





# Lifestyles



## Birthday reception held

Approximately 90 guests honored LeRoy K. Williamson on his 80th birthday at a reception held Sunday afternoon at the Hereford Senior Citizens Center. Among those present who were served birthday cake, punch, nuts and mints were out-of-town guests, Ervin and Faye Williamson of Oklahoma City, Okla., Susan and Nancy Adams of Moore, Okla. and Barbara and Michelle Ruffe of Los Alamos, N.M. The honoree is pictured with his children and their spouses, from left, Lisa and Danny Jackson of Amarillo, Joel and Dixie Williamson of Dumas, and Kim and Karen Williamson of Marshall. The party was coordinated by Mary Williamson.

## Ann Landers

**DEAR ANN LANDERS:** You certainly missed the mark in your response to the woman who was bitter because her mother left her out of the will after a lifetime of devotion. You told her she should go for counseling and get the poison out of her system. In my opinion, her anger was justified and you should have backed her up. Obviously you have never walked in those shoes. Well, I have.

My father was married to my mother for 40 years. She had six children and worked her fingers to the bone. He treated her like hired help. Dad became engaged two months after Mom's funeral and was married with the year.

The new wife took over immediately -- I mean his personal affairs, his bank account (he's rich) and his mind. Her children by another marriage get everything they want and we get nothing. He buys this woman fabulous jewelry and designer clothes, and he treats her like a queen.

## Lodge holds memorial service

Hereford Rebekah Lodge # 228 met in regular session Tuesday when the lodge charter was draped in memory of Thelma Gage, past president of Rebekah Assembly of Texas, and Nola Ralston, past Noble Grande of the local lodge.

The service was presented by Faye Brownlow, Erma Loving, Ursalee Jacobsen, and Dorothy Lundry. Sadie Shaw, Jo Irlbeck and Susie Curtsinger rendered music.

Noble Grand Rosalie Northcutt presided at the business meeting and reports were made of 20 visits to the sick, 52 greeting cards and one flower.

Jo Irlbeck reported on the District Rally of Odd Fellows and Rebekahs in Lubbock held recently.

Drill practice was held and Brownlow served as hostess.

Others present were Tony Irlbeck, Shirley Brown, Irene Merritt, Genevieve Lynn, Kee Ruland, Anna Conklin and Verna Sowell.

**NEW YORK (AP)** - Mikhail Baryshnikov will dance in the United States for the first time this year during a fall tour of 18 cities from Miami to Minneapolis.

The tour, announced Wednesday, will be called the White Oak Dance Project. Dances, including two new ones, will be by choreographer Mark Morris.

The troupe will perform in Boston; Minneapolis; Madison, Wis.; Toledo, Columbus, Youngstown and Dayton, Ohio; Charleston, S.C.; Savannah, Ga.; Miami; Jacksonville, Daytona Beach, and Tampa, Fla.; Detroit; East Lansing, Mich.; Louisville, Ky., and two cities to be announced.

Mom shopped the bargain basements and resale shops. She never knew Dad had any money. All the years they were married he told her that business was bad and that she had to watch her pennies.

When Dad dies, I plan to call his attorney and ask about the will. If his wife hasn't spent it all and if he does leave us kids something, I will ask the lawyer to send my check in the mail. I will not go to my father's funeral. Since he is a prominent person in town, my absence will surely be noticed and talked about. As far as I am concerned, he can rot in hell.

Don't advise me to get counseling. My father is the one who needs it. I doubt that you will print this letter, but even if you don't, that's OK. It was worth the 25-cent stamp to get this off my chest. -- Corpus Christi

**DEAR CORPUS:** I'm relieved to know that your letter made it without creating a fire in our mail room.

I have no advice for you but I would like to make a few comments. The hatred you feel for your father and his wife does not hurt them in the least. They are enjoying life immensely while you are eating yourself up alive. Meanwhile, they will continue to be happy while you continue to be miserable.

**DEAR ANN LANDERS:** I'm sure you will get a lot of static about your stand against legalizing drugs. Here's some ammunition. It was a letter to the editor of the Norfolk Virginia Pilot, written by Anne Duncan Eustis of Portsmouth, Va. Please don't let anyone change your mind, Ann. You have taken the right position on this issue. --George S., Norfolk, Va.

**DEAR GEORGE:** Thanks for the assist. I can certainly use it. My head is bloodied but not unbowed. Here is Anne Duncan Eustis' letter:

At a recent meeting of the World Affairs Council in Norfolk, His Excellency Tommy T.B. Koh, the ambassador from Singapore, addressed the question: Should we legalize drugs rather than have any of our rights taken away?

When asked how his country had managed to do such a good job of cleaning up the drug problem, the ambassador replied, "We did three things: provided intensive education starting at a very early age, handed

out the death penalty to drug dealers and provided institutions for rehabilitation."

Then he added, with considerable emotion, "Do not even think of legalizing drugs. We lost a whole generation by doing it."

**Gem of the Day:** Nothing brings two women closer together than the mutual dislike of a third.

## Points on selecting specialist given

Chances are that you only see your obstetrician/gynecologist about once a year. "So as long as his or her office is conveniently located and I can get an appointment, why worry about whether or not we hit it off?" some women may say.

While it's true that you and your doctor may not become fast friends, trusting your health to someone based only on convenience factors is unwise. What if a medical problem does arise? You may regret that you did not select your doctor based on his or her competence, understanding, beliefs on certain issues (for example contraception and abortion) and willingness to carefully explain problems and treatments.

To find a doctor with whom you are comfortable and whom you can trust, you might ask friends or co-workers for recommendations. If you have moved, your old ob.gyn may be able to recommend a doctor in your new area.

You might also call a local hospital to get names of doctors who are affiliated or check at your library for a copy of "Directory of Medical Specialists," a Who's Who of physicians which gives information about doctors' training and credentials. Check to see if a doctor is "board-certified." This designation means that a physician has had specialized training and has passed

examinations in a specific field, such as obstetrics and gynecology.

Once you have several names of doctors, make a list of qualities that you are looking for in both the doctor and in his or her practice. Things to consider might include:

- \* Do you prefer a male or female? Does age make a difference?

- \* Is he/she in a group or solo practice? (With a group practice, you usually can see another doctor if your own is on vacation.)

- \* Does he/she have admitting privileges to a good hospital?

- \* Are the fees reasonable? Will he/she accept your medical insurance?

- \* Are the office hours convenient? Does the doctor frequently run behind in appointments?

- \* Does the doctor provide maternity services? (Important if you plan to become pregnant in the future.)

- \* Is he/she easy to talk to? Are you comfortable asking questions? Does the doctor answer them in terms you can understand?

It may take several phone calls and office visits to find the right doctor. But if you end up satisfied, the effort will be well worth it. When you choose a doctor, you are investing in your health, which is probably the smartest investment you will ever make.

## Hints from Heloise

### BARBECUE TIME!

Dear Readers: Take advantage of the season and get plenty of use from your barbecue grill. At a loss for recipes? I have some great ones in my new pamphlet, *Heloise's Down-Home Barbecue Collection*. Send \$2 and a stamped (45 cents), self-addressed, legal-sized envelope to Heloise/Barbecue, P.O. Box 19765, Irvine, CA 92713. — Heloise

### GRAPETTES

Dear Heloise: My daughter recently introduced me to a real treat that I would like to share. She simply took some seedless table grapes, removed the stems, washed them and then placed them in a plastic bowl in the freezer.

In a short time, the grapes froze into delicious crunchy "grapettes," which provided healthy between-meal snacks. — Norman Dee Frane, Hilo, Hawaii

### SEND A GREAT HINT TO:

Heloise  
P.O. Box 795000  
San Antonio, TX 78270  
or fax it to 512-HELOISE

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Nearly 80 percent of the U.S. population lives in cities and towns, says National Geographic.

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# Social Security

**Question:** My neighbor said I may be able to get an increased benefit amount if I delay getting my retirement benefit at age 65. How does this work?

**Answer:** You are referring to "delayed retirement credit." Delayed retirement credit increases the benefit amount of certain individuals who did not receive benefits for months after reaching 65. If that individual is at least age 65, but not yet age 70, and does not receive a benefit, that person will receive a higher benefit amount. Those who become age 65 in 1990 and 1991 will receive a benefit amount that is 7/24 of one percent higher (3.5 percent annually) for each month benefits are not paid. The credit will increase gradually until it reaches eight percent for people who reach 65 in 2008 and later. Talk to a Social Security representative for additional details.

**Question:** I'm going to retire next year at age 65. My wife will be only 63. Will she start receiving wife's benefits when I do, or will she have to wait until age 65?

**Answer:** Your wife can get benefits as your spouse when you become entitled, but she will not receive the full spouse's benefit amount since she is under age 65. Her benefit will be reduced by a certain percentage for each month before age 65.

**Question:** I plan on hiring a lady to clean my house every two weeks. A friend of mine told me I will have to deduct Social Security taxes from her pay and add a certain amount of my own funds. Is this correct?

**Answer:** If you will pay the woman \$50 or more in cash wages during a calendar quarter, you must deduct Social Security taxes from her pay, add an equal amount as your share of the tax, and send the combined amount to the Internal Revenue Service. And you must send Social Security an annual report of the wages paid. The tax rate is 7.65 percent each for you and your employee.

**Question:** How many Social Security credits are needed to get Supplemental Security Income (SSI)?

**Answer:** A person needs no credit for work under Social Security to get SSI. The SSI program is designed to meet the basic needs of the elderly, blind, and severely disabled who have limited income and resources. If you feel you qualify, contact Social Security to apply.

**Question:** If a person gets SSI in one State but later moves to another, do they have to file a new application in their new State of residence in order for their payments to continue?

**Answer:** A person receiving SSI who moves to another State must report the change of residence to

Social Security within 10 days after the end of the month in which the move occurred. Social Security will also ask you about your new living arrangements. A change of circumstances may change your SSI payment. If you received a State supplement where you lived previously, your new State may not. Ask Social Security about it when you report your move.

**Question:** My husband and I are elderly and we recently found out we can apply for SSI. We were also told that we can apply for food stamps. How does Social Security determine how many food stamps each family can have?

**Answer:** Food stamps eligibility

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is determined by the Texas Department of Human Services, not Social Security. However, since you and your husband live alone and are both applying for SSI, Social Security will send your application to the food stamp agency which will decide how many food stamps you can get.

**Question:** I'm almost 65. Can I apply for Medicare by phone?  
**Answer:** Yes, you can apply by


phone. However, if you're already receiving Social Security or railroad retirement benefits, you Medicare coverage will begin automatically at age 65. If not, call Social Security and they will send you an application to complete, sign, and return to them. Be sure to apply at least three months prior to your 65th birthday. In this way, your coverage will begin immediately upon reaching age 65. Social Security can give you additional

details. The toll-free number is 1-800-234-5588 (1-800-234-5772).

**Question:** How often does the Medicare premium go up? How do they determine the premium increases?

**Answer:** The medical insurance premium increases in January of each year. The increase is based on the rise in health care costs during the preceding year. Call your Medicare Carrier for additional details.

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Joe T. Mendez welcomes all new and regular customers back when you need a haircut or style.  
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**BIBLETIMES MARKETPLACE**  
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We invite the public to share the experiences our children have enjoyed this past week in Vacation Bible School! We've gone back in time to a village marketplace that features old-world tools, crafts, techniques and costumes. Acquaint yourself, as our children have, with the events, occupations and relationships reflected in our Christian heritage.

June 29th open to friends, family, & our community - 6:00 pm to 8:00 pm.

**Church of the Nazarene** 1410 La Plata Drive



## Reception planned Friday

Norma Coffey will be honored with a reception from 9 a.m. until 3 p.m. Friday at Hereford State Bank. The assistant vice president is retiring after 31 years of service. The public is invited to attend.

## Create friendly kitchen

The 1990s have been called the decade of environmental awareness. "Smart shoppers" have become "aware shoppers" who are looking for products that are environmentally friendly.

When it comes to remodeling or building new kitchens, many homeowners want to know more about the wood used to make their cabinets. Consumers today want home furnishings that reflect environmental responsibility.

Here are the answers to some questions frequently asked by kitchen cabinet buyers:

**-Is it solid hardwood?** The United States grows twice as much hardwood as it harvests each year. Responsible forest management allows for a constantly renewing supply of hardwoods such as oak, maple, cherry, ash and poplar.

**-How many trees will be harvested to make my kitchen cabinets?** This is hard to say, but one thing consumers should remember is that there are more hardwood trees growing in the United States today than there were 20 years ago. Here are some other forest facts to consider:

Hardwood trees are a naturally renewing resource. Through professional forest management, this country's hardwood inventory is continuously sustained and replenished.

Today, 230 million acres of forestland are set aside for parks or wilderness areas, or are otherwise unsuitable for commercial management.

A hardwood forest renews itself, with as many as 15,000 small seedlings per acre.

**-How does harvesting wood for cabinets affect global warming?** Hardwood trees actually convert carbon dioxide to produce oxygen. She adds that fallen, decaying trees release carbon dioxide into the atmosphere. In effect, solid hardwood cabinets are storing carbon dioxide that may have been released into the atmosphere if trees were left to decay in the forest.

For more information on solid hardwood kitchen cabinets, write to the Hardwood Manufacturers Association, Post Office Box 91251, Pittsburgh, Pa. 15221-7551; or call the Hardwood Helpline at 1-800-WOOD.

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## Teeth are just like tools

If you know the functions of tools such as scissors, forks, nutcrackers and grinders, you will understand the function of your teeth.

Your 20 baby teeth first began to appear when you were about six months old. It is not until you are about six or seven that your 32 permanent teeth will grow in. The four wisdom teeth should appear when you are between 17 and 21.

However, in many cases there is not enough room for the wisdom teeth to grow in. Thus, they remain under the surface of your gums and in many cases must be removed.

Your eight front teeth are called incisors. Four are in your upper jaw, and four are in your lower jaw. Incisors work like a knife or scissors; as you close your jaws, they bite off large pieces of food.

The canines, also called cuspids, are the four strong, pointed teeth, on each side to the right and left of the incisors. You use your canines much like you use a fork, to tear large pieces of food into smaller bites.

The eight bicuspids, or premolars, are next to the canines, two behind each canine. These work like a nutcracker, crushing food into smaller and smaller pieces.

The 12 teeth in the back of your mouth are called molars. There are three next to each set of bicuspids. Because molars have strong, flat surfaces, they work like a grinder, mashing food into thin, pulpy masses.

Although each tooth feels as if it is doing the same thing when you eat, each type has its own job. But they all have the same goal, which is to being digestion and prepare food before it enters into your body.

OMAHA, Neb. (AP) - A radio station will no longer play the music of Grammy winner k.d. lang because the Canadian country star appears in a new ad campaign called "Meat Stinks."

KRVN in Lexington will boycott lang until she renounces the group People for the Ethical Treatment of Animals and her "fanatic anti-meat philosophy," program director Charlie Brogan said.

KRVN, which broadcasts country music, farm and market reports to Nebraska, Kansas and Iowa, was formed by farm groups in the late 1940s, Brogan said Wednesday.

### Family Reading Challenge 1990

#### Famous Folks

Clip photos of important people from the newspaper. These can be world leaders, community leaders, sports figures, actors, musicians, etc. Now write their names on the back of the photo. Challenge the members of your family to a game by seeing who can identify the most newsmakers.

You can make up a new game every week if you like!

#### Family Reading Challenge 1990 Entry Form



Yes! I have met the Family Reading Challenge by reading at least  
 2 newspaper articles  2 books and  2 magazine stories  
 and I have discussed them with my parents(s), guardian or other adult.

Signature of Young Reader

Signature of Parent, Guardian or Other Adult

Please register me for the October drawing of awards. The grand prize this year will be an IBM Writing to Read Laboratory for the young reader's school and an IBM PC for his or her family. Other awards will include Rex and Rita sweatshirts, World Book encyclopedias, magazine subscriptions, books, bicycles, Rex and Rita puppets, audio and video cassettes and more!

Name \_\_\_\_\_

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Date of Birth \_\_\_\_\_

My Newspaper \_\_\_\_\_

Family Reading Challenge 1990 rules:

1. Young readers must be 5-12 years old to participate.
2. Information on all entries must be printed in block letters or typed.
3. Entries must be postmarked by Sept. 8, 1990. Readers' names will be drawn at random in October 1990. Winners will be notified by mail.
4. Entries must be signed by both the young reader and a parent, guardian or other adult. Because of the great number of participants, only one entry per young reader will be considered.
5. Void where prohibited by law or where restricted. All federal, state and local rules and regulations apply. No purchase is necessary.

Questions? Call the Rex and Rita Hotline: 1-800-331-3501 TDD 1-800-552-9097

Return to: Rex and Rita Saurus, P.O. Box 812090, Chicago, Ill. 60681-2090

An Algonkian Indian village near what is now Boston got the name **Mes-atsus-et**, meaning "large hill place," from the fact that it was located in the region of the Great Blue Hill. This later became the name of the American colony, Massachusetts.

## For Sale By Owner



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## Good news to help drive out pollution

Many Americans may soon be breathing easier as the whole country increases efforts to clean up our air. A good place to start, many people have found, is in the driveway. The Environmental Protection Agency says that if people properly maintain their vehicles and don't tamper with the emissions control system, tailpipe emissions can be reduced by 25 percent.

According to John King, parts and service engineering manager for Ford Parts and Service Division, doing a few little things to family vehicle can have a big impact on improving your family's environment. Here are a few steps you can take on the road to a better environment:

- \* Follow manufacturer's recommendations for scheduled maintenance including oil and filter change intervals (fresh oil reduces vehicle pollution and contributes to improved fuel economy); type of oil used (high-quality oil reduces engine sludging and improves fuel economy); air filter replacement (promotes fuel economy); spark plug replacement (to maximize engine efficiency); and tire inflation pressure (improves fuel economy and maximizes tire life).
- \* Drive in a responsible manner to avoid excess gas consumption. Shun "jack rabbit" starts, prolonged

idling and speeds in excess of posted limits.

- \* For the do-it-yourselfer, dispose of used oil and other vehicle fluids (coolant, transmission and brake fluid) through recycling centers.

- \* Combine trips to save both time and money.

- \* If the air conditioning system requires service, go to a service facility that uses refrigerant recycling equipment. That can minimize release of CFC's, the chemicals believed to encourage the greenhouse effect.

- \* Use gasoline with detergent additives designed to keep fuel injectors clean.

- \* If your Owners Guide recommends 5W30 motor oil, use it regularly. It can provide a small fuel economy over other oils.

- \* Have fluid leaks—power steering, cooling, oil, brake or transmission—repaired immediately.

- \* Keep all vehicle fluids at recommended levels for efficient operation.

- \* Use the air conditioning system only as required—it can decrease fuel economy up to 1.5 miles per gallon.

- \* Don't tamper with the emission control system.

Compared with cars built in the early 1970s, today's new autos emit 96 percent fewer hydrocarbons, 96 percent less carbon monoxide and 76 percent fewer nitrogen oxides. Pre-1983 vehicles, while accounting for 43 percent of the miles traveled in the U.S., produce about 84 percent of the pollution.

The Carib Indians, who arrived in the Caribbean after leaving South America about A.D. 1000, were formidable boatbuilders whose largest craft, fashioned from giant gommier trees, measured 30 feet and held 40 people.

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