

Canyon Eagles sweep Whitefaces
in key District 1-4A match-up...6A

Conservation District essay,
poster winners named...9A

Viewpoint...4A
Sports...6A
Farm...9A

Lifestyles...1B
Comics...4B
Quiz...4B

Real Estate...5B
Classified...6B
Crossword...6B

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SUNDAY JANUARY 29, 1995

The

Hereford Brand

• Hustlin' Hereford, home of Mary Ann Ramirez, 33

94th Year, Vol. No. 148, Deaf Smith County, Texas

38 Pages 50 Cents

Friona FFA member claims third straight title

Jessica Smith snags sheep show sweep



By GARRY WESNER
Managing Editor

The past two years, when the Hereford Young Farmers Junior Livestock Show lamb competition has ended, Jessica Smith of Friona was on top.

This year, even after having won Five-County Grand Champion honors in the hog competition on Thursday, Miss Smith was not satisfied -- she wanted a three-peat of her lamb show success.

Success may not be the right word, however, as Miss Smith -- a senior at Friona High School and a member of Friona FFA -- not only captured the Five-County Grand Championship Friday, she also completed her area show career with a one-woman sweep of the lamb show.

Miss Smith drove her mediumweight lamb to the class championship, then pushed aside all other breed champions for the Grand Champion title.

She then pulled in Reserve Grand Champion honors with the mediumweight lamb that had been judged second best in the breed competition.

Because Miss Smith was unable to show two lambs at the same time, she was assisted by fellow Friona FFA member Monty Schueler, which is allowed under stock show rules. He drove the Reserve Grand Champion entry.

Miss Smith completed her domination of the sheep show by being named second place in the Senior Showmanship competition.

The Christie family of Summerfield dominated the county honors at the sheep show, with Colby Christie nabbing County Grand Champion honors and his little brother Chad showing the County Reserve Grand Champion lamb.

In addition, Chad Christie won second place in the Junior Showmanship competition.

Timberly Mercer of Randall 4-H won first place in the Junior Showmanship contest.

Contestants squared off in four divisions -- Fine wool-purebred; Fine wool-crossbred; Medium wool; and Southdown-purebred.

Judging the show for the first time was Dave Cleavinger, who began his work at 4:30 p.m. and completed the judging by 9 p.m.

The following are complete results of the Lamb show, including breed

champions. Where two numbers are shown, the first indicates an entrant's ranking in the Five-County area, while the second is that person's ranking in Deaf Smith County.

FINE WOOL

Class I

1.1. Alyssa Hill, Deaf Smith 4-H; 2.2. Justin Johnson, Deaf Smith 4-H; 3. J' Lond Jarecki, Friona FFA; 4.3. Jarret May, Deaf Smith 4-H; 5.4. Macy Hill, Deaf Smith 4-H.

Class II

1. Kevin Schueler, Friona FFA; 2.1. Janae Schlabs, Deaf Smith 4-H; 3.2. James Payne, Deaf Smith 4-H; 4.3. Aaron Landers, Deaf Smith 4-H; 5.4. Brian Taylor; 6.5. Justin McDowell, Deaf Smith 4-H; 7.6. Justin Johnson, Deaf Smith 4-H.

Five-County Breed Champion -- Kevin Schueler, Friona FFA.

Five-County Reserve Breed Champion/County Breed Champion -- Alyssa Hill, Deaf Smith 4-H.

County Reserve Breed Champion -- Janae Schlabs.

FINE WOOL CROSS

Class I

1.1. Jarret May, Deaf Smith 4-H; 2.2. Jerad Johnson, Deaf Smith 4-H; 3.3. Alyssa Hill,

Deaf Smith 4-H; 4.4. Nathan Horrell, Deaf Smith 4-H; 5.5. Jessica Matsler, Deaf Smith 4-H; 6.6. Ted Peabody III, Deaf Smith 4-H; 7.7. Erin Auckerman, Deaf Smith 4-H; 8.8. Aaron Landers, Deaf Smith 4-H; 9.9. Joe Mac Boggeman, Deaf Smith 4-H; 10.10. Kyle Auckerman, Deaf Smith 4-H.

Class II

1. M'Kell Jarecki, Friona FFA; 2. Lance Teague, Bovina FFA; 3. Krysta Cockerham, Bovina FFA; 4.1. Karon Harder, Deaf Smith 4-H; 5.2. Ted Peabody III, Deaf Smith 4-H; 6. Layne Mercer, Randall 4-H; 7.3. Amanda Andrews, Deaf Smith 4-H; 8.4. Jerad Johnson, Deaf Smith 4-H; 9.5. Blake Schilling, Deaf Smith 4-H; 10.6. Eddie Trotter, Deaf Smith 4-H; 11.7. Tim Schlabs, Deaf Smith 4-H; 12.8. Brian Taylor, Deaf Smith 4-H.

Five-County Breed Champion -- M'Kell Jarecki, Friona FFA.

Five-County Reserve Breed Champion -- Lance Teague, Bovina FFA.

County Breed Champion -- Karon Harder, Deaf Smith 4-H.

County Reserve Breed Champion -- Jarret May, Deaf Smith 4-H.

MEDIUM WOOL

(See LAMBS, Page 2A)

Fruits of her labors

Jessica Smith, a member of Friona FFA, swept Friday's lamb show at the Hereford Young Farmers Junior Livestock Show, grabbing Five-County Grand Champion and Five-County Reserve Grand Champion honors with her medium wool entries. Holding the Reserve Grand Champion lamb is Monty Schueler, a fellow member of Friona FFA, who also assisted Miss Smith by driving the lamb in competition. Miss Smith won the lamb show for the third consecutive year. She also won second place in the Senior Showmanship competition and on Thursday showed the Five-County Grand Champion hog.

Change main topic presented at annual Corn Growers meet

BY SHELLY SCHILLING
Staff Writer

"It's a whole new ball game." Texas House Speaker, Pete Laney said Friday at the Texas Corn Growers Association's 22nd annual meeting held at the Castro County Expo Building in Dimmitt.

Laney, told those in attendance that national policies are changing rapidly and dramatically and the most important changes will take place in Texas.

The corn growers meeting started with a panel discussion on USDA's reorganization and the new Farm Service Agency.

Reorganization of the Farm Service Agency was discussed by Harold Bob Bennett, executive director of the state ASCS; Ray Joe Riley, state ASCS board chairman; and George Ellis, state Farmers Home Administration director.

The second panel discussion examined the fate of national farm

legislation.

Carl King, TCGA president, and David Senter, legislative affairs director for American Corn Growers Association, spoke on the fate of the national farm legislation.

Senter said that TCGA's key message to the government is price.

He said farmers need a fair price to work, compete, and have an on going business to pass to the next generation of farmers.

Senter said the one way to accomplish that is not be afraid of change.

"If farmers were getting fair prices there wouldn't be more farmers getting out of production."

The TCGA is the only organization that is willing to "talk price", Senter said.

He also said producers should take a serious look at programs and make them more farmer friendly.

Senter said that year in and year out corn producers have seen lower prices and the legislation should do serious work on the farm programs.

"The most serious work, the farm programs, will not be discussed in legislation until around Easter," Senter said.

He said the most serious problem facing farmers in legislation are the people who want to cut spending and those who want to eliminate farm programs. He said when those two come together the changes they may bring may not benefit agriculture.

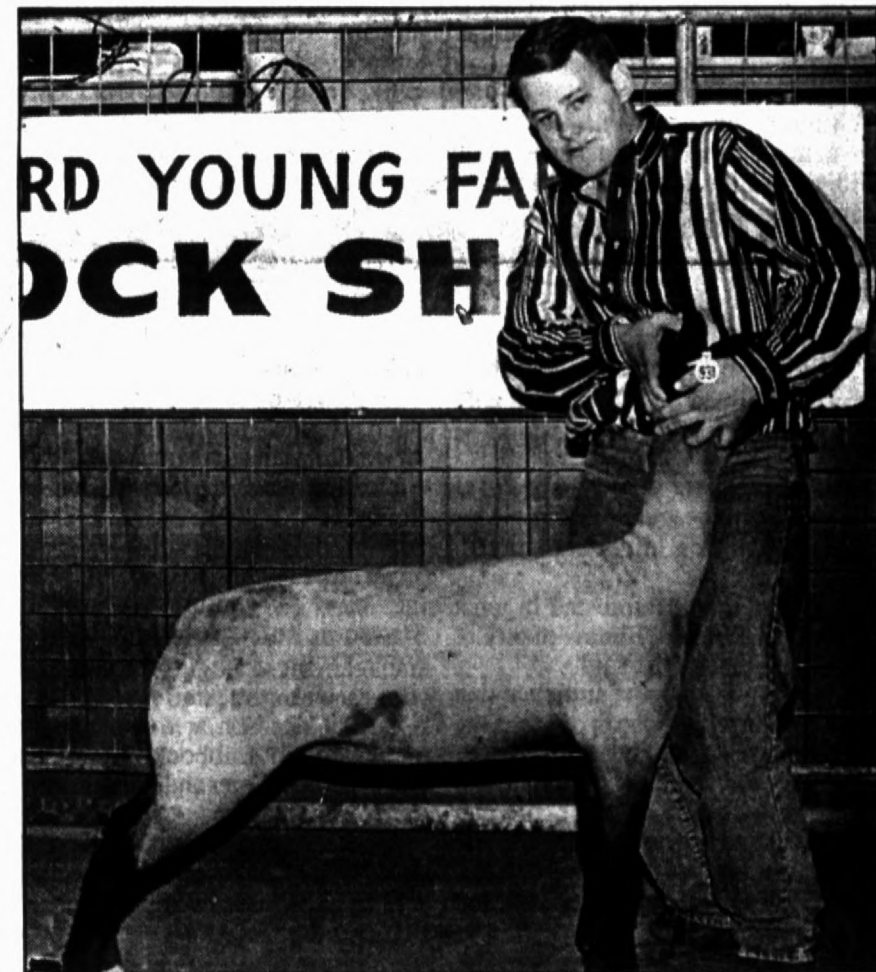
"Investment in agriculture will be the best for our economy," Senter said.

Laney, who arrived a few minutes late, focused on the changes in the last year.

"With George W. Bush in office, we may be able to get something done," replied Laney. "Bush is going to be easy to get along with and he wants to protect Texas from what happens in the government."

Laney said he wants to make a difference in legislation. He wants producers to have an active voice in

(See CORN, Page 2A)



COLBY CHRISTIE
...County Grand Champion

Combest: New U.S. Congress will not drop 'Contract with America'

BY SPEEDY NIEMAN
Editor-Publisher

Passage of the balanced budget amendment in the U.S. House was a historic piece of legislation, and no one realizes it any more than Rep. Larry Combest, Republican from the 19th Congressional District.

Combest co-sponsored a similar amendment during his first term in Congress in 1985, and it took five years to even get the bill on the floor for a vote. It lost by nine votes.

There is no guarantee that the Senate will approve the measure, but Combest is counting on a "mandate from the public" to carry the amendment through the process.

The Lubbock congressman visited with about a dozen West Texas publishers and editors on a conference phone call Friday, reporting that "Democrats are using delay tactics on some issues...but we are not going to cave in on our Contract With America."

"We are going to change the way things have been done, and the passage of this amendment is a good signal," said the representative. "We are going to knock down as many bricks as the Democrats have put up."

And, the next battle is likely to be with the issue of unfunded mandates, said Combest. "In my town hall meetings across the district, I've asked constituents if we made cuts across the board, treating everyone

alike, if they would be willing to give up their pet subsidy. They said "Yes" by an overwhelming majority."

He added that most Americans are screaming about the way the federal government has moved into their lives; they don't want the problems passed on to their children, "and I think they know some positive things will happen if we make the cuts," added Combest.

"Listen to the debates the next two years. You'll see some congressmen use delaying tactics because they think government is the answer. But most people feel like we do, that government is much of the problem," Combest stated.

The area congressman said welfare reform discussions will also start soon. On the question of raising the minimum wage, he said there was not much chance of it passing. Combest, in response to a question, said there was no significant reason for the goal date of 2002 for the balanced budget amendment.

"It just gives us time to do it as painless as possible. It will stop the huge spending increases every year and provide the discipline that has been absent."

He said the Gramm-Rudman bill was a start, but Congress started exempting too many things--there was no discipline. That's the reason for making it a constitutional amendment--so there will be "teeth"

in the measure.

The amendment requires the federal government to balance its ledgers in all peacetime fiscal years. If it passes the Senate, it would be sent to the state legislatures, and would need to pass 38 to be ratified. There is a seven-year time limit for ratification.

Smithee named to head panel

AUSTIN -- State Rep. John Smithee, R-Amarillo, has been named to chair the House Committee on Insurance.

Speaker Pete Laney made the announcement this week, also noting that Smithee will serve on the Energy Resources Committee.

"I believe Rep. Smithee's skills and expertise will be very useful in these committee positions," Laney said.

The nine-member Committee on Insurance has jurisdiction over all matters pertaining to the insurance industry and oversight over the Texas Department of Insurance.

The nine-member House Committee on Energy Resources has jurisdiction over all matters pertaining to conservation of and production of energy resources and oversight over the Railroad Commission and several other state agencies.

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Warship having to transfer number of pregnant sailors

WASHINGTON (AP) - Five pregnant sailors have been removed from the aircraft carrier USS Eisenhower, the first U.S. warship to set to sea with women as part of the permanent crew, the Navy said Friday.

Navy policy is to put women on shore duty once a pregnancy occurs, and the five sailors have left the ship over the past three months.

Some of the women may have been pregnant before the ship deployed from its home base at Norfolk, Va., on Oct. 20, 1994, said Cmdr. Steve Pietropaoli, a Navy spokesman.

Three of the women left the Eisenhower shortly after it set sail from Norfolk, and the two others left more recently, Pietropaoli said.

The aircraft carrier has been touring the Mediterranean in recent weeks and is currently on a port visit to Naples, Italy.

Among the ship's crew of 5,000 sailors and pilots, about 450 are women. Their average age of carrier crew members is 19.

Overall, 27 men and eight women have been taken from the ship for "unplanned ... medical reasons"

since it left Norfolk, Pietropaoli said. The Navy does not normally track pregnancy rates, the spokesman said, but the Eisenhower has been asked to do so because of its status as the first combat ship to have women as part of the permanent crew.



Accident scene

Two local people suffered minor injuries on Thursday in this accident that occurred at Grand and Avenue C. The accident was reported at 1:12 p.m. According to reports, Eluterio Mariscal, 62, was driving his 1982 Pontiac Bonneville south on Avenue C. He stopped at the stop sign at Grand, but entered the intersection in the path of a 1991 Pontiac Grand Am being driven by Cami Rebecca Bainum, 18, who was traveling west on Grand. Both were treated and released at Hereford Regional Medical Center. Mariscal was cited for failure to yield right of way to traffic at stop sign.

Survey shows states support amendment

By MITCHELL LANDSBERG
AP National Writer

A majority of states would ratify the balanced budget amendment now working its way through Congress, but perhaps not the three-quarters margin required, a nationwide survey of legislative leaders suggests.

The Associated Press interviewed nearly 300 legislators across the nation Thursday and Friday, and found most ready to ratify what would be the 28th Amendment to the U.S. Constitution.

But while some legislators predicted quick, enthusiastic passage - it will pass "like grain through a goose," crowed Utah House Minority Leader Frank Pignatelli, a Democrat - others said their states were wary of crimping the flow of federal dollars.

By the legislators' assessments, the measure appears likely to be ratified in 32 states. It's likely to lose in two, New York and Vermont, and faces uncertain prospects in the remaining 16.

The amendment, requiring the federal government to balance its ledgers in all peacetime fiscal years, passed the House of Representatives on Thursday and now goes to the Senate.

Its passage is far from certain there. If it does pass, it would be sent to the state legislatures, and would need to pass 38 to be ratified.

There is a seven-year time limit for

ratification. At least one state, Idaho, would need at least two years for passage because all such amendments require a vote of the people. Other states appear likely to pass the measure within days of any Senate approval.

"It will move through this Legislature with the speed of a boat under full sail with a high wind on smooth water," predicted Indiana Senate President Pro Tem Robert Garton, a Republican.

All states but Vermont require their own budgets to be balanced, and many have long called on the federal government to do the same. But even

many legislators who philosophically support the idea of balanced budgets are worried about the effect the amendment could have on the states.

Marcus Gaspard, the Democratic majority leader of the Washington state Senate, spoke for many when he said he would vote for the balanced budget amendment only if he could be sure Congress wouldn't balance the budget by shoveling "unfunded mandates" onto the states.

Unfunded mandates are laws requiring the states to provide services, but providing no federal money to do so. The U.S. Senate passed a bill Friday designed to

sharply curtail the practice; the House is still debating the issue.

"There is a bipartisan mood out there that we'd all like a balanced budget, but we don't want to be part of a shell game for that to be accomplished," Gaspard said.

In Missouri, Senate President Pro Tem James Mathewson expressed the same concern. "I think the feeling is that if we can do it, they can do it - just don't do it on our backs," the Democrat said.

No one knows precisely what effect a balanced budget amendment would have on the states. One expert warned that it could be disastrous.

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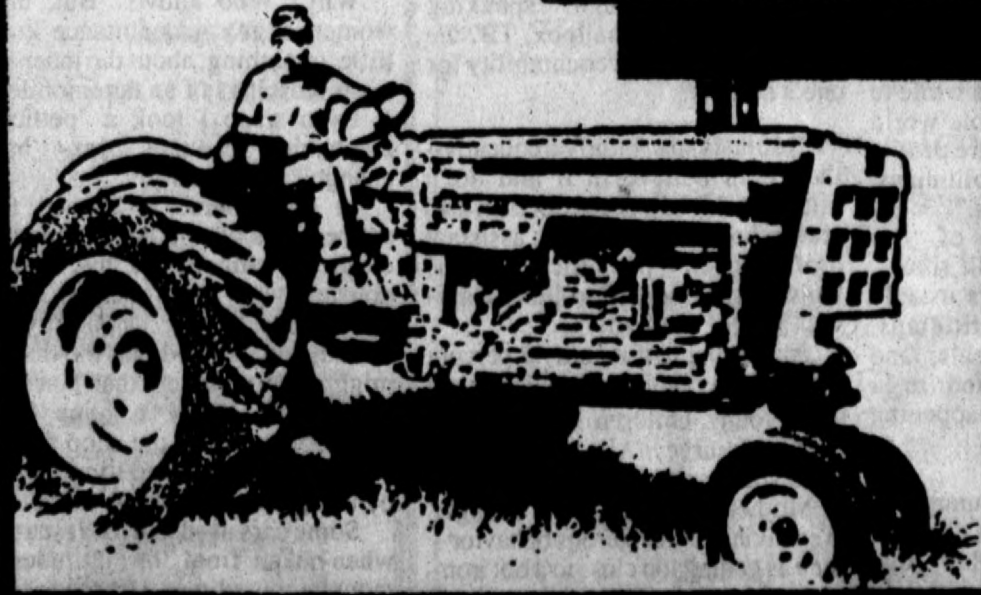
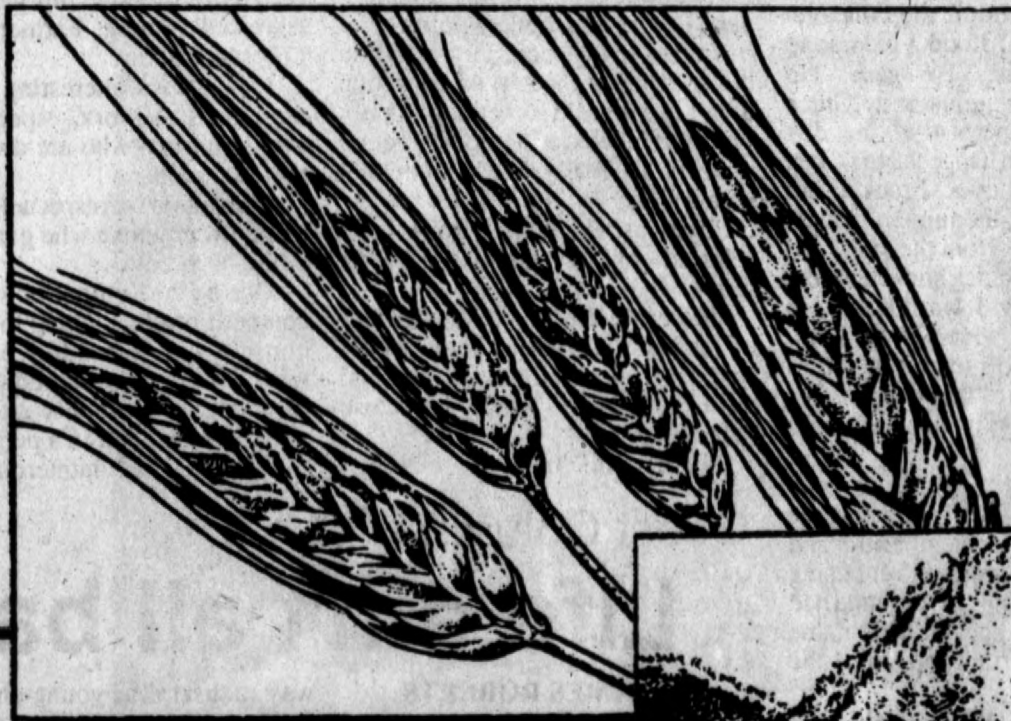
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Denise Teel

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Advertisers ready for Super Bowl

By SKIP WOLLENBERG
AP Business Writer
NEW YORK (AP) - Count on seeing some ranting and raving during the Super Bowl, along with solid performances under pressure.

Familiar characters will reach their goal, while others will make light of missing theirs. The commentary will become so foreign at times that translators will interpret with captions across the bottom of the screen.

We're talking commercials here, not football.

More than two dozen advertisers paid a record of about \$1 million for each 30-second commercial during Sunday's telecast of the game between the San Francisco 49ers and the San Diego Chargers.

Many sponsors, especially those with time in the second half, are hoping the game won't be the mismatch that most people expect.

That could depress the audience for ads, San Francisco is heavily favored.

In general, the Super Bowl attracts the biggest TV audience of the year. That has given advertisers a chance to turn the telecast into a showcase.

In 1984, Apple Computer's memorable "1984" ad launched its Macintosh computers. It showed people in a huge room listening to a Big Brother figure raving on a theater screen. A woman shatters the screen with a sledgehammer, symbolizing the liberating impact Apple hoped its machine would have on computer users.

Not all Super Bowl ads get rave reviews. In 1985, Apple disappointed critics with a "Lemmings" spot showing businessmen walking lockstep and following each other off a cliff. And in 1986, in an often-ridiculed campaign, Burger King found "Herb," the only guy

never to visit a Burger King.

A few things to look for this year: **RAVING:** Federal Express shows a boss ranting over a shipping order while an employee using the courier's new software package coolly handles the job.

For Nike, actor Dennis Hopper as the obsessed fan Stanley Craver expounds with patriotic fervor about why he loves football.

STEADY PERFORMER: Master Lock reruns an ad that shows its locks are trusted to keep prisoners in jail and protect casino winnings.

MISSION ACCOMPLISHED?: Two hard-luck McDonald's fans who met in a football ticket line several commercials ago finally make it to the site of this year's Super Bowl. Basketball legends Michael Jordan and Larry Bird - who sank some outlandish shots in a Super Bowl commercial last year - have cameo

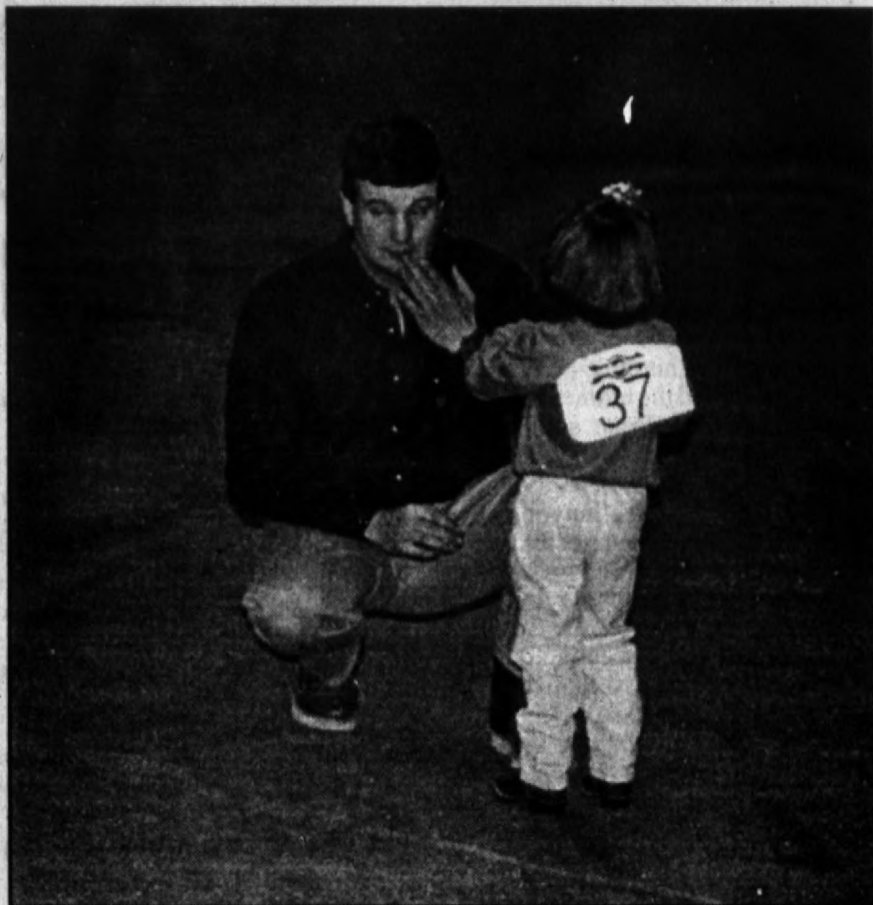
roles. McDonald's won't say if there is a happy ending for the ticketless fans.

Anheuser-Busch's seventh annual Bud Bowl game reaches its climax as well.

THWARTED: Ex-governors Mario Cuomo of New York and Ann Richards of Texas appear in a halftime commercial for Frito-Lay, discussing how they have to adjust to change - in Doritos Tortilla Chips.

TRANSLATION, PLEASE: American Isuzu Motors spent about \$1 million on an ad showing people in a dusty African town watching an Isuzu Trooper barrel over the route of the Paris-Dakar auto race. The Africans' observations are translated in captions.

ROOKIES: The National Pork Producers Council launches "Taste What's Next," showing how pork is used.



Taking a break

Dave Cleavinger, judge in Friday's Junior Livestock show lamb competition, spent time during the show visiting with Chelsea Campbell. Chelsea was on the show floor during the medium wool championship drive and the grand champion drive to help give out ribbons, but instead dominated Cleavinger's attention with face-to-face bouts of intense conversation.

Fed chief says jumps have not hurt market

By JAMES H. RUBIN
Associated Press Writer
WASHINGTON (AP) - Interest rate increases by the Federal Reserve have not harmed the housing market and probably have helped keep mortgage rates from going higher, Federal Reserve Chairman Alan Greenspan said today.

"Some have criticized these rate hikes," Greenspan said in a speech prepared for a meeting of the National Association of Home Builders in Houston. "But I am convinced that if we had not acted, your business would have suffered."

"Mortgage rates actually began to rise in late 1993, three months before the first tightening move by the Fed," he said. "Absent the tightening, mortgage rates today may well have been much higher than they actually are."

Bush to run in Austin race

AUSTIN (AP) - George W. Bush will become the first governor to run in the Capitol 10,000 race on March 26.

"Yeah, I'm running it," Bush said.

"I used to run (at a Dallas health club) for six years, and before I left I said to the guys I ran with, 'Why don't you come down and run the 10K with me and then we'll have a bite to eat at the Governor's Mansion?' So that's what we're going to do," he said.

Donya Ginst, marketing director for the race-sponsoring Austin American-Statesman newspaper, said Bush will be the first governor to run the race that began in 1978.

Bush, 48, who can cut a 6-minute mile, claims a personal best time for a 10-kilometer race in 1989 with six, 7-minute miles.

"I won't be doing that again. Should I make my excuses ahead of time?" he asked.

Since moving to Austin last week, the new governor has made running part of his daily routine. A Department of Public Safety officer is his running partner.

Rates on conventional 30-year mortgages averaged 9.13 percent this week, compared with a 25-year low of 6.74 percent in October 1993.

Mortgage rates were around 7 percent a year ago when the Fed began a series of six increases that have pushed short-term interest rates up 2.5 percentage points.

In defending the rate boosts, Greenspan said, "If we had waited until inflation had become evident, it would have been too late."

The Fed's policy-setting Federal Open Market Committee meets next week, and analysts expect it to push rates up for a seventh time, probably by another half percentage point.

Greenspan has said economic growth is still too strong to be sustained without inflation, although he remarked this week that he has seen signs of a slowdown.

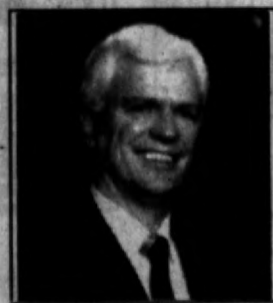
The Commerce Department said Friday that the economy expanded 4 percent in 1994, its biggest increase in 10 years.

In his speech today, Greenspan acknowledged that rising short-term interest rates can contribute to higher long-term rates. But he said the main reasons long-term rates go higher are "expectations of future credit demands and inflation."

He also predicted that home-building demand in the 1990s will be as good as the 1980s due to a growing adult population as lifespans and immigration rise.

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Hereford Spring Sports Schedules

Tennis

Date	Opponent	Site
Feb. 4	Clovis, Lubbock High, Pampa	TBA
Feb. 10-11	Wichita Falls tournament	Wichita Falls
Feb. 14	Randall	Randall
Feb. 24-25	Hereford tournament	Hereford
March 3-4	Borger tournament	Borger
March 10-11	Hereford JV tournament	Hereford
March 24-25	Hereford tournament	Hereford
March 31	Abilene tournament	Abilene
April 7-8	Amarillo tournament	Amarillo
April 13-15	District 1-4A Tournament	TBA
April 24-25	Region I-4A Tournament	TBA
May 12-13	State Tournament	Austin

*Times will be announced later.

Baseball

Day	Date	Opponent	Site	Time
Tue.	Feb. 7	Frenship	Wolfforth	5 p.m.
Sat.	Feb. 11	Alumni Game	Hereford	2
Sat.	Feb. 18	Dimmitt	Dimmitt	1
Tue.	Feb. 21	Estacado	Hereford	4
Sat.	Feb. 25	Tulia (2)	Tulia	noon
Mon.	Feb. 27	Lubbock High	Lubbock	5:30
Mar. 2-4	Levelland tournament			
Sat.	Mar. 11	Amarillo High	Hereford	1
Sat.	Mar. 11	Palo Duro	Hereford	3
Mar. 16-18	Canyon tournament			
Tue.	Mar. 21	*Randall	Hereford	4:30
Sat.	Mar. 25	*Canyon	Canyon	1
Tue.	Mar. 28	*Dumas	Hereford	4:30
Sat.	Apr. 1	*Pampa	Pampa	1
Tue.	Apr. 4	Lubbock Christian	Hereford	4:30
Sat.	Apr. 8	*Borger	Hereford	1
Tue.	Apr. 11	*Caprock	Amarillo	4:30
Tue.	Apr. 18	*Randall	Amarillo	4:30
Sat.	Apr. 22	*Canyon	Hereford	1
Tue.	Apr. 25	*Dumas	Dumas	4:30
Sat.	Apr. 29	*Pampa	Hereford	1
Sat.	May 6	*Borger	Borger	1
Tue.	May 9	*Caprock	Hereford	4:30

*District games

District 1-4A

Basketball standings

Boys		
	District	Overall
Pampa	6 1	20 6
Hereford	5 2	16 8
Canyon	5 2	19 4
Randall	4 3	15 12
Borger	2 4	13 10
Caprock	2 5	4 21
Dumas	0 7	7 16

Friday's games

Canyon 63, Hereford 49
Pampa 82, Randall 61
Caprock 73, Dumas 63
Borger was idle

Girls

	District	Overall
Canyon	9 0	23 1
Randall	8 1	22 4
Dumas	6 2	19 10
Hereford	4 5	16 10
Borger	2 6	9 17
Pampa	1 7	6 18
Caprock	0 9	1 25

Friday's games

Canyon 47, Hereford 31
Randall 56, Pampa 21
Dumas 68, Caprock 36
Borger was idle

Tuesday's doubleheaders

(girls at 6; boys at 7:30)
Dumas at Hereford
Canyon at Pampa
Borger at Caprock
Randall is open

HERD

Noland, 3; Michael High, 2; Todd Dudley, 2.

Canyon: For the boys, Dawson Skow (No. 30) had 25 points, and Todd Cleveland (44) had 19. For the girls, Valerie Valdez (32) and Kim Lair (15) each had eight points.

Canyon also swept Friday's junior varsity games. The Eagles won the boys' game, 47-39. Johnathan Keenan led Hereford with 11 points, and Bryant McNutt added nine.

Canyon won the girls' JV game 45-22. Hereford's high scorers were not available.

Loss in Super Bowl would spoil San Francisco's entire season

By STEVEN WINE
AP Sports Writer

MIAMI (AP) - In a week of endless interviews, only one question left Carmen Policy momentarily speechless.

What if the San Francisco 49ers lose?

The team president gave the inquiring reporter a puzzled stare, his mouth open, but silent.

Finally, Policy responded.

"What did you say?" he asked.

It could happen, you know. San Francisco, the most lopsided favorite in Super Bowl history, could lose Sunday to the San Diego Chargers. Policy thought about the unthinkable.

"What would the reaction be?"

he said. "It would be that we are, for the purposes of the 1994 season, an

irrelevant team - because everything we did has absolutely no bearing whatsoever in terms of where we had to go.

"That's why Sunday is so critically important, because it becomes the closure of all this effort that we've been talking about - everything we've done, and every dollar we've spent."

Whew. Talk about pressure. The assumptions, the expectations, the weight of this week's buildup to the big game are all on the 49ers.

"There's more pressure on their team than on us," San Diego quarterback Stan Humphries said. "Anything less than a win, and the season has gone for nothing for them."

The burden is particularly heavy on a player such as NFL MVP Steve

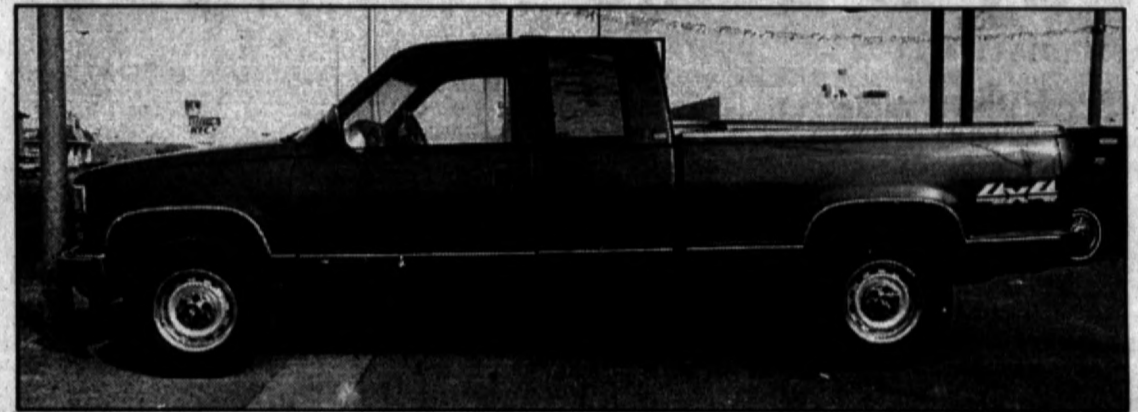
Young, still striving to escape the shadow of four-time Super Bowl winner Joe Montana. Young will start in the league championship game for the first time.

"The pressure is on them, particularly their leader, their quarterback," San Diego safety Darren Carrington said. "He has the Montana thing hanging over his head. Great quarterbacks are judged on how many Super Bowls they've won, and he hasn't won any."

The Chargers, by contrast, should be loose as lightning, because only they and their parents think they can win.

"I'm going to be in the locker room the day of the game cracking jokes," running back Natrone Means said. "We have no pressure on us."

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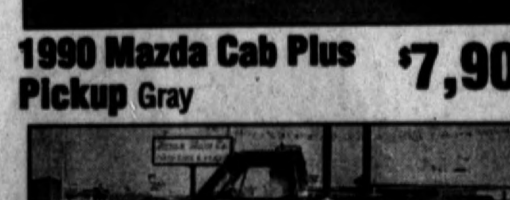
1992 Buick LeSabre \$12,900
4 dr., red



1990 Mazda Cab Plus \$7,900
Pickup Gray



1991 Buick LeSabre \$10,800
4 dr., white



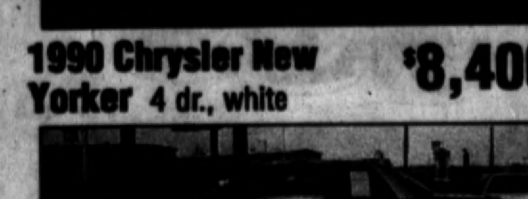
1987 Chevrolet Pickup \$7,800
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4 dr., white



1991 Nissan Pickup \$6,800
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1989 Buick Regal \$7,800
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Farm and Ranch

Agriculture producers facing new challenges to respond to changes

AUSTIN — "Texas agribusiness must respond to changing times, whether that means developing new products, conquering overseas markets or lobbying to protect private property rights", Agriculture commissioner Rick Perry said recently to the Texas Agricultural Irrigation Association Convention in San Angelo.

"This is an exciting time for agriculture, but also a crucial one," Perry said. "Agribusiness is vital to a strong Texas economy as we head into the next century. I'm also convinced that if Texas agribusiness does not grasp the opportunities presented by the evergrowing global economy, other states will - and we'll be shut out. During my next four years as agriculture commissioner, I intend to work hard to help Texas get its share of the global market."

Perry said agribusiness has been guilty of being reactive instead of proactive. He said farmers and ranchers have often taken for granted that consumers understand that irrigation and pesticides are essential to providing abundant, safe, affordable food and fiber.

"Consumers are not getting the message, and they are the ones who control the market through their

buying choices. They are the ones who believe stories spread by environmental activists and lobby Congress for tougher laws and regulations that restrict agriculture. They are the ones who don't understand that farmers in Uvalde and Medina counties need water from the Edwards Aquifer as much as the people in San Antonio do.

"One of the common complaints in the battle over water rights is that 'farmers use too much waste.' We know that water goes into raw products, which consumers buy as processed goods. But the message is not getting through to them. We've got to find a way to bridge the knowledge gap between producers and consumers."

Perry said farmers and ranchers must be willing to use the courts to fight for rights just as other groups use them to restrict private property rights. He said they must also lobby elected officials and talk directly to other parties involved in disputes to find a solution. He cited the recent plan for the California Sacramento Delta estuary which protects the estuary while providing a reliable source of water to farms and cities.

Students earn conservation awards



Tierra Blanca Conservation District's annual essay and poster contest winners were recently announced with first place essay honors going to Josh Stubbs, son of Billy and Susan Stubbs.

Walcott school students won high honors in the poster contest with Lindsay Keeping, daughter of Gwen Keeping, winning first.

Second place in the essay contest went to Amber Kerr, daughter of Charlie and Kathie Kerr, and third place was taken by Carey Lyles, son of Charles and Evelyn Lyles.

Amber Meyer, daughter of Albert and Marianne Meyer, received second

place in the poster contest and third place went to Austin Ward, son of Joe and Janie Ward. Honorable mention went to Stewart Carr, son of Mike and Janice Carr. Carr attends West Central elementary.

The essay contest was open to all Hereford Junior High students and the poster contest was open to all elementary age children.

The main topics used for the contest is water conservation and soil erosion.

The annual event is held for area school children in an effort to encourage better conservation practices.



Contest winners

Earning honors in the Tierra Blanca Soil and Water Conservation District conservation essay contest were, top photo, from left, Carey Lyles; Bill Walden, chairman; Amber Kerr and Josh Stubbs. Poster winners, with Jerry Homfield, district vice chairman, are, from left, Lindsay Keeping, Amber Meyer and Austin Ward. In photo at right is Stewart Carr, honorable mention winner.



Agriculture Briefs

The Texas Agricultural Extension Service is offering two computer short courses that will focus on cash record keeping and farm financial management.

The first course will be Feb. 2-3 in the Game Room of the Hereford Community Center. It will focus on cash record keeping with micro computers utilizing the software package Quicken 8.

The second course will be held on February 9-10 also in the Hereford Community Center.

This course will be an Advanced Farm Financial Management Course designed for those that want to learn how to use Quicken 8 to do advanced farm financial management including financial statements, cash flow reports, balance sheets, and detailed split transactions. A knowledge of Quicken is required.

Registration fee for each two day course is \$75.

A producer information meeting sponsored by CFSA, formerly ASCS,

is scheduled for Friday, Feb. 3.

The meeting will be held at the Hereford Community Center beginning at 9 a.m. and ending at noon.

Topics to be discussed are the 1995 insurance requirements and the 1995 farm program.

All area producers are encouraged to attend.

USDA is expected to publish grading changes that call for B maturity carcasses with slight or small marbling to be graded Standard.

Currently, B maturity carcasses can be graded Choice or Select. NCA had earlier recommended the change to USDA.

The proposed rule will be published in the Federal Register by the end of January and NCA expects the grading change to be implemented by May.

NCA also asked USDA to create a voluntary specification program that would allow graders to split YG 2 and YG 3 carcasses into equal halves, called 2A and 2B, 3A and 3B.

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VINEYARD MV58	172.6	179.0	217.0	175.8	189.5
VINEYARD MV453	164.7	198.0	—	181.2	—
PIONEER 3267	—	174.0	201.0	187.5	—
DEKALB 703W	—	176.0	228.0	202.0	—
NC-6565	—	170.0	212.0	191.0	—
WARNER 49W	—	176.0	204.0	190.0	—
R.C. YOUNG ORD 200	—	139.0	—	—	—
KCI 8122	—	154.0	—	—	—

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- Wilbur/Ellis Hart, TX 806-938-2191
- Wilbur/Ellis Muleshoe, TX 806-965-2336
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Lifestyles

Engagement announced

Barbara Smith and Tommy Ramirez, both of Hereford, plan an April 1 wedding at the Nazarene Church.

The bride-elect is the daughter of Monty and Karen Smith. The prospective bridegroom is the son of Cruz and Isabel Ramirez.

The bride-to-be graduated from Hereford High School in 1993, attended Texas Tech University, and is currently employed at Arrowhead Mills as a lab technician.

Ramirez, a 1988 graduate of Hereford High School, served in the U.S. Army for five years and is a veteran of Desert Storm. He is employed as an electrician's assistant with Hereford Electric.

St. Anthony's will observe 'school week'

St. Anthony's School will join Catholic schools across the nation observing Catholic Schools Week, Jan. 29 thru Feb. 4.

The celebration will begin on Sunday with the naming of the National Catholic Education Association's Distinguished Graduate Award at the 11 a.m. liturgy at St. Anthony's Church. The liturgy will be followed by a "Rain Forest Exhibit" and a covered dish luncheon in the school cafeteria.

Catholic schools throughout the United States have educated millions of students who have received a high academic, values-added education. Attending a Catholic school has a measurable effect on the behaviors and values of students.

St. Anthony's School has been named an American Catholic School for the 21st century indicating its commitment to meet the challenges of the future in providing quality education to its students.

The public is invited to visit the school any time this week at 120 W. Park Ave.

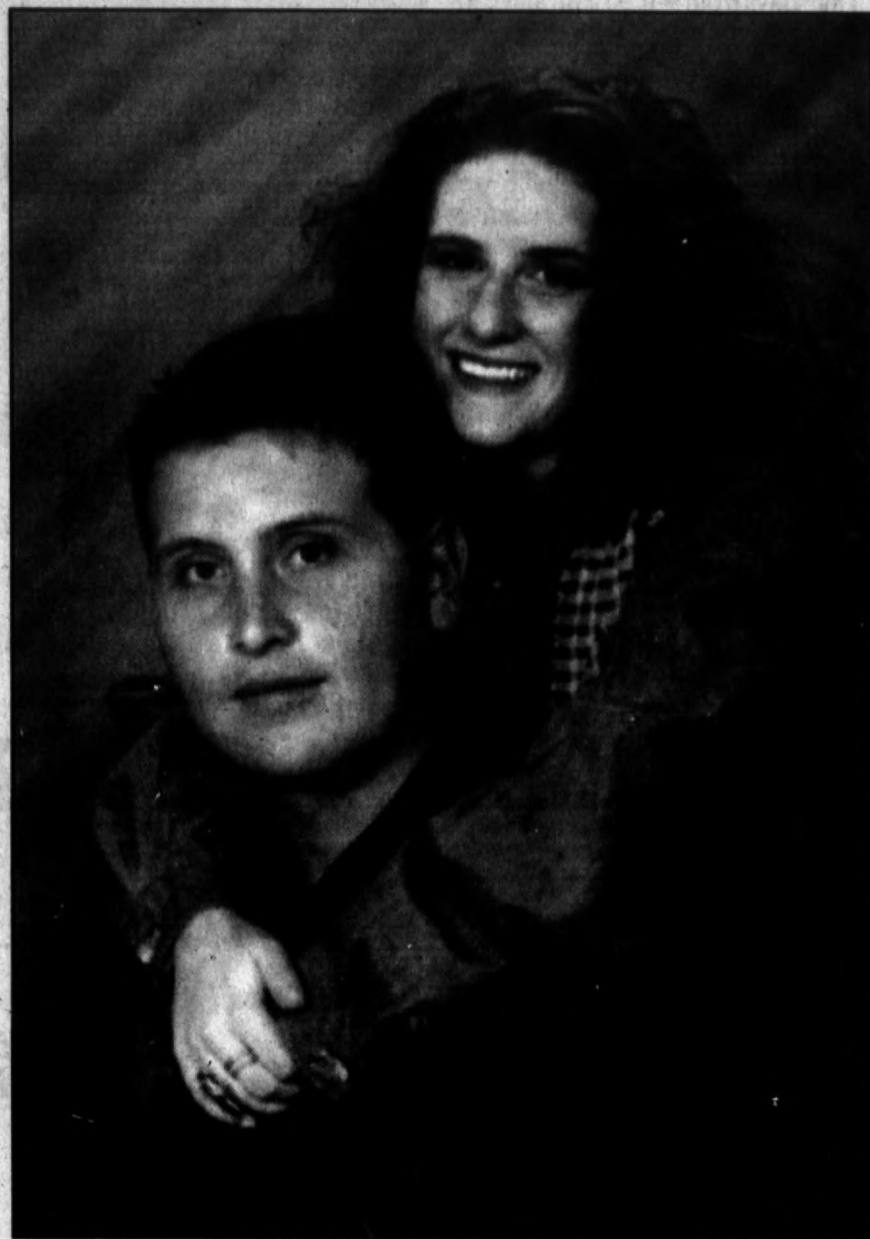
Flame Fellowship speaker is named

Guest speaker for the Hereford Flame Fellowship will be Noreen Carson of Sweetwater.

The meeting will be Feb. 2 at 7 p.m. at the Hereford Community Center.

Carson and her husband Alan have pastored churches in Olton and Sweetwater. They now own a home improvement business in Sweetwater and minister at women's meetings where she plays guitar and sings prophetic songs.

The Carsons have three children.



BARBARA SMITH, TOMMY RAMIREZ

HJH Roundup

By CAROLYN WATERS

Have you ever thought how children are like wet cement—whatever falls on them makes an impression.

We do hope that whatever falls on our students at HJH makes a good impression. The activities recently will assure us of this:

Mr. Farr's American history classes watched slides of Philadelphia for enrichment on their study of the Declaration of Independence and the United States Constitution.

Eighth grade English classes under the direction of Mrs. Buckley and Mrs. Cortez have read "Flowers for Algernon." As part of this study, students took a Rohshack test, kept a diary and created a maze as did the characters in the story.

Mrs. Bone's eighth graders have been working on character scrapbooks and TAAS writing skills.

Eighth grade reading classes have been reading "Jurassic Park." Seventh graders in Mr. Garza's history classes will be viewing "The Legend of Sam Houston", a movie that includes the period from Houston's being governor of Tennessee to the Texas Revolution victory at San Jacinto.

Seventh and eighth grade Physical Education classes are learning country line dancing. Senior citizens, would you like for them to perform for you? Let us know!!

Builders Club members who have volunteered to be mentors for the HOST program at Northwest will be helping each week in this highly successful program. They go to their assigned place before classes begin at HJH.

Junior Historians viewed "Bob Hope Remembers...World War II, the European Theater and D-Day" as they worked on projects from 7:30 until 8:15 a.m. this week. They will be viewing other World War II movies each week.

The "Build the Capitol" class will be sawing, sanding, cutting and gluing and definitely learning to work together as they prepare their project for contest in early March.

History Fair students have until February 16 to complete their projects for the local fair. They have much to do—research, interviews and display material, for example.

Food for thought: If we will let our lives be like snowflakes which leave a mark but not a stain, we will leave only good impressions on our children!

Beauty salons, consumers find horse shampoo good for people

By JANINE ZUNIGA
Associated Press Writer
DALLAS (AP) - The story goes that it started with a couple of horse groomers who discovered that what's good for the goose is good for the gander.

Or was it, what's good for the horse is good for the dandruff?

Sales of horse shampoo and conditioner, as well as hoof treatment, have soared over the past few years thanks to those curious groomers who brought the products from the stables to the shower stalls of America.

"It seems to make hair thicker and fuller, especially long hair," Big Springs beautician Wanda Hendrickson said.

Ms. Hendrickson and her co-workers liked the horse care products so much they began using them at their beauty salon on customers, who then bought the products for themselves.

The owners of Texas-based Cut-Heal Animal Care Products Inc.,

whose Mane Event shampoo and conditioner and Hoof Hoof Hooray protein treatment are now marketed for "companion use," are glad a good secret is hard to keep.

"This is a consumer-driven product," said John McCreedy, the company's chief executive officer. "I saw product sales were going through the roof, so I went to my distributors. They smiled and in an embarrassed way told me that most of the products were being used on people."

The Cut-Heal products are only sold in feed, pet and co-op stores even though more than 85 percent of sales of the company's products have been attributed to human use.

For some, the product was more of a fad that has since faded.

Tiffany Granzin, 23, who works in her family's feed store in Red Oak, said she's tried "all" the horse shampoos and conditioners, but doesn't use them any longer.

"I was using it when I had a perm," she said. "My hair was so thick I could barely get a brush

through it. It worked, but when it grew out, I just stopped using it."

The Cut-Heal company, based in the southwest Dallas suburb of Cedar Hill, was formed in 1991 when McCreedy and two other partners acquired the rights to an equestrian topical medication called Cut-Heal. He said the medication is still one of their best-selling items.

McCreedy said he still uses the shampoo, conditioner and hoof treatment daily. He said he prefers not to go the way of the big retailers, as other companies have, by selling in drugstores or beauty supply stores.

"The human cosmetics industry response has been, grab a shampoo bottle and put a horse on the label and sell it," he said. "That wasn't our intention to begin with. Our products were, and still are, geared toward prize show horses."

McCreedy wouldn't reveal his company's financial worth, but said it is somewhere in the "seven-figure range."

Wishes . . . Bridal Registry




Stephanie Russo
Mark Hund

Kathleen Graw
Kevin Paetzold

Nikki Self
Gary Landgraf

Deana Resch
Billy Grisson

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Calendar of Events

MONDAY

Deaf Smith County Historical Museum: Regular museum hours Monday through Saturday 10 a.m. to 5 p.m. and Sunday by appointment only.

Domestic Violence Support Group for women who have experienced physical or emotional abuse, 5 p.m. Call 364-7822 for meeting place. Child care is available.

Odd Fellows Lodge, IOOF Hall, 7:30 p.m.

TOPS Chapter No. 1011, Hereford Community Center, 5:30-6:30 p.m.

Rotary Club, Hereford Community Center, noon.

Planned Parenthood Clinic, open Monday through Friday, 711 25 Mile Ave., 8:30 a.m. until 4:30 p.m.

Nazarene Kids Korner, Monday, Wednesday and Friday, 8:15 a.m. until 5:15 p.m.

AA meets Monday through Friday, 406 W. Fourth St., noon and 8 p.m. For more information, call 364-9620.

Spanish speaking AA meetings each Monday, 406 W. Fourth St., 8 p.m.

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

625 E. Hwy. 60 open Tuesdays and Thursdays from 9-11:30 a.m. and 1:30-3 p.m. To contribute items, call 364-2208.

Hereford AMBUCS Club, Ranch House, noon.

Social Security representative at courthouse, 9:15-11:30 a.m.

Golden K Kiwanis Club, Hereford Senior Citizens Center, noon.

Country Singles Square Dance Club, Community Center, 8 p.m.

WEDNESDAY

Noon Lions Club, Community Center, noon.

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

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

Draper Family Community Education Club, noon.

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

THURSDAY

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

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

Kiwanis Club, Community Center, noon.

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

Hereford Toastmasters Club, 6:30 a.m. at the Ranch House and 7 p.m. at Sirloin Stockade.

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

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

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

Elkette's, 8 p.m.

L'Allegria Study Club, 10 a.m.

Alpha Iota Mu Chapter of Beta Sigma Phi Sorority, 7:30 p.m.

North Hereford Family Communi-

ty Education Club, 2:30 p.m.

Wyche Family Community Education Club, 2:30 p.m.

Bay View Study Club, 2 p.m.

Merry Mixers Square Dance Club, Community Center, 8 p.m.

FRIDAY

Kiwanis Whiteface Breakfast Club, 6:30 a.m.

Community Duplicate Bridge Club, Community Center, 7:30 p.m.

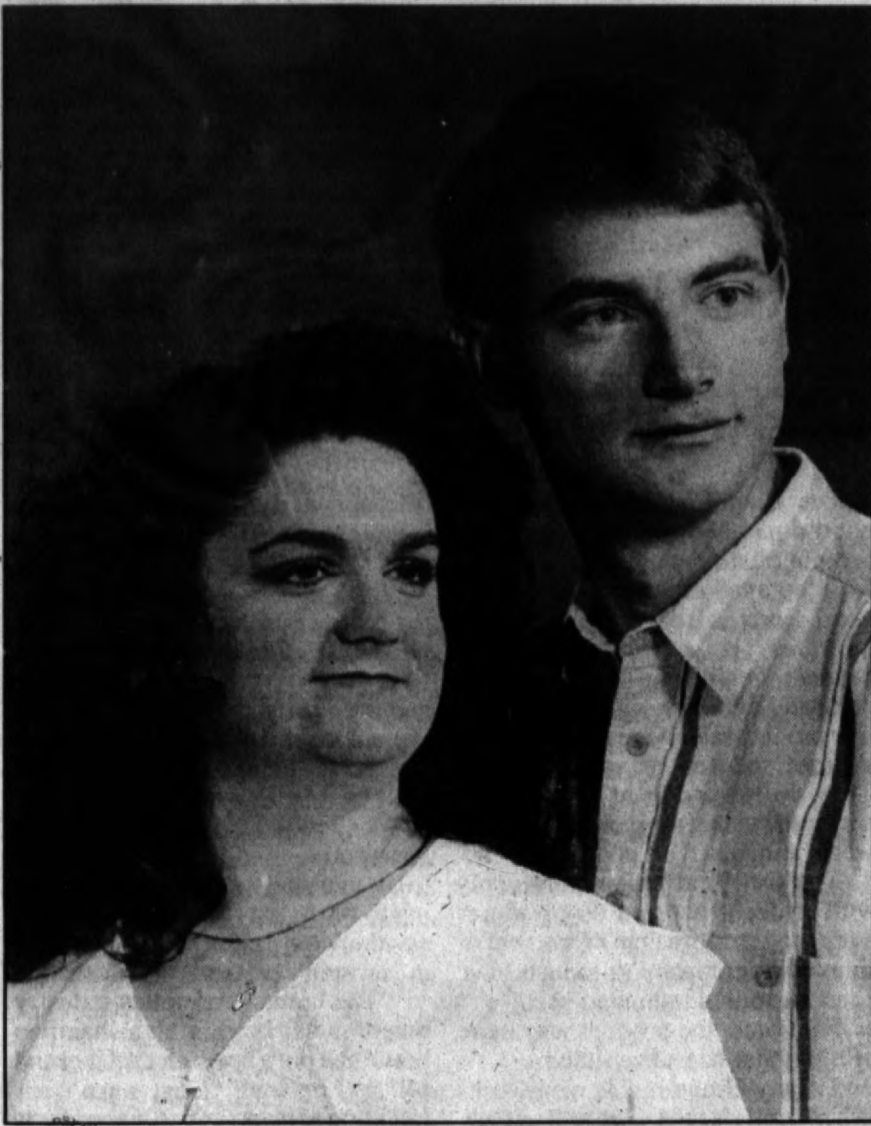
Hereford Senior Citizens governing board 2 p.m. and business meeting at 3 p.m. at Hereford Senior Citizens Center.

Patriarchs Militant and Ladies Auxiliary, IOOF Hall, 8 p.m.

SATURDAY

Open gym for all teens, noon to 6 p.m. on Saturdays and 2-5 p.m. Sundays at Church of Nazarene.

AA, 406 W. Fourth St., 8 p.m. on Saturdays and 11 a.m. on Sundays.



STEPHANIE RUSSO, MARK HUND

Wedding date set for Feb. 25

Stephanie Russo and Mark Hund, both of Canyon, will be married Feb. 25 at St. Anthony's Catholic Church in Hereford.

The bride-elect is the daughter of Andy and Valerie Millican of Campo, Colo. The prospective bridegroom is the son of James and Alice Hund of Hereford.

The bride-elect graduated in 1993 from the New Mexico Institute of Mining and Technology in Socorro,

N.M., with a bachelor degree in biology. She is attending West Texas A&M University to earn her master of science degree in biology. She is employed by Panhandle Plains Higher Education Authority in Canyon.

Hund is a graduate of Hereford High School and is currently attending WTAMU majoring in environmental science. He is employed by Jim Hund in farming and compost operations.

Extension News

by BEVERLY HARDER
County Extension Agent/HE

Older adults, beware of hypothermia. It doesn't have to be freezing for the disorder to occur.

Hypothermia occurs when the body cannot produce enough body heat, and body temperature drops lower than it should, according to Judith L. Warren, a family life education specialist in aging.

Persons with impaired circulation, specific diseases of veins and arteries, hypothyroidism or those taking phenothiazines (used to treat anxiety, depression and nausea) should be particularly cautious. Temperatures can be as high as 60-65 degrees for hypothermia to occur, and anyone can be affected.

SIGNS TO WATCH FOR

If a family member possibly has stayed too long in the cold and has become sick, look for the following signs:

- *Skin is pale and waxy, face may be puffy and swollen.
- *Chills often occur or parts of the body tremble.

- *Person may say he feels warm.
- *He may speak and breathe slowly and have difficulty saying words.

- *He may seem confused, forgetful and cannot understand what you ask him.
- *He may become tired and cannot get up even after resting.

IMMEDIATE ACTION

If a family member or friend

shows any sign of hypothermia, do the following things:

- 1) Put him in a warm bed and cover him with layers of blankets.
- 2) Take off any heavy outer layer of clothes and lie close to the person to pass your body heat to him.
- 3) Fill hot water bottles with warm water, wrap towels around them and place them on the victim's chest, ankles and feet.
- 4) Electric blankets may be used, but be sure not to set them on high or they may cause burns.
- 5) Elevate the person's feet higher than his head--this will help force blood to the head.
- 6) Keep the person quiet.
- 7) Give him warm water or warm milk.
- 8) Do not allow him to drink any chocolate drinks or take tranquilizers or sleeping pills.
- 9) Call a doctor as soon as possible.

National Child Passenger Safety Awareness Week will be observed Feb. 12 through 18. Traffic crashes are the leading cause of death for Americans from five to 32 years of age. Safety seats, safety belts and air bags, when used correctly, do prevent both injury and death. Our Chapter has infant safety seats for rent. A seat rents for \$10 and when it is returned to us, \$5 is refunded.

Special thanks to everyone collecting aluminum cans for the Chapter. Proceeds from the sale of the cans will be used for disaster assistance. Cans may be brought to the office when the office is open.

Extra special thanks to Mike Hatley and all of the United Way Agency for their work raising funds for local agencies.

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Red Cross Update

A water safety instructor class will be held from Jan. 31 through Feb. 11 at the Amarillo Community Center. Cost of the class will be \$75. Call our office at 364-3761 or the Community Center in Amarillo at 806-376-7021 for information.

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40 and still Looking GOOD!
Love, Mom & All The Family
Linda Jo (Collins) Ramakers
January 28, 1995



Bridal Registry
Stephanie Russo
Mark Hund
Nikki Self
Gary Landgraf
Kathleen Graw
Kevin Paetzold

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Between the Covers

by REBECCA WALLS

As many of you know libraries are a collection of information. Lately we have become a collector of other things such as coats, because our supporting public has kindly left a few donations. In other words, we have a nice looking girl's coat in our lost and found. If you can describe it the coat will be returned to or given to you. The next time you come to the library you may want to check our picture collection to see if the picture you left in the book has become a part of our window display. We have also noticed that we have collectors of puzzle pieces. So parents as you help your young ones put their toys away, if you notice a puzzle piece that has no puzzle to go with it, bring it by the library and we will see if it fits into our wooden puzzles. I will keep you posted of other collections as they grow.

The author of *Degree of Guilt*, Richard North Patterson has a new book entitled *Eyes of a Child* that will be available for checkout Jan. 30. The story begins with Ricardo Arias found dead in his San Francisco apartment. The gun responsible for his death is wedged in his mouth, and there is other physical evidence that might confirm a suicide. However, further investigation uncovers other physical evidence, emotional conflict, and threats of extortion that strongly suggest murder. Terri Peralta and Ricardo were involved in an ugly custody fight over their six-year-old daughter Elena. Terri had also become involved with a new lover

who happened to be San Francisco's defense attorney Christopher Paget. The plot thickens and Christopher becomes the chief suspect when it is discovered that Ricardo has accused Christopher's son of abusing Elena. Defense attorney Caroline Masters works diligently to raise reasonable doubt in the minds of the jury, but it isn't easy when the defendant refuses to help by testifying in his own behalf.

Alex Cross is back in another coast-to-coast suspense thriller entitled *Kiss the Girls*. "Casanova" has assembled seven of the South's most extraordinary young women intending to live out his fantasies as the world's greatest lover. Casanova has no idea that within his harem is Naomi, the niece of Alex Cross. Alex has retired and never intends to leave his jazz piano again and never ever will he become the detective again. The news of Naomi's abduction changes everything and Alex is on his way South. Naomi knows she and the others are in grave danger in a place where old slave prisons are buried in the forests and houses of horror can disappear. Naomi must rely on her own courage, wit and cunning to make it through this ordeal alive.

Murder at Monticello by Rita Mae Brown and with the aid of Sneaky Pie Brown (the cat) is another delightful read. 170 years after the death of Thomas Jefferson, the citizens of Albamarle County, Virginia, still take pride in every aspect of his life. During the most recent archaeological dig of a slave quarters a skeleton is found beneath a fireplace. It appears to be the skeleton of a well-to-do man. Southern gentility gives way to raw emotion as the murder investigation gets underway. Mrs. Murphy, Harry's gray tiger cat, has had some insight into passions that get out of hand and secrets buried in unlikely places, so she begins to unearth roots of old hatreds and the tragic consequences of human desires, with the aid of friends Tee Tucker, a Welsh corgi and Pewter, the Market's fat gray cat. *Dream Catcher* by Terry C.

Johnston begins as the Civil War ends and Jonah Hook returns home to discover his wife and children kidnaped by Jubilee Usher, a man of unspeakable brutality. Ten years later Jonah has found his two sons, one, Jeremiah, riding by his side, the other laid to rest in the family cemetery. Jonah is more determined than ever to find his beloved wife. With the aid of this first born son Jeremiah and the

aging Shoshone warrior, Two Sleep, Jonah sets out for Utah and the final reckoning with the fiery religious heretic.

Other titles of interest are *True Colors* by Doris Mortman, *The Nightingale Legacy* by Catherine Coulter, *Food* by Susan Powter and *Abducted: The Story of the Intruders Continues...* by Debbie Jordan and Kathy Mitchell.



2ND. LT. AND MRS. KEVIN PAETZOLD
... exchange wedding vows

Graw-Paetzold vows exchanged recently

Kathleen Marie Graw and Kevin Lee Paetzold were married recently at St. Joseph's Catholic Church in Richardson.

The bride is the daughter of Julius and Kathy Graw of Richardson.

The groom, of Grand Prairie, is the son of James and Sylvia Paetzold of Hereford.

Father, D. Stanley Corcoran officiated at the Dec. 31 wedding.

The bride, presented in marriage by her father, wore a satin off-the-shoulder beaded dress with cathedral length train.

Maid of honor was Lorraine Graw, sister of the bride, of Dallas. Bridesmaids were Megan Brow of Dallas and Kim Williams of Austin.

Best man was 2nd Lt. Jeremy McElroy of Lubbock. Groomsmen were Philip Milburn of Hunt and J.T. Heaton of Amarillo.

Ushers were Dennis Paetzold, brother of the groom, of Summer-

field; J.J. Paetzold, brother of the groom, of Hereford; Chris Graw, brother of the bride, of Richardson; and Drue Gault of Hereford.

Following the wedding, there was a Marine officers' sword arch ceremony.

The couple was honored with a reception and dance at the Castle at Canyon Creek in Richardson.

The bride, who attended L.V. Berkner High School, graduated from Texas Tech University in 1994 with a bachelor degree in public relations. She is employed with Business Interiors in Irving.

The groom graduated from Hereford High School in 1989 and Texas Tech in 1994 with a bachelor degree in mechanical engineering in technology. A second lieutenant in the Marine Corp, he is currently stationed at Marine Air Guard Squadron in Grand Prairie.

Names in the News

ALBANY, N.Y. (AP) - Now that she's cashed in her chips, former Texas Gov. Ann Richards may try to sell them.

Quoting unidentified sources, The New York Times reported Wednesday that Richards may join New York's former governor, Mario Cuomo, in a Super Bowl television ad for Doritos tortilla chips. Richards and Cuomo both lost in November.

Officials at Dallas-based Frito-Lay Inc. refused to comment. Last year, former Vice President Dan Quayle did a Super Bowl ad for Frito-Lay.

Tax code revision would give break to couples with one salary

WASHINGTON (AP)—Home-makers and their working spouses would be allowed the same Individual Retirement Account contributions as two-income married couples under a tax code revision being proposed on Capitol Hill.

Renewing a charge they began last year, Republican Sen. Kay Bailey Hutchison of Texas and Democratic Sen. Barbara Mikulski of Maryland said Thursday that the tax code discriminates against stay-at-home spouses, inhibits savings and doesn't promote the family structure.

"All women work, whether they work in the marketplace or they work at home—and this gives value to that," said Ms. Mikulski.

The measure would allow married couples with one paycheck a maximum \$4,000 deduction per year—up from the current \$2,250. Married couples with two incomes now can

make \$4,000 tax-deductible contributions.

"We have an IRA gap and it's one that has to be addressed," said Sen. Olympia Snowe, R-Maine.

The Congressional Budget Office estimates that 16 million families would be eligible for the increased IRA deductions, though only 2 million or so would be expected to take advantage of the expanded savings.

"This legislation is critical to the long-term financial security of women," Mrs. Hutchison said. "Women live longer than men and earn less. They leave the workforce to bear children and care for their families. So, they begin saving for retirement later than men and save less."

The Eagle Forum, the Traditional Values Coalition and Concerned Women for America are among the

conservative groups that have endorsed the bill, saying it would provide a level playing field for spouses who don't work outside the home.

Seven of the Senate's eight women, minus California Democratic Sen. Barbara Boxer, already have signed on as co-sponsors. So have 50 of their male colleagues.

"I believe very strongly we will win this bill this session," Mrs. Hutchison said.

A companion version is being introduced in the House by three members of the tax-writing Ways and Means Committee—Reps. Nancy Johnson, R-Conn.; Barbara Kennelly, D-Conn.; and Jennifer Dunn, R-Wash. The committee will hold a hearing on the proposal Tuesday.

The legislation's cost, estimated at \$267 million, would be offset by other cuts, the senators said.

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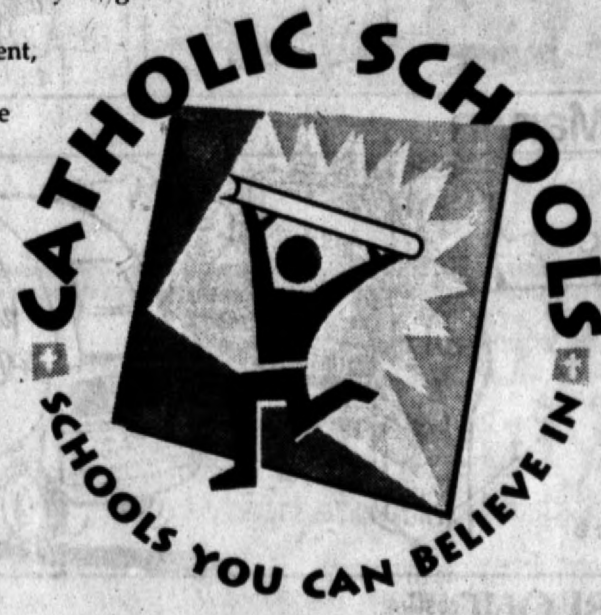
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MINDING YOUR OWN BUSINESS

Don Taylor

WORDS OF WISDOM XII

I haven't checked the price of rubies lately, but I'll bet a good ruby is higher than what you have to pay for this good newspaper. Therefore, this *words of wisdom* column is worth a lot. Since you get it as part of your low subscription price, you're getting quite a bargain here.

In fact, every one of these quotes would qualify as gems or jewels. Some are as brilliant as a highly polished diamond, others as bright as beryl and a few as rich as rubies. They are yours to keep or share as you wish.
Some Gems of Wisdom

- No one can make you feel inferior without your consent. - Eleanor Roosevelt
 - There is no future in any job. The future lies in the man who holds the job. - George Crane
 - Always be a little kinder than necessary. - James M. Barrie
 - Honesty is the first chapter in the book of wisdom. - Thomas Jefferson
 - Too many people quit looking for work when they find a job. - a paraphrase of Proverbs 18:9
 - He who wants milk should not sit on a stool in the middle of the pasture expecting a cow to backup to him. - A retired dairy farmer
 - It's a funny thing about life; if you refuse to accept anything but the best, you very often get it. - Somerset Maugham
 - When the One Great Scorer comes to write against your name, he marks not that you won or lost, but how you played the game. - Grantland Rice
 - Don't let what you cannot do interfere with what you can do. - John Wooden
 - One reason the dog has so many friends: He wags his tail instead of his tongue. - Unknown
 - Reading is to the mind what exercise is to the body. - Sir Richard Steele
 - The computer is a moron. - Peter Drucker
 - It's not how many hours you put in, but how much you put into the hours. - Unknown
 - It is the chiefest point of happiness that man is willing to be what he is. - Desiderius Erasmus
- Jewels of Knowledge**

- God gave us memory that we might have roses in December. - James M. Barrie
- Middle age is when you want to see how long your car will last instead of how fast it will go. - Unknown
- Television - chewing gum for the eyes. - Frank Lloyd Wright
- Whatever you may be sure of, be sure of this, that you are dreadfully like other people. - James Russell Lowell
- The great thing in this world is not so much where we are, but in what direction we're moving. - Oliver Wendell Holmes
- If you have a job without aggravations; you don't have a job. - Malcolm Forbes
- To do two things at once is to do neither. - Publius Syrus
- Good manners are made up of petty sacrifices. - Ralph Waldo Emerson
- Never learn to do anything: if you don't learn, you'll always find someone else to do it for you. - Mark Twain
- The louder he talked of his honor, the faster we counted our spoons. - Ralph Waldo Emerson
- This thing of being a hero, about the main thing to it is to know when to die. - Will Rogers
- Lots of folks confuse bad management with destiny. - Kin Hubbard
- The most unhappy of all men is he who believes himself to be so. - Hume

Don Taylor is the coauthor of "Up Against the Wal-Marts." You may write to him in care of "Minding Your Own Business," Box 67, Amarillo, Texas 79105.

THE QUIZ

is a feature of the
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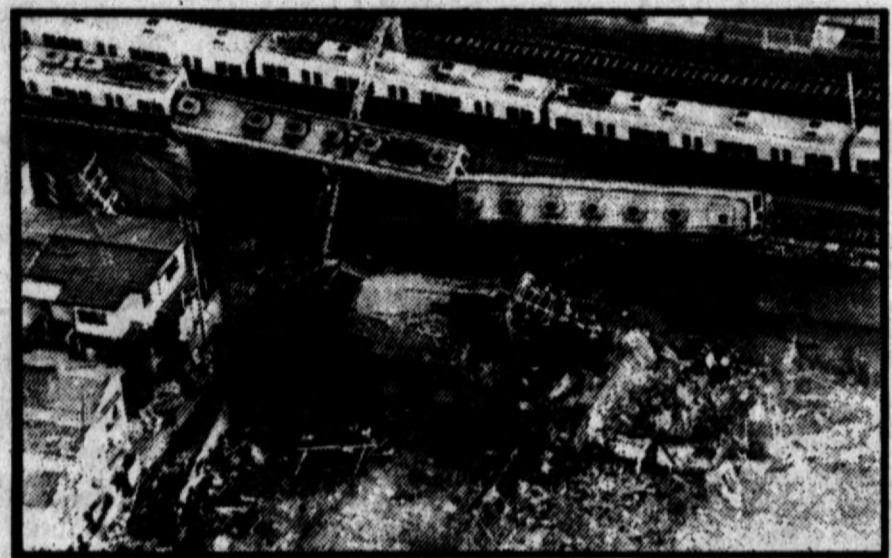
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THE QUIZ

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WORLDSCOPE

(10 points for each question
answered correctly)



1) A derailed train sprawls next to a collapsed expressway in the city of...?..., Japan, after an earthquake struck the city recently.

2) Holocaust survivors recently observed the 50th anniversary of the liberation of the ...?.. concentration camp in Poland.

3) Scientists recently discovered a cave in the country of (CHOOSE ONE: France, England) that contains paintings done an estimated 20,000 years ago.

4) Recent hearings in Congress brought into question public funding for the CPB, or ...?.., the agency that funds PBS.

5) Two bombs set off by Islamic militants killed 19 people recently, threatening peace talks between Israel and the PLO, or ...?...

MATCHWORDS

(2 points for each correct match)

- | | |
|------------|----------------|
| 1-skimpy | a-strengthen |
| 2-berate | b-incite |
| 3-blush | c-insufficient |
| 4-buttress | d-redden |
| 5-goat | e-criticize |

PEOPLE/SPORTS

(5 points for each correct answer)

1) Rose Fitzgerald Kennedy, the matriarch of one of America's most prominent families, died recently at the age of ...?..
a-95 b-100 c-104

2) In what many consider to be a good forecast for the Academy Awards, ...?.. took home the Golden Globe award for Best Actress, Drama, for her role in "Blue Sky."

NEWSNAME

(15 points for correct answer or answers)



As spiritual leader of the Catholic Church, I recently finished a tour of Asia. Who am I?

3) Former Houston Astros pitcher ...?.. disclosed recently that for several weeks at a time during the past two years, he has been homeless with almost no money to his name.

4) ...?.., a member of the U.S. women's ski team, recently won the downhill race at Cortina D'Ampezzo, Italy.

5) In order to fully recover from recent back surgery, Duke University men's basketball coach ...?.. will not return to coach the Blue Devils this season.

YOUR SCORE:

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

The Wizard of Id by Brant Parker & Johnny Hart



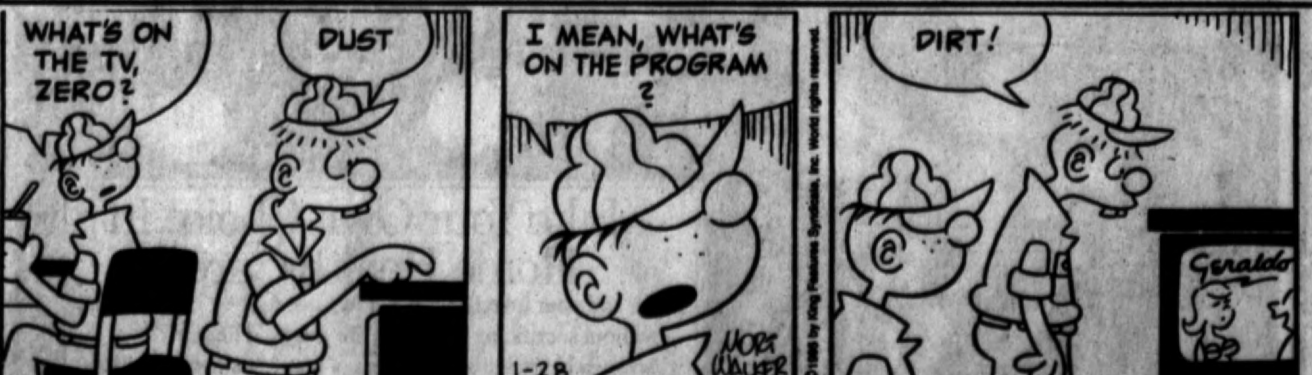
Marvin By Tom Armstrong



BLONDIE® by Dean Young & Stan Drake



BEETLE BAILEY® By Mort Walker



Barney Google and Snuffy Smith® By Fred Lasswell

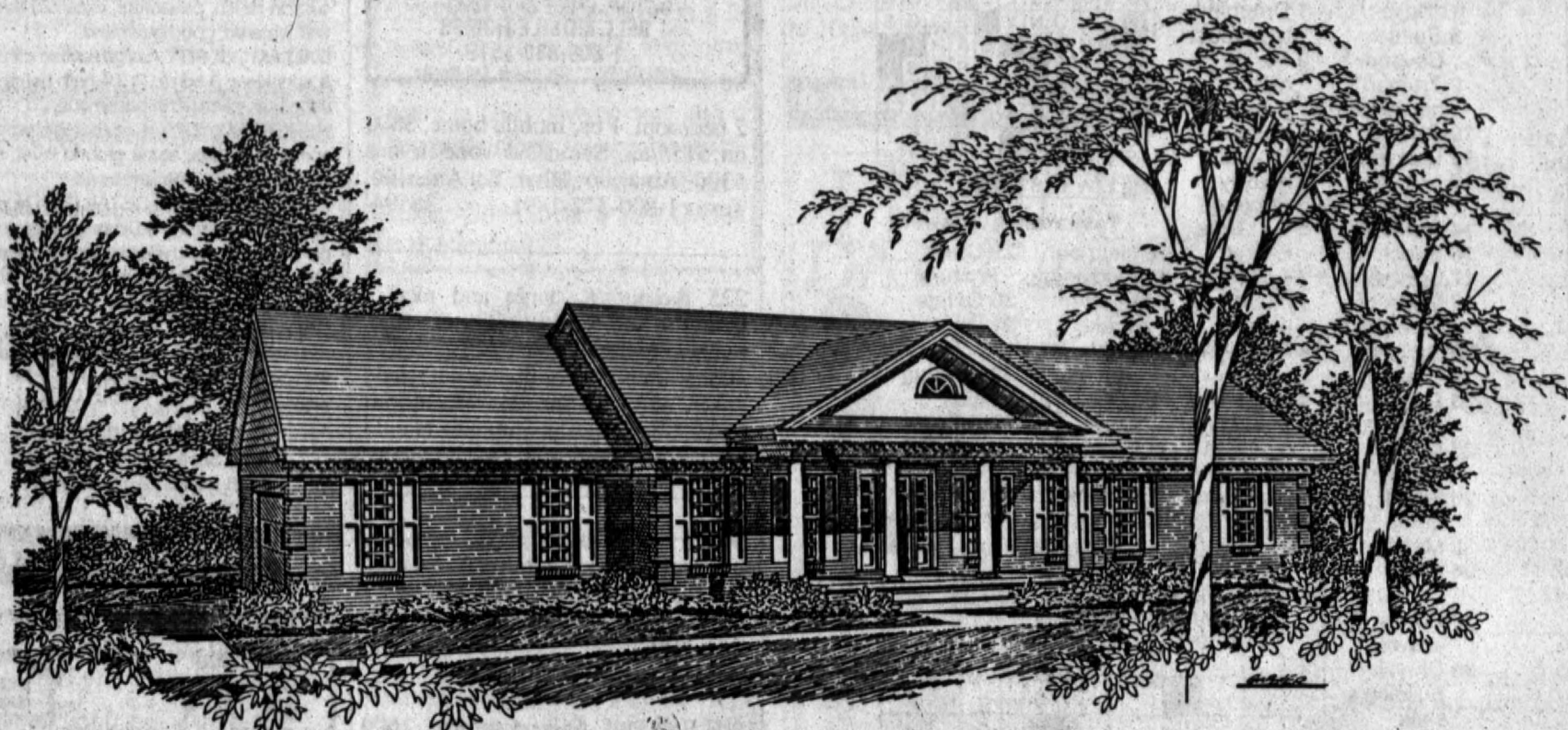


ANSWERS TO THE QUIZ

Week of 1-30-95

WORLDSCOPE: 1-Kobe; 2-Auschwitz; 3-France; 4-Picabo Street; 5-Mike Krzyzewski.
PEOPLE AND SPORTS: 1-C; 2-e; 3-d; 4-a; 5-b
MATCHWORDS: 1-c; 2-e; 3-d; 4-a; 5-b
NEWSNAME: Pope John Paul II
Liberation Organization
4-Corporation for Public Broadcasting; 5-Palestine

Real Estate



UNPARALLELED FOUR BED ROOM HOME

Formal Colonial Style

A wide gable with four columns covers the front porch of this home. The front door with side lites leads you into the foyer which separates the living and dining rooms and includes access to the family room. There is a large coat closet nearby for convenience.

The large family room is enhanced by a brick fireplace with raised hearth and passage to the large sun deck is from this room too.

The kitchen is between the dining room and breakfast area for convenience in serving meals formal and informal meals. The corner sink is features an attractive planter. The extraordinary breakfast area is bayed for even greater seating capacity. A closet, laundry room and double garage entry are directly off of this area. There is a large storage room behind the garage.

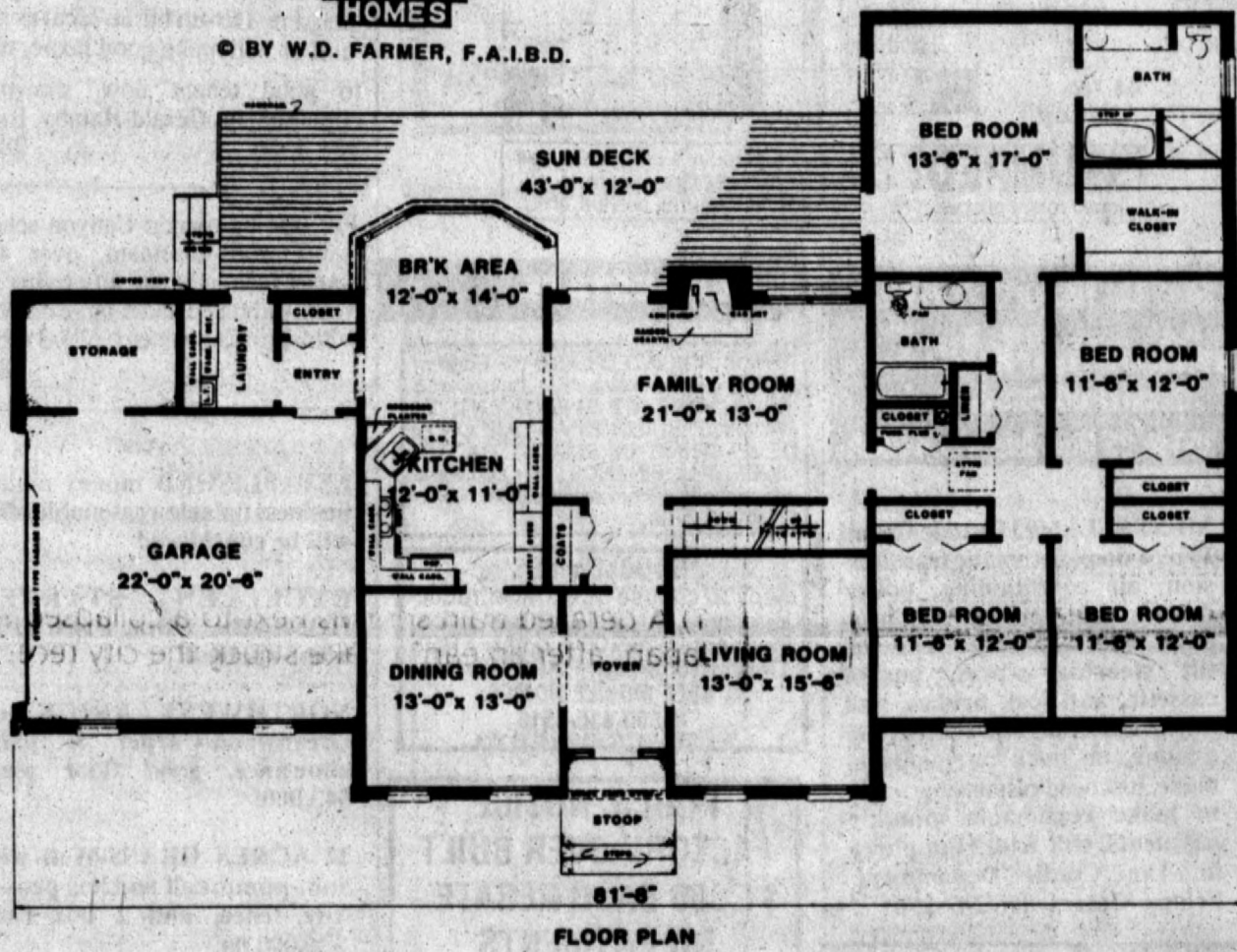
The bedroom wing, or quite zone of the home boasts four bed rooms and two baths. Three of the bedrooms share a central hall bath and extra linen and closet storage is provided. The master bed room includes an oversized walk in closet and private garden bath with double vanity.

The Colonial exterior is constructed of brick and includes a step down gable roof and the gabled front porch. Brick corner quoins and dentils contributed to creating the true colonial aura.

The home contains 2,536 square feet of heated living space and is available with the colonial front pictured or a french provincial front. Actual working drawings will show the front wall changes to create the 'B' front pictured. All W. D. Farmer plans are furnished with special construction details for energy efficiency.

For further information on plan Number 2534B, write W. D. Farmer Residence Designer, Inc., P. O. Box 450025, Atlanta, GA 31145.

FEATURE HOMES
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Question/Answer

Q: I would like to replace the existing forced-air central heating system in my house using an existing water heater as a source of hot water. Also, what are the disadvantages of

central water heating systems?

A: The main disadvantage of forced hot water heating systems applies to those homes in areas with freezing temperatures during the winter. In the event of an extended power failure, the distribution piping could burst.

Another disadvantage is that the system cannot provide for a central humidification system, the way a warm air heating system can.

You can use a water heater as a source of hot water. However, the BTU (heat) output of a water heater per hour is considerably less than that needed to adequately heat most homes. This setup is more effective in heating an addition than the whole house.

If you use the water heater to supply hot water to baseboard radiators, you will need to keep heating water separate from the domestic (potable) hot water system. That is, you will have to install a second water heater to provide domestic hot water.

Keep in mind that for domestic hot water, the temperature range is 120-140 F (it is usually set at 120 F since 140 F is scalding temperature). For a heating system, the normal operating range is between 180-200 F. If you operate the water heater at the lower temperature range (120-140 F), you will need more radiators or baseboard convectors per room - at a greater initial cost.

Another reason to separate the potable water from the water used for heating is that during the summer there is no water circulation in the heating system piping. Bacteria grows in this warm stagnant water. If the two systems are not separate, this water contaminates the potable water when the heating system is turned on.

Like any water heater, one that is installed for heating purposes should be equipped with a thermocouple control for the gas valve and a temperature-pressure sensitive relief valve.

Homeowners now focus on removal of air pollutants from inside house

Today's energy-efficient homes don't allow air to infiltrate, but also don't allow pollutants to escape. In fact, recent government studies suggest that indoor air can be 10 times more polluting than outdoor air.

Many homeowners are focusing their attention on a new family of high-efficiency air filters to get the job done. Combined with a forced-air heating system or central air

conditioning, these units are becoming increasingly popular in new installations.

When considering air filters, it's important to note that the filters only catch particulates. They cannot trap noxious gases, such as radon and those emitted by synthetic materials.

Air filter claims as to effectiveness can be confusing. The problem has to do with the variety of testing formats in use.

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NEW LISTING



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S 385 - 3 bdrm., 2 baths, 2 car garage, central heat & air, storm cellar under garage, septic tank new in July '93. 3 stall barn in back.



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Former Miss Americas swap stories at reunion

NEW YORK (AP)--There she is. There she is. There she is It was a walk down memory runway Thursday as nine Miss Americas from the 1930s through 1990s swapped stories and tearful reminiscences to celebrate the pageant's 75th anniversary.

They called each other "sisters," testified to the power of the crown and obediently took commands from a horde of photographers and camera crews as they cut an anniversary cake. Reigning Miss America Heather Whitestone cried. Jean Bartel (1943) couldn't stop talking. Phyllis George (1971) called her reign "the ultimate risk."

All agreed on one thing: "Miss America opens doors like nothing else in life," as George said.

Pageant organizers took advantage of the gathering to unveil a series of changes in this year's event, including a cyberspace venture to put contestants in touch with users of the America Online computer service.

Other initiatives include the formation of a Miss America Foundation to aid social programs for women, and a partnership with President Clinton's Corporation for National Service to encourage Americans to do community service.

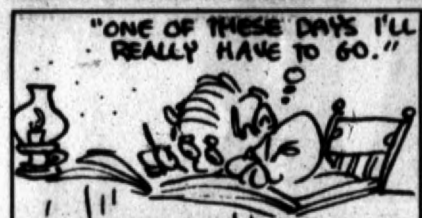
None of the changes, however, was as significant as last year's decision to jettison the spiked heels traditionally worn in the bathing suit competition. Officials didn't say whether the heels would return this year.

The Miss America pageant began in 1921 as a bathing suit contest on the Boardwalk in Atlantic City. It was conceived by civic leaders eager to get people to stay at the Jersey shore past Labor Day.

Sixty-eight winners, 14 U.S. presidents and three wars later, the pageant is still stung by criticism that it patronizes women by parading them in front of a national television audience in swimwear.

Some of the former Miss Americas referred to the issue. Bartel said she didn't want to enter the pageant when she was a second-year student at UCLA because it was too "cheese-cake."

But others said the contest transcends objectification.



Edgar Rice Burroughs had never been to Africa when he started writing the Tarzan books.

America's best legitimate advertising buy is still the local newspaper that is involved in your community. Junk mailers don't contribute a dime to the betterment of Hereford. They take and don't give back.

Jacqueline Mayer (1963) said competing gives women confidence and builds self-esteem. She credited the poise and determination she developed as a contestant with helping her through a 1970 stroke that left her partially paralyzed.

Whitestone, deaf since age 11, fought back tears as she talked about a young girl her dance teacher recently met. The girl said she idolized and was inspired by Whitestone.

"Miss America is not just for Miss America," Whitestone said. "It's for everybody in this country."

Also present were Lee Meriwether (1955), Kaye Lani Rae Rafko (1988), BeBe Shopp (1948) and Kimberly Aiken (1994).

The oldest former Miss America was Marian Bergeron (1933), who served two years because the Depression canceled the pageant in 1934. She objected when pageant head Leonard Horn alluded to her as "history."

"I'm not exactly part of history yet," Bergeron said. "I'm still working on it."

Military Muster



LEE ROY CHILDERS, JR.

Lee Roy Childers, Jr. of Hereford was recently promoted to lance corporal in the U.S. Marine Corps.

Childers, who attended Hereford High School, entered the Marines in July, 1994. On Jan. 3 he was promoted to private first class, then received his next promotion in less than a month.

He is a member of Central Church of Christ and after his tour of duty, he plans to attend West Texas A&M University and major in criminal justice.

Childers parents are Lee and Emma Childers of Hereford. He has two brothers--T.J., a freshman at Hereford High School and Frankie Dee, a fourth grader at Walcott.

Ann Landers

DEAR ANN LANDERS: Some time ago, you had a letter from a man who bought his groceries with food stamps and moaned about how little he could afford. He was angry that people stared at him in the store.

As someone who supports people like him, I have a right to stare at how he spends MY money. My wife and I decided that she would stay home and raise our kids. I had to take extra part-time jobs to pay the bills.

Recently, while in the checkout line, I saw a beautiful birthday cake and kept wishing I could buy it for our youngest child, whose birthday was the next day. The woman who bought that expensive cake paid for it with food stamps.

My wife saves coupons religiously. I've never seen anyone with food stamps use a coupon or buy generic products. Maybe if that person who wrote to you was more careful about what he buys, he wouldn't get so many dirty looks.--Plenty Damned Mad in Pennsylvania

DEAR PENNSYLVANIA: Two years ago, I received a letter from a reader, who, like you, was upset because the woman ahead of him was paying for a \$17 cake with food stamps.

Here is the response to that reader's irate letter:

DEAR ANN LANDERS: I'm the woman who bought that \$17 cake and paid for it with food stamps. I thought the checkout woman in the store would burn a hole through me with her eyes. What she didn't know (and I would never tell her) is that the cake was for my little girl's birthday.

It will be her last. She has bone cancer and will probably be gone within six to eight months. Let this be a lesson to those who sit in judgment of others without knowing all the facts.

DEAR ANN LANDERS: I'm afraid you recently gave someone some advice that was not up to your usual standard. You told the person who had been victimized by various televangelists that he could not sue. A Florida couple recently was awarded \$1.5 million by a Dallas jury in a case against a prominent televangelist. I know of at least seven other lawsuits pending against televangelists.

You also said televangelists only promise to PRAY, not to heal. The sad truth is that many of the televangelists DO promise miracles in exchange for donations. By so doing, they are taking advantage of people's faith, which is as cold-hearted and cynical as any kind of abuse.

Faith abuse is a huge problem in America today. I am a director of the Trinity Foundation, a watchdog organization dedicated to ending this abuse. We sponsor a nationwide toll-free help line for people who believe they or a loved one has been

victimized by a televangelist. The number is 1-800-229-VICTIM.

By the way, Ann, I agree with your assessment that Billy Graham is about the only big-name preacher who seems to be trustworthy.--Douglas Duncan, director, Trinity Foundation, Dallas

DEAR DOUGLAS DUNCAN: We checked and discovered that the televangelist you mentioned is no longer making national television broadcasts. The Florida couple who sued had appeared in a videotape on this man's TV show.

The couple claimed the videotape was an inaccurate portrayal of their story and the money raised by the broadcast was improperly distributed. So I'm pleased to report justice was served.

Is life passing you by? Want to improve your social skills? Write for Ann Landers' new booklet, "How to Make Friends and Stop Being Lonely." Send a self-addressed, long, business-size envelope and a check or money order for \$4.25 (this includes postage and handling) to: Friends, c/o Ann Landers, P.O. Box 11562, Chicago, Ill. 60611-0562. (In Canada, send \$5.15.)

Lapidary Club holds meeting

The Deaf Smith County Lapidary Club met Jan. 23 at the Deaf Smith County Library.

President Dale Henson presided over the business meeting.

The gem and mineral show to be held in Plainview on Feb. 26 and 27 was discussed.

Plans were made for the annual bean supper to be held Feb. 27 at the library.

Ralph Packard showed samples of rocks he collected in Arizona. Jack and Helen Nunley reported on a recent trip to the Valley.

Hosts for the meeting were Betty and Dale Henson.

Bobbie Roberson brought the door prize which was won by Betty Henson.

Other members present were Ezell and Verba Sadler, Bud Cawthon, Cecil Lady, Ruth King and L.D. Combs.

The family of Lindel L. Scroggins would like to extend our heartfelt gratitude for all the acts of kindness & love extended to us during the passing of our loved one. A special thanks to Leroy Lucero & Randall Calloway & all the employees of Holly Sugar. We wish to thank Ed Gilbert for the wonderful poem in remembrance of our Dad. Your kindness will long be remembered.

Randy Scroggins & Family
Adam & Debbie Treff
Norma King

Rick Scroggins & Family
Sandie Fowler & Family

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The Hereford Brand Classifieds
364-2030

Senior Scene

• Supplement to The Hereford Brand • February 1994 •

Margie's Notes

By Margie Daniels, HSCA Executive Director

The Amarillo Little Theatre is presenting its 1995 touring production, "Beehive", at the Senior Center on Saturday, Feb. 18, at 7 p.m. Billed as a "60s musical sealed with a kiss," the production chronicles this decade of monumental change, war, and civil unrest through the rock 'n' roll, rockabilly and Motown sounds of yesterday.

One of the most stunning aspects of "Beehive" is its bittersweet combination of favorite songs of the era with monologues detailing true experiences of the joy and pains that are the '60s. Highlights from the score include: "My Boyfriend's Bank", "Will You Still Love Me Tomorrow?", the Supremes medley, "Respect", "Natural Woman", "It's My Party (I'll Cry If I Want To)", "Where the Boys Are", "I'm Sorry", "Proud Mary", and many more.!

We will be serving a delicious dinner. The tickets are \$15 each with any proceeds going to the Home Delivered Meals Program. Please get your tickets now! Limited seating!

On April 17th, we will be leaving on our Spring Garden Tour. The cost is \$900 per person, double occupancy. We have dinner on the General Jackson at Nashville, see the Biltmore Mansion in Ashville, Magnolia Gardens, Callaway Gardens, Bellingrath Gardens, and many more sites. This is a fun tour, so get your reservations in immediately.

Please watch the schedule of activities for some very interesting programs at the Center. We have had requests for more educational programs and that is what we have been trying to schedule.

Social Security briefs

Social Security and Supplemental Security Income (SSI) checks received in January will contain a 2.8

Health service clinic offered

Health clinic services, offered by King's Manor Methodist Home, will be held at the Senior Center each month. The first clinic is scheduled Feb. 3 from 11 a.m. to 1 p.m.

"This service will be beneficial to all senior citizens and will include free blood pressure checks, and weight and glucose monitoring by King's Manor licensed nursing staff," reported Margie Daniels.

"We believe King's Manor is one of the finest retirement opportunities in the Texas Panhandle, and we are excited to have their health clinic service provided at our Center at no cost," said Daniels.

The Center will inform seniors of the day and time of this special service each month.

percent increase for 1995.

The annual increase in both benefits is based on the rise in the Consumer Price Index. The average monthly Social Security benefit for a retired worker will go from \$679 to \$698 in January 1995. Average monthly disability benefits will be \$661, up from \$643. A young widow with two children will receive an average monthly payment of \$1,365, up from \$1,328.

The amount of money that Social Security beneficiaries can earn in 1995 and still receive their full benefit has increased. Beneficiaries between the ages 65-69 can earn up to \$11,280 without having any benefits withheld. For every \$3 that a beneficiary earns over this limit, \$1 is withheld from his/her benefit. The limit in 1994 was \$11,160.

For people under 65, the limit will be \$8,160. For every \$2 a person under 65 earns over this amount, \$1 is withheld. People age 70 or older who continue to work do not have benefits withheld no matter how much they earn.

Medicare info meeting set at Senior Center March 28

Perhaps you have never used your Medicare benefits, but what if you had to be admitted to a hospital today?

Would you be informed about important patient rights you have according to federal law? Would you have general knowledge of your medical coverage?

Now is the time for you to become an informed health care consumer, rather than waiting until you must actually use your medical benefits. Because when you receive medical treatment, you may be neither physically or emotionally able to obtain information about important health care issues.

The Texas Medical Foundation and Hereford Senior Citizens Association invite you to attend an informative program that will address these issues. It will take place on March 28 at the Senior Center, 426 Ranger, from 1:15 to 2:45 p.m.

Speakers from the Texas Medical Foundation, Medicare (Blue Cross and Blue Shield of Texas), and other public service agencies will discuss the safeguards assuring quality

medical care for Medicare patients, Medicare coverage and claims, and other medical benefits assistance programs available to Medicare recipients. The meeting is open to the public.

For more information about the

meeting, or to arrange interpreting services for persons who have sensory impairments, please call or write: Terese Meyer, Texas Medical Foundation, 901 Mopac Expwy.S., Suite 200, Austin, TX. 78746-5799; 1-800-725-8315.

Braschler Music Show coming to HSC in March

The Braschler Music Show, from Branson, Mo., will stage two shows at the Hereford Senior Citizens Center on Friday, March 10.

The Gospel Show begins at 6 p.m. and the Variety Show is scheduled for 8:30 p.m. The shows are completely different. Tickets are \$10 a person for one show, or \$18 for both shows.

Sandwiches, or beef stew, and dessert will be served in the dining room of the Center from 5 p.m. to 9 p.m. on the show date. Advance tickets are needed for the shows, but no advance tickets are needed for the

food.

Many people from this area have enjoyed the Braschlers in Branson. The group describes the shows as "country, gospel and comedy." The Senior Citizen Association is pleased to be able to sponsor this type of entertainment for the community.

Send for tickets to the Hereford Senior Citizens Association, P.O. Box 270, Hereford, 79045. Call 364-5681 for more information or to reserve tickets. The Senior Center is located at 426 Ranger in Hereford.

President's Corner

By Shirley Garrison HSCA President

I mentioned in the January issue of the Senior Scene how dry it was in 1994. Now, January has almost passed and we are still dry.

Cattle prices have improved since my last article, enabling the cattle feeder to get some return on his investment. Optimism continues to be good in Hereford and a spirit of cooperation exists among the merchants and the churches. Examples of this are recent community-wide meetings together in each other's churches. And, the FFA and 4-H stock shows always get the support of our young farmers and businesses, and they deserve it.

Activities at the Senior Citizens Center continue at a fast pace. If you are a Senior and not getting the benefits of the fellowship, good food, and the activities...we invite you to join us! Busy hands and minds just do something for our health and happiness.

Our spring tour is already planned and the staff is taking reservations. The cost is very economical and the fellowship is great!

Until next time, we'll see you at the Center.



NEW MEMBERS (December/January)

Dona & Neil McNutt
Donna Brockman
Billie Boren
Luther & Evelyn Lesley
Trellis Jackson
Dori Tarentino
Tillie Miller
Lavon Leon
Nell Norvell
Annette Albracht
Jean G. Beene

Center welcomes guests ...

Guests during the month of December at the Center were:

Wilma Curtsinger had Jim Curtsinger, Lubbock, Texas, J.J., Deb & Heather Curtsinger of Stafford, Virginia; Nell Culpepper had John & Hallie Grant of Corcoran, California; Frankie Barrett had Barbara Osborn of Temple, Texas; Marilyn Stevens of Bastrop, Texas; Marie Lowerwald had Andy & Oleta Schumacher of Dimmitt, Tex.; B.F. & Morgan Cain had Mattie K. Robinson of Lake Tawakoni, Texas; Jim & Evelyn Bozeman had Ann Heard of Pampa, Texas and Amy Steele of Tyler, Tx.; Lucille Rockey had Mutt Dutton of Friona, Tex.; Margaret Ann Durham had Baylor Durham of Waco, Texas and James & Marlane Durham of Brenham, Tex.; Harvey Rowland had Judy House of Amarillo, Tex.; and April & Sierra Burseson of Hays, Kansas;

Also Irvin Reeves had Kay Reeves of Irving, Tex. and Glenn Reeves of Denton, Tex.; Clara Brown had Hu-

Coffman of Deming, N.M.; Bertha Arnold had Bill & Billi Burkett of Oklahoma City, Ok.; Pete & Wilma Carmichael had Ken & Janell Carmichael of Aurora, Mo.; Mary Ella Ricketts had Forrest & Nelda Guy Ricketts of Dallas, Tex. and Sara Wieck of Umbarger, Tex.; Ralph & Jane Packard had Royce Wimberley of Amrillo, Tex. and Allen Baum of Oklahoma City, Ok.; Ruth & Justin McBride had Martha & John Gilbert of Ft. Collins, Co.; Leona Glenn had Mr. & Mrs. Robert D. Crossland of Garden City, Kansas; Courtney Brooks had Elaine Brooks of Colorado Springs, Co.; Leona Andrews had Ken & Doris Eden of Amarillo, Tex.;

Also Nell Culpepper had Frankie & Tina Henry of Amarillo, Tex.; Joe & Cleta Bowers had Pat & April Cupell of Amarillo, Tex.; A.A. Manning had Marybeth Tork of Floydada, Tx. and Daylene Burns of Floydada, Tex.; Frank Bezner had Kevin, Judy, Brooklyn, Dan, and Kevin M. LaFleur of Ft. Collins, Co.;

Thelma & Bill Lamm had Alton, Christopher, Ann, and Mikaela Lamm of Atlanta, Ga.; Jessie Baker had Jo Jones of Earth, Tex.; Ursalee Jacobson had Linda Bradley of Charleston, S.C.; Mr. & Mrs. Harvey Sharpley had Ruth Brown of Friona, Tex.;

I.H. & Elizabeth Pickens had Geneva Townsend of Mesa, Ariz., Weldon & Joyce Pickens, Lubbock, Tex., Andy & Oleta Schumacher of Dimmitt, Tex.; Ludie Greeson had Henry Turner of Justin, Tex.; Neidra Robinson and Homer Brumley had Caroline Landry of Sulpher, La.; Margaret Godwin had Myrtle Pollack of Cherokee, Ok.; Scatt Russell had Bill Russell of Baird, Tex.; Wilma Goettsch had Laverne White of McKinney, Tex.; Pet Ott & Ethel Logan had Laretha Olson of Whitehorse, Canada, Geneva Starret of Crosbyton, Tex. Bill Dunson of Rochester, Washington, Sarena Malech of San Jose, California;

Also Sara Walton had Reba

Hendricks of Medicine Park, Ok.; Della Stagner had Gwyne & Ruth Owen of Cedar Creek Lake, Tex.; Bruce Coleman had Doyle & Miveda Busby of Brookings, S.D.; Donnie & Marjorie Morris of New Home, Tex.; Marie & Wheeler Mount of Lubbock, Tex.; Leroy Busby of Lubbock, Tex.; Betty Jo Carlson had Lee, David and K Moore and Sue McAlister of

Canyon, Tex.; J.L. Marcus had Oneta & Ray Weatherly, Maudie DeShaza of Amarillo, Texas; Bud & Lois Spradin of Hobbs, N.M.; Leon & Mary McCutcheon had Ray & Steve Lucas, Ryan Comer of Wellington, Tex.;

Other Guests were Lilah Gee of Friona, Tx., Sarah Dean of Friona, Tex., Herschel & Roxie Elders of Canyon, Tex.

Cedar Lake area claims to be birth place of Quanah Parker

By STEVE O'NEIL
Lubbock Avalanche-Journal

WHITE CITY, Texas - A pump jack whines and whirs, making the only sound on a quiet stretch of road near Cedar Lake in northeast Gaines County. In the distance, several more rigs slowly slice the air with their rhythmic precision.

Although placid now, this area once was a favorite rest stop for Comanche Indians as they tracked buffalo up and down the Plains. Later during the first part of the century, the locale was home to a rowdy oil town.

But perhaps most significant is the area's claim of being the birth place of Quanah Parker - a man heralded as one of the greatest Comanche chiefs of all time. A weathered stone marker plunked down by the state of Texas in 1936 commemorates the area as his birthplace.

"It sure has attracted a lot of attention over the years," says Wayne Smith, chairman of the neighboring Dawson County Historical Society. "It used to be more popular years ago, people would go and search for Indian artifacts and arrowheads. But now not many people know that monument is out there."

Although some believe Quanah Parker started his life at the edge of this expansive alkali lake, leading historians are unsure exactly where the chief was born.

"It is one of the questions that might never be known," says William Hagan, a University of Oklahoma history professor and author of a widely acclaimed book on Quanah Parker. "He most certainly traveled through there, but I am not sure if anyone, even Quanah, knew exactly where he was born."

In 1936, a group of historians traveled through Texas and erected 900 historical markers for the state's

centennial. Unfortunately, all research records from the markers mysteriously disappeared from the Texas Historical Commission's archives.

"Believe me, it's been frustrating," says Cynthia Beeman, a Texas Historical Commission historian. "In this case we have no access to any of the research that went into that marker - we only have a record that it exists."

But while the details surrounding Quanah Parker's birth are murky, much is known about his adult life.

Quanah Parker was born sometime in the mid-19th century to Chief Peta Nocona and Cynthia Ann Parker, an Anglo woman who was captured by Comanches when she was 9 years old. He quickly rose to prominence among the Quahadas, a division of the Comanches, according to Hagan. Quanah continued to influence his tribe after the U.S. government forced him onto an Oklahoma reservation. "Quanah succeeded as chief because of his remarkable talent for seeking out the middle ground," Hagan writes in "Quanah Parker, Comanche Chief."

"A progressive on economic and political issues, he maintained his standing as a Comanche by refusing to reject important aspects of his tribe's culture."

Through deals with cattlemen, Quanah prospered financially and lived in a large house in Oklahoma with his numerous wives. He trekked to Washington several times to speak out on Indian affairs, and he was asked by President Theodore Roosevelt to be part of Roosevelt's inaugural parade.

"He was a remarkable man," Hagan says of Quanah Parker. "Today we would have difficulty comprehending the challenges he faced."

Gene Hendon was 15 months old when his family moved to an area a few miles east of Cedar Lake in 1930. Ever since he can remember, he has heard stories about Quanah Parker.

"I farmed around here my whole life," Hendon says, scanning the landscape from behind the wheel of his pickup truck. "People often stop me and ask where the monument is; it can be hard to find if you don't know just where to go."

Decades after Quanah Parker and other Plains Indians were banished to reservations, the area near Cedar Lake hosted a small oil boomtown called White City, named after the town's founders Gus and Winford White. Standing near the granite monument, Hendon points to a grassy hillside topped with pump jacks.

"There was a service station over there," he says. "And over that hill there was the movie theater."

Liquor sales were legal in Gaines County then, and the town sported a few saloons.

"I was too young to go to any of them," he says. "But my brothers kept me informed of some of the wild stories."

A rusty hand-crank gas pump, flanked by mesquite trees and a few concrete slabs, is all that remains of White City. And as for the presence of Quanah Parker and the Plains Indians, there is only the monument.

"I guess no one will ever be sure if Quanah was born there, but it makes for an interesting story," says Smith. "And who knows, he very well could have been born there."

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SOCIAL SECURITY

Jim Talbot

SOCIAL SECURITY QUESTIONS AND ANSWERS

Q: When I enrolled in Medicare hospital insurance, I didn't sign up for Medicare medical insurance. Can I still sign up?

A: Yes, you may still enroll in Medicare medical insurance (Part B). Actually, this is a good time to inquire because you can sign up only during the first three months of the year if you missed the opportunity to enroll in Part B in your initial enrollment period. Contact Social Security between January 1 and March 31 and tell them you want Part B of Medicare. Your coverage will be effective July 1, 1995. You may have to pay a 10% surcharge for each year you could have had Part B but did not have it.

Q: I'll be 62 years old next year and I don't know if I should retire at 62 or wait until I'm 65 years old. How do I know what time would be better for me?

A: Choosing when to retire is not an easy decision. To make the decision that is best for you, there are several facts you should consider. For example, the amount of your monthly benefit check may be the deciding factor. If you retire at age 62, your monthly benefit will be 20 percent less than if you waited until you reach age 65. Once you choose the reduced benefit, you won't be able to change to the full benefit when you reach age 65. To help you make your decision, we suggest you call the Social Security office at 376-2241 and ask for an estimate of the benefits you would receive at age 62 and at age 65 so you can make a comparison.

Q: I receive Social Security retirement benefits and still work. I understand I can earn more money in 1995 without reducing my Social Security benefits. Is this true?

A: Yes, in 1995 you can earn more without reducing your benefits. If you're under 65, you can earn up to \$8,160 in 1995 without a reduction in benefits. If you're 65 to 69, you can earn up to \$11,280 in 1995 with no reduction. If you're 70 or older, your benefits are not reduced because of your earnings. If you received benefits, worked in 1994, and earned more than the applicable limit, you need to report your earnings to Social Security by April 17, 1995. The 1994 limits were \$8,040 for people under 65 and \$11,160 for people ages 65-69.

Q: I enjoy Mr. Talbot's articles, but his statement that a divorced spouse can draw up to one-half of her ex-husband's benefit if she waits until age 65 is a little bit misleading. I am under the impression that you can draw this if your own benefit is less than one-half of his. Is this true?

A: Yes, what you said is true. In order for a spouse, or ex-spouse, to receive benefits on the worker's record, the person must not be receiving, or entitled to receive, benefits on his/her own record which equals or exceeds the amount (s) he would receive on the worker's record. But I must explain there was no attempt to hide this fact. We are fortunate to have space in this publication, but the space is limited. We must make the best use by printing as many questions as possible; so there are times we do not give all of the facts because one answer could take the allotted space in many cases. This column is to pique your interest in Social Security and to ask questions. Your question shows us that it is working.

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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Despite all vows, politics will surely remain same

By WALTER R. MEARS
AP Special Correspondent
WASHINGTON (AP)--So much for ceremony. Now it's the contract versus the covenant--the Republicans' quest for swift action on their promises, President Clinton's version of a new-look federal government.

Despite points of accord, there'll be more of contention as Clinton strives to regain the initiative from the GOP Congress.

They've got the votes; he's got the veto. Add to that mix the power of congressional Democrats to stall, or even block, action on measures the Republicans deem to be musts, and the fine words of cooperation and bipartisanship may ring hollow.

Now that Clinton has had his hour (plus 21 minutes) on the congressional stage, House Republicans are reclaiming it, setting to work on a centerpiece of their "Contract With America," the balanced budget amendment.

One of them recites the 10 contract pledges in the House every day; they promised votes on those measures in the first 100 days and have fewer than 80 left.

Clinton on Wednesday went to Kutztown, Pa., with his New Covenant message: "We are trying to change the focus of the national government to grassroots America."

That's fine with Republicans, who

call it their idea in the first place. But they're irked at Clinton's opposition to the balanced budget amendment, although, if they can get two-thirds votes, it's out of his hands and goes to the states for ratification.

Clinton said he's already done more to trim the deficit than anyone since Harry Truman, and if Republicans want to write a balanced budget into the Constitution, they ought to be straight about it and say what cuts and taxes it would take to get it done by 2002, their target.

After a politically awkward acknowledgement that with the cuts itemized in advance they couldn't get the amendment passed, Republican leaders demanded that Clinton deliver a seven-year balanced budget plan himself. The White House retorted that it was their proposal and their responsibility.

Clinton will define his own plan for spending cuts, and the five-year projection presidents are required to deliver, when he sends his budget to Congress on Feb. 6.

Collisions are also ahead on an increase in the \$4.25 an hour minimum wage, which Clinton can't get past the Republicans, and any GOP attempt to repeal the limited ban on assault-style weapons that was passed in the last Congress. The president said he wouldn't let that happen, meaning veto, although he

didn't use the word this time.

He did use that word a year before, complete with a pen to wave, saying he'd block any health care reform bill that didn't meet his universal coverage terms. There was no better measure of the changed power balance than his acknowledgement Tuesday night that he'd bitten off too much, and will seek limited, first-step health reforms.

Among points of agreement, Clinton spoke of the itemized veto power he wants and Republicans made part of their contract; of welfare reform; of action to bar the dumping of costly federal mandates on the states; of trimming the size and cost of government, which, he repeated, he's been doing for two years, with scant recognition.

He said government should be leaner, but not meaner.

The trouble comes in defining those terms in legislative action. On that, Republicans and Democrats have different dictionaries.

Take lobbying reform. Republicans say they'll get to it. Clinton said a law isn't needed for officeholders to turn down the favors of lobbyists. "Just stop accepting gifts from them," he said.

"Cheap shot," countered Sen. Bob Dole of Kansas, the majority leader. He said Clinton wasn't doing it, that lobbyists contribute to his

legal defense fund. A few hours later, the fund's trustees announced Clinton had told them not to take lobbyists' money.

Even so, Dole said, the State of the Union is always the president's night, whether he is Democrat or Republican. The hard part, he said, will come in trying to make the impact last, while working with the GOP Congress.

Dole said they'll cooperate where they can, battle it out where they can't. "That's the way it's always been."

Former Vice President Dan Quayle said in a TV interview that gridlock probably will take hold later this year. "That's the normal political situation."

And for all the vows to end business as usual, on both sides, that's surely the way it will remain.

EDITOR'S NOTE--Walter R. Mears, vice president and columnist for The Associated Press, has reported on Washington and national politics for more than 30 years.



Encourage an interest in history with the U.S. Capitol Commemorative Silver Dollar, issued for the building's bicentennial.

Betsy Ross was a Philadelphia seamstress who made flags during the Revolutionary War, but most historians do not support the claim that she made the first U.S. flag.

February Menus at HSC

FEBRUARY					HEREFORD SENIOR CITIZENS ASSOCIATION					1995				
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
				Oven Fried Chicken With Gravy Mashed Potatoes Okra & Tomatoes or Green Peas Tossed Salad Fruit With Topping	1	Beef Stew W/ Vegetables Coleslaw Cake & Peaches Cornbread	2	Catfish Fillet Cheese Grits Brussels Sprouts or Green Beans Orange Gelatin With Pineapples & Carrots Fruit Cobbler	3					
Beef Macaroni & Tomato Casserole Seasoned Squash Blackeyed Peas Coleslaw Cake	6	Baked Ham Broccoli & Rice Casserole Buttered Corn Carrot, Raisin & Pineapple Salad Fruit & Cookie	7	Chicken Strips w/ Gravy Mashed Potatoes Peas & Carrots Jellied Citrus Salad Fruit Cobbler	8	Mexican Stack Pinto Beans Spanish Rice Salad Fixins Peaches & Cookie Tostados	9	Salmon Loaf Scalloped Potatoes Seasoned Mixed Greens or Green Beans Raspberry Gelatin Salad Pineapple Upsidedown Cake	10					
Polish Sausage With Kraut Baked Sliced Potatoes Fried Okra Tossed Salad Peaches & Cookie	13	Roast Beef w/ Gravy Mashed Potatoes Green Beans Fruit Salad Meringue Pie	14	Oven Fried Chicken With Gravy Mashed Sweet Potatoes Green Peas Lemon Gelatin W/ Grated Carrots & Pineapple Banana Pudding	15	Meatloaf Great Northern Beans Broccoli Coleslaw Fruit & Cookie	16	Fish Nuggets Potato Supreme Casserole Stewed Tomatoes or Corn Carrot & Raisin Salad Pudding With Topping	17					
Italian Spaghetti Green Beans Buttered Corn Tossed Salad Fruited Pudding Garlic Toast	20	Chicken Fried Steak With Gravy Mashed Potatoes Harvard Beets Broccoli Cottage Cheese & Pineapple Chocolate Cake	21	Roast Turkey With Gravy Rice Pilaf Buttered Carrots Green Beans Cranberry Gelatin Salad Ice Cream	22	Liver or Beef Patty With Onions Scalloped Potatoes Normandy Vegetables Tossed Salad Peach Crisp	23	Fish Strips Baked Sliced Potatoes Seasoned Carrots Coleslaw Fruit Cobbler	24					
Steak Fingers With Gravy Blackeyed Peas Fried Okra Pickled Beets & Onions Peaches & Cookie	27	Pork Roast Baked Sweet Potatoes Apple Slices Buttered Spinach Cottage Cheese With Chopped Vegetables Lemon Ice Box Dessert	28											

In Loving Memory

MEMORIALS
December 20

DUB CURTSINGER

Hap & Mary Kay Hagar
Nancy Jesko
First National Bank
Ruth Hagar
Margaret Godwin
B.J. & Linda Gililland
Walter & Robbie Seed
Cecil Lady
Mr. & Mrs. Arthur Stoy
J. Wm. Witherspoon
Earline Schneider
Irwin Reeves
David, Carrol, Leroy & Doyle Busby
Shirley Brown
Marie Mount
Marjorie Morris
Norma J. Coleman
James & Evelyn Bozeman
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Sex difference most striking in emotional reactions

By HARRY F. ROSENTHAL
Associated Press Writer

WASHINGTON (AP)—The emotions that trigger a man to fight while a woman reacts with words, facial expressions and gestures are not merely learned behavior but have a physical basis as well, university researchers say.

"We have known that men and women behave differently in all sorts of ways and one of the differences most striking is in the way men and women deal with emotions," Ruben C. Gur, director of the brain behavior laboratory at the University of Pennsylvania, said in an interview.

Until now, he said, there has been little evidence directly linking those differences to brain function. His findings are that "there are several dimensions of brain function that correspond to some of those differences between men and women."

They show up in various ways.

"We have the situation depicted in sitcoms of a woman who wants to talk endlessly how she feels about things while the man is sitting there going through his newspaper, smoking his pipe, befuddled why anyone would want to talk so much about feelings," Gur said.

The neuropsychologist and his colleagues found that the brains of men and women are identical except

in the region that deals with emotional processing.

Sophisticated scanning techniques showed the part controlling action-oriented responses was more active in men. The part of the brain thought to control more-symbolic emotional responses was more active in women, the University of Pennsylvania scientists write in Friday's issue of the journal Science.

The sexes differ in cognitive abilities, which include memory and judgment.

Men tend to do better in tests in which they look at an object and try to imagine how it will look when rotated. Women do better at such abstract, mental dexterity tests as looking at different shapes, colors and sizes and sorting them according to a principle they have to guess at.

The differences also show in verbal memory, Gur said. "If you rattle off 15 items to get at the supermarket, women are more likely to remember the most. That's some of the wifely frustration when the husband comes back and has forgotten some of them. It may be endemic to his sex."

Gur, a neuropsychologist, set out to determine whether these differences are learned or physiological. The researchers tested 37 men and 24 women for brain activity in a machine

similar to a CT scan.

Radioactive glucose was administered as the subjects lay quietly in a dimly lit room. The scientists were able to measure activity as they followed consumption of sugar by the brain; the more sugar used, the brighter the image.

Men had higher activity in the limbic system, a part of the brain responsible for emotional processing that remains from the era in evolution when reptiles flourished. Reptiles have the same components, but no one would expect them to contemplate a situation before lashing out.

Women showed more activity in one of the newer and more-refined parts of this system, the cingulate gyrus.

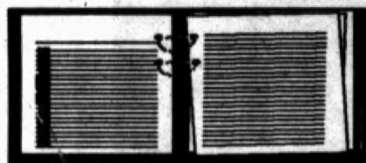
"The speculation is that the reason men are more inclined to express aggression instrumentally is because this is a part of the brain that is more active in men," he said. "Conversely, the part of the brain more active in women deals with more refined, symbolic means of emotional expression."

"There is evidence men and women differ in their ability to detect emotions on the face," Gur said. "Women have no problem detecting sadness in the faces of other women where men have substantial difficulties detecting sadness in the face of women."

WHAT YOU DON'T KNOW ABOUT ARTHRITIS CAN HURT YOU

- S**welling in one or more joints
- E**arly morning stiffness
- R**ecurring pain or tenderness in any joint
- I**nability to move a joint normally
- O**bvious redness and warmth in a joint
- U**nexplained weight loss, fever or weakness combined with joint pain
- S**ymptoms like these persisting for more than two weeks

If you have these warning signs, consult your family physician or rheumatologist, contact the Arthritis Foundation office nearest you, or call 1-800-283-7800.



February at HSC



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Stretch & Flex 10:00-10:45 Water Exercises Miracle Ear 10-3	2 Stretch & Flex 10-10:45 Oil Painting 9-11 Water Exercises	3 Stretch & Flex Water Exercises HSCA Board Meeting 12:00 Health Clinic 11-1	4 Games 12:00 - 4:00 Dance 7:30
5	6 Line Dance 9:00-11:00 Water Exercises	7 Stretch & Flex 10:00-10:45 Water Exercises	8 Stretch & Flex 10:-10:45 Water Exercises Ceramics 1:30 Alzheimer's Group 11:30	9 Stretch & Flex 10:-10:45 Oil Painting 9-11 Water Exercises Blood Pressure 9-12 Rape Program 1:15	10 Line Dance 9:00-11:00 Water Exercises	11 Games 12:00-4:00
12	13 Line Dance 9:00 - 11:00 Water Exercises Retired Teachers 11-2	14 Stretch & Flex 10:00-10:45 Water Exercises Narfe 1:00 Belton Hearing 1-3	15 Stretch & Flex 10:00-10:45 Water Exercises Ceramics 1:30 Cancer Board 11:30	16 Stretch & Flex 10-10:45 Oil Painting 9-11 Water Exercises Afternoon Movie 1:00 "A Man Called Peter"	17 Line Dance 9:00-11:00 Water Exercises Health Management Program 1:00	18 Games 12:00-4:00 Dinner Theater 7:00
19	20 Line Dance 9:00-11:00 Water Exercises Low Cholesterol & Sodium Program 1:00	21 Stretch & Flex 10:00-10:45 Water Exercises	22 Stretch & Flex 10:00-10:45 Water Exercises Ceramics 1:30	23 Stretch & Flex Oil Painting 9-11 Choir 1:00 Water Exercises Birthday Social 6:30	24 Line Dance 9:00-11:00 Water Exercises	25 Games 12:00-4:00
26	27 Line Dance 9:00-11:00 Water Exercises	28 Stretch & Flex 10:00-10:45 Water Exercises Belton Hearing 1-3				

Nutrition Notes

By CHARLOTTE R. CLARK
MS RD/LD

HIGH BLOOD PRESSURE

Most people are surprised to hear they have high blood pressure. They feel just fine. That's why high blood pressure is called the "Silent Killer," because it can wreak havoc on your health without your ever knowing high blood pressure was the culprit.

Take this simple TRUE/FALSE QUIZ:

1. Hypertension means a person is nervous and tense. T F
2. High blood pressure is more of a problem for blacks than whites. T F
3. You'll always know you have high blood pressure because of its many symptoms. T F
4. Children and teenagers never suffer from high blood pressure: Only older people have the problem. T F
5. There's no cure for high blood pressure, so you'll have to rely on exercise, diet, weight control and perhaps medication to lower it. T F
6. Untreated high blood pressure can cause kidney damage, heart attack and stroke.

High blood pressure is the leading cause of strokes and can damage the heart, kidneys, eyes, and arteries.

The good news is that high blood pressure is a very treatable problem. By losing excess weight, eating a healthy, low fat diet, sodium restriction diet, and getting a moderate amount of exercise, you can go a long way toward the goal of lower blood pressure and longer life. Medication may also be helpful. Remember not controlling your blood pressure can have deadly results.

Who gets high blood pressure? Certain people are more at risk of developing high blood pressure than others, but anyone can develop this dangerous condition. You're most likely to get it if you:

- *Have a family history of high blood pressure
- *Are older
- *Are black

- *Are overweight
- *Eat too much salt
- *Take birth control pills

Regardless of your age, be sure to have your blood pressure checked regularly. You might think that only older persons have high blood pressure. The fact is that many who are in their middle years, and many young people and children have high blood pressure too.

Some Blood Pressure Basics

1. Blood pressure means the push of blood against the walls of the arteries. High blood pressure happens when the blood pushes too hard on the vessels of the circulatory system.

2. A pair of numbers are used to describe how hard the heart is having to work. The first, and higher, number in your blood pressure reading is the Systolic Pressure. This is the amount of force recorded when your heart beats. The second is the Diastolic Pressure, or the force when your heart is at rest between beats. The second, or diastolic reading that most often gives cause for alarm. The higher it is, the harder your heart is working in general and the more likely are your chances for serious problems.

3. What is normal and what is too high?

*People under 18, blood pressure should be 120/80

*People 18-50 should be 140/85

*People over 50, blood pressure will naturally go up and should be checked often.

Regardless of what your blood pressure measures, one should talk

with your doctor about your individual situation. Even in "mild" causes you'll probably be able to control the blood pressure with a few simple changes to lifestyle.

What causes High Blood pressure?

The known causes usually is a combination of many factors. Excessive salt consumption, hardening of the arteries in which fatty deposits build up along the walls of the arteries, problems with kidneys, and other serious conditions.

Blacks in the United States have a much higher death rate from hypertension than whites. Some of the reasons include: a strong family history of the disease, diets that are high in salt and fat, and a higher rate of obesity.

High blood pressure during pregnancy can become a risk factor to both the mother and the child. Your doctor is an important factor in controls at this time.

High blood pressure can become a complication in treatment of diabetes.

Age and high blood pressure can become a health burden. As you grow older, your blood vessels naturally lose elasticity, making the heart work harder to move the blood through. Hardening of the arteries is common in the elderly, again compounding the problem of high blood pressure. Many elderly people also find it difficult to lose weight and go on an exercise program to reduce blood pressure. Because of this they often face a regime of medication to control the disease.

Lower Your Blood Pressure with

healthy Food

To some extent, you can lower your blood pressure by losing weight, exercising, and watching what you eat and drink. Medication can help, but there's a lot you can do on your own to improve your health.

Diet...

1. Lose weight...adopt a healthy diet and lose weight slowly.
2. Eat more fiber..High fiber foods have many benefits:
 - can help reduce high blood pressure and high cholesterol levels,
 - can reduce one's risk of some cancers,
 - can satisfy your hunger with foods like whole-grain bread, beans, and vegetables.
3. Cut down on salt consumption...
 - choose fresh fruits, vegetables, lean meat, and grains that are naturally lower in salt
 - avoid processed food and most fast foods
 - watch for hidden salts and take the salt shaker off your table.

4. Cut out the Bad Stuff:

- cut out alcohol
- avoid excessive caffeine
- reduce stress
- stop smoking

EXERCISE:

1. Helps lose weight and lower your blood pressure
2. Helps reduce hardening of arteries by reducing cholesterol levels
3. Conditions the heart muscle and lungs for better levels of wellness.


Check yourself for symptoms of High Blood Pressure.

Test your heart health:

- I have my blood pressure checked yearly.
 - I know what my current blood pressure is.
 - I eat a low-fat diet.
 - I exercise at least three times a week.
 - I don't smoke.
 - I avoid salty foods.
- The correct answers to the Quiz at the first of the article.
1.F 2.T 3.F 4.F 5.T 6.T

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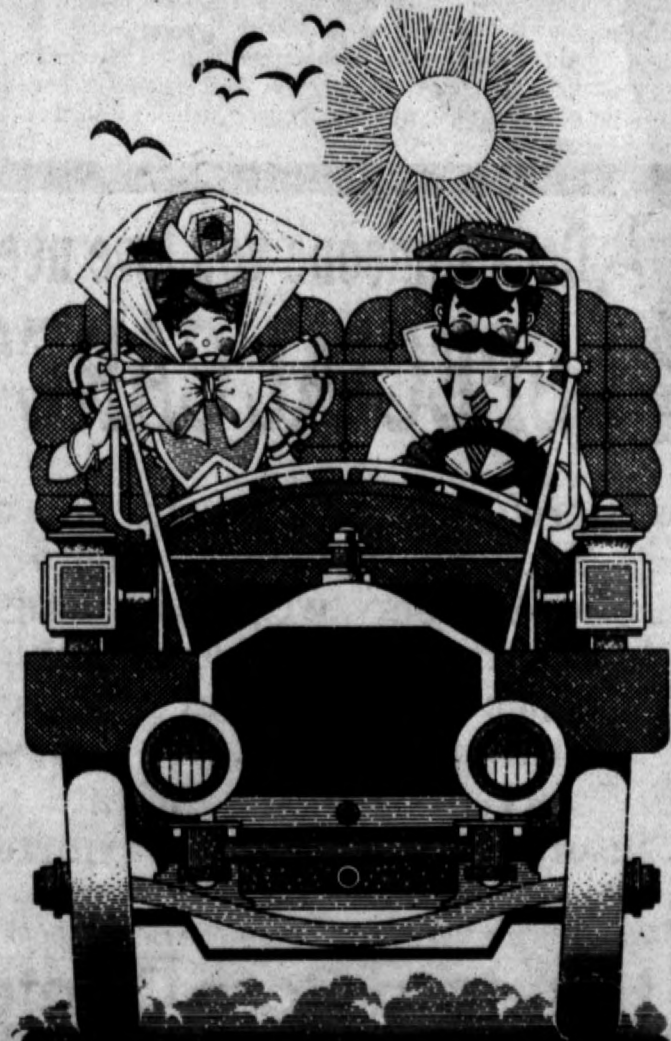
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3.  Cut down on stimulants
4. Invest in a quality mattress and foundation 
5. Don't smoke
6. Drink in moderation
7. Unwind in the evening
8. Don't go to bed too full or too hungry 
9. Develop a sleep ritual 
10. Make sleep a priority



CAPITOL COMMENT
U.S. SENATOR
KAY BAILEY HUTCHISON



Red tape traps unwary

Next time you catch a whiff of the wonderful smell of bread baking, ponder this: It may be the last time you have such an experience.

By next fall, when many communities must be in compliance with the Clean Air Act of 1990, this smell will be outlawed. According to the Environmental Protection Agency, it constitutes industrial air pollution.

Dolly Madison and Mrs. Baird environmental threats? Yes, according to the federal government, although no one in the neighborhood of the bakeries has complained. These businesses, along with other Texas commercial bakers, will be required to install \$5 million catalytic converters and maintain them at a cost of more than \$2 million per year in order to comply with federal regulations.

And who do you suppose ultimately will pay for deodorizing the smell of baking bread?

Meanwhile, in Southern California, the Occupational Health and Safety Administration (OSHA) fined a dry cleaning establishment \$250 for not posting a list of the number of its employees who had been injured on the job during the previous 12 months. But there had been no such injuries. This business was fined for not posting a blank sheet of paper.

Incredibly, although OSHA has nearly unlimited power to bully and enforce its paperwork (along with other, more nonsensical) requirements, a number of studies show that for all its busy-body activities, the agency has had no measurable impact whatsoever on the rate of workplace injuries. An impressive 70 percent of employees surveyed by the Small Business Survival Committee agreed that, "There are too many workplace regulations and government should mind its down business."

These are only two examples of where federal regulatory zeal and an absence of common sense have taken us. Over-regulation is exacting an enormous toll on our economy, destroying jobs, raising the costs of doing business and intruding into people's lives. And people don't like it.

Nongovernment studies estimate the cost to the American economy of compliance with all existing regulations could be as high as \$860 billion a year. Last year the Clinton administration published 67,927 new pages of notices, proposed rules and final regulations in the Federal Register. The administration completed 767 regulations during the last six months of 1994 and is pursuing 4,300 more for the coming year.

When the 104th Congress convenes this week, regulatory reform will be one of its primary items of business. Activist government, in the words of one small business owner, has become dangerously hyperactive.

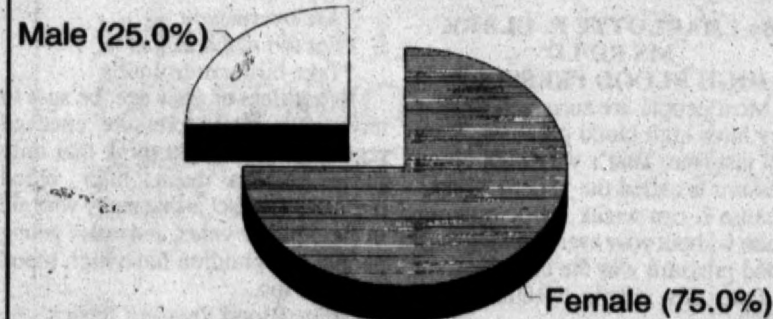
Last fall Americans voted for a smaller, less intrusive government. They, unlike the authors of bureaucratic excess in Washington, D.C., are acutely aware of the need to make government better by making it smaller.

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**Lack of understanding is a
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enables men to conquer the
world.**

—Anatole France

Nursing Home Residents Over Age 65 By Gender

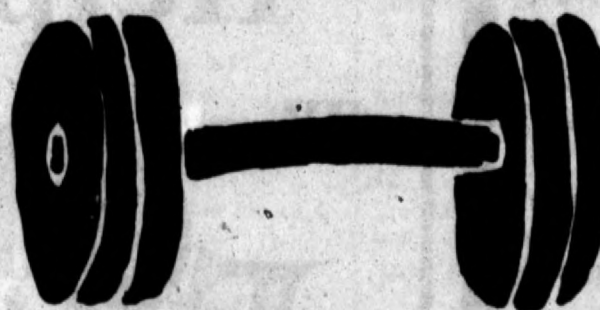


Three out of every four nursing home residents over age 65 are women.

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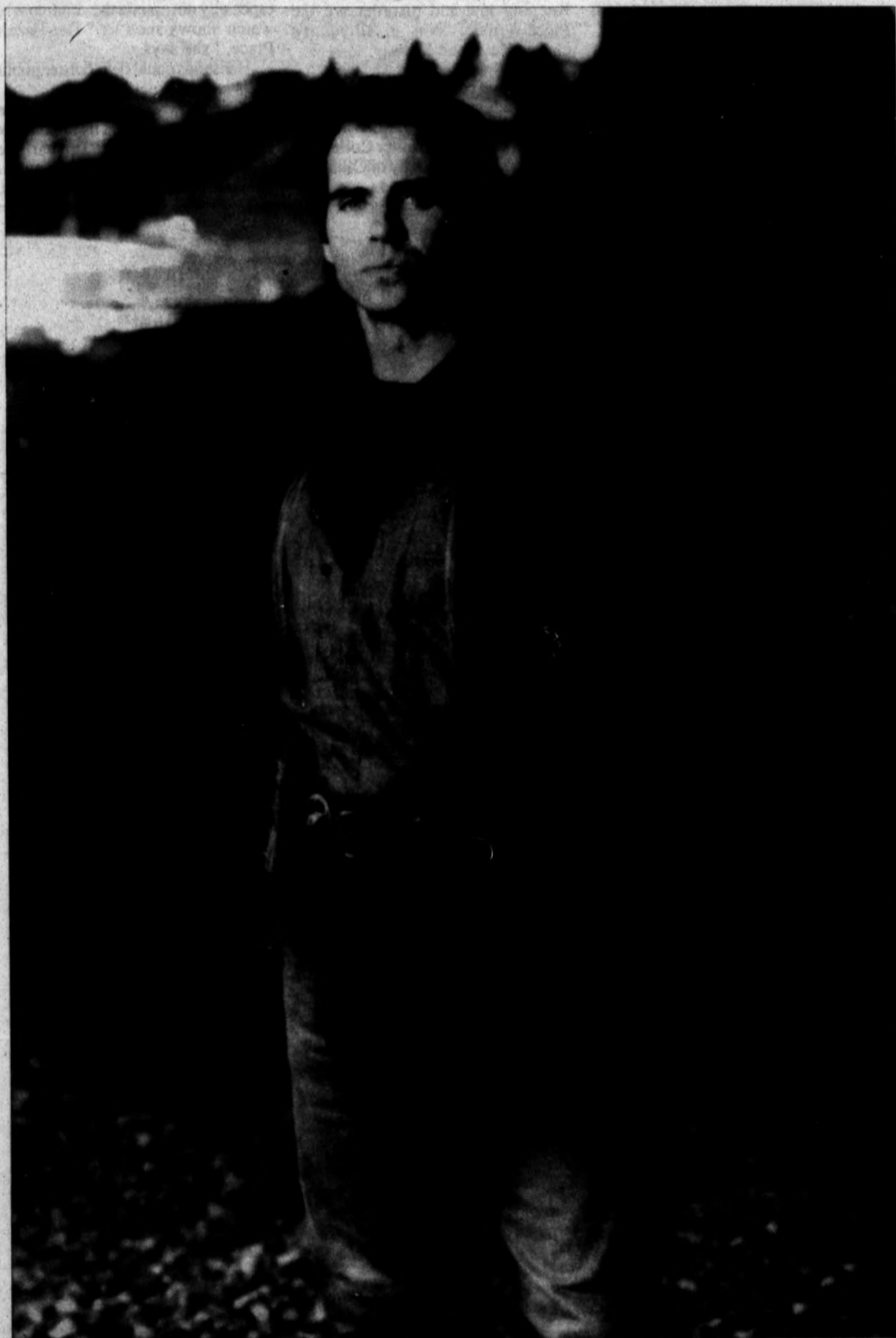
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Entertainment

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Fahey's *The Marshal* revels in the unexpected



Jeff Fahey stars as Deputy U.S. Marshal Winston MacBride, who specializes in tracking down fugitives for the U.S. government, in *The Marshal*, a new ABC drama. The program premieres Tuesday then settles into its regular Saturday time slot.

BY JOHN CROOK

Viewers can expect the unexpected, as Deputy U.S. Marshal Winston MacBride swings into action this week.

Jeff Fahey has the title role in *The Marshal*, a new ABC action drama that has a special series premiere on Tuesday, Jan. 31, before settling into its regular time slot on Saturday, Feb. 4.

The premiere episode guest stars Laura Johnson (*Falcon Crest*) as a former student radical sought, along with her old flame (William Russ of *Boy Meets World*), in connection with a 1970 political action that ended in murder.

Since MacBride's greatest strength lies in his insight into human nature, it doesn't take long for him to realize that her involvement in the killing may have been involuntary — which leads him to a surprising final decision.

This episode, which generated very favorable response during a screening for TV critics last summer, is dark, intense and complicated. But, Fahey says, TV audiences won't be put through an emotional wringer week after week, however.

"If you liked the pilot, I think you're going to really dig where we've taken the show," he says enthusiastically. "We have really opened it up a lot, there's a little more action, but the scripts are still very complex, very challenging and in your face."

"We've made it a little more accessible, too, so the audience can stay with it and not feel beaten up at the end. There's more humor now, and more layers to my character and the stories. So you're covering all these different areas of entertainment at the same time. It's almost as if you can get into the grit with the story without getting dirty, if you know what I mean."

Since MacBride's quarry will be dif-

ferent each week, the scripts will reveal different aspects of the marshal's character with each episode (Fahey is the only series regular). The Saturday episode is a case in point.

"(That's) a show called 'The Great Train Robbery,'" the actor explains, "and his motivation at the start of the show is that his daughter has a birthday coming up. So you hear him say to one of the people in the story, 'Hey, no problem. Piece of cake. I'll be home in two days for my daughter's birthday.'"

"But the two people he's tracking (a gun-toting exotic dancer and her naive male sidekick), what they're doing is so illogical that he can't catch them. It's against everything he's ever learned. So now, in the course of that, through his frustration he becomes more and more clumsy, bumping into little things and that leads to bits of physical comedy. The only way he can catch this pair is to go after them in an illogical way. It's hysterical, because he's going against everything he's learned," he laughs.

"Now, MacBride doesn't realize that at first, but the audience does, because they can see (the robbers). And when I think they're in Texas, they're in fact just right around the corner from the last place they robbed. So you, the audience, are ahead of me. Of course, in other shows you won't understand why I'm doing what I'm doing until it all falls together in the end and you go, 'Ahhh!'"

Fahey was reluctant to take on a TV series but was attracted by the complexity of the character. He says *The Marshal* will grab its audience from the very beginning.

"We jump right in and hit the deck running with these things, and take you with us," he says.

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11, 12 CBSAN & CBSAN

13 KOI FOX / AMAR LLO

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'Puzzle Place' PC addition to 'Sesame Street' neighborhood

By LYNN ELBER

AP Television Writer
LOS ANGELES (AP) - "The Puzzle Place" is in the Sesame Street neighborhood. But in this new weekday PBS series for children, the lessons are less ABC and more PC - politically correct.

Cultural diversity, tolerance and self-respect are what "The Puzzle Place" aims to teach children, says executive producer Cecily Truett. And she makes no apologies for the curriculum.

"We don't teach our children about their humanity," Truett says. "This show does that. That's its mission in life: to help children be good human beings in the 21st century in America, let alone the world."

It's the kind of education many youngsters are missing, she contends.

"Where are children getting messages to share their feelings, stand up for yourself? What do they say to somebody who excludes them because they're a different color?"

"Children have those conflicts every day. Where are children getting enough of those lessons?"

At the same time, she says, the show is "sweet and funny and charming. Children will love the color, the music, the animation and the real kids who talk about their own experiences."

The Corporation for Public Broadcasting believed enough in "The Puzzle Place" to give it the largest single program grant ever for a young children's series, \$4.5 million.

Another \$3.5 million was contributed by the Los Angeles-based utility, SCE Corp.

The series, airing weekdays at 8:30 a.m. ET and 2:30 p.m. ET (check local listings), is a co-production of public television station KCET in Los Angeles and Truett's Lancit Media Productions of New York.

Puppets are the heart of "The Puzzle Place," as with "Sesame Street," but viewers won't find a Cookie Monster clone.

The six puppet "stars" of the new PBS series are childlike and ethnically identifiable: Kiki Flores, a first-generation Mexican-American who hails from San Antonio, Texas;

Leon MacNeal, a young black who lives in New York; Skye Nakaiye, an Apache from an Arizona reservation; Ben Olafsen, a farmboy from Renner, S.D.; Jody Silver, a Jewish girl from Cincinnati and third-generation Chinese-American Julie Woo.

They represent the different pieces that make up society's big puzzle, hence the series' name.

There are personalities behind the rainbow of faces, Truett insists.

"The hallmark of the show is that the characters are individuals, first, as well as members of groups of which they are very proud. The purpose of the show is to get to know people and appreciate them for what they are."

Although ethnicity is important, other differences are explored as well, Truett says.

"People who live in a different region, who talk a different way. People who have a different level of physical ability," the producer says. "Human being lessons is what it is."

"The Puzzle Place" features real children, in film segments such as "kid-on-the-street" interviews, but

the emphasis is the puppets. Truett explains:

"Puppets have a three-dimensional quality that makes them lifelike, and an animated quality that makes them magical. There's a whimsy and humor that allows us to apply life lessons that are immediate and real without being graphic."

Children are immediately taken with the puppets, says Truett and puppeteer Noel MacNeal, who brings Leon to life.

"One little girl who visited the set referred to us as the puppet's parents," MacNeal says.

Also on hand are Nuzzle and Sizzle, a puppet dog and cat who comment on the action away from the kids but are mum around them. Keeping law and order are the Piece Police, akin to filmdom's classic Keystone Kops.

Experts in education and other fields serve as advisers, helping develop and review scripts. They include Sherryl Browne Graves of Hunter College in New York and University of California Professor Aimee Dorr.

Truett, along with co-producers Larry Lancit and Stephen Kulczycki, have been working for three years on the series, which so far numbers 40 episodes. Another 25 are in production.

"We're hoping that will be the beginning of a long-term presence on public television," Truett says.

The series comes at a crucial time for public television, which is facing vocal criticism of its federal funding. New House Speaker Newt Gingrich, R-Ga., has said he wants to "zero out" the funding.

Public broadcasting has come under siege before but has maintained bipartisan support, Truett says.

She urged legislators to recognize that public TV's viewers mirror America and are not an elitist few - especially not among the children who watch shows such as "The Puzzle Place," she says.

Her series could help bolster public TV's cause, Truett says.

"This show will articulate the vision of public television and its importance to children," she says. "Its heart and soul is a broadening of the public television vision of quality for kids."



VALENTINE PUZZLE

THIS LUCKY GIRL HAS RECEIVED SIX VALENTINE CARDS. CAN YOU FIND OUT WHO THEY ARE FROM BY UNSCRAMBLING THE BOYS' NAMES?

1 P T E N H S	2 L I M A L W I	3 R D E R B N A B
4 D M S E O	5 R E N E E T C	6 H T Y N N O A

ANSWER: 1. STEPHEN 2. WILLIAM 3. BERNARD 4. DESMOND 5. STERENCE 6. ANTHONY

What Happened in February?

February's is full of fascinating history. Below is a 28-day list of happenings:

February 1, 1709: Alexander Selkirk was rescued from an uninhabited island. He had lived in it for five years, and his adventure was the basis for the book, *Robinson Crusoe*.

February 2, 1863: A journalist, using a pseudonym (Mark Twain), sent a report to a Virginia newspaper.

February 3, 1876: Two brothers took their \$800 savings and opened a sporting goods company. Their last name was Spalding.

February 4, 1789: George Washington was elected president. It was unanimous - all 690 presidential electors voted for him.

February 5, 1971: Alan Shepherd Jr. and Edgar Mitchell landed on the moon.

February 6, 1955: Elvis Presley had his first live performance in Memphis, Tenn.

February 7, 1961: Jane Fonda made her television acting debut.

February 8, 1910: The Boy Scouts of America was incorporated.

February 9, 1876: The first sardines were canned at the Wolff & Reesin Cannery in Eastport, Maine.

February 10, 1863: The first fire extinguisher was patented by Alanson Crane.

February 11, 1927: King Tut's casket was opened.

February 12, 1872: The toothpick-making machine was invented.

February 13, 1933: Comic-strip characters Blondie and Dagwood were married.

February 14, 1929: The

Valentine's Day Massacre occurred.

February 15, 1879: President Rutherford Hayes signed a bill allowing women attorneys to argue cases before the U.S. Supreme Court.

February 16, 1937: Dr Wallace H. Carothers received a patent for his invention - nylon.

February 17, 1801: Thomas Jefferson was elected president.

February 18, 1885: *Adventures of Huckleberry Finn* was published.

February 19, 1878: Thomas Edison was granted a patent for the cylinder phonograph.

February 20, 1792: George Washington signed the "Postal Act."

February 21, 1858: The first burglar alarm was installed in the United States.

February 22, 1878: The F.W. Woolworth store opened in Utica, N.Y.

February 23, 1988: Michael Jackson began his first solo tour.

February 24, 1922: Bluebird was executed. He defrauded over 300 women and murdered 11 people.

February 25, 1836: Inventor Samuel Colt patented his revolver.

February 26, 1925: Joe Schaefer, the billiards champion, ran off 400 consecutive balls in 70 minutes.

February 27, 1890: Two boxers, Danny Neeham and Patsy Kerrigan, fought for over 6½ hours.

February 28, 1854: The Republican party was developed in Ripton, Wis.



Valentine's Day Tales, Trivia and Traditions

Valentine's Day is for everyone who loves romance. It is one of our oldest - and most fascinating - holidays. Share the facts below with your favorite sweetheart:

***That's amoré:** During the Middle Ages, Italians would spend Valentine's Day in gardens listening to romantic poetry and music.

***Romantic onions:** Believe it or not, onions once held a place in romance. German girls who wished to marry used to tie boys' names to onions, then plant them in a container on Valentine's Day.

The girls believed they'd marry the boy whose name was attached to the first

onion to sprout.

***Hand jive:** In the old days of France and England, a man would ask for a woman's hand in marriage by giving her gloves on Valentine's Day.

***Jail bird or love bird?:** The oldest known Valentine was written in 1415 by a Frenchman who was in prison after being captured by the British.

***Serious sentiments:** In 18th century Europe, people wrote Valentine messages on small cards called "visiting cards."

***Love letters:** With the exception of Christmas, Americans exchange more cards on Valentine's Day than any other time of year.

Did You Know?



VALENTINE'S DAY IS MORE THAN JUST CARDS AND FLOWERS FROM YOUR SWEETHEART ON FEBRUARY 14th. SOME SAY

THIS DAY WAS ORIGINALLY A CELEBRATION OF TWO THIRD-CENTURY ROMAN MARTYRS, BOTH NAMED ST. VALENTINE. OTHERS SAY THAT THE HOLIDAY IS DERIVED FROM THE ANCIENT ROMAN FEAST OF LUPERCALIA, FOR WHICH YOUNG ROMAN MEN AND WOMEN DREW PARTNERS FOR THE COMING YEAR BY LOTTERY.

TUESDAY

JANUARY 31

7 AM to 12 PM schedule grid including programs like Pooh, Care Bears, Sesame Street, and various movies.

TUESDAY

JANUARY 31

12:30 to 5:30 schedule grid including programs like Bear, Pooh, Quack, Fraggles, and various movies.

TUESDAY

JANUARY 31

6 PM to 11 PM schedule grid including programs like Rock-A-Doodle, News, MacNeil/Lehrer, and various movies.

Inspector Morse: The Silent World of Nicholus Quinn (1982) John Thaw, Phil Nice.

An Invasion of Privacy (1983) Valerie Harper, Tammy Grimes. A woman on a remote island is raped...

Jaws (1975) Roy Scheider, Robert Shaw. Steven Spielberg's box-office blockbuster...

Jeremiah Johnson (1972) Robert Redford, Will Geer. Indians and hostile elements make life difficult...

Johnny Firecloud (1979) Victor Mohica, Ralph Mesker. An American Indian Army veteran discovers his ex-girlfriend's father...

Key Largo (1948) Humphrey Bogart, Lauren Bacal. A disillusioned World War II veteran gets caught in the middle...

Kid (1991) C. Thomas Howell, Sarah Trigger. A shadowy lawman and a sexy woman complicate a young man's vendetta...

The Killing Mind (1991) Stephanie Zimbalist, Tony Bill. A policewoman's pursuit of a killer puts her life in jeopardy...

Killjoy (1981) Kim Basinger, Robert Culp. Members of a hospital's staff come under suspicion when a young woman is murdered...

The King and Four Queens (1956) Clark Gable, Eleanor Parker. A charming mercenary romances four women...

Knight Rider 2000 (1991) David Hasselhoff, Susan Norman. Michael Knight and KITT are reunited in the year 2000...

Lady in White (1988) Lukas Haas, Katherine Helmond. The appearance of a ghostly apparition provides a young boy with clues...

Leviathan (1989) Peter Weller, Richard Crenna. Deep-sea divers are transformed into monstrous amphibians...

Lionheart (1990) Jean-Claude Van Damme, Harrison Page. An AWOL legionnaire reluctantly participates in an underground fighting circuit...

The Little Colonel (1935) Shirley Temple, Lionel Barrymore. In the post-Civil War South, a darling child helps bring peace...

The Little Girl Who Lives Down the Lane (1976) Jodie Foster, Martin Sheen. Visitors seem to vanish if they threaten the privacy of a girl...

Local Hero (1983) Peter Riegert, Burt Lancaster. An oil-company executive encounters problems when he travels to a Scottish seacoast town...

Logan's Run (1976) Michael York, Jenny Agutter. A man in a city where people are not allowed to live past 30 flees...

Malibu Summer (1991) Peter Anthony Elliot, Rhett Sinclear. Four beach bunnies let out all the stops in an uninhibited quest for fun...

A Man Called Horse (1970) Richard Harris, Judith Anderson. An Englishman is captured by the Sioux Indians and treated brutally...

The Man Upstairs (1992) Katharine Hepburn, Ryan O'Neal. A thief's flight from jail leads him to the home of an irascible senior citizen...

Mara of the Wilderness (1965) Adam West, Linda Saunders. A forest ranger attempts to civilize a 19-year-old orphan...

Margaret Bourke White (1989) Farrah Fawcett, Frederic Forrest. A portrait of Margaret Bourke White, whose courage and determination served as a model to photojournalists worldwide...

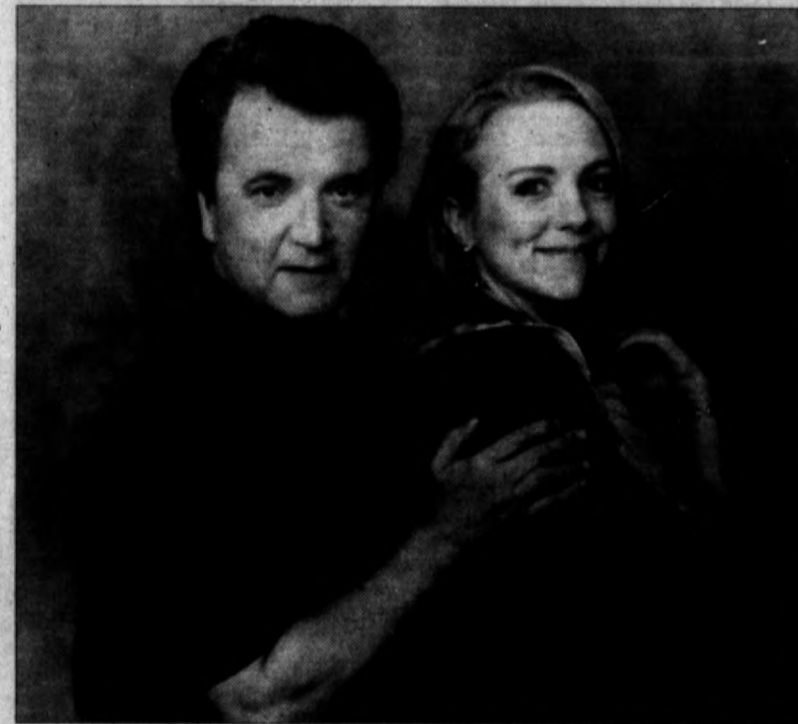
Matlock: The Witness Killings (1992) Andy Griffith, Steven Flynn. On a hometown visit, Ben Matlock is retained to defend a man charged with two homicides...

Merchant of Evil (1993) William Smith, James Plaff. A white slaver resorts to an explosive retaliation against Asian mobsters in Hong Kong...

Messenger of Death (1988) Charles Bronson, Trish Van Devere. A veteran newspaper reporter comes under fire while investigating the ritual slaying of a clan of Colorado Mormons...

Modern Problems (1981) Chevy Chase, Patti D'Arbanville. A harried air-traffic controller is endowed with telekinetic powers after being doused with nuclear waste...

TUESDAY



Dave Thomas plays Russell Norton, the local pharmacist, and Brett Butler stars as Grace Kelly, a divorced mother of three, in Grace Under Fire, Tuesdays on ABC.

THURSDAY

FEBRUARY 2

Table of TV programs for Thursday, February 2, 1995, from 7 AM to 12 PM. Shows include Pooh, Today, Literary, Gilligan, Good Morning America, News, and various movies.

THURSDAY

FEBRUARY 2

Table of TV programs for Thursday, February 2, 1995, from 12:30 PM to 5:30 PM. Shows include Movie: Bandit-Sherwood, Our Lives, Body Elec., Rush L., News, Bold & B., Hunter, Honors, Triv. Purs., and various movies.

THURSDAY

FEBRUARY 2

Table of TV programs for Thursday, February 2, 1995, from 6 PM to 11 PM. Shows include Movie: Adventures in Dinosaur City, News, MacNeil/Lehrer Newshour, News, Lifestyle, Love Con., Roseanne, Sportctr., and various movies.

FEBRUARY

Table of NBA games for February, including Seattle @ Orlando, Seattle @ Atlanta, Chicago @ Phoenix, and Golden State @ Minnesota.



Overkill: The Aileen Wuornos Story (1992) Jean Smart, Park Overall. Based on the true story of Aileen Wuornos, the United States' first convicted female serial killer. 2:00. (B) January 29 7pm.

Perry Mason: The Case of the Desperate Deception ** (1990) Raymond Burr, Marcy Walker. Mason defends a Marine accused of murdering the Nazi war criminal responsible for his mother's inhumane treatment at a forced labor camp. 2:00. (B) January 30 10:05pm.

Perry Mason: The Case of the Heartbroken Bride ** 1/2 (1992) Raymond Burr, Barbara Hale. Mason rises to the defense of a rock singer accused of murdering her groom's uncle. 2:00. (B) January 31 12am.

Pink Lightning ** 1/2 (1991) Sarah Buxton, Martha Byrne. Five longtime friends explore the bounds of their changing relationships in the week before one of them marries. 2:00. (B) January 30 3pm.

Poor Little Rich Girl *** (1936) Shirley Temple, Alice Faye. A wealthy runaway cons two vaudevillians into believing that she's an orphan. Colorized. 1:30. (B) January 29 6pm.

Predator 2 ** (1990) Danny Glover, Gary Busey. L.A.'s futuristic finest go to war against a chameleon-like alien using the city as its personal hunting ground. 2:00. (B) February 3 7pm.

Preparatoria L. Flores, Aaron Hernan. 2:00. (B) February 1 10:30pm.

Pretty Woman *** (1990) Richard Gere, Julia Roberts. A business executive attempts to transform a vulgar streetwalker into a sophisticated female companion. (In Stereo) (CC) 2:30. (B) January 30 7:30pm.

Promised a Miracle *** (1988) Judge Reinhold, Rosanna Arquette. Fact-based account of a couple who withheld insulin from their diabetic son, believing their faith would save him. 2:00. (B) February 1 12am.

Queen of Outer Space ** 1/2 (1958) Zsa Zsa Gabor, Eric Fleming. Astronauts attempt to thwart a plot to destroy Earth when they land on Venus and are captured by angry Amazons. 1:45. (B) January 29 2am.

Rich Men, Single Women ** 1/2 (1990) Suzanne Somers, Heather Locklear. Three glamorous and enterprising Californians join forces to land the millionaire-husbands of their dreams. 2:00. (B) January 29 3pm.

Rollerball *** (1975) James Caan, John Houseman. In a rigidly controlled society, the superstar of the number-one sport challenges authority by refusing to retire from the game. 2:00. (B) February 4 11pm.

Un Sébado Más (1986) Pedro Fernández, Tatiana. Dos adolescentes que corren las motocicletas se envuelven en un triángulo de amor. 2:00. (B) February 4 2pm.

Sam Cade ** (1972) Glenn Ford, Edgar Buchanan. Cade learns of a proposed contract killing by the syndicate and discovers that a wartime crony is planning to murder him. 2:00. (B) February 4 4pm.

Seance on a Wet Afternoon **** (1964) Kim Stanley, Richard Attenborough. A medium plots to kidnap an industrialist's daughter and return her under the pretense of supernatural guidance. 2:30. (B) February 1 2:30am.

The Secret Life of Kathy McCormick ** (1988) Barbara Eden, Josh Taylor. A grocery-store employee's successful masquerade as a member of high society is jeopardized when she falls in love with a handsome playboy. 2:00. (B) January 29 11am.

Serial ** 1/2 (1980) Martin Mull, Tuesday Weld. A happily married Marin County couple are spurred by their trendy neighbors into exploring alternative lifestyles. 2:00. (B) February 4 2:30am.

THURSDAY



Thursdays on NBC, George Clooney stars as Dr. Ross, a young pediatrician who works in the emergency room of a Chicago general hospital, in ER.



Saturdays on NBC, Cicely Tyson stars as Southern lawyer Carrie Grace Battle, the head of a maverick firm out to defend the underdog, in *Sweet Justice*.

Tyson recognized for the quality of her performances

By LYNN ELBER
AP Television Writer
 LOS ANGELES (AP) - Cicely Tyson seems to be among the few lucky actors who work steadily. Credit her passionate, indelible film and television portrayals for that perception. Because it's not, Tyson says, the ways things really are. "I want to tell you something," she says. "It was six years between 'The Heart is a Lonely Hunter' and 'Sounder.' And it was two years between 'Sounder' and 'The Autobiography of Miss Jane Pittman,' and an additional two years between 'Pittman' and 'A Woman Called Moses.'"

"I think what gives people that impression is the fact I fortunately have selected roles that have an impact - such an impact that it seems I'm there all the time." The powerful women she's played include Harriet Tubman in "A Woman Called Moses," Coretta Scott King in "King" and the fictional former slave Castalia in "Oldest Living Confederate Widow Tells All."

It's the performance as well as the role that counts, of course, and Tyson is often recognized for the quality of hers. She has received three Emmy Awards (including last year for "Confederate Widow") and was an Oscar nominee for "Sounder."

Now, thanks to the NBC series "Sweet Justice," audiences can enjoy Tyson on a regular basis.

Starring opposite Melissa Gilbert ("Little House on the Prairie"), Tyson plays Carrie Grace Battle, a civil rights crusader who heads a Southern law firm housing an unconventional band of attorneys.

It's Tyson's first TV series in 30 years, since she appeared in "East Side, West Side" in 1963-64.

"This one was written specifically for myself and Melissa," Tyson says. "We had done a movie the previous year ('House of Secrets') and the chemistry was so good they thought we would do well in a series together."

"We were both enthusiastic. She has a young child and wanted to find something that would keep her in Los Angeles for now. And I wanted a 9-to-5 job that would ensure me getting up and going to work every day and getting a paycheck at the end of the week."

Tyson and her character seem to share the same determined nature. "I would not have survived as long as I have in this business if I weren't," she says with a laugh.

How determined? She became an actress despite a strict church upbringing that kept her out of theaters as a child.

And Tyson pursued an acting career although her mother, who came from a musical family, envisioned her as a pianist.

"I remember the last concert I gave I played a piece entitled 'Poet and Peasant,' which is 15 pages long," she says. "And when I got up from that piano I said, 'I'm never going to do this again.'"

And she meant it. When Tyson was married to jazz great Miles Davis (they divorced before his death in 1991), she passed up the opportunity to play with the trumpeter.

"Which he objected to," she says. "But I said I'm never going to touch the piano again - and I didn't."

Unsurprisingly, the strong-willed Tyson is not daunted by the burden of a weekly series, which can demand 12-hour shooting days.

"I remember when I said to Bill Cosby I was going to do a series and he said 'Oh, what is it going to be?' I said it's an hour drama and he said, 'Oh, God, that's so much work.'"

"But I've never been one to shirk work," Tyson says.

Besides, Carrie Battle's character and the social issues the series addresses represent the most hopeful reasons Tyson became an actress: to help people understand her and the experience of black Americans.

She didn't discover the need to reach across a racial gap until later in life, Tyson says. Although she grew up in a New York ghetto, a sheltered childhood left her unaware of racist ignorance.

"I was stunned by it," she says. "I thought of myself as being very sophisticated, but I suddenly realized in between the East Coast and West Coast there were people who had no idea who I was and what I was and why I am."

"I made a very conscious decision because of that kind of exposure that I could not afford the luxury of just being an actress. I felt I had a few things I wanted to say, and I used my profession as my platform."

Not her only platform. In addition to work on behalf of abused women and children, Tyson is active with UNICEF and the NAACP.

"I don't see how one can live in this world and be aware of the kinds of suffering that are fostered on innocent children and not be involved in some way of trying to end it," Tyson says.

A solution could be easier than it appears, the actress suggests.

"If we just apply the golden rule, as simple as it may be," she says. "And that's what the problem is: It's so simple we believe it doesn't have any value. If we would just consider doing unto others as we would have them do unto us, I think three-fourths of the problems in the world among people would be nonexistent."

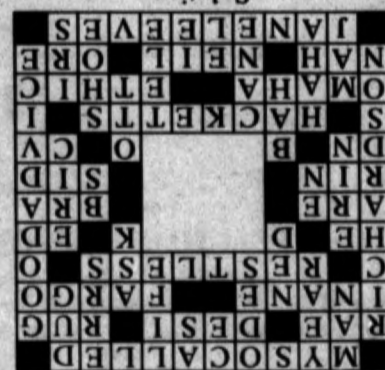
TV CROSSWORD



The identity of the featured performer is found within the answers in the puzzle. To take the TV Challenge, unscramble the letters noted with asterisks.

- ACROSS**
- With 6 Down, drama about a high-school girl (3 wds., 1 hyp. wd.)
 - Actress Charlotte
 - Half of a comedy pair
 - Head topper
 - Out of one's gourd
 - Singer Donna
 - Last word in a soap title
 - ___ & She; '67-'70 sitcom
 - Mr. Begley
 - ___ You With It?; 1948 Donald O'Connor film
 - Lingerie shop purchase
 - First name of a TV canine
 - ___ and Nancy; 1986 Gary Oldman movie
 - Niven's monogram
 - Number of children on *Home Improvement* times XXXV
 - Joe and Brian of *Wings*
 - Swoosie Kurtz's birthplace
 - Moral standard
 - Slangy refusal
 - Diamond
 - Bauxite or barite
 - Portrayer of Daphne on *Frasier* (2)
- DOWN**
- ___ of the People; 1991 James Garner sitcom
 - A ___ in the Life; Richard Kiley drama (1987-88)
 - Works by Keats
 - Initials for the star of *Dirty Harry*
 - ___ Summers Die; 1986 TV movie
 - See 1 Across
 - Goofs
 - Used a shovel
 - Jill's portrayer on *Home Improvement*
 - Sitcom for Shelley Long (2)
 - Sparks
 - Invite
 - Portrayer of Joanie on *Happy Days*
 - 1975 Patricia Neal TV movie
 - Suffix for soft and gold
 - Shields' monogram
 - "Phooey!"
 - Baseball's Mel
 - Laugh (2)
 - Prop for Chaplin
 - Prefix for vision or cast
 - Loafer
 - Jam up?
 - Taxing agcy.
 - ___ Diablo; 1990 TV movie
 - That is: abbr.

Angela Lansbury
 Solution



TRIVIA

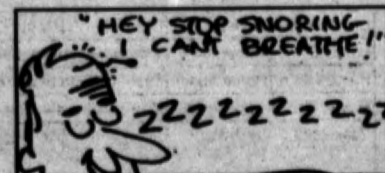
Elvis Presley and Buddy Holly both flunked their auditions for appearances on *Arthur Godfrey's Talent Scouts*.



The yo-yo is said to have originated in the Philippines and means "come-come."

TRIVIA

In real life, *Elliot Ness* disbanded his team of *Untouchables* after the Al Capone case, though two TV series have maintained otherwise.



The human brain makes up only about two percent of the total body weight, but it uses about 20 percent of the oxygen used by the entire body when at rest.

TRIVIA

In April, scientist Jane Goodall will receive the National Geographic Society's Hubbard Medal, its highest honor.

SOAP TALK

Fan wants Damian and Bell paired on Y&R

Dear Candace: I want the folks at *The Young and the Restless* to stop this foolishness with Christine (Laura Lee Bell) and Paul (Doug Davidson). Those two do not belong together. Christine belongs with Danny (Michael Damian). They were so in love and they are so good together.

Also, what is the deal with Victor and Hope? That whole relationship was so good, and now it is going to pot. What kind of man would not want a child of his own, just because it might be born blind? I think that is

disgusting. -Mary N. in Texas.

Dear Reader: Damian's fans were ecstatic when he returned from his role on Broadway to *Y&R*, but many, like you, are disappointed Danny and Christine are no longer together.

Dear Candace: Thanks for writing about Leslie Charleson and the problems of Monica, her cancer-suffering character on *General Hospital*.

I had breast cancer when I was 18 years old, but I got better. Then at age 69 it returned. Now I am 72 and I go to the doctor every 6 weeks for tests.

So far I am doing fine.

I thought it was interesting when Monica began counting her pills. I do the same thing. You have to make sure that you have enough to last.

Charleson is very good at portraying Monica. I watch *GH* whenever I can. -Frances Hancock, Bridgeton, N.J.

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



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