - the second annual Southwest Beef Efficiency Enhancement Forum (BEEF) will be held Sept. 15-16 at the Texas Tech University meat lab and livestock arena in Lubbock.

"Sustaining Health Ranch Environments: Rangelands-Cattle-Wildlife" is the theme for the forum, to be held in conjunction with the National Ranching Heritage Center's Golden Spur weekend.

An education even to discuss techniques and practices needed to assess and improve the total ranch environment, the event is expected to attract beef producers from Texas, New Mexico and Oklahoma.

Joining in sponsoring BEEF are Texas Tech University, Texas A&M University, Oklahoma State University, New Mexico State University and the extension services of Texas, New Mexico and Oklahoma.

Pre-registered participants will make a tour of an area feedlot, beginning at 7:30 a.m. on Sept. 15.

"Total Quality Management," a

two-part presentation sponsored by Texas Beef Council, will begin Sept. 15 and conclude on Sept. 16.

The first day's program also includes a session on health and productivity of natural resources. On the program, too, is "Managing Wildlife Resources."

A dinner and environmental stewardship panel discussion are planned that evening.

Nutrition and herd health will be the basis for the Sept. 16 morning session and after lunch, participants will go to the TTU Meat Lab and Livestock Arena for the final segment of Texas Beef Council's "Total Quality Management."

An industry panel discussion will conclude BEEF.

Faculty and panel members represent Texas Tech, Oklahoma State University, Texas Agricultural Extension Service, and New Mexico State University, as well as producers and animal health specialists.

Information may be obtained by calling Dr. Lowell M. Schake, 806-742-2505.

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Please call to see how this might affect your farming operation.

Sign Up Deadline Is September 30, 1994



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Week of August 28 thru September 3, 1994.

# Entertainment

MOVIES, SOAPS, PUZZLES, AND MUCH MORE ★★★★

## Youngest Crane keeps 'Frasier' flying high



Frasier Crane (Kelsey Grammer) deals with his own radio show, his family, a live-in caretaker and his father's dog, Eddie (Moose), in "Frasier." The NBC sitcom, currently airing Thursdays, moves to Tuesdays in the fall.

BY JOHN CROOK

NBC is counting on "sibling revelry" to carry the day this season as the network moves "Frasier" to Tuesdays, opposite ABC's "Roseanne."

NBC's biggest new hit last year, "Frasier" has picked up even more momentum over the summer, once finishing as the week's top-rated show.

A large measure of credit for the show's success goes to David Hyde Pierce, 35, whose fussy Niles Crane has emerged as the show's undisputed breakout character — and snagged an Emmy nomination for him as well. In addition to his uncanny physical resemblance to star Kelsey Grammer, Pierce has assimilated Grammerisms into his own acting style to emphasize that these two men are brothers.

"Some of it is the genuine chemistry between the two of us as actors," he says. "Some of it is, absolutely, technique ... to suggest that these are two people who know each other very, very well. The third thing is that we were written that way."

One important aspect to the character is his marriage to the formidable (and never seen) Maris, a union that sometimes resembles something out of an Ingmar Bergman film.

"I think Niles married his mother," Pierce says. "I think it's important that Niles really loves Maris, and that he married her because he loved her. There may have been other things involved, psychologically, financially, perhaps, but ... I don't think Niles perceives of their relationship as something out of Ingmar Bergman. I think he has some vague sense somewhere in the back of his mind that there may be something else that one could get out of life."

That something else could be lovely Daphne Moon (Jane Leeves), the

English lass who serves as his father Martin's (John Mahoney) live-in caretaker. While Niles professes fidelity to his wife, he turns puppy-eyed whenever Daphne is around.

"It's infatuation," Pierce explains. "I think what's missing from Niles and Maris' life is really enjoyable sex. And Niles isn't confronting that, really, so he has the obsession."

In one episode last season Niles was, in fact, forced to confront his attraction to Daphne after she was stranded at his home during a thunderstorm.

"This was something that Kelsey and I talked about with the writers: How long can we keep playing this, without someone looking really stupid?" he recalls. "It sort of entered a new dimension, where Niles is aware of how he feels about Daphne and is trying to control it. That allows us to get more mileage out of the Niles-Daphne relationship."

Like most of the rest of the cast, he says he doubts that Maris will be seen anytime soon.

"I also don't know whether I want to ever see Maris," he says. "On the one hand, everyone has been given the same set of information about Maris, but I think everyone has their own picture of exactly who she is."

He is more than happy to be with his own professional lot, he adds, and plans to stay with the show for its duration.

"I will be extremely satisfied to do this, for the quality of the material and the people I'm working with," he says. "I could expect no better on stage, I feel, than I am getting here. The reason I want to do film is to avoid being typecast. The only things I have been offered recently have been things that were just too similar to Niles, and I just didn't want to do them."

### Cable Channels

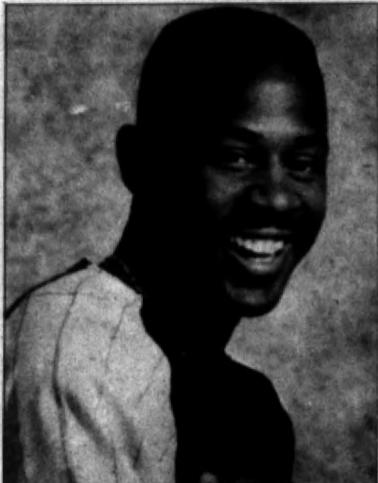
- |                            |                            |
|----------------------------|----------------------------|
| 2 - DISNEY CHANNEL         | 29 - HBO                   |
| 3 - LOCAL                  | 31 - CINEMAX               |
| 4 - KAMP (NBC) AMARILLO    | 32 - MTV                   |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



Sunday on Fox, Bruce Campbell stars in "The Adventures of Brisco County, Jr."



All's fair in "Love & War," starring Jay Thomas and Annie Potts, Mondays on CBS.



Thursday, Fox presents the season premiere of "Martin," starring Martin Lawrence.



Carl Lumbly fights crime as the high-tech superhero, "M.A.N.T.I.S., " Fridays on Fox.



Saturdays, Joe Lando stars as frontiersman Byron Sully on CBS' "Dr. Quinn, Medicine Woman."



## DID YOU KNOW?

THE FIRST RAILROAD WITH A RAISED TRACK IN THE UNITED STATES WAS THE GRANITE LINE OF MASSACHUSETTS BUILT IN 1826.



FISHING IS A LOT OF FUN, BUT YOU HAVE TO KNOW THE RULES. IN SOME STATES, FOR EXAMPLE, YOU CAN BE FINED UP TO \$100,000 IF YOU CATCH MORE THAN TEN BLUEFISH.



ALTHOUGH HOLLAND IS NOT A LARGE COUNTRY, IT HAS ONE OF THE WORLD'S BUSIEST PORTS. ROTTERDAM ATTRACTS THOUSANDS OF SHIPS AND BARRELS EVERY YEAR.

## Did You Know?

SINCE SOUND TRAVELS FOUR TIMES FASTER IN WATER THAN AIR, SCUBA DIVERS ARE UNABLE TO DETERMINE THE DIRECTION FROM WHICH A SOUND IS COMING. BUT VOLUME, HOWEVER, IS A DIFFERENT STORY. BECAUSE WATER IS DENSE, IT CONDUCTS SOUND SO WELL THAT DIVERS CAN HEAR THE SLIGHTEST CLAP.

## Super Structures

The world is full of beautiful structures that are constantly being photographed, portrayed in paintings and looked at in awe. Tourists visit them year after year, just to get a look.

Below is a list of some famous ones. See if you can match each with the place where it resides.

1. Empire State Building  
a. New York, N.Y.  
b. Paris, France  
c. Pisa, Italy  
d. Washington, D.C.
2. The Eiffel Tower  
a. Dublin, Ireland  
b. Agra, India  
c. London, England  
d. Paris, France
3. The Leaning Tower  
a. Athens, Greece  
b. Paris, France  
c. Pisa, Italy  
d. Rome, Italy
4. Lincoln Memorial  
a. Salisbury, England  
b. Paris, France  
c. Seattle, Wash.  
d. Washington, D.C.
5. Golden Gate Bridge  
a. Rome, Italy  
b. Paris, France  
c. Pisa, Italy  
d. San Francisco, Calif.
6. Sistine Chapel  
a. Athens, Greece  
b. Paris, France  
c. Rome, Italy  
d. Pisa, Italy
7. Taj Mahal  
a. Dublin, Ireland  
b. Paris, France  
c. London, England  
d. Agra, India
8. Parthenon  
a. Agra, India  
b. Paris, France  
c. Florence, Italy  
d. Athens, Greece
9. Buckingham Palace  
a. London, England  
b. Paris, France  
c. Pisa, Italy  
d. Washington, D.C.
10. Stonehenge  
a. Agra, India  
b. Paris, France  
c. London, England  
d. Salisbury, England
11. Washington Monument  
a. New York, N.Y.  
b. Paris, France  
c. Seattle, Wash.  
d. Washington, D.C.
12. White House  
a. Washington, D.C.  
b. New York, N.Y.  
c. Seattle, Wash.  
d. Athens, Greece
13. Statue of Liberty  
a. Phoenix, Ariz.  
b. Paris, France  
c. New York, N.Y.  
d. Washington, D.C.
14. St. Patrick's Cathedral  
a. New York, N.Y.  
b. Paris, France  
c. Washington, D.C.  
d. Dublin, Ireland
15. The Palace of Versailles  
a. Versailles, France  
b. Versailles, Italy  
c. Versailles, England  
d. Versailles, India

Answers  
1. a. 2. d. 3. c. 4. d. 5. d  
6. c. 7. d. 8. d. 9. a. 10. d  
11. d. 12. a. 13. c. 14. a. 15. a

## Match the month

The following sentences describe specific months. There are three possibilities listed below each. Circle the month you think the sentences are referring to.

- |  |  |           |           |           |
|--|--|-----------|-----------|-----------|
| 1. Named for the wife of Jupiter.  | February   | June      | April     |           |
| 2. Named for the word eight.   | July   | November  | October   |           |
| 3. Dedicated to the God Saturn.  | December   | March     | September |           |
| 4. An old proverb claims if this is a mild month, there will be bad luck for "both man and beast." | December   | November  | January   |           |
|  | May  | June      | February  |           |
|  | 6. Augusta Caesar took a day from this month and added it to August. | February  | March     | June      |
|  | 7. This month marked the start of Harvest.                           | September | August    | October   |
|  | 8. Named after Mars, the God of war.                                 | February  | March     | July      |
|  | 9. This month is favored by poets.                                   | April     | June      | May       |
|  | 10. "Dog days" happen during this month.                             | August    | July      | March     |
|  | 11. At one time, this was the seventh month.                         | July      | September | December  |
|  | 12. Named after Julius Caesar.                                       | July      | March     | September |

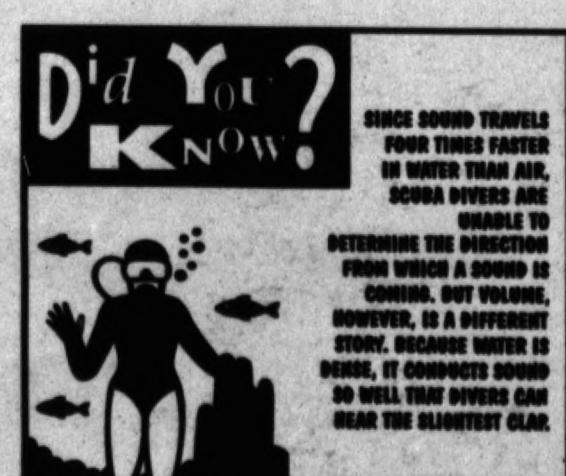
Answers  
1. June 2. October 3. False 4. January 5. May  
6. February 7. August 8. March 9. April 10. July  
11. September 12. July

## Greek preview

How much do you know about Ancient Greece? Answer "True" or "False" after each statement.

1. Prior to 650 B.C., the people of Greece used no money. Instead, they bartered.
2. Units of length were the finger and foot.
3. There were 16 fingers to a foot.
4. The usual coins were the lira and gold.
5. A talent was a unit of weight.
6. The Greeks ate only wheat.
7. Greece was originally located in Africa.

Answers  
1. True 2. True 3. False 4. False 5. True 6. False 7. False



















## AT A GLANCE

SUNDAY:  
Roger Moore  
as secret  
agent 007  
squares off  
against vil-  
lainous  
Christopher  
Walken in  
"A View to a  
Kill," airing  
on ABC. On  
CBS, "The  
Corpse Had



Roger Moore

a Familiar Face" finds a reporter too involved in the case of a missing teen. Elizabeth Montgomery and Lee Horsley star. Cinemax offers a Clint Eastwood festival that includes his Oscar-winning "Unforgiven."

MONDAY: Barbara Stanwyck shines in "The Lady Eve" on American Movie Classics. A&E's "Biography" profiles first lady Eleanor

Roosevelt. On CBS, Scott Bakula guest stars in a funny "Murphy Brown" repeat.

TUESDAY: Patrick Stewart is host of "MGM: When the Lion Roars," which begins the first of three parts on PBS (check local listings). ABC has a new episode of "Ellen," while Michael Moore rolls out another installment of "TV Nation" on NBC.

WEDNESDAY: Grace loses her job on a rerun of ABC's "Grace Under Fire." A "Mark Russell Comedy Special" debuts on PBS. Tom Cruise uncovers some dirty secrets on a Marine base in "A Few Good Men" on Showtime. Jack Nicholson and Demi Moore also star.

THURSDAY: Fox gets a jump on the fall season with the premieres of "Martin" and "Living Single." Julian Sands and Sherilyn Fenn star in the bizarre "Boxing Helena" on Showtime.

FRIDAY: Daniel J. Travanti stars as a businessman whose trip to Africa turns nightmarish in the CBS movie "Eyes of a Witness." Fans of romantic movies can catch "A Summer Place" and Natalie Wood in "Splendor in the Grass" on TBS. Wood's daughter, Natasha Gregson Wagner, stars in the Showtime movie "Drag Strip Girl."

SATURDAY: Richard Harris first attracted attention in "This Sporting Life," airing on A&E. Martin fires secretary Toby on an episode of HBO's "Dream On." Michael Rennie and Patricia Neal star in the classy science fiction film "The Day the Earth Stood Still" on AMC. Stefanie Powers stars as identical twins in "Deceptions" on Lifetime.

PAUL FREES supplied the voices of J.B. Tipton in "The Millionaire" and Boris Badenov in "The Bullwinkle Show."

## WORD LINK

Fill in the missing letters in the "TV words" below.

J	H	N	A	O	S
L	V	E	&	A	
H	A	D	C	P	Y
O	B	C	A	N	E

Now rearrange the letters you filled in to spell the name of

A TV Actor:

--	--	--	--	--	--

Copy, Bob Crane. Answer: Rob Morris.  
TV words: John Amos, Love & War, Hard

## WORD SEARCH

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

"Murder, She Wrote" Guest Stars  
(Words in parentheses not in puzzle)

Milton Berle  
Tom Bosley  
Cyd Charisse  
Harvey Fierstein  
Faith Ford  
(Graham) Greene

Dedre (Hall)  
(Tippi) Hedren  
(Howard) Hesseman  
Dwayne Hickman  
Bruce (Jenner)  
Hayley (Miller)

Jane Powell  
(Mickey) Rooney  
Richard (Roundtree)  
Tom Selleck  
David (Soul)  
William Windom

Send your comments to Candace Havens,  
Soap World, Features Dept., TV Data  
Technologies, Northway Plaza,  
Queensbury, N.Y. 12804. Because of the  
volume of mail received, personal  
replies cannot be sent.

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## TRIVIA QUIZ

She's so glad we had  
this time together

BY JOHN CROOK

Questions:

- As a good luck charm, who did Carol Burnett always have as her first guest of each new season?
- He wore a bad rug. She wore a skintight skirt. Name them.
- In "Went With the Wind," how did Starlett respond to Rat Butler's compliment on her curtain-dress?
- In what classic mystery spoof did a portrait play a major part?
- What did Ed Higgins (Harvey Korman), Eunice's husband, do for a living?
- Who did Burnett say was the real-life model for Eunice?
- Two different guest stars played Eunice's visiting brother, Phillip, during the show's run. Name them.

**ANSWERS:**  
Barbara Walters became the first female anchor of a network news show, working opposite ABC's Harry Reasoner, 1976-78.

Mike Altman wrote the lyrics for "Suicide Is Painless," the theme from "M\*A\*S\*H," the 1970 hit directed by his dad, Robert Altman.

## SOAP WORLD

Time for Nikki to  
grow up on 'Y&R'

BY CANDACE HAVENS

Dear Candace: I am a fan of "The Young and the Restless," but I am really getting tired of Nikki Newman Abbott's (Melody Thomas Scott) intrusions into everyone else's lives. Why doesn't she grow up and get a life of her own? She has been divorced from Victor for years, and now all of the sudden she just can't live without him? Why doesn't she do something useful besides causing trouble for Victor and Hope? Victor doesn't want her, and she should just accept that. -J.L. in Idaho.

Dear Reader: It is kind of strange how everything has worked out for Nikki on "Y&R." After she came out of her alcoholic daze, she didn't want any men in her life. She told both Victor and Jack to take a hike, and they did. Now both men are involved with someone else, and Nikki doesn't understand why she is suddenly all alone in the world.

The worst part is that she is still pining after her daughter Victoria's (Heather Tom) husband, Cole (J. Eddie Peck). While Nikki has always been a manipulative character, now she is mean and vindictive. To wish harm on your own child is going a bit too far.

And after all of this, what happened to Jed Sanders (Josh Taylor)? It looked like he was going to be Nikki's last hope, but we haven't seen much of him around either.

There doesn't seem to be much continuity with the Nikki character, and the writers need to take a second look at her past. Nikki has overcome a great deal of adversity. Her father molested her, she became a stripper at a very young age, and she married one of the most powerful and difficult men in Genoa City, Victor.

Nikki worked hard after becoming Victor's wife to be the woman that she was expected to be. The one factor that has carried through all of these trying times is that she always cared for her children. They meant the world to her.

It doesn't make sense that she would turn on her daughter the way she has, even though Victoria is a spoiled brat. The Nikki of the past would have loved her children no matter what.

## TV CROSSWORD



The answer to the Crossword Quiz is found within the answers in the puzzle. To find the answer, unscramble the letters noted with asterisks within the puzzle.

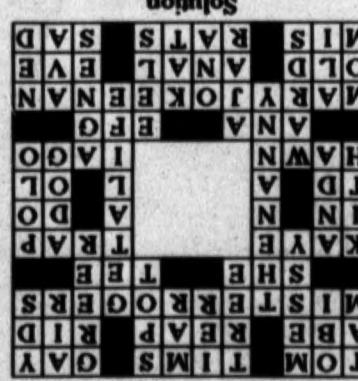
ACROSS

- Magnum's portrayer
- Allen and Daly
- The \_\_\_\_ Divorce; 1934 Astaire/Rogers movie
- President's nickname
- Gather
- of; free from
- Children's show host (2)
- Word in the title of Angela Lansbury's series
- Item for Nicklaus
- Late Danny
- The Parent \_\_\_\_ : 1961 Hayley Mills film
- Word in the title of Carroll O'Connor's series
- Let's \_\_\_\_ It Again; 1975 Poitier/Cosby movie
- Steelers' goal, for short
- Levant's monogram
- Laugh-In regular
- Shakespearian villain
- Santa \_\_\_, California
- HIV sufferers
- Julie's portrayer on Nurses (3)
- \_\_\_\_ Dracula; 1974 film
- Comparison: abbr.
- Miss Brooks' portrayer
- Prefix for dead or spell
- Algernon and his kin
- Blue

DOWN

- Bagpiper's accessory
- Sash
- Like a kid's room, often
- A \_\_\_\_ Grows in Brooklyn; 1974 TV remake
- Suffi for boss or bulk
- Spoil
- Dick & Jane's pet
- Ms. Garrison
- Breather's need

Solution





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• PIZZA!PIZZA!"

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& Beef Topping

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Sausage, Mushrooms,  
Green Pepper & Onions

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• PAN!PAN!"  
• PIZZA!PIZZA!"

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toppings available at additional cost.

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- PIZZA!PIZZA! 2 ROUND PIZZAS
- OR ONE OF EACH! 1 SQUARE PAN PIZZA  
AND 1 ROUND PIZZA

# Senior Scene

• Supplement to The Hereford Brand • September 1994 •

## Margie's Notes

By MARGIE DANIELS  
HSCA Executive Director

The Hereford Senior Citizen's Association was organized on Feb. 10, 1975. We met in an old school until March 1985. As a result of continued growth and community support, a beautiful facility was constructed completely debt free.

Our basic philosophy in working with senior members of the community is to recognize their needs -- as well as their worthiness. Part of this need is to be acknowledged with positive consideration by his fellow man and to be accepted as a competent member of the community with a great deal to offer.

The purpose of senior programming is to effectively respond to these needs -- and to encourage the continued growth essential to maintaining a sense of well-being.

Through our selected programming, the elderly are involved in activities that provide for maintaining social contacts and friendships; the linking of services; and collective representation is being made with regards to local, county and state planning.

As a result, the center is assisting in creating a more secure and happier individual, enabling him or her to remain in community life in a more meaningful and confident way.

Because this organization is so essential to the senior adults of our area, the Hereford Senior Citizens Permanent Foundation Fund was established in 1984. The funds earned from this foundation help to make it possible to continue to provide the best of services for our people.

The assets of the foundation have not grown as fast as we would like. We have approximately \$183,000 in assets; this includes some insurance policies owned by the foundation.

The continued growth of this entity can be made up of cash donations, bequests in your will, gifts of life insurance, charitable trusts, gifts from corporations and many other ways.

We really don't want to have an all-out fundraiser for this program, but would like for you to give as you see the need.

Come be a part of this important project! For more information call me at 364-5681, or come by the center or call S.L. Garrison, President of the Foundation.

I am going to have to cancel plans for the fall tour. So many things have come up that it is impossible for me to leave at this time and also complete plans at this late date.

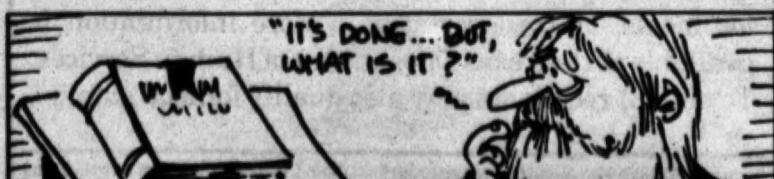
By the end of November, I will have the tours for next year outlined and will print them for you.

There will be three major tours: One in April to the gardens; one to Yellowstone and that area in June; and the one I was working on to Wisconsin, Michigan and surrounding areas in September 1995.

If you are interested in any tour, call and leave your name, address and telephone number. I'll send you all information about the tours.

The Festival of Trees is coming soon. We need items for the bazaar and commitments for the bake sale. Also, we still need volunteers in several areas. Please call or come by the office and sign up for any of these areas of service.

Thank you all so much for your help! See you at the center.



Many of the scribes during the Middle Ages could not read the books they copied so beautifully and painstakingly.



### 'Chicken Scratch' quilt wins

Winner of the People's Choice award in the Hereford Senior Citizens Quilt Show was a mauve "Chicken Scratch" quilt entered by Jolene Bledsoe. It was made by her sister-in-law, Evalyn Dye of Lubbock and it took almost two years to do the embroidery work. The quilt show was a part of the annual Town & Country Jubilee in Hereford.

### Quilt show is big success

Congratulations to Mary Kocan, who won the quilt given away in the Hereford Senior Citizens Quilt Show at the Town & Country Jubilee.

The "People's Choice" award went to Jolene Bledsoe for her mauve "Chicken Scratch" quilt. Credit should also go to her sister-in-law, Evalyn Dye of Lubbock, who made the quilt for her. It took Evalyn almost two years to do the embroidery work on the quilt, so it was a real token of love. HSC did a beautiful job of quilting the quilt.

"Most Unique" quilt was won by Genevieve Veigel for her "Tree of Life" quilt.

"Most Work" award was won by Dorene Rose for her "Snow Ball String."

"Lone Star," entered by Gene Patton, was also selected to receive one of the Hereford Buck gifts.

A big "thank you" goes to everyone who displayed quilts and to all who helped to make the quilt show a big success.

### There's new treatment available for depression

The symptoms of depression, a condition estimated to affect 17.6 million American adults, include difficulty in sleeping, loss of appetite, loss of interest in activities and loss of energy.

Fortunately, physicians have a number of antidepressant therapies to treat this condition. The newest therapy is Effexor tablets, a new structurally novel antidepressant, chemically unrelated to any other antidepressant. Effexor is a serotonin and norepinephrine reuptake inhibitor.

Current hypotheses suggest that Effexor may work by inhibiting reuptake (absorption) of both serotonin and norepinephrine, two neurotransmitters (brain chemical messengers) associated with depression. Like most other antidepressants, Effexor is a weak inhibitor of dopamine reuptake.

In clinical trials involving more than 2,500 patients, Effexor was an effective first-line therapy for the

treatment of depression. Effexor relieved depression not only in patients treated in the physician's office, but also in those who were hospitalized.

Analysis of depressed patients across several studies showed no difference in response by gender, in the elderly, or in those depressed patients whose thoughts and actions are either sped up or very slowed down.

The most common side effects reported in Effexor clinical trials include transient nausea, sleepiness, dry mouth, dizziness, constipation, nervousness, sweating, asthenia and anorexia. The most common side effects requiring discontinuation of therapy with Effexor were nausea, sleepiness and dizziness. Discontinuation of therapy is a reliable indicator of the severity of the event.

Effexor should not be administered concomitantly with monoamine oxidase inhibitors.

# Just Dropping By

## OUT OF TOWN GUESTS July 25-August 19

Visitors of Ed Bezner at the center during this period were Sister Loretta Bezner of Branchville, New Jersey; Bobby Medcalf had Argue & Cherry Havens of Lindale, Texas; Lucille Rockey had Imogene Bethel of Fort Worth, Texas; Mr. and Mrs. Lester Wagner had Amy Wagner of Amarillo, Texas and Aaron Wagner of Amarillo, Texas; Donnie Owen had David Owen of Astoria, Oregon, John Owen of Cascade Locks, Oregon, Beth Owen of Astoria, Oregon and John David Owen of Portland, Oregon; Margaret

Bromman had Helen Miller of Amarillo, Texas;

Also Leona Glenn has Amber Messon of San Angelo, Texas; Kathryn Chapman had Ann Timnal of Flagstaff, Arizona; Fritz Christmas had Paul Christman of Houston, Texas; Sarah Walton had B.F. and Grace Brown of Las Cruces, N.M.; Genevieve Veigal had Dorothy Oswald of Philadelphia, Pa.; Scat Russell had Bill Russell of Baird, Texas and Martha Ishibishi of Portland, Oregon;

Ida Jesko and Betty Bagley had Gene and Odessa Whisenhunt of Fresno, California; Temple Hill had

Gene and Ann Osborn of Colorado Springs, Colo.; Marie Bradford had Nan West of Moriarity, N.M.; L.R. and Gayle Wortham had Rene Alexander, of Magnolia, Texas; Margaret Ann Durham had James Durham of Brenham, Texas, Marlene Durham of Brenham, Texas, Baylor Durham of Waco, Texas; Jonnie Brittain had Lois Bosley of Austin, Texas; June Patterson had Judy Brown of Amarillo, Texas; Nell Culpepper had Martha Prabhu of India, Bonnie & Jamy Adams of Signal Mountain, Tenn., Frankie Henry of Amarillo, Texas; Avis White had Sherry & Brooke Talley of Odessa, Texas;

Also Raymond Higginbotham had Woody & Peggy Duckworth of Lubbock, Texas; L.J. and Wilma Clark had Paul & Lanna Clark of Rainsville, Alabama; Bruce & Jo Coleman had Maude McClellan of Eufaula, Okla. and Barrett Bowers of Fort Worth, Texas; Bettye Jo Carlson had Gladys Jenkins of Oxnard, Cal.; Velma Warren had Sister Josefa Birkenfeld of Ft. Smith, Ark.; A.G. Schlabs had Ed Schlabs of Friona, Texas; Lanelle Farmer had Beverly & Dan Carter of Amarillo, Texas; Margaret Young had Paula Young of Amarillo, Texas; Rosalie Northcutt had Elizabeth King of Lake Elsinore, Ca.; Shirley & Mildred Garrison had Shawn Walker of Newark, Delaware; Jim Allison of Amarillo, Texas; Bertha Tiefel had Danny, Marsha, Dana & Beau Boyer of Mansfield, Texas; G.C. Graves had Mary A. Johnson of Lubbock, Texas; Birdene Huff had Becky Timmons of Lubbock, Texas and Virginia Goddard of Sumner, Washington; Leola Cook had Lynn Cook of Amarillo, Texas;

Also Clara Brown had Jack Smith of Des Moines, N.M.; Katie Kendall had Texie Jarman of Las Vegas, Nev.; Reece Whittington had Iona Kemp of Coleman, Texas; Effie Robinson had Tommie K. Stevens of Amarillo, Texas; Lester & Viola Wagner had Megan & Darlin Peters of Canyon, Texas; Marie Stringer & Clovis Seago had Bob Hardin of Sayre, Okla.; Irvin Reeves had Kay Reeves of Irving, Texas; Ursula Pittner had Mildred Throckmorton of Levelland, Texas; Al & Margie Daniels had John W. Taylor of North Little Rock, Ark.; Jerry & Susan Campbell of Ohio; Katherine Perrin had Jerry Lindquist of Houston, Texas; Arin Draper of Houston, Texas; Rebecca Kirby of Lubbock, Texas; Roger Ridlon of Lubbock, Texas; Bill Woodford of Houston, Texas; Lois Petersen of Amarillo, Texas; Daniel Eisenstein of Boston, Mass.; Robert Eisenstein of Washington, D.C.; Sallie Kirby of Las Cruces, N.M.; Will A. Eisenstein of Oberlin, Ohio; Karolyn Eisenstein of Washington, D.C.; Sue Noakes of Athens, Ga.; Elmer & Irene Reinart had Lucille & Robert Roth of Burlington, Wis.; Helen Langley had Camille & Chad Sproule of Omak, Wa.; Dub Cursinger had Jerry, Heather & Debbie Cursinger of Stafford, Va.; Joy Ferree of Harrogate, England; Edna Schulte had Bernice & Dennis Green of Littleton, Colorado; Gladys Setliff had Ruth Johnston of Mesa, Az.; Betty Mercer had Lyndell Hall of Dalhart, Texas and Doris Neely of Dimmitt, Texas; Irene Boardman had Nancy Boardman Stevens of Albuquerque, N.M.; Frank Bezner had Chuck Schaff, Jr. of Los

Angeles, Calif.; and Charles Schaffe of Canton, Ma.; Herbert Higgins had Wilma & Leslie Sharp of Magnolia, Texas and Loretta Stovall of Amarillo, Texas; Mr. and Mrs. Jim Pavlicek had Joe, Elizabeth & Monika Boehm of Kingsville, Texas;

Wilma Bryan had C. & Londra Henry of Mesquite, Nevada;

Other guests: Jim Couzourt of

Amarillo, Texas; Doc Bezner, Dalhart, Texas; Maude McClellan of Eufaula, Oklahoma; Fred Close of Durango, Colorado; Gladys Benson of Dimmitt, Texas, AMARILLO GOLDEN K's, Jenefer Dridgel of Borger, Texas, First Baptist Church Youth Group were Anne Wiltrot, Candie Holmes, Jill Walser, Craig Aimes, Ted Peabody III, Curt Sherrod, Jacob Brewer.

## Caring for cancer patients

Here, for a change, is some good news about cancer. Not only is science making progress against many forms of the disease, the American College of Physicians—a nonprofit professional association of internists—has created a guide to help family and friends care for cancer patients while they're at home.

The 426-page workbook contains 21 plans for dealing with problems such as pain, nausea, fatigue, hair loss, changes in sexuality, anxiety and depression. It also has information on caregiver needs, getting information from medical staff and using community resources. Each topic is presented in a problem-solving format to help the reader analyze the situation, decide if professional help is needed and work toward a solution.

The guide says:

**-Successful caregivers are informed, creative and optimistic. They take care of themselves with proper diet, rest and relaxation. They help maintain a positive outlook by doing things they enjoy. They don't dwell on mistakes or expect to be perfect.**

**-Fight fatigue by planning short activities for times when the patient feels best; and allow time to rest in between. Agree on what's most enjoyable or necessary to get done each day.**

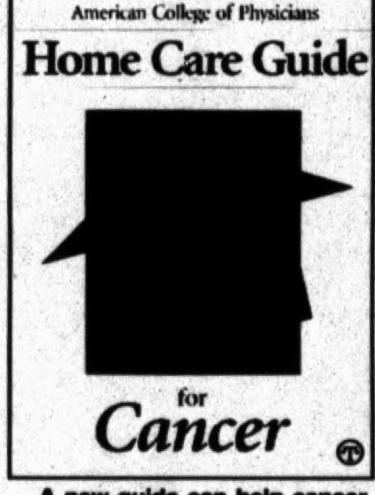
**-React to depression; don't ignore it. Try to find something that is going right. Try to increase the patient's social activities.**

**-Stimulate appetite by using plastic utensils which take away a bitter or metal taste associated with chemotherapy and using small plates and portions. Encourage the patient to eat with others.**

**-Minimize nausea with dry crackers, cold food and ginger ale.**

**-Combat weight loss by offering frequent snacks, using more butter and sugar in cooking and enriching whole milk with nonfat dry milk.**

Copies of the American College of Physicians Home Care Guide for Cancer—How to Care For Family and Friends at Home, are available for \$23 each, plus delivery. For information call ACP Customer service at 800-523-1546, Ext. 2600, (M-F, 9 a.m. until 5 p.m. ET). Refer to code #3438 when ordering.



## Good news for bad backs

Four out of five people can bet on an aching back sometime during their lives both the Arthritis Foundation and the American Academy of Orthopaedic Surgeons agree. Stress, excess weight, poor posture and worn-out mattresses—or any combination—are likely causes of back pain.

The good news: Most back pain can be prevented or relieved, doctors say. Their prescription: Some old-fashioned physical fitness and a good night's sleep. According to the American Fitness Association, the keys to a healthy back are stretching, exercise and a good mattress.

Here, from experts at the Better Sleep Council, are some pointers to help prevent back pain:

**-Work it out:** The principle reason backs hurt is muscle strain caused by lack of exercise.

**-Practice good body mechanics:** While lifting, bend at hips and knees so the back stays straight. When you need to twist, turn your whole body. When you're getting out of bed, roll up slowly, don't sit up quickly.

**-Sleep support:** Just as healthy backs need good muscle support during daily activities, they require good mattress support for rest at night. During sleep, muscles are able to relax and rejuvenate.



## SOCIAL SECURITY Jim Talbot

### SOCIAL SECURITY QUESTIONS AND ANSWERS

**Q:** I'll be 62 next year. When should I file for Social Security retirement benefits?

**A:** We recommend that you talk to a Social Security representative in the year before the year you plan to retire. In any case, you should contact SSA about 3 months before you turn 62. To file for benefits or to get information, you can call the Amarillo Social Security office at 376-2241 or Social Security's toll-free number 1-800-772-1213.

**Q:** How does Social Security figure my benefit amount?

**A:** Your Social Security benefit is a percentage of your earnings averaged over your working lifetime. A worker with average earnings can expect a retirement benefit that represents about 42 percent of his or her preretirement earnings. You get a free estimate of your benefits, call our office or the toll-free number.

**Q:** How do I apply for Medicare?

**A:** If you're already getting Social Security retirement or disability benefits or railroad retirement checks, we'll contact you a few months before you become eligible for Medicare and give you the information you need to sign up. If you aren't already getting checks, you should contact us about 3 months before your 65th birthday to sign up for Medicare. You can sign up for Medicare even if you don't plan to retire at 65.

**Q:** I understand that if I can qualify for SSI, I will also be eligible for other assistance, like Medicaid. How does this work?

**A:** In Texas, SSI recipients qualify for Medicaid. SSI recipients are also generally eligible for social services provided by the state, city, or county where they live. These may include homemaker services, arrangements for meals, or transportation. More information is available at the Texas Department of Human Services. Texas SSI recipients may also qualify for food stamps.

If you wish to have your questions answered in this column, please write to Jim Talbot, district Manager, Senior Scene, Social Security Administration, 3501 W. 45th, Suite E, Amarillo, Texas 79106.

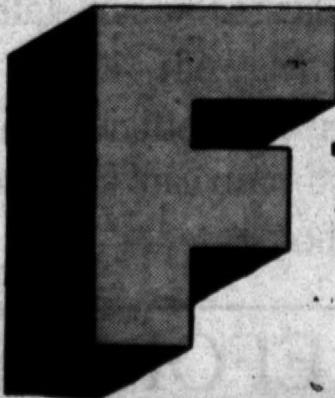
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## Nutrition Notes

### CONSUMER EATING HABITS A NEW CHALLENGE

Diet, Nutrition, and Health issues of intense interest to most Americans. Since its inception a few years ago, the national Center for Nutrition and Dietetics (NCND) hotline has heard from more than 270,000 Americans that fat, cholesterol, and weight management are top concerns. These data, along with increase in the number of people eating foods served or prepared away from home, put power and responsibility into the hands of retail foodservice establishments.

The foodservice industry's potential to influence consumers toward more healthful eating it is important that the public understand the following statistics:

(1) Food service industry sales in 1993 were over \$270 billion and are predicted to reach over \$400 billion by

the year 2000.

(2) More than 721,000 facilities offer foodservice in the United States.

(3) Almost 45 cent of the consumer's food dollar goes to food eaten or prepared away from home.

(4) The US Department of Commerce ranks sales figures for "Food Stores" and "eating and drinking" establishments second and third behind automobile dealers.

(5) Fast-food restaurants continue to enjoy the highest growth rate in total sales compared with casual, family, and fine-dining establishments.

\*Information from *Restaurant Industry Operation Report*, Chicago, Ill; National Restaurant Association and Deloitte & Touche; reported in the *Journal of THE AMERICAN DIETETIC ASSOCIATION*, August 1994 page 908.

Current consumer trends include an

increase in the number of women working outside the home, an expanding aging population, a growing ethnic diversity, a baby boom population entering its peak earning years, and an ongoing interest in health and nutrition. These and other trends have resulted in shifts in consumer purchasing habits. Consumers demand more convenience, portability, and variety in the food they purchase. Food is purchased in hundreds of different settings: including restaurants, cafeterias, supermarkets, schools, and wherever a vending machine can be installed. More consumers rely on an outside source, be they traditional foodservice operations or supermarket delis, to prepare the food they eat at home.

Gallup conducted a survey in 1992 along with the National Restaurant Association which gave the following results:

-27% of adults indicated a desire to eat out more frequently

-81% would opt for eating dinner at a moderately priced restaurant

-A large % of consumers want to use take out foodservices at least 2 times per week

-50% of adults would eat out more often if they had more disposable income

Conclusion: It is important to understand the impact of the foodservice industry sales by seasonal fluctuations based on economic conditions of the consumer trends.

Value-conscious consumers and the influence of children on purchasing decisions are two additional trends that drive revenue for foods eaten or prepared away from home. The consumer today is more value conscious than they were several years ago. They demand more quality and value for their food dollars; lower prices are not necessarily the end goal. In many families where both parents work outside the home, children parties have become an increasing important market segment for fast-food and moderately priced restaurants.

Consumers interest in nutrition when dining out parallels their perspectives regarding healthful food choices. Consumer awareness of the importance of nutrition continues to increase. Most adults are confident about their ability to select a healthful

diet, but those who find it hard to eat healthfully cite the changes made in labels and nutrition information distribution to confusion.

Interest in health and nutrition is one of today's key trends but consumers still limit their use of the foods and menu items tagged as nutritious when eating out. It is great to have these nutrition choices but the average consumer want to splurge when eating out.

Marketing nutrition on restaurant menus is increasing, especially with respect to lower-fat and lower cholesterol menu items and vegetarian entrees. There has been an increase in consumer interest among supermarket shoppers. The trends seem to be driven by interest of women who work outside the home, shoppers form households with children, and shoppers under the age of 65.

The challenge of providing foods to consumers is happening in an industry that must also consider new technology in formulating and processing foods, environmental concerns for waste management, food-safety issues, and education and training for an increasing complex workforce.

### Texas expert gives health hints

Dr. Kevin Raef, president of the Texas Chiropractic Association, reports that the personal computer is becoming more and more a pain in the neck.

Doctors of chiropractic say people who work with computers often complain about stiff muscles, as well as neck and back pain.

In addition, children who sit virtually motionless for hours playing computer or video games are just as susceptible to these problems. Muscles are not capable of holding the body erect for long periods of time. Sitting erect places strain on the spine, eventually causing neck and back pain.

"Back pain is the second most

common physical ailment after the common cold," says Dr. Raef. "In fact, 80 percent of all Americans will suffer from some type of back pain in their life. More and more resulting from the use of personal computers."

Dr. Raef offers some hints to help avoid this problem:

-Position the monitor at eye level.  
-Use a computer desk that places the keyboard 25 inches high.

-Sit in a comfortable chair that allows the knees to bend at a higher level than the hips. This promotes better posture.

-Do not cross or sit on your legs or feet.

-Take frequent stretching breaks to minimize muscle stiffness.

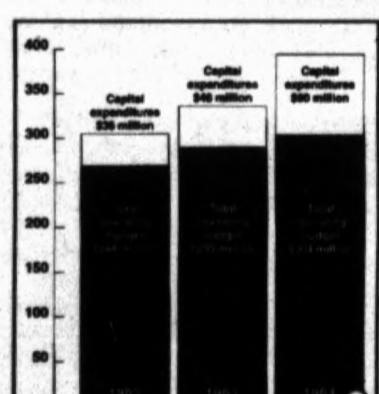
In addition, Dr. Raef recommends three neck/back stretches for computer users.

1. Turn your head to the right as far as you can without causing discomfort. Then nod your head up and down. Repeat these steps on the left side. Repeat eight to ten times.

2. Face straight ahead and lift your shoulders in a shrugging motion as far as you can. Hold to count of three. Repeat 10 times.

3. Place your hands on your shoulders with your elbows out to the side. Raise your elbows as high as possible the move them forward, down and back in a circular motion. Repeat five to 10 times.

Take care of your back, Dr. Raef says, and it will back you up for years to come.



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# New tests can detect minor heart attacks

Despite recent advances in treatment, heart disease remains America's leading killer. Now, an advanced diagnostic test makes it possible for doctors to save more lives by identifying even very small heart attacks other tests miss.

Chest pain sends about four million Americans to the hospital for medical attention every year. For 900,000 of those people, their chest pain is caused by a condition called angina. Partial blockages in the blood vessels leading to their heart cause chest pain or even "micro" heart attacks so small, they can't be detected by conventional medical tests.

It's important to identify patients suffering these very small but medically significant heart attacks because studies show these patients have about the same chance of a fatal heart problem in the future as patients suffering larger, but not fatal, heart attacks.

More than half the airports in the continental United States that have scheduled airline service are serviced exclusively by regional carriers. In fact, aircraft with fewer than 31 seats comprise about 68 percent of the U.S. industry's total domestic fleet.

The art of amorous conversations consists in making them not always amorous.—Bernard de Fontenelle

Now, a new test from Boehringer Mannheim Corporation provides conclusive proof of minor heart damage that previously went undetected. This is the only diagnostic test for heart attack that measures a truly cardiac-specific protein: Cardiac Troponin T, which is released only when heart damage occurs.

By identifying these previously undetectable heart attacks, the Cardiac T assay gives doctors the information needed to begin treatments aimed at reducing the risk of future heart damage or death.

Since the protein detected by the Cardiac T assay is found only in the heart, the test also enables physicians to diagnose heart attack even if other muscle tissue has been injured. Damage to non-cardiac muscle tissue during heart surgery often causes abnormal readings in other diagnostic tests for heart attack currently in use, making it difficult to tell if a patient has suffered a heart attack.

The Cardiac T assay also can diagnose heart attack in patients who have waited several days to seek treatment. Cardiac troponin T appears in the blood as soon as one hour after heart damage occurs and remains elevated for 14 days or more. Other cardiac markers, such as CK-MB, return to normal after two to three days.

## In Loving Memory

### MEMORIALS July 25-August 19

#### John Schneider

Margaret Godwin  
Joan and Bill Yarbo  
Adult 7 Ladies Sunday School Class,  
First Baptist Church  
Fred & Betty Batterman  
Pauline Kropff  
Frank & Anna Kathryn Huckert  
Mr. and Mrs. Leo Witkowski

#### Louie Olson

Ruby Baker  
Mr. & Mrs. Grant Hanna

#### E.W. Messer

Ruby Baker

#### Jimmy Brown

Mr. and Mrs. S.L. Garrison  
Rita M. Kerley  
Lajean Henry

#### Nadine Hill

Mr. and Mrs. S.L. Garrison  
Mrs. Marie Maxwell

#### Hattie Duvall

Mr. and Mrs. Grant Hanna

#### Carl Kropff

Mr. and Mrs. Grant Hanna

#### Billy Wall

Mr. and Mrs. Grant Hanna  
Mr. & Mrs. Leo Witkowski

#### Rosemary Schmucker

Frank & Anna Kathryn Huckert  
Mr. & Mrs. Leo Witkowski

#### Jim Kirby

Lucy Martin  
Nell Culpepper

#### Bill Miller

Mr. and Mrs. J.W. Dickerson

#### Earnest Langley

Marie Maxwell  
Murl Parker

Mr. & Mrs. Leo Witkowski

Unlike many other instruments  
which can be tuned, no two cymbals  
sound exactly alike.

## There's help for caregivers

My mother, who lives with me, has Alzheimer's disease. The amount of help she needs dressing and bathing varies from day to day. Sometimes we miss appointments because it takes her so long to get ready. Is there anything I can do?

People with Alzheimer's disease typically lose their ability to begin activities. Your mother may not know how to make the first move in an activity such as bathing. You might hand her a dampened washcloth with the reminder, "It's time to wash your face."

Another way to assist a person with Alzheimer's disease is to break down a process into smaller tasks and encourage the person to complete the parts he or she can. Handing your mother one piece of clothing at a time may be the help she requires to get dressed.

As your mother's need for assistance grows, you will decide how to distribute both your time and energy and hers. If dressing is particularly difficult and she does not resist assistance, you might dress her yourself. Then you can spend more time doing something with her that she enjoys, such as going for a walk.

To be an effective caregiver for your mother it is important to ensure that you get enough rest, respite and support. The well-being of the person with Alzheimer's disease depends on your own well being.

For more information about the Hereford's Alzheimer's Disease Support Group, call the Hereford Senior Citizens Center.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>September 1994</b>						
<b>Senior Center Activities</b>						
4	5 Line Dance 9:00-11:00 Water Exercises Doll Classes 6-9pm	6 Stretch & Flex 10:00 - 10:45 Water Exercises Golden Spread Hearing 1:00-4:00 Doll Classes 9-12	7 Stretch & Flex 10:10:45 Water Exercises Ceramics 1:30 Devotions/Monsignor Blum 1:00 - 1:30 Miracle Ear 10:00 - 3:00	8 Stretch & Flex 10:10:45 Oil Painting 9:00-11:00 & 1:00 Choir 1:00 Water Exercises Blood P & Glucose 9-12 Cancer Board 12:00	9 Line Dance 9:00-11:00 Water Exercises HSCA Board Meet 12:00	10 Games 12:00 - 4:00
11	12 Line Dance 9-11 Water Exercises Retired Teachers present Teel Bivins & John Smithee 12:00 Doll Classes 6-9pm	13 Stretch & Flex 10:00-10:45 Water Exercises Beltone Hearing 1:00-3:00 Doll Classes 9-12	14 Stretch & Flex 10:10:45 Water Exercises Ceramics 1:30 Alzheimer Group 11:30 Devotions/Monsignor Blum 1:00 - 1:30	15 Stretch & Flex 10:10:45 Oil Painting 9:00-11:00 & 1:00 Choir 1:00 Water Exercises	16 Line Dance 9:00-11:00 Water Exercises	17 Games 12:00 - 4:00
18	19 Line Dance 9:00-11:00 Water Exercises Doll Classes 6-9pm	20 Stretch & Flex 10:00-10:45 Water Exercises Doll Classes 9-12	21 Stretch & Flex 10:10:45 Water Exercises Ceramics 1:30 Cancer Board 11:30 Devotions/Monsignor Blum 1:00 - 1:30	22 Stretch & Flex 10:10:45 Oil Painting 9:00-11:00 & 1:00 Choir 1:00 Water Exercises Birthday Social 6:30	23 Line Dance 9:00-11:00 Water Exercises	24 Games 12:00 - 4:00 Dance/Velvetones 8:00pm
25	26 Line Dance 9:00 - 11:00 Water Exercises Doll Classes 6-9pm	27 Stretch & Flex 10:00-10:45 Water Exercises Beltone Hearing 1-3 Doll Classes 9-12	28 Stretch & Flex 10:10:45 Water Exercises Ceramics 1:30 Devotions/Monsignor Blum 1:00 - 1:30	29 Stretch & Flex 10:10:45 Oil Painting 9:00-11:00 & 1:00 Choir 1:00 Water Exercises	30 Line Dance 9:00-11:00 Water Exercises Garage Sale 8:00-5:00	

# Osteoporosis facts women should know

Nearly one-third of the United States female population - 36 million women - has experienced menopause. As the 21st century approaches, another 21 million women of the baby boom generation will join them. With the advent of this population's maturity, women's issues such as estrogen replacement therapy and osteoporosis will command greater attention.

That's because at menopause, the ovaries reduce and eventually cease their production of estrogen and progesterone, the female sex hormones that regulate monthly periods. Estrogen, in particular, plays an important role in several bodily functions including the maintenance and conservation of bone tissue. Without estradiol (a very potent estrogen produced by the ovaries), women experience loss of bone mass which can lead to osteoporosis.

Osteoporosis, meaning porous bone, is a disease characterized by the loss of bone mass which leads to decreased bone strength and poor bone quality, which results in increased risk of fractures.

Today 25 million Americans have osteoporosis, which causes an estimated 1.5 million fractures annually. Of those 25 million, 80 percent are women. Women who are likely to develop osteoporosis often have the following characteristics: white or Asian race; slim build; cigarette smokers; a family history of osteoporosis in a mother, sister or aunt; and early menopause (change of life). In addition, the National Institute for Aging reports that osteoporosis is more closely related to menopause than to a woman's chronological age.

Loss of bone mass is an inevitable part of aging, but it is especially pronounced in postmenopausal women. The National Institute on Aging defines menopause as a risk

## Sneeze Reasoning

DALLAS (AP) - A lot of people start sneezing during pollen seasons. Some of them are allergic, but then again, some aren't, says Dr. Richard Mabry.

Mabry, professor of otolaryngology at the University of Texas Southwestern Medical Center at Dallas, says some sneezers may have colds or sinus infections. The symptoms are similar: sneezing, congestion, watery eyes and runny nose. These may be followed by sore throat and thick nasal mucus, sign of sinus infection.

"True allergy does not cause a cold. It may contribute to a sinus infection by blocking the normal mucus drainage of the sinuses," says Mabry.

If nasal secretions are thick and colored, the problem may be a cold, not an allergy.

factor for osteoporosis because estrogen diminishes at an accelerated rate at the onset of menopause.

Osteoporosis is a silent disease. Most women don't even know that they have it until they experience a sudden fracture of the wrist or hip or a stooped posture caused by a deteriorating backbone.

### Estrogen Replacement Therapy

Bone loss is most accelerated in the first five years after menopause. But estrogen replacement therapy (ERT) can protect women against bone loss and osteoporosis for as long as 10 years. In fact, ERT is documented to reduce the rate of vertebral fractures even when started as late as six years after menopause and to reduce the risk of hip and wrist fractures by approximately 60 percent.

Bone loss resumes once therapy ends. As a result, physicians advocate the use of low-dose estrogen replacement therapy for at least 10 to 15 years, and some doctors even recommend life-long use. Women should discuss the benefits and risks of long-term ERT with their doctor.

In the interest of women's health, medical professionals raise concerns about noncompliance. Although ERT helps prevent osteoporosis, many women discontinue therapy when vasomotor symptoms, such as hot flashes and night sweats, cease. In fact, 85 percent of women eligible for ERT are not undergoing therapy, placing them at risk to the effects of bone loss. Of greater concern among those who suffer hip fracture (a common consequence of osteoporosis in very elderly women), between 12 and 20 percent will die within three months from complications. The incidence of hip fractures is greatest with advanced age.

To address this issue, Bristol-Myers Squibb Company recently introduced its low-dose estrogen replacement therapy, Estrace (estradiol tablets, USP) 0.5 mg, which is effective in preventing further loss of bone density in postmenopausal women when used as directed and in conjunction with regular check-ups by a health care provider. While Estrace 1.0 mg and 2.0 mg have been available through physicians for the relief of vasomotor symptoms, such as hot flashes and night sweats, the new low-dose tablet is now available by prescription for osteoporosis prevention. In a clinical trial, low-dose Estrace 0.5 mg helped prevent osteoporosis in postmenopausal women. Those in a placebo group lost bone mass.

Osteoporosis, known as the silent disease, poses a real threat to postmenopausal women. Only 15 percent of women eligible for ERT undergo therapy. Postmenopausal women not undergoing therapy should start or reinitiate discussions with their

doctors about the importance of osteoporosis prevention. Even women who have been postmenopausal for several years and have never received ERT can still benefit from the bone-preserving effects once they begin taking it.

ERT class labeling recommends that women take the lowest dose of estrogen that provides the protective effect, because there are risks as well as benefits associated with ERT. Estrogens should not be used in individuals with any of the following conditions: known or suspected pregnancy since estrogens may cause fetal harm; unusual vaginal bleeding;

known or suspected cancer of the breast or uterus; and circulation problems or abnormal blood clotting disorders. Estrogens have been reported to increase the risk of cancer of the uterus in women who have had their menopause. Women should advise their doctor if they have heart disease before beginning ERT. Common side effects of low-dose Estrace 0.5 mg include nausea and vomiting, breast tenderness or enlargement, and retention of excess fluid.

Low-dose Estrace 0.5 mg contains only 178 estradiol which is derived from naturally occurring compounds from plant sources. It is the same as the female hormone, estradiol, that is naturally

produced by the ovaries before menopause.

Osteoporosis is a debilitating disease that stifles mobility, but it may be prevented by adhering to a consistent regimen. Doctors recommend that women who are approaching menopause should get plenty of weight-bearing exercise to strengthen their bones. Women should also eat foods high in calcium and vitamin D and avoid smoking and excessive amounts of alcohol. Finally, women may want to discuss low-dose estrogen replacement therapy with their doctors - to prevent osteoporosis and to begin their golden year on strong footing.

## GIBSON'S IS CELEBRATING SENIOR CITIZEN DAY, TUESDAY, SEPTEMBER 6TH.



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## Older Americans unaware of Parkinson's Disease risk

A majority of Americans older than 50 are unaware that they are at risk for developing Parkinson's disease (PD), and nine out of 10 are not concerned about suffering from the disease in the future, according to a national survey conducted by KRC Research & Consulting, New York polling firm.

These findings are despite the fact that PD afflicts about one million Americans, most over the age of 50. In fact, it has become one of the most common ailments in the United States and is likely to become even more prevalent in the 21st century as the Baby Boomer population ages. The disease, which is caused by a

deficiency of the brain chemical dopamine, is progressive and may cause a number of debilitating symptoms that severely diminish the quality of an individual's later years.

The survey found that nearly half of the 500 people polled were able only to name one symptom of PD—tremor. One-third of respondents were not able to name any of the other characteristic symptoms. Some of the symptoms of PD include: impaired balance, stooped posture, slowness of movements and a slow, shuffling gait.

"One reason people may not be aware they have Parkinson's disease and may not seek treatment is that the

early symptoms often are attributed to the normal aging process," explained Frank Williams, executive director of the American Parkinson Disease Association.

When respondents were provided with a list of various symptoms, at least one of four reported experiencing symptoms commonly associated with PD "somewhat often" to "very often." The symptoms were tremor, impaired balance, stopped posture and slowness of movements; many of these symptoms also may be related to normal aging.

According to Williams, it is likely that most of those polled who reported experiencing Parkinson's-like symptoms are not suffering from the disease; however, he emphasized that only an individual's doctor can rule it out.

In a separate but related survey of 500 individuals with PD, nearly half of those polled did not notice Parkinsonian symptoms in themselves, rather a family member, friend or physician first noticed the symptoms and suggested treatment. The survey also found that approximately half of the respondents with PD were diagnosed within six months of the onset of symptoms.

"It's clear that the key findings of the survey highlight the need for increased emphasis on education about this debilitating condition," said Williams. "By increasing awareness of the symptoms of Parkinson's

disease, individuals and their families will more easily be able to identify the condition and seek treatment."

Because there is no cure for Parkinson's disease, the aim of therapy is to control its symptoms. Currently, four classes of drugs have been developed to treat PD. The most commonly prescribed drug is carbidopa-levodopa, which when given in a sustained-release formulation provides steady plasma levels of levodopa and may provide the Parkinson's disease patient with a more predictable day. Individuals need to work with their doctors to determine which drug regimen best alleviates their symptoms and allows them to lead a more normal life.

The surveys were sponsored by the American Parkinson Disease Association with an unrestricted grant from DuPont Pharmacy. They were based upon telephone interviews with 500 Parkinson's disease patients and 500 Americans ages 50 to 75 selected at random. They have a sampling error of plus or minus 3.5 percent.

For more information about PD or its treatment, contact the American Parkinson Disease Association at 1-800-223-2732.

Welcome  
New  
Members

Walter Seed was incorrectly listed in last month's **Scene** as a new member. Walter has been a member of the Hereford Senior Citizens Association for many years, and we apologize to him for this error.

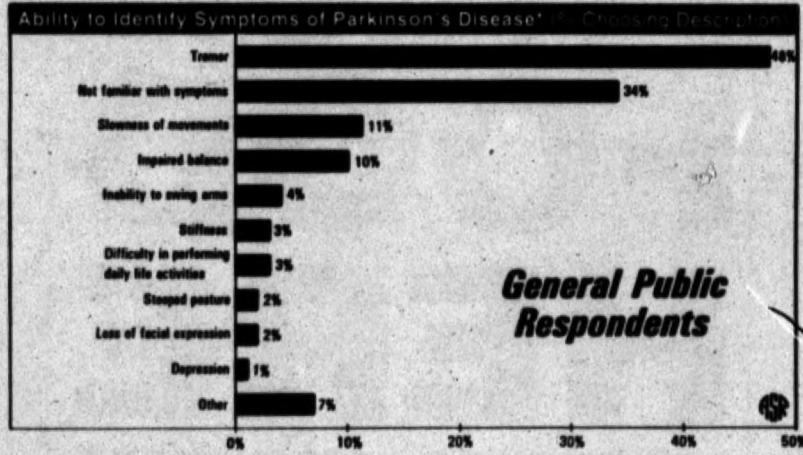
And, the name of Modesta Flores, who joined the association in June, was inadvertently omitted from the list of new members last month. Our apologies to Modesta.

### NEW MEMBERS

Modesta Flores 6-16  
Hazel Anderson 7-25  
Maria R. Celaya 8-2  
Joe F. and Jewel Miller 8-2  
Jim and Ina Cleavenger 8-8



Grover Cleveland was the only president who served two non-consecutive terms of office. He was our 22nd and 24th president.



### General Public Respondents

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>September 1994</b>				
<b>Senior Center Menus</b>				
5 Italian Spaghetti Green Beans Buttered Corn Tossed Salad Fruited Pudding Garlic Toast	6 Bacon-wrapped Chopped Beef Steak Baked Potatoes Okra & Tomatoes/Green Beans Garden Salad Sherbet	7 Chicken Strips w/Gravy Mashed Potatoes Pear & Carrots Jellied Citrus Salad Fruit Cobbler	8 Beef Macaroni & Tomato Casserole Seasoned Squash Buttered Spinach Carrot & Raisin Salad Cake	9 Breaded Fish Cheese Grits Brussels Sprouts/Green Beans Orange Gelatin w/ Carrots & Pineapple Fruit Cobbler
12 Polish Sausage w/ Kraut Baked Sliced Potatoes Fried Okra Tossed Salad Peaches & Cookie	13 Chicken Fried Steak w/Gravy Mashed Potatoes Broccoli Harvard Beets Cottage Cheese w/Pineapple Chocolate Cake	14 Oven Fried Chicken w/Gravy Mashed Potatoes Buttered Spinach/Green Beans Jellied Fruit & Cottage Cheese Salad Banana Pudding	15 Mexican Stack Pinto Beans Spanish Rice Salad Fixins Peaches & Cookie Tostados	16 Baked Fish Macaroni & Cheese Normandy Vegetables Coleslaw Sherbet
19 Beef Stroganoff on Rice Green Beans Stewed Tomatoes or Corn Tapioca Pudding	20 Baked Ham Broccoli & Rice Casserole Buttered Corn Carrot & Raisin Salad Fruit & Cookie	21 Roast Turkey w/Gravy Rice Pilaf Buttered Carrots Green Beans Cranberry Gelatin Salad Ice Cream	22 Meatloaf Great Northern Beans Broccoli Coleslaw Fruit & Cookie	23 Tuna or Chicken Salad on Lettuce Leaf Macaroni Salad Baked Beans Orange Gelatin w/Carrots & Pineapple Salad Fresh Fruit
26 Steak Fingers w/Gravy Blackeyed Peas Fried Okra Pickled Beets & Onions Peaches & Cookie Cornbread	27 Roast Beef w/Gravy Baked Potato Seasoned Carrots Garden Salad Fruit Cobbler	28 Oven Fried Chicken w/Gravy Peas w/New Potatoes Harvard Beets Frosted Lime Walnut Salad Pudding w/Topping	29 Beef Stew w/Vegetables Coleslaw Cake & Peaches Cornbread	30 Salmon Leaf Scalloped Potatoes Seasoned Mixed Greens or Green Beans Raspberry Gelatin Salad Pineapple Upside Down Cake

# Survey documents impact of migraine

Those who have never suffered from migraine may perceive it as "just a bad headache," but 70 percent of people who suffer from the disease believe it brings their lives to a standstill.

The nationwide survey, which consisted of phone interviews with a nationally projectable sample of 1,007 migraine sufferers, was conducted by the Gallup Organization for Cerenex Pharmaceutical, a division of Glaxo Inc. The pain of migraine is so excruciating 35 percent of respondents say they have wished they were dead during an attack. In addition, a significant number of sufferers rated migraine as being more painful than childbirth (19 percent), a broken bone (28 percent), arthritis (33 percent), athletic injuries (42 percent) and a bad burn (42 percent).

## Fibromyalgia often is misdiagnosed

Fibromyalgia is the second most common arthritis-related disease next to osteoarthritis, according to the Arthritis Foundation. Yet studies show that the average time from onset of symptoms to actual diagnosis is five years.

People with fibromyalgia may experience deep muscular aching, throbbing, burning or stabbing, and a feeling of being completely drained of energy. Unlike inflammatory arthritis, which can be verified through blood tests, and degenerative arthritis, which can be confirmed by X-rays, fibromyalgia produces no obvious signs.

Fibromyalgia is not a catchall name for unexplained pain or fatigue. Specific symptoms are necessary to meet the diagnostic criteria for the condition. A person must have widespread pain in all four quadrants of the body that has lasted at least three months, and tenderness in at least 11 of 16 specified "tender points."

Fibromyalgia did not gain widespread recognition in the medical community until the early 1980s; consequently, many practicing physicians never learned about it during their medical training.

Because many fibromyalgia symptoms may be similar to those of other illness, the Arthritis Foundation suggests that people seek treatment from a doctor who is knowledgeable in arthritis-related diseases. Your Arthritis Foundation chapter can provide a physician referral listing.

For a free "Fibromyalgia" brochure, contact your local Arthritis local chapter. For general information and the "Basic Facts" brochure, call the Arthritis Local Information Line, 1-800-283-7800.

The Arthritis Foundation supports research to find ways to cure and prevent arthritis and seeks to improve the quality of life for those affected by arthritis.

**Antihistamines reduce allergy symptoms, but many people find this type medication to be highly sedating.**

The survey also showed that 93 percent of migraine sufferers have used over-the-counter (OTC) or nonprescription pain relievers to treat their migraine. Nearly half (49 percent) of respondents who take OTC medications report pain relievers are not successful. In addition, nearly half (49 percent) of these OTC users say they take more OTC pain relievers than recommended.

Migraine is a severe, debilitating disease. It's estimated that more than 11 million Americans suffer from migraine with moderate to severe disability. Migraine is usually characterized by a recurrent pain on one side of the head and is usually accompanied by nausea, vomiting and sensitivity to light and sound. Migraine attacks generally last from four to 72 hours.

Approximately 57 percent of respondents say that migraine makes them feel "out of control." In addition, substantial number of migraine sufferers say daily activities are limited due to migraine.

Migraine, while not a psychological disorder, can have a psychological impact. Fifty-eight percent of respondents say migraine has reduced their ability to enjoy life, and

approximately half have feelings of anxiety (54 percent) and helplessness (48 percent). Forty-one percent say they experience depression with their migraine.

Migraine affects more than the sufferer—72 percent of those questioned say that migraine has hurt their ability to take care of family and personal responsibilities in some way, and 64 percent believe migraine has a negative effect on family or others around them.

Eighty-two percent say a migraine has kept them from doing their work. Thirty percent say migraine has hurt their careers.

Migraine was found to be a frequent cause of employee absenteeism—survey respondents reported missing work due to migraine an average of nearly five days in the past year. However, some sufferers are reluctant to tell their employers migraine is causing the absence. A third (33 percent) of respondents who missed work due to migraine say that they do not mention migraine when they call in sick.

The survey showed two-thirds of respondents usually just suffer in silence when they get a migraine, and continue to be delimited by the condition. Fortunately there are steps to better manage migraine.

The first and most important step is to see a doctor about migraine. Find one you are comfortable with—it is important to have open two-way

communication with your doctor. By working together, you can establish an effective treatment plan that will help you manage your migraine.

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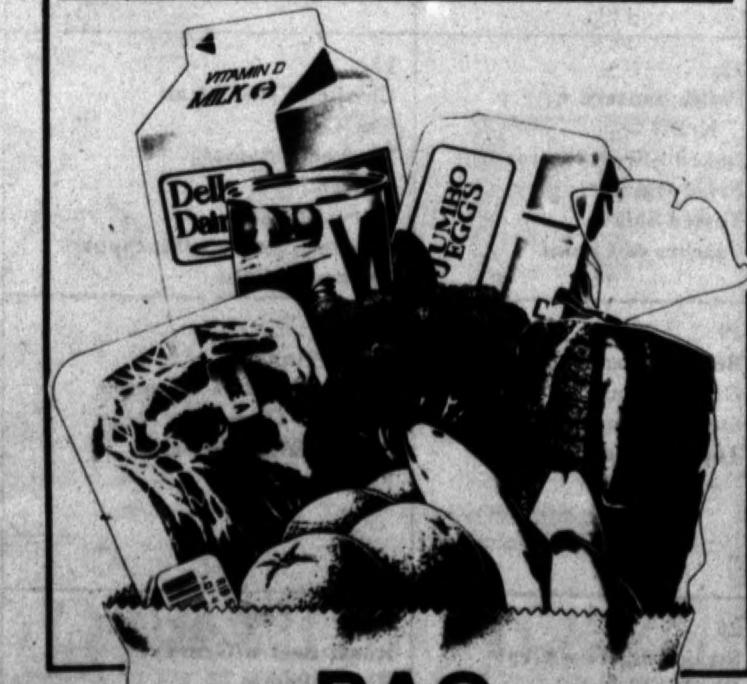
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# MEGA MEAL PAYING MEGA D



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- 2 SIDE ITEMS
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**\$3.19**

### Quarter Chicken Meal

- Quarter Chicken (leg, thigh)
- Choice of Two Individual Side Items
- Cornbread Muffin or Biscuit



Limit one per coupon.

Offer expires: 9/30/94

All white quarter available at extra charge.  
Offer good only at participating KFC® restaurants. Not  
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### One Whole Chicken

- One Whole  
Rotisserie  
Chicken

**\$10.99**

### Whole Chicken Meal

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- Choice of Two Individual Side Items
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**OR**

### 8 Piece Meal

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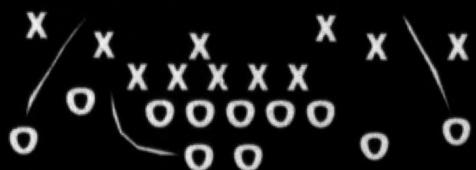
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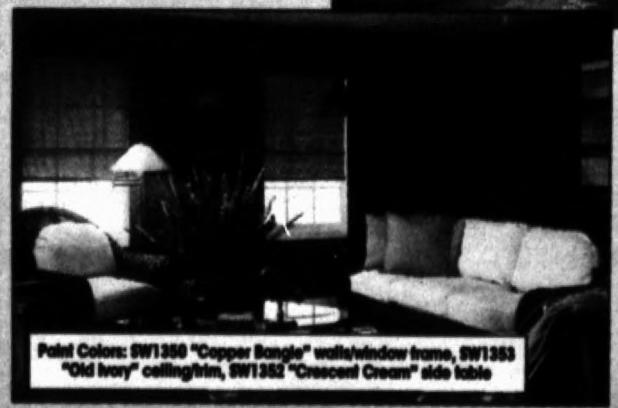
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Paint Colors: SW1350 "Copper Bangle" walls/window frame, SW1353  
"Old Ivory" ceiling/trim, SW1352 "Crescent Cream" side table

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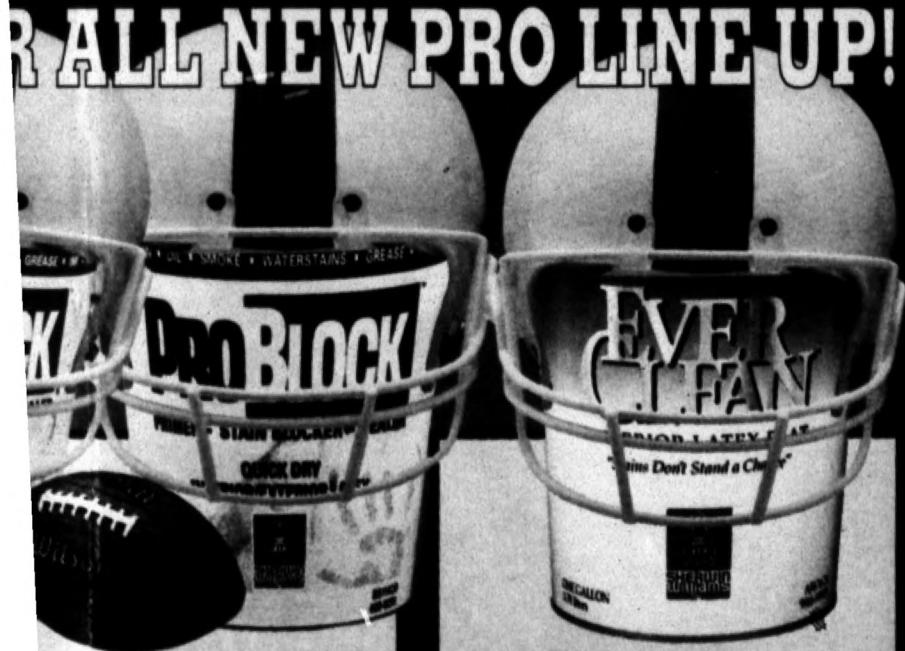
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SWP® OIL BASE  
GLOSS PAINT  
Reg. \$27.49

**\$23 99**  
GAL.

(Not available in CA & Maricopa County, AZ.  
Tricorn Black not available in metro NY & the state of NJ.)  
CONTROLS RUST  
ALL SURFACE ENAMEL  
ALKYD Reg. \$9.99 (Not available in metro NY & the state of NJ.)

**8 49**  
QT.



6 Year Warranty  
**WeatherPerfect**  
Latex Flat Paint  
HOUSE & TRIM

**\$11 99**  
GAL.

PAINT OUTSIDE!



Stain & Paint Colors: SW3542 "Charwood" stain on siding, SW2213 "Sahara Sand" trim, SW2077 "Tudor House Brown" window edging

## TRY A NEW COLOR!

Only Sherwin-Williams has...

- Popular EARTH SHADES
- Historic PRESERVATION PALETTE
- PLUS... coordinating trim & accent suggestions for paints & stains



SOLID COLOR OR  
SEMI-TRANSPARENT  
ALKYD WOOD STAIN

Semi-transparent stain not  
available in Maricopa County, AZ

**\$14 99**  
GAL.

Reg. \$17.49

## EXTERIOR PAINT

# ALL PRO LINE UP OF STAINS



**MINWAX**



**POLYSHADES™ INTERIOR STAIN & VARNISH**

- Stain & finish in one step
- Cuts finishing time in half
- Enhances wood's natural beauty

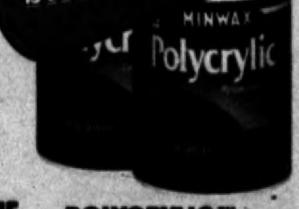
**\$9.99 QT.** Reg. \$14.49

**FAST-DRYING POLYURETHANE**

- Satin or gloss
- Hard, long lasting finish for interior wood

**\$9.99 QT.** Reg. \$10.49

FALL PROJECT SAVINGS!



**POLYCRYLIC™ PROTECTIVE FINISH**

- Easy clean up & low odor

**\$12.99 QT.** Reg. \$16.49



Ask about our extended payment plan!

**ASK SHERWIN-WILLIAMS® AMERICA'S NEIGHBORHOOD PLACE FOR PAINT.™**

**SALE ENDS OCTOBER 1ST**

## NEW MEXICO

**ALAMOGORDO**  
822 New York Avenue  
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**ABILENE**  
2000 N. First St.  
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**ALICE**  
105 Woodlawn  
**664-5438**

**AMARILLO**  
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**353-5531**

**AUSTIN**  
Walnut Ridge Shopping Center  
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**AUSTIN**  
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**444-2525**

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**AUSTIN**  
13376 Research Blvd.  
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#8 North Park Plaza  
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**BROWNWOOD**  
211 Fisk Ave.  
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## CORPUS CHRISTI

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**DUMAS**  
315 Dumas Ave.  
**935-5104**

**DEL RIO**  
809 Ave. F and Seventh St.  
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**EDINBURG**  
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**383-3101**

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10930 Pebble Hills Blvd.  
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**EL PASO**  
9155 Dyer St.  
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## EL PASO

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1010 South 77 Sunshine Strip  
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Park Plaza Shopping Center  
1003 West Park Avenue  
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**KERRVILLE**  
1024 Junction Hwy.  
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**KINGSVILLE**  
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**LAREDO**  
1720 San Bernardo Ave.  
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**LUBBOCK**  
Town & Country Shopping Center  
358-A University Ave.  
**765-7093**

**LUBBOCK**  
3839 50th Street  
**797-4346**

**McALLEN**  
3500 North 10th St.  
**686-4131**

**MIDLAND**  
403 Andrews Hwy.  
**683-5244**

## MISSION

1004 N. Conway Ave.  
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## NEW BRAUNFELS

364 Landa Street  
**625-8558**

**ODESSA**  
911 N. Grandview Ave.  
**332-0179**

**PAMPA**  
2109 N. Hobart St.  
**665-5727**

**PLAINVIEW**  
1601 Fifth Street  
**293-2528**

**PORT LAVACA**  
1301 N. Virginia St.  
**552-7423**

**ROUND ROCK**  
2000 North Mays  
**244-8679**

**SAN ANGELO**  
10 North Filmore Street  
**944-4521**

**SAN ANTONIO**  
14151 Nacogdoches Rd.  
**637-0444**

**SAN ANTONIO**  
6841 San Pedro Ave.  
**342-5274**

**SAN ANTONIO**  
1924 SW Military Drive  
**924-1182**

## SAN ANTONIO

502 Embassy Oaks  
(Hwy. 281 at Bitters)  
**496-3773**

**SAN ANTONIO**  
3453 Fredericksburg Road  
**735-6146**

**SAN ANTONIO**  
Terrell Plaza Mall  
1201 Austin Hwy.  
**828-2852**

**SAN ANTONIO**  
1275 SW Loop 410 at Marbach  
**675-7511**

**SAN ANTONIO**  
7688 Bandera Rd.  
**680-2133**

**SAN MARCOS**  
216 E. Hopkins St.  
**392-0101**

**SEQUIN**  
550 N. Hwy. 123  
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**UNIVERSAL CITY**  
3101 Pat Booker Road  
**659-1328**

**UVALDE**  
126 E. Main St.  
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**VICTORIA**  
707 Mockingbird Lane  
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413 N. Texas Blvd.  
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Call Your Local Store For Sunday Hours

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# THRIFTWAY

The Store That Saves You More!  AFFILIATED FOODS INC.  
MEMBER STORE



ORIGINAL OR LIGHT  
PARKAY  
**Margarine**  
1 LB. QUARTERS  
**2 89¢**  
FOR

NATIONAL BRANDS

Labor Day Sale



EXTRA FINE  
GRANULATED  
**Imperial Sugar**  
4 LB. BAG  
**\$1.39**



MINUTE MAID-ASST.  
**Orange Juice**  
10-12 OZ. CAN  
**79¢**

THOMPSON  
**Seedless Grapes**  
POUND  
**59¢**

PACKER TRIM  
**Beef Briskets**  
POUND  
**99¢**

Great  
For  
Cookouts!



PAPER  
**Hi-Dri Towels**  
REG. ROLL  
**39¢**

**DEL MONTE ASSORTED Pudding Cups 4 PACK 99¢**

**DEL MONTE-ASSTD. TOMATO WEDGES OR Stewed Tomatoes 14.5 OZ. CANS 3 FOR \$2**

**DEL MONTE Tomato Sauce 8 OZ. CANS 5 FOR 99¢**

**DEL MONTE ASSORTED Gel Snack Cups 4 PACK 89¢**

**DEL MONTE Sweet Relish 12 OZ. JAR \$1.49**

**DEL MONTE Squeeze Ketchup 28 OZ. BTL. 89¢**

**Dog Chow CAT CHOW**

**RALSTON Purina Dog Chow 25 LB. BAG \$7.49**

**RALSTON Purina Cat Chow 7 LB. BAG \$5.69**

**ASSORTED Purina Tender Vittles 12 OZ BOX 89¢**

**ASSORTED Purina Cat Food 5.5 OZ. CANS 4 FOR 99¢**

**Almond Joy 6 PACK**

**BarNone**

**Mounds**

**Reeses**

**Kit Kat**

**Hershey's Candy Bars 6 PACK \$1.89**

**GLAD Cling Wrap**

**GLAD WIDE SANDWICH BAGS**

**GLAD WIDE SANDWICH BAGS 150 COUNT ECONOMY PACK**

**GLAD CLING WRAP OR Sandwich Bags 100 FT. ROLL OR 150 CT. BOX 99¢**

**TIDY CAT Multi or Tidy Cat 3 10 LB. BAG \$1.69**

**ASSORTED AEROSOL SPRAY Glade Potpourri 7 OZ. CAN 99¢**

**Wind Windex Index Glass Cleaner**

**ASSORTED WITH TRIGGER Wind Windex Spray 22 OZ. BTL. \$1.89**

**LAY'S-ASSTD. REG. OR WAVY Potato Chips 6 OZ. PKG.-REG. \$1.49 SIZE 88¢**

**SCHILLING SEASONINGS**

<b>25% MORE GROUND BLACK PEPPER</b> <b>FREE!</b> Schilling Black Pepper 5 OZ. CAN <b>\$1.49</b>	<b>25% MORE GROUND BLACK PEPPER</b> <b>FREE!</b> Schilling Montreal Steak Seasoning 3.24 OZ. JAR <b>\$1.29</b>	<b>SCHILLING SEASON ALL</b> Schilling Season All 9 OZ. JAR <b>\$1.49</b>	<b>TACO SEASONING</b> Schilling Taco Seasoning 1.25-1.5 OZ. PKGS. <b>289¢ FOR</b>	<b>SCHILLING REG. OR MILD TACO Seasoning Mix</b> Schilling Spaghetti Sauce Mix 1.37-1.5 OZ. PKGS. <b>59¢</b>	<b>SCHILLING ASSORTED ONION POWDER</b> Schilling California Blend Onion Powder 2.62 OZ. JAR <b>\$1.79</b>	<b>SCHILLING CALIFORNIA BLEND ONION SALT</b> Schilling California Blend Onion Salt 2.62 OZ. JAR <b>\$1.39</b>	<b>SCHILLING ASSORTED ONION SALT</b> Schilling Barbecue Chicken Sauce Mix 1.25-1.6 OZ. PKG. <b>99¢</b>
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**SUNSHINE CRACKERS**

CHEEZ-IT Honey Grahams Cinnamon Grahams Hydrox Vienna Fingers	SUNSHINE-VIENNA FINGERS OR Hydrox Cookies 16 OZ. PKG. <b>\$1.99</b>
	SUNSHINE-REGULAR OR CINNAMON Graham Crackers 16 OZ. PKG. <b>\$1.99</b>
	SUNSHINE-DELUXE Hi-Ho Crackers 16 OZ. PKG. <b>\$2.29</b>
	SUNSHINE Cheez-it Crackers 16 OZ. PKG. <b>\$2.29</b>

**QUAKER HARINA**

Masa Harina Preparada 8 LB. BAG <b>\$3.89</b>	Quaker Masa Harina 4.4 LB. BAG <b>\$1.99</b>
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**LIPTON Noodles & Sauce**

Lipton 100 Tea Bags 100 CT. PKG. <b>\$2.49</b>	Lipton Noodles & Sauce Stroganoff 4.2-5.2 OZ. PKG. <b>99¢</b>	Lipton Noodles & Sauce Chicken 4.2-5.2 OZ. PKG. <b>99¢</b>
Lipton 100 Tea Bags 100 CT. PKG. <b>\$2.49</b>	Lipton Noodles & Sauce Alfredo Broccoli 4.2-5.2 OZ. PKG. <b>99¢</b>	Lipton Noodles & Sauce Alfredo 4.2-5.2 OZ. PKG. <b>99¢</b>
	NutraSweet Spoonful 2 OZ. JAR <b>\$1.99</b>	NutraSweet Spoonful 2 OZ. JAR <b>\$1.99</b>

**MORTON SALT**

FREE RUNNING OR IODIZED Morton Salt 26 OZ. CARTONS <b>2 FOR 69¢</b>
--

**SYLVANIA LIGHT BULBS**

SOFT WHITE 60 / 75 / 100 WATT Sylvania Light Bulbs 4 PACK <b>99¢</b>
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**SCOTT SOFKINS CLEANSING WIPES**

Sofskins Cleansing Wipes 48 CT. CTN. <b>\$1.59</b>
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**CRISCO OIL**

ASSORTED Crisco Oil 48 OZ. BTL. <b>\$2.19</b>	ASSORTED LAUNDRY DETERGENT Ultra Cheer 98-106 OZ. BOX <b>\$5.99</b>	LIQUID LAUNDRY DETERGENT Ultra Cheer 100 OZ. JUG <b>\$5.99</b>
---	---	--

**PACKER TRIM**  
**Beef Briskets**  
POUND  
**99¢**

**PREFERRED TRIM**  
**Rib Eye Steak**  
POUND  
**\$4.49**

**Great For Cookouts!**

**CRY-O-VAC**  
In The Bag  
POUND  
**\$3.99**

**JUMBO PACK**  
**Fresh Fryer Split Breasts**  
POUND  
**\$1.19**

**Little Sizzle**

**Little Sizz**

**Little Sizzlers**

**HORMEL**  
**Cure 81 Whole Ham**  
POUND  
**\$2.99**

**Hormel Little Sizzlers**  
12 OZ. LINK OR 10 OZ. PATTIES  
**99¢**  
EACH

**JIMMY DEAN**  
**Meal Size Sandwiches** EACH  
3.6-4.5 OZ. BOX  
**89¢**

**JIMMY DEAN-TURKEY & PORK**  
**Light Sausage**  
12 OZ. ROLL  
**\$1.99**

**JIMMY DEAN-REG. / HOT / SAGE**  
**Pork Sausage**  
1 LB. ROLL  
**\$1.99**

**Jimmy Dean**  
SAUSAGE, EGG AND CHEESE ON A BISCUIT  
REGULAR  
HOT  
2 LB. ROLL  
**\$3.89**

**BAR S**  
REG. / THICK / LOW SALT  
**Sliced Bacon**  
1 LB. PKG.  
**\$1.19**

**CRYSTAL FARMS**  
3 VARIETIES  
**Shredded Cheese**  
24 OZ. PKG.  
**\$3.49**

**BREADED PORTIONS OR**  
**Schooner Fish Sticks**  
POUND  
**\$1.49**

**BREADED Schooner Perch Fillets** L.B.  
**\$2.49**

**OSCAR MAYER CHOPPED HAM OR**  
**Ham & Cheese**  
1 LB. PKG.  
**\$1.99**

**OSCAR MAYER**  
**Cooked Ham**  
1 LB. PKG.  
**\$2.49**

**OSCAR MAYER RED RIND**  
**Meat Bologna**  
1 LB. PKG.  
**\$1.39**

**ADVANCE BREADED**  
**Chicken Patties / Nuggets / Strips**  
POUND  
**\$2.19**

**DELUXE OR PEPPERONI**  
**Mama Rosa's Pizza**  
2 PACK 40 OZ.  
**\$3.49**

**REG. / LIGHT OR BUN LENGTH**  
**Oscar Mayer Wieners**  
1 LB. PKG.  
**99¢**

# Save on these fresh produce specials!

THOMPSON  
Seedless  
Grapes  
POUND

**59¢**

NEW CROP  
Baking  
Potatoes  
POUND

**39¢**

FRESH  
California  
Broccoli  
POUND

**59¢**

FRESH  
Sno-White  
Cauliflower  
EACH

**89¢**

GARDEN  
Fresh  
Radishes  
BUNCH

**39¢**

NEW CROP  
WASHINGTON GOLDEN  
Delicious  
Apples  
POUND

**59¢**

CALIFORNIA  
Bartlett  
Pears  
POUND

**49¢**

FRESH  
Super Select  
Cucumbers  
POUND

**4 \$1**

GARDEN FRESH  
Green  
Onions  
BUNCH

**39¢**



REGULAR  
OR LIGHT

Kraft  
Velveeta

**399**

AMERICAN / SWISS  
PIM. / LIGHT AMER.

Kraft  
Singles

**199**

12 OZ.  
PKG.

KRAFT  
ASSORTED

Chunk  
Cheese

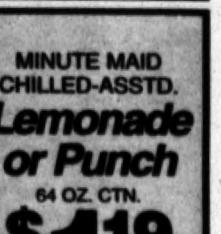
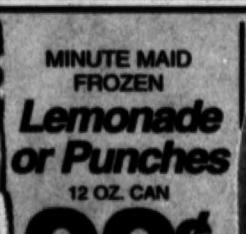
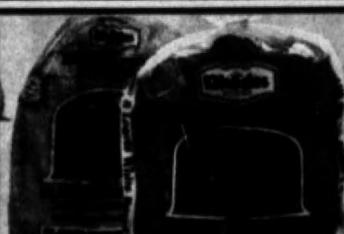
**139**

8 OZ.  
PKG.

KRAFT-ASSORTED  
1/2 Moon  
Cheese

**169**

10 OZ.  
PKG.



ASSORTED  
Blue Bunny  
Ice Cream

5 QT. TUB

**399**

ASSORTED  
Rhodes  
Rolls

30-48 OZ. PKG.

**229**



ASSORTED  
Banquet  
Pot Pies

7 OZ. BOXES

**289**



ASSORTED  
VARIETIES  
Banquet  
Dinners

9-11 OZ. BOX

**299**



BANQUET  
ASSORTED  
Cream  
Pies

14 OZ. BOX

**99¢**

**HORMEL REG. OR CHICKEN Vienna Sausage**  
5 OZ. CANS  
**2 FOR 89¢**

WITH OR WITHOUT BEANS  
**Reg. or Hot Hormel Chili**  
19 OZ. CAN  
**99¢**

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

**HORMEL MICRO CUP OR Kids Kitchen Meals**  
7.5 OZ. CANS  
**89¢**

**HORMEL NOT-SO Sloppy-Joe Sauce**  
14.5 OZ. JAR  
**\$1.19**

**Hormel Potted Meat**  
3 OZ. CANS  
**3 FOR 89¢**

ONLY AT AFFILIATED FOODS MEMBER STORE  
EXPIRES SEPTEMBER 7, 1994

**\$2.89 OFF**  
When you buy 2 boxes  
Grocer: Please add to your retail price (up to \$2.89/box)

Value Pack  
OFFICIAL WEAVER'S  
DOD-SECRET  
Basketball Bag Mitts  
FOR HIGH SCHOOL  
INSIDE  
BASKETBALL BAG MITTS  
FOR HIGH SCHOOL  
6

Supplier code 11272000 limit one coupon per family

Limit one coupon per family. This coupon may not be reproduced. Retailer, send coupon to: GM Retailer Coupons, P.O. Box 177, Minneapolis, MN 55460 or an authorized coupon processor. Retailer, you are required to add 10% agent and make the coupon at \$2.89/2 plus \$.05 handling, in accordance with our redemption policy.

**ASSORTED Squeez-It Drinks**  
6 PACK  
**\$1.69**

**STAR-KIST IN WATER SOLID Albacore Tuna**  
6.125 OZ. CAN  
**\$1.39**

**SUNLIGHT GEL OR POWDER**  
10 OZ. BOTTLE  
**\$1.99**

**WESSON ALL VEGETABLE SHORTENING**  
REG / NO SALT OR SMART CHOICE CREAMY OR CRUNCHY  
**Wesson Shortening**  
3 LB. CAN  
**\$1.99**

**PETER PAN PEANUT BUTTER**  
REG / NO SALT OR SMART CHOICE CREAMY OR CRUNCHY  
**Peter Pan Peanut Butter**  
18 OZ. JAR  
**\$1.69**

**HEALTHY CHOICE ASSORTED Spaghetti Sauce**  
26 OZ. JAR  
**\$1.69**

**KRAFT DELUXE MACARONI & CHEESE OR ASSORTED Velveeta Shells & Cheese Mexican**  
14 OZ. PKG.  
**\$1.89**

**KRAFT DELUXE MACARONI & CHEESE OR ASSORTED Velveeta Shells & Cheese Original**  
9.4 TO 14 OZ. BOX  
**3 FOR \$5**

**KRAFT Mac. & Cheese Dinners**  
7.25 OZ. BOXES  
**5 FOR \$3**

**KRAFT ASSORTED Salad Dressing**  
16 OZ. BOTTLE  
**\$1.99**

**AISLES OF SMILES**

**Help fight muscular dystrophy.**

GLAD-LOCK <b>Sandwich Bags</b> 50 CT. BOX <b>\$1.29</b>	PET <b>Evaporated Milk</b> 12 OZ. CAN <b>5 FOR \$3</b>	ASSORTED <b>Underwood Spreads</b> 4.2-4.75 OZ. CAN <b>\$1.19</b>	PILLSBURY PLUS ASSORTED <b>Layer Cake Mix</b> 18-19.7 OZ. BOX <b>89¢</b>	OLD EL PASO-ASSTD. THICK & CHUNKY <b>Picante Sauce</b> 16 OZ. JAR <b>\$1.69</b>	OLD EL PASO CHOPPED <b>Green Chilies</b> 7 OZ. CAN <b>\$1.19</b>	OLD EL PASO <b>Taco Shells</b> 18 CT. PKG. <b>\$1.89</b>	FROZEN-ASSTD. <b>Green Giant Vegetables</b> 16 OZ. BAG <b>\$1.19</b>
LIQUID <b>Clorox Bleach</b> GALLON JUG <b>99¢</b>	CLOROX 2 <b>Liquid Bleach</b> 64 OZ. JUG <b>\$3.49</b>	REG. OR LEMON CLOROX 2 <b>Dry Bleach</b> 40 OZ. BOX <b>2.49</b>	ASSORTED <b>Pillsbury Biscuits</b> 10 CT. CANS <b>4.99 FOR 2</b>	BAMA <b>Grape Jelly</b> 32 OZ. JAR <b>\$1.19</b>	ASSORTED <b>Jeno's Pizza</b> 7.4-8.1 OZ. BOX <b>88¢</b>	OLD EL PASO <b>Refried Beans</b> 31 OZ. CANS <b>2 FOR \$3</b>	ASSORTED <b>Dole Pineapple</b> 20 OZ. CAN <b>89¢</b>

**Campbell's BACK TO SCHOOL**

ASSORTED V-8 <b>Cocktail Juice</b> 46 OZ. CAN <b>2 FOR \$3</b>	CAMPBELL'S <b>Tomato Soup</b> 10.7 OZ. CANS <b>2 FOR 99¢</b>	FRANCO AMERICAN ASSTD. <b>Plain Pastas</b> 14.75-15.25 OZ. CANS <b>2 FOR \$1</b>	CHUNK WHITE <b>Swanson Chicken</b> 10 OZ. CAN <b>2.99</b>	CAMPBELL'S ASSORTED CHUNKY OR HOMECOOKIN' <b>Meat Soups</b> 10.75-11 OZ. CAN <b>99¢</b>	ASSORTED <b>Campbell's Soup</b> 10.5-11 OZ. CANS <b>4 FOR \$3</b>	CAMPBELL'S R.T.S.- SOUPS <b>Healthy Request</b> 16 OZ. CAN <b>89¢</b>	CAMPBELL'S SOUPS <b>Healthy Request</b> 16 OZ. CAN <b>\$1.19</b>
				<ul style="list-style-type: none"> <li>• CHIC. W/ RICE</li> <li>• CHIC. NOODLE O'S / DOUBLE NOODLE / CHIC. &amp; STARS</li> <li>• CHUNKY VEGT.</li> <li>• CURLY NOODLE W/ CHICKEN</li> <li>• "HOME COOKIN'" - MINESTRONE / COUNTRY VEGT.</li> </ul>		<ul style="list-style-type: none"> <li>• CHICKEN &amp; RICE</li> <li>• CHICKEN VEGT.</li> <li>• TOMATO VEGT.</li> <li>• SPLIT PEA W/ HAM</li> </ul>	<ul style="list-style-type: none"> <li>• CHICKEN NOODLE</li> <li>• VEGT. BEEF</li> <li>• TURKEY VEGT.</li> <li>• NEW ENGLAND CLAM CHOWDER</li> </ul>

**BUY TWO... GET FREE**

EXPIRES SEPTEMBER 7, 1994

Buy any combination of **TWO** 6-count **Kellogg's Pop-Tarts** and **GET ONE** 6-count **Kellogg's Pop-Tarts** (any flavor) **FREE**.

CONSUMER: OFFER IS LIMITED TO ONE COUPON PER TWO PACKAGES PURCHASED. COUPON MAY NOT BE REPRODUCED OR TRANSFERRED.

RETAILER: KELLOGG'S SALES COMPANY will redeem this coupon in accordance with our return policy, copy attached. Offer ends September 7, 1994. Mail coupon to: KELLOGG'S IN-AD, CARS DEPT. 38899, ONE FAIRVIEW DRIVE, DEL RIO, TX 78840.

Kellogg Company ©1994 Kellogg Company

**CODE ONLY AT AFFILIATED FOOD MEMBER STORES**

**38000 81016 4**

<b>KELLOGG'S Rice Krispies</b> 18 OZ. BOX <b>\$3.49</b>	<b>KELLOGG'S Frosted Flakes</b> 20 OZ. BOX <b>\$2.99</b>	<b>KELLOGG'S Variety Pack</b> 9.625 OZ. PKG. <b>\$2.99</b>
<b>KELLOGG'S Cocoa Krispies</b> 15 OZ. BOX <b>\$2.99</b>		

# FREE\*



when you buy HUGGIES® Diapers and/or PULL-UPS® Training Pants.

## MAIL-IN OFFER

\*Coupon for a FREE HUGGIES Baby Wipes 16-ct. tub with \$5.00 off Purchases from any combination of HUGGIES Diapers and/or PULL-UPS Training Pants or a coupon for a FREE HUGGIES Baby Wipes 16-ct. Training Pant with \$3.00 off Purchases from HUGGIES Diapers or PULL-UPS Training Pants.

Sale Price

\$7.39

# COUPON VALUES!

In Ad. Coupon. EXPIRES SEPTEMBER 7, 1994

KC-32031-160

2 for \$5.00 WITH THIS COUPON  
\$3.30 EA. W/O COUPON

NEW FREEDOM or Kotex®

Female Pads/Tampons/  
16 ct. or larger packagesNOT VALID ON TRADE SHOWS.  
RESTAURANTS. Final coupon to Kimberly-Clark Corporation, OEM Department 20000, 1 Forest Drive, Del Rio, TX 78840  
and may not be used at food service establishments. Cash back offer will be available at participating food service establishments. Call 1-800-334-2222 for details. © 1994 KC Corp.

2000 ONLY AT AFFILIATED FOOD SERVICE STORES

5 36000 00046 2

\$1.49 WITH THIS COUPON  
W/O COUPON \$2.04Kleenex Double Roll  
4 ROLL PKG.

KC-97191-055

NOT VALID ON TRADE SHOWS.  
RESTAURANTS. Final coupon to Kimberly-Clark Corporation, OEM Department 20000, 1 Forest Drive, Del Rio, TX 78840  
and may not be used at food service establishments. Cash back offer will be available at participating food service establishments. Call 1-800-334-2222 for details. © 1994 KC Corp.

2000 ONLY AT AFFILIATED FOOD SERVICE STORES

5 36000 64055 2

<b>HUGGIES</b> New HUGGIES ASSORTED Supreme Diapers 22-40 CT.	<b>HUGGIES</b> New HUGGIES ASSORTED Ultra Trim Diapers 24-50 CT. PKG.	<b>Pull-Ups</b> Boys SIZE 2 16 CT.	<b>Kleenex</b> Lightdays Lightdays Longs ULTRA OR CLASSIC FACIAL Kleenex Tissue 108-175 CT.	<b>NEW FREEDOM OR Kotex Panty Liners</b> 15-22 CT. PKG. <b>POISE Pads</b> 20-22 CT. PKG.
<b>ASSORTED VARIETIES Huggies Baby Wipes</b> 80 CT CTN. <b>\$2.99</b>	<b>HUGGIES ASSORTED Supreme Diapers</b> 22-40 CT. <b>\$7.39</b>	<b>HUGGIES ASSORTED Ultra Trim Diapers</b> 24-50 CT. PKG. <b>\$7.39</b>	<b>HUGGIES ASSORTED Pull-Ups Diapers</b> 14-19 CT. PKG. <b>89¢</b>	<b>NEW FREEDOM OR Kotex Panty Liners</b> 15-22 CT. PKG. <b>\$1.19</b>
<b>ASSORTED VARIETIES Poise Pads</b> 20-22 CT. PKG. <b>\$4.49</b>				

<b>Pedia Care</b> Johnson's Cotton Swabs TYLENOL ALLERGY SINUS NIGHTTIME FOIL MAX. STRENGTH ALLERGY SINUS NIGHTTIME CAPS, Gel Caps or Caplets 20-24 CT. PKG. <b>\$3.29</b>	<b>Pedia Care</b> Johnson's No More ITCHIES, OUCHIES, BURN Johnson "No More" 2.25 OZ.-3 OZ. <b>\$2.99</b>	<b>Imodium A-D Anti-Diarrheal</b> Children's TYLENOL COLD Multi Symptom Relief Multi Symptom Plus Cough EXTRA STRENGTH TYLENOL Geltabs EXTRA STRENGTH TYLENOL PM Caplets COLD OR COUGH CHILDREN'S LIQUID TYLENOL 4 OZ. BTL. <b>\$3.99</b>	<b>SYLVANIA 60 / 75 / 100 WATT Soft White Light Bulbs</b> 4 CT. PKG. <b>99¢</b>	<b>SYLVANIA 60 / 75 / 100 WATT Soft White Light Bulbs</b> 4 CT. PKG. <b>99¢</b>	<b>MYLANTA SOOTHING Lozenges ANTACID</b> 100 TYLENOL PM Tablets EXTRA STRENGTH TYLENOL PM Caplets TYLENOL CHews TYLENOL GAS JOHNSON'S BABY LOTION JOHNSON'S BABY BATH JOHNSON & JOHNSON BABY OIL OR BABY LOTION JOHNSON & JOHNSON BABY BATH, Baby Oil or Baby Lotion JOHNSON & JOHNSON Assorted Baby Powder JOHNSON & JOHNSON Baby Oil or Baby Lotion <b>\$1.79</b>	<b>Alka-Seltzer</b> ONE-A-DAY Maximum ONE-A-DAY Essential Bugs Bunny REACH JOHNSON & JOHNSON Baby Bath, Baby Oil or Baby Lotion <b>99¢</b>	<b>Alka-Seltzer</b> ONE-A-DAY Maximum ONE-A-DAY Essential Bugs Bunny REACH JOHNSON & JOHNSON Assorted Dental Floss JOHNSON & JOHNSON Assorted Reach Toothbrushes <b>1.89</b>		
<b>JOHNSON'S PURE Cotton Swabs</b> 375 CT. PKG. <b>\$1.89</b>	<b>COUGH COLD / COLD ALLERGY Pedia Care Chewables</b> 16 CT. PKG. <b>2.99</b>	<b>GERMIES SOAP GERMIES TOWELETS</b> Johnson "No More" 8 OZ. OR 24 CT. PKG. <b>99¢</b>	<b>A-D Imodium Caplets</b> 12 CT. PKG. <b>4.69</b>	<b>ASSORTED REG. STRENGTH Liquid Mylanta</b> 12 OZ. BTL. <b>3.69</b>	<b>ASSORTED MYLANTA Gas Tablets</b> 12 CT. PKG. <b>1.49</b>	<b>ASSORTED Mylanta Lozenges</b> 18 CT. PKG. <b>1.79</b>	<b>TWIN PACK ORIGINAL Alka-Seltzer</b> 36 CT. PKG. <b>3.79</b>	<b>ESSENTIAL WOMEN'S, MENS MAXIMUM, 55 PLUS One-A-Day Vitamins</b> 50, 60 CT. BTL. <b>4.69</b>	<b>ASSORTED Bugs Bunny Vitamins</b> 60 CT. BTL. <b>4.99</b>

**B&R****thriftway**

THE BEST WAY TO SAVE!

WE RESERVE THE RIGHT  
TO LIMIT IN TEXAS

PRICES EFFECTIVE AUG. 28-SEPT. 3, 1994

HEREFORD, TX

406 E. 7TH

1105 W. PARK

CLOVIS, NM

116 W. 14TH

PRICES EFFECTIVE AUG. 31-SEPT. 6, 1994

BORGER, TX

1501 S. MAIN

CLARENDON, TX

HWY. 287 WEST

PRICES EFFECTIVE SEPTEMBER 1-7, 1994

IOWA PARK, TX

401 W. PARK

TULIA, TX

100 S.E. 2ND

PRICES EFFECTIVE AUG. 31-SEPT. 6, 1994

FRITCH, TX

316 E. BROADWAY

Boys' 'All Terrain',  
High Sierra\*,  
sizes 11-6.  
Reg. 19.99  
sale 15.99

Girls' 'Emmie',  
by Ellemenno™,  
sizes 11-4.  
Reg. 16.00,  
sale 9.99

Boys'  
'Bear Cat'  
hiker by  
L.A. Gear®,  
sizes 8 1/2-2 1/2.  
Reg. 36.00,  
sale 26.99

Boys' 'Air  
Authority',  
by Nike®,  
sizes 3 1/2-6.  
Reg. 55.00,  
sale 43.99

Girls' leather  
'Debby',  
by Ellemenno™,  
sizes 11-4.  
Reg. 28.00,  
sale 21.99

Girls'  
'Flower  
Works', by  
L.A. Gear®,  
sizes 8 1/2-4.  
Reg. 49.00,  
sale 38.99

\*Great Value  
Items not included.

back  
to  
school

side

save

on

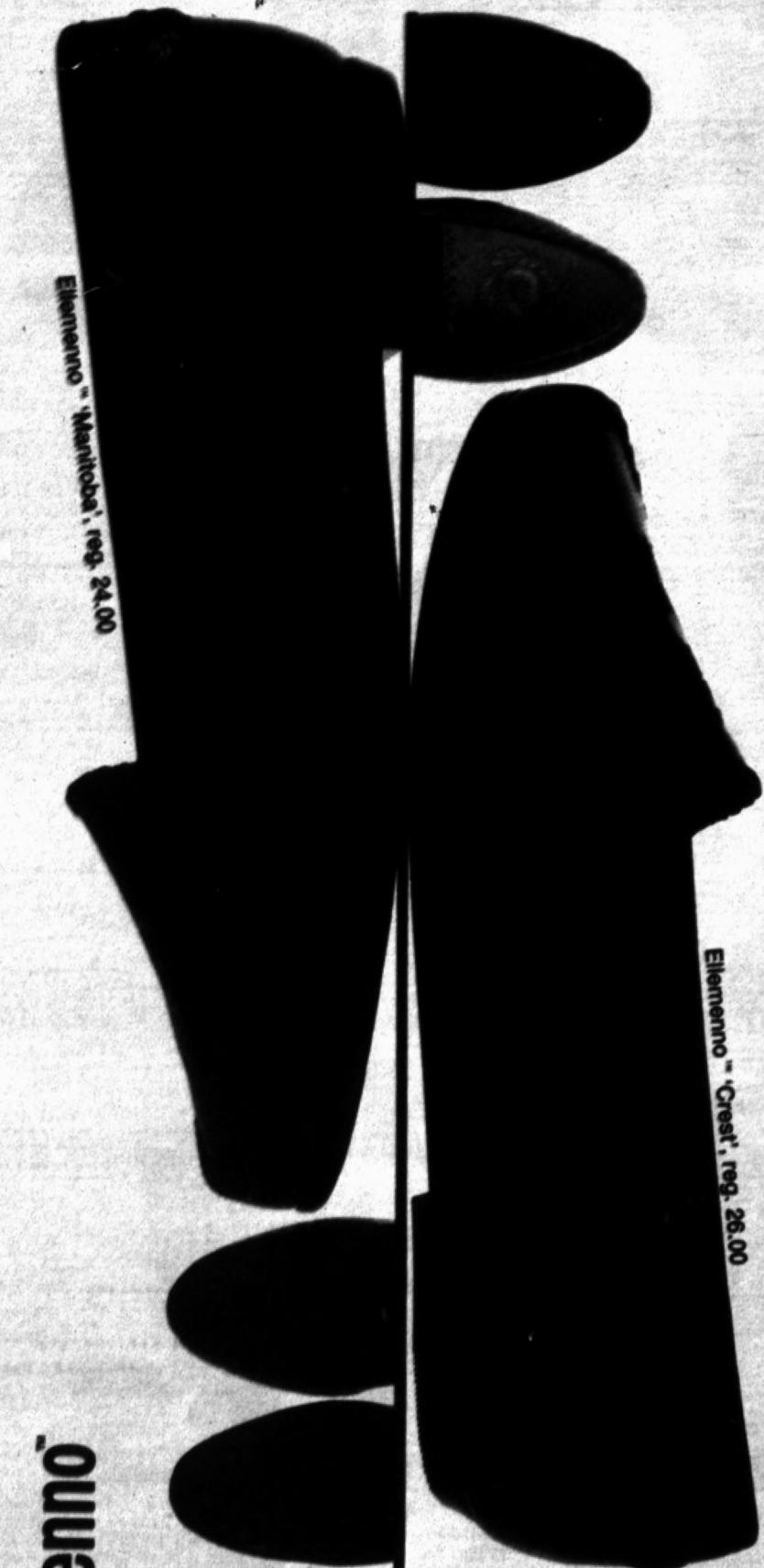
Every  
pair\*

of  
kids'  
shoes!

mervyn's™

# SALE! EVERY SINGLE PAIR

Reg. 24.00-30.00, sale 16.99-19.99



**ellemenno**

**16.99**

Ellemenno "Manitoba"; reg. 24.00

Ellemenno "Crest"; reg. 26.00

Ellemenno  
"Trina"

Ellemenno  
"Piper"

Ellemenno  
"Blair"

**17.99**

Reg. 26.00

Ellemenno  
"Maine"

Ellemenno  
"Malta"

Ellemenno  
"Legend"

**19.99**

Reg. 30.00

# R OF WOMEN'S CASUAL SHOES.\*

19.99

\*Great Value shoes not included.

**19.99**

Reg. 28.00

Partners®  
'Chloe'

Partners®  
'Oliver'

Partners®  
'Emy'

Ellemenno™  
'Savor'

Partners®  
'Shy'

Ellemenno™  
'Fallon'

**17.99**

Reg. 26.00



Partners® 'Liby', reg. 28.00

PARTNERS®

Ellemenno™ 'Choice', reg. 26.00



**VESTS.**  
**A SMALL**  
**INVESTMENT**  
**FOR SO**  
**MUCH STYLE!**

**16.99**

**SWEATER VEST**

Juniors' s,m,l.

Ramie/cotton.

Reg. 24.00

**Denim shirt,**

juniors s,m,l,

100% cotton.

Great Value!

**15.90**

**12.99**

**EMBROIDERED VEST**

Juniors' s,m,l. Cotton. Reg. 19.00

**Denim shirt,** juniors' s,m,l,  
cotton. Great Value! **15.90**

**12.99**

**STRIPED VEST**

Misses' s,m,l.

100% cotton.

Reg. 16.00

**Poplin shirt,**

misses' s,m,l,

100% cotton,

reg. 26.00,

sale **19.99**

**12.99**

**YARN-DYED  
COTTON VEST**

Misses' s,m,l.

100% cotton,

reg. 16.00

**Embroidered  
blouse,**

misses' s,m,l,

100% cotton,

reg. 26.00,

sale **19.99**

**16.99**

**SWEATER VEST**

Women's

PLUS SIZES

100% cotton.

Reg. 24.00

**Cotton**

**shirt,**

reg.

19.99,

sale

**16.99**

**PLUS**

99  
TEST  
.m.l.  
ton.  
6.00  
shirt,  
.m.l.  
ton.  
.00.  
.99

**SALE!  
YOUR BEST DRESS,  
OUR BEST PRICE.**

**39.99**

a. Misses' 6-16. Rayon. Reg. 58.00  
b. Juniors' 3-13. Rayon. Reg. 48.00



**19.99  
EACH PIECE**

**SHIRT,  
VEST AND  
PANTS**

Shirt  
and vest,  
misses' s.m.l;  
pants 6-16.  
Rayon and  
polyester/  
rayon.  
Reg. 28.00

**21.99**

**BIG SHIRT**

Women's  
PLUS SIZES.  
Rayon blend.  
Reg. 29.00

**Stirrup  
pants,**  
polyester/  
rayon,  
reg. 20.00,  
sale 16.99

**PLUS**

**SAVE ON  
STACKS AND STACKS  
OF KNITS**



**PARTNERS®  
9.99**

**PARTNERS® EMBROIDERED  
MOCK-TURTLENECK**

Misses' s,m,l,xl. 100% cotton.

Reg. 14.00



**PARTNERS®  
9.99**

**PARTNERS® CREWNECK  
RIBBED TEE**

Misses' s,m,l,xl. 100% cotton.

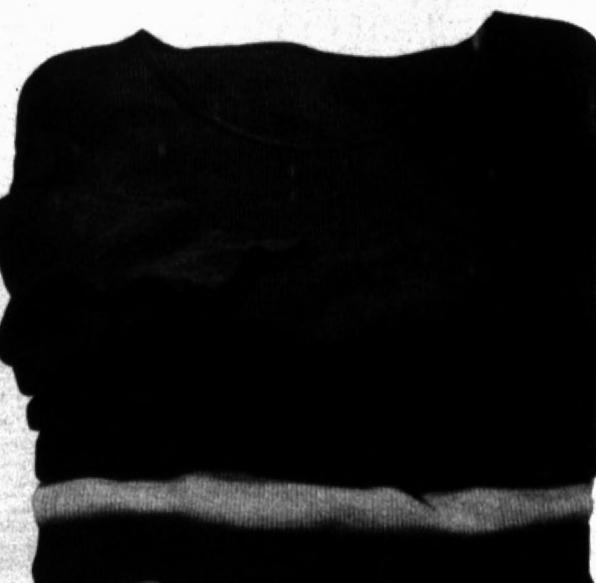
Reg. 14.00



**PARTNERS®  
16.99**

**PARTNERS® KNIT  
STIRRUPS**

Misses' s,m,l,xl short and  
average lengths. Cotton/Lycra®  
spandex. Reg. 19.99



**9.99**

**RIBBED KNIT TEE**

Misses' s,m,l,xl. Polyester/  
cotton/rayon blend. Reg. 14.99

PLUS

**15.99**

EACH PIECE

**TEXTURED TUNIC  
AND KNIT PANTS**

Women's PLUS SIZES.

Polyester/cotton. Reg. 16.99 and 24.00

**SALE! FRESH COLOR,  
PURE COMFORT.**

**14.99**

**EACH PIECE**

a. Shirt, misses' s,m,l.  
Cotton/polyester.

Reg. 19.99

Pants, Season Ticket®  
chino-sheen.  
Polyester/cotton.  
Sizes 6-16 short,  
8-18 average.

b. Shirt,  
misses' s,m,l.  
Cotton/polyester.

Reg. 19.99

Pull-on pants,  
Cascade Blues®  
cotton denim.  
Sizes 6-16 short,  
8-18 average.

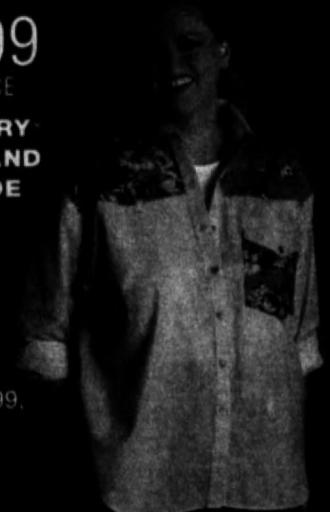


**16.99**

**EACH PIECE**

TAPESTRY  
SHIRT AND  
CASCADE  
BLUES  
PANTS

Women's  
PLUS  
SIZES.  
Cotton.  
Reg. 19.99.  
20.00



CHEROKEE

**19.99**

CHEROKEE®  
TWILL PANTS

Sizes 6-16. Cotton. Reg. 28.00

Cherokee® henley, misses' s,m,l.  
cotton knit, reg. 26.00, sale 19.99

CASCADE  
BLUES

SEASON TICKET

PLUS

ZY 2,4,5,6,7,8,10  
7

## UNION BAY® DENIM JEANS. GREAT FIT, GREAT PRICE!

**29.99**

a. Relaxed jeans.

Juniors' 3-13. Cotton denim.

Flannel shirt, juniors' s,m,l,

100% cotton, reg. 30.00,  
sale 19.99

Cotton logo tee,  
juniors' one size,

**17.99**

b. Relaxed  
colored denim  
jeans.

Sizes 3-13,  
cotton denim.

Striped tee,  
one size,  
cotton knit,  
reg. 17.99

**29.99**

### UNION BAY® DENIM JEANS

Sizes 3-13.  
100% cotton,  
relaxed fit.

Rugby tunic,  
Juniors' s,m,l,  
cotton/polyester,  
reg. 20.00,  
sale 12.99

**19.99**

### BASEBALL JACKET

Juniors' s,m,l.  
Cotton French terry.  
Reg. 28.00

Shorts,  
juniors' s,m,l,  
cotton  
French terry,  
reg. 16.00,  
sale 12.99



**UNIONBAY**

**VALUE**  
*every day*

**6.90**

**ELLEMENNO™  
V-NECK TEE**

Juniors' s,m,l. 100% cotton.

**ellemenno™**

**9.90**

**ELLEMENNO™  
BRUSHED AND JERSEY  
LEGGINGS**

Juniors' s,m,l. Cotton blends.

**ellemenno™**

**16.90**

**COTTON  
DENIM SHIRTS**

Collared shirts. Striped and solid.

Shirts in basic denim washes, incl.  
brown. Juniors' s,m,l. Cotton. **15.90**

**8.90**

**ELLEMENNO™  
MOCK-TURTLENECK**

Juniors' s,m,l. 100% cotton.

**ellemenno™**

**19.90**

**COTTON  
DENIM JEANS**

Juniors' sizes 3-13.

**12.90**

**ELLEMENNO™  
STIRRUP PANTS**

Juniors' s,m,l. Cotton/  
Lycra® spandex.

**ellemenno™**

**30% OFF**

## **ALL VINYL HANDBAGS**

Reg. 24.00-26.00, sale 16.80-19.80

**19.80**  
CARRY ALL

Reg. 28.00



**14.99**

**EXTRA CCRS**  
Carries nylon or vinyl.  
In our Accessories dept.  
Reg. 18.00-19.99

**25% OFF**

### **ALL WOMEN'S HATS**

Damn, wool and more.

Reg. 5.00-24.00,

sale 3.75-18.40

**25% OFF**

### **ALL WOMEN'S**

### **PACIFIC COAST SOCKS**

Cotton and blends. Crew and

cuff styles. Reg. 4.00-10.00 pkg.

sale 2.99-7.49 pkg.

**5.99**

### **PARTNERS IN MARRIAGE**

Stockings and thigh highs.

Nylon blend. Reg. 7.50

Collection, reg. 3.50-7.50,

sale 2.99-5.99

**25% OFF**

### **ALL WOMEN'S SOCKS**

Cotton and blends. Slouch,  
cuff and crew styles.

Reg. 2.50-5.75 pr.,

sale 1.88-4.29 pr.



# ALL PLAYTEX® BRAS NOW ON SALE!

Reg. 22.50-25.00, sale 16.99

Reg. 19.00-22.00, sale 13.99

Reg. 16.00-18.50, sale 11.99

Reg. 12.00-15.50, sale 8.99

Buy 2 Playtex bras, get \$5 rebate.

Buy 3 Playtex bras, get \$9 rebate.

Mall-in coupon in Lingerie department.

# 16.99

## NEW COMFORT STRETCH BRA

Full-figure underwire

#4940, B,C,D,DD.

Reg. 23.00, 25.00

*Playtex*



# 19.99

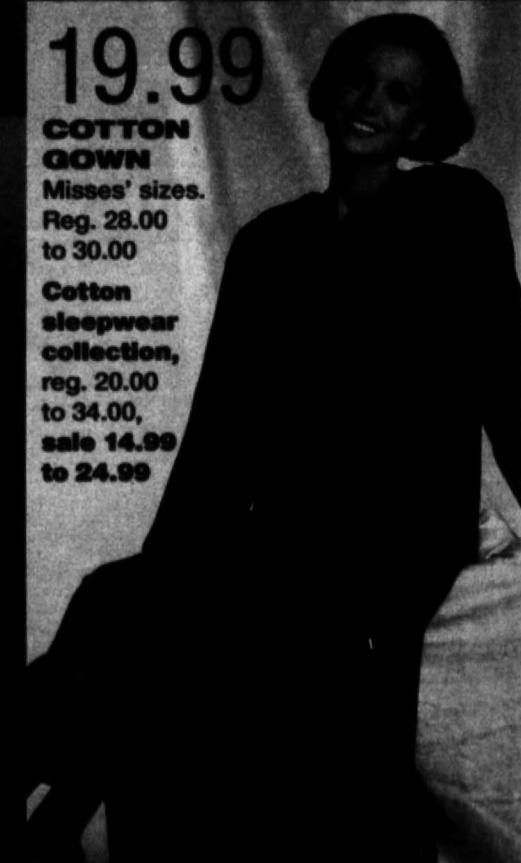
## COTTON GOWN

Misses' sizes.

Reg. 28.00

to 30.00

Cotton  
sleepwear  
collection,  
reg. 20.00  
to 34.00,  
sale 14.99  
to 24.99



**20% OFF  
ALL SEIKO,  
PULSAR  
WATCHES**

Collection of styles for men and women.  
Reg. 48.75-371.25. **sale 38.99-296.99**

**25% off Armitron, Lorus and  
Monet**, not shown. reg. 19.95-95.00.  
**sale 14.96-71.25**

**164.99**

**SEIKO® GOLDTONE**

Reg. 206.25 each

**SEIKO**

**104.99**

**WOMEN'S SEIKO®**

Reg. 131.25

**68.99**

**WOMEN'S PULSAR®**

Reg. 86.25

**116.99**

**MEN'S SEIKO®**

Reg. 146.25

**SEIKO**

**56.99**

**MEN'S PULSAR®**

Reg. 71.25

**PULSAR**

**ENTIRE**

**174.99**

**14KT. GOLD CHAINS**

Reg. 350.00 each

18"

20"

17"

**19.99**

**PRINCESS PRIDE**

**14KT. GOLD-FILLED JEWELRY**

Reg. 40.00 each

Items shown ca

# 50% OFF

## RE COLLECTION OF FINE JEWELRY PLUS, AN EXTRA 20% OFF DIAMONDS

All jewelry shown is set in 14kt. gold unless otherwise noted.  
Sale prices reflect extra 20% savings.

### EXAMPLE:

.25 ct. t.w. diamond necklace  
Reg. price ..... 550.00  
50% off..... 274.99  
**Extra 20% off..... 219.99**

10kt., 1.0 ct. t.w.  
Reg. 475.00,  
sale 189.99

.50 ct. t.w.  
Reg. 1000.00,  
sale 399.99

1.0 ct. t.w.  
Reg. 1300.00,  
sale 519.99

.50 ct. t.w.  
Reg. 600.00,  
sale 239.99

.13 ct. t.w.  
Reg. 375.00,  
sale 149.99

.13 ct. t.w.  
Reg. 300.00,  
sale 119.99

.50 ct. t.w.  
Reg. 750.00,  
sale 299.99

.50 ct. t.w.  
Reg. 1000.00,  
sale 399.99

# 22.49

### STERLING MARCASITE JEWELRY

Reg. 45.00 each

Vermeil jewelry, not shown,  
reg. 25.00-125.00, **sale 12.49-62.49**

### THIS WEEK'S EXTRA-SPECIAL BUYS

# 139.99

CULTURED PEARL  
DOUBLE STRAND  
17", reg. 350.00

# 99.99

10KT. GOLD BANGLE  
Reg. 250.00

# 139.99

10KT. GOLD SAPPHIRE RING  
Reg. 350.00

# 79.99

14KT. GOLD EARRINGS  
Reg. 200.00

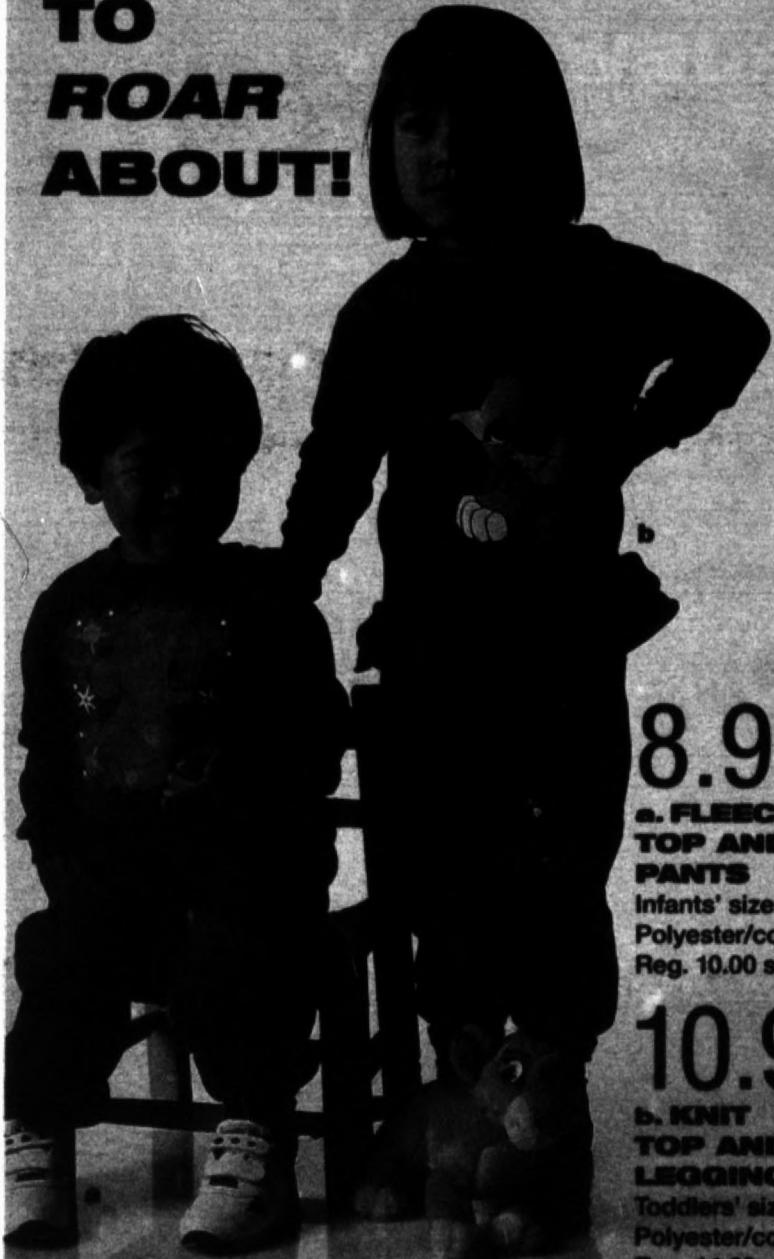
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STERLING SILVER  
RINGS

Reg. 40.00 each

ed in limited quantities. Selection may vary by store. Discontinued jewelry not included. Photos enlarged to show detail.

**A SALE  
TO  
ROAR  
ABOUT!**



Disney's  
**THE LION KING**

NOW PLAYING AT THEATRES EVERYWHERE

**9.99**

**SIMBA TOY**  
Reg. 15.00



**2.49 PR.**

**TODDLERS' SOCKS**  
Sizes 4-6½. Cotton  
blend. Reg. 3.00

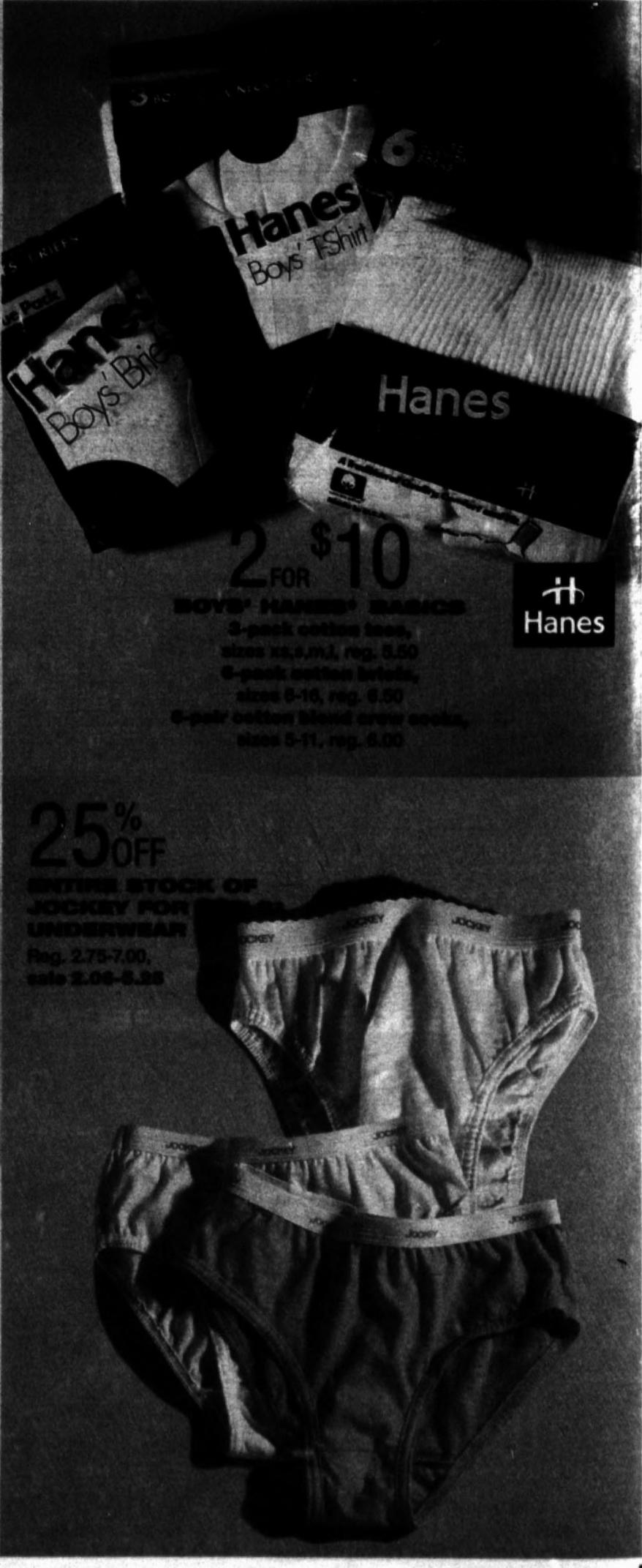
**8.99**

**a. FLEECE  
TOP AND  
PANTS**  
Infants' sizes.  
Polyester/cotton.  
Reg. 10.00 set

**10.99**

**b. KNIT  
TOP AND  
LEGGINGS**  
Toddlers' sizes.  
Polyester/cotton.  
Reg. 14.00 set

©Disney



**2 FOR \$10**

**BOYS' HANES T-SHIRTS**  
Special edition  
Hanes Briefs  
also  
\$10  
Reg. 5.00  
each  
size 4-10, reg. 5.00  
each  
size 5-11, reg. 6.00

**Hanes**

**25%  
OFF**

**STOCK OF  
SOCKS**

Reg. 2.75-7.00,  
now 2.00-5.25



# **25% OFF ALL GIRLS' DRESSES**

Reg. 14.00-34.00,  
sale 10.49-25.49



**16.49**

**SLIP DRESS**  
Girls' 4-6x. Polyester.  
Lycra®. Reg. 22.00



**19.49**

**SLIP DRESS**  
Girls' 7-16.  
100% cotton.  
Reg. 26.00

**11.99**

**CALIFORNIA  
CONCEPTS  
BODY SUIT**  
Girls' 7-16.  
Cotton/Lycra®  
spandex.  
Reg. 16.00

**11.99**

**CALIFORNIA  
CONCEPTS  
SKIRT**  
Girls' 7-16.  
100% cotton.  
Reg. 16.00  
**CALIFORNIA  
CONCEPTS**



# **25% OFF ALL GIRLS' BRAND-NAME COORDINATES**

California Concepts, US Boys®,  
Bongo®, Union Bay® and Spumoni®,  
reg. 12.00-36.00, **8.99-26.99**

**25% OFF GIRLS' ACCESSORIES**

Belts, jewelry, hats and hair accessories, reg. 2.00-15.00, sale 1.49-11.25

# CHEETAH



**5.99 EACH**

**FLEECE  
CREWNECK TOPS  
AND PANTS**

Toddlers' sizes. Cotton/  
polyester. Reg. \$6.99 each



**7.99 EACH**

**CREWNECK TOPS  
AND PANTS**

Boys' sizes 4-20. Cotton/  
polyester. Reg. \$8.99 each

**9.99 EACH**

**HOODIES  
AND PANTS**

Boys' sizes 4-20. Cotton/  
polyester. Reg. \$12.99, \$14.99



MICHAEL G.

\$1.99

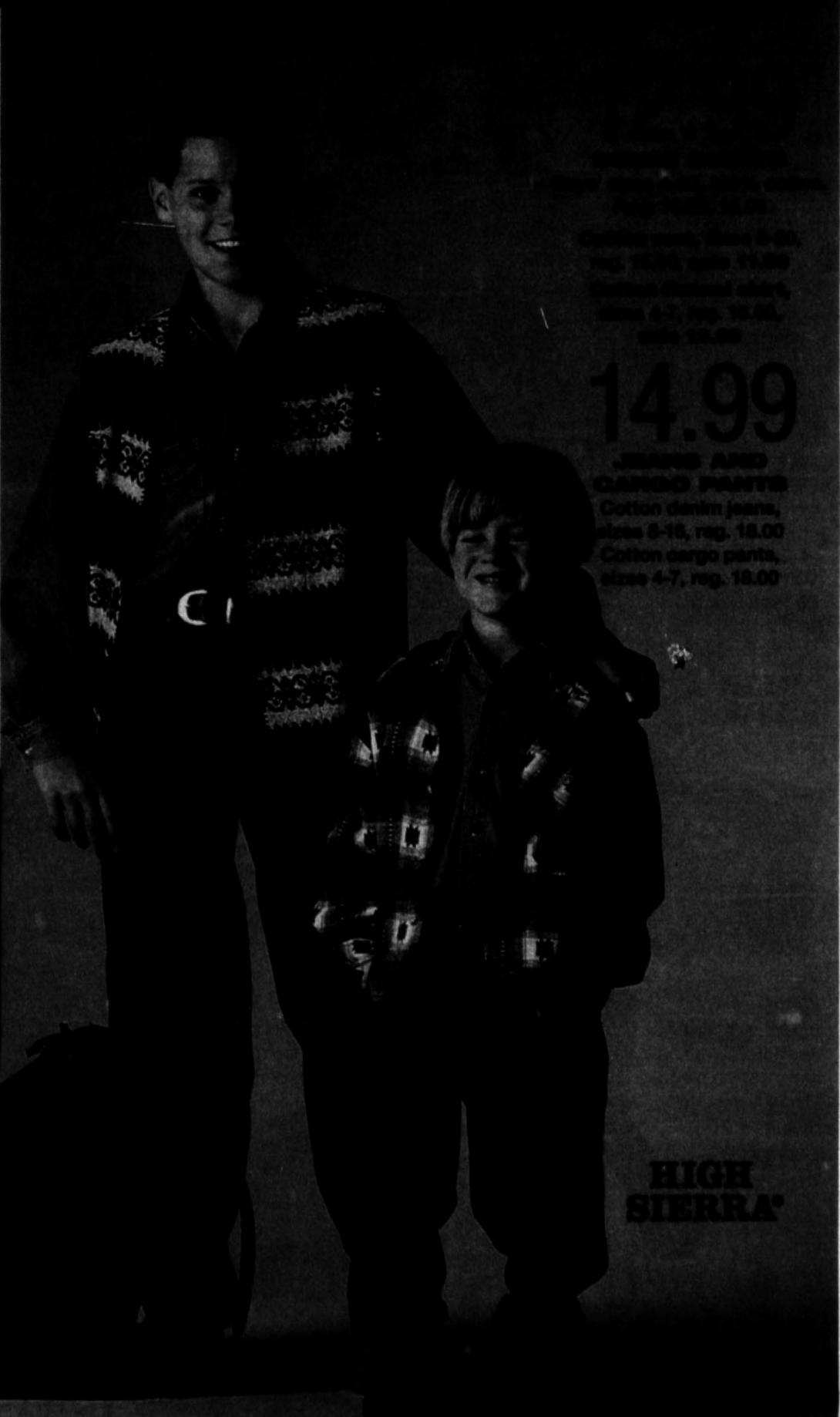
BODYSUITS

\$2.99

YEARS

Girls' sizes 4-14. Bodysuits in  
cotton blends, reg. \$2.00

Michael G. ribbed denim jeans  
in 100% cotton, reg. \$18.00 and \$20.00



\$4.99

SHIRT AND PANTS

Cotton shirts and pants

Boys 8-14, reg. \$18.00

Cotton shirts and pants

Boys 4-7, reg. \$18.00

HIGH  
STRETCH

SALE! ENTIRE STOCK OF KIDS' BACKPACKS  
Reg. \$10.00 and \$15.00, sale \$6.00 and \$9.00

# SAVE ON GREAT OUTDOORS STYLE

**19.99**

**TWILL SHIRT**

By High Sierra®, in  
100% cotton, with  
long sleeves.  
Men's sizes m,l,xl.  
Reg. 26.00

HIGH SIERRA

**17.99**

**TWILL POLO**

By High Sierra®,  
in 100% cotton.  
Men's sizes m,l,xl.  
Reg. 24.00

**HIGH  
SIERRA®**

**18.99**

**VEST AND SHIRT**

By High Sierra®. 100% wool  
vest; 100% cotton canvas  
shirt. Men's sizes m,l,xl.  
Reg. 24.00, 26.00

High Sierra® cargo pants,  
men's sizes, cotton,  
reg. 28.00, sale 21.99

**HIGH  
SIERRA®**

**19.99**

**DENIM JEANS**

By High Sierra®, in  
100% cotton. Men's  
waists 29-34,36,38.

**HIGH  
SIERRA®**

**2 PRS. \$7**

**BOOT SOCKS**

By High Sierra®, in  
hefty cotton blends.  
Men's sizes.  
Reg. 5.00 pr.

**HIGH  
SIERRA®**

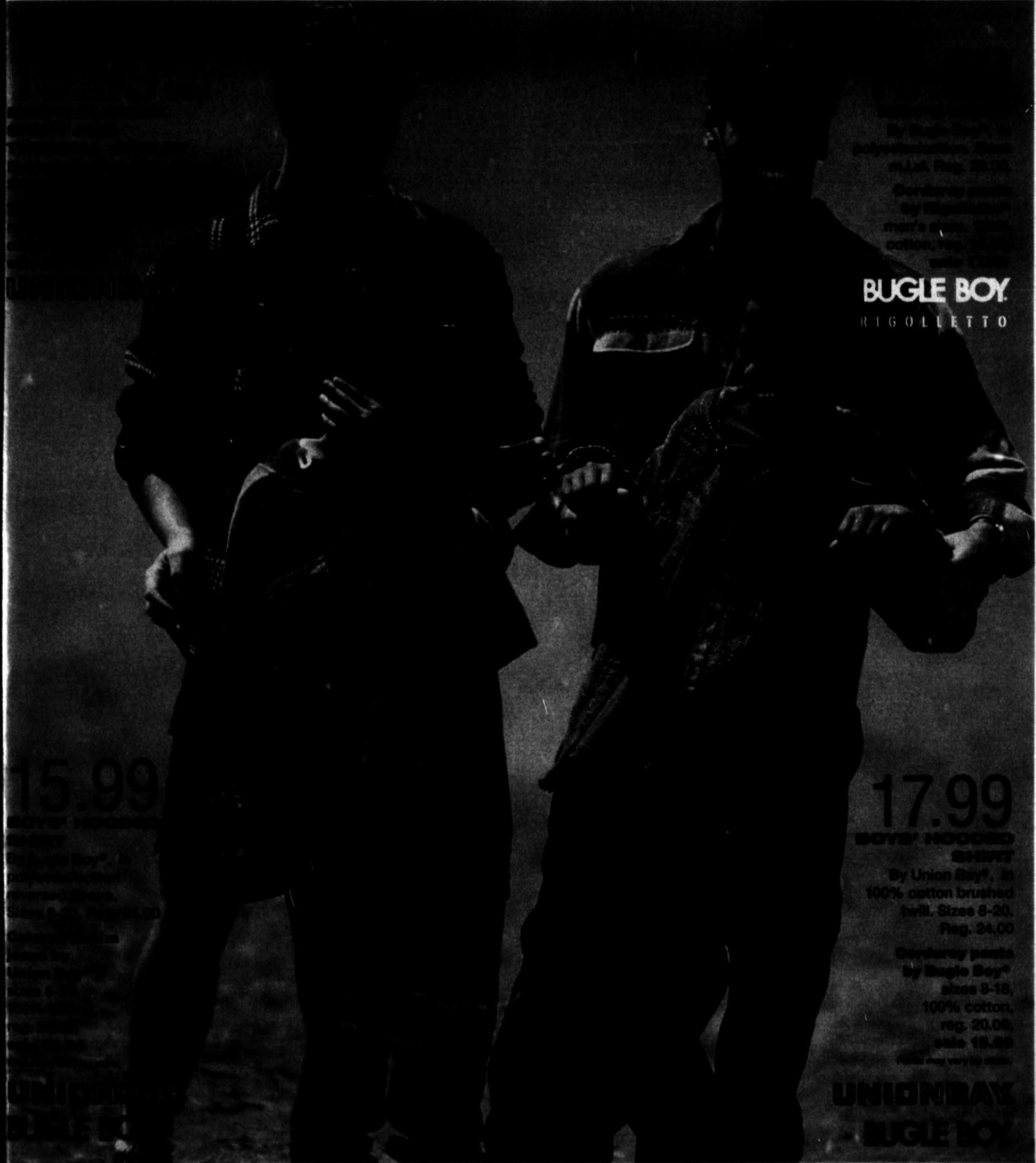
**29.99**

**FLEECE SHIRT**

By Union Bay®, in  
cotton/polyester.  
Men's sizes m,l,xl.  
Reg. 40.00,  
44.00

UNION BAY

# RUGGED GOOD LOOKS ON SALE!



BUGLE BOY  
RIGOLETTO

15.99

17.99

~~REG. 24.00~~

~~SALE 15.99~~

By Union Bay®  
100% cotton brushed  
twill. Sizes 8-20.  
Reg. 24.00

Corduroy jacket  
by Bugle Boy  
sizes 8-18  
100% cotton,  
reg. 20.00,  
sale 15.99

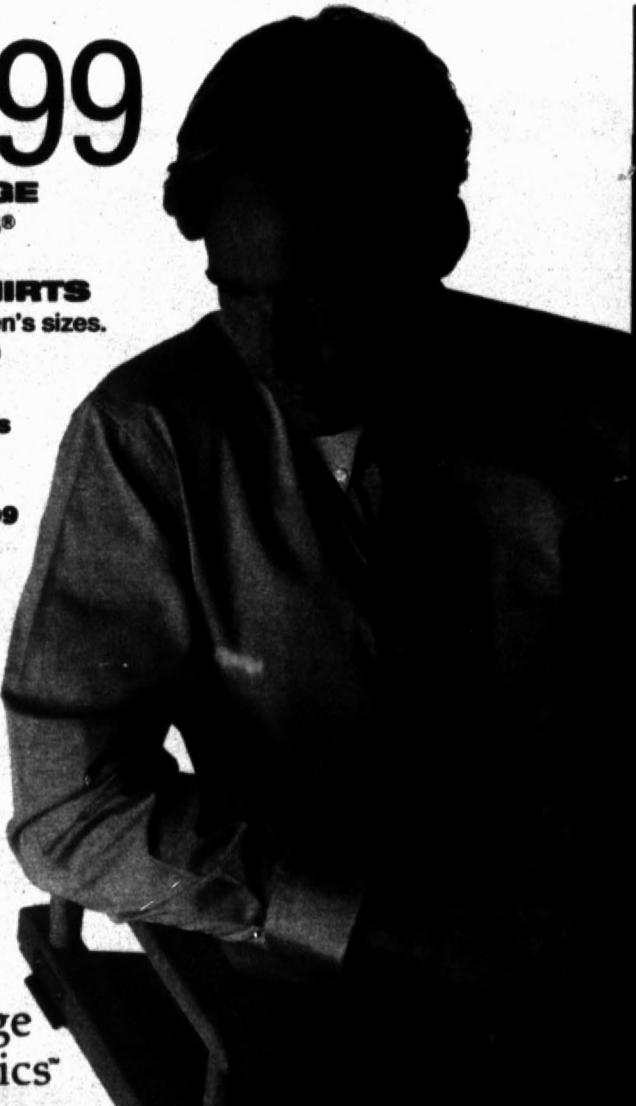
UNION DAY  
BUGLE BOY

# 21.99

**CAMBRIDGE  
CLASSICS®****PINPOINT  
DRESS SHIRTS**

100% cotton. Men's sizes.  
Reg. 28.00-32.00

All Cambridge  
Classics™ dress  
shirts and ties,  
reg. 16.00-32.00,  
sale 12.99-21.99



Cambridge  
◆ Classics™

DOUBLE-PLEAT

29.99

TRIPLE-PLEAT

32.99

**WRINKLE-FREE DRESS  
SLACKS BY HAGGAR®**

Men's waists 30-42". Double-pleat  
in polyester/wool, reg. 38.00  
Triple-pleated in polyester/  
rayon gabardine, reg. 42.00

HAGGAR

# 12.99

**CAMBRIDGE  
CLASSICS™ TIES**

Silk. Traditional and  
contemporary patterns.  
Reg. 16.00

# 12.99

**LEATHER  
DRESS BELTS**

Men's waists 32-42.  
Reg. 15.00

# 15.99

**SILK SHIRTS  
IN PRINTS AND  
SOLID COLORS**

Long sleeves. Men's sizes  
m,l,xl. Reg. 18.00, 22.00

# 27.99

**ALLYN SAINT GEORGE  
DRESS SLACKS**

Pleated front and cuffed legs.  
Rayon/polyester. Men's even  
waist sizes 30-40". Reg. 34.00

Cambridge ◆ Classics™

19.99

**24.99**  
GREAT-FITTING  
**LEVI'S® 501® JEANS**  
**AT MERVYN'S**  
**GREAT PRICE!**

Original fit in Indigo and black. Preshrunk, 100% cotton denim. Men's waist sizes 28-34, 36, 38.

Other washes, 29.99

Buy up to 3 pairs!

**Levi's**



**25% OFF**

**FINAL WEEK!  
MEN'S JOCKEY®  
UNDERWEAR SALE**

100% cotton. Men's sizes.  
eg. 5.50-18.00, sale 4.12-13.49

- a. Midway pouch brief,  
pkg. 1, reg. 12.00, sale 8.99
- b. Tee, pkg. 3, reg. 18.00,  
sale 13.49
- Briefs, pkg. 3, reg. 14.50,  
sale 10.87

**VALUE**

**29.99**

# SALE! ACTIVE LOOKS THAT FEEL GREAT.



**49.99**

**JACKETS**  
Men's sizes;  
nylon. Reg. 65.00

**19.99**

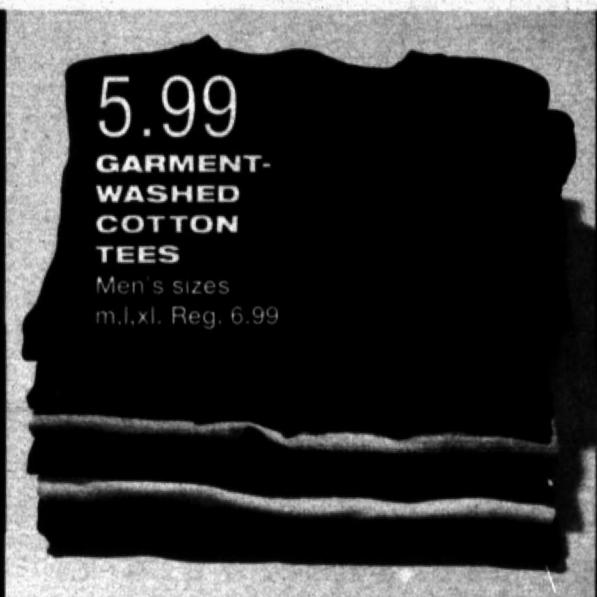
**FLEECES**  
Men's sizes;  
nylon. Reg. 25.00

**19.99**

**PIGMENT-**  
**DYED**  
**FLEECE**  
**CREWS**

Men's sizes;  
m,l,xl; cotton.  
Pigment-dyed for  
a soft look and  
feel. Reg. 24.00

N 25A7A10



**5.99**

**GARMENT-**  
**WASHED**  
**COTTON**  
**TEES**

Men's sizes  
m,l,xl. Reg. 6.99



**34.99**

**NIKE®**  
**JACKET**  
Men's sizes;  
nylon. Reg. 45.00

**19.99**

**NIKE® PANTS**  
Men's sizes; nylon.  
Reg. 25.00

**9.99**

**PRO**  
**SPORT AND**  
**COLLEGE**  
**TEES\***  
Men's sizes  
m,l,xl; cotton.  
\*Teams and styles  
vary by store.

**9.99**

**CHEETAH**  
**SHORTS**  
Men's sizes;  
cotton.  
Reg. 12.00





**49.99**

**FOR MEN**  
'Euro Court'  
court shoe.  
Reg. 60.00

**49.99**

**FOR MEN**  
'Air Control'  
basketball shoe.  
Reg. 60.00

**59.99**

**FOR MEN**  
'Air Authority'  
basketball shoe.  
Reg. 65.00



## **SAVE ON ENTIRE STOCK OF NIKE® ATHLETIC SHOES FOR MEN AND WOMEN**

**39.99**

**FOR WOMEN**  
'Run Walk 5K'  
jogger.  
Reg. 50.00

**47.99**

**FOR WOMEN**  
'Air Trainer Nimble'  
cross trainer.  
Reg. 60.00



**47.99**

**FOR WOMEN**  
'Air Trainer Nimble'  
cross trainer.  
Reg. 60.00

# 7.99

TWIN

**TOUCH OF LUXURY®  
100% COTTON  
SHEETS IN  
SOLID COLORS**

200-thread-count percale; six colors.  
Extra-deep corner pockets on fitted  
sheets fit today's thicker mattresses.

Size	Reg.	Sale
Twin . . . . .	9.00	7.99
Full . . . . .	18.00	15.99
Queen . . . . .	25.00	22.99
King . . . . .	33.00	27.99
Std. cases, pr. .	17.00	14.99
King cases, pr. .	19.00	16.99

TOUCH OF  
LUXURY®



'Geranium'

# 9.99

TWIN

**TOUCH OF LUXURY®  
COTTON PERCALE  
PRINT SHEETS**

200-thread-count; in two patterns.

Size	Reg.	Sale
Twin . . . . .	15.00	9.99
Full . . . . .	25.00	18.99
Queen . . . . .	35.00	26.99
King . . . . .	40.00	32.99
Std. cases, pr. .	20.00	16.99
King cases, pr. .	22.00	18.99

Matching comforters, reg. \$80.00  
to \$140.00, sale \$49.99-\$109.99



'Serina' by J.P. Stevens

## FRESH NEW LOOKS IN BEDDING,

# 39.99

STD.

**WHITE GOOSE  
DOWN PILLOWS**

Soft support. 220-thread-count  
cotton cover. Standard, 15-oz. fill;  
queen, 18-oz. fill; king, 23-oz. fill.  
Fill weights are approximate.  
5-yr. warranty. Reg. \$60.00  
sale \$39.99  
Fill weights are approximate.

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24

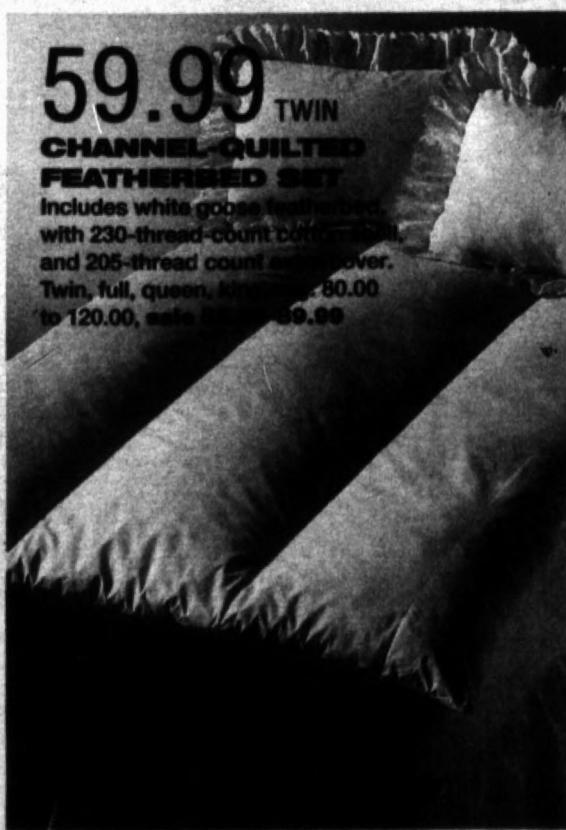
\*Warranty details in store.

# 59.99

TWIN

**CHANNEL-QUILTED  
FEATHERBED SET**

Includes white-goose featherbed  
with 230-thread-count cotton cover  
and 205-thread count down cover.  
Twin, full, queen, king. Reg. \$80.00  
to \$120.00, sale \$59.99-\$99.99



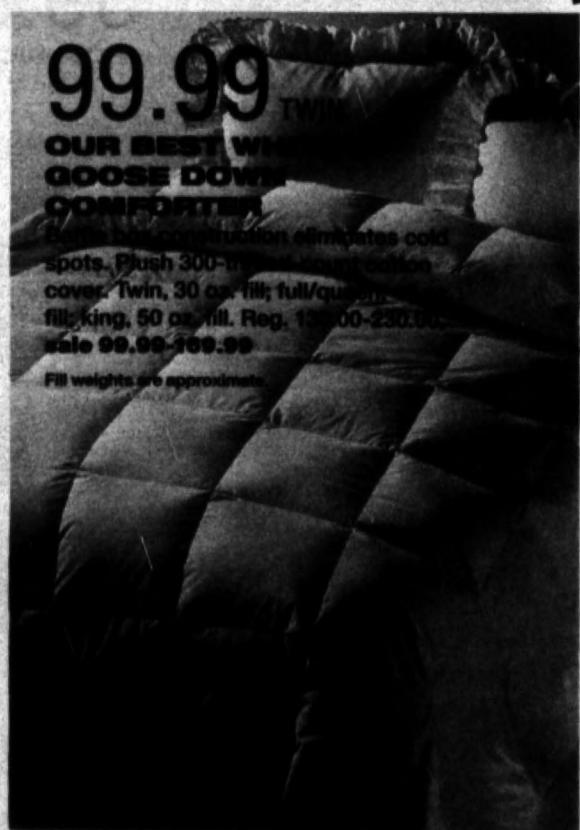
# 99.99

TWIN

**OUR BEST VALUE  
WHITE GOOSE DOWN  
COMFORTER**

Down eliminates cold  
spots. Plush 300-thread-count  
cotton cover. Twin, 30 oz. fill; full/queen,  
50 oz. fill. Reg. \$120.00-\$220.00  
sale \$99.99-\$199.99

Fill weights are approximate.



can



Caress™

## SAVINGS YOU'VE BEEN LOOKING FOR!

**2.99**

TWIN

### CARESS® PERCALE SHEETS IN SOLID COLORS

180-thread-count cotton/polyester.  
Twin, full, queen, king size and  
standard or king cases. Reg. 3.99  
to 15.99, sale 2.99-12.99



Caress™

**14.99**

TWIN SET

### CARESS® PRINT SHEET SETS

180-thread-count cotton/polyester  
percale. Flat sheet, fitted sheet  
and case(s) in six patterns.

Size	Reg.	Sale
Twin	18.00	14.99
Full	27.00	21.99
Queen	36.00	28.99
King	45.00	35.99

### CARESS™ PRINT COMFORTERS

Matching patterns. Cotton/  
polyester cover; polyester fill.

Size	Reg.	Sale
Twin	35.00	27.99
Full/Queen	60.00	44.99
King	70.00	54.99



**44.99**

TWIN

### CARESS™ PRINT COMFORTER SETS

Comforter, ruffle and sham(s).  
Polyester/cotton top; polyester fill.  
Reg. 59.00-89.00,  
sale 44.99-64.99

Matching toss pillows and  
valances, reg. 20.00, sale 14.99



Caress™

Persia® by  
Home Innovations

## SALE! ENTIRE STOCK OF TABLECLOTHS.



**7.99**  
EACH

### ROUNDS AND TOPPERS

Battenburg lace topper with moire round. Cotton and blends. Reg. 10.00 ea.

Collection, not shown,  
reg. 10.00-15.00, sale 7.99-11.99

Accent table, reg. 15.00,  
sale 11.99

**12.99**  
FIVE  
SIZES

### PRINT TABLECLOTHS

'Ivy Rose' shown. Cotton/polyester.  
Reg. 14.00

Other sizes, reg. 20.00, sale 14.99  
Napkin, reg. 2.50, sale 1.99

**19.99**  
THREE  
SIZES

### COUNTRY-STYLE

### TABLECLOTHS

Cotton/polyester. Reg. 26.00-30.00,

Other sizes, reg. 14.00-34.00,  
sale 11.99-24.99

Napkin, reg. 3.00, sale 1.99

**24.99**  
TWO  
SIZES

### HAND CROCHETED

### TABLECLOTHS

100% cotton. Reg. 34.00 ea.

Other sizes, reg. 26.00-50.00,  
sale 19.99-34.99

Napkin, reg. 3.00, sale 1.99

## SALE! ENTIRE STOCK OF SERVEWARE.

**9.99**

### BEECHWOOD SERVEWARE

Set of two trays or lazy susan by  
Winsome® Wood. Reg. 14.00

All wood serveware, not shown,  
reg. 9.00-21.00, sale 6.99-15.99

**11.99**

### ICED TEA GLASS SET

By Libbey®; set of four. Also in  
goblet and flute sets. Reg. 16.00

All boxed glassware, not shown,  
reg. 9.00-24.00, sale 7.99-19.99

**9.99**  
EACH

### GLASS SERVEWARE

'Contempra' bowl or platter by Home  
Beautiful®. Reg. 14.00 ea.

All glass serveware, not shown,  
reg. 2.50-9.00, sale 1.50-6.75

**25%**  
OFF

### WHITE SERVEWARE

Platter, reg. 18.00, sale 13.49

Tureen, reg. 24.00, sale 17.99

All white serveware, not shown,  
reg. 9.00-25.00, sale 6.75-18.75

## SAVINGS TO BRIGHTEN EVERY BATH!



caress™

**9.99**

3-PC.  
SET

### BATH RUGS

Polyester; non-skid back.

Rose, hunter, blue  
and burgundy: Oblong  
and contour rugs  
with lid cover.

'Sandstone'

'Camelot'

**20% OFF**

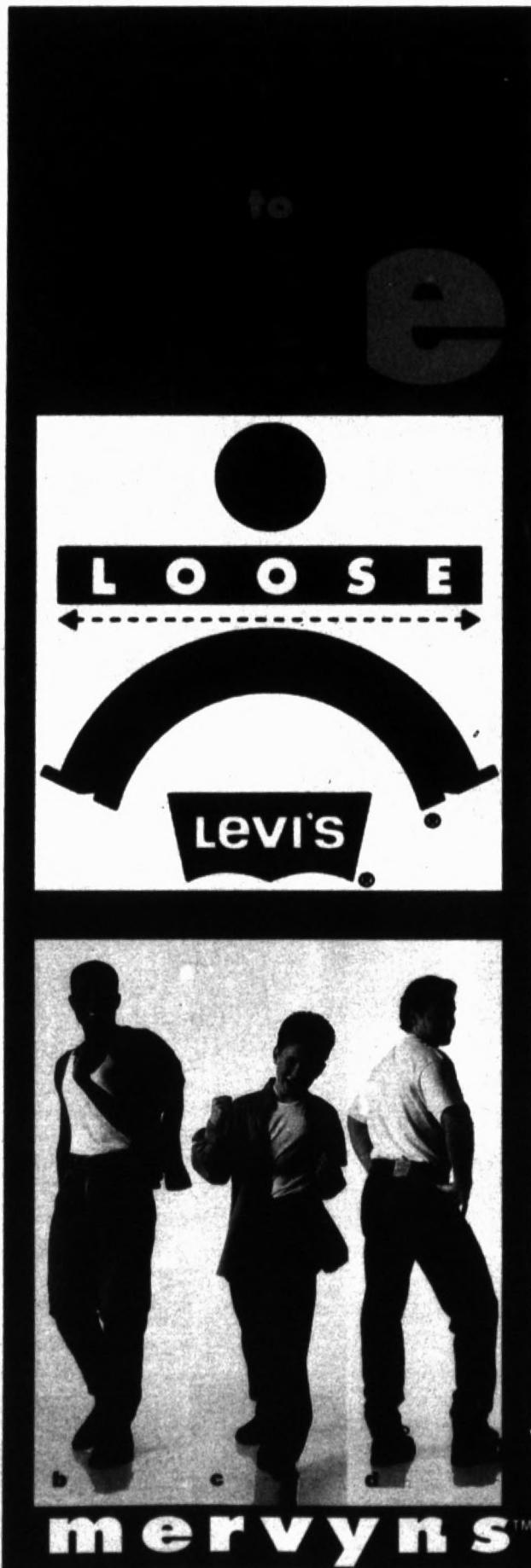
### SHOWER CURTAINS

6x7' vinyl or fabric.  
Reg. 6.00-40.00,  
**sale 4.79-31.99**

Shown: Reg. 25.00,  
**sale 19.99**

Matching bath  
accessories,  
reg. 1.99-36.00,  
**sale 1.59-28.79**

Shown: Reg. 9.00,  
**sale 7.19**



**23.99**

**a. BOYS' LEVI'S®**

**560™ JEANS**

Boys' sizes 8-14.  
100% cotton denim  
in indigo blue,  
overdyed blue  
and black.

**27.99**

**b. MENS' LEVI'S®**

**560™ JEANS**

Men's sizes.  
100% cotton  
denim in indigo,  
bleach and black.

Mens' Levi's®  
560™ Baggy,  
100% cotton denim,  
**27.99**

**24.99**

**c. BOYS' LEVI'S®**  
**560™ CORDUROY**  
**JEANS**

Boys' sizes 8-20.  
100% cotton in  
navy and brown.  
Levi's® 560™ in  
colored denim, **19.99**

**27.99**

**d. MENS' LEVI'S®**  
**550™ JEANS**

Men's sizes.  
100% cotton  
denim in indigo,  
bleach, stone,  
overdyed black,  
natural, sand  
and olive.

All Boys' Levi's®  
also on sale.  
**18.99-26.99**



**PRICES EFFECTIVE SUNDAY THROUGH SATURDAY, AUGUST 28-SEPTEMBER 3.**

**Shop Sunday, 11 am-8:30 pm • Monday-Saturday, 9:30 am-9:30 pm.**

**For store locations call 1-800-M-E-R-V-Y-N-S anytime.**

**INSTANT  
CREDIT**

Take 15% off the first purchase charged to your new Mervyn's account. Apply today in any of our stores.  
Requires a valid photo I.D. and a Visa®, MasterCard®, Discover®,  
American Express® or major retail credit card. Subject to credit approval.

# Pre-Labor Day SALE

Our new Fall Catalog is on its way!



See page 2 for front cover item details.

**BEST**  
Prices Good Through September 3.

## Save During Watch Month

Pick up your 20-page sale catalog in our showroom for special offers and great savings on brand name watches!



## BEST Notes



See showroom for details.  
Good Sept. 1-Oct. 1, 1994.

**Register To Win In Our Baby Month Sweepstakes!**



**Look for our new 1994/95 Fall Catalog or call 1-800-950-BEST to receive your copy!**

**During Watch Month,  
TAKE AN EXTRA 25% Off\***  
The Lowest Ticketed Price On

**All Clearance Watches**  
Already reduced at least 20%...  
Now save even more!  
Look for the Yellow Tags!

**All CD Players  
On Sale!\***  
Excludes Video Game CDs.  
**One Week Only!**

### From Our Front Cover:

1. **Koss 3-Disc CD System/Carousel Changer With 24-Key Remote.** Drawer-type 3-CD carousel changer, dual cassette deck, 3-band graphic EQ, AM/FM digital tuner radio with 20-station presets, dynamic bass boost sound, high performance 4-speaker sound system. (HH1804) **\$199.97**  
865907 Reg. \$249.99 \$299.99†
2. **GPX AM/FM Stereo/CD Dual Cassette Recorder.** Radio has high-speed dubbing. Continuous play cassette mechanism. 3-band graphic EQ. Built-in condenser microphone. Swivel rod antenna. Headphone jack. Top-loading CD player offers repeat play function, play/pause/stop functions. Random play selection. LCD digital readout display. Skip mode. Programmable track memories for up to 20 plays. (G993) **\$79.97**  
890081 Reg. \$89.99 \$119.95†
3. **RCA 5-Disc Drawer-Style CD Changer With Remote.** 32-track programming in random and simultaneous play fashion. 8x oversampling. (RP-8055) **\$149.97**  
642738 Reg. \$169.99 \$209.95†
4. **Jensen AM/FM CD Receiver.** 24 station presets. Seek up/down tuning and track search. (CD5100) **\$269.97**  
897760 Reg. \$299.99 \$419.95†
5. **RCA Portable/Car CD Player With 3-Position Bass Boost.** Programmable 16-track CD player with intro scan and shuffle play. Battery saver auto-off and hold. Includes headphones, car adapter, car cassette audio output adapter and AC/DC converter. (RP-7904) **\$99.97**  
872148 Reg. \$119.99 \$139.95†

**Keep It New!**

Protect your investment with one of our extended service or product replacement plans. Ask about our \$2.99 one-year plan for items under \$100. See any Sales Associate for details!

# Pre-Labor Day Savings

**Your Choice \$79.97**

A. Reg. \$99.99  
Ref. S130†  
904880  
Sapphire. 10K.  
  
B. Reg. \$99.99  
Ref. S140†  
869678 White Sapphire  
Pendant. 1/2ct tgw. 10K.

C. Reg. \$37.99  
811572 Timex  
Ladies' "Indiglo"  
**Your Choice \$34.97**  
  
D. Reg. \$37.99  
875740 Timex  
"Indiglo" Sport Bezel.

**\$6.97**

G. Lifetime Cutlery TriStar  
"Never Needs Sharpening"  
15-Pc. Hardwood Block Set.  
Paring, utility, bread, slicer,  
chef's, carver and boning  
knives, six steak knives and  
kitchen shears.  
734284 Reg. \$24.99 \$29.95†

**\$19.97**

H. VHS T-130 10-Pack. High quality  
Extra 30 minutes of recording time per tape.  
784208 Reg. \$24.99 \$34.95†

**\$19.97**

I. Lighted Make-Up Mirror  
294322 Reg. \$24.99 \$29.95†

J. Vidal Sassoon 1800-Watt Dryer  
873829 \$24.95†

**\$19.97**

K-L. Your Choice! Bookshelves. Choose (K) Smart Jr. bookcase in white (843040) or (L) oak scratch-resistant bookshelf (843059). Each 29"H x 28½"W. Assembly required. USA-made. Reg. \$34.99 \$44.95†

**Your Choice \$19.99**

L. Lighted Make-Up Mirror  
294322 Reg. \$24.99 \$29.95†

J. Vidal Sassoon 1800-Watt Dryer  
873829 \$24.95†

**Your Choice \$29.97**

K-L. Your Choice! Bookshelves. Choose (K) Smart Jr. bookcase in white (843040) or (L) oak scratch-resistant bookshelf (843059). Each 29"H x 28½"W. Assembly required. USA-made. Reg. \$34.99 \$44.95†

**\$32.97**

M. "Lock Jaw" Vehicle Anti-Theft Device. Hardened steel. Uses dead-bolt locking device. Fits standard steering wheel including steering wheels with air bags.  
883638 Reg. \$36.99 \$49.95†

**\$39.97**

N. Encon 52" Ceiling Fan With Light Kit. 3-speed reversible motor. Choose antiqued brass (349917) or bright brass finish (690988) not shown. Reg. \$49.99 \$59.95†

See inside back cover for BestCard™, pricing policy and reference prices (†). See store for mfr's warranty information. Clearance items limited to stock on hand. No rain checks. Selection may vary by showroom. Some items may not be available through Mail Order.

# Unbeatable Values In Every Department



**\$49<sup>97</sup>**

**A. StairClimber Plus With Video.** Quiet air transfer system gives powerful resistance for intense work-out. Light/fast step adjust. Extra-wide step pedals. USA-made. (340) 893196 Reg. \$59.99 \$69.95†



**\$69<sup>97</sup>**

**E. Napa Leather Roll-up Traveler.** Front pocket holds pens, pencils, calculator, business cards, etc. 837769 Reg. \$99.99 \$139.95†



**\$79<sup>97</sup>**



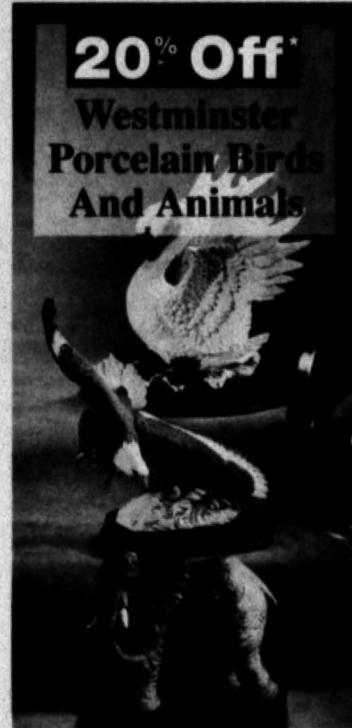
**\$59<sup>97</sup>**

**B. Sony AM/FM Stereo Clock Radio & Cassette Player.** Wake to tape, radio or alarm. Dual alarms. Forward/reverse time set. (ICF-CS650) ■ 779423 Reg. \$67.99 \$74.95†



**\$74<sup>97</sup>**

**D. Sega Interactive Communicator.** Simply type in your note, point your communicator toward another communicator, click the button and watch for their reaction! (IR7000) ■ 904333  
Reg. \$79.99 \$89.95†



**20% Off\***  
**Westminster Porcelain Birds And Animals**



**\$64<sup>98</sup>**

**BEST Value**

**E. Bentwood Cherry Finish Tapestry Rocker.** Assembly required. 880124 \$79.95†  
Tapestry Footstool, not shown. 880116 \$34.95† ..... **\$24.98**



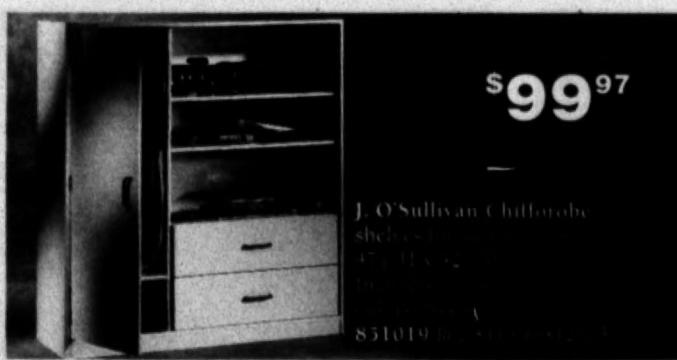
**\$89<sup>97</sup>**

**H. Absocold 1.7-Cu.-Ft. Compact Refrigerator.** Estimated \$20 yearly energy cost. Adjustable cold. Manual defrost. One removable shelf and door storage. ■ 852635 Reg. \$99.99 \$129.95†



**\$89<sup>97</sup>**

**I. Graco Battery Cradle Swing.** Versatile 4-in-1 swing, cradle, car seat, basket, infant rocker and carrier. Variable speed control. USA-made. 867799 Reg. \$109.99 \$144.95†



**\$99<sup>97</sup>**

**J. O'Sullivan Chiffonobe shelving unit.** 47" H x 32" W x 14" D. 3 shelves. 831019 Reg. \$139.95 \$179.95†



**\$129<sup>97</sup>**

**K. Sunbeam Gas Grill.** 36" H x 24" W x 20" D. Reg. \$149.95 \$129.95  
Reg. \$149.95 \$129.95  
Medium Gas Grill Cover 314772 ..... **\$7.99**



**\$149<sup>97</sup>**

**L. Roadmaster "Cambridge" 26" 18-Speed Bike.** Shimano index shifting. Cable guides and water lugs. Choose men's (826936) or ladies (826939). Not shown. USA-made. ■ Reg. \$169.99 \$189.95†



**\$259<sup>97</sup>**

**M. Olympus Super Zoom 110 QD.** Quartz data back. 38-11 mm lens. 460-step multi beam auto focus system. Auto film handling. Night scene. Auto zoom. (102930) ■ 747920 Reg. \$299.99 \$339.95†



**\$479<sup>97</sup>**

**N. GE 8mm Camcorder With Date/Time Insert.** 8:1 power zoom. Shoots down to 2 lux. Flying erase head. Remote counter. Video fade. (G814) ■ 840084 Reg. \$529.99 \$559.95†

**Guaranteed Low Prices!**

Find a lower price anywhere within 30 days and we'll refund the difference!

\*Sale/percent off applies to regular prices. Excludes Best Value and clearance items. Selection may vary by showroom; some items may not be available through Mail Order. WR=water-resistant. Assembled bikes are not available through Mail Order.

**BEST** 3

# Magnavox 19" Color TV \$199<sup>97</sup>



**A. Magnavox 25" Stereo Color Television With Universal Remote.** 181-channel capable. MTS/SAP decoder and dbx® noise reduction. Smart Sound automatically adjusts volume of too-loud commercials. Sleep timer. Audio/video inputs. (25TSC60) ■ 901326 Reg. \$379.99 \$399.95† ..... **\$349.97**

**B. Magnavox 13" Color TV/VCR Combo With Remote.** 181-channel capable. 8-event/1-year programming. One-touch recording. On-screen menu. Repeat and auto play. Variable sleep timer. Includes car battery cord. Audio/video inputs. (CCS138AT) ■ 903450 Reg. \$399.99 \$429.99† ..... **\$369.97**

**C. Magnavox 13" Color Television With Remote.** 181-channel capable. On-screen menu displays. Programmable scan tuning and picture reset. Sleep timer. (13PRC10) ■ 901237 Reg. \$179.99 \$199.95† ..... **\$169.97**



**D. Magnavox 4-Head VCR with Unified TV/VCR Remote.** 8-event/1-year timer. Head cleaner. Variable "slow" function. Clock. (VR9340AT) ■ 898503 Reg. \$249.99 \$279.97† ..... **\$229.97**



**E. Magnavox 19" Color Television With Remote.** 181 channel capable. On-screen menu. Programmable scan tuning and random channel access. (19PRC10) ■ 901253 Reg. \$219.99 \$229.95† ..... **\$199.97**

**F. Magnavox Compact VHS-C Camcorder.** 12:1 zoom lens. Full-range digital auto focus with macro for closeups. Flying erase head. 7-position, high-speed shutter. Auto date/time recording, "time remaining" indicator. Audio/video output jacks. (CVS5611) ■ 901210 Reg. \$679.99 \$699.97† ..... **\$629.97**

**K. Pioneer Dual Cassette Deck With Dolby® B/C/Hx Pro® Noise Reduction.** Auto reverse in deck B. Music search to your favorite songs. Auto tape selector for all types of tapes. Full-logic, feather-touch controls. Digital counter. (CT-W403R) ■ 871311 \$225† ..... **\$169.97**

Call BEST® for our low price.

**L. Pioneer 3-Way Bookshelf Speaker System.** 120 watts. High sensitivity. 6-ohm impedance. 26-1/2" x 14-15/16" x 13". Sold in pairs. (CS-G303) ■ 564559 Reg. \$199.99 \$310† ..... **\$159.97**

**M. Pioneer Dolby Pro-Logic® Surround Receiver With Time Link Digital Delay & Remote.** 100 watts per channel; 60 watts front, 60 watts center, 40 watts rear (in Surround mode). Studio Surround. Super Bass circuit. 30 presets. Sleep timer. (VSX-453) ■ 871281 \$375† ..... **\$299.97**

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**G. Cobra CB Radio.** Transmit indicator and LED meter. Instant channel 9. (19ULTRA) ■ 649198 Reg. \$49.99 \$64.95† ..... **\$44.97**

Cobra 28" Antenna, not shown. USA-made. 843016 Reg. \$15.99 \$18.95† ..... **\$14.97**

**H. RCA Universal Remote Control.** 848344 Reg. \$14.99 \$17.95† ..... **\$11.97**

**I. Pioneer Center-Channel 70 Watt Horizontal Speaker.** Single unit. (CS-C400) ■ 642452 \$90† ..... **\$70.99**

Call BEST® for our low price.  
**J. Cobra Radar/Laser Detector.** Visual alerts. Signal strength meter. (RDL-412SW) ■ 859710 Reg. \$139.99 \$199.95† ..... **\$129.97**

TV screens measured diagonally; simulated TV reception.

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# All CD Players On Sale\*... One Week Only!

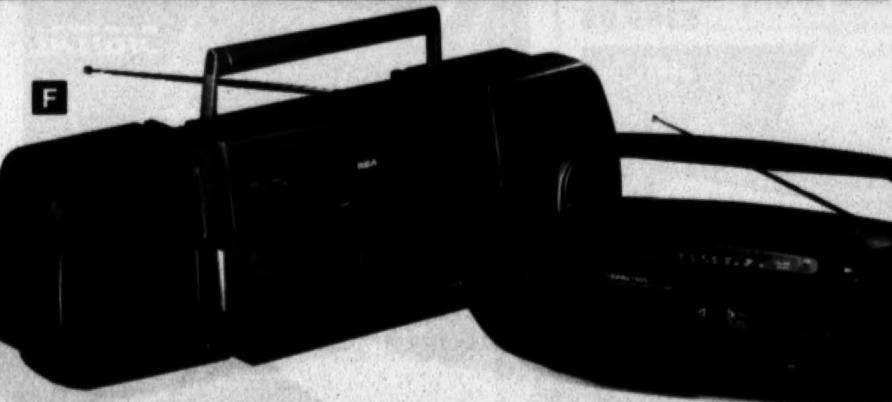
**A. Sony Discman\***. 9 hours play on DC. 10 play modes, 22-track programming. Mega Bass\*. Battery recharge capability. Includes headphones, AC adapter and connecting cord. (D231) **\$129.97**



**B. AIWA 3-Disc CD Changer Mini Component System.** 40 watts per channel. 9 band spectrum analyzer. Digital tuner with 32 AM/FM station presets. Dual cassette deck with double auto reverse. Random play. Dolby® B. Super T-Bass, 3 way speaker systems. Pair of surround speakers included. (NSX-5100) **\$469.97**



**D. Sony Portable 3-Pc. AM/FM Stereo Dual Cassette Recorder with CD Player.** 16 track RMS programming. 4-way disc repeat modes. Dual cassette deck. Synchro CD/tape dubbing. Mega Bass sound system. Detachable 2-way speaker system. Remote control. (CFD560) **\$179.97**



**E. RCA 3-Pc. AM/FM Stereo Dual Cassette Recorder with CD Player.** Top-loading CD player features a 21-track programmable memory and a music calendar with shuffle play and intro scan. Bass Boost, simulated Surround Sound and 5-band graphic EQ. Full-function dual-cassette deck with high-speed dubbing. Detachable 4-speaker system. AC/DC. (RP-7950) **\$149.97**

**F. RCA AM/FM Stereo Dual Cassette Recorder.** Dual cassette system with switchable high-speed synchronous dubbing and continuous play. Bass boost, stereo enhance and "vivid" controls. AC/DC. Detachable 4" full-range speakers with tuned ports. (RP-7855) **\$59.97**

**G. Soundesign Portable AM/FM Stereo Dual Cassette Recorder.** Expanded Bass Sound. Dual cassette with continuous play, high-speed dubbing and synchro start. AC/DC. (4743BLK) **\$34.97**

**H. Magnavox Hi-Fi Shelf System with Surround Sound.** 5 watts RMS per channel. Dynamic Bass Boost, 3-band EQ. Dual cassette with high-speed dubbing and continuous play. AM/FM stereo and semi-auto turntable. 2-way bass reflex speakers. (AS305M37) **\$129.97**



- I. Sony Sports Walkman® Stereo AM/FM Radio/Cassette Player.** Digital synthesized tuner. 10 presets. Auto reverse and anti-rolling mechanism. AVLS, stop watch and clock. (WM-SXF39) **\$89.97**
- J. Sony Sports Digital Walkman®.** AM/FM stereo digital synthesizer tuner. Ten memory station presets (5 AM, 5 FM). Water-resistant. Built-in clock and stopwatch. Local/distant (DX) switch. Ultra-light, water-resistant MDR headphones. (SRF-M70) **\$42.97**
- K. Sansui AM/FM Stereo Cassette Player.** Digital tuner with 10 presets. Auto reverse. Alarm clock. 3-band graphic EQ with center frequencies. Includes deluxe stereo headphones. (HS400) **\$49.97**
- L. Sony Walkman® AM/FM Stereo Cassette Player.** Digital synthesized AM/FM tuner with ten station presets. AVLS. Anti-rolling. Clock/alarm. (WM-FX28) **\$44.97**

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\*Sale applies to regular prices. Excludes video game CD items, Best Value and clearance items. Selection may vary by showroom; some items may not be available through Mail Order. See inside back cover for BestCard™, pricing policy and reference prices (†). See store for mfr's. warranty information.

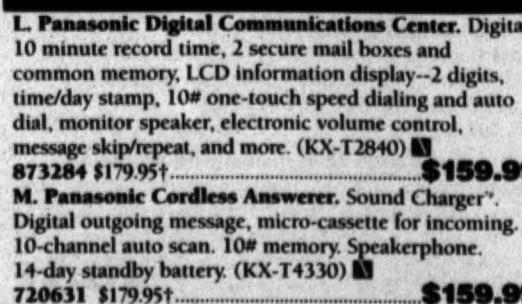
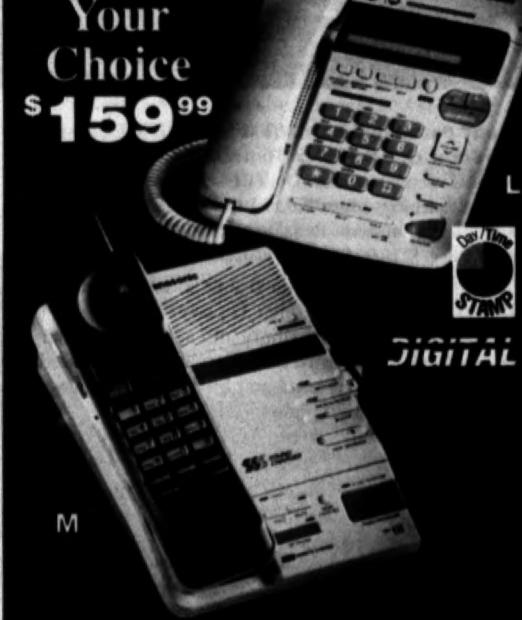
**BEST 5**

# Panasonic Cordless Phones w/Secure Guard



**\$149<sup>99</sup>**

- H-I. Secure Guard feature scrambles your voice when giving confidential information on cordless phones. 10 channel auto scan. 10 number memory plus redial. Flexible rubber antenna.
- H. **Panasonic Cordless Phone.** Sound Charger Plus™ noise reduction system. 2-digit LCD in portable handset. Two-way paging. Full auto intercom. (KX-T3950) **691860 \$139.95†** ..... **\$129.99**
- I. **Panasonic Cordless Phone.** 16 number one-touch dialing. (KX-T3965) **890898 \$159.95†** ..... **\$149.99**



**\$159.99**

- J. **New! Panasonic Digital Communication Center.** All-digital technology. 30 minutes of digital recording. 4 mailboxes. Voice time/day stamp. 10# memory. Speakerphone. Alarm clock. (KX-T2880) **873276 \$229.95†** ..... **\$199.99**

K. **Panasonic "Vanguard EX" Pager.** Message time display. 22-message capacity. Alarm clock. One-time activation fee and monthly fees required with Positive Communications 1-800-745-BEEP. **891711 \$99.95†** ..... **\$79.99**

- L. **Panasonic Digital Communications Center.** Digital 10 minute record time, 2 secure mail boxes and common memory. LCD information display--2 digits, time/day stamp, 10# one-touch speed dialing and auto dial, monitor speaker, electronic volume control, message skip/repeat, and more. (KX-T2840) **873284 \$179.95†** ..... **\$159.99**
- M. **Panasonic Cordless Answerer.** Sound Charger™. Digital outgoing message, micro-cassette for incoming. 10-channel auto scan. 10# memory. Speakerphone. 14-day standby battery. (KX-T4330) **720631 \$179.95†** ..... **\$159.99**

\*See inside back cover for BestCard™, pricing policy and reference prices (†). See store for mfr's. warranty information.



B. **Smith Corona "9000 LT Plus" Laptop Word Processor.** Compatible with HP/Desktop Plus w/parallel port/RS232 port. MS-DOS® compatible. 3-1/2" disk drive. 720 K memory. Spreadsheet. Advanced word processing. (9000LT) **673927 Reg. \$299.99 \$329.95†** ..... **\$289.97**



D. **Brother Word Processor.** 5" x 9" CRT display. 240K floppy disk drive. Includes Grammar Check® and WordSpell™. 70,000 word dictionary and dual-screen capability. USA-made. (WP-2410) **847704 Reg. \$279.99 \$289.95†** ..... **\$259.97**



E. **Smith Corona IQ Electronic Typewriter.** Spell-Right® 75K dictionary and word find. Pinpoints errors. Word eraser and line eraser. Built-in word abbreviation. USA-made. (SL580) **383945 \$119.95†** ..... **\$99.99**

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A. **Smith Corona PWP6000 Plus Personal Word Processor.** Quiet daisy wheel printing system. Full-size 9" VGA resolution monitor displays 24 lines by 80 characters. Detachable keyboard. Mouse. MS-DOS PC compatible 3.5" disk drive (720K). "Works" environment includes advanced word processor, spreadsheet and database management programs. ASCII, WordPerfect and Lotus 1-2-3 converters. Calendar/scheduler. Pop-up calculator/converter. Pull-down menus. 3-column printing. 90K dictionary, 96K thesaurus and more. (PWP6000Plus) **840270 Reg. \$399.99 \$429.95†** ..... **\$389.97**

C. **Brother International Professional Daisy Wheel Word Processor.** MS-DOS and MD-DOS file compatibility. 14" monitor super flat CRT display. 1.44 MB/3.5" disk drive. Addressbook. 95,000-word dictionary and more. USA-made. (WP-5900MDS) **879703 \$419.95†** ..... **\$399.99**



E. **Brother International Daisy Wheel Word Processing Typewriter.** 80-character LCD display. 95,000 word dictionary with error locating find feature. 25,000 character text storage. USA-made. (AX-625) **879657 \$164.95†** ..... **\$149.98**



G. **Brother Desktop Ink Jet Printer.** 360 x 360 dpi resolution. 12 resident fonts. Prints letter, legal, A4 and envelopes. IBM/Apple compatible. Prints in portrait and landscape modes. (HJ-400) **879762 \$279.95†** ..... **\$269.99**

# GE 2-Handset Cordless Phone \$149<sup>97</sup>



**A. GE Crystal Clear™ Cordless Telephone.** Crystal Clear™ Noise Reduction. 10 channel selection. Anyroom™ Recharge Cradle. Flexible antenna. 10# memory. Dual Wave™ Crystal Clear™ Sound. (2-9615) 2985017 Reg. \$69.99 \$79.95† ..... \$64.97



**B. GE Communications Center.** Speakerphone, 32# memory. Digital recording of outgoing message. Microcassette for incoming calls. Personal Reminder System. 3-digit security code. Day/time stamp. (29981) 2985017 Reg. \$99.99 \$114.95† ..... \$94.97



**F. GE Crystal Clear Cordless Speakerphone with Dual Keypad.** Speakerphone base. Hands-free use, volume control, 10-number memory, 2-way page/find and intercom; electronic memory backup. (29982) 2985017 Reg. \$99.99 \$114.95† ..... \$89.97

**G. GE 2-Handset Cordless Phone.** 2 cordless handsets and one base unit and one Anyroom™ recharge cradle. CrystalClear™ noise reduction 2-way page and full intercom between handsets. (2-9582) 2985017 Reg. \$159.99 \$179.95† ..... \$149.97



**C. GE Fully Digital Answering Machine.** 10 minutes of tapeless recording time, voice time/day stamp, two outgoing messages, three mailboxes. Remote voice menu. Toll saver. (29876) 2985017 Reg. \$79.99 \$89.95† ..... \$74.97



**E. GE ProSeries Speakerphone.** LCD display with large easily read digits. Clock and call timer. 32# memory. Busy redial. Line-in-use indicator. One-touch redial. (29863) 2985017 Reg. \$59.99 \$59.95† ..... \$49.99



**H. GE Dual-Alarm Clock Radio/Phone.** Wake to radio or alarm; dual alarm sets 2 wake-up times. Auto mute when phone is picked up. Phone with 12-number memory, redial and tone/pulse. (2-9720) 2985017 Reg. \$59.95† ..... \$49.99

**I. GE Space Saver Telephone Clock Radio.** Telephone has 12-number memory, NightBright lighted keypad and one-touch redial. Clock radio features AM/FM radio, wake to radio or alarm, sleep switch and snooze alarm. (2-9720) 2985017 Reg. \$34.99 \$39.95† ..... \$29.97



**J. GE Mini Cassette Recorder.** Automatic voice-activated. Variable-speed playback. (3-5366S) 2985017 Reg. \$29.99 \$34.95† ..... \$26.97

**K. GE Mini Cassette Recorder.** Auto voice-activated recording. 3-digit tape counter. Variable-speed playback. AC/DC converter. High/low MIC sensitivity switch. 1-touch record. Preview/review. (3-5368S) 2985017 Reg. \$34.99 \$39.95† ..... \$29.97

**L. GE Microcassette Recorder.** Variable speed playback. Record LED light. (3-5379S) 2985017 Reg. \$29.99 \$34.95† ..... \$24.97

**M. Panasonic "Palm-Sized" Microcassette Recorder.** Voice-activated system with level control. Fast playback increases playback time by 20%. Cue/review. One-touch and follow-up recording. Built-in microphone with additional external microphone jack. Tape counter. (RN-402) 2985017 Reg. \$49.99 \$49.95† ..... \$39.99

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**BEST** 7

# \$129.97 Minolta's Freedom Action Zoom



I. Polaroid "Impulse" Camera. Fixed focus. Auto exposure and pop-up flash. (613178) \$39.98

216089 \$59.95† ..... \$39.98      J. Polaroid Twin Pack. 600 high speed film. 10 exp. each. \$19.99

897485 \$24.95† ..... \$19.99      K. Fuji HQ T-120 Video Tape 3-Pack. Standard quality tape. \$5.97

## LOW PRICE FILM DEVELOPING

24 exp. \$2.99      3-1/2" Single Prints  
12 exposures...\$1.49      36 exposures...\$3.99

Applies to one set of 3-1/2" standard size prints from C-41 process color print film.  
Cannot be combined with any other sale offer. See showroom for details.

PLUS Extra Set of 3-1/2" or 4" Prints... Only 99¢ more

Photofinishing is not available through Mail Order

Processing By Fuji Tricolor

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Protect your investment with one of our extended service or product replacement plans. Ask any Sales Associate for details!

A. **Minolta Freedom Action Zoom.** 38-60mm power zoom with advanced infrared auto focusing. Auto flash, film handling and red-eye reduction. Eye-start activates all functions when you look through the viewfinder. (2404301) **\$129.97**

498688 Reg. \$149.99 \$489.95† ..... \$129.97

B. **Minolta Freedom 105EX.** 35mm compact zoom camera with 38-105mm lens. Red eye reduction. Continuous film drive. (2419-301) **\$249.97**

788414 Reg. \$257.99 \$279.95† ..... \$249.97

C. **Yashica "Zoom Image 70" Camera.** 35-70mm zoom lens. Auto focus plus continuous AE. (311980) **\$139.97**

319856 Reg. \$149.99 \$189.95† ..... \$139.97

D. **Yashica "Zoom Image 90 Super Quartz Date" Camera.** 38-90mm power zoom lens and "real image" viewfinder. Continuous auto focus. Auto film handling. (800064) **\$189.97**

684376 Reg. \$199.99 \$239.95† ..... \$189.97

E. **Leather Camera Case.** **\$17.97**

733660 Reg. \$19.99 \$24.95† ..... \$17.97

F. **Kodak Gold Super 200 Print Film 3-Pack.** Two 24-exposure rolls, one 36-exposure roll. USA-made. **\$10.99**

412023 \$16.80† ..... \$10.99

G. **Vivitar PS50 Date-A-Print™.** Focus-free 35mm camera with 3-function Date Back. (082816) **\$39.97**

795119 Reg. \$49.99 \$79.95† ..... \$39.97

H. **Vivitar C35R Auto-Focus 35mm Camera.** 3-way auto flash plus red-eye reduction. Self-timer and tripod socket. (081385) **\$39.97**

680818 Reg. \$49.99 \$69.95† ..... \$39.97

L. **Cherry Finish 5-Tier CD/Cassette Holder.** Top shelf will hold video tapes. Solid maple. USA-made. **\$49.97**

M. **Revolving CD/Video Rack.** Holds 192 CDs. Solid oak. USA-made. (21-2407) **\$99.99**

897620 \$129.95† ..... \$99.99

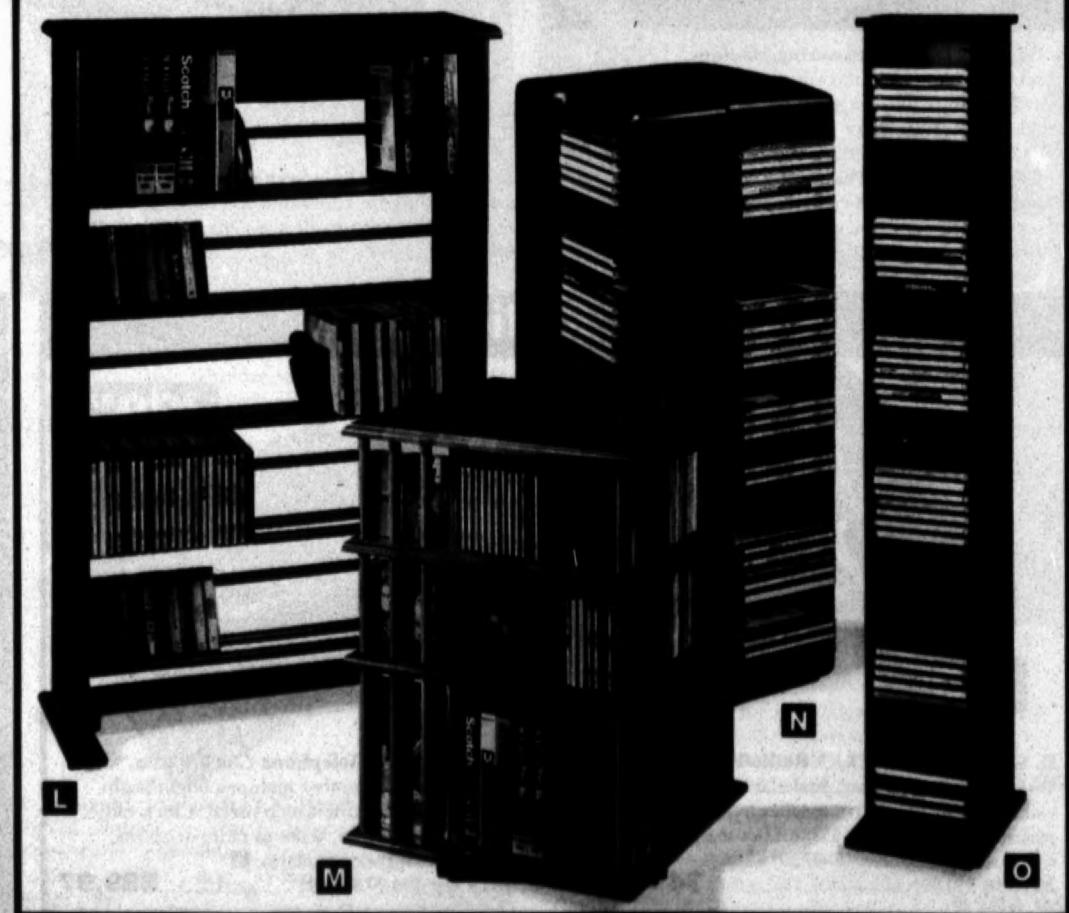
N. **Laserline™ Revolving CD Holder.** Holds up to 200 CDs horizontally or vertically. Contemporary black finish. ABS plastic. USA-made. **\$34.99**

647500 \$39.95† ..... \$34.99

O. **CD Storage Tower.** Holds up to 72 CDs. 39½" high. Made of wood. Easy to assemble. **\$24.99**

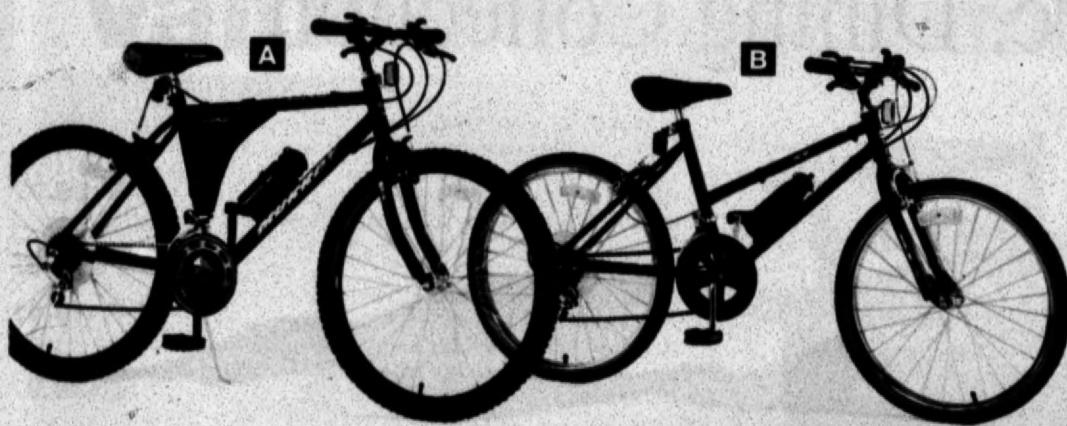
647462 \$29.95† ..... \$24.99

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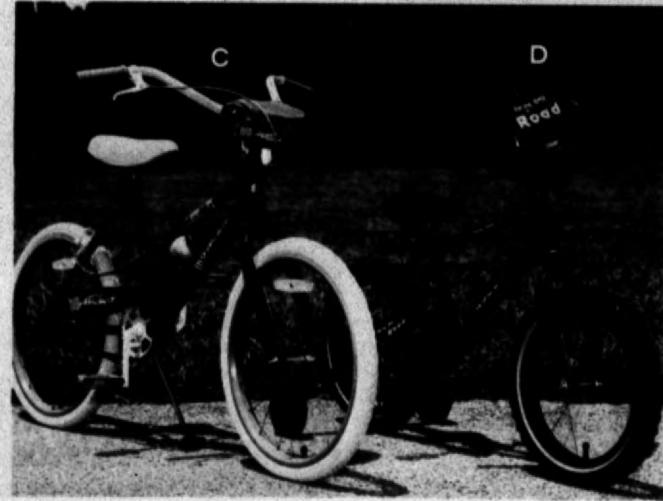
# New! Weider's Home Gym On Sale \$449<sup>97</sup>



A. Murray "Mountain Shadow" 26" Bike. 18 speeds. Black with holographic decals. Men's (503215) or women's (503142), not shown. USA-made. Reg. \$139.99 \$149.95† ..... **\$119.97**

B. Huffy 24" 10-Speed Bike. Girl's "New World" bike (829749) or boy's "Mountain Blaster" (829781), not shown. USA-made. Reg. \$99.99 \$119.95† ..... **\$89.97**

C. Murray "Hip Attitude" Girl's 20" Bike. USA-made. 213217 Reg. \$89.99 \$94.95† ..... **\$79.97**  
D. Roadmaster "Rush 9" Boy's 20" Bike. not shown. USA-made. 427096 Reg. \$79.99 \$89.95† ..... **\$69.97**  
E. Roadmaster 16" Bike. Boy's (213721) or girl's (357871), not shown. USA-made. Reg. \$69.99 \$74.95† ..... **\$59.97**

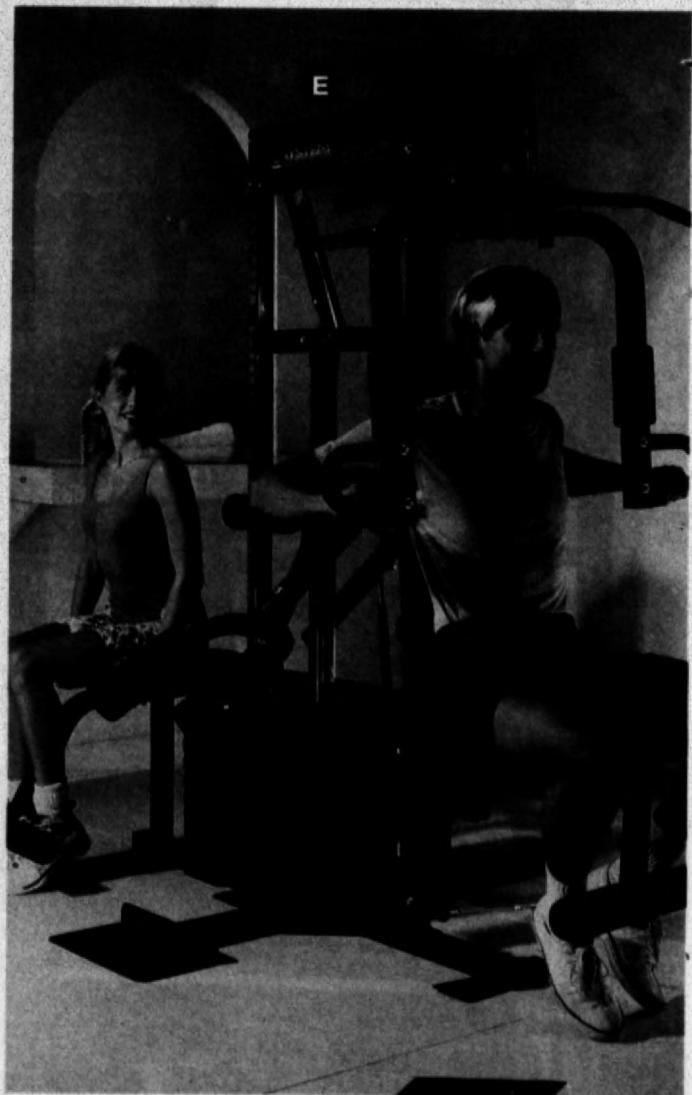


E. Weider Dual Stack Home Gym. Four stations: bench/pec deck, independent action stepper, squat/shoulder press and ab/back feature. Twin 100 lb. vinyl weight stacks. Hard drive system eliminates cables and pulleys and reduces assembly time. (WG8650) 888370 Reg. \$499.99 \$599.95† ..... **\$449.97**

J. Vitamaster Power 700 Weight Bench. Leg lift/leg curl attachment. Multi-purpose incline board. USA-made. Weight set sold separately. 780308 Reg. \$59.99 \$69.95† ..... **\$49.97**

K. 110-lb. Cast Iron Weight Set. 60" solid steel bar, two 14" solid steel dumbbell bars, cast-iron plates with collars. Wrench and chart. 536083 Reg. \$49.99 \$57.95† ..... **\$39.97**

L. Weslo Cadence 835 Treadmill. 1.5 HP DC motor. Speeds from 0-8 mph. Auto incline. 14" x 45" belt. Extended stride profile. Safestart system. Safekey. Trakguide system. Stowaway design. Some assembly required. USA. (WLTL8354) 886882 Reg. \$399.99 \$499.95† ..... **\$369.97**

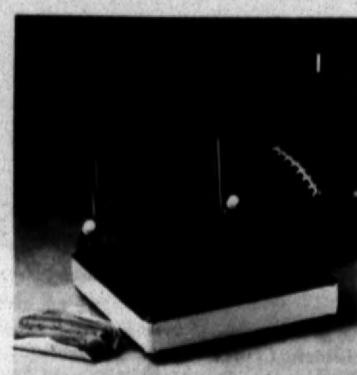


F. Porter "StreetBoard" Acrylic All-In-One Kit. Acrylic backboard for professional stadium look. Adjustable height from 7' 6" to 10' 6". Solid steel flex goal for durability and authenticity. 891827 Reg. \$199.99 \$220.05 ..... **\$169.97**

G. Spalding NBA Ultimate Outdoor Basketball. Wide channel for superior grip and feel. 891282 Reg. \$10.99 \$11.95 ..... **\$16.97**



H. Buns of Steel Step 2000. Adjustable to 4", 6" or 8". Buns of Steel video included. 905011 Reg. \$39.99 \$49.95† ..... **\$29.97**



I. Folding Stadium Seat. Available in assorted colors. 865028 Reg. \$9.99 \$11.95† ..... **\$7.97**



**\*369\***

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**BEST** 9

# \$399<sup>91</sup> "Shaker" 5-Pc. Dining Collection

Table & 4 chairs  
sold separately.



A

B

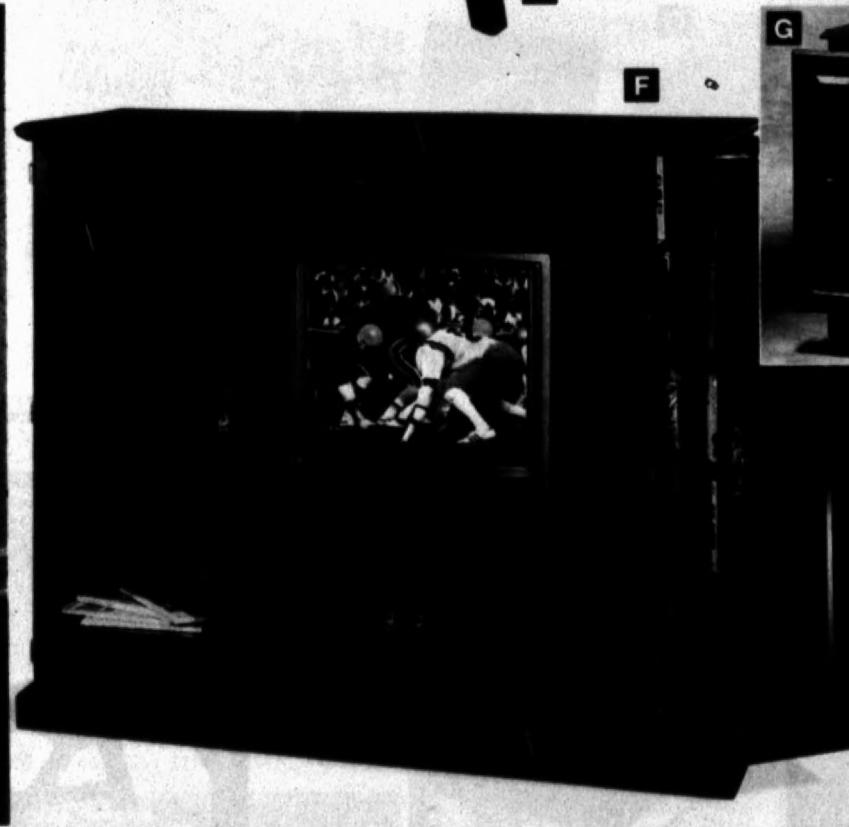


\$399<sup>91</sup> 5-Pc. Set  
Table & 4 chairs sold separately.

D



E



F



G

H **new value**

**E. Bush "Visions" Entertainment Center.** Accommodates up to 35" large-screen TVs. Tempered glass doors w/ touch-latch closures protect CD and audio compartments. CD storage areas hold up to 80 CDs. Other storage areas hold up to 42 video tapes or 144 audio tapes. 58 $\frac{1}{2}$ "H x 47 $\frac{1}{2}$ "W x 19 $\frac{1}{2}$ "D. Assembly required. USA. 857440 Reg. \$229.99 \$249.95† ..... **\$199.97**

**F. Sauder "Heritage Hill" Entertainment Center.** Classic cherry finish. Accommodates most 27" TVs. Holds 140 VHS tapes in side door storage. Five adjustable shelves behind safety-tempered glass door. Casters. 51 $\frac{1}{2}$ "H x 35 $\frac{1}{2}$ "W x 15 $\frac{1}{2}$ "D. Reg. \$299.99 \$349.95† ..... **\$279.97**

**G. O'Sullivan TV/VCR Cabinet.** Twin pull-out side doors store up to 40 video tapes or 112 compact disc cases in four compartments. Choose oak laminate finish (851094) or whitewash (536075), not shown. 27 $\frac{1}{2}$ "H x 35 $\frac{1}{2}$ "W x 15 $\frac{1}{2}$ "D. Reg. \$99.99 \$129.95† ..... **\$89.97**  
**H. Armstrong TV/VCR Cart.** Casters. Saddle oak finish. USA-made. 30"H x 27 $\frac{1}{2}$ "W x 15 $\frac{1}{2}$ "L. 591289 \$49.95† ..... **\$39.98**

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# Value-Priced Furnishings For Home & Office



**A. O'Sullivan "Radford" 4-Pc. Computer Work Center.**

Oak-finished desk, hutch, roll-about file cabinet and printer stand. Work surface: 41 $\frac{1}{2}$ "W x 23 $\frac{1}{2}$ "D. Easy to assemble. USA-made.

422053 Reg. \$149.99 \$169.95† ..... **\$129.97**

**B. Manager's Chair.** Large, comfortable seat and backrest with grey upholstery. Padded armrests. Swivel/height adjustment. Easy to assemble.

848751 Reg. \$59.99 \$69.95† ..... **\$49.97**

**C. 72" Oak Veneer Bookcase.**

36"W x 12"D shelves, three of which are adjustable. Camlock construction makes assembly easy. Oak finish (846716) or cherry finish (846724), not shown.

Reg. \$99.99 \$149.95† ..... **\$79.97**

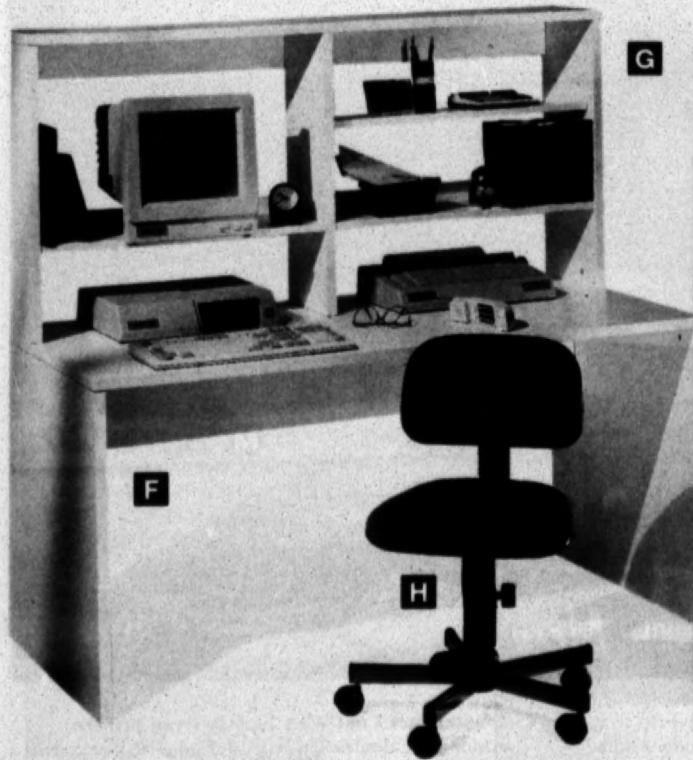


**D. O'Sullivan Computer Work Center.** Roomy hutch, pull-out printer cart, raised monitor platform, pull-out keyboard shelf.

Easy to assemble. Available in oak finish (435910) or whitewash (256439), not shown. \$269.95† ..... **\$199.99**

**E. Padded Chair.** Padded seat, back and armrests. Pneumatic height; swivel height. Easy to assemble.

526827 Reg. \$129.95† ..... **\$99.99**



**F. Large Desk.** 59 $\frac{1}{2}$ " x 29 $\frac{1}{2}$ " work surface. Choose white (720518) or black (720569), not shown. Easy to assemble. USA-made.

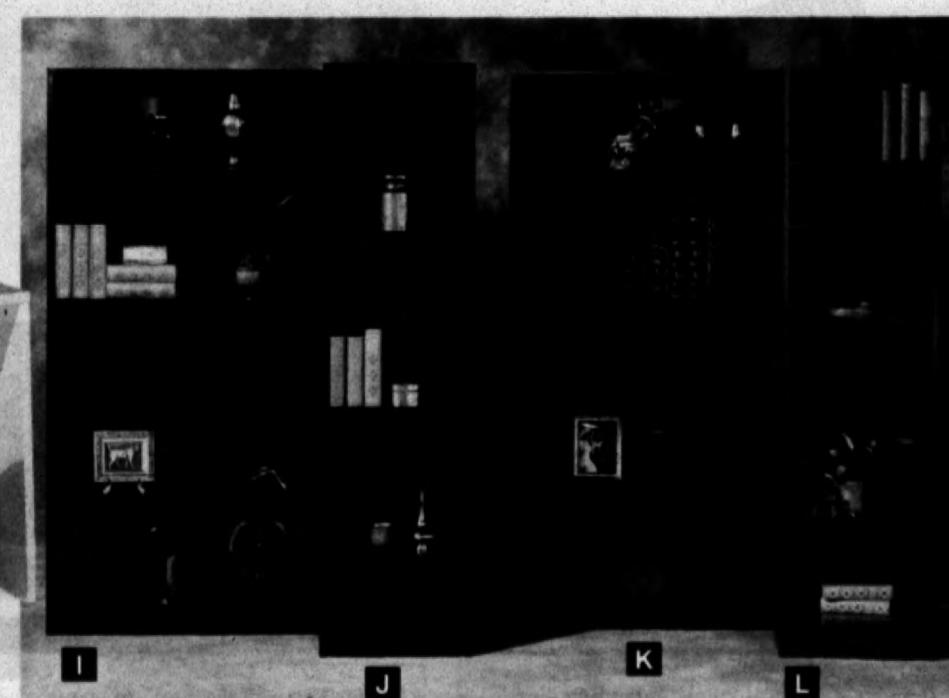
Reg. \$89.99 \$99.95† ..... **\$79.97**

**G. Melamine Hutch.** All shelves are adjustable. Choose white (857416) or black (857424), not shown. 23 $\frac{1}{2}$ "H x 59 $\frac{1}{2}$ "W x 11"D. Easy to assemble. USA-made.

Reg. \$79.99 \$129.95† ..... **\$69.97**

**H. Padded Home/Office Chair.** Seat adjusts up, down, forward or back; backrest adjusts up or down. Grey acrylic upholstery. Casters.

757578 Reg. \$34.99 \$49.95† ..... **\$29.97**



**I. Cherry-Finish Bookcase.** Adjustable shelves. Assembly required. 72"H x 36"W x 12"D. USA-made.

520985 Reg. \$69.99 \$79.95† ..... **\$59.97**

**J. Cherry-Finish Tower Bookcase.** Adj. shelves. Needs assembly. 72"H x 18"W x 12"D. USA-made. 842257 Reg. \$69.99 \$79.95† ..... **\$59.97**

**K. Oak-Finish Bookcase.** Assembly required. Oak finish (727601) or white (727695), not shown. 72"H x 36"W x 12"D. USA-made. Reg. \$69.99 \$79.95† ..... **\$59.97**



**L. 72" Tower Unit.** Oak finish (316318) or white (284173), not shown. Easy assembly. USA-made.

Reg. \$69.99 \$79.95† ..... **\$59.97**

**M. Two Drawer Filing Cabinet.** Oak and oak veneer. Brass hardware. 28"H x 16"W x 17"D. 509248 Reg. \$49.99 \$59.95† ..... **\$44.97**

**N. Bush Computer Cart.** Casters. Printer and keyboard shelves. Whitewash finish. 29 $\frac{1}{2}$ "H x 35 $\frac{1}{2}$ "W x 19 $\frac{1}{2}$ "D. USA-made. 848840 Reg. \$119.99 \$149.95† ..... **\$99.97**

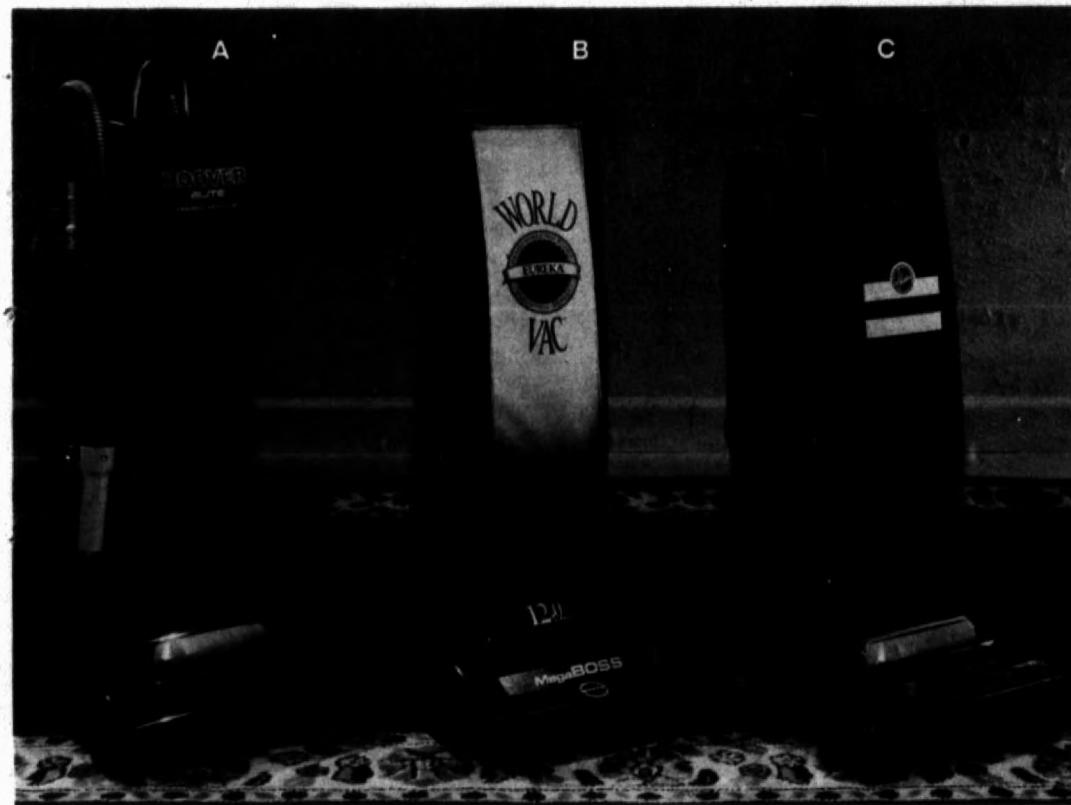


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# Your Choice \$31.97



**A. Hoover Elite™ II 430.**  
17.0 cleaning effectiveness per amp\*. Side-mounted hose. Headlight. Carpet height adjust. (U4617-930) **662607**  
Reg. \$109.99 \$129.95† ..... **\$99.97**

**B. Eureka Mega Boss World Vac.**  
12-amp motor. 7-position height adjustment. 35-ft. cord with quick-release. USA-made. (9834BT) **858196**  
Reg. \$129.99 \$139.95† ..... **\$119.97**

**C. Hoover Elite Preferred™.**  
18.0 cleaning effectiveness per amp\*. Exclusive side-mounted hose. Air freshener system. 31-ft. cord. (U5047-930) **858803**  
Reg. \$159.99 \$169.95† ..... **\$149.97**



**D. Mr. Coffee Burr Mill.** Burr-style cutting tool produces a precise grind for coffee and espresso. Nine settings. 8-ounce grinding chamber capacity. (BM1) **882690** Reg. \$34.99 \$49.95† ..... **\$31.97**



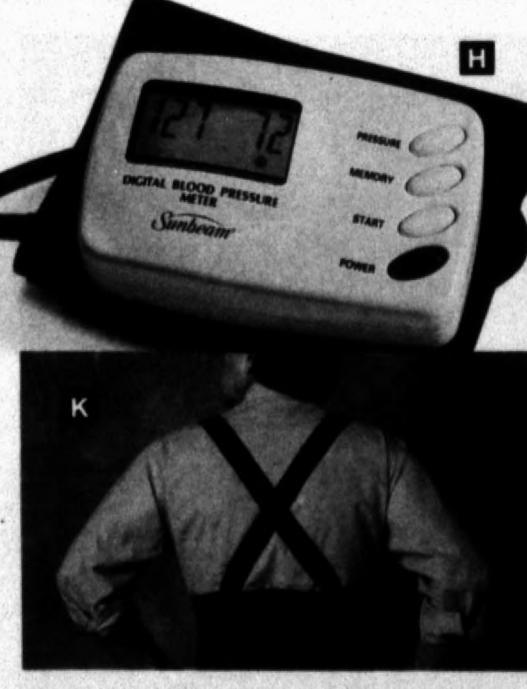
**E. Mr. Coffee Accel 12-Cup Programmable Coffee Maker.** Auto shut-off. Two brewing speeds for small and large quantities. Brew 12 cups in only eight minutes. Microwave-safe decanter. (PRX20) **771333** Reg. \$34.99 \$49.95† ..... **\$31.97**



**F. Norelco Easy Steam Iron.** Auto-off in 30 seconds on sole plate, 8 minutes on heel. Self-cleaning with drip-stop system. Non-stick sole plate. (518) **640980** Reg. \$39.99 \$49.95† ..... **\$31.97**

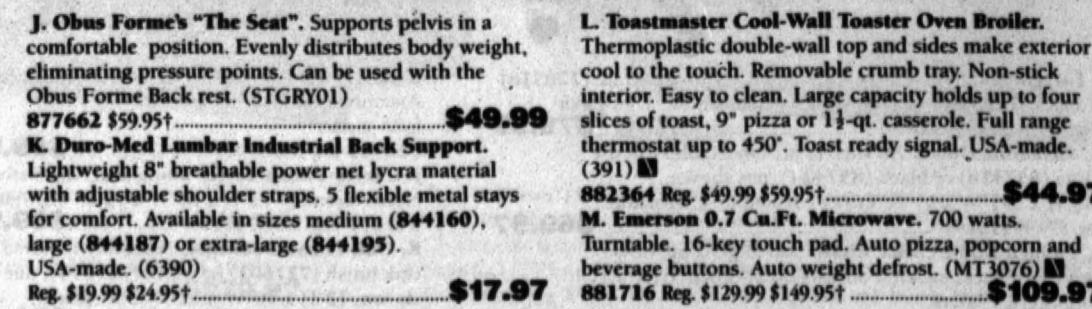


**G. Contoured Cervical Pillow.** Orthopedically designed to cradle tense muscles. Polyurethane foam. Machine washable. USA-made. **865761** \$14.95† ..... **\$12.99**



**H. Sunbeam Digital Blood Pressure Monitor.** Auto inflate. Magnified display. Last reading memory. (7652) **873691** Reg. \$69.99 \$79.95† ..... **\$64.97**

**I. Obus Forme Low Back Rest.** Conforms to the natural contours of the spine, guiding the back to a correct anatomical position. (LBGRY01) **877697** Reg. \$59.99 \$69.95† ..... **\$49.99**



**J. Obus Forme's "The Seat".** Supports pelvis in a comfortable position. Evenly distributes body weight, eliminating pressure points. Can be used with the Obus Forme Back rest. (STGRY01) **877662** \$59.95† ..... **\$49.99**

**K. Duro-Med Lumbar Industrial Back Support.** Lightweight 8" breathable power net lycra material with adjustable shoulder straps, 5 flexible metal stays for comfort. Available in sizes medium (844160), large (844187) or extra-large (844195). USA-made. (6390) **Reg. \$19.99 \$24.95†** ..... **\$17.97**

**L. Toastmaster Cool-Wall Toaster Oven Broiler.** Thermoplastic double-wall top and sides make exterior cool to the touch. Removable crumb tray. Non-stick interior. Easy to clean. Large capacity holds up to four slices of toast, 9" pizza or 1 1/4-qt. casserole. Full range thermostat up to 450°. Toast ready signal. USA-made. (391) **882364** Reg. \$49.99 \$59.95† ..... **\$44.97**

**M. Emerson 0.7 Cu.Ft. Microwave.** 700 watts. Turntable. 16-key touch pad. Auto pizza, popcorn and beverage buttons. Auto weight defrost. (MT3076) **881716** Reg. \$129.99 \$149.95† ..... **\$109.97**

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# Corning Ware® Your Choice \$19<sup>97</sup>



A. Corning French White® 5-Pc. Set. 1½-quart and 1-quart cov'd casseroles and 10" pie/quiche plate. Manufacturer's full 10-yr. warranty.  
60468 Reg. \$29.99 \$34.95† ..... \$19.97

B. Corning Ware® Trio Casserole Set. 1-qt. and 1½-qt. casseroles with glass and plastic covers and 2-qt. glass covered casserole. Choose Blue Dusk™ (858951) or Garden Harvest™ (886319), inset shown.  
Reg. \$24.99 \$29.95† ..... \$19.97



C. Cuisine World Class II Series 9-Pc. Set. 2-qt. cov'd saucepan, 8" skillet, 3-qt. cov'd saucepan, 2½-qt. steamer insert, 5-qt. covered Dutch oven, and 10" fry pan.  
92599 Reg. \$149.99 \$169.95† ..... \$99.97



E. 3-Pc. Ribbed Canister Set. Wooden spoons and lids. In navy (882895), white (641472) or hunter green (650706).  
Reg. \$49.99 \$59.95† ..... \$39.97



G. Solid Pine All-Purpose Bin. Great for recycling or veggie storing. USA-made. 883050  
Reg. \$49.99 \$59.95† ..... \$39.97



H. 12-Qt. Stock Pot. Choose white (886955) or blue (887013), not shown.  
Reg. \$24.99 \$39.95† ..... \$19.97

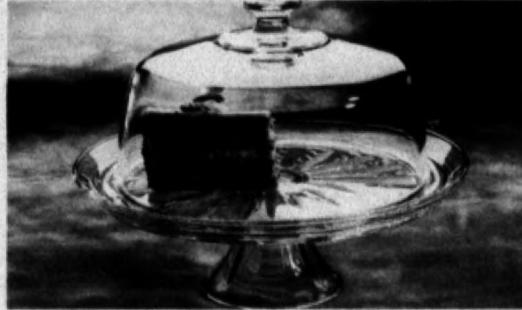
I. 6-Qt. "Everything" Pot. Includes 6-quart stock pot, lid, basket with handle and lid with handle. Chrome-plated steel rack. Recipe booklet. Choose blue (886939) or white (886947), not shown.  
Reg. \$29.99 \$34.95† ..... \$19.97

Your Choice  
\$19<sup>97</sup>

# 106-Pc. Basic Living Ensemble \$49<sup>97</sup>



C. Gibson 106-Pc. "Basic Living" Dinnerware Ensemble. 40-pc. stoneware dinnerware set with 8 each: dinner plates, salad plates, bowls, mugs and saucers. Also: 50-pc. flatware set with 5-pc. service for eight plus 8 additional teaspoons and 2 serving utensils; 16-pc. glass set in 2 sizes.  
859095 Reg. \$59.99 \$74.95† ..... \$49.97



F. "Elegance" Footed Cake Plate Set. Embellished plate is covered by a clear glass dome. Includes gift box. USA-made.  
436977 Reg. \$14.99 \$19.95† ..... \$9.97



The "Madrid II" Collection is crafted of 24% lead crystal, and each piece includes a gift box. The beautiful design features a unique, large, centered palm and curved scalloped top rim.

J. Crystal Clear "Madrid II" 7" Vase.  
852392 Reg. \$9.99 \$12.95† ..... \$8.97

K. Crystal Clear "Madrid II" 6" Bowl.  
852406 Reg. \$9.99 \$12.95† ..... \$8.97



L. Oneida "Daydream" 70-Pc. Flatware Set. 8 each: dinner knives, dinner forks, salad forks, soup spoons, iced tea spoons and oyster forks. 16 teaspoons, 2 tablespoons, butter knife, sugar spoon, gravy ladle and meat fork.  
746290 Reg. \$49.99 \$59.95† ..... \$39.97

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**BEST** 13

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Special

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1ct tgw

Reg. \$39.99, Ref. \$50†  
908967  
Genuine  
sapphire.  
10K.

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813532 Sapphire & diamond. 10K.

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Reg. \$599.99  
Ref. \$800†  
370746 1/4ct tdw.  
Two-tone. 14K.

New



New



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Ref. \$950†  
230804 1/2ct tdw. 14K.  
Reg. \$699.99  
Ref. \$950†  
865982 1/3 ct tdw. 14K.

**\$2499**  
1 carat  
Reg. \$2999  
Ref. \$4000†  
537016 14K.

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Ct. Wt.	Item #	Reg.	Ref.	Sale
1ct	537018	\$2999	\$4000†	\$2499
3/4ct	701899	\$2499	\$3000†	\$1599
1/2ct	180340	\$1299	\$1750†	\$800.97
3/8ct	701703	\$899.99	\$1250†	\$599.97
1/3ct	990405	\$899.99	\$850†	\$449.97
1/4ct	369284	\$499.99	\$650†	\$299.97
1/5ct	701780	\$399.99	\$550†	\$249.97

New **\$999.97**  
Reg. \$1499  
Ref. \$1500†  
888643  
1ct tdw. 14K.



**\$499.97**  
Reg. \$799.99, Ref. \$1100†  
1/2ct tdw. 14K. Yellow  
(14B059), white (890960)



**\$999.97**  
Reg. \$1499  
Ref. \$1750†  
888100  
1/3ct tdw. 14K.



Your Choice **\$299<sup>97</sup>**



Reg. \$449.99  
Ref. \$600†  
899488 Hers.  
1/4ct tdw. 14K.

Reg. \$499.99  
Ref. \$650†  
899461 His.  
1/4ct tdw. 14K.

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871621  
1ct tdw. 14K.



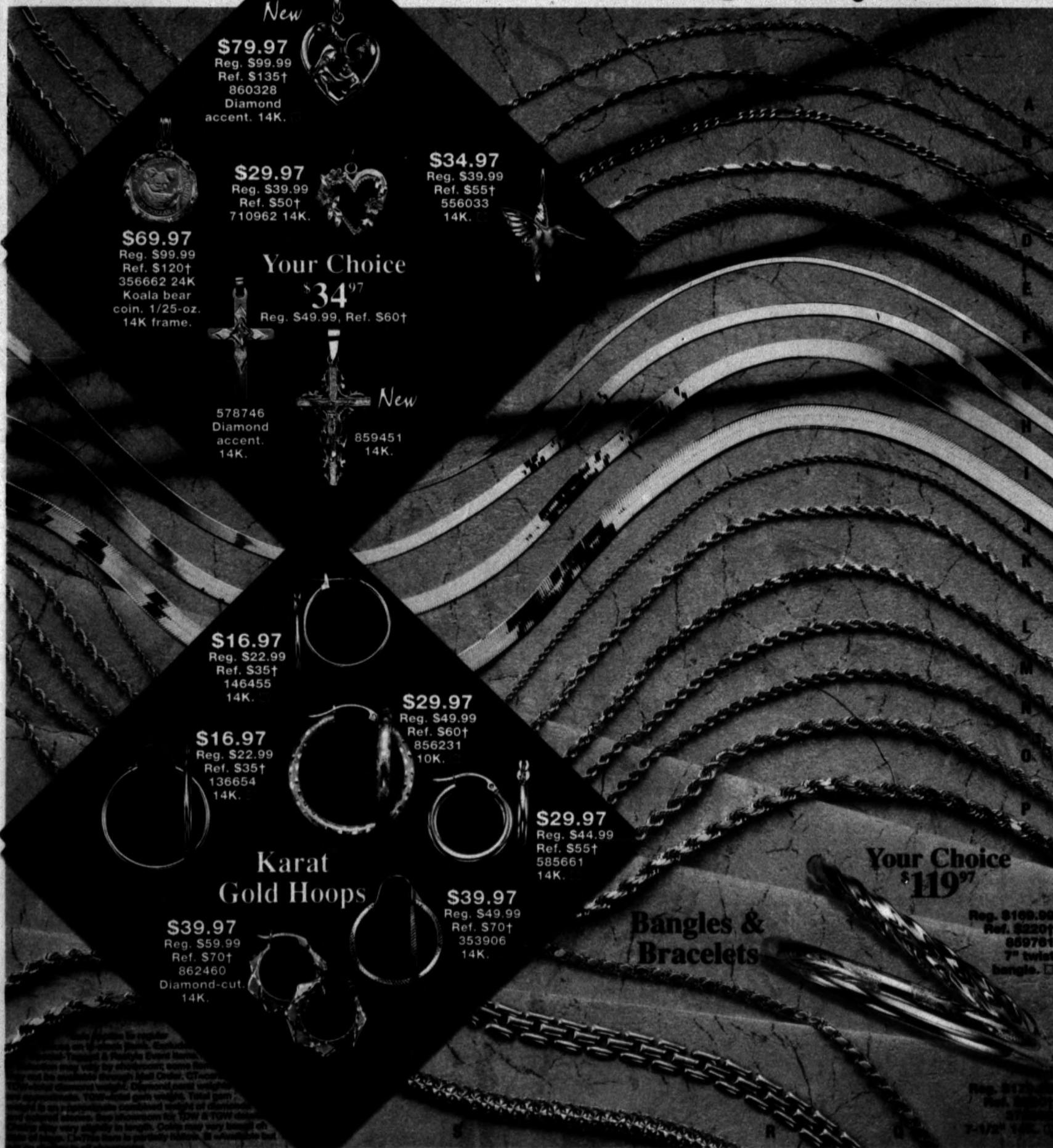
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Reg. \$299.99  
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842737  
Diamond bracelet.  
1ct tdw. 10K.



**\$99.97**  
Reg. \$149.99, Ref. \$200†  
868728 Diamond "X"  
bracelet. 10K.

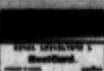
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18" 340839 Reg. \$34.99 \$40† .....\$24.97  
24" 860794 Reg. \$39.99 \$45† .....\$29.97
- B. Toronto Herringbone Chain. 14K.  
18" 213756 69.99 \$90† .....\$44.97
- C. Figaro Chain. 14K. □  
18" 552410 Reg. \$59.99 \$75† .....\$49.97  
20" 589144 Reg. \$69.99 \$85† .....\$54.97  
24" 586366 Reg. \$89.99 \$100† .....\$69.97  
7" 487430 Reg. \$29.99 \$35† .....\$24.97
- D. Rope Link Chain. 14K.  
18" 782726 Reg. \$159.99 \$200† .....\$99.97
- E. "Sparkle" Rope Chain. 14K.  
18" 586447 Reg. \$299.99 \$370† ...\$199.97  
7" 586552 Reg. \$119.99 \$150† .....\$79.97
- F. BestFlex® Herringbone Chain. Lifetime  
full warranty. 14K.  
16" 705918 Reg. \$34.99 \$45† .....\$24.97  
18" 705853 Reg. \$39.99 \$50† .....\$29.97  
20" 348791 Reg. \$44.99 \$60† .....\$34.97  
7" 705861 Reg. \$16.99 \$20† .....\$12.97
- G. BestFlex® Herringbone Chain. Lifetime  
full warranty. 14K.  
18" 785342 Reg. \$119.99 \$160† .....\$89.97  
20" 785350 Reg. \$129.99 \$180† .....\$99.97  
8" 785377 Reg. \$59.99 \$80† .....\$44.97
- H. BestFlex® Herringbone Chain. Lifetime  
full warranty. 14K.  
18" 785547 Reg. \$199.99 \$290† ...\$139.97  
20" 785474 Reg. \$219.99 \$320† ...\$149.97  
24" 785458 Reg. \$259.99 \$370† ...\$179.97  
8" 746908 Reg. \$99.99 \$150† .....\$69.97
- I. BestFlex® Herringbone Chain. Lifetime  
full warranty. 14K.  
18" 785644 Reg. \$299.99 \$430† ...\$199.97  
20" 785636 Reg. \$319.99 \$460† ...\$219.97
- J. Rope Chain. 14K.  
16" 549835 Reg. \$69.99 \$90† .....\$49.97  
18" 549878 Reg. \$79.99 \$100† .....\$54.97  
20" 549886 Reg. \$89.99 \$110† .....\$59.97  
7" 549932 Reg. \$29.99 \$40† .....\$24.97
- K. Diamond-Cut SilkRope® Chain. Lifetime  
full warranty. Look for the diamond tag. 14K.  
18" 902160 Reg. \$159.99 \$210† ...\$119.97  
20" 902179 Reg. \$169.99 \$230† ...\$129.97  
24" 902195 Reg. \$199.99 \$280† ...\$149.97  
30" 902209 Reg. \$249.99 \$350† ...\$189.97  
7" 902217 Reg. \$69.99 \$90† .....\$54.97
- L. Diamond-Cut Rope Chain. 14K. □  
18" 603058 Reg. \$99.99 \$140† .....\$79.97  
20" 603201 Reg. \$109.99 \$160† .....\$89.97  
24" 603368 Reg. \$129.99 \$190† .....\$99.97  
7" 603481 Reg. \$49.99 \$60† .....\$34.97
- M. SilkRope® Chain. Lifetime full warranty.  
Look for the diamond tag. 14K.  
18" 562416 Reg. \$189.99 \$270† ...\$139.97  
24" 562440 Reg. \$249.99 \$320† ...\$179.97  
7" 562459 Reg. \$79.99 \$110† .....\$59.97
- N. Diamond-Cut SilkRope® Chain. Lifetime  
full warranty. Look for the diamond tag. 14K.  
18" 709298 Reg. \$269.99 \$375† ...\$199.97  
20" 872997 Reg. \$299.99 \$425† ...\$219.97  
24" 709271 Reg. \$349.99 \$500† ...\$259.97  
8" 562513 Reg. \$129.99 \$180† .....\$89.97
- O. SilkRope® Chain. Lifetime full warranty.  
Look for the diamond tag. 14K.  
20" 339598 Reg. \$399.99 \$550† ...\$299.97  
7" 465232 Reg. \$139.99 \$200† .....\$99.97
- P. Diamond-Cut Rope Chain. 14K. □  
18" 602671 Reg. \$199.99 \$270† ...\$139.97  
24" 602779 Reg. \$249.99 \$350† ...\$179.97  
8" 602868 Reg. \$89.99 \$130† .....\$69.97
- Q. Mirror Rope Bracelet. 14K.  
7" 187216 Reg. \$99.99 \$120† .....\$69.97
- R. Pantera-Link Bracelet. 14K.  
7" 224235 Reg. \$189.99 \$240† .....\$129.97
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7" 175587 Reg. \$299.99 \$400† .....\$219.97

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