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**SUNDAY, FEBRUARY 28, 1993****The Hereford Brand****Hustlin' Hereford, home of Sharon Skaggs**

92nd Year, Vol. No. 168 Deaf Smith County, Texas

**42 Pages****50 Cents****Reminder of China**

A picture saved from her days as a nurse in the Methodist mission in Shanghai, China, is among the few souvenirs and mementos Hester West Moore was able to hang onto through her years of captivity in the Philippines during World War II.

**Former Methodist medical missionary****Moore recalls escape from Philippines 48 years ago**By **GEORGIA TYLER**  
Staff Writer

With a clarity of memory that belies her 85 years, Hester West Moore can describe in detail her escape from the Philippines 48 years ago, after being held by the Japanese for more than three years.

The "anniversary" of her freedom was last Tuesday. American paratroopers dropped into the compound where more than 1,200 prisoners were held on Feb. 23, 1945.

Mrs. Moore was a Methodist medical missionary in China from 1932 until 1937, arriving in the U.S. on home leave the day the Japanese invaded China.

Since the United States and Japan were not at war, she was allowed to return to Shanghai. But, when relations between the U.S. and Japan deteriorated 2 1/2 years later, she left

China and went to the Philippines. Missionaries were called together and given four choices, she recalled.

"We could go home, go to some other place in China, go to another country or stay where we were," Mrs. Moore explained.

"Our concern in Shanghai was for our Chinese friends," she continued. "We didn't want them to suffer because of us."

Then, too, another post in China would present other problems.

"I had learned to communicate in two Chinese dialects and didn't think I could learn a third," said Mrs. Moore with a twinkle in her eye and a sly smile on her lips.

Her decision was to continue her missionary work as a nurse in another country. She went to the Philippines.

Mrs. Moore was working in the Mary Johnston Hospital in Manila

when she learned of the Japanese attack on Pearl Harbor on Dec. 7, 1941.

"We were on the other side of the international dateline, so it was Dec. 8 to us," she said.

She has vivid memories of seeing bombs fall on Manila Bay and Corregidor, easily visible from the hospital. Then, bombs fell on Clark Field, a major U.S. military installation.

"We realized after Clark Field that we were surrounded," said Mrs. Moore. Methodist leaders in Manila told their people that they "would wait for the Japanese, not resist, until the Japanese came for them."

And, come they did, in just a few days.

The hospital personnel were rounded up and taken to nearby University of Santa Tomas, the first Christian university founded in the Philippines, she said.

"The Japanese came for us and we walked the three blocks to the university, seven days after Pearl Harbor," Mrs. Moore continued. "We only stayed at Santa Tomas seven days when they sent us back to the hospital."

There were no dormitory or sanitary accommodations at the university, causing considerable hardship.

Conditions were only somewhat better at the hospital, added Mrs. Moore. "I was doing manual labor -- in the laundry, mending clothing, whatever needed to be done," she said. There was little food and medical supplies were almost nonexistent.

She and her co-workers at Mary Johnston Hospital in Manila were held under house arrest for three years.

"Somewhere in Manila -- we didn't know where and I don't to this (See MOORE, Page 2A)

**Weather**

The weather forecast for the Hereford area called for a chance of light rain or freezing rain Saturday night. Low in the upper 20s. Chance of precipitation is 50 percent. Sunday, periods of rain or freezing rain. High around 40. Southeast wind 15 to 20 mph.

**Blast kills 5, injures 650 in trade center**

NEW YORK (AP) - An apparent bomb explosion that rocked the World Trade Center left the city shaken as it assessed the toll: at least five dead, 650 injured and new fears of terrorist attacks.

"If indeed this is a terrorist attack ... then no one is safe in any city," Mayor David Dinkins said from Osaka, Japan.

The explosion in an underground parking garage turned Friday's lunch hour in the twin 110-story towers into a terrifying test of survival.

About 200 kindergartners and

elementary school children were stranded for hours on an observation deck 107 stories high. A pregnant woman was plucked off the roof by a helicopter. Other people were trapped in elevators, or in rubble in the garage and a train station beneath it.

Officials were reluctant late Friday to confirm a bomb was the cause. But Gov. Mario Cuomo, in a telephone interview on CNN, said it had "been established that it was a bomb placed on the floor of the parking garage."

James Fox, the FBI chief in New York, told The New York Times that an examination of the wreckage led experts to believe a car bomb was responsible.

A terrorist task force of federal and city investigators believed that a car bomb caused the blast, James Fox, an assistant director of the FBI who heads its New York office, told The New York Times. He said no bomb fragments had been found.

After the blast, authorities received at least nine telephone calls claiming responsibility, said Jack Killorin, spokesman for the Bureau of Alcohol, Tobacco and Firearms in Washington.

Asked whether a bomb was used, he said, "There was nothing that we saw that would rule out a bombing." He also wouldn't rule out an accidental blast.

Gov. Mario Cuomo, in a telephone interview on the "Larry King Live" television show, said, "The information I have is that it's a bomb."

Jack Killorin, spokesman for the Bureau of Alcohol, Tobacco and Firearms, said authorities received nine telephone calls claiming responsibility for the bombing - all after the fact.

Cuomo and other officials planned to hold a news conference this morning after inspecting the damage.

While the explosion's source remained in some doubt, its impact was swift and certain.

The blast created a 200-by-100-foot crater in the garage below a hotel. It demolished parked cars - including a fleet of Secret Service vehicles - tossed beams and concrete debris into a commuter train station and jolted both towers, a virtual small city of some 130,000 people.

"It felt like an airplane hit the building," said 34-year-old broker Bruce Pomper.

Electricity and heat were cut off to the entire complex.

Some broke windows to get air. Others remained stranded for hours in elevators, frozen between floors when the power went out.

One emergency volunteer, Regan Kelly, said he helped revive about nine people who were trapped in an elevator on the 44th floor for more than two hours.

"They looked like corpses when we got to them," he said. "I don't think they could have lasted much longer."

Hundreds poured out of the towers into the streets of lower Manhattan, gasping, their faces black with soot, after groping their way from as high as the 105th floor.

Many hugged each other with joy at having made it out. A businessman in an expensive suit sat on the sidewalk, sobbing in relief.

**County spelling bee set this week**

The 1993 Deaf Smith County Spelling Bee is scheduled Thursday and Friday, and the county champion will advance to the Region Bee at West Texas State University April 17.

The Junior Bee will be held Thursday, beginning at 3 p.m., in the Heritage Room at Deaf Smith County Library. The junior competition is for fourth and fifth graders who qualified at school contests.

The Senior Bee on Friday also starts at 3 p.m. in the library and it will determine the champion. The seniors will be those who qualified from the sixth through eighth grades, along with the junior champion.

Each school has its own elimination process to determine entrants for the county bee, according to county bee director Speedy Nieman. Most of those had been determined this week.

Local awards will be given to the winner and runnerup in each division. The region winner will advance to the National Bee in Washington, D.C. The regional competition is sponsored by The Amarillo Globe-News and WTSU.

**Dallam-Hartley proposed merger faces question of pride, survival**By **JEAN PAGEL**

Associated Press Writer

DALHART, Texas (AP) - Two counties are one too many for some dire domino effect if the 18 county employees in Channing were forced to work 35 miles north in Dalhart.

They said the highway department barn could close next, then the post office, then - and worst - the school.

Those defending the status quo used arguments varying from the religious "Do unto others" theme, to doubts that two counties could operate as cheaply as one.

The move to merge isn't new - former Mayor J. Eddie Jones, 80, says he first heard talk about consolidation in 1937. Jones is chairman of a group that has collected more than 50 signatures on petitions in the two counties asking the two commissioners courts to put the matter to vote May 1.

If voters in both counties approve the merger, Jones said, the Legislature could then erase the Dallam-Hartley line and Texas would have just 253 counties.

The proposal has strong support because many residents think government is flabby at all levels, he said.

"This is a fundamental exercise in democracy," said David Ellis, the Bryan consultant whose study concluded a \$350,000 annual savings if the counties were merged. "The people ought to be commended for

opponents, turned out for the emotional gathering at the Rita Blanca Coliseum.

Speaker after speaker predicted a dire domino effect if the 18 county employees in Channing were forced to work 35 miles north in Dalhart.

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"This is a fundamental exercise in democracy," said David Ellis, the Bryan consultant whose study concluded a \$350,000 annual savings if the counties were merged. "The people ought to be commended for

looking at a hard question in a hard way."

Ellis says the only people to lose their jobs would be duplicated elected officials, like one sheriff and four county commissioners.

"They say, 'You're gobbling up our county,'" Jones quoted the merger opponents in Hartley. "It's not your county, it's the taxpayers' county. You're not guaranteed a lifetime office."

But some people, including Hartley County Judge Shane Rieken, question whether a merger is constitutional.

Austin attorney David Brooks, who has written books on Texas county government, said the Legislature has the authority to establish counties and move county lines. But Brooks said he did not think the Legislature could abolish or consolidate.

Such a merger has never happened in Texas, Brooks said.

In fact, Texas in 1934 rejected by a 248,000-to-82,000 vote a proposal to allow county consolidation, he said.

But the debate in Dalhart - better known for feedlots, corn fields and the giant XIT Ranch - remains heated.

"If you want to throw rocks, throw them. I don't care," said Dalhart Mayor Gene Rahll. "I resent those who say we have ulterior motives. We're just giving you something to look at. Don't bite us for that."

FEB 28 1993



## Income tax returns: fifth in a series Everyone files one of three versions of the 1040 form

WASHINGTON (AP) - There are more than 75 different federal tax forms, but everybody who has to file must pick one of three: the long Form 1040, the shorter 1040A or the almost-easy 1040EZ.

If you itemize deductions or have taxable income of \$50,000 or more, you must use the more complicated 1040. But any tax adviser will tell you to use 1040, regardless of the complexity, if you have enough deductions.

Here are the rules, assuming you don't itemize:

- FORM 1040EZ. You must be single, under 65, not blind, and claim no dependents or tax credits. Your 1992 income - after subtracting your personal exemption and standard deduction - must have been less than \$50,000. You may have had up to \$400 of taxable interest, but the rest of your income had to be from wages, tips and taxable scholarships.

If no one else can claim you as a dependent - you must indicate yes or no on 1040EZ - write \$5,900 on Line 4 as the total of your exemption and standard deduction. This is subtracted from total income to determine how much is taxable.

Can you be claimed by a parent or someone else? Then you lose your personal exemption. The back of 1040EZ has a worksheet on which you calculate the figure for Line 4.

### Feds collecting few S&L fines

WASHINGTON (AP) - The government is only recovering a small portion of big fines imposed against savings and loan defendants, according to Justice Department documents reviewed by The Associated Press and a congressional study.

The Justice Department files show that 109 S&L defendants who received shorter prison terms in exchange for guilty pleas and costlier fines had paid a minuscule 0.43 percent, \$577,540 of \$133.8 million of judgments assessed against them.

Overall, the government has recovered just 4.5 percent of the \$846.7 million in fines and restitution orders assessed in the 2,603 S&L criminal cases from October 1988 through the end of 1992, according to the General Accounting Office, the investigative agency of Congress.

"It's a sad day when your strategy to get this money back depends on collecting insurance settlements or winning the lottery," said Robert Litan, a senior fellow at the Brookings Institution who serves on a congressional panel studying the S&L crisis. "It's just not realistic."

Federal prosecutors acknowledged that they often knew the defendants could not pay large monetary penalties reached in plea bargains without hitting the lottery or coming into some other windfall.

Paul Revere, an early American hero, made bells in his foundry, starting at the age of 57.

There is one new restriction this year: You may not use 1040EZ if you had more than one employer and your total wages exceeded \$55,500 in 1992.

- FORM 1040A. This form works for any filing status - single, joint return, married filing separately or head of household - so long as taxable income was under \$50,000. Income is restricted to wages, tips, scholarships, interest, dividends, unemployment compensation, pensions, Social Security benefits and payouts from an Individual Retirement Account.

You may use 1040A and still write off qualifying contributions you made to an IRA last year, or claim the earned-income credit or child-care credit. But you may not use 1040A if you claim an adjustment for alimony paid or for self-employment health insurance premiums.

- FORM 1040. Any type of income that may not be reported on 1040A will require the filing of the long Form 1040. This includes capital gains, whether from the sale of investments or your principal home; dividends; barter income; earnings from self-employment; taxable state and local income tax refunds; prizes, and farm income.

Form 1040EZ is self-contained - there are no schedules or supplemental forms to file.

You have a choice of four schedules if you file 1040A: Schedule 1 for interest or dividends; Schedule 2 for the child-care credit or employer-paid dependent care; Schedule 3 for the credit for the elderly or disabled, and Schedule EIC for the earned-income credit.

There are dozens of forms and schedules associated with Form 1040. Among them:

- Schedule A, itemized deductions.
- Schedule B, dividends and taxable interest.
- Schedule C, profit or loss from a business in which you are the sole proprietor.
- Schedule C-EZ, (a shorter Schedule C), for gross business profits of \$25,000 or less, expenses

of \$2,000 or less, no inventory and no employees.

- Schedule D, capital gains and losses.

- Schedule E, profits and losses from rentals, royalties and partnerships.

- Schedule EIC, earned-income credit.

- Schedule F, farm income and expenses.

- Schedule SE, for calculating the self-employment tax for Social Security and Medicare owed by anyone with a profit of at least \$400 from self-employment.

- Schedule R, credit for the elderly or disabled.

- Form 1040X, if you have to correct your return after you file.

- Form 2106, employee business expenses.

- Form 2119, reporting the sale of your principal home.

- Form 2441, claiming the dependent-care credit or employer-paid child care.

- Form 3903, claiming a deduction for job-related moving expenses.

- Form 4684, deductions for losses caused by theft or fire and other casualties.

- Form 4868, to get an automatic four-month extension of filing time.

- Form 4952, for determining the deduction allowed for interest paid on money borrowed to make investments.

- Form 8615, for computing the "kiddie tax" - the tax liability of a child under age 14 who had investment income over \$1,200 last year.



### Shirley sixth-grade spellers

Winners of the sixth grade spelling bee at Shirley Intermediate School are, from left, Kitt Wimberley, Michael Cantu and Veronica. They will compete in the annual Deaf Smith County Spelling Bee this week. The Senior Bee, for children in grades six through eight, will be held on Friday in the Heritage Room of the Deaf Smith County Library. The county bee winner will then go on to the Regional Bee, to be held April 17 at West Texas State University.

LOS ANGELES (AP) - The keepers of the Hollywood Walk of Fame saw stars when Dick Van Dyke's name was unveiled before a crowd of more than 500.

The star read: VANDYKE. After a nervous laugh Thursday, Honorary Mayor Johnny Grant handed the 67-year-old actor a pen and Van Dyke drew a line between Van and Dyke.

"It will be fixed right away," said Ana Martinez-Holler, a spokeswoman for the Hollywood Chamber of Commerce.

The dedication drew Carl Reiner, Morrie Amsterdam and Van Dyke's brother, actor Jerry Van Dyke. All appeared on "The Dick Van Dyke Show."

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# SEX... Now that we have your attention, let's talk about chastity

**EDITOR'S NOTE** - Sex is no doubt here to stay, but chastity and virginity are becoming increasingly in vogue. Largely as a result of the AIDS scare, more and more women are just saying no. But some studies suggest that their numbers are not as great as might be expected, considering the hazard of sexually transmitted disease.

By **DANA KENNEDY**  
Associated Press Writer  
Ten or 15 years ago this full-page ad in the Wichita (Kan.) Eagle may have seemed ludicrous:

"IN DEFENSE OF A LITTLE VIRGINITY," read the banner headline over a lengthy plea for abstinence among teen-agers.

Not surprisingly, the ad last October was paid for by the Kansas Family Research Institute, a conservative think tank in America's heartland.

But just two months later, another plea for teaching kids abstinence appeared in The New York Times. This time it was in the form of an article written by a contributing editor at Rolling Stone magazine.

Under the headline "Sex is for Adults," Ellen Hopkins, 35, wrote, "I once thought I'd tell my young son that anything goes - so long as he used condoms. Now I'm not so sure. Not only do I want my son to live, I don't want him to miss out on longing - longing for what he isn't yet ready to have."

As the AIDS plague spreads across the American landscape, there are signs that more and more teen-agers and adults are choosing a new kind of chastity.

That's not to say sex is on the way out. But in an era where a magazine like *Going Bonkers* features a cover story titled "The Joy of No Sex," experts say abstinence, or at least caution, is no longer looked at as solely the province of priests, nuns and spinsters.

More than 500,000 people responded to a booklet offered by the Kansas Family Research Institute in its newspaper ad, said executive director David Payne.

"I think it's just pretty good common sense," Payne says. "I grew up in an era of sexual revolution. But the reasonable person can evaluate the whole gamut of health risks involved in a promiscuous lifestyle."

## APPAC chair notes need for unity in sex education

AUSTIN--"Texas has one of the highest teenage pregnancy rates in the nation. If we are to win the uphill battle to reverse those rates, parents, educators, clergy and civic leaders must work together to teach our children the information and values they need to make the right decisions about sexual activity," Texas Adolescent Pregnancy and Parenthood Advisory Council (APPAC) co-chairman Larry Shaw said this week.

Shaw made the statement following the release of the annual APPAC report to the 73rd Texas Legislature. The 16-member APPAC board was created by the 70th Legislature to find ways to educate

It's just not worth the risk."

In the decade since AIDS has transmogrified from a fringe gay epidemic into a potential heterosexual plague, the nation's sexual attitudes have slowly shifted in response.

Family and sex therapists around the country report a growing number of men and women are choosing to remain celibate in between serious relationships rather than engage in recreational sex.

"We used to think the most intense sex was between two strangers," says Dr. David Schnarch, a New Orleans marriage and sex therapist.

"Remember when Erica Jong published 'Fear of Flying'?" That was the epitome of '60s sex. Now people see good sex as a function of personal development instead of technique. The novelty of sex with a stranger wears off quickly."

Even virginity, that relic from the days when Lucy and Ricky and Laura and Rob slept in twin beds on television, is being dusted off.

A program in health classes in the Atlanta public schools promoting abstinence among teen-agers appears to be paying off, despite all odds. Popular upperclassmen counsel eighth-graders, telling them sex is best left to grown-ups.

"What makes children realize the dangers of having sex is not just listening to the news," says Myrtice M. Taylor, associate superintendent for instructional services in Atlanta. "Human nature is thinking it won't happen to me. Students listen more to their peers than adults."

By the end of the eighth grade, girls who weren't in the program were at least 15 times more likely to have begun having sex than those who were in the program, Taylor says.

David Dismore, 46, a video activist for feminist groups in Los Angeles, says, "I'm still a virgin and it's still a wonderful thing to be." Sex, he says, "is only special when you share it in a loving committed relationship."

Dismore has been a member of the National Chastity Association, a group which at one time claimed at least 400 members.

A recent study culled from data gathered by the U.S. Department of Health and Human Services indicated that about 31 percent of unmarried

children about the dangers of teenage pregnancy.

"While APPAC does not endorse a particular curriculum, we do believe each community should develop age-appropriate programs which reflect the local values and needs," said Shaw.

"In recent months, a small cadre of critics have waged a campaign of lies and distortions to convince Texans that APPAC backs the teachings of deviant lifestyles and mandatory sex education programs without parental approval. The APPAC report proves those claims are false," Shaw stated.

women in a survey of 8,450 women have made one or more changes in their sexual behavior since hearing of AIDS.

Sixteen percent of the unmarried women reported reducing their number of sexual partners to one; 6 percent said they had stopped having intercourse entirely; 9 percent reduced their frequency of intercourse and 12 percent stopped having intercourse with men they did not know well.

But there are still a lot of sexually promiscuous people out there.

The percentage of sexually active teen-age girls who have had just one sexual partner has dropped by more than a third since 1971, while the figure for those having four or more partners has doubled, according to a new study released in December by the Alan Guttmacher Institute, a non-profit research group concerned with reproductive health.

The Centers for Disease Control and Prevention in Atlanta reported in late January that people involved in one AIDS risk study cut down on one-night stands and multiple sex partners after some celebrities announced they had the AIDS virus.

The CDC questioned 283 people at a clinic for sexually transmitted diseases in Montgomery County, Md., from July 29, 1991, through Feb. 14, 1992. The agency asked how often in the last three months each person had a one-time sexual encounter or had three or more sexual partners.

On Nov. 7, 1991, Magic Johnson, who played professional basketball with the Los Angeles Lakers, announced that he had HIV, the virus that causes AIDS. That happened to be the midpoint of the study.

Of the 185 people surveyed before Johnson's announcement, 31 percent reported having one-night stands in the previous three months and 32 percent reported three or more sexual partners, the CDC said.

After the announcement, 20 percent of the 97 people surveyed reported one-night stands and 21

percent reported three or more partners, the CDC said.

Experts say that people now have more choices about when, if and how they have sex.

Syndicated advice columnist Ann Landers reported in 1990 that a letter she printed from a couple in their late 50s who happily did without sex prompted 35,000 letters in response.

More than 65 percent of the couples older than 60 who wrote, and 75 percent of the couples over 70, said they had little or no sex and didn't miss it.

Experts said the fallout from AIDS has accompanied the aftershocks of the sexual revolution.

Fifteen years after the "Summer of Love," talk about keeping your virginity longer or choosing periods of celibacy are not just becoming more common. They're becoming more cool.

The cult rock singer, Morrissey, is almost as well-known for his brooding ballads as his decision to abstain from sex. In interviews, Morrissey usually refers to sex as if it were as exciting as a root canal.

Celebrities such as Kirk Cameron, Chelsea Noble, both of TV's "Growing Pains," Los Angeles Dodger pitcher Orel Hershiser, professional basketball star Kevin Johnson and Seattle Seahawks wide receiver Steve Largent all participated in a video called "Sex, Lies and the Truth," urging kids to abstain from sex.

Masturbation, like condoms, is enjoying such a revival that researchers at the Masters & Johnson Institute in St. Louis have given it a new, '90s name: "self-stimulation."

Some of the impetus for the new name came from the growing number of single people coming to Masters & Johnson who are opting for celibacy, says Bill Young, director of the Institute.

"Some people get freaked out over the big M word, masturbation,"

Young says. "So we now call it self-stimulation for perception's sake."

A much-discussed recent episode of NBC's "Seinfeld" revolved entirely around masturbation. Though the word was never used on the air, the plot involved a bet made among the four main characters about who could go the longest - not without having sex, without masturbating.

When Seinfeld and his pals checked in with each other, they would ask one another if they had remained "master of your domain."

Doctors, therapists and sociologists claim it's too easy to point to AIDS as the only reason people are curtailing their sex lives or teen-agers are choosing abstinence.

Many say that AIDS has given people a chance to rethink their choices in life. Some of the changes forced on society by AIDS - less promiscuity, for example - are beginning to be viewed as sensible, even desirable.

They also say that the post-feminist age has caused a sea change between the sexes. Women, for whom marrying well was once considered a major career move, no longer look at men as meal tickets.

"Don't forget that old line about women being told to marry a doctor," Young says. "Now they're being told to be a doctor and marry whoever the hell they want. People are finally

looking at what they want out of their lives instead of going into a relationship based on economic or emotional dependence."

Being a little pickier may also mean going without for awhile.

"There are many people choosing celibacy," says Dr. Schnarch, the New Orleans therapist and author of "Constructing the Sexual Crucible." "When you're celibate, it doesn't mean you're asexual. It means you find out what you think of yourself."

But Schnarch says there may be a silver lining to self-denial.

"AIDS is pushing people to grow in a way that allows them to have the sex everyone thinks they should have but few do."

Deborah, 42, a film director in California, said she was fairly promiscuous in the 1970s and early 1980s before becoming disillusioned.

Since then, she has chosen to remain celibate between serious relationships.

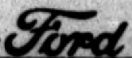
"You'd see someone you liked, get sexual with them right away and then it would never work," says Deborah, who asked that her last name and city not be identified.

"Sexually transmitted diseases gave women a way to say no that we didn't have before. Men pushed so hard that it was hard to say no. I've had so many women friends say this gives me a legitimate excuse to say, 'No, I'm not ready to be sexual.'"

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# SPORTS

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### Boys

Player	Games	Reb.	Asst.	R'cov*	TOs	FGM-FGA	FTM-FTA	Points	Avg.
Richard Sanderson	27	101	99	73	137	138-344	52-99	349	12.9
Kyle Hansen	27	122	35	77	63	90-242	42-70	252	9.3
Eric Sims	23	174	12	68	42	88-176	29-57	205	8.9
Tim Burkhalter	28	131	11	16	37	64-156	22-62	159	5.7
Jason Tatarevich	23	45	28	36	55	32-93	13-21	94	4.1
Aaron Walker	21	78	34	28	60	33-86	13-23	81	3.9
Michael Melendrez	28	85	14	22	34	26-62	23-40	79	2.8
Corey Scott	23	45	15	20	44	24-67	6-14	64	2.8
Elijah Walker	18	18	11	11	38	14-28	1-4	32	1.8
Others	--	24	6	13	14	13-34	6-20	30	--
<b>Total</b>	<b>28</b>	<b>855</b>	<b>263</b>	<b>339</b>	<b>543</b>	<b>516-1,340</b>	<b>213-424</b>	<b>1,399</b>	<b>50.0</b>

3-point shots: Sanderson, 21-of-72 (29.2 percent); Hansen, 30-of-96 (31.3); Tatarevich, 17-of-55 (30.9); Scott, 10-of-33 (30.3)

### Girls

Player	Games	Reb.	Asst.	Steals	TOs	FGM-FGA	FTM-FTA	Points	Avg.
Stephanie Wilcox	25	64	48	42	62	94-276	22-38	266	10.6
Misty Dudley	22	89	7	27	34	55-151	38-71	146	6.6
Jill Robinson	20	52	7	33	26	38-97	23-43	97	4.9
Jamie Simpson	25	33	180	61	137	39-132	6-25	104	4.2
Brandy Dunn	22	59	28	28	44	24-74	11-23	64	2.9
Tarabeth Holmes	13	45	2	5	9	9-30	15-29	33	2.5
Claudia Ramirez	20	32	23	42	33	18-61	13-25	49	2.5
Taylor Brooks	25	50	4	12	24	18-62	15-41	51	2.0
Jenifer Holmes	20	10	1	1	15	11-34	1-6	28	1.4
Cristal McNutt	22	6	2	9	15	5-19	3-6	16	.7
Jill Walser	25	16	1	3	14	7-30	5-7	17	.7
Lori Coronado	22	11	1	5	3	3-19	4-12	10	.5
Misty Peabody	22	12	5	4	7	0-10	3-6	3	.1
Others	--	26	14	9	20	---	---	73	--
<b>Total</b>	<b>25</b>	<b>505</b>	<b>323</b>	<b>283</b>	<b>443</b>	<b>348-1,077</b>	<b>172-352</b>	<b>957</b>	<b>38.3</b>

3-point shots: Wilcox, 57-of-172 (33.1 percent); Simpson, 24-of-81 (29.6).

\*R'cov. stands for "recoveries," a statistic boys' coach Joe Main uses instead of steals. A recovery is awarded to each player who has a hand in a steal, so that two (or more) recoveries can be awarded on one steal.

## Four girls' marks set during year

Four Hereford High School records fell during the girls' basketball season. First, junior Jamie Simpson had 180 assists for the season, setting a new single-season record.

Hereford's 66-36 romp over Class 5A Denton on Dec. 28 provided two new single-game records: Simpson had 13 assists; and senior Claudia Ramirez had 10 steals. Also in that game, junior Stephanie Wilcox hit six three-point shots, tying the school record.

## Meet the Herd

"Meet the Herd" for spring sports will be held at 6 p.m. Monday in Whiteface Gym. Players for all of Hereford High School's track, baseball, golf and tennis teams will be introduced.

## Playoff set here

Hereford will host a Class 2A boys' basketball playoff game at 7:30 p.m. Tuesday between Highland Park and Hale Center.

Highland Park (25-4) is the champion of District 1-2A, and Hale Center (25-5) won in 3-2A.

## JV 'B' baseballers whip Boys Ranch

The Hereford junior varsity B team scored 10 runs in the fourth inning on the way to a 14-9 win over Boys Ranch Friday at Whiteface Field.

Hereford trailed 6-2 after two innings. The Whitefaces were behind 7-4 going into the bottom of the fourth but exploded for 10 runs.

The game was called because of darkness after the top of the fifth.

Joe DeLaCruz' five RBI on two singles and an inside-the-park home run sparked Hereford. Wade McPherson scored three runs for Hereford.

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## Kennedy expects Rangers to win

By DENNE H. FREEMAN  
AP Sports Writer  
ARLINGTON, Texas (AP) - Will it be a lucky 13 for the Texas Rangers?

Kevin Kennedy, the 13th manager in the Rangers' tarnished, pennantless history, takes charge in Port Charlotte, Fla., to try to find the magic for a meaningful championship

race in September. "I expect to win," said Kennedy, who was a bench coach of the Montreal Expos. "I'm about winning."

Such brash talk hasn't been heard from anyone in Texas professional sports since Dallas Cowboys coach Jimmy Johnson said, "It's not a matter of if we get to a Super Bowl, it's when we get there."

"I won't accept mediocrity," said Kennedy, who has neither played nor coached in the big leagues. "To win the pennant is our goal. If you are in second place you are a loser. Our goal is to win the American League championship. From day one, we expect to win the pennant."

"I think it helps us to see a team like the Cowboys win the big game,"

Kennedy said. "It's a confidence thing: You have to have talent but you also have to have confidence."

The Rangers will have experienced pitching that's for sure.

Texas is expected to open the season with four pitchers age 35 or older - starters Craig Lefferts, Charlie Leibrandt and Nolan Ryan, plus

(See RANGERS, Page 7A)

## Bowling

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Park Ave. Bowl	45	51
Crawford	42	54
Red X	41	55

High game: Janet Crawford, 221; Cieta Weemes, 200; Linda Wilcox, 200.  
High handicap game: Crawford, 247; Ramona George, 236; Kippi West, 235.

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# Astros' future shines brightly

By MICHAEL A. LUTZ  
AP Sports Writer  
HOUSTON (AP) - The Houston Astros finished the 1992 season on a high note and the music didn't stop during the offseason.

Houston won its final game of the season for a surprising 81-81 record and drew a standing ovation from the home crowd that made Manager Art Howe proclaim: "I wish we could start next season right now."

Next season is almost here and the Astros not only held onto the feeling from last October, they added to it, beginning with new owner Drayton McLane, who came aboard leading cheers and spending money.

McLane brought hometown superstar free agents Doug Drabek and Greg Swindell home by signing them to four-year contracts worth \$36.5 million over four years.

He followed that by paying another \$32.3 million to sign the core of the lineup - Craig Biggio, Ken Caminiti and Steve Finley - to three-year contracts.

It was more than Howe could have expected. He's invested the past two seasons trying to rush minor league prospects to the majors. Suddenly, he's got veteran help.

"Two years ago, we started from scratch, putting together a nucleus," Howe said. "Now we've got five solid players for the next three years. It's a commitment that we're trying to bring you a winner."

McLane is following a blueprint drawn up by General Manager Bill Wood and assistant general manager Bob Watson when he first purchased the team from John J. McMullen.

"We sat down and talked to him after he bought the club and we told him what it would take to bring us a contender," Watson said. "He's done what we asked and now it's up to us to make it happen."

Now it all comes down to accountability, one of McLane's favorite words, as the Astros begin spring training with enough new faces to move them closer to contender status in the NL Western Division.

More will be expected this season of the still young Astros, perhaps too much. They still shouldn't be able to match power with Atlanta.

But they're closer. "At least now, we feel we match up, we have a chance," Howe said. "If we stay healthy and perform we could find ourselves in a pennant race. I couldn't dream of a better off season."

Drabek and Swindell will be 1-2 in the starting rotation, followed by holdovers Pete Harnisch and Mark Portugal. The primary relievers from last season, Xavier Hernandez, Al Osuna and closer Doug Jones, are signed.

Darryl Kile and Brian Williams are the frontrunners for the No. 5 spot in the rotation.

The questions again will be at shortstop, where Andujar Cedeno fizzled with a .173 batting average in 71 games last season, and catcher, where Eddie Taubensee and Scott Servais shared time.

The rest of the infield is solid with Jeff Bagwell at first, Biggio at second and Caminiti at third. Luis Gonzalez, Finley and Eric Anthony will man the outfield.

Playing hard will no longer be good enough for the Astros, Howe knows that and he's glad.

"I'm tired of being picked for the bottom of the division," Howe said. "Everybody in the organization is expecting a lot this season."

## RANGERS

closer Tom Henke. Middle reliever Bob Patterson will be 33.

Ryan, 46, will be on his 27th and final major league season, having announced this will be his final tour of American League parks.

"I think age can be a big plus factor," Kennedy said. "You can't buy experience. All these guys know how to pitch. In Tom Henke, we've got one of the premiere closers in baseball. I'm pumped up about our staff."

The Rangers should be able to score runs.

In rightfield, they will have slugger Jose Canseco, who has 235 career homers. Canseco has told Kennedy he wants to also use his speed.

"Jose wants to be a 40-40 guy again and we're going to give him freedom on the basepaths," Kennedy said. (Canseco stole 40 bases and hit 42 home runs in 1989.)

Juan Gonzalez, who had 43 homers and 109 RBI, will move from centerfield to leftfield.

David Hulse, who was recalled from Oklahoma City in August, will start out as the top centerfield candidate. Hulse has blazing speed. He hit .304 in 23 games with the Rangers.

The infield will feature Rafael Palmeiro, who hit .268 with 22 homers at first base, Dean Palmer, who hit 26 homers at third base, Manny Lee, who was a shortstop for the world champion Toronto Blue Jays last year, at short, All-star Ivan Rodriguez behind the plate, and maybe-Julio Franco at second base.

Franco is a big question mark going into spring training. He played only 35 games last season as he nursed a knee injury. The year before he was the American League batting champion. Billy Ripken also was signed to play second base for the Rangers.

"I want to have an aggressive team, not just sit back and wait for the three-run homer all the time," said Kennedy. "The more you run, the more fastballs you see from pitchers. Our hitters like fastballs."

Texas opens the season at Baltimore on April 5.

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# Farm and Ranch

## Chili lovers' delight: new pepper '20 times' hotter than jalapeno

By MARGARET SCHERF  
Associated Press Writer  
WASHINGTON (AP) - If jalapeno peppers and hot sauce leave you cold, researchers have something that will set your taste buds on fire and make them beg for mercy.

They have developed a new cayenne pepper "more than 20 times hotter than a jalapeno pepper and two to three times hotter" than peppers used in hot sauce, says Philip D. Duker, a plant pathologist with the Agricultural Research Service.

More than a decade of pepper research went into developing this chili-lover's dream - or nightmare, depending on the eater's fire resistance.

Called Charleston Hot, the pepper can be grown almost anywhere in the United States, said Duker, who developed it along with geneticist Richard L. Fery at the U.S. Vegetable Laboratory in Charleston, S.C.

"Home gardeners will like this new variety because it doesn't take up as much space as other cayenne pepper varieties," Duke said. "It only grows to about 18 inches high. It's also colorful and produces excellent yields of about two pounds of fresh peppers per plant. We think it will also appeal to commercial growers."

He said Charleston Hot is ideal for home gardeners because it is compact, has high yields and is resistant to all four known types of southern root knot nematode.

The nematode damages plant roots, cutting yields by up to 50 percent and killing a plant under extreme conditions, Duker said. The new pepper reduced root knot nematodes by 95 percent in field trials.

Charleston Hot has an unusual trait for a cayenne pepper, Duker said. It changes through a rainbow of colors as it ripens. The pepper starts out yellow-green, the same color as the foliage, then changes to golden yellow, bright orange and finally, a deep red.

At maturity, a Charleston Hot

pepper is about four inches long. One plant will produce about 150 pepper pods that collectively weigh about one-half pound when dried, Duker said.

Seed is available to breeders and gardeners who write to Duker at the U.S. Vegetable Laboratory, 2875 Savannah Highway, Charleston, S.C. 29414-5334.

WASHINGTON (AP) - A survey of farmers with conservation compliance plans shows 53 percent expected to have completed most of their implementation work by the start of this year.

That would be two years ahead of the 1995 deadline, according to the American Farmland Trust, a national farmland conservation group that sponsored the survey.

The trust said the survey also found most producers believe soil erosion will decrease and their earnings will either remain the same or rise as a result of their conservation compliance plans.

"The survey results show that the conservation provisions of the 1985 farm bill are working," AFT

President Ralph E. Grossi said Wednesday. "They demonstrate that the idea of conservation compliance has been broadly accepted in the farming community."

But Grossi added that "it also appears as many as 14 percent of producers do not intend to implement their plans at all. We believe the USDA must do whatever is necessary to ensure all plans are fully and satisfactorily implemented."

He called on the Clinton administration to establish a public-private task force of producers, USDA representatives and conservationists to determine how to ensure full compliance.

Under the 1985 Farm Bill, producers with highly erodible farmland must implement conservation compliance plans by Jan. 1, 1995, to remain eligible for federal farm program payments. Through 1991, more than 1.2 million farmers had written conservation plans for 135 million acres. An additional six million acres requiring 200,000 more plans were added in 1992.



### Furrow dikes at work

Installing furrow dikes can help area producers maximize the use of rainfall that occurs prior to planting. Additional soil moisture, through either precipitation or irrigation, will be needed to bring the five-foot root zone soil profile to field capacity within the 15-county High Plains Underground Water Conservation District No. 1 service area this year.

## Producers advised to use furrow dikes to catch rain

Installing furrow dikes to capture spring rainfall this year will be important to producers, since the 1993 pre-plant soil moisture survey conducted by the USDA-Soil Conservation Service and the High Plains Underground Water Conservation District No. 1 showed only average soil moisture conditions.

"With the middle portion of the five-foot root zone soil profile as dry as it is, producers really need to maximize the use of rainfall this year," said Ken Carver, water district assistant manager. "Furrow dikes are a cost-effective means of doing just that."

Furrow dikes are small earthen dams mechanically constructed in the

furrow. During a precipitation event, the small basins between the earthen dams collect rainfall and hold it in place until it can soak into the soil.

Annual precipitation totals range from 18 to 20 inches across the Texas High Plains. Most of this precipitation occurs just prior to and during the summer growing season.

Most of the average annual rainfall is provided by showers with precipitation totals of less than an inch, which the soil can easily absorb. However, the remaining precipitation is the result of short, powerful thunderstorms. In this case, the downpour is greater than the soil infiltration rate, and runoff occurs.

During a three-year study,

researchers at the Texas A&M University Agricultural Research and Extension Center in Lubbock noted an average annual precipitation runoff of 2.73 inches per acre.

Furrow dikes hold this free moisture in place, allowing it to soak into the soil. For each additional inch of water provided beyond the basic requirements needed for plant development, cotton lint yields can increase as much as 30 pounds per acre, while grain sorghum yields can increase up to 350 pounds per acre.

"Furrow dikes are very cost-effective. While initial equipment investments range from \$140 to \$300 per row, this cost can usually be recovered during the first year as a result of increased crop yields and reduced irrigation pumping costs," said Carver.

For more information on furrow dikes, contact the High Plains Underground Water Conservation District No. 1, 2930 Ave. Q, Lubbock, Texas 79405-1499, or call (806) 762-0181.

WASHINGTON (AP) - January milk production in the 21 major dairy states was up 1 percent over January 1992, the Agriculture Department says.

Production per cow in those states averaged 1,315 pounds last month, 24 more pounds than the previous January, USDA's National Agricultural Statistics Service said this week.

Fewer cows produced more milk; the number of cows on farms was 8.22 million head, down 79,000 from January 1992.

## Concerns of women to be told

Trini Gamez of Hereford will be among 12 farmworker women leaders from across the country who will present their concerns on health care, pesticide exposure and other issues to members of Congress and the Clinton administration this week.

Gamez, a paralegal with Texas Rural Legal Aid, and the other women are members of the steering committee of the Farmworker Women's Health Project.

On Monday, they will meet with senators and representatives, as well as staffs from the departments of Labor and Health and Human Services, and the Environmental Protection Agency.

They will testify at a briefing for congressional staff as well.

Also scheduled during the four-day trip will be a news conference on Tuesday and a reception on Capitol Hill.

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1 gal. Lemon, Fresh Scent.

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Powder, Floral, or Fresh Potpourri Reg. 7.97

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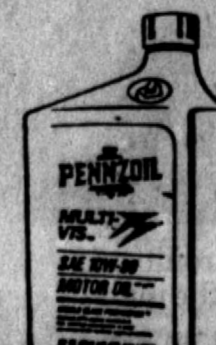
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# Life!



**WANDA HUSEMAN**  
Alpha Iota Mu



**PEGGY HYER**  
Xi Epsilon Alpha



**BEVERLY REDELSPERGER**  
Alpha Alpha Preceptor

## Chapter sweethearts given special recognition Saturday

Three sorority sweethearts were recognized during the Annual Beta Sigma Phi Sorority Sweetheart Ball held Saturday evening.

Honored were Wanda Huseman of Alpha Iota Mu Chapter, Peggy Hyer of Xi Epsilon Alpha Chapter and Beverly Redelsperger of Alpha Alpha Preceptor Chapter.

The following resumes were submitted by the honorees for publication.

### WANDA HUSEMAN

A member of Alpha Iota Mu Chapter since 1986, Wanda Huseman is currently serving her chapter as chairman of the social committee and is also a member of the telephone and service committees.

Wanda has served as treasurer and corresponding secretary and as chairman of the ways and means, rosebud and scrapbook committees. She has been a representative of City

Council and has held the office of recording secretary.

The honoree attended West Texas State University and is employed at the Agricultural Stabilization and Conservation Service.

Wanda and her husband, Bernie, who is manager of Consumer's Fuel Coop, are the parents of two children, Brent, 12, and Elisha, 9, students at St. Anthony's School. The family holds membership at St. Anthony's Catholic Church.

Wanda's hobbies include reading and crocheting.

### PEGGY HYER

Peggy Hyer has been a Beta Sigma Phi Sorority member for 13 years and a member of Xi Epsilon Alpha Chapter in Hereford since 1985.

Peggy is a past president of Oklahoma Zeta Chi Chapter, Xi Epsilon Alpha Chapter, and the Hereford BSP City Council.

Currently serving on the scrapbook and ways and means committees in her chapter, the honoree is also co-chairman of the service committee and is the BSP City Council vice president. She has been honored as Girl of the Year in Oklahoma Zeta Chi and Xi Epsilon Alpha.

Other activities include serving on the Deaf Smith County Historical Society board of directors where she is on the garden committee of the E.B. Black House. She is also an active member of the First United Methodist Church.

Peggy's hobbies include tennis, exercise, calligraphy and painting. She also enjoys traveling and fishing with her husband, Tom, who is the general manager of West Texas Rural telephone.

Originally from Oklahoma where her parents still reside, Peggy's family in Hereford include Tammy and Allen Hyer, daughter-in-law, Heather, and two grandchildren, T.A.

and Kimberly.

### BEVERLY REDELSPERGER

Beverly Redelsperger pledged Beta Sigma Phi Sorority in Follet in 1974 with Alpha Theta Theta. She took her Exemplar degree in 1980 with Xi Sigma Lambda, and in 1985, took her Preceptor degree with Theta Delta. She was a charter member for both Exemplar and Preceptor Chapters.

Beverly transferred into Hereford's Preceptor Alpha Alpha in

1987. While with the local chapter, she has received her Laureate degree and was presented the Order of the Rose last spring.

When asked about the offices she has held with the various chapters, Beverly said she probably has served every office at least twice and some three times. She is a past president, Girl of the Year honoree and chapter sweetheart. She is currently one of the representatives for her chapter to City Council.

In 1987, Beverly and her husband,

Arlen, and daughters, Joanna and Deanna, transferred to Hereford from Follet. Joanna is a senior at Hereford High School and Deanna is an eighth grader at Hereford Junior High School. Arlen is a soil technician with the USDA Soil and Water Conservation and Beverly is a part of the accounting department at Excel Corp. in Friona.

The honoree enjoys reading, needle point, fishing and visiting local museums. Her husband enjoys hunting and fishing while the family participates in four wheeling and rafting.

## Between the Covers

### By JOE WEAVER

We have several things going on in the library this month so get your calendars out and mark the things you don't want to miss. We will be hosting the Friends of the Library Open House March 29, 1993 at 7:00 p.m. Everyone is invited to come here Dr. Fred Rathjen present a reenactment of some events in our regional history. Dr. Rathjen has participated in the reenactment of several events in Texas history in which people travel to that historical site, dress in the historical costume, live with the supplies and equipment that would have been available during that time and act out the events of history. It was the people in this reenactment society that work as extras on the movie set of "Sam Houston" starring Sam Elliot. Dr. Rathjen may be bringing some slide and artifacts with him for this memorable enlightening and enjoyable presentation.

The Family Film "Davy Crockett" starring Fess Parker will be shown at 7:00 pm on March 18, 1993, in the Heritage Room. The popcorn will be sold 25 cents a bag, but the movie is FREE.

March 2, 1993 marks the 200th birthday of Sam Houston, the Father of Texas. We have a lot of information on Sam Houston including a new title so if this week's bicentennial celebration triggers your interest come on in and we will help you find what you're looking for. (even if it has nothing to do with Sam Houston).

Empire of Bones: A Novel of Sam Houston & the Texas Revolution by Jeff Long is a "vivid evocation of the early days of Texas..." The book begins with the execution of the survivors of the Alamo and then recreates the drama of the battle of San Jacinto. Bent on revenge for their comrades' brutal defeat at the Alamo,

Houston's ragtag army is more than ready for the surprise encounter with Santa Anna's forces. The "miracle" of San Jacinto turns into the slaughter of 600 Mexicans. The memory of San Jacinto's dead never leaves Sam Houston even though many considered it to be a glorious victory. Jeff Long's book is based on the actual depictions taken from some of the survivors of the Battle of San Jacinto, for a slander suit 25 years after the fact. Sam Houston survives scandals, war wounds and even substance abuse to become the President, Senator, and Governor of Texas.

The Shiloh Legacy series was started last week with the title *In My Father's House*. This week the second title in the series *A Thousand Shall Fall* by Bodie Thoene is available. The end of WWI is followed by the Homecoming of the American soldiers. Trudy and Birch Tucker return to Shiloh, Arkansas with their children and begin a new life. It is the twenties and life in America holds the promise of peace and prosperity. But the peace is short lived. And the prosperity? Well the Tucker family faces the prospect of losing everything they have worked for.

*A House Divided* by Michael Phillips and Judith Pella is the second in the "Russians" series. The story continues with Prince Sergi's return to St. Petersburg as the war in the Balkans ends. There Sergi finds his beloved Anna Burenin, a young servant. Anna is torn between her love for her family and her devotion to the Fedorenko family. To make matters worse Anna's brother Paul joins in the revolutions to end the tsar's tight control over his vast country. What Paul doesn't know is that his violent actions may endanger the life of his beloved sister.

Piers Anthony continues the

adventures in Xanth in *Demons Don't Dream*. This fantasy begins as Dug sits at his computer to play a new game given to him by his friend Ed. After inserting the disk, trying the password and pressing Enter, there is a momentary swirl on the screen, and then a small figure appeared. The words, "Hi! I'm Grundy Golen. I'm from the Land of Xanth" fill the speech balloon above his head. Within minutes Dug was hooked on the game, and moments later he found himself standing in a forest glade in Xanth. There Dug met his "companion in adventure" Nada Naga, a shape-changing serpent who appears to be a beautiful Princess. For a while Dug thinks it is an incredibly convincing computer simulation, then he begins to believe in magic. Dug must make his way through the perils and passes on a Quest that becomes more and more real as time goes by.

*Bones: A Forensic Detective's Casebook* by Dr. Douglas Ubelaker and cowriter Henry Scammell shows how forensic anthropology gives voice to the dead. A 10 year old crime was finally solved after new evidence turns up that may lead to the killer. At the time of the murder the only clue is a wound to the woman's hand. The body is exhumed and because of the expected state of the remains Dr. Ubelaker, a top "bone man" is called in for the examination. When the lid is lifted from the coffin, there among the bones is a Ziploc bag enclosed in the woman's skeletal hand. The bag is unmistakably labeled by Larry Angel, Dr. Ubelaker's predecessor at the Smithsonian who has also worked with the FBI on many difficult cases. Once again Dr. Angel had solved the case but this time he wasn't present. *Bones*, illustrated with more than 75 photos and drawings reads like a thriller as each new case is solved.

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## Study club travels to Amarillo

Nouvelle Ami Study Club members recently traveled to Amarillo where they had dinner and saw a movie as part of "girls night out."

During the evening, members discussed a donation for the upcoming city-wide Easter egg hunt.

At the next meeting to be held in the Reddy Room of Southwestern Public Service, the program will include how to make lollipops given by Shawna Sparkman. Hostesses will be Leah Lee and Kathy Danley.

Members present were Debbie Adams, Emily Christie, Dee Hamilton, Leah Lee, Melanie McNutt, Jan Reeve, Kim Rogers, Tonya Setliff and De'Aun Spain.



REV. FREDA BURD

## Fellowship meeting scheduled

The Rev. Freda Burd of Christian Heritage Church in Amarillo will be the guest speaker at the Hereford Flame Fellowship meeting scheduled at 7 p.m. Thursday, March 4, in the Hereford Community Center. The public is invited to attend.

Rev. Burd was licensed in 1958 with the Pentecostal Holiness Church. Along with her husband of 42 years, the Rev. Lloyd Burd, she has been involved in ministry in Oklahoma, Texas and New Mexico. They were educated at Oklahoma City Southwestern Bible College.

Rev. Freda Burd has been a special speaker at revivals, youth camps and special events for the Pentecostal Holiness Church and independent churches and organizations. She and her husband are now conference superintendents of the Great Plains Conference of the Pentecostal Holiness Church. She also ministers in song and has made an album.

**Explaining a Label**  
COGNAC, France (AP) - Consumers are sometimes puzzled on seeing the word "champagne" on the label of a bottle of cognac, France's premium brandy.

According to the Cognac Information Bureau, the word has nothing to do with the sparkling wine produced miles away in France's Champagne province.

In the French language, "champagne" means "field."

Grande champagne and petite champagne are the names of two of the six grape-growing zones here that produce all the grapes for cognac.

Grande champagne on a label means its grapes come exclusively from vineyards of that name. Fine champagne, on the other hand, signifies a blend of spirits distilled from grande and petite champagne grapes, with at least 50 percent coming from the former.

Both labels indicate cognacs of the first order.

# Calendar of Events

## MONDAY

Odd Fellows Lodge, IOOF Hall, 7:30 p.m.  
TOPS Chapter No. 1011, Community Center, 5:30-6:30 p.m.  
Rotary Club, Community Center, noon.  
Planned Parenthood Clinic, open Monday through Friday, 711 25 Mile Ave., 8:30 a.m. until 4:30 p.m.  
Nazarene Kids Korner, 1410 La Plata, Monday, Wednesday, Friday, 8:15 a.m. until 5:15 p.m.  
AA meets Monday through Friday, 406 W. Fourth St., noon, 5:30 p.m. 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.  
Ladies Christian endeavors, 7 p.m. in members' homes.  
Hospital Auxiliary, hospital board room, 11:45 a.m.  
Delta Xi Chapter of Delta Kappa Gamma - Society for Women Educators, Community Center, 7 p.m.  
Women's American G.I. Forum, Community Center, 6 p.m.  
Order of Rainbow for Girls, Masonic Temple, 7:15 p.m.  
VFW Auxiliary, VFW Post Home, 6:30 p.m.  
Deaf Smith County Historical Museum: Regular museum hours Monday through Saturday 10 a.m. to 5 p.m. and Sunday by appointment only.

## TUESDAY

TOPS Chapter No. 576, Community Center, 9 a.m.  
Kids Day Out, First United Methodist Church, 9 a.m. until 4 p.m.  
Hereford AMBUCS Club, Ranch House, noon.  
Social Security representative at courthouse, 9:15-11:30 a.m.  
Kiwanis Club of Hereford-Golden K, Senior Citizens Center, noon.  
Hereford Toastmasters Club, Community Center, noon.  
Hereford Rebekah Lodge No. 228, IOOF Hall, 7:30 p.m.

## Woman's health issues seminar scheduled

The Women's Division of the Deaf Smith County Chamber of Commerce and Deaf Smith General Hospital are hosting "The Lifestyle Advantage", a woman's health issues seminar, from 9 a.m. to 4 p.m. Saturday, March 6, at the Hereford Country Club.

Registration for the Women's Forum is \$15. Seating is limited and pre-registration and payment are required in advance. The fee includes lunch, said Elizabeth Fowler, coordinator of the project.

Those wishing to register for the seminar may do so at the Chamber of Commerce office from 9 a.m. until 5 p.m. during the week.

Two speakers will present topics designed to help those attending learn methods of solving problems shared by most women.

Linda Haynes of McLean, a freelance writer and health care consultant, will speak on "The Heart of the Matter--A Personal Experience" and "The Good, the Bad and the Ugly--Managing Stress."

Haynes, a former teacher, is an award-winning journalist and public relations professional who has spoken to church and civic groups throughout the area. She received training in stress management from Partners in Health of Oklahoma City, Ok. and Health Strategies of Wichita, Kan.

Phyllis Johnson Jones, a professional speaker and corporate trainer based in Lubbock, will deliver the keynote address, "If I Could Then,

Problem Pregnancy Center, 801 E. Fourth St., open Tuesday through Friday, 9 a.m. until noon. Free and confidential pregnancy testing. Call 364-2027 or 364-7626 for appointment.

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

San Jose Women's Organization, San Jose Catholic Church, 7 p.m.  
American Legion and Auxiliary, Legion Hall, 7:30 p.m.

St. Anthony's Women's Organization, Antonian Room, 8 p.m.  
Hereford Riders Club, Community Center, 7:30 p.m.

Alpha Alpha Preceptor Chapter of Beta Sigma Phi Sorority, 7:30 p.m.  
Advisory board of Hereford Satellite Work Training Center, Caison House, noon.

La Afflatus Estudio Club, 3 p.m.  
Baptist Women of Summerfield Baptist Church to meet at the church, 9 a.m.  
Xi Epsilon Alpha Chapter of Beta Sigma Phi Sorority, 7:30 p.m.

Toujours Amis Study Club, 7 p.m.

## WEDNESDAY

Noon Lions Club, Community Center, noon.  
Young at heart program, YMCA, 9 a.m. until noon.

Al-Anon, 406 W. Fourth St., 5 p.m.  
Knights of Columbus at KC Hall, 8 p.m.

United Methodist Women of First United Methodist Church, executive meeting at 10 a.m. in church library, followed by general meeting in Ward Parlor at 10:30 a.m. and covered dish luncheon at noon in fellowship hall.  
Draper Extension Homemakers Club, noon.

## THURSDAY

San Jose prayer group, 735 Brevard, 8 p.m.  
Weight Watchers, Community Church, 6:30 p.m.

Kids Day Out, First United Methodist Church, 9 a.m. until 4 p.m.  
Kiwanis Club, Community Center, noon.

TOPS Club No. 941, Community Center, 10 a.m.  
Story hour at library, 10 a.m.  
Hereford Toastmasters Club, Ranch House, 6:30 a.m.

Ladies exercise class, First Baptist Church Family Life Center, 7:30 p.m.  
Immunizations against childhood diseases, Texas Department of Health office, 205 W. Fourth St., 9-11:30 a.m. and 1-4 p.m.

Al-Anon, 406 W. Fourth St., 8 p.m.  
Bud to Blossom Garden Club, 9:30 a.m.

Elketts, 8 p.m.  
L'Allegra Study Club, 10 a.m.  
Alpha Iota Mu Chapter of Beta Sigma Phi Sorority, 7:30 p.m.

North Hereford Extension Homemakers Club, 2:30 p.m.  
Bay View Study Club, 2 p.m.

VFW, VFW clubhouse, 8 p.m.  
BPOE Lodge, Elks Hall, 8:30 p.m.  
National Association of Retired Federal Employees, Hereford Senior Citizens Center, 1 p.m.

Hereford Child Care Providers, 7:30 p.m.  
Camp Fire Leaders Association, Camp Fire Lodge, 7:30 p.m.

Cape Cod was discovered in 1602 by the English navigator Bartholomew Gosnold.

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

## FRIDAY

Kiwanis Whiteface Breakfast Club, Caison House, 6:30 a.m.  
Community Duplicate Bridge Club, Community Center, 7:30 p.m.

Hereford Senior Citizens governing board 2 p.m. and business meeting 3 p.m. at Senior Citizens Center.  
Patriarchs Militant and Ladies Auxiliary, IOOF Hall, 8 p.m.

## SATURDAY

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

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

## Tuxedo shirts examined

How to make tuxedo shirts and button covers was explained by Dee Hamilton when members of the Hereford Fire Department Auxiliary met Tuesday.

During the business session with President De'Aun Spain presiding, the group discussed a future fundraiser.

Wanda Spain served refreshments to De'Aun Spain, Ginger Gaddy, Marva Spain, Krista Farrell, Becky Turney, Jenny Harbison, DeeDee Drake and Dee Hamilton.

The English lexicographer, author and wit Samuel Johnson first met his future biographer, James Boswell, in 1763.

Marie Antoinette married the future King Louis XVI of France in 1770.

*Thank You*  
The family of Juan O. Pesina Sr. wishes to thank all our friends for the flowers, cards, prayers and support during his stay in the hospital.

## Hereford Senior Citizens CHILI/STEW SUPPER

Friday, March 5, 1993  
Serving 5 to 9 P.M. • \$4 per person



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Stacy Lesly  
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Kristin Jesko  
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**Art show winners**

Winners of the 1993 Scholastic Art Show were recently announced. Jason Colston, at right, a junior at Hereford High School, received a certificate of merit and was the Gold Key finalist. His work will go to New York for further competition. Receiving certificates of merit were Brandon Holcombe, HHS junior; Tamarah Martinez, HHS senior; and Melissa Caraway, HHS junior. The students' work was on display at Western Plaza in Amarillo. Their teacher is Gayla Kimball.

**Extension News**

**By BEVERLY HARDER**  
County Extension Agent-H.E.  
According to United States Department of Agriculture studies, moths (webbing cloth moths), along with black carpet beetles and furniture carpet beetles, extensively damage intimate blends of wool/synthetic fabrics.

The studies found that among various blends, the greatest damage was done on 35/65 wool/polyester fabrics, and the least damage on 30/35/35 wool/acrylic/polyester fabrics. Therefore, the use of wool/synthetic blended fabrics may lull many into a false sense of security, because they believe that insects do not attack fabrics containing synthetic fibers. Interestingly, based on microscopic examination, the synthetic fibers ingested along with wool fibers passed out of the insects' digestive tract unchanged.

However, when the fabric was not of intimate blend yarns, the insects attacked only wool. Thus, when the wrap (lengthwise) yarns were wool and the filling (crosswise) polyester, the insects selectively damaged only warp yarns.

As spring approaches it is important to have all winter garments cleaned to

remove perspiration, perfumes and food residue as these insects attack these areas.

Educational programs conducted by the Texas Agricultural Extension Service serve people of all ages regardless of socioeconomic level, race, color, sex, religion, handicap or national origin.

**Thank You**

The family of Henry Jackson, wishes to express our deepest appreciation for every expression of sympathy extended to us in the death of our Father and Grandfather. A special thank you to Brother Larry Cothrin and Members of Ave. Baptist Church and Gililand - Watson Funeral Home. To many friends and families for all their prayers, kind words, flowers, food and the love & compassion showed to us made this time of sorrow easier to bear.

*Lorena & Henry Bryan  
Walter & Betty Jackson  
John Jackson*

*Bonnie Meeks  
Dorothy Bashaw  
All the Grandchildren*

**Thieves of time**

During a lifetime the average American spends:

- 5 years waiting in line;
- 3 years sitting in meetings;
- 2 years playing telephone tag;
- 8 months opening junk mail.

With the help of careful planning and modern technology, individuals can balance their lifestyles, transform wasted time into well-used time and gain peace of mind.

There are eight key areas that require balance in one's life: health, family, career, intellectual pursuits, spiritual growth, financial planning, social life and recreation, and personal enrichment. People need to focus on all of these areas to survive and thrive in today's world. The followings suggestions are given:

- Use bits of time wisely-outline a memo while waiting in line;
  - Schedule at least 20 minutes of meaningful time with your spouse;
  - Limit all dinner conversations to only positives and successes;
  - Hold an evening reading or family study hour with children;
  - Utilize various forms of technology such as pagers and voice mail to streamline communications.
- By applying some of the above tips, you can make every second count!

Alexander Selkirk was rescued from the Juan Fernandez Islands in the South Pacific in 1709. Selkirk's story inspired Daniel Defoe's "Robinson Crusoe."

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COME SEE WHAT WEIGHT WATCHERS IS ALL ABOUT! ATTEND A FREE MEETING AT HEREFORD COMMUNITY CHURCH, 15TH WHITTIER THURSDAY, FEBRUARY 25, 6:30 P.M.

Pre-registration required on February 25 for next 8 week session. It Takes At Least 15 People To Start A Community Meeting.

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**Red Cross Update**

BY BETTY HENSON

A CPR class will begin at 2 p.m. Wednesday at the Red Cross office. The second part of the class will be held at 2 p.m. Thursday. Register for the class by calling the Red Cross office at 364-3761.

A babysitting class is planned from 2-5 p.m. March 15-17 at the Red Cross office. Cost of the class is \$5 which will cover materials. Infant and child safety, job descriptions, responsibilities and parents expectations are among the topics which will be discussed in this class. Register by calling the office.

The Boy Scouts of Hereford and Deaf Smith County will be conducting a "scouting for food" drive all day Saturday, March 16. The canned food will be used by several local food programs.

Special thanks is extended to everyone donating things for the Rice family. The family is putting their lives back together thanks to the generous help of local residents.

The Disaster Committee is planning training classes next month. Call the office to sign up.

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

NEW YORK (AP) - Spike Lee chided the Hollywood establishment for failing to nominate his "Malcolm X" for a best picture Oscar, but says he expects he'll have the last laugh.

Speaking to some 600 prisoners after a screening of his film at Rikers Island jail Sunday, Lee said a film like "Scent of a Woman," which was nominated last week, will be forgotten in 40 years, while "Malcolm X" won't.

**Annual Junior Music Festival scheduled Here March 8**

The Annual Junior Music Festival, sponsored by the National Federation of Music Clubs, is planned from 8:15 a.m. until 12:30 p.m. March 8.

Local piano and voice teachers participating include Evelyn Hacker, Barbara Manning, Susan Shaw, Cheryl Betzen and Kathlee Palmer, all of Hereford, and Johnnie Walters of Friona.

Students performing are Jaime Steiert, Audrea Witkowski, Amy Ruland, Aaron Caraway, Karen Manchec, Jennifer Villereal, Aaron Hendrickson, Amber Kerr, Laurie Gilbert, Flint Dollar, Kimberly Scott, Abby Horrell, Drew Denison, Marci Goldsmith, Mary York, Ben Sublet, Emily Curtis, Kerris Montgomery, Ashley Henson, Emily Parker, Katie Cardinal.

Also, Sabra Brownlow, Denae Brinkman, Amy Perrin, Emilee Hafliker, Kristan Kimball, Erin Louder, Diana Detten, Emily Fry, Tori Walker, Janae Schlabs, Andrew Carnahan, Daniel Carnahan, Noelle Merrick, Sloane Merrick, Riley Hall, Kali Hall, Eddie Trotter, Cameron Turner, Leah Turner, Katherine Fry, Holly Schilling, Kylee Auckerman, Kristin Fangman, Ashley Fangman, Amanda Bullard, Shyla Martin, Brianne Yosten, Sammie Sciombato, Bethany Solomon.

Others, Anna Witkowski, Julie Schlabs, Amber Vasek, Kristin Carnahan, Robert Reinauer, Stephen Cloud, Rebecca Gutierrez, Cristin Leasure, Trevor Criner, Leslie Poarch, Jessica Salazar, Heidi Ruland, Jana Baird, Greg Coplen, Karon Harder, Brianna Reinauer,

Amy Pesina, Diana Torres, Cady Auckerman, Misty Dudley, Jo Jo Lytal, Stephanie Walls, Shelia Teel, Scott Shaw, Melissa Celaya, Mandie Tijerina, Jamie Self, Taylor Sublett, Sarah Perrin, Ester Criner, Tracie Gilbert, Vanessa Gonzalez, Candi Pankey, Heidi Hafliker, Heather Hernandez, Jana Nelson, Cara Evans, Sarah Rushing, Sarah Hale, Julie Goddard and Kecia Thomas.

STANFORD, Calif. (AP) - Rapper Ice-T, who came under fire last year for his song "Cop Killer," said he sings about street violence not to sensationalize it, but to educate people.

"I try to convey through my records how violence really is, how it feels and what it looks like so that you will not want to become involved," he said at Stanford University.

Ice-T - a former Los Angeles gang member turned singer-actor - was invited to speak Saturday to law school students about freedom of speech.

**Thank You Georgie Pinkerton!!!**

*Fifteen Years of devotion, hard-work and loyalty.*

You are cherished and loved by the children, parents, staff and the Board of Directors of Hereford Day Care, Inc.

Georgie - our gratitude is great for the 15 years of service to Hereford Day Care, Inc. We regretfully, accept your resignation. Thank you for sharing your love with our children and parents.

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Friday, March 5, 1993  
Gospel Show - 6:00 P.M.  
Variety Show - 8:30 P.M.  
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# Ann Landers

**DEAR ANN LANDERS:** Your correspondent from Beatrice, Neb., a self-proclaimed cowboy and student of cowboy history, presented himself as an authority on the subject. Well, he had better bone up.

He said, "Before any European ever touched our shores, cowboys were either Spanish or black."

This man from Nebraska should be informed that before Europeans arrived in North America, there were no cowboys. The only inhabitants were native Indians (a misnomer bestowed by Columbus, an Italian, who believed erroneously that he was in India).

Spanish people came here from Spain, which, the last time I checked, was a country in Europe. Blacks were brought to America by Europeans long after the first European ever set foot on our shores.

Please tell me, Ann. How did you ever let that one get by?--Los Alamos, N.M.

**DEAR N.M.:** Every now and then I like to toss in a zinger to see if my readers are awake. Well, they sure are. Actually, the truth is I must have been unconscious. Forget the wet noodle. Bring in an oxygen tank. Read on for additional comments:

From Chicago: Since when is Spain not part of Europe? What do they teach out there in Nebraska? And since the black slave trade was brought over by Europeans, how did those other cowboys get here before "any European touched our shores?"

Please tell me, Ann. How did you ever let that one get by?--Los Alamos, N.M.

**DEAR N.M.:** Every now and then I like to toss in a zinger to see if my readers are awake. Well, they sure are. Actually, the truth is I must have been unconscious. Forget the wet noodle. Bring in an oxygen tank. Read on for additional comments:

From Chicago: Since when is Spain not part of Europe? What do they teach out there in Nebraska? And since the black slave trade was brought over by Europeans, how did those other cowboys get here before "any European touched our shores?"

Golden Valley, Minn.: Your Nebraska correspondent certainly educated me in his letter about cowboys and their hats. I think maybe his 10-gallon hat is a few pints too small and has cut off the oxygen to his brain. I'm also wondering why word hasn't yet reached Nebraska that Spain is part of Europe.

Louisville, Ky.: Here's a history lesson for that guy in Beatrice, Neb: Spain is a country in southwestern Europe. A Spanish in a Western European language, never spoken in the Americas until Spaniards came in 1492. Horses were brought to this continent in 1492. The mustangs of the West are descendants of Spanish horses that got loose. Blacks were brought to this continent by European slave traders. You may also be hearing from the Spanish Embassy about that goof.

Royal Oak, Mich.: We went to a Willkie Nelson show and sat behind a cowboy with his hat on. We asked him to please remove his hat. He said, "No way. It's a myth that all cowboys are polite."

Holland, Mich.: You've been bamboozled about cowboy hats. The truth is that guys who never take off their hats are following an old Orthodox Jewish custom which has nothing to do with cows. Also, people

West have always known that certain hard-head types with lots of dandruff have hats nailed to their skulls at puberty, but the custom preserved by all well-mannered cowboys is to take off one's spurs when visiting Miss Kitty's Cat House.

University City, Mo.: I just read that letter from the man in Beatrice, Neb., a student of cowboy history. You responded, "Any cowboy who would wear a heat and boots while making love deserves to be run out of town." I disagree.

A while back, Paul Newman starred in a movie about Gov. Long of Louisiana. The title was "Blaze." In one scene, Newman was asked why he left his cowboy boots on while making love. He replied, "For traction."

Is alcohol ruining your life or the life of a loved one? "Alcoholism: How to Recognize It, How to Deal With It, How to Conquer It" can turn things around. Send a self-addressed, long, business-size envelope and check or money order for \$3.65 (this includes postage and handling) to: Alcohol, c/o Ann Landers, P.O. Box 11562, Chicago, Ill. 60611-0562.

**DEAR ANN LANDERS:** Your advice to self-mutilators was right on target. I have never practiced self-mutilation, but I have known the therapeutic effect that good friends can produce when you're feeling low.

In August of 1991, I was told I had brain cancer and my chances of living another five years were at best 50-50. When word of this leaked to my friends, two of them began a letter-and-card-writing campaign. All the pilots employed by our airline got involved.

The response was overwhelming. I received stacks of cards and letters every day. The doctors and nurses also let me know they were interested in my recovery and gave me a lot of TLC. The all-female team in the radiation department where I took my treatment deserves special mention for its perpetual smiles and supportive attitude. My pilot buddies collected enough money to send me and my family to Disney World for a beautiful vacation.

Surrounded by all that love, I couldn't help but get better. I am now classified as a cancer survivor, and the support of my friends continues to this day. I am convinced that "friend therapy" can be a big factor in recovery.

To all those incredible people who helped me in my may of blood, I say thank you and may God bless you.--Robert Berry, Shreveport, La.

**DEAR ROBERT BERRY:** Your "miracle" story is not the first I've heard. While I am not suggesting that positive thinking can cure cancer, there is a great deal of evidence that the immune system does respond to what goes on in the brain. Thanks for a real upper. I'm sure you've spread a lot of joy today.

**DEAR ANN LANDERS:** I am so angry I could scream. I just read the letter from "Frank in Frederick, S.D." who wrote about his "subconscious" first impressions of thin women vs. fat women. Evidently he has been "unconscious" for quite some time.

Someone should inform this moron that because of attitudes like his, there are record numbers of women in this country who suffer, and in some cases die, from anorexia, bulimia, and other eating disorders. It is so bad that little

girls age 9 and 10 are going on diets because they fear they will get fat and boys won't like them. Why must women be made to feel there is something wrong with them if they don't conform to a certain image?

I've been a long-distance truck driver for 16 years and have struggled with my weight since I was a teenager. It's taken me until now (age 45) to realize that diets don't work. In fact, it's been medically proven that dieting can make you fatter, the tendency toward obesity runs in families and yo-yo dieting is harder on your health than remaining at one constant weight, even if it's a lot more than it ought to be.

Being overweight does not mean you are lazy, indifferent or stupid. All women want to be loved and accepted for who they are, not because they can get into a size 5--L.T.D. in Lisbon, Ohio

**DEAR LISBON:** Unfortunately, the fashion industry with its 5 foot 10, 110-pound models sends the message that it is glamorous to look consumptive. What a great day it will be when women feel secure enough to say, "This is ME. Like it or lump it."

When planning a wedding, who pays for what? Who stands where? "The Ann Landers Guide for Brides" has all the answers. Send a self-addressed, long, business-size envelope and a check or money order for \$3.65 (this includes postage and handling) to: Brides, c/o Ann Landers, P.O. Box 11562, Chicago, Ill. 60611-0562.

## Montgomery gives LAE program

Aileen Montgomery presented a program on "Collectibles, Collections and Collectors" when members of La Afflatus Studio Club met recently in the home of Lillie Stagner with Della Stagner serving as co-hostess.

The speaker displayed some of her Humble collections.

The next meeting will be held March 2 in the home of Pet Ott. Those present included Opal Elliston, Montgomery, Louise Streun, Annie DeLozier, Emily Suggs, Virginia Beasley, Ott, Mary Williamson, Lydia Hopson and Della Stagner.

Amelia Earhart became in 1932 the first woman to make a non-stop flight across the United States, traveling from Los Angeles to Newark, N.J., in just over 19 hours.

Mark David Chapman was sentenced in 1981 in New York to 20 years to life in prison for the shooting death of rock star John Lennon.

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## Shower held at meeting

Judy Schumacher was honored with a baby shower recently when members of Alpha Iota Mu Chapter of Beta Sigma Phi Sorority met at the office of Dr. Stan Fry.

Patty Frerich served as hostess and Jill Savoini was co-hostess. They served Swedish creme with straw-berry topping and punch.

Donna Weaver was presented with a going away present from members. Donna, who serves as the chapter's vice president and membership chairman, is moving to Dallas with her husband, Tommy. Savoini was elected to replace Weaver.

Members attending were Janice Betzen, Glenna Calaway, Danell Culp, Patty Frerich, Teresa Hopping, Wanda Huseman, Marrie Leverett, MaryBeth Messer, Jill Savoini, Judy Schumacher, Pattie Urbanczyk and Donna Weaver.



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Day/Date: **March 3, 1993**  
Admission: **\$3.00**  
Time: **6:30 p.m.**  
Auditorium: **Hereford High School**  
Address: **200 Ave. E.**  
City/State: **Hereford, Tx.**

Proceeds will benefit The Ministerial Youth Alliance Projects.

Tickets can be obtained at Good New Bookstore, Area Churches and At The Door.

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**Vaavia Rudd**  
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SAMPLE



## McElroy, Lea vows exchanged in Lubbock

Lubbock residents, Cindi Elizabeth McElroy and Kevin Lowell Lea, were united in marriage Saturday afternoon, Feb. 20, in Westmont Christian Church in Lubbock. The Rev. Paul Land of the First Christian Church of Canyon officiated.

The bride is the daughter of Mr. and Mrs. Charlie Nunn of Sweetwater and Mr. and Mrs. Earl McElroy of Fort Davis. The bridegroom is the son of Mr. and Mrs. Lewis Lea of Hereford.

The church was decorated with two brass candelabra entwined with lemon leaves, the unity candle and green plants. Pews were marked with bows, hurricane lamps and tulle.

The bride's sister, Mrs. Kakai Wulfjen of Colorado City, served as matron of honor and Robbie Phillips of Temple was best man.

Bridesmaids included the bride's cousin, Christy Barksdale of Garden City, Kan., and the bride's sister, Christa Calloway of Sweetwater.

Serving as groomsmen were the groom's brother, Kelly Lea of Mesquite, and the groom's nephew, Brett Norvell of Clovis, N.M. Jeff Wyatt of Lubbock escorted guests.

Kelci and Tyler Lea, children of Mr. and Mrs. Kelly Lea of Mesquite, served as flower girl and ring bearer, respectively.

Mike Turner of Lubbock, accompanied by Linda Kraus of Lubbock, sang "Forever Is As Far As I'll Go," "One Friend" and "Cross My Heart."

Presented in marriage by Earl McElroy, the bride wore an elegant gown of silk taffeta and alecon lace. The bodice was heavily encrusted with sequins and pearls and featured a V-shape neckline. The gown was also fashioned with elbow-length Renaissance sleeves and a deep basque waistline. The full ballgown skirt flowed into a chapel-length train.

In her hair, the bride wore a floral and pearl tiara attached to a two-tiered silk illusion fingertip veil which formed a pouf at the crown.

She carried six ivory roses bundled with monecasino and greenery. She also wore her great-great-grandmother's wedding band.

Bridal attendants dresses were fashioned with hunter green velvet bodices attached to V-line waisted iridescent green taffeta skirts. Each carried a long stem ivory rose bundled with monecasino and greenery.

Marcy Weston of Burnet and Nat Gabba of Colorado City invited guests to register at the reception held in the Westmont Christian Church foyer.

Cake was served by Julie Rogers of Littlefield and Jody Messick. Punch and coffee were poured by Shannon Timberlake of Hereford and Laurie Parker of Lubbock. Others assisting were Kathy Kelly of North Richland Hills and Staci Allaire of Lubbock.

The bride's four-tiered cake was decorated with white roses entwined with English ivy and the groom's chocolate cake was topped with slivered almonds.

Leaving for a wedding trip to Cancun, Mexico, the bride wore an Indian blanket vest, turquoise wrap skirt and a black turtleneck.

The couple resides in Lubbock. The bride is a graduate of Texas Tech University and is currently employed by First National Bank of Lubbock.

The groom also graduated from Texas Tech University and is employed by Leaway Roofing in Hereford.

Out of town guests represented Fort Davis, Burnet, Loraine, Colorado City, Sweetwater, Dallas, El Paso, Amarillo, Lamesa, Archer City and Jacksboro.



MRS. KEVIN LEA  
...nee Cindi McElroy

## Study theme continued by Pioneer members

Members of Pioneer Study Club met recently at the Caison House to continue their study theme of the club year, "Patchwork of History." Billie Johnson and Maria Escamilla served as hostesses.

In keeping with the study theme, Mary Panciera reviewed the life of Harry S. Truman, president of the United States from 1945-53. The speaker explained that time and events show Truman to be a man of unexpected strength, sure of who he was and blessed with balance, especially in times of great stress.

Panciera said, "During the recent

presidential campaign, the candidates from both of the major parties compared themselves with President Truman, nor is this the first time in the 40 years since Truman's presidency. Any number of candidates have sought claim to Truman's mantle, but none could hope to achieve the greatness of Harry S. Truman. None have come from the humble background as he did and accomplished so much."

The meeting was called to order by President Rosemary Thomas and Johnson gave the invocation. Escamilla led the Pledge of Allegiance.

It was announced that club members will be hosting a shower for M.D. Anderson Hospital from 9-11 a.m. March 27 at Sugarland Mall. Items needed include children's toys, baby products, toiletries, calendars, combs, brushes, bud vases, paperback books, gowns, pajamas, ball caps, yarn, fabric, etc. All donated items must be new with the exception of bud vases and paperback books.

The March meeting will feature a three-minute talk by each member to pay tribute to a Panhandle woman who has achieved recognition in her chosen field of service.

Members present were Mary Jane Burrus, Nell Culpepper, Escamilla, Catherine Gripp, Oleta Hoffman, Johnson, Helen Langley, Gladys Miller, Panciera, Thomas, Willie Wimberly and Virginia Wood.

## Stop, look, look again

You can protect yourself and your family against product tampering if you heed a few hints from two non-profit organizations: the Council on Family Health and the Non-prescription Drug Manufacturers Association.

Here are six steps to follow every time you buy or take medicine.

1. Read the label. Over-the-counter medicine labels on tamper-evident packages list seals and other features you should look for when you buy, and each time you take, the medicine.
2. Inspect the outer packaging. Don't use any medicine from a package that shows cuts, slices, tears or any other imperfection.
3. Inspect the medicine itself. If the medicine looks suspicious, be suspicious.
4. Never take medicine in the dark.
5. Every time you take a dose, look at the medicine and read the label. Each time you take the medicine, be aware of changes in color or odor. Check the expiration date.
6. If in doubt, tell somebody. If there is any doubt in your mind, don't buy it! Don't use it! Don't leave it at that! Tell the store manager or an employee who can do something about it.

## Myths about down payments

**MYTH:** The biggest barrier to homeownership in America is being able to afford the monthly mortgage payment.

**FACT:** Saving for the down payment is the greatest barrier to homeownership. Contrary to popular belief, many people actually pay less in their monthly mortgage payment than they currently pay in rent.

**MYTH:** To buy a home, you must pay a down payment equal to 20 percent of the purchase price.

**FACT:** A home buyer can purchase a home with as little as five percent down with the help of private mortgage insurance. Private mortgage insurance protects the lender in case the homeowner cannot repay the mortgage.

**MYTH:** First-time home buyers do not qualify for a home loan with private mortgage insurance.

**FACT:** Private mortgage insurance is a natural aid to first-time home buyers and to low-income home buyers because it lets families get into homes with less cash down.

**MYTH:** Mortgage insurance pays off your home mortgage in the event of your death.

**FACT:** No, that is mortgage life insurance. Mortgage insurance is insurance that protects a lender against the losses they may incur if the homeowner cannot repay the loan. Typically, lenders will require mortgage insurance if the down payment is less than 20 percent of the home's purchase price.

**MYTH:** It is very difficult to get a mortgage with only five percent down.

**FACT:** In fact, home loans with only five percent down are becoming increasingly popular. They are called low down payment mortgages. Over one-fourth of the mortgages that were privately insured last year involved down payments of only five percent. Collectively, the private mortgage insurance industry helped 124,878 families buy homes in 1991 with only five percent down.

**MYTH:** There is no difference between having a mortgage insured privately or through the government's Federal Housing Administration (FHA).

**FACT:** While the FHA and private mortgage insurers play similar roles in providing affordable housing, the programs are very different. For example, private insurance can be canceled at the option of the lender or investor when the homeowner builds up sufficient equity in the home to lessen the lender's risk. In contrast, FHA insurance must be carried for the life of the loan, generally 30 years. Furthermore, private mortgage insurance is available on a wider variety of mortgage loan products and is not subject to maximum loan amounts.

**TULSA, Okla. (AP)** - Russian poet Yevgeny Yevtushenko has finally found out why 10 of his poems were kept out of a book published in 1970 - the head of the secret police didn't like them.

Yuri Andropov, then the KGB chief and later Soviet leader, found the poems politically irresponsible and personally insulting, according to a report Yevtushenko received Thursday.

Yevtushenko, a visiting professor at the University of Tulsa, was never told why the poems were withheld. The editor of the state publishing house begged him not to ask questions, so he didn't.

Yevtushenko said the Russian newspaper Trud found the report, written by Andropov and marked "Top Secret," and sent it to him, asking for a response.

The Supreme Court ordered the dissolution of Standard Oil Co. in 1911, ruling it was in violation of the Sherman Antitrust Act.

## World Day of Prayer service set March 5

The public is invited to a special service for World Day of Prayer at 9:30 a.m. Friday, March 5, at Golden Plains Care Center. The local event is being sponsored by the Hereford Church Women United.

Fellowship and refreshments will follow the prayer service.

This year's World Day of Prayer theme is "People of God: Instruments of Healing."

The World Day of Prayer, a day on which millions of Christian women all over the globe join in

"informed prayer and prayerful action," traditionally takes place on the first Friday in March and is translated into hundreds of languages. 1993 marks its 106th anniversary.

### G.E.D. Testing

For adult residents of Texas, 17 years of age and up. Parent's permission for 17-year-olds required. I.D. required. Satisfactory scores qualify for Texas Education Agency Certificates of High School Equivalency. \$35.00 Fee. Next Test March 2 & 3, 1993 at 1:00 p.m. at Hereford High School, Room 131.

For more information call John Matthews at 363-7828

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**Hereford Country Club • 9a.m. to 4p.m.**  
**Saturday, March 6, 1993**

**Morning Session:**

"The Heart of the Matter - A Personal Experience" Risk factors for women.

"The Good, the Bad, and the Ugly - Managing Stress" How to recognize and neutralize symptoms of excessive stress. Presented by Linda Haynes, Willow Communications.

**Lunch - Hereford Country Club**

**Keynote Address and Afternoon Session:**

"If I Could Then, Why Can't I Now?" How self-programming effects our success level

"The Brighter Side of 9 to 5" How to develop a sense of humor and use it effectively in the workplace. Presented by Phyllis Johnson Jones, Professional Speaker and Trainer.

Registration Fee: \$15 (includes lunch). Seating is limited, pre-registration and payment required.

Please register in advance by mailing this coupon and \$15 for each ticket to Elizabeth Fowler, Deaf Smith General Hospital, Box 1868, Hereford, TX 79045. For more information call Elizabeth Fowler, 364-2141

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

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Our thanks to the First National Bank of Hereford & Hereford State Bank for their assistance in underwriting this program

## Minority health update

Favorite Black and Hispanic foods - high in fats and calories - could be recipes for trouble. Surveys show Blacks and Hispanics are more likely than the general population to be overweight.

For example, about 44 percent of Black women and 42 percent of Hispanic women are overweight, compared with 27 percent of all U.S. women.

Those extra pounds mean an added risk of heart disease, the nation's top killer, and high blood pressure, the chief cause of stroke. High blood pressure is especially common in Blacks.


Shedding that extra weight - and risk - may not be as hard as you think. Be more active. Cut back on calories and consume less fat and saturated fat.

Fortunately, this needn't mean giving up the foods you like. Nutritionists have converted many traditional Black and Hispanic recipes into heart-healthy meals. They suggest: Use beans and grains with small amounts of meat. Choose skinless chicken or turkey to replace neck bones, ham hocks, and fatback. Use a little vegetable oil, instead of lard or butter. Choose fruits for salads, instead of avocados or olives. Use more spices and less salt. Broil, steam, roast, and grill, instead of frying or basting with fat.

Here's an old favorite, "Picnic Potato Salad," revitalized into a healthy dish of only 92 calories per 1/2 cup serving:

Combine: 1/2 cup plain low fat (1%) yogurt; 1/2 cup mayonnaise-type salad dressing; 1 tsp vinegar; 1 tsp salt; 1 tsp fresh chopped parsley; 2 tsp. prepared mustard; 1 clove garlic, minced; and a pinch of freshly ground black pepper.

Add: 6 cups peeled, cooked potatoes, diced; 1 cup coarsely chopped celery; 1/2 cup sliced radishes; and 1/4 cup sliced scallions, with tops.

Mix well and refrigerate.  get about 16 servings. You may wish to substitute 6 cups of diced, cooked cauliflower for the radishes and potatoes.

Either way, your family can enjoy down-home cooking that's lower in calories and fat, but still rich in taste.



### It's no big deal!

Dr. David Purdy assures the children in the K-4 program at St. Anthony's School that a dentist is not someone to fear. The students recently visited the dentist office where the doctor showed them the dental equipment and explained to them how to care for their teeth.

## Doctor to discuss health related topics

The public is invited to hear Dr. Carole Durrett speak from 7-8 p.m. Tuesday, March 9, in the Lamar Room of King's Manor Methodist Home.

Dr. Durrett, a native of Amarillo, will speak on a variety of subjects including:

- An overview of the mind/body connection;
- Successful living with chronic illness;
- To treat or not to treat: balancing the options;
- The inward assault: a personal account with MS;
- Harnessing the healing power within;
- The path of suffering: the road to spiritual enlightenment;
- Learning to love;
- Patterns of illness;
- Perception: the whole story;
- The missing chapter in medical textbooks;

### -Accepting health responsibility.

The speaker was diagnosed with multiple sclerosis in the fall of 1982 during her sophomore year at Texas A&M University when she began drifting in and out of consciousness after an acute episode with fever. Once the fever broke, her ability to walk and talk was severely impaired. She slipped into an apathetic existence for several months.

Dr. Durrett recovered almost 100 percent from the initial attack of MS and went on to graduate Cum Laude from West Texas State University with a degree in general studies in 1985. The following fall, she entered Texas Tech School of Medicine. Her health was stable and good at that time.

By graduation in 1989, Dr. Durrett's illness had progressed to the point she was having to use a walker. That summer, in lieu of beginning a residency, she underwent a course of chemotherapy after which she was able to walk without assistance. In January 1990, she began a residency program in Family Medicine at Texas Tech. She found the family medicine residency physically difficult and chose to change to psychiatry. She completed a year in the program at Texas Tech in Lubbock before returning to Amarillo in June of 1991.

Most of Dr. Durrett's former mentors chose to practice medicine ignoring a truth that Dr. Durrett had begun to jive by: mind and body are necessarily intertwined and that drugs can only mask certain symptoms of that disease, not heal the disease itself. She realized that healing encompassed more than physical remedies.

In September of 1992, Dr. Durrett opened her own health counseling service where she works in conjunction with other doctors in the community to treat both the mind and the body. She is a licensed general practitioner who realizes in her own life the power effect that mind and body have on one another.



DR. CAROLE DURRETT



In 1955 there were 363 strikes by workers in the U.S. In 1990 there were 44.



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## Hints from Heloise

Dear Heloise: Warn your readers to be extremely careful when buying jewelry.

My boyfriend and I decided we didn't want to be traditional and go with a diamond; we wanted an emerald.

We found a setting we liked, so we purchased the ring. Two months later we found out the emerald is manmade, not mined.

I was hurt that they let us buy this ring without telling us. They even gave us an appraisal that said the ring was worth more than we paid for it, which is a lie.

We had the ring appraised at another jewelry store and were told the ring was worth exactly what we paid.

Tell your readers to research the stones before purchasing them, ask lots of questions and look at the stones through a jeweler's eye. — Feeling Ripped Off, Indianapolis, Ind.

Thanks for taking the time to write so others will learn! Before making any fine gem purchase, customers should do their homework and learn

about the gemstone they are interested in, what to look for and what questions to ask the jeweler.

To help you learn more about colored gemstones, Jewelers of America, Inc. offers a free brochure filled with information about them.

### SOMEONE WHO CARES

Dear Heloise: I am a person with a disability, but I like to contribute what I can to the recycling effort and to help those in need even though I do not have a lot of money.

I collect soup-can labels for charities and I knit caps, afghans, mittens and scarves for the local missions to distribute.

Everyone can contribute something, whether they have money or not. — Judith Johnson, Spring, Texas

What a caring person you are! I totally agree with you. If everyone would just contribute a little time or talent toward those in need at least once a month, our world would be a much better place. — Heloise

## — YOUR EYES —



### IF YOU ONCE WORE CONTACTS...

If you tried wearing contact lenses years ago when they were big and hard and difficult to manage, you owe it to yourself to try again -- especially if you still would rather not wear glasses. The new generation of lenses, especially the soft ones, are extra-comfortable for most people and able to correct most common visual conditions, too.

The major advantage of soft lenses is, no surprise, their softness. That enables them to fit smoothly right over the cornea. They absorb natural tear fluid and bend to fit the natural curve of the eye. They are made in a variety of shapes so that your optometrist can choose one just right for your eyes.

The new lenses offer many more options than the old ones. They can be adapted for bifocal vision or change the color of your eyes. Discuss with your eye professional whether easy-to-care-for extended-wear lenses or throwaways are right for you.

Brought to you as a community service by

**DR. HAROLD W. BRIGANCE**

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## Something New On Park Ave.

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**TERRY'S FLORAL AND DESIGNS**

Watch for our Grand Opening & Open House Sunday, March 14, 1993.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1993</b>		Rent 1 Movie Get 1 Old FREE	Drawing 2 Every Friday 2 Free Movie Rentals	Singles Of Mice & Men Swipers in Dark Chrome Soldiers American Samurai	All Old Movies 99c New Releases \$1.99 Nintendos \$1.99	Senior Citizens 99c Movies Every Friday	FREE 6 Popcorn Friday Saturday Sunday
	Rent 4 Old Movies Keep 4 Days \$4.00 Any day of the week	Rent 18 Movie Get 1 Old FREE	New 9 Releases \$1.99 Nintendos \$1.99	Last of Mohicans Dragon Flight Wind Innocent Blood Death Ring Breaking the Rules	New 11 Releases \$1.99 Nintendo \$1.99	Every Wednesday Rent Any 3 Movies Keep 2 Days	13 Tanning 1 Month Unlimited \$39.95
	Rent 14 Nintendos Keep 2 Days	Rent VCR Monday Return Friday \$9.00	New 16 Releases \$1.99 Nintendo's \$1.99	Candy Man Mr. Baseball My Samurai "Happy St. Patrick's Day"	New Releases \$1.99 Nintendo's \$1.99 All Old Movies 99c	"SALE" Sprite, Mr. Pibb and Diet Sprite 2 liter 79c 16 oz. 6-pk \$1.79	Rent 20 2 Movies Get 1 Old FREE
	Rent 421 Old Movies Keep 4 Days \$4.00	Rent 122 Movie Get 1 Old FREE	New 23 Releases \$1.99 Nintendo's \$1.99	24 Captain Ron Pure Country	New Releases \$1.99 Nintendo's \$1.99 All Old Movies 99c	26 Pinocchio	We 27 Reserve Movies 364-1221
	Thank 28 You For Your Business	Rent 129 Movie Get 1 Old FREE	Rent VCR Monday Return Friday \$9.00	31 Under Siege	<b>HI-TECH VIDEO</b> 350 N. 25 Mile Ave. 364-1221		



## Girl Scout Monthly Update

BY MELINDA HENSON

March is Girl Scout Month. The girls will be celebrating by attending church March 7 as a service unit.

Also, in conjunction with the special observance, members of the Girl Scouts will be displaying crafts and paper dolls that portray the organization's past, present and future at the Deaf Smith County Library throughout March.

It's cookie time for the organization. The Girl Scout cookies have been delivered to the girls so be ready for the knock at your door. If you didn't order, it's not too late. All the troops have extra cookies. The Junior Troops #286 and 281 will have a booth sale from 9:30 a.m. until 4:30 p.m. Saturday, March 6, at Gibson's. Don't miss this last chance to buy cookies.

Hereford is now servicing seven troops. They include the following:

-Troop 500 is Daisy level K-5. Melissa Soliz is the leader and the group meets from 5:30-6:30 p.m. each Tuesday at the Hereford Community Center. The Daisys learn how to play as a group and learn simple basic Girl Scout ways.

-Troop 282 is a first grade Brownie troop. They meet from 4:30-5:30 p.m. on Tuesdays at the Wesley United Methodist Church and their leader is Jo Ochs. They are currently working on triangle bead necklaces which is a part of badge work called a "try-it." One of their favorite activities is the "lummi stick." They are planning sleepovers using their cookie money sometime this spring.

Second grade Brownie Troop 283 meets from 4:30-5:30 p.m. each Tuesday at First United Methodist Church with leader Laura Carter. They had a Court of Awards ceremony Feb. 23 when the girls received their badges and other patches that they have earned. Upcoming activities include an overnight campout at Girl Scout Camp Kiwanis, northwest of Amarillo. The girls are working hard

to get ready for the campout.

The third grade Brownie Troop 284 meets from 5:30-6:30 p.m. each

Tuesday at the Church Christ Fellowship with leaders Lori Thompson and Linda Espinoza. The troop recently had an investiture for the new girls, Ashley Gallardo and Elizabeth DeLaCruz. Parents had a real treat when the girls performed a safety play to finish badge work for the puppets and plays badge. This third grade group has started bridging activities to move up to the junior level.

Troop 285 is also a third grade Brownie troop and their leader is Betty Coneway. They meet from 4:30-5:30 p.m. each Thursday at the First United Methodist Church.

Members of Troop 285 will be finishing their "Be A Reader" patch and continue working on bridging. In February, the group visited the Hereford Travel Center where Joan Coupe and her associates talked to the group and distributed brochures. They also decorated Valentine T-shirts and welcomed Sherry Vermillion as a guest speaker when she talked on her trip to Mexico to celebrate Thinking Day.

Junior Troops 281 includes fourth through sixth grade girls. They meet from 5:15-6:30 p.m. each Monday at First United Methodist Church. Their leaders are Dalene Burns and Melinda Henson. This junior troop has been busy working on several badges. One is a theater badge where the girls have to write, perform and prepare props and scenery for a play. They will complete the requirements for the badge by attending the performance of "Cinderella" to be presented in April in Amarillo by the Fort Worth Ballet. This troop also enjoys camping and field trips.

Junior Troop 286 meets from 4:30-5:30 p.m. each Thursday at the First Presbyterian Church with leaders Priscilla Ham and Valerie Artho.

Members of the Brownie Troop

#286 met Feb. 4 for their fly-up and bridging ceremony which is held to help girls move from one membership age level to another and to also help alleviate the fears of growing up.

The ceremony was preceded by a potluck dinner so that families of the girls could come and be a part of the festivities.

The following girls became Junior Girl Scouts during the ceremony: Stephenie Jesko, Rebecca Artho, Jessica Artho, Amanda Bullard, Kara Landrum, Tiffany Livesay, Libby Brockman, Cara Linker, Ermelinda Carbajal, Amanda Richards, Lenzy Ham and Clarissa Lucero.

Also, during the ceremony, Senior Scout Michelle Emerson, bridged from Cadette Girl Scouts. In March, Michelle will be honored for her hard work in scouting during a Court of Awards Ceremony. Michelle helps the girls of Troop 286 in their projects and also in the planning of weekly meetings.

In March, Troop 286 will participate in the World Association Pin Ceremony in conjunction with Girl Scout Month.

Girl Scouts is a United Way Agency. If you would like further information on the organization, call Melinda Henson at 364-0222 or 364-6822.

### Friendly creatures to make

When the temperature drops and the winds blow, we try to find ways to stop the drafts that chill our old house. This year we're making "draft busters" out of fabric scraps to tuck in our windowsills and along the bottom of our doors. Our two favorite designs, puppy and worm, add a bit of whimsy to our eclectic decor, too. If you live in a warm part of the country, why not make some to send to family or friends in chilly climates?

Here's how:

-For a puppy, stuff two long sports-style socks with small pieces of fabric scraps, fiberfill or old cut-up clean socks. When the sports socks are completely stuffed, an adult may sew them together at the cuffs with a whipstitch. At one end of the stuffed socks, embroider eyes, nose and a mouth. Glue cutout felt pieces onto the sock to resemble ears. Tuck the puppy in a windowsill to be a draft watchdog!

-For a worm, cut two strips of colorful fabric three inches wide and as long as the width of a drafty door. With right sides facing, sew around three edges of the fabric, allowing for a 1/2-inch seam. (Leave a narrow edge open for the filling.) Trim and clip the fabric near the seam. Turn right side out and press. Fill the fabric tube half full with clean sand. (Your kids may enjoy using a kitchen funnel for this step.) Sew the open end closed. Sew or glue features on the fabric to resemble a worm. Or, if your fabric is a solid color, decorate with fabric paints from squeeze bottles. Wiggle the worm along the bottom of a closed door to keep out the cold.

### Hidden stroke risk factor

Most risk factors for stroke are well known - smoking, high blood pressure and heart disease. But there is one that has been neglected - atrial fibrillation (AF). Most people have never heard of it. Yet this common irregular, rapid contraction of the heart can increase your risk of stroke six times, and causes 75,000 strokes a year.

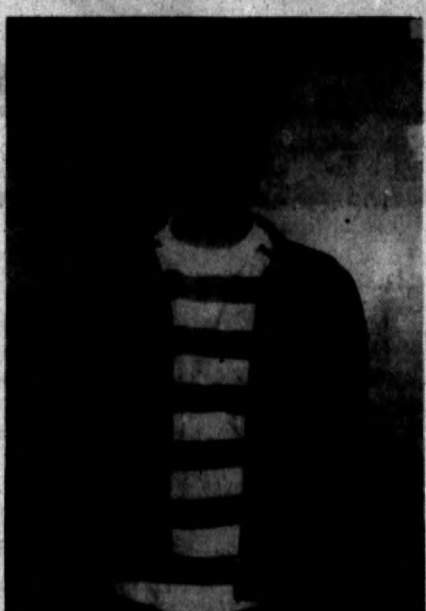
Fortunately, AF is treatable. In fact, two-thirds of AF-caused strokes - 50,000 each year - can be prevented.

AF occurs when the upper left chamber of the heart beats out of sync with the others. The heart may race up to 350 to 400 beats a minute, compared to 60 to 100 normal beats. When this happens, the chamber cannot empty blood efficiently, and blood begins to pool and form clots. As a result, the clots may break off and travel through the artery to the brain, causing a stroke.

More than 500,000 Americans will suffer a stroke each year, and the incidence is on the rise. It is the third leading cause of death and a major source of disability. By the next century, 75 million baby boomers will turn 65. By then, a record one in five will be at high risk for stroke against one in eight now.

Your best defense against AF is to know the symptoms. If you experience any of the following symptoms, you should see your doctor.

- Heart palpitation - Sudden pounding, fluttering or racing sensation in your chest, an irregular pulse.
- Dizziness - Light-headedness, nausea, weakness, fatigue.
- Angina - Sharp, cramping pain in your chest



### Students recently compete

Several Hereford High School students recently competed in the 1993 Scholastic Art Show. Hayley Lockmiller, a junior, received a certificate of merit. Her teacher is Gayla Kimball. Stacey Prisk, a junior at HHS, received a certificate of merit and a Gold Key for his 3-D ceramic piece of art. His teacher is Eliazar Mendez. Students displayed their art work in Western Plaza in Amarillo.

## Cultural program given to chapter

"Hobbies: Sharing Your Interests (Books)" was the program presented by Susan Cardinal when members of Xi Epsilon Alpha Chapter of Beta Sigma Phi Sorority met recently in the Southwestern Public Service Reddy Room.

Cardinal, a media specialist at Bluebonnet Elementary School, brought a selection of books she purchased this year for her students. She stated that all the books had been read by her students and each student had been asked to vote for their favorite. The results of the voting have been sent to Austin where the books receiving the majority of votes from all over the state will receive the Texas Bluebonnet Award. The awards are sponsored by the Texas Library Association. Two of the books presented to the chapter had already been honored. One was the 1992 recipient of the Newbery Medal for literature and the other the Caldecott Medal for illustrations.

After giving a brief synopsis of each book exhibited, Cardinal concluded her program by reading one of the books titled Julius.

President Kay Williams opened the meeting and led the 13 members present in repeating the opening ritual.

Roll call was taken and minutes of the previous meeting were read and approved following one correction.

Denise Hafliager stated that she received her gift of a cowbell from Brenda Ramey.

Appreciation was extended to secret sisters by Cardinal, Gaye Reilly, Brenda Ramey, Susan Shaw, Linda Arellano, Connie Matthews, Peggy Hyer and Melinda Henson. Also, extending their thanks were Holly Bixler, Kay Williams and Ruby Lee.

A nominations committee was formed to elect chapter officers. Serving on the committee are Hafliager, Matthews and Ramey and executive board member, Arellano.

It was announced that Beta Night is planned March 27 and the style show is set for March 28.

The ways and means committee is accepting items for a garage sale. Priced items need to be taken to Dalene Burns' home.

The next meeting is planned March 2 with Denise Hafliager giving the cultural program titled "Health: Establishing Mental and Physical Health Goals." Kay Williams will serve as co-hostess.

Present for the meeting were Linda Arellano, Holly Bixler, Kay Williams, Susan Shaw, Gaye Reilly, Sharon Bodner, Brenda Ramey, Connie Matthews, Susan Cardinal, Denise Hafliager, Deann Harris, Ruby Lee and Melinda Henson.

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# MINDING YOUR OWN BUSINESS

Don Taylor

## Promoting Your Business

I've learned two things from my small business adventures. First, there's never enough money and second, there's never enough time. The ever-present shortage of these two commodities cause every entrepreneur some heartburn about promoting their business.

There are dozens of good ways to promote any business. Some require large time commitments and others require heavy spending. For example, networking with potential customers at civic, chamber of commerce or social functions requires little money, but large amounts of personal time. Purchasing prime-time television commercials on the other hand, is very capital intensive, but takes minimal time. Usually, the more time you invest in any promotion activity the lower cost in dollars, and vice versa.

Since most small businesses have limited amounts of time

and money, promotion is often ignored for less important activities. This is unfortunate because promoting your products and services may be the best investment you can make in future business.

### Effective promotion

You should evaluate every promotion idea to ensure that it achieves specific results. Good promotions focus favorable attention on you and your business. They help create a positive image in your customer's mind. They also stimulate sales of your products or services. When you spend your promotion budget effectively, potential customers will see the benefits of doing business with you.

Even with these thoughts in mind, how to best promote your business is not an easy decision. I suggest that you balance your budgetary and time consumption factors.

Keep in mind the specific results we listed above, then balance your promotion ideas with your time and money budget. I'll try to get your thought process started by sharing three of my favorite promotion strategies.

### Low-cost strategies

My personal favorites in low-cost promotion strategies uses mini-billboards. Most folks call these little promotion gems by their more commonly recognized name - business cards. A good business card will always get a second look and will create a positive first impression.

My personal mini-billboard collection dates back more than 20 years. Some of the unique cards have made lasting impressions. For example, I have a 25-year-old ultra thin wooden card from a forest products company in California. I have a fiberglass card from a fiberglass maker. More recent cards that have made good impressions

include a drive-in restaurant's card with a tear-off coupon and an elegant, four-color card from a florist.

Unique, creative cards really stand-out in the clutter. Of course, no card is effective in a box or on the shelf at your office. Carry a supply everywhere you go and hand them out.

Another low-cost strategy is to create a 10-second commercial to use with your mini-billboard. When you hand out cards, give your name, a brief positive description of your business and a benefit of doing business with you. Say something like, "Hi, I'm Bubba Jones with Jones Electronics. We specialize in finding and solving electronic problems when no one else can."

Another of my favorite low-cost strategies involves setting-up a booth at your local county fair or your community's business trade show. Make your booth businesslike and easy to access. If you set a table across the front of your booth area, you place a barrier between you and your customer. Leave it open and invite folks in. Use a big sign with your company name and don't forget a good supply of business cards.

If you wish to submit your business card for possible induction into the "Mini-Billboard Hall of Fame," send it to "Mini-Billboard," c/o Minding Your Business, PO Box 67, Amarillo, Texas 79105. All entries that include a self-address, stamped envelope will receive free additional low-cost strategies and advertising tips by return mail.

# GO HERD

## Comics

### The Wizard of Id

By Brant Parker and Johnny Hart



### Barney Google and Snuffy Smith

By Fred Lasswell



### BEETLE BAILEY

By Mort Walker



### BLONDIE

by Dean Young and Stan Drake



### Marvin

By Tom Armstrong

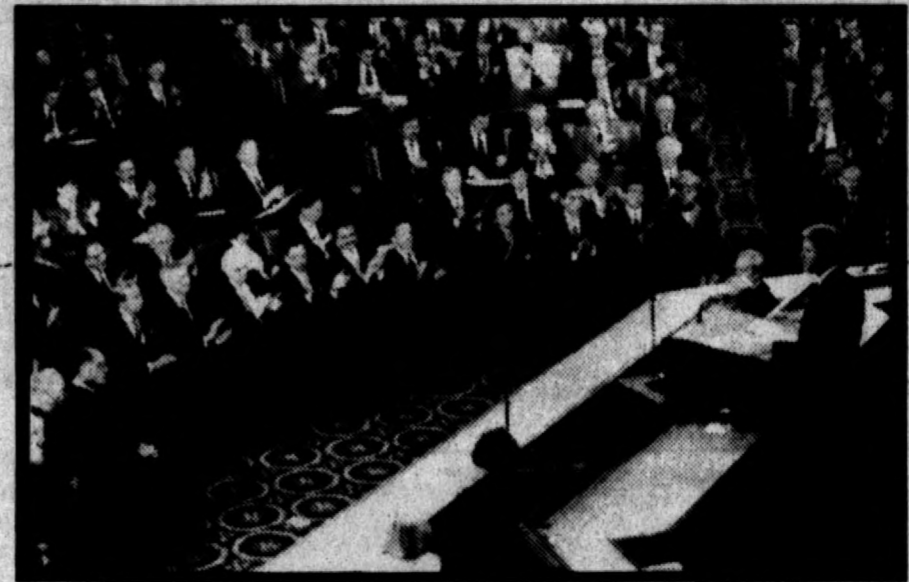


# THE QUIZ

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

## WORLDSCOPE

(10 points for each question answered correctly)



1) Taking all the proposed tax increases, spending cuts, and spending hikes, the President's economic plan as he presented it to Congress is projected to cut the deficit by about ...?.. billion in four years.  
 a-\$325 b-\$500 c-\$675

2) The Clinton plan calls for an increase in the marginal income tax rate to ...?.. percent for couples with a taxable income of \$140,000.

3) The energy tax in the proposal would be based not on barrels, tons, or cubic feet, but on the B.T.U. content of the fuels. B.T.U. stands for ...?..

4) Scientists recently discovered a huge cluster of ...?.. in an area about the size of New York state under the sea about 600 miles northwest of Easter Island.

5) Recently, medical school student Yung-Kang Chow successfully tested a strategy using a (CHOOSE ONE: combination of drugs, a new vaccine) to force the HIV virus to mutate out of existence.

## MATCHWORDS

(2 points for each correct match)

- |               |               |
|---------------|---------------|
| 1-opus        | a-work        |
| 2-gross       | b-investigate |
| 3-discrepancy | c-varigate    |
| 4-scrutinize  | d-devotee     |
| 5-disciple    | e-earnings    |

## PEOPLE/SPORTS

(5 points for each correct answer)

1) Advice columnist ...?.. has had to apologize for altering a letter by adding her own comments. Her column appears in 1,200 newspapers nationwide.

2) The Irish drama ...?.. garnered six Oscar nominations recently, including Best Picture, star Stephen Rea for Best Actor and Neil Jordan for Best Director.

3) Al Pacino was honored with two nominations, one for Best Actor for "Scent of a Woman" and one for Best Supporting Actor for "Glengarry Glen Ross." TRUE OR FALSE: Pacino has never won an Oscar.

4) Karl Malone and John Stockton of ...?.. were named co-MVPs of the NBA All-Star Game for leading the West to a 135-132 overtime victory over the East.  
 a-Portland b-Phoenix c-Utah

5) Thirty-six year old ...?.. proved that she is far from finished as a tennis player by defeating 19-year old Monica Seles last week, and halting Seles' 34-match winning streak.

## NEWSNAME

(15 points for correct answer or answers)



I recently agreed to the hiring of 160 more meat and poultry inspectors. Who am I and what Cabinet position do I hold?

### YOUR SCORE:

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

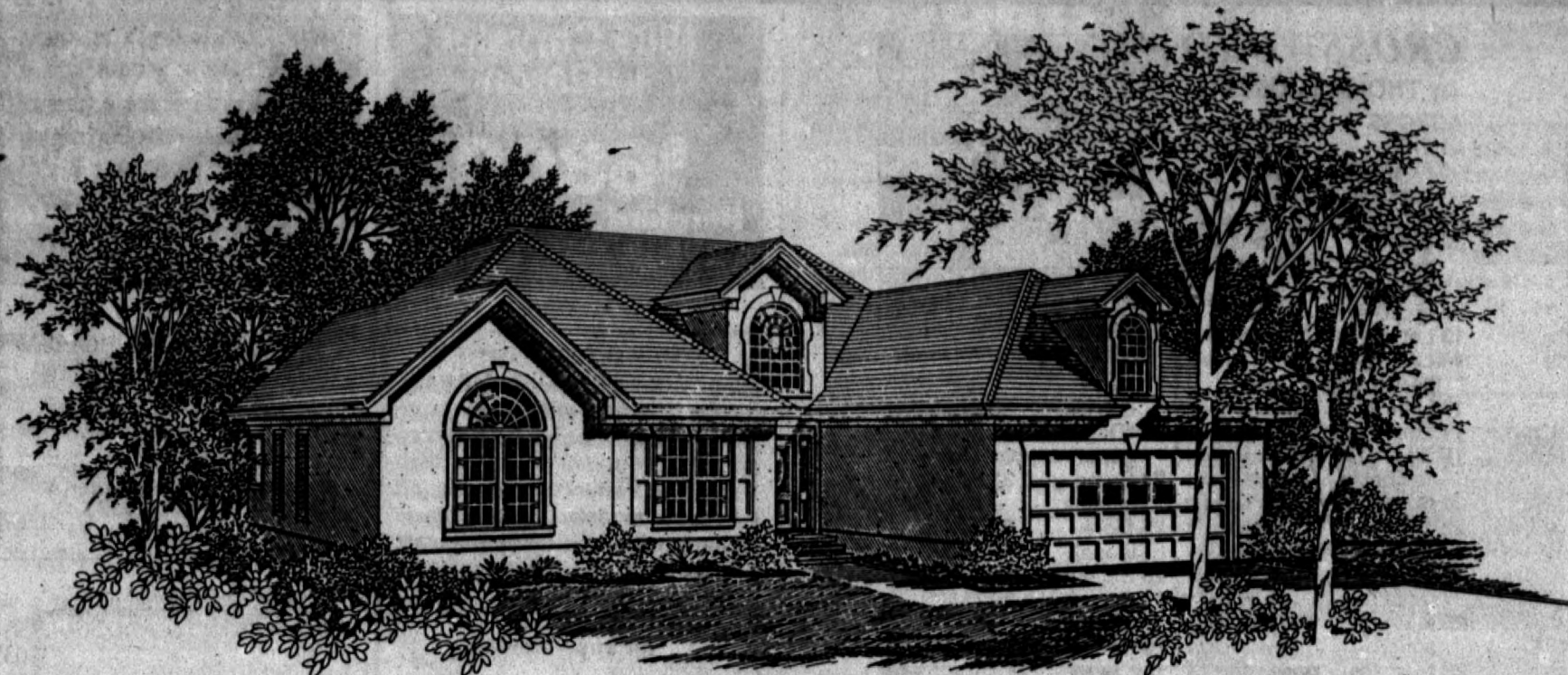
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## ANSWERS TO THE QUIZ

WEEK OF 3-1-93

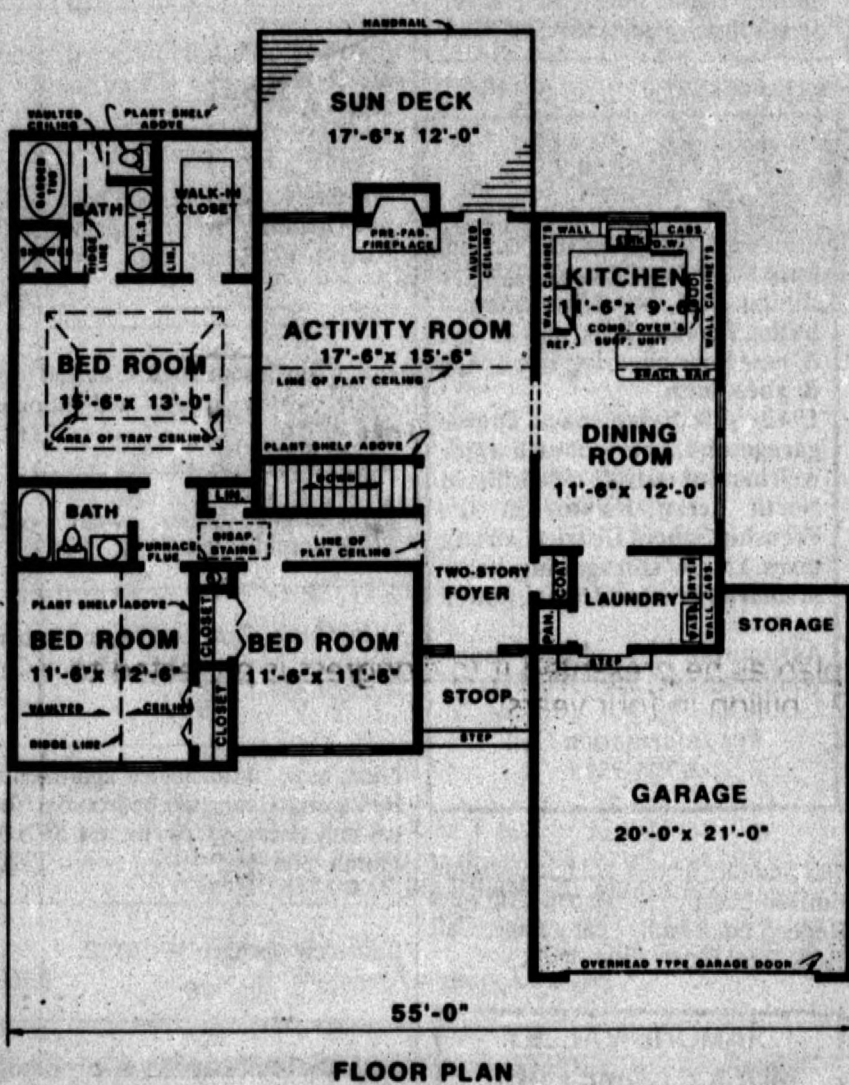
WORLDSCOPE: 1-a; 2-36; 3-British Thermal Unit; 4-volcanoes; 5-combination of drugs  
 NEWSNAME: Mike Espy, Secretary of Agriculture  
 MATCHWORDS: 1-a; 2-e; 3-b; 4-c; 5-d  
 PEOPLE & SPORTS: 1-Arn Lenders; 2-"The Crying Game"; 3-TRUE; 4-c; 5-Martina Navratilova

# Real Estate



**EUROPEAN DESIGN ONLY 55 FEET WIDE**

Light Floods The Foyer And Garage Through Dormer Windows



**FEATURE HOMES**

© BY W.D. FARMER, F.A.I.B.D.

The two story foyer entry leads to the stunning family room that is shown with a partly flat and partly vaulted ceiling. This room is available to the large dining room and kitchen and is provided with direct access to the sun deck.

The distinctive features are included in the master bed room suite are a tray ceiling, fantastic closet space, compartment bath with garden tub and separate shower stall and immediate access to a second bath. Two additional bedrooms are included, one of which features a vaulted ceiling.

Laundry facilities are between the garage and kitchen-dining room

and by locating the garage to the front, the designer is able to include 1,630 square feet on a comparatively narrow lot.

The European exterior style is complete with Palladian window treatment, stucco finish, dormer windows and multiple roof breaks for character.

The plan is Number 694. It includes only 1,630 square feet of heated area. It is a computer generated plan. All W. D. Farmer plans include special construction details for energy efficiency and are drawn in accordance with FHA and VA requirements. For further information write W. D. Farmer, P. O. Box 450025, Atlanta, GA 30345.



With an average annual precipitation of only 1.1 inches, Cairo, Egypt has the least amount of rainfall of all international capitals.

- ★407 WITHERSPOON - House has character - over 1600 sq. ft. formal dining, LR & den \$38,900.
- ★108 NORTHWEST DR. - \$3500 equity & assume this FHA non qualifying loan PITI \$441.07
- ★218 BEACH - Spacious living area, new furnace and evaporative A/C, roomy kitchen-dining - \$42,500
- ★810 AVE. K. - Tons of room for the \$\$ - 3-2-2, storage throughout, over 2300 sq. ft. \$45,000.
- ★212 GREENWOOD - 3 bdrm., 1 3/4 bath, extra room could be office or 4th bdrm., FHA, Non-qualifying, \$48,500.
- ★518 WILLOW - Sharp inside & out - Rear garage.
- ★214 ELM. - Redone inside & out, good loan - \$59,900.
- ★209 SUNSET - Luxurious home in great neighborhood, beautiful colors - \$89,500.
- ★FOR RENT - OFFICE BLDG. - 2 offices, Foyer, kitchen, restroom - \$375 mo.
- ★FOR RENT - 626 BLACKFOOT - \$425 mo. - \$200 deposit.

**364-7792**

Mark Andrews 364-3429  
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David Hutchins 364-5565

**The MARK ANDREWS agency**

205 TEXAS	Beautiful setting, wonderful custom built home, formal living dining, great den isolated master.	\$93,500
200 KINGWOOD	Non qualifying, custom built home with top of the line interior. Formal dining vaulted ceiling den, nice master bdrm. and bath.	PRICE LOWERED
109 OAK	Nice 4 bdrm., large isolated master bdrm., great master bath, his & her closets.	\$84,000
501 STAR	3454 sq. ft., 4 bdrm., 3 baths, excellent condition.	WOULD TRADE
723 BALTIMORE	Formal living/dining plus sunroom with hot tub & beautiful view.	LQ MB & BATH
521 STAR	Big kitchen and den combination. Nice large bdrms. 7 baths.	GREAT HOME
110 DOUGLAS	Two living areas, huge master bdrm. and bath, like new floor covering and appliances in kitchen.	\$74,000

**Top Properties**

**240 Main 364-8500**

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Hortencia Estrada 364-7245  
Clarence Betzen 364-0866

Temple Abney 364-4616  
Irving Willoughby 364-5769  
Marlynn Culpepper 364-4009

**Questions and Answers**

**Q:** Our new credenza was marred by a ring when someone carelessly placed a wet glass on it. We tried to get it out with furniture polish, but no luck. Do you have any suggestions short of stripping and refinishing our furniture?

rings left by water staining. Applying a poultice of olive oil and salt and leaving it for several hours may also remove stains. For stains left by alcohol, try using a few drops of household ammonia on a dampened cloth.

**A:** If the damage has completely penetrated the finish you'll have to strip and refinish. If it hasn't, try these simpler methods. Place a blotter over the ring and hold a warm clothing iron against the blotter for a few seconds. Set the iron at its lowest heat position. If it doesn't lift the ring after a few tries, attempt to rub out the ring. Apply a very mild abrasive like pumice or use the finest grade of steel wool (4-0) with a lubricant like boiled linseed oil or lemon oil. This can remove some

**Q:** Can you give me some tips on how to wash painted walls? The walls are painted with white, washable paint.

**A:** If you are interested in just cleaning a dirty wall, you can use soap and water. A gentle liquid soap, such as Ivory, is good. Rub the wall down lightly with a towel or a sponge. Don't scrub too hard, or you will create a slight gloss by removing the pigment.

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**SPACIOUS LIVING** Over 4,400 sq. ft., sunroom with redwood interior, private brick patio, large finished basement, huge living room, 3 spacious bedrooms, library/office, utility with pantry, lots of closet space, 2 1/2 bath, 2 car garage.

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**COUNTRY OWNER, TRADE FOR HOUSE IN TOWN** - 3 bdrm., 2 bath, on one acre and many extras. Call us.

**HCR** 110 N. 25 Mile Ave. Suite C  
**364-4670**

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**514 STAR** - 3 bdrm., 2 bath, fireplace, sunroom, large home, beautiful yard, nice area.  
**WILL CONSIDER OWNER FINANCING** - 3 bdrm., steel siding, nice, all paneled & lots of storage. 302 Blevins.  
**COMMERCIAL OFFICE BLDGS.** - Good downtown location, brick, 3 offices, reception area, carpeted, paneled interior walls. Very nice home is enclosed at the rear.  
**214 HICKORY** - 3 bdrm., 1 3/4 bath, fireplace, needs some work, buyer could possibly do work for down payment.  
**LARGE HOME WITH INDOOR SWIMMING POOL** - 3 bdrm., 3 bath, permanent siding on trim, fireplace, new master bath with whirlpool, tropical plants, banana & orange trees surround pool.

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**243 HICKORY**  
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**234 HICKORY**  
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## And We're Not Going To Put Up With It Any Longer!

We're a group of mothers, fathers, grandparents and other citizens who are outraged at how today's movies, TV programs, music videos and records are hurting our children, our families and our country.

For example:

We're **DISMAYED** that today 1.1 million girls between the ages of 15 and 19 get pregnant each year.

We're **SHOCKED** when we learn that two thirds of all births to 15 and 19-year-old girls are out of wedlock.

We're **FRIGHTENED** at the way violence and crime are spreading everywhere and threatening our children, our families and our homes.

### We say it's time to put the blame where we think it belongs:

**SHAME** on the Boards of Directors of music companies for letting singers who are the idols of our children put out **RECORDS** and **MUSIC VIDEOS** which blatantly encourage sex and 'say' to our children that sex is proper at any age . . . that everyone is 'doing it' . . . and abstinence is old fashioned.

**SHAME** on those in charge in Hollywood for an endless stream of films filled with **PROFANITY, NUDITY, SEX, VIOLENCE** and **KILLINGS**. For example, the giant hit "Basic Instinct" features murders during orgasms, setting a new standard of perversion even for today's movies.

**SHAME** on those at NBC TV for allowing "Saturday Night Live," a favorite with young people, to put on skits about masturbation, morticians having sex with dead people etc., etc., ad nauseam.

**SHAME** on TV directors for allowing the average child to see more than **200,000 ACTS OF VIOLENCE** and **33,000 MURDERS** by the age of 16 . . . even though directors **KNOW** that TV violence is implicated in **22% OF ALL JUVENILE CRIME AND HALF THE HOMICIDES** in America.

**SHAME** on the directors in the film industry which long ago stopped reflecting the values of most families and has now abolished the "X" rating, replacing it with "NC-17," so sex-filled, erotic, bloody films will no longer be barred from community movie houses.

**SHAME** on TV soap opera producers whose standards of decency have sunk so low one of them tells his writers, "Hot, make it hot", and another admits they are trying to see "just how far they can 'push it' on daytime" . . . when they **KNOW** that during afternoon hours more than two thirds of all TV viewers are children!

Yes, we are **OUTRAGED** at all this . . . and a great deal more. We say the tragic price our children, families and country are paying demands something be done to end what's going on. Alone we can't stop it. But together we think we can.

The **REASON** for all the sex, violence, filth and profanity is with the writers, directors, producers, singers, actors, etc. But **THEY** can be controlled. All it takes is for the Boards of Directors of their companies to order them to stop! Remember when movies were wholesome family entertainment? That's when people at the top **SET STANDARDS AND ENFORCED** them. We're going to insist that happen again.

We say it's **UNCONSCIONABLE** for the Boards of Directors to remain silent for the sake of **PROFITS** in view of the **TRAGIC CONSEQUENCES**.

### Together We Can Make It Happen

We're asking every reader of this ad to help us run it all over America . . . **AND** send in the petition on the right. Every 2 months we're going to send every member of the Boards of Directors of the entertainment companies a copy of the ad and tell them the total number of petitions received. They're going to **KNOW** American families are outraged.

Most Board members are not in the entertainment business. They are good decent respected people with children of their own. But they have been shutting their eyes to what's going on. We're going to get them to **SPEAK UP**.

Spare us the censorship lecture — you in the entertainment industry. And this is not an appeal for prudery. All we want is to get the movie, TV and record industries to act responsibly. Our children, our families and our country are being hurt too much for us to remain silent.

Right now mail the petition on the right. Please enclose a tax-deductible contribution to help pay for another ad like this. We'll do the rest.

All it takes is for enough of us who are outraged to **ACT**. Can we count on **YOU**? Mail the petition **NOW!**

A PETITION To The Members of The Boards of Directors of Every Major TV Network, Film, Music and Record Company

**Mail To:**  
American Family Association, Dept. F93  
P. O. Drawer 2440/107 Parkgate Drive  
Tupelo MS 38803

**SHAME on YOU,  
Directors, For  
Remaining Silent**

Yes, I am outraged with the way TV, movies, music videos and records are destroying traditional family values and encouraging violence. I want to be part of this Grass Roots petition drive and help run this ad all over America. You agree to notify the Directors of the entertainment companies every 2 months of the progress of this effort, and you agree all funds will be used for running ads in other papers. With this understanding I am enclosing a tax-deductible contribution of \$\_\_\_\_\_ to help pay for another ad and get those in charge to **SET STANDARDS AND ENFORCE THEM**.

Please print legibly.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

P. S. It is the total number of petitions which come in that is important. We will not give your name to the members of the Boards of Directors or sell or rent your name to any other organization.

Also: This project is so important that even if you can't send a contribution please mail in this petition to add to the total number we receive. Thanks.

A Project of American Family Association, Dr. Donald E. Wildmon, President  
Approved by The I.R.S. as a 501-c-3 not for profit organization



This petition can be duplicated and passed on to others.

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THE HEREFORD BRAND

# ENTERTAINMENT

TV LISTINGS·SOAPS·MOVIES·MUCH MORE!

'Second season' brings cops, families, road trips, real people



It's new-series time for the networks, and Friday marks the premiere of ABC's *Getting By*. In the comedy, Cindy Williams (top center) and Telma Hopkins (lower left) play single Chicago moms who take a house together to raise their children, played by (clockwise) Nicki Vannice, Merlin Santana, Deon Richmond and Ashleigh Blair Sterling.

Familiar names, old formulas herald networks' spring

By SUZANNE GILL

Super Bowl Sunday brought the first new series of the year, NBC's *Homicide: Life on the Street*, but no network had the nerve to introduce a new series during the February "sweeps" rating period. That distinction goes instead to the month of March.

TV's "Second season" officially begins with the Wednesday, March 3, debut of *Crime & Punishment*, a sexy police drama from Dick Wolf - for those who find his state-of-the-art whodunit *Law & Order* just too cerebral.

Jon Tenney (*Equal Justice*) and Rachel Ticotin (*Total Recall*) star as bickering Los Angeles police detectives with a familiar case of mutual attraction.

Looser and more character-driven than *Law & Order*, *Crime & Punishment* is high on scenery, banter and attitude and even employs the video-interview motif introduced last summer in the voyeuristic *Grapevine*. In one early episode, the victim of a playground shooting is interviewed from beyond the grave. As contrived as this sounds, the episode is far meatier overall than the series debut, in which an executive is kidnapped.

*Crime* debuts in the *Law & Order* time slot, then moves into L.A. *Law*'s space on Thursday while that series is being retooled yet again.

On Friday, March 5, ABC runs two new series into its "TGIF" comedy block. *Getting By*, the latest effort from longtime hitmeisters Thomas Miller and Robert Boyett, stars Miller-Boyett veterans Cindy Williams (*Laverne and Shirley*) and Telma Hopkins (splitting her time between this



Rachel Ticotin and Jon Tenney play Los Angeles detectives in NBC's *Crime & Punishment*.

and *Family Matters*). The two play single mothers who decide to live under one suburban Chicago roof, with predictable results.

Where I Live stars Doug E. Doug (*Class Act*) as a Harlem teen whose parents struggle to provide a stable family life while he hangs out on the front stoop. Unfortunately, the world that passes by is no more challenging than that of *Sesame Street*, and Doug's grimaces seem borrowed from Jimmy Walker's *Good Times* repertoire. If this young man has fresh talent, the producers-Michael Jacobs (*Donosaurs*) and Ehrich Van Lowe (*Charles in Charge*)-have yet to bring it out of him. Sullivan Walker (*The Crosby Show*) co-stars as Doug's dad.

Wednesday, March 10, brings another ABC effort, *Sirens*, a serial drama about three rookie Pittsburgh policewomen. If the series' current title seems a little leering, consider the original: *Cherry Tops*. Jayne Brook, Adrienne-Joi Johnson and Liza Snyder star.

The same evening brings *How'd*

(See RATINGS, Page 2)

## CABLE CHANNELS

- 2-DISNEY CHANNEL
- 4-KAMR (NBC), AMARILLO
- 6-WTBS, ATLANTA
- 8-FAMILY CHANNEL
- 10-KFDA (CBS), AMARILLO
- 12-CABLE NEWS NETWORK
- 14-NICKELODEON
- 16-WEATHER CHANNEL
- 18-SHOWTIME
- 20-HBO
- 22-MTV
- 24-NASHVILLE
- 26-A&E
- 28-HSE
- 30-31-C-SPAN, C-SPAN II
- 33-UNIVISION

- 3-LOCAL WEATHER
- 5-KACV (PBS), AMARILLO
- 7-KVII (ABC), AMARILLO
- 9-WGN, CHICAGO
- 11-ESPN
- 13-KCIT (FOX), AMARILLO
- 15-USA
- 17-CNN HEADLINE NEWS
- 19-LOCAL ACCESS
- 21-CINEMAX
- 23-VH-1
- 25-DISCOVERY
- 27-LIFETIME
- 29-TNT
- 32-ACTS
- 34-CMT























TRIVIA, ETC.

Read any good movies lately?

By Steven Alan McGaw

Okay, literary types, test your knowledge on these books and their later movie incarnations.

Questions:

- 1. Name the role these three actors have in common: Burgess Meredith, Robert Blake, John Malkovich.
2. The novel Vanity Fair has been filmed three times, but only twice under that title. What's the name of the third version?
3. Booth Tarkington's The Magnificent Ambersons became a fine film directed by Orson Welles in 1942. What's the title of the 1922 version?
4. Identify the only one of J.D. Salinger's works to be adapted for the screen (and the title of the movie).
5. Identify the titular star of the 1974 film of Henry James' Daisy Miller?
6. Believe it or not, Will Rogers, Bing Crosby and The Cosby Show's Keshia Knight Pulliam have all played the same role. What could it be?

Answers:

- 1. Each has played George in film versions of John Steinbeck's Of Mice and Men.
2. Becky Sharp in 1935.
3. Pampered Youth.
4. Salinger's 'Uncle Wiggly in Connecticut' was the basis for 1948's My Foolish Heart.
5. Cybill Shepherd.
6. The lead in very different versions of Mark Twain's A Connecticut Yankee in King Arthur's Court.

Wild Horses \*\* A former rodeo champ joins a wild horse roundup. Kenny Rogers, Pam Dawber 2:00. (1985) March 4 9:05am.

Winter Kill \*\* A mountain resort community is panicked by bizarre murders. Andy Griffith, Sheree North 2:00. (1974) March 8 11:05am.

Young Doctors in Love \*\* Doctors and patients encounter love and danger at a big-city hospital. Michael McKean, Sean Young R Nudity, Adult Situation. 2:00. (1982) March 11 11:30pm.

Zorba the Greek \*\*\* A British writer and a Greek peasant taste life to the fullest. Anthony Quinn, Alan Bates 2:22. (1964) March 2 10:00pm.

Thirty years on, Bob Dylan remains 'In the Spotlight'

Star-studded tribute kicks off new PBS music series

By Steven Alan McGaw

In March of 1962, Columbia Records released the first album by a young man whom a New York Times reviewer described as "a cross between a choir boy and a beatnik." The record's cover photo tells the story: the youthful singer's angelic face is framed by a cap and upturned collar. But most noticeable are the young man's eyes and his smile. Both seem warm, kind, a little cocky ... and knowing. This was clearly an artist with something to say.

Thirty years, nearly 40 albums and roughly 500 songs later, the world is still listening to Bob Dylan. His records still post impressive sales and his annual concert tours draw millions of fans around the globe.

But Dylan's real claim to immortality

lies in his influence, the effect he's had on nearly all songwriters and singers of the last three decades.

Last October, Dylan's fans, friends and inheritors gathered at Madison Square Garden to honor the composer Life magazine calls "one of the most important Americans of the 20th century." Now PBS brings the historic concert to television, in two segments airing Saturday and Sunday, March 6 and 7. The Bob Dylan 30th Anniversary Celebration marks the debut of In the Spotlight, a new series focusing on popular musicians.

The concert begins with a rousing version of "Like a Rolling Stone" by John Mellencamp. Stevie Wonder offers a soulful "Blowin' in the Wind" and Johnny and June Carter Cash belt out a rollicking "It Ain't Me, Babe."

Other highlights include Dylan-



George Harrison (left) and Roger McGuinn join the honoree in the rousing finale of The Bob Dylan 30th Anniversary Celebration, the two-part premiere of PBS' new In the Spotlight series airing Saturday and Sunday.

penned tunes performed by Neil Young, Ron Wood and Chrissie Hynde, and a fine "Girl From the North Country" by the man himself. The concert culminates in an all-star version of "Knockin' On Heaven's Door" that includes George Harrison and Eric Clapton.

But the show's best number (and best evidence of Dylan's continuing influence) is a simple, guitar-and-mandolin-driven version of 1962's "Masters of War" by Eddie Vedder and Mike McCready of Pearl Jam, one of the most popular bands of the '90s.

NEW YORK (AP) - No, no, no, says actor Liam Neeson, he never told a newspaper that his former lover Julia Roberts should get acting lessons or that "Leap of Faith" co-star Debra Winger was "not a gracious actress."

"I've never once in print said anything detrimental about anyone. I'm really upset about this," he said Sunday during a screening of his new movie, "Ethan Frome."

The Irish actor said he was quoted out of context by USA Weekend magazine.

Writer Laurie Werner stood by the story.

"He's a gentleman but he's a gab," she said.

SANTA MONICA, Calif. (AP) - A judge ruled there wasn't enough evidence to try three drifters on attempted murder charges in the beating and robbery of ABC

correspondent Gary Shepard.

Superior Court Judge James Albracht on Monday dismissed the charges against Charles Ray Hicks, 25; John Girou, 18; and Zoran Marjanovec, 19, in the Nov. 2 attack

at Shepard's home.

Hicks still faces charges including robbery, mayhem, auto theft and receiving stolen property. Girou and Marjanovec are charged with receiving stolen property. Two others

have pleaded innocent to related charges.

"I still can't remember the men entering my house because I was hit over the memory center of my brain," he said. "The doctors said I may never remember."

SATURDAY

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MARCH 6

Table with columns for time slots (12:30, 1 PM, 1:30, 2 PM, 2:30, 3 PM, 3:30, 4 PM, 4:30, 5 PM, 6:30) and rows of TV programs including Ctr., Music, College Basketball, News, Firefighter, House, New, HomeTime, Mirak '93, Colport, Burt Wolf, Stain Glass, Sanders Speak Out, In the Mix, (11:55) Mov, (45) Music: Snowbound, B. Svenson, Y. Mirisaur, (45) Music: Killer Party, M. Hewitt, E. Hillis, (45) WCW Sat. Night, Paid, Texas St's Paid, Bowling Florida City Open, Wide World of Sports, ABC News, News, NFL.com, Big Valley, Gunsmoke, Bonanza, Young Riders, Bordertown, African Sky, Second, Star Trek, Rich & Famous, Street Justice, Highlander, Rich & Famous, (12:00) Ric, College Basketball St. John's at Seton Hall, PGA Golf Doral Ryder Open, 3rd round, News, CBS News, (11:00) Crt, ATP Tennis Champions Cup, semifinal, World Cup Skiing, Senior PGA Golf GTE West Classic, 2nd round, Paid, Music: Babylon 5, M. O'Hara, T. Tanita, Field Program, Bonanza, Untouchables, (12:00) Ball, Peter of Piccadilly Forest, L'9 Tailor, Can't TV, Out Picture, Freshman, Salute, Doubts, G.U.T.S., (12:00) Nightmare Elm St 2, Music: Trial & Error, M. Matheon, H. Shaver, Gospel, Boom, Swamp, Reality, (11:30) Medicine Man, Music: Once Upon a Crime, J. Candy, (45) Music: Quilley Down Under, T. Seltick, (12:00) Defense Play, PG, Music: Cocoon: The Return, J. Tandy, D. Amiche, Music: Just One of the Guys, (15) Best of the Best, (11:30) Lic, Music: Mar Alibi, T. Seltick, (45) Music: My Girl, A. Churnsky, M. Quinn, Music: Robin Hood Prince, (12:00) NASCAR Racing Hardee's 200, NIRA, Winston, Truolth, Bill Dance, Engl. Amer., Go Our, Country Beat, (12:00) Crt, Firepower, Courage, Nature, Earth Jour., Nature of Things, Lessons of Darkness, Nature's World, (12:00) Nightmares, C. Rains, To Be Announced, Comedy on the Road, Caroline's Comedy Hour, Shop Drop, L.A. Law, Unsolved Mysteries, Music: Cherry 2000, M. Griffin, D. Andrews, California Girls, Women's College Basketball, Adventure!, Women's College Basketball, Golf, (11:30) Tex, (25) Music: Sands of the Kalahari, S. Whitman, S. Baker, U.S. Olympic Gold, Bugs Bunny & Pals, Inside, Nature of Things, Azimuths, Man Alive, Prime Time Playhouse, Stage Door, Harmony, Joyful, Center St., (11:00) Pol, Super Sabado Sensacional, Pelicula, Galardon, Not Uni

SATURDAY



Tyra Ferrell and Wesley Snipes star in Ron Shelton's White Men Can't Jump, debuting Saturday on HBO. The hit comedy also stars Woody Harrelson and Rosie Perez.

Table with columns for time slots (6 PM, 6:30, 7 PM, 7:30, 8 PM, 8:30, 9 PM, 9:30, 10 PM, 10:30, 11 PM) and rows of TV programs including Movie: If the Shoe Fits, R. Love, Rains, Movie: Jeremiah Johnson, R. Redford, W. Geer, Movie: Journey to Center, (5:50) WCW, NBA Basketball Hawks at Jazz, (45) Music: Nevada Smith, S. McQueen, K. Malden, Hee Haw, TBA, Movie: Innerspace, D. Quaid, M. Short, (1987) (R), News, Dear John, Hollywood, Pin Tin Tin, New Zorro, Young Riders, Movie: Savage, C. Heston, S. Morrow, (1952), Bonanza, CCM-TV, Runaway, Design, Movie: Magic Town, J. Stewart, J. Wynn, News, Easter Seals Telethon, Star Trek, Dr. Quinn, Attractions & Wonders, How'd They Do That?, News, (35) Dealz, (95) New, Sports, College Basketball Ohio Valley Tournament, champ, (L), College Basketball Memphis State at Cincinnati, (L), Sports, Basketball, Kung Fu, COPS, COPS, Code 3, Code 3, Deep Space 9, American Gladiators, Comic, Doug, Rugrats, Clarissa, Round, Ren, Alfred Dark, Chairman's Choice, Matrix, Movie: Nightmare Elm St 3, R. Englund, (1987) (R), Matrix, Movie: Phoenix the Warrior, (1988), (5:05) Deceived, Movie: Hand That Rocks the Cradle, A. Sciorra, Movie: Homicide, J. Mantegna, W. H. Macy, (R), Super Dave, (5:15) Best of the Best, Movie: White Men Can't Jump, W. Snipes, (1992), Bowling McGirt vs. Whitaker, (L), Conflict of Interest, (1992), (4:30) Robin Hood, (1991), Movie: Indian Runner, D. Morse, V. Mortensen, Movie: Strictly Business, (1991), Blackbelt, D. Wilson, (R), (5:00) Cont, Texas, Opry, Ole Opry, Staller Bros., American Music Shop, Opry, Ole Opry, Staller, Mac, Animals, Living Planet, X-Planes, Choppers, Challenge, Living Planet, X-Planes, Travel, Bob Vila, Movie: Wanderers, K. Wahl, J. Friedrich, (1979) (R), Comedy on the Road, Caroline's Comedy Hour, Wanderers, (5:00) California Girls, Movie: Lifeguard, S. Elliott, A. Archer, (1976) (PG), Teacher, Unsolved Mysteries, Chris, Auto Racing, SportsTalk, NBA Basketball Suns at Mavericks, (L), College Basketball, (5:00) Bugs Bunny, Movie: Father of the Bride, S. Tracy, (1950), Larry King Extra, Movie: Father's Little Dividend, S. Tracy, Playhouse, Writers, Sacred Songs, A League of Their Own, Family Showcase, Act R Out, Sacred, Sabado Gigante, Pelicula

# Winn's Crafts, etc.

111 PARK AVE., HEREFORD, TX. (806)364-1177  
STORE OPENS AT 9:00 A.M. TIL 8 P.M. SUNDAY 12-6P.M.



## Step Right Up and SAVE

### SENIOR CITIZENS

sign up for your Senior Citizens Discount Card, good for 10% off your purchase on each TUESDAY of the week. No discount on sales merchandise.



Prices effective through Friday, March 5, 1993.

### Faultless Spray Starch

Regular or Heavy Starch  
22 oz. can • Reg. Price 1.09



# 88¢

### Chairs

Regular or High back  
Reg. Prices from Reg. 7.99



# 6<sup>99</sup> to 12<sup>99</sup>

### All Westrim Craft Items

**25%** OFF  
Reg. Price

Assorted colors • Plant not included • Reg. Price .99



# 88¢

### Whiskey Barrel Planters

# 14<sup>99</sup>

### All Picture Frames

**25%** OFF  
Reg. Price



### Potting Soil

40 lb. bag • Reg. Price 2/\$5

# 2 for 3



### All Flat Fold Fabric

**50%** OFF  
REG. PRICE



### All Jazz Up

Ideal for Decorating  
Shirts, Etc.

**33%** OFF  
Reg. Price

### All Wright's Lace

**50%** OFF  
Manufacturer's  
Sugg. Retail  
Price

HEREFORD'S

# SENIOR SCENE

Supplement to The Hereford Brand

MARCH 1993

## Learn to recognize the symptoms of a stroke

Each year, approximately 500,000 people suffer strokes. Stroke is the third largest cause of death, ranking only behind heart attack and cancer.

What is a stroke? A stroke is the disruption of blood supply to, or within, the brain. When the blood

supply is cut off, the brain does not receive the oxygen it needs and the result is damage to the brain cells.

Once the brain cells are damaged or die from lack of oxygen, the body functions controlled by those brain cells are affected, says Stephen K.

Elsasser, D.O., an osteopathic physician in Metamora, Ill. A typical stroke survivor may not be able to use his or her right or left side of the body, or may have communication problems such as not being able to speak or read.

The stroke's effects may be slight and temporary or they may be serious. The effects can also be fatal. Nearly 150,000 people die from strokes each year.

What are the causes of stroke? Stroke may occur due to a clot in a neck or brain artery that blocks the flow of blood or the rupture of an artery inside the brain which causes blood to surround the brain tissue.

"Many people do not know the warning signs of stroke. Sudden weakness of the face, arm and leg on one side of the body, loss of speech or trouble talking, obstruction of vision in one eye, unexplained headaches, recent change in personality or mental ability and temporary dizziness, unsteadiness or sudden falls are very common signs that should not be ignored. If you experience these signs, go to your doctor immediately," explains Dr. Elsasser.

Who is at risk? Men have a 19 percent greater risk of stroke than women. And African Americans have a 60 percent higher incidence of stroke than women. And African Americans have a 60 percent higher incidence of stroke than whites. Risk also increases with age, especially for people over age 65. A person with diabetes or high blood pressure is more likely to have a stroke as is someone who has previously had a stroke or has a family history of stroke.

Dr. Elsasser advises his patients to make lifestyle changes to prevent a stroke. He recommends that people exercise regularly, limit alcohol intake, stop smoking and lose excess weight, controlling high blood pressure and following a low-fat, no simple sugar diet are also essential steps. Supplementation of antioxidants such as vitamin E, C and beta carotene can be helpful.

By having regular medical checkups and making lifestyle changes, you can decrease your chances of suffering a stroke. If you experience any warning signs and/or know you are at risk of stroke, seek prompt medical attention.

American poet Emily Dickinson died in 1886.

## Upcoming activities

### Music show planned Friday

The Braschler Music Show from Branson, Mo. will give two performances at the Hereford Senior Citizen's Center Friday, March 5.

The gospel music show begins at 6 p.m. and the variety show will be held at 8:30 p.m. Both shows are completely different.

Tickets are priced at \$10 per person for one show and \$9 per person for each of two shows.

### Khiva Band to perform

The Khiva Band from Amarillo will play for a dance from 8-11 p.m. Monday, March 22, at the center.

Price of admission is \$5 per person. The public is invited.

### Spelling Bee in Amarillo

The Regional Senior Spelling Bee will be held at the Amarillo Senior Citizens Center on March 27 from 2 p.m. to 4 p.m.

### Chili/stew supper set Friday

The public is invited to attend a chili/stew supper from 5-9 p.m. Friday, March 5, at the center.

Homemade fruit cobbler will be on the menu.

Tickets are priced at \$4 per person.

### Monthly dance set March 6

The senior citizen's monthly dance will begin at 7:30 p.m. Saturday, March 6, at the center.

Admission is \$5 per person. Truman Welch and his band will be playing for the event.

### Birthday social set

The monthly birthday social will be held at the center at 6:30 p.m. Thursday, March 25.

The program for the covered dish meal will be given by the Golden Tones Choir from First Baptist Church.

## Margie's Notes

By MARGIE DANIELS

I want to tell you how to become a "LIVING LEGACY."

The Hereford Senior Citizens' Permanent Foundation Fund is a charitable entity set up for the purpose of supporting the Hereford Senior Citizen's Center. Once our foundation is funded it will last for generations to come, because only the earnings will be distributed...not the principal. With this vehicle, we can be a part of providing financial security for the center to maintain its service to the community forever.

Today, public-spirited people everywhere are recognizing the need for financial support of our human service organizations, and they are rising to the occasion. They know that through their gifts, the Hereford Senior Citizens Center is able to reach out and provide the opportunity for seniors to participate in an upgraded, quality of life through social activities, community affairs, and creative development of talents, and fellowship.

As an entity that is committed to providing financial security to the Hereford Senior Citizens Center, we set our primary goal of ONE MILLION DOLLARS. The funding can be made up of cash, bequests in the will, gifts of life insurance, charitable trusts, gifts from corporations and many other ways.

You as the donor have many advantages:

- \*Income tax deductible
- \*A substantial gift to the foundation worth many times its cost to you.
- \*An opportunity to establish a living legacy for you, a family member or a friend without depriving your heirs of any of their inheritance.
- \*The satisfaction of helping to provide a strong and promising future for the Hereford Senior Citizens Center.

Benefits to the Foundation are:

- \*Allows the center to develop long-range plans for a stable future.
  - \*Flexibility to fund current needs as well as deferred gifts.
- You can take a part in this special program through the Phoenix Mutual Life Insurance Company. The foundation is the owner and beneficiary of the proceeds of the program. Contributions may be annual or semi-annual, and are paid directly to the foundation as a tax deductible charitable gift. After a period of approximately five years, program costs will vanish and are no longer necessary.

This is a gift that lives forever. Your gift to the "LIVING LEGACY PROGRAM" is an expression of your faith in the Hereford Senior Citizens Center and its future. In addition, your concern and desire will see that the center can continue to influence and serve.

The Foundation Board members are: President, S.L. Garrison; Vice Pres., Calvin Goodin; Secretary, Helen Spinks; Homer Garrison, Don Graham, Terry Bromlow, Eldred Brown, and Emily Suggs.

Homer Garrison is past president. He has worked hard to organize and establish the Foundation. We thank him for all the work he has put into this project. Thanks Homer!

We also thank all who have made contributions. It takes all of us to make this a successful funding source for our center.

Next month I will list those who have established a "Living Legacy." Thank you all for your support and help with our work at the center. Al and I will be gone to Virginia for a few days to our Grandson's wedding. See you at the Center!

## President's Corner

BY SHIRLEY GARRISON  
HSCA President

The staff of the Senior Center reminded that it's time for another article. My response - "just wrote you one last week" - but you know the Senior Scene is printed only one per month. This seems to happen to most seniors, especially those who are keeping busy.

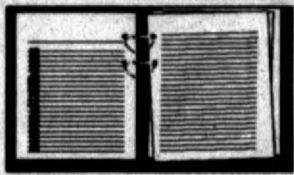
Hereford Senior Citizens is providing the place and atmosphere for our seniors to continue a fulfilling lifestyle through volunteering, fellowship and participating in the many projects and activities going on at the center.

The public is invited to many of our activities. The next major one will be the Braschler Music Show on March 5. The Braschlers are family entertainment. There will be two shows, a matinee at 6 p.m. and an evening show at 8:30 p.m. The admission is \$10 per person for one show and \$18 for two shows.

There will be Hanna's chili or stew and cobbler served from 5 p.m. to 9 p.m. The price of \$4 includes a drink of coffee or tea.

This is bringing a part of Branson to Hereford. Please make your reservations now. Tickets are available at the center.

We will be there, hope you can join us.



# March at HSC



## MENUS

**Monday--March 1--Enchiladas,** pinto beans, Spanish Rice, Tossed Salad, Peaches & Cookie, Tostados.

**Tuesday--March 2--Pork Roast/w** apple slice, sweet potatoes, buttered spinach, cottage cheese/w chopped vegetables, lemon ice box dessert.

**Wednesday--March 3--Oven fried** chicken, creamed new potatoes, and peas, buttered corn, fruit salad, German Chocolate cake.

**Thursday--March 4th--Swiss** Steak, green beans, cauliflower, coleslaw, bread pudding/w raisin sauce.

**Friday--March 5th--Breaded fish,** cheese grits, brussels sprouts or green peas, orange gelatin/w carrots & pineapple salad, fruit cobbler.

**Monday--March 8--BBQ Polish** Sausage, baked beans, steamed cabbage, tossed salad, ice cream, cornbread.

**Tuesday--March 9--Roast beef** w/gravy, bake potato, Italian green beans, cottage cheese w/pineapple salad, sl. peaches/w cookie.

**Wednesday--March 10--Chicken** strips/w gravy, mashed potatoes, peas & carrots, Jellied Citrus Salad, Fruit cobbler.

**Thursday March 11--Hanna's** Chili or Beef stew, coleslaw, cake & peaches, cornbread.

**Friday March 12--Salmon Loaf,** scalloped potatoes, mixed greens or green beans, raspberry gelatin salad, pineapple upsidedown cake.

**Monday March 15--Mexican** Stack, Refried beans, spanish rice, salad fixins, Sl. peaches & cookie.

**Tuesday, March 16--Salisbury** Steak, baked potato, seasoned spinach, perfection salad, fruit cocktail cake.

**Wednesday, March 17 -- Paprika** Chicken, egg noodles, Italian green beans, carrot & raisin salad, fruit cobbler.

**Thursday, March 18--Hamburger**

Steak, baked sliced potatoes, buttered corn, garden salad, pistachio dessert.

**Friday, March 19--Fish nuggets,** buttered parsley potatoes, harvard beets, coleslaw, applesauce cake.

**Monday, March 22--Italian** Spaghetti, green beans, buttered corn, tossed salad, fruited pudding, garlic toast.

**Tuesday, March 23--Baked ham,** great northern beans, buttered broccoli, potato supreme casserole, coleslaw, pineapple & cookie.

**Wednesday, March 24 -- Baked** Turkey & dressing/w gravy, cauliflower au gratin, seasoned green peas, cranberry salad, fruit cobbler.

**Thursday, March 25 -- Chicken** Fried Steak/w gravy, blackeyed peas, fried okra, pickled beets & onions, sl. peaches & cookie.

**Friday, March 26-- Catfish fillet,** au gratin potatoes, turnip greens, cabbage, carrot & raisin salad, fruit cobbler.

**Monday, March 29 -- Steak fingers** w/gravy, mashed potatoes, seasoned squash, green pea salad, chocolate pudding.

**Tuesday, March 30--Roast beef/w** gravy, bake potato, green peas, fruit salad, meringue pie.

**Wednesday, March 31 --Chicken** breast fillet w/sour cream sauce, rice pilaf, green beans, coleslaw, pineapple upside down cake.

## ACTIVITIES

**Monday, March 1--Line Dance** 9 a.m.-11 a.m.; Devotional 12:45, Water Exercises 7:00.

**Tuesday, March 2--Stretch &** Flexibility 10 a.m. - 10:45. Water Exercises, Golden Spread Hearing 1p.m.-4p.m.

**Wednesday March 3-- Stretch &** Flexibility 10-10:45; Water Exercises; Ceramics 1:30.

**Thursday, March 4-- Stretch &**

Flexibility 10-10:45; Oil Painting, 9011; Oil Painting 1; Choir 1; Water Exercises

**Friday, March 5--Line Dance** 11; Water Exercises; HSCSA Board 12 noon; Braschlers; Shows 6-8:30.

**Saturday, March 6--Games** 12-4; HSCA Dance 7:30.

**Monday March 8--Line Dance** 9-11; Devotional 12:45; Water exercises, Ceramics 7; Retired Teachers 11-2.

**Tuesday--March 9--Stretch &** Flexibility 10-10:45; Water Exercises; Beltone Hearing 1-4.

**Wednesday March 10--Stretch &** Flexibility 10-10:45; Oil Painting 9-11; Oil Painting 1; Choir 1; Water Exercises.

**Thursday, March 11--Stretch &** Flexibility 10-10:45; Oil Painting 9-11; Oil Painting 1; Choir, 1; Water Exercises.

**Friday, March 12--Line Dance** 11. Water Exercises.

**Saturday, March 13 -- Games** 12-4.

**Monday, March 15 -- Line Dance** 9-11; Devotional 12:45; Water Exercises, Ceramics 7.

**Tuesday, March 16 -- Stretch &** Flexibility 10-10:45; Water Exercises & Ceramics.

**Wednesday, March 17 -- Stretch &** Flexibility 10-10:45; Water Exercises, ceramics 1:30.

**Thursday, March 18 -- Stretch &** Flexibility 10-10:45; Oil Painting 9-11; Oil Painting 1; Choir 1; Water Exercises.

**Friday, March 19 -- Line Dance** 11. Water Exercises.

**Saturday, March 20--Games** 12-4. **Monday, March 22 -- Line Dance** 9-11:45; Devotional 12:45; Water Exercises, Khiva Dance 8-11, Ceramics 7.

**Tuesday, March 23-- Stretch &** Flexibility 10:00-10:45; Water Exercises, Beltone Hearing 1-4.

**Wednesday, March 24 -- Stretch**

& Flexibility 10-10:45; Water Exercises, Ceramics 1:30.

**Thursday, March 25 -- Stretch &** Flexibility 10-10:45; Oil Painting, 9-11; Oil Painting 1; Choir 1; Birthday Social 6.

**Friday, March 26 -- Line Dance** 11. Water exercises.

**Saturday, March 27 -- Games** 12-

4. **Monday, March 29 -- Line Dance** 11; Devotional, 12:45; Water Exercises, ceramics 7.

**Tuesday, March 30 -- Stretch &** Flexibility 10-10:45; Water exercises.

**Wednesday, March 31 -- Stretch &** Flexibility 10-10:45; Ceramics 1:30; Water Exercises.

## Re-investment program to provide fund grants

Yesterday's Children (YC), whose mission is to develop alternate funding sources for senior citizen services in the Panhandle, announces the creation of a Community Re-investment Program in cooperation with Insurance Management Services (IMS) of Amarillo.

A public/private partnership has been formed, effective March 1, 1993, in which corporate support for a variety of grant-funded projects will be developed, according to Pat Kaiser, YC president. Senior citizen service providers in the 26 counties of the Texas Panhandle will be eligible to request support through a broadly representative advisory committee which is being formed.

Marilyn Van Petten, former director of the Amarillo United Way and private consultant, will work with the Board of Yesterday's Children to establish the application review committee and set up the award criteria.

Mr. Joe Clark, co-owner of Insurance Management Services of Amarillo, stated that VASA Life Insurance Co. of Indianapolis, Indiana, will pay a royalty fee to Yesterday's Children to be reinvested in senior programs/services throughout the

Panhandle. VASA Life is the endorsed Medicare supplement insurance carrier of Yesterday's Children.

Grants will be awarded to senior service providers based on applications/requests submitted to the review committee. It is anticipated that the annual income for this program will provide an ongoing, replenishing revenue stream for senior needs in the Panhandle.

### Program Planned March 16

Recent changes in Medicare insurance supplements and the new Community Re-investment Program announced by Yesterday's Children will be presented Tuesday, March 16, at the regular 11:30-1:00 meeting of the Golden K Kiwanis Club at the Hereford Senior Citizens Center. Dr. Wallace Johnston and Joe Clark will present the program and be available to answer questions.

For further information, call Margie Daniels, executive director of the Hereford Senior Citizens at 364-5681.

To concede is harder than to be enthusiastic.

Around 45 percent of all people on earth now live in or near cities.



## SOCIAL SECURITY

Jim Talbot

### QUESTIONS AND ANSWERS

**Q:** How often should I check my Social Security earnings record? Is there much of a chance that an error may occur?

**A:** You should check your Social Security earnings record at least once every three years. Errors in your earnings record are more likely to occur if you change jobs frequently or have more than one employer. Contact the local Social Security office or call our toll-free number: 1-800-772-1213 and ask for the "Request For Personal Earnings And Benefit Estimate Statement (Form 7004). About a month after you send in the form, you'll receive a statement that shows your earnings as reported to SSA by your employer(s). Check our records against your own files. If you find an error,

contact us right away with proof of your actual earnings, such as a W-2 form.

**Q:** My mother, a widow, died in late January. Social Security tells me that I must return her January benefit check even though she was alive through most of the month. Why is this?

**A:** Social Security benefits are not pro-rated. To be entitled to a Social Security benefit check for a given month, the person must be alive the entire month. No benefit is payable for the month of death.

**Q:** Several days ago, I received a notice from Social Security that told me I had been overpaid several hundred dollars. I disagree. I don't think I was overpaid. What steps do I take to appeal?

**A:** If you don't understand the reason given in the overpayment notice, contact your local Social Security office or call Social Security's toll-free number, 1-800-772-1213, business days between 7:00 a.m. and 7:00 p.m., and ask them to explain the reason(s) more clearly. If you understand why you were overpaid but can't afford to pay it back, you may request a waiver. The waiver will be approved if the overpayment is not your fault, and you can't meet your necessary living expenses if the overpayment is recovered.

**Q:** Medicare medical insurance will help pay for a second opinion just as it pays for other doctor's services. Ask your doctor to refer you to another doctor in the area of specialization for which you desire the second opinion. You can also call Medicare's Second Opinion Referral Center at 1-800-638-6833.

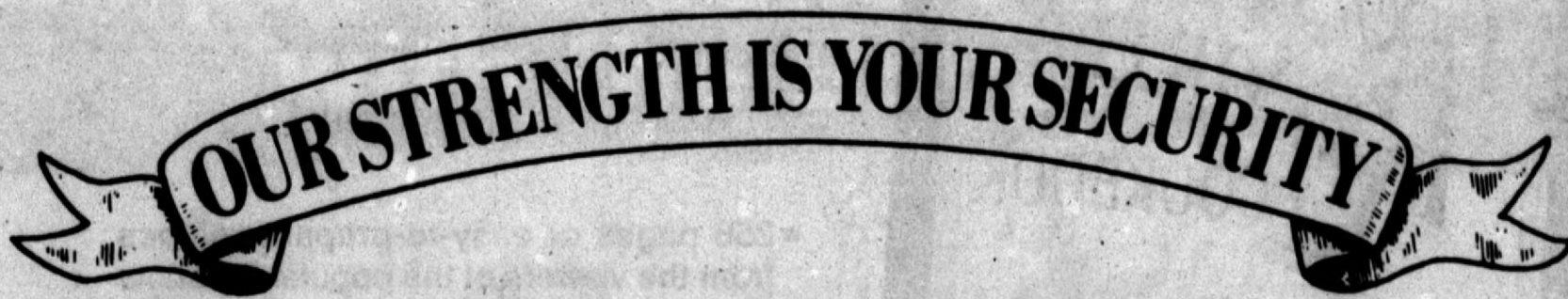
If you wish to have your questions answered in this column, please write to Jim Talbot, District Manager, Senior Scene, Social Security Administration, 3501 W. 45th, Suite E., Amarillo, Texas 79106."

# Strong

In today's health conscious world, a good report is always exciting! Our reports have been excellent. Recently, The First National Bank of Hereford was named as one of the 88 *FORTRESS* banks in Texas\*.

Also, consistent five-star ratings from *BAUER FINANCIAL REPORTS, INC.* and blue ribbon ratings from *VERIBANC, INC.* (two of the highest regarded rating firms in the country) place our bank among the top 5% of banks in the nation.

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\*Compiled by The Bank Advisory Group, Inc., with data obtained from BankSource by W.C. Ferguson & Company, Irving, Texas.

# Out of town guests welcomed at center

Visiting the Center with Verdon and Billy Watts were Glenn and Faye Watts of Grand Island, Nebraska and Madelyne Kelly of Amarillo, Texas. Mr. and Mrs. J.C. McCracken hosted Paddy and Sylvia McCracken of Wichita, Kansas; A.G. Schlabs hosted Ed Schlabs of Friona, Texas, Andy and Oleta Schumacher of Dimmitt, Texas;

Donnie Owen hosted Homer and Ruby Owen of Waco, Texas; Gladys Smith hosted Nina Short of Tahoka, Texas; Geneva Lloyd of Lubbock, Texas. Irvin Willoughby hosted Oleta Houser of Friona, Texas; Mr. and Mrs. John Hunter hosted Evelyn Musinlock of Tampa, Florida; Leo Witkowski hosted Mr. and Mrs. Phillip Smith;

Bruce and Joe Coleman hosted Gayle Cox, Louise Young, Phyllis Deaton of Amarillo, Texas; Lillie Stagner hosted Dorothy Whitaker of Hedley, Texas. Mr. and Mrs. Morris Crider hosted Melinda Barrow of Corpus Christi, Texas; Bill and Thelma Lamm hosted Mr. and Mrs. J.T. Lamm of El Paso, Texas.

Kunkel, Ralph Cox, Gene Weaver, Bill Ferrell, Kent Cline, Henry Weemes, Doris Weemes of Amarillo, Texas, Dick and Thelma Todd of Crowell, Texas. Golden K Kiwanis also hosted Pat and Carlee Smith of Dawn, Texas; Russ and Barbara Hogue of San Antonio, Texas; Pat and Mimme Nolan of Amarillo, Texas; Josephine Ware of Amarillo, Texas.

Carmichael of San Antonio, Texas; Hack & Alta Stephens hosted Billie Smith of Lubbock, Texas; James and Joan Short of Midland, Texas. Marie Stringer hosted Ronnie Stephens of Andrews, Texas; Ruby Lee Hickman hosted Randall Vaughn of Amarillo, Texas

## Eye Openers

By HUGH B. CURRIE M.D.  
CURRIE EYE INSTITUTE

There are many people who develop cataracts as they grow older. There are also many people who develop macular degeneration in their later years. Do people ever develop these conditions at the same time? Yes, this is not uncommon. Sometimes it is difficult to decide which one of these conditions is causing the patient the most problem. This becomes an important factor when one is trying to decide whether the patient needs cataract surgery or not.

If macular degeneration is the primary cause of the blurry vision then taking a cataract out is not going to solve the patient's problem. The vision will still be blurry. This is difficult for many patients to understand. They

know that they have a cataract and they can not understand why taking the cataract out will not solve their vision problem.

Cataracts cause a general foginess or clouding of the vision. All areas of the vision are effected, centrally as well as peripherally. Most of the time a person needs more light to see since the cataract cuts the amount of light that gets into the eye. Most of these people have trouble seeing at night. On the other hand, with macular degeneration the effect on the vision is in the very center. When they try to read, they can not see the letters clearly. There is a blurry spot right in the middle of their vision. They may have to look twice to pick up the fine details of letters or detailed pictures. Their vision varies from day to day or from hour to hour. It may be distorted.

Dorothy Perry hosted Dorothy Willburn of Denver, Colorado; Clyde Russell hosted Doris Neely of Dimmitt, Texas; J.W. Witherspoon hosted Frank and Gloria Craig of Belfore, Ohio, Dorothy Thompson of Claude, Texas.

Ann Combs hosted Thelma Charlton of Fallon, Nevada, Jack and Helen Mitchell of Neosho, Missouri.

Shirley Brown hosted Doyle and Moveda Busby of Sturgis, South Dakota; Audrey Powell hosted Rosemary Flack of Amarillo, Texas; Rosemary Smithers hosted Birtany Arrelano of Amarillo, Texas

Bud Cawthon hosted Ruby and Ed Barclay of Johnansen, California; Cecil Lady hosted Homer Henslee of Amarillo, Texas; Hap and Bertha Arnold hosted Gertrude Robertson of Oklahoma City, Oklahoma; Geneva Justice of Dimmitt, Texas; Andy and Oleta Schumacher of Dimmitt, Texas; Sam and Pat Bradford of Amarillo, Texas; Estelle Hopson and Pauline Block of Sturgis, South Dakota.

Golden K Kiwanis hosted Mel

Mr. and Mrs. John Hunter hosted John and Evelyn Meisibold of Tampa, Florida; Fate and Dorothy Shannon hosted Mr. and Mrs. C.W. Murphy of Plainview, Texas; Elvin and Bobbie Wilson hosted Pauline Block of Sturgis, South Dakota; Doris Bryant hosted Sarah Burgess of Tulia, Texas, Gladys Carter of Plainview, Texas.

Carrje Mae Doak hosted J.P. and Vera Dodson of Canyon, Texas; Pete and Wilma Carmichael hosted Dr. Bill

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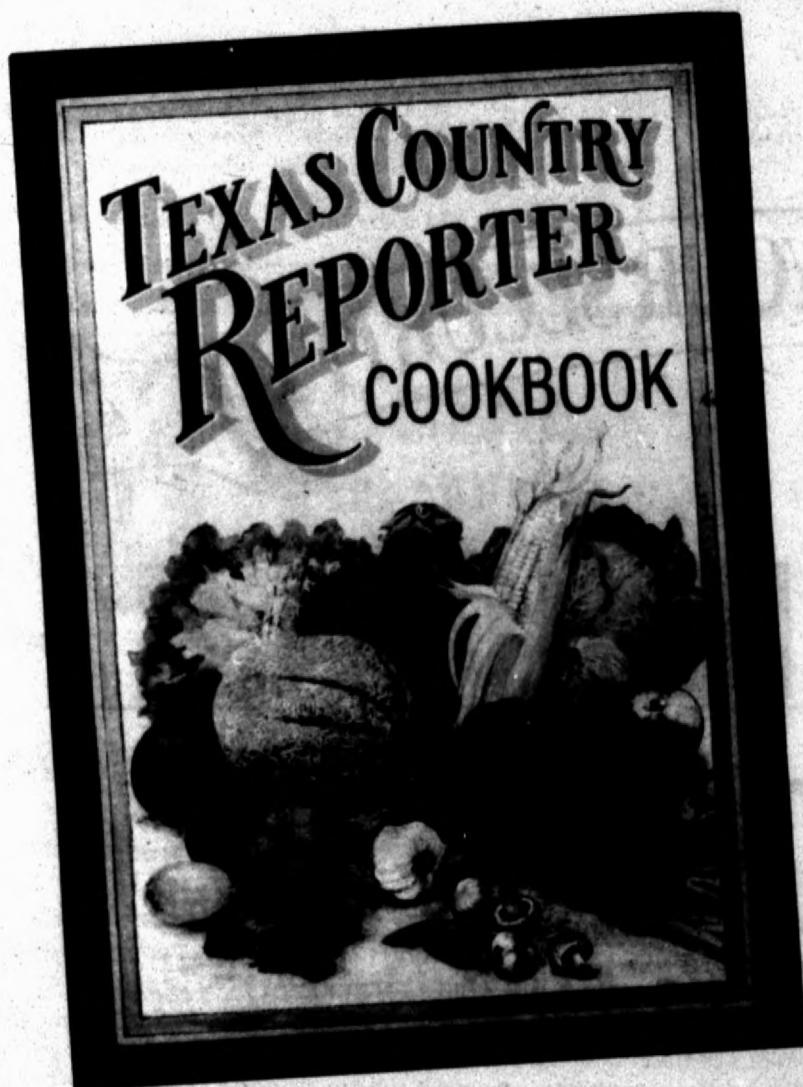
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# Nutrition Notes

By CHARLOTTE CLARK  
MS/RD/LD

Reaching and maintaining a weight that's good for your health involve two important commitments to cut down on fat and calories and to get moderate regular exercise.

The basics are similar to when as a youth you traded records, baseball cards, stamps, dolls, etc.; you gave up a valuable item in return for something that was even more valuable to you at that time.

These trading-off basics are that same for food choices. To balance the food intake you may trade-off a high-fat food for a lower fat alternative. Examples would be to use 1% low fat milk for drinking or for cereals; use cholesterol-free egg substitutes and

## Ceramics class completing projects

The ceramics class has been hard at work this year. We worked all year getting ready for the bazaar for the Festival of Trees, along with personal projects.

We missed Barbara Wirt the last month before the festival when she became ill. We are fortunate to have Jean Lyles who came to help us in getting ready for the festival and to instruct us. She is very knowledgeable and we enjoy having her very much. We are glad to have Barbara back, too.

We invite anyone interested in ceramics to come join us. We meet at 1:30 p.m. every Wednesday. Come for a time of fun and fellowship.

an English muffin for breakfast instead of a Danish pastry and bacon.

The amount of weight you want to lose or the healthy body weight you want to maintain will determine both the number and type of food trade-offs that will work for you. Several guidelines to get all the nutrients you need without extra calories remember the following tips:

1. Keep balance and variety in your diet. Choose from among all the food groups each day and make different selections within each group regularly.
2. Be aware of portion sizes. Moderation is an important component of trading off.
3. Trade off over a period of 1 to 2 days. Not every food, or even every meal.

The first trade-off skill you need to develop is to be able to identify which foods are lower in fat and which are higher.

Let's consider food combinations commonly found in meals. In each pair, make the lower-fat choice:

1. Commercial bran muffin or frozen waffles with syrup and fruit
2. Ready-to-eat cereal with nonfat milk or oatmeal with raisins and non-fat milk
3. Ham and cheese on a croissant or ham and cheese on rye
4. Turkey with lettuce/tomato or tuna salad with lettuce/tomato
5. Salad bar greens with olives, cheese, pepperoni, and a little French dressing or salad bar greens with carrots, broccoli, kidney beans, chick peas, and a little French dressing
6. Vegetarian lasagna with green salad and bread or meat lasagna with green salad and bread
7. Stir-fry meats and brown rice or fried meats, mashed potatoes and gravy

Answers:

1. Most commercial bran muffins are high fat.
2. Most ready-to-eat and hot cereals are low in fat when served with low-fat milk.
3. Croissant are higher in fat.
4. Skinless turkey is lower in fat; the mayonnaise in the tuna salad adds 11 grams per tablespoon.
5. Salad bar greens with vegetables and beans are lower in fat than the salad bar greens with olives and pepperoni.
6. The vegetarian lasagna is lower in fat than the meat lasagna.
7. Stir-fry meats are lower in fat than other fried meats with mashed potatoes and gravy.

Making gradual dietary change is easier and feels better than trying to change everything at once. Start with one or two simple substitutions. Remember to strive for balance, variety, and moderation. Identify emotional eating situations and find non-food solutions.

Last but not least make exercise possible. You may think of exercise as an unpleasant activity best left to those who are physically fit. Exercise that is designed to fit your body type, comfort level, and life-style can help you feel good about yourself. Choose a kind of exercise you think you would like then start small.

Find the kind of exercise you enjoy and schedule your exercise time as you would a business appointment this is a commitment to yourself and your well-being! Look for opportunities to include natural exercise in your daily schedule. Park your car far enough away so that you have a few extra steps; take the stairs up or down a floor rather than using the elevator, and walk those two blocks instead of driving.

## Advice given to older drivers

Experts at the AARP Auto Insurance Program are now offering safe driving tips to everyone—especially older drivers.

The American Association of Retired Persons is working to improve driving safety and to keep auto insurance rates from rising.

Throughout life, there is a gradual deterioration in certain physical and mental abilities. A 30-year-old probably doesn't hear as well as an 11-year-old, and eyesight begins to slip after about the age of 14. By the time a person reaches 55, he or she has become used to experiencing physical changes. There is convincing evidence, however, that after age 55, the changes may happen faster and drivers may need to pay more attention to the skills needed to drive safely.

Age alone, however, doesn't define driving ability. In many ways, older drivers, with years of driving experience and more mature judgement, are better drivers than are young people—and there's a wide degree of difference in driving

performance among older people of the same ages.

It is important to be aware of one very significant fact: older persons are more vulnerable to injury than are young people. Those 65 and older are more than three times as likely as 20-year-olds to die from serious injuries of equal severity.

There are, however, many things older drivers can do—and not do—to be safer when driving. For example:

Don't mix alcohol or medications and driving.

Do select a car with an instrument panel that's easy to read and use.

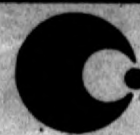
Don't forget to properly buckle up your safety belt.

Do buy as big a car as you can handle easily. The larger the car, the lower the death rate.

Don't get too comfortable. A car seat that feels like an armchair may lull you into a false sense of security. A firm seat, properly adjusted, is best.

Do look for a car with air bags when you buy a new car.

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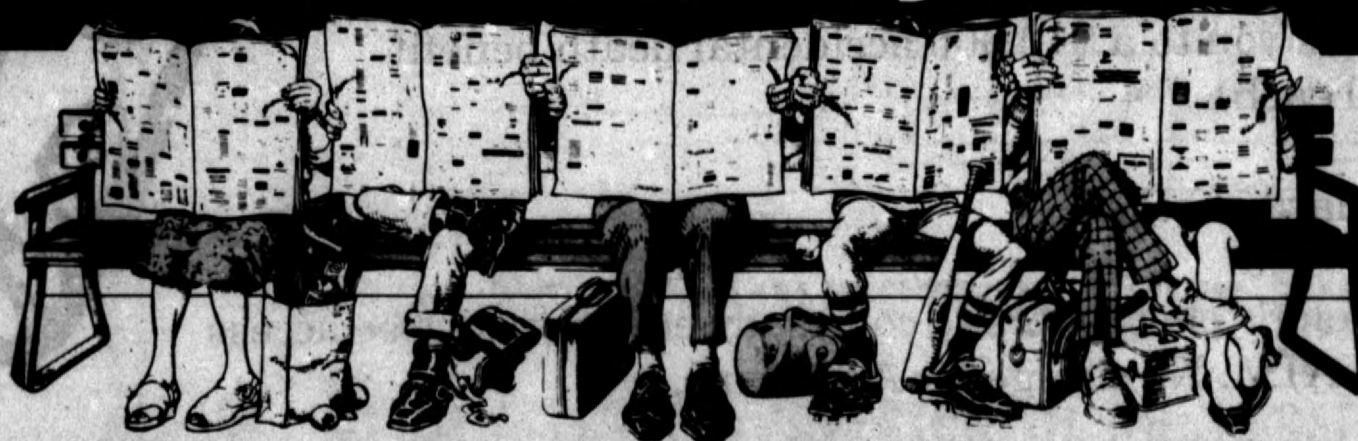
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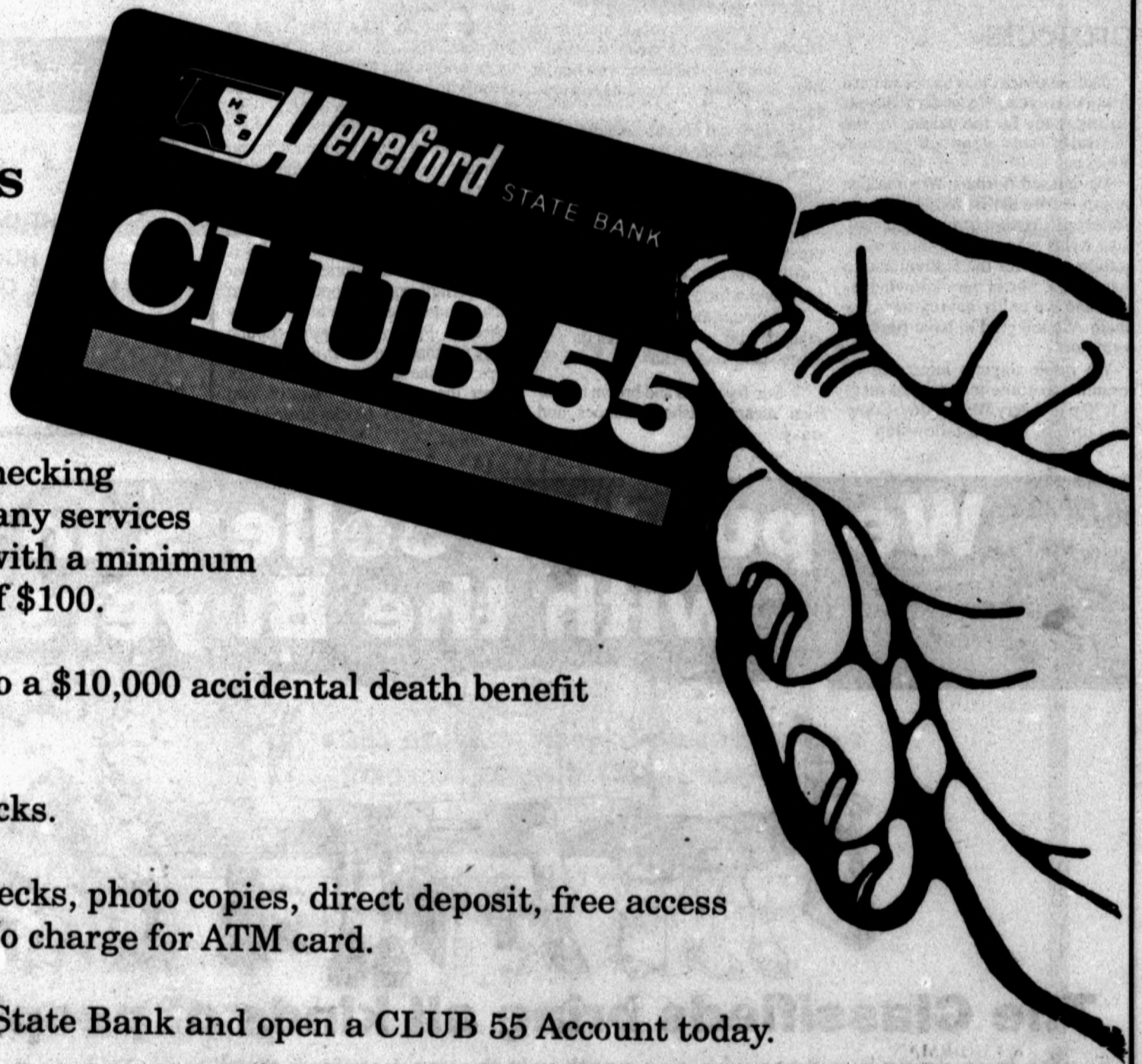
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## Relief for back, leg pain

Putting a smile back on the faces of many people who suffer from back and leg pain because of sciatica is the news that they may be able to get relief without the trouble and high cost of surgery.

If your pain is caused by a herniated, or slipped disc, you'll most likely feel better soon with the help of bed rest, pain medication, exercises, weight loss and back support. If these methods do not help, however, you may still be able to avoid back surgery thanks to a renewed interest in a treatment that is likely to be as effective as surgery in carefully selected patients, but with fewer adverse effects--no incision or scarring. It also costs much less to perform and requires a much shorter hospital stay and recovery period than does surgical removal of the disc.

Called chemonucleolysis, it involves the injection of a natural enzyme called chymopapain into the center of the herniated disc. The enzyme breaks down and partially liquefies the jelly like material in the nucleus of the disc that's causing the back and leg pain. Results of clinic trials show that about eight out of 10 carefully selected patients show marked improvement after injection with the enzyme, which is marketed under the brand name Chymodiactin.

## In loving memory

Memorials to the Hereford Senior Citizens Association for Jan. 16 to Feb. 19, 1993:

**HOBBY WILLIAMS**  
Calvin & Viola Stovall  
Margaret Schroeter  
**LILLIAN ROBERSON SMITH**  
Madge Roberson  
**RUBY LEE HICKMAN**  
Hazel Clement  
**BLANCHE BALDWIN**  
Margaret Schroeter  
**CARL LUKE**  
Margaret Schroeter  
Sylvia & Paddy McCracken  
Betty Bagley  
**ELIZABETH KENDALL**  
Hereford Study Club  
Bill & Joan Yarbrow  
Golden Line Dancers  
Bessie Story  
Jolene Bledsoe  
**FRANCES SHELL**  
Norma Jean Gripp  
**OLGA HARRIS**  
Betty Bagley  
**WILL HARRIS**  
Betty Bagley  
**MARK LINDEMAN**  
Betty Bagley  
**INEZ WITHERSPOON**  
Betty Bagley

The largest seeds are the nuts of the coco-de-mer, or double coconut palm, of the seychelles, an island group in the Indian Ocean. A nut may weigh up to 50 pounds.

## Young at Heart Choir

We are making our third attempt to get the Young at Heart Choir news in the Senior Scene.

We do want everyone to know we have been busy. We will just make this our "winter report."

Nov. 19, senior day at the Festival of Trees, the choir presented the musical "Learning to Live Again." This is a fun musical that includes a skit. Those participating in the skit were Bill Lamm, Grant Hanna, Juanita Coker and director Steve Paul. Grant graciously helped out in the absence of Don Mitchell. Testimonies were given by Evelyn Bozeman and Cecil Boyer. A narration was given by Sue Inman. Our accompanist was Marcella Bradley.

The choir decorated a tree for the Festival of Trees. The tree was named "Crystal Christmas." Decorators were Bill and Thelma Lamm, Mary McCutchen, Evelyn Bozeman and Sue Inman, who were assisted by several other choir members. We appreciated their effort very much and the finished product was something to be proud of.

We will present "Learning to Live Again" on Sunday at First Baptist Church and on March 23 we will perform at First Christian Church in Amarillo during the noon hour. We are working on having the musical totally memorized.

We have been busy and having a good time. We invite anyone interested to come join us.

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1943 - 1993

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March 14, 1993

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# Know about the medications that are prescribed

Just because you take a few prescriptions drugs, an over-the-counter pain-killer, and an antihistamine when your nose gets congested, that doesn't put you at risk-or does it?

Dr. Peter P. Lamy, Director of the Center for the Study of Pharmacy and Therapeutics for the Elderly at the University of Maryland, Baltimore witnessed early on the debilitating effects of adverse drug interaction when he accompanied his father, a physician, on his rounds at nursing homes.

He said his father complained about the potentially perilous mix of drugs. Dr. Lamy decided to do whatever he can to enlighten those who take the medicine, those who fill the prescriptions, and those who care for medication-dependent people.

"There's a huge void here," Dr. Lamy said. "People need to know that adverse drug interactions are avoidable, and that all those drugs they're taking may not be necessary."

The stumbling blocks in his way include what he considers "over-regulation" of pharmacists, and the federal government's two-tiered approach with regard to grand dollars for pharmacists and physicians. He said the doctors who prescribe the

medicine expect no interference from the pharmacist who dispenses the drug, despite what the pharmacist might know about the patient and the drug that the doctor might not.

Lamenting the most current round of budget cuts, Dr. Lamy said, "We'll do it anyway," referring to his goal of educating more pharmacists about drug interactions, teaching the elderly about the adverse effects of some drugs, and instructing those who are caring for their elder parents or elder patients, about the dangers of mixing medicines.

"An educated consumer" is what Dr. Lamy believes we need. "You wouldn't buy a car or a refrigerator without knowing how it works, why wouldn't you find out how a drug works?" He recommends doing some personal homework, and readily admits that his work is not done. There are still questions about dosage levels, the time of day in which to take the medicine, and whether it's necessary at all.

If a person is taking six to eight drugs a day to prevent a stroke, Dr. Lamy says taking the medicine is "very necessary." Taking a powerful prescription pain-killer when Tylenol is a suitable over-the-counter substitute constitutes unnecessary

medication. "The therapeutic must be weighed against the toxic," he said.

The larger picture includes the search for a Gerontologist who can diagnose disease and prescribe the right combination of drugs. Asked how to find one, Dr. Lamy said, "It's extremely difficult to find a Gerontologist who's familiar with drug interaction and that's disappointing."

Despite the dearth of Gerontologists who know which drugs mix and match, a number of therapies for Alzheimer's Disease are beginning to emerge: antidepressants "might work in some cases", he said; calcium channel blockers and medication that dilates blood vessels are among others being used.

Another area of concern is estrogen replacement therapy (ERT), which carries with it a risk of breast and uterine cancer, but reduces bone loss and the possibility of developing osteoporosis. ERT increases the risk of heart disease. So, how do you weight the risks? Dr. Lamy recommends being an "active participant," find out all you can about the pros and cons, "Make an educated choice."

There is information out there to help those who want to evaluate their

drug therapies. Parke-Davis has produced what Dr. Lamy considers the best video about drug interaction, entitled "Medicated Generation." He also advises questioning your physician and asking your pharmacist to provide a run-down in the side-

effects of the drug or drugs prescribed (he or she should have a comprehensive listing of drugs and their interactions).

French King Louis XVI was born in 1754 at Versailles.

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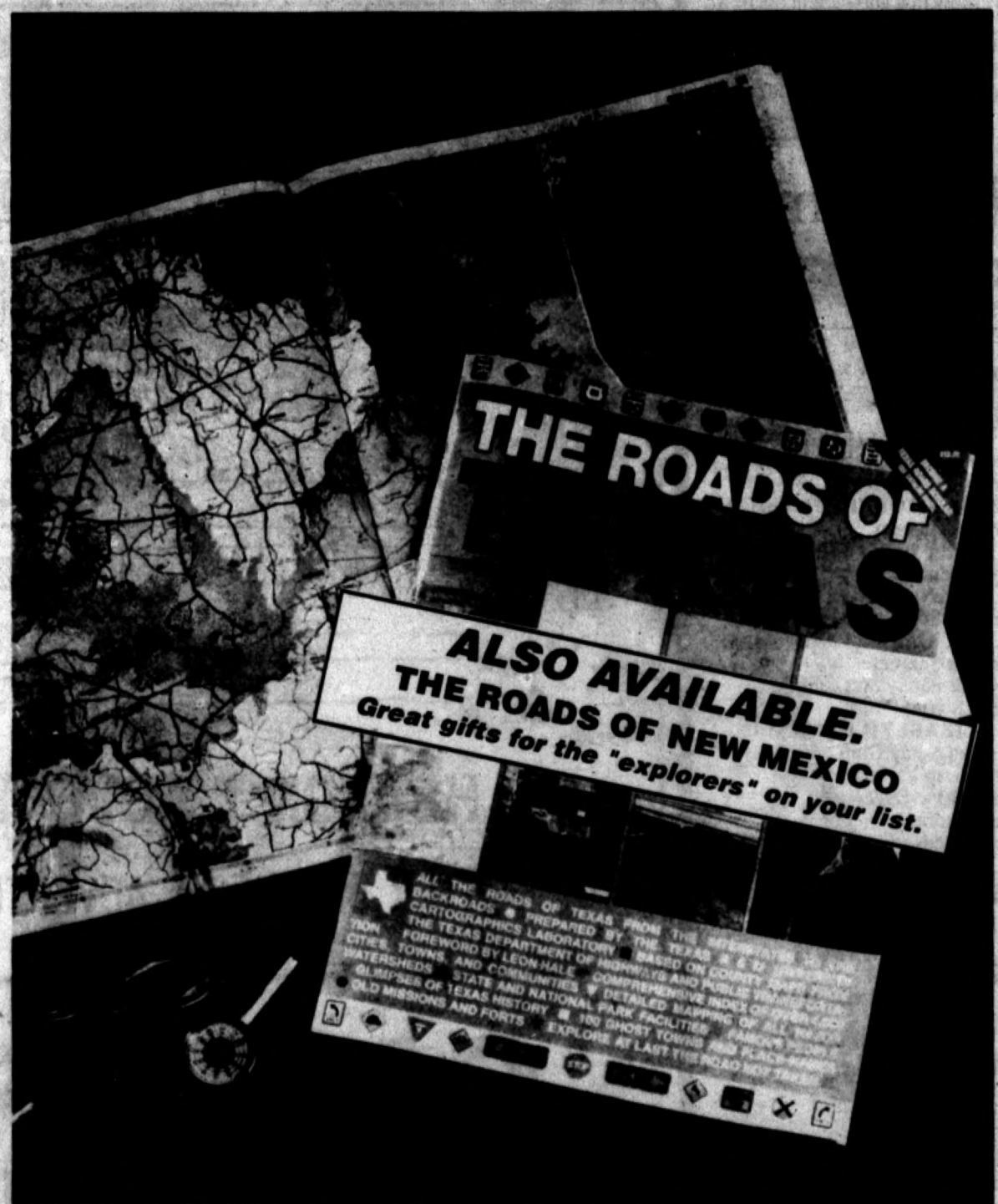
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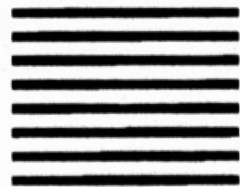
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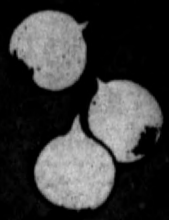
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936 Slim Fit Denims

38 and Above  
Lengths

**16<sup>79</sup>** **18<sup>29</sup>**

## Wrangler BRAND Cowboy CUT® JEANS

### #130 Cowboy Cut 13MWZ Denims

**16<sup>35</sup>**

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**17<sup>95</sup>**

XL SIZES

**18<sup>95</sup>**

13MWZPB - Black  
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**19<sup>99</sup>** SALE

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935 SLIM FIT or 945 REGULAR FIT



DENIMS

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**17<sup>79</sup>**

XL Large  
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Boot Cut® men's basic jeans. Slim fit 100% cotton. Broken twill. No Fault denim. Little or no ironing in rigid indigo.

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Junior, 14MWZG,  
Sizes 3-15

**18<sup>59</sup>**



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Sizes 3-15  
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Sizes 6-20

**18<sup>59</sup>** DENIMS

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JUNIOR, 13MBKG  
Sizes 3-15  
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5 1/2" T-POST 821-155 No. 125 Reg. 2.03 **1.88 SALE**  
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One-piece molded, plastic constructed gate handle which floats on a compression spring assembly. All the tension is on the rugged steel assembly.  
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**3/8" x 4' REBAR FENCE POST**  
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**L-H CREEP FEEDERS**  
Capacity ..... 25 bushels  
Length ..... 60 inches  
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Fence ..... 62 inches x 72 inches  
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**General Purpose Plant Food (10-10-10)**

4 lb. Box

■ A balanced fertilizer for a wide range of plants.  
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■ Kills a whole gänge of insect pests. Kills on contact - then keeps killing systemically.  
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**31/64" x 150' NURSERY TAPE**

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**ADJUSTABLE TAPE & TWINE CUTTER**  
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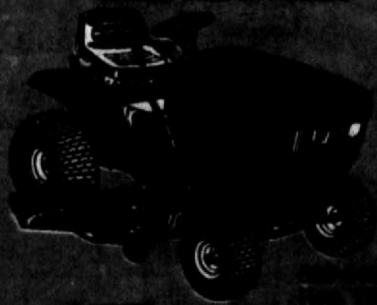
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- 12.5 HP 645 TC Briggs & Stratton engine
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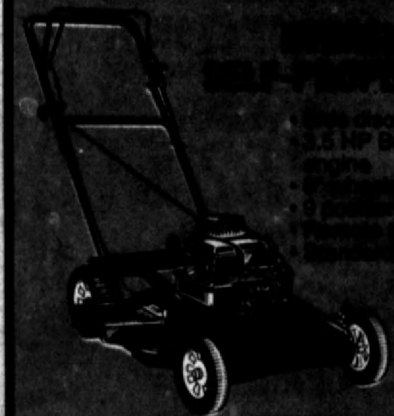
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## 42" PUSH MOWER WITH 2.2 HP BRIGGS & STRATTON ENGINE

- 2.2 HP Briggs & Stratton engine
- 42" cutting swath
- 10 forward gears
- 16" rear wheel

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## 42" PUSH MOWER WITH 2.2 HP BRIGGS & STRATTON ENGINE

- 2.2 HP Briggs & Stratton engine
- 42" cutting swath
- 10 forward gears
- 16" rear wheel

189<sup>00</sup>



NEW AT  
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149<sup>95</sup>



5 HP/3  
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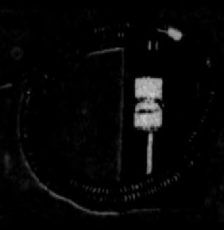
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NEW! PUMP BOTTLES  
Easily dispense  
herbicides, pesticides,  
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THE  
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If you owned only one tool, this would be it. Designed to lock on tight for fast work and to quickly adjust to pliers action. The easy release trigger and built-in wire cutter make it the one tool you'll reach for most often.

4" Curved Jaw Locking Pliers with Wire Cutter



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**Allied™**



- Chrome Vanadium ratchet and flex handle with rubber grips.
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- Metal case and plastic tray.

**17 Pc. 1/2" Dr. Socket Set - SAE**

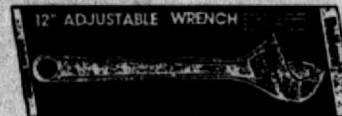
Chrome Vanadium With Full Polish Finish 12 Point Shallow Sockets

026-052  
Reg. 34.99

**26.97**  
SALE

**12" ADJUSTABLE WRENCH Reliant**

- Finest quality drop forged carbon steel.
- Hardened and tempered for maximum strength.
- Chrome plated finish.
- Precision machined and tapered jaws.



026-032  
Reg. 9.99

**6.99**  
SALE

**9PC Punch and Chisel Set**

Left to right: Center Punch 251 - 3/8 hex stock; Solid Punch 205 - 5/32 pt.; Pin Punches 305 - 5/32 pt., 307 - 3/64 pt.; Cold Chisels 104 - 7/16 cut, 106 - 5/8 cut, 107 - 3/4 cut; Solid Punch 207 - 3/16 pt.; Pin Punch 308 - 3/16 pt.



255-009  
Reg. 28.95

**24.95**  
SALE

**BLACK & DECKER**

**10-Piece High Speed Steel Drill Bit Set**

- Precision forged high speed steel bits for drilling in metal, wood and plastic.
- In reusable storage case that unfolds to a self-standing drill bit tray.
- Bit sizes: 1/16", 5/64", 3/32", 7/64", 1/8", 9/64", 5/32", 3/16", 7/32", 1/4".

125-120  
Reg. 9.05

**6.78**  
SALE



**HEAVY DUTY FENCE TOOL**

Black Finish

218-012  
Reg. 20.50



**16.66**  
SALE

**Cooper Tools**

**Crescent®**

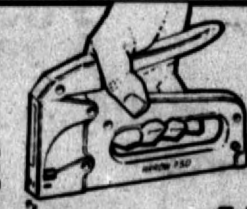


H-26 CEE TEE PLIERS - "6"

218-001  
Reg. 4.65

**3.99**  
SALE

**HEAVY DUTY STAPLE GUN**



069-050  
Reg. 17.99

**15.88**  
SALE

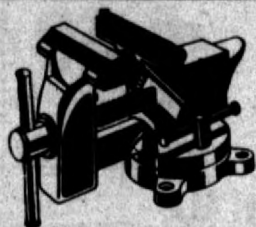
**BERNZOMATIC TORCH KIT**



- Fully-adjustable, regulated flame. (Fuel knob adjusts and extinguishes flame.)
- Includes propane fuel cylinder.

102-200  
Reg. 23.95

**19.95**  
SALE

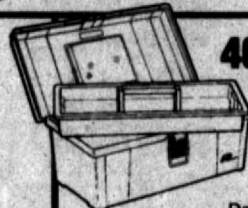


**4 1/2" WARREN BENCH VISE**

The vise for the home shop with top professional features. Rugged cast iron body with built-in pipe jaws and solid steel beam. Replaceable steel jaw faces 180° positive locking swivel base.

138-104  
Reg. 24.35

**19.95**  
SALE



16" RED TOOL BOX  
692-001  
Reg. 11.49

**8.98**  
SALE

**401 TOTE 'N TOOL BY PLANO**

This practical 2-compartment box has a hand lift-out tote tray that makes it especially attractive for a variety of uses. Deep box bottom provides space for many types of bulky tools and gear. Hi-impact plastic, box construction, with ABS drawbolt-type latch, with brass hasp and strong recessed handle. Lightweight design and colorful styling increase its appeal.

20" RED TOOL BOX  
692-002  
Reg. 14.99

**11.59**  
SALE

**STANDARD POW'R-PULL 1 TON CAPACITY**



Reg. 28.98  
560-001

**24.98**  
SALE

**STANDARD POW'R-PULL 2 TON CAPACITY**



Reg. 34.98  
560-002

**29.25**  
SALE

**DEWALT PROFESSIONAL POWER TOOLS & ACCESSORIES**

**1/2" (13mm) HEAVY DUTY IMPACT WRENCH**

- 7.5 Amps, 2100 RPM
- Reversing, 2700 Impacts/Min.
- Detent Pin Anyil
- Ball Bearing Construction

125-352  
Reg. 175.00

**164.00**  
SALE



**1/2" (13mm) HEAVY DUTY DRILL**

- Variable Speed Reversing
- 5.0 Amps, 0-600 RPM
- 100% Ball and Roller Bearings
- Triple Gear Reduction

125-203  
Reg. 141.00

**129.95**  
SALE

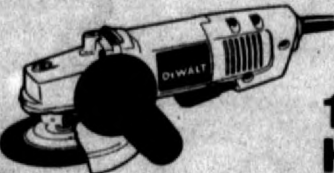


**4 1/2" (115mm) HEAVY DUTY MINI GRINDER**

- 6.0 Amps, 10,000 RPM
- 5/8-11 Spindle with Spindle Lock
- Paddle Switch and 3 Position Handle
- Ball Bearing Construction

125-427  
Reg. 99.98

**89.95**  
SALE

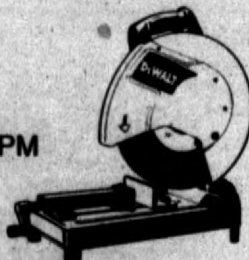


**14" (355mm) HEAVY DUTY CHOP SAW**

- 13.0 Amps, 3800 RPM
- Spindle Lock and Pivoting Fence
- Secure Clamping System
- 100% Ball and Roller Bearings

125-401  
Reg. 217.00

**204.00**  
SALE



**3/8" (10mm) HEAVY DUTY CORDLESS VERSA-CLUTCH® DRIVER/DRILL KIT**

- 12.0V Variable Speed Reversing
- Keyless Chuck, 0-400/0-1300 RPM
- Fan Cooled 140 Watt Motor
- One Hour Recharge
- Includes Charger, Battery, and Steel Carrying Case

125-217  
Reg. 180.00

**169.00**  
SALE



**EAGLE MFG.**  
**10% OFF ALL EAGLE PICKUP ACCESSORIES**

**PICKUP RAILS**

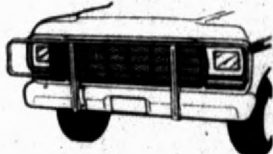
**HEAVY DUTY**



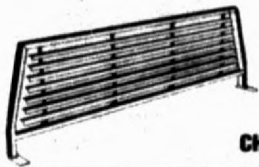
**WITH COOL SHADE WITH EARS**



**HEAVY DUTY WHITE SUNFIGHTER WITHOUT EARS**

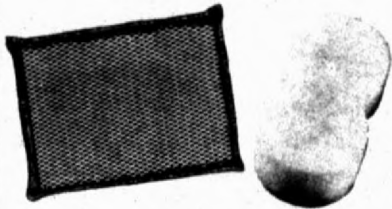


**CHROME SUNFIGHTER GM88 UP AND UNIVERSAL SPORTSIDE (SPECIAL ORDER ONLY)**



**CHROME SUNFIGHTER GM 88 UP AND UNIVERSAL**

**CLEAN RITE**



**BUG SPONGE**

**89¢ SALE**

209-055 Reg. 1.05

**GIANT BONE SPONGE**

**98¢ SALE**

209-005 Reg. 1.25



**ULTRA DRY CHAMOIS REPLACEMENT**

**3.65 SALE**

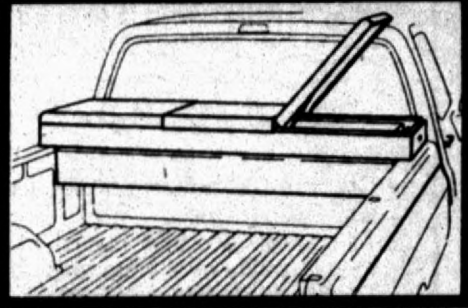
209-050 Reg. 4.25

**4 Sq. Ft. CHAMOIS**

**12.89 SALE**

209-024 Reg. 14.99

**PUSH BUTTON TOOL BOX**



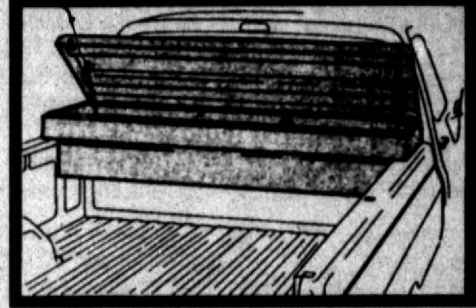
**The easy open, easy-access tool box quality designed for long life.**

- Superior abrasion and corrosion-resistant finish
- One-piece bottom-side construction for greater strength
- Lift-out plastic tray with extra trays available
- Automatic torsion bar lid opener and hidden piano-type hinge
- Bolted-on lids and riveted centers for better service
- Push button adjustable/replaceable latches for better gasket seating
- Heavy gasket on lid keeps out dirt and water

224-150/160 Reg. 84.95

**79.99 SALE**

**BIG LID TOOL BOX**



**The easy open, easy-access tool box quality designed for long life.**

- Superior abrasion and corrosion-resistant finish
- One-piece easy-access lid opens from either side
- Push button automated lid-opening with two controlled gas-filled cylinders
- Heavy gasket on lid keeps out dirt and water
- Lift-out plastic tray with extra trays available
- One-piece bottom-side construction for greater strength

224-175/177 Reg. 124.95

**119.29 SALE**



**PROTECTIVE POLY TARPS**

Poly Plus III. Lightweight, waterproof. Durable tear-resistant material. Spaced grommets for easy tie down.

- |                   |                  |
|-------------------|------------------|
| 339-001 Reg. 3.59 | <b>SALE 2.99</b> |
| 330-003 Reg. 5.99 | <b>SALE 4.99</b> |
| 330-005 Reg. 7.99 | <b>SALE 6.95</b> |
| 330-007 Reg. 8.99 | <b>SALE 7.99</b> |

**TARP STRAPS**

For securing tarps and other items. Available in a variety of sizes to meet all your needs.

- |                  |                       |                   |                        |
|------------------|-----------------------|-------------------|------------------------|
| 944-081 Reg. 59¢ | <b>9/10" 47¢ SALE</b> | 944-083 Reg. 85¢  | <b>20/21" 66¢ SALE</b> |
| 944-082 Reg. 75¢ | <b>15" 59¢ SALE</b>   | 944-084 Reg. 1.08 | <b>31" 85¢ SALE</b>    |



**SPRAYWAY GLASS CLEANER**

100-001 Reg. 1.85

**1.69 SALE**



**18 Oz. ORIGINAL FORMULA**

425-010 Reg. 1.65

**1.49 SALE**

**4 1/2 Lb. ORIGINAL FORMULA**

425-007 Reg. 6.75

**5.50 SALE**



**ARMOR ALL**

065-110 Reg. 6.69

**16 Oz. 5.99 SALE**

065-105 Reg. 3.40

**8 Oz. 2.99 SALE**



**7 Oz. STARTING FLUID**

874-012 Reg. 1.49

**99¢ SALE**

**EXIDE DURA-START AUTOMOTIVE BATTERIES**

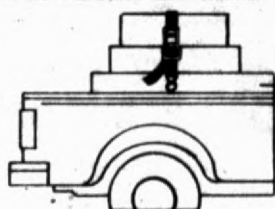


**OUR MOST POPULAR BATTERIES**

Group 24 60 Month 390-022, 390-023 Reg. 38.50

**29.95 With Exchange**

7460 390-032 **32.90**



**1" x 15' RATCHET TIE DOWN**

504-020 Reg. 12.29

**9.95 SALE**

**KEEPER**



**MOTOR CYCLE TIE DOWN**

504-015 Reg. 13.49

**11.95 SALE**

**SM ARNOLD**



**WASH MITTS**

68-058 Reg. 1.35

**1.14 SALE**

**2 1/2 Gal. GAS CAN**

207-010 Reg. 5.95

**4.10 SALE**

**5 Gal. GAS CAN**

207-020 Reg. 9.20

**6.99 SALE**



**NEW! Patented Control Valve**  
**ON/OFF SPOUT**  
 Anti-Freeze Windshield Washer  
 Twist to Pour...Twist to Store  
**2.15 SALE**  
 340-002 Reg. 2.49



**NEW! Patented Control Valve**  
**ON/OFF SPOUT**  
 Motor Oil Trans Fluid Fits Quart Size  
 Twist to Pour...Twist to Store  
**2.45 SALE**  
 340-001 Reg. 2.85



**NEW! Patented Control Valve**  
**SPILL SAVER**  
 Twist to Pour...Twist to Store  
**LAWN & GARDEN OIL SPOUT**  
 Fits Most Containers. No Spill...No Mess. Replacement Spout. Starts & Stops flow of liquid.  
**2.45 SALE**  
 340-005 Reg. 2.85

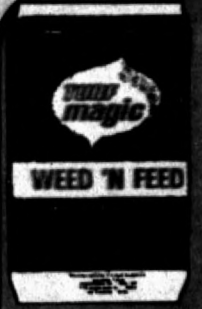


**NEW! Adjustable Flow**  
 3 adapters included  
**Gas Can ON/OFF SPOUT**  
 Starts & Stops flow of gas  
**3.19 SALE**  
 340-003 Reg. 3.75



**MEASURE & POUR SPOUT**  
 For Fertilizers, Insecticides, Weed Killers  
 No Spill...No Mess  
 Fits Most Containers. No More Guessing. For Accurate Measuring & Controlled Pouring.  
**3.19 SALE**  
 340-006 Reg. 3.75

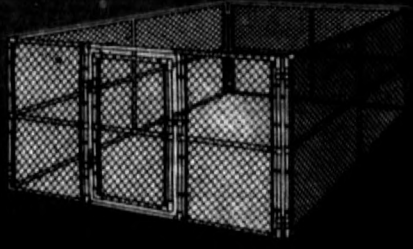




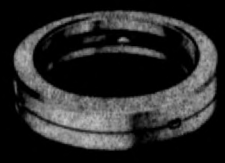
Control weeds while  
feeding your lawn in one  
application.



6.99



MasterCard



DURA-LIFE



DURA-LIFE



14 GREAT LOCATIONS READY TO SERVE YOU!

GEBO'S CONVENIENT CREDIT PLAN

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| <b>HEREFORD, TEXAS</b><br>230 N. 25 Mile Ave.  | <b>HILLSBORO, TEXAS</b><br>Highway 77 South    | <b>LAMESA TEXAS</b><br>506 N. Main               | <b>LITTLEFIELD, TEXAS</b><br>508 Hall Ave. | <b>LEVELLAND, TEXAS</b><br>1308 Avenue H. | <b>LUBBOCK, TEXAS</b><br>50th & Avenue A   |

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MCKINNEY, TEXAS  
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