## SPORTS

Levelland takes two from Herd. Coverage of all HJH, HHS games, Page 4

WEATHER
Ready for some MOISTURE? Maybe later in the week.
Forecast in Roundup, Page 2

Inside today's Brand
Roferinip-2
Stosity
Comiciole

## The

Hereford Brand
Tuesday
Jan. 16, 1990


Neighoors look on as emergency attendants. .nd to a couple at Blue Water Gardens in Herefor monday afternoon. Investigators believe a woman, 48 , shot hersefe win averdose of pills. He was taken to Deaf Smith General Hospital for treatment. The woman died of a gunsho wound to the right side of her head. Police said today the incident was "still under investigation

Study: heart trouble, smoking, cholesterol linked in young men
'What surprised me...was the effect of smoking'
SAN ANTONIO (AP)- Young
men who smoke or have hing
cholssterol levels are more likely cholesterol levels are more likely than others 5 o show signs of heart
dicease before they reach age 35 . a study shows. The study is the first to link
blood cholesterol levels and smoking dircctly to hardening of the arteries, a precursor or hear
atuacks and strokes, one of the study's directors said.
study s. Henry Mchill said Monday
Dis. that smoking in young men was a stronger risk for arce.
he had anticipated.
"In this age group, smoking and cholesterol are about equally bad," said McGill. "What surprised " was the effect of smoking."
The findings, which McG The findings, which McGiln
presented at the American Hear pressentiat at the American hean
Association's annual science writers' forum, are based on year-old white men who died violent deaths or in accidents. The results support the contenon of many cardiologists including McGill, who favor ear "I really believe that the futur of prevention of heart disease in
middle-age people has got to start

By age 34, one-fourth of the subjects already had what doctors call "raised lesions" in their
arteries, representing the beginning anteries, represenuing the begies.
of hardening of the arteries. Hardening of the arteries can Icad to blockage of those blood vessels, which in turn can cause a heart attack or a stroke. Some doctors disagree with the
suggestion that prevention of hear suggestion hat prevention of hear
disease should begin in childhood The heart association recom mends that healthy children should of cholesterol per day and moderate their intake of fats. But some doctors believe the evidence is not yet strong enough to make such Only one previous study had looked at hardening of the arteric in young people, McGill said. That was a study described las year by Dr. Geraid Berenson or
New Orteans, who found that artery damage in 40 children and young adults was worse in those who had high levels of the so-called bad
cholesterol known scientifically a cholesterol, known scientifically low-density' lipoprotein, or LDL
McGill's study, led by D McGill's study, Ied by D
Robert Wissler of the University o


Chicago, is the first to link the artery damage in young people to smoking and "good cholesterol"
high-density lipoprotein, or HDL To illustrate how important the
effects were, McGill siod effects were, McGill said that a 25 -year-old man who smoked and had
high levels of good cholestero hign levels of good choestero
would have twice the artery damage of a 25 -year-old non-smoker who had low levels of LDL. The findings were the first repor
from the study which is continuing and eventually will include 1,800 subjects.
The study
The study will explore how atherosclerosis is linked to high blocd pressure, diabetes, inherited
factors and many other processes inside arteries, McGill said.

## City considers sales tax plan

The Hereford City Commission Legistature in a recent special session.
cancelled a janitorial cleaning contract If the proposal passes, the sales tax for City Hall during the commission's would be imposed beginning Oct. I.
regular mecting Monday night.
Commissioner Bud Eades, who Commissioners also discussed serves as the voluntecer executive
possibly imposing a new one-half- director of the Hereford Area
cent sales development. the HAEDC was not able to function member Tom LeGate to the tax full-time director. appraisal district board, approved The HAEDC reccived $\$ 48,000$ ) from
renewal of the Energas franchise the city and $\$ 24,000$ from Deaf Smith ordinance, and approved a zoning County for its first year of operation ordinance, and approved a ronwg With Whe $\$ 300,0000$ per yeara, anew
change at 509 Brevard from two-
family residence to mobile home commission would be able to hire a district.
The council voted to cancel the recruit time director, search and for ans and The council voted to cancel the recruit prospects, and possibly
cleang contract with B\&S Cleaning purchase land for an industrial park or Service of Hereford. City Manager other plant sites for new or expanding
Darwin McGill said the company was industries. told of its unsatisfactory performance Commissioner LeGate, who serves
in a Dec. 1 letter. McGill said. the service had not survey done by the Economic
improved since Dec. 1, and the Development Strategy Council in 1988 commission voted to cancel the showed that a big majority of Deal contract, which began in October. Smith County citizens would donate
The cleaning will be done by the up to one hour's pay per month to fund The cleaning will be done by the up to one hour's pay per month to fund
best qualified, next-lowest bidder for cconomic development efforts. the remainder of the year.
Mayor Wes Fisher said the sales tax Commissioners may put a new sales would amount to about $\$ 20$ per person tax proposal on the May municipal
election ballot that could provide up election ballot that could provide up
to $\$ 300,000$ a year for economic Commissioners are expected to take to $\$ 300,000$ a year for
devclopment in Hereford. action at the Feb. 5 commission
meeting to place the item on the May

## S\&Ls say feds

 breaking pledge in 1988 are protesting a new regulatio that revokes some of the financial for" government takeover, said James
breaks they received from the overnent Barth of Auburn University, formerly The Office of Thrift Supervision $\quad$ chief economist of the thrift office. says savings and loans must meet new be even more expensive than the first and tougher capital requirements,
regardless of whether they earlier reccived an exemption, known as a
"forbcarance," from mecting capital tandards.
Instiutions that fail the requiremen must come up with an acceptable plan oraise the money or face restrictions on their ability to make new loans and
investments. investments.
Atomeyns representing buyers in the
1988 deals regard the new rule as a double-cross and predict the legal batle over the issue will reach the
Supreme Court.
"If this is upheld nobody will ever If this is upheld, nobody will ever
feel secure doing business with the government," Washington attomey
and S\&L lobbyist Douglas P. Faucette and S\&L lobbyist Douglas P. Faucette
said Monday.
Industry analysts predict some of the 86 rescue deals in 1988 covering 205 instiutions cout unravel as a result of the ruling, forcing either a

## Army to

test weapon destruction
ABERDEEN $\begin{aligned} & \text { business with the government," he he } \\ & \text { said. "I fear because of the dimensions }\end{aligned}$ ABERDEEN, Md. (AP) - The of this (S\&L) scandal, Congress and
Ame 30,000 tons of chemical weapons in means.
a project - designed to make the world However, Barth said the regulators' safer - that is arousing concerm in some decision on forbearances will probably
of the cight states where the destruc. be upheld because it is in the public of the eight states where the destruc-
tion will occur tion will occur.
"We feel it is
said Linda Kaplovitz, an environmen talist who lives near the Aberdeen Proving Ground, where tons of mustard blistering agent
and will be burned and "We don't want another Bhopal or Chernobyl, God forbid,", she said.
Such fears are overtrawn, Such fears are overdrawn, said Col.
Walter L. Busbee, commander of the Army's "chemical demilitarization" program.


AT\&T
has one of those Mondays
 ad holiday in the afternoon.
"We had to close the place
down," said Miriam Benson, down," said Miria
company president. Company president.
The problem was traced to the
offware that runs AT\&T's soltware that runs AT\&T's
computerized switching centers,
nid spokeswoman Daisy Oumann vaid spokeswoman Daisy Oumann.
The company all but eliminated The company all but eliminated
sabotage or a computer virus as the
$\qquad$ though widespread, was muted by
the holiday since most government offices, banks and many businesses were closed and call volume was aid. 80 million calls go through the AT\&T another AT\& T spokeswoman. She said she did not know how many
calls werc attempted Monday or how many actually went through. MCI Communications Copp and
US Sprint, the No. 2 and No. 3 long- -istance carrics, said they had 70 percent of the long-distance market.
AT\& customers are able to use the MCl and Sprint systems by However, AT\&T operators were
fouthidien, even when asked, to give out this information for compectitive reasons, Ms. Sherwood said.
The problem apparently began in one of the company's electronic switching centers, which transfer calls from one line of the long distance network 10 another, Ms
Oumann said. It other 100 or so switching centers, she said.
Ms. Sherwood said early today she had few details on how the
network was retumed to normal or what exactly had gone wrong. She said experts from Bell
Laboratories, AT\&T's research Laborasores, AT\&T's research
arm, assisted in fixin at the company's Network pperations Center in Bedminster, Past problems sper limited to a certain region.
AT\&T began installing the electronic call-switching gear in
1987, Ms. Sherwood said.

## Page Two

## Local Roundup

Police kept busy with reports
Nine persons were arrested over the weekend by Hereford police including
a man, 42 , for domestic violence; and two men, 38 and 45 , for public intoxication. Two men, ages 19 and 27. were arested for driving whilc
 for no drivers license and no liabiility insurance; and two males, 28 and 31 for specding and failures to appear.
In addition, nine persons were ar In addition, nine persons were arrested by deputy sheriffs, including a male, 17 , for terroristic ureat. A male, 25 , was arrested for possession of
a connuoled subslance: a female, 23 , for driving while cinouxicaled; and a male, 43, for driving, while intoxicicated
commitment Four males, ages $39,24,20$, and 29, were arrested on traffic commitue
warrants
warrants.
Repors included an assault in une 300 block of N . 25 Mile Ave. an
ascult in the 700 block of Thunderbird an an ascault in the 1300 block of of Repons included an assault in the 300 block of N .25 Milic Ave. an
assanth in the 70 bock of hunderbidd; an assault in the 1300 block of
E . E. 60 an assault in the 300 block of N .25 Mile Ave.. an assaull in the 300
 A; a domestic dispute in the 4ooo block of Sycamore; criminal mischief in
 the 600 block of W. 2nd with a window broken outs a suspicious person
repored in the 1300 block of 1 st thefts of under $\$ 20$ in the 100 block of
 $\$ 74$ by juveniles in the 1100 block of Park; a prowler in the 100 block of Rio Vista; three harassing telephone calls; and unauuthorized use of a moto was a practical joke. A child fell out of a car in the 300 block of Wulf. The fire department responded to three grass fires on Monday and to one controlled burn. On Saturday, fire fighters responded to a gasoline truck
which was buming at the intersection of US highways 60 and 385 . which was buming at the was put out without incident. Another grass fire was put out on Sunday,
believed to sparked by a passing train. Fire officials urge caution, as the believed of sparked by a
risk of fires is very high.

## HAEDC meets tonight

The Hereford Area Economic Hevelopmen Council will meet at 7:30 The agenda includes a report from voluntect

## News Digest

MOSCOW - The Kremlin sends army and KGB units to the Caucasus
in a bid wo end fierce pitched baules between Azerbaijanis and Armenians that have claimed dozens of lives. Soviet media likens the combat to Norld War II's brutality.
EAST BERLIN - The Communists are on shakier ground than ever as
hundreds of thousands of East Gcrmans take to the streets across the country to demand their ouster. In East Berlin, protesters storm the headquar ers of the despised secret police and physically dismante it. SOFIA, Bulgaria - The Communist Party, its monopoly on power formally scrapped but its grip still largely intact, opens talks with fledgling opposition
groups pushing for more democracy in the Soviet bloc's slowest changing groups pu
nation.
VIEN
nation.
VIENNA, Austria - Gen. Colin Powell, the top U.S. militiary leader
joins the brass of the Soviet Union and some 30 other nations for an unusual exchange of views on the military policies pursued by their government exchange of views on the military policies pursuce by he calls nationwid
NEW YORK - Half of AT\& ${ }^{\text {Th }}$ long-distance phone calls didn't go through after computerized call-switching equipment developer trouble, causing problems at airline reservation centers, muwal fund
operators and other phone-dependent businesses. WASHINGTON - Debate over Social S Security is heating up even
before Congress gets back to business, with the trillions of dollars in baby before Congress gets back to business, with the trillions of dollars in baby
boomers' future retirement benefits casting a huge shadow over the political argurent.
ABERDEEN, Md.
ABERDEEN, Md. - The Army plans to start burming about 30,000 cons of chemical weapons in a project - designed to make the world safer
that is arousing concen in some of the eight states where the destruction will occur.
WASHINGTON - The U.S. government gives three-quarters of th contraceptives donated to Third World countries, including nearly 7 billion
condoms over the last two decades, according to the Agency for Internaional Development.
CINCINNATI - The operators of such retailers as Bloomingdale's, Rich's and Lazarus moved quickly to assure cussomers and employees they will remain open and well-stock
by their parent, Campeau Corp.

## Today in History

y The Associated Press
Today is Tuesday, Jan. 16, the 16th day of 1990. There are 349 days left in the year.
Today's Highlight in History:
Oday's Highlight in History:
On Jan. 16, 1920, America went "dry" as the 18th Amendment took
effect, and Prohibition became the law of the land. effect, and Prohibition became the law of the land.

On this date:
In 1547, Ivan
In 1547, Ivan the Terrible was crowned Czar of Russia. In 1883, the U.S. Civil Service Commission was established.
In 1942, actress Carole L.ombard, her mother and about twenty othe In 1942 , actress Carole Lembard, her mother and about twenty other
people were killed when their plane crashed near Las Vegas during a tour to promote war bonds.
In 1944, Gen. Dwight D. Eisenhower took command of the Allied Invasion
Force in London.
In 1964, the musical "Hello, Dolly!" starring Carol Channing, opened on Broadway.
In 1969, two manned Sovier Soyyz spaceships became the first vehicles
to dock in space and transer personne to dock in space and ransfer personnel.
In 1978, NASA named 35 candidates to fly on the space shutte,
including Sally K. Ride, America's first woman in space, and Guion S. Bluford JI., America's first black astronaut.
Bluford J7., America's first black Restronaut. In 1979, Shah Mohammad Reza Pavi left Iran for Egypt, leaving a civilian government in control; he would never return. In 1981, in Northern Ircland, Protestant gunmen shot and wounded
Irish nationalist leader Bernadetue Devlin McAliskey and her husband Irish nationalist leader Bernadette Devlin McAliskey and her husband.
In 1988, Jimmy "The Greek"" Snyder was fired as a CBS Sports commentator, one day after making controversial remarks about black athletes to a Washington D.C. TV station
Ten years ago: The federal government issued its first comprehensiv
set of rules for protecting workers from hundreds of suspected cance causing chemicals found in workplaces.
Five years ago: Reuben V. Anderson was sworm in as Mississippi's first black justice on the Supreme Court.
One year ago: Three days of rioting erupted in Miami when a police
officer shot a black motorcyclist, resulting in the death of the cyclist and a passenger.
Today's Birthdays: Author-editor Norman Podhorezz is 60 . Opera singer Marilyn Horne is 56. Auto racer A.J. Foyt is 55 . Country singer Ronnie Allen is 40 .
Thought for Today: "At 19 I was a stranger to myself. At 40 I asked:
Who am I? At 50 I concluded I would never know." - Edward Dahlberg Who am I? At 50 I concluded I would never
American author and critic (1900-1977).

Hospital board to meet
The Deaf Smith County Hospital District board
有 The agenda includes medical staff, operations and administrative repors; bids on anew ambulance; medical stafr by-laws; ophthalmology equipment;
review of the facility plan report; and an executive session to discuss pending

School board meets today
The Hereford school
administration building
The agenda includes. profession steff 6 erer reconnition of The ages of the month; items from Energas and KPAN; taxation of tangible personal property; reviews of the annual audit and the recent accreditation visit by the Texas Education Agency; second reading of the new student attendance policy; policy updates and board goass, 1990 discussion of possible expansion of the football stadium.
Cooler weather Wednesday

WASHINGTON (AP) - Debate over Social Security is heating up
even before Congress gets back to even before Congress gets back to
business, with the trillions of dollars business, with the trimions of doilars
in baby boomers' future retirement benefits casting a huge
the political argument.
the political argument.
Customary political rhetoric ha ceen turned popsidice down, with a leading Democrat calling for a payroll
tax lax cut and the White House respondThe outcon
The outcome may determine
whether the massive Social Security whust fund, bolstered by long-range payroll tax increases enacted in 1983 ,
will continue to be used to mask the size of the federal budget deficit. In an cra of perennial budget shortfalls, the Social Security trust fund helpspspay the government 's day-10-day operaai.
instead of building up a nest egg. Lawmakers are faced with whether $t$ take painful action now -such as tax increases and spending slashes
nothing until the next century.


## Pedaling homemade ice cream

Stephanie Houston pedals as Trent Burns and teacher Don Nall hold the ice cream bucket still as Nall's third-period industrial arts class at Hereford Junior High School gets ready to enjoy some homenade strawberty ice cream Monday. Burns, Raymond Garza and Jaan Aranda used pedal power to turm the bucker in the ice cream freezer, wilh he pedal-diviven chain gear serving the same purpose as a hand crank. After 25 minutes of pedaling by Houston and other students,
the class enjoyed five quarts of ice cream. The project will be entered in upcoming competitions.

## Senate debates Social Security

Sen. Daniel Patrick Moynihan, D h.Y., added urgency to the debate with his proposal to immediately cut the
Social Security payroll tax. The White House said Thursday it opposes the But in today's anti-tax climate, which President Bush has played to in calling for a cut in the capital gains ax, Moynihan's plan "could suddenly spout wings and fly very high," said James Sasser, D-Tenn.
The 1983 increase in the payroll tax was enacted partly to help brace the ${ }^{\text {government for the retirement of the }}$ generation, which will begin around The year 2010 .
The latest increase, to 7.65 percent
on Jan. 1 fom 7.51 percent, will bring on Jan. 1 from 7.51 percent, will bring in neariy $\$ 280$ billion this year. The trillion in the yeara 2030, but dwindle
rapidly thereafter. By law her.
By law, the money is not stashed
way, but invested in treasury away, but invested in treasury
securities, where it collects interest. The Treasury Department uses the
money the same way it uses other money the same way it uses other
funds it pockets from securities sales to pay the government's bills. The money pouring into the Social
Security trust fund also helps make the Security tust fund also helps make the
overall federal deficit appear smaller$\$ 52$ billion smaller last year. That will tum ground in the next century: people who are working now
will be drawing retirement funds and the government will have to redeem
all the maturing securities the Social Security system will cash in to pay a major problem with no end up as a major problem with no end to the Moynihan's cut would cos billion over the next two years, and critics say it would shift the burden of financing baby boomers' retirements

## Hospital Notes

Mr. and Mrs. Mark Soto are the parents of a boy, Mark Anthony, Jr.
bom January 14, 1990. Mr. and Mrs. Vincent Marasco
are the parents of a boy, Vincent Louis, borm January $13,1990$.
Mr. and Mrs. Randal Vinther are Mr. and Mrs. Randal Vinther are
the parents of a boy, David Matthe parents of a boy, David
thew, born January 13, 1990 . PATIENTS IN HOSPTAL Audrey Allen, Clay Angelo, Dora , Barmelt, Leann Benjamin,
Elzora Brown, Marian Davis, Fern C. Ford, Roy J. Herrera. Gene Ann Marasco, Infant boy
Marasco, Colby Marsh, Clarice M. McCaslin, Andrea Mendoza.
Lucile P. Naylor, Minnie E Lucile P. Naylor, Minnie E.
Prowell, Gladys E. Rogers, Sandy Prowell, Gladys E. Rogers, Sandy
Rudd Carlos N. Ruiz, Jr., Nicolasa Sanchez.
Johnnie

Johnnie L. Sanders, Infant Boy Soto, Joerlea Soto, Billy Ray Thom-
as, Chartes Anthony Torres, Fannie as, Charles
Ora Wells.

## Obituaries

## WALTER S. FULLWOOD Jan. 13, 1990

Former Herceord resident, Walter S. "Pop" Fullwood, 97, of
Kerville died Saurday, jan. 13 , Kervilie died Saurraay
1990 in a Kerville hospial. Services were held at 10 a.m.
today in Kerriilce Funeral Home loday in Kerrillc Funeral Home
Chapel with the Rev. Mike Chapel with the Rev. Mise
Henderson officiaing. Burial was
held in held in the Garden. of Memory
Cemelery in Kerrille under Cecmectry in Kerrille under the
direction of the Kerrville Masonic dirctition of the kerrville Masonic
Lodge Chaper 697 .
in Lodge Capper $\begin{aligned} & \text { Mr. Fulwod was born Jan. } 25 \text {, } \\ & \text { 1892, to pioneer residents, the late }\end{aligned}$ 1892, wo pioneer residents, the late seuled in Deaf Smith County in
1891 when the county had been organized for only a year.
gr. Fullwood wasar an executive
oilot and instructor who built and pilot and instructor who built and
opened the opened the first airpor in McAllen,
Miller International. He flew with many pionecr piloss including Charles Liondbecrgh, Wiley Post and Slats Rodgers. Fullwood moved to
Kerville during World War II. He Kerrville during World War III He He
helped oporate Kerville Flying Service. HHe flew as an execcutive pilot and instructor until the age of
85 and logged over 50,00 hours of nlying time. He was a member of of Hereford.
Survivors include his wife, Buna,
of Kerville; a daugher, Rosa Lee of Kerrville; a daughter, Rosa Lee
"Meek" Dikersson of Kerrville: a
son, George Walter Fullwood of
 dren; and 13 great-grandchilden.
He is also survived by two nieces. Dorohy Noland of Hereford and
 greal-nicce,

## KATHYRN BURNS

Kan. 12, 1990
Kalhym Burns. 66. of Lubbock
died FFiday, Jan. 12,1990 Ner a lenghly illness. Home survived by
Hereford.
Gravesi
Graveside services were held
Monday in Peaceful Monday in Peaceful Gardens
Memorial Park with the Rev. Clyde Memorial Park wing
Blakeley officiating.
Burial was under
 uneral Directors.
She .was
She -was borm in English and bock in 1953. Her husband, Robert, ied in 1978. She had worked for
Hunt School and Highland Hospital Survivors include three sons,
Ricky, Ross and Bob, all of LubRicky, Ross and Bob, all of Lub
bock; two daughters, Ann Lamb of
Panhandle and Alice But Panhandle and Alice Burlson of
Amarillo; two sisters, Joyce Glover Amarillo; two sisters, Joyce Glover
of Big Springs and Lie Peak of Hereford; 15 grandchil
two great-grandchildren
Hospice of Lubbock, 3212 34th St., Lubbock 79410 .

IRENE K. MAWER
Jan. 13, 1990
F. Mawer Hereford resident, Irene K. Mawer, 70, of Longview died view hospital.
Rosary was sa Rosary was said Sunday night at
the Rader Funeral Home Chapel in Longview with Father William Barrow officiating. Mass was held
Monday after Monday aftermoon at St. Anthony's Catholic Church and entombment Mrs. Mawer graduated from
Mred
 Amarillo. She was a retired nurse
for Dr. Ralph Crawford. for Dr. Ralph Crawford. Survivors include her husband, Jurvivors include her husband,
John E. Mawer of Longview; her
mother, Ruth Knox of mother, Ruth Knox of Longview; a
daughter, Pat Modiset of Longview; three sons, James R. Mawer Gladewater and Mark Mawer of
Denver, Colo.; and eight grandchil-

## J.C. CLEARMAN

J.C. Clearman resident of Summerfield, J.C. Clearman, 75, of Kokomo, die Monday, Jan. 15, 1990, in Hendrick
Medical Hospital in Abilene after a
long illness.
Services will be held Jan. 17 a
the Higginbotham Funcral Home ip Services will be held Jan. 17 at
the Higginbotham Funeral Home in
Gorman.

Mr. Clearman was born in
Kokomo on March 9, 1914. He was Kokomo on March 9, 1914. He was
a farmer. He was a member of the Kokmen. Beaptist Church and a
deacon for 10 years. Survivors include his wife, Anna
Laura of Kokomo; two sons, Jamie Clearman of Ovalo, and Ken
Clearman of Houston; three Clearman of Houston; three
daughters, Diane Morgan of Friona daughters, Diane Morgan of Friona,
Naneta Thomson of Plainview and Mary Jo Lenoard of Canadian
two brothers. Hugh Cleaman of two brothers, Hugh Clearman of Lawn, and Blanton Clearman of
Lamesa; three sisters, Othela Lamesa; three sisters, Otnela
Creager of Coffman, Frankie
Freeman and Wardine Moore, both of Seminole; nine grandchildren and 2 great-grandchildren.

## THE HEREFORD BRAND




## 

## 

$\qquad$

## Lifestyles

## Ann Landers

DEAR READERS: The dream smoking accounts for nearly 85 of every person over 30 is a magic
pill taken before each meal that will remove all the calories.
In the absenalis. Brussels sprouts and carrots seem to Ine absence of that magic pill improve the odds against digestive we continue to try dozens of diets, spend a fortune on exercise equip
ment and health club memberships regularly have more energy, a better come to our homes and work out
with us. "This" is supposed to be beautiful, even though some of the top models look emaciated and consumptive. Butter is out; margarine is in. Eggs are no longer considered of what we have learned about cholesterol. Cereals are supposed to be wonderful for you, and millions of health nuts have become addicted ooat bran.
good for us and what is bad what is picture has become muddied. Advertising is so slick we don't some hard facts from the Septembe issue of Fortunc magazine that could help put things in the proper perspective. The author, Brian
O'Reilly makes it clear that avoid ing the common killers is largely up to you. you know that:
Cardiovascular discase causes United States.
This year 1.5 million Americans will suffer a heart allack and
500,000 will die, 300,000 efore reaching the hospital. About 45 percent of ies will hit people under 65 . Strokes will kill another 150,000 . Most strokes are preventable. Your chances of getting cancer
are half the risk of heart discase and are harf the risk of heart discase and
stroke, but cancer is still the second More people die of lung cancer
than any other kind. Cigarette Being Lonely." Send a self-addres-

Butler presents program
Lynette Butler presented a program on country crafts and
demonstrated
ideas when wers present were Nelson, demonstrated ideas when the Paetzold, Missy Wilcox, Kim
Nouvelle Ami Study Club met Wilcox, Susan DeLoe, Jodi Meyer, recently. Lauri Paetzold, Micki Baulch President Missy Wilcox opened Emily Knight, Charlote Collier, new officers and committees be appointed. The new appointees would not begin their duties until Initiation
april.
Laurie Paetzold, secrelary, read
the minutes from the November meeting and discussed the events of the club's first Christmas party. Katie Nelson served as hostess hostess.
Shawnay Sparkman was voted as new member. The next meeting will be held in
sed, long, business-size envelope
and a check or money order for $\$$ and check or money order or
handling) to: Friends, c/o Ann handling) 10 : Friends, c/o Ann Landers, P.O. box 11562, Chicago,
ill. 60611 . 0562 . In Canala III. 6061
$\$ 5.05$.

## Hints from Heloise

## BALLOON FUN

 Dear Heloise: On the past weekend my children were complaining thatthey were bored and couldn't find they were bored and couldn't find
anything fun to do. 1 remembered one year when I was a child what my
mother did for me and I mother did for me and I decided to
share this experience with my kids Off to the store we went. We bought a package of rubber balloons and rented a small helium tank. After arriving home, we blew the balloons up with the helium and attached a
postpaid card to each one and set them free outside. Up, up and away they went.
Several $w$
Several weeks later we got post-
cards back from all over the surcards back from all over the sur-
rounding county! Some had flown quite a distance. The kisd soved it.
They couldn't wait to get home from They couldn't wait to get home from
school to see if we had received school to see if we had received
another postcard. - Barbara J.,
Topeka, Kan.
dear heloise:
It gets harder and harder each year It gets harder and harder each year
to find the perfect birthday gift for my to find the perfect birthday gift for my
wife. I decided this year would be different. I came up with the following idea and thought
to keep to myself.
My wife's birthday is on the 174h of My wife's birthday is on the 174 of
April. I took her out to dinner at her April. I took her out to dinner at her
favorite restaurant and presented her
with a small booklet of eight with a small booklet of eight t itkets.
These entitled her to a dinner out for These entitled her to a dinner out for
the remaining eight months of the the remaining eight months of the
year. Her gif is spread throughout the
year and she has something to look year. and she has something to look
forward to each month. each month
She also says she knows that we
will spend at least one night a month
will spend at least one night a month
out together. This may become a
out cogether. This may become a
traditional birthday gift in nour family.

- Tad. G., San Diego, Calif.
You are very inventive. For friends You are very inventive. For friends
or relatives who are hard to buy for, this is perfect.
Thanks so much for taking the time
to drop us a line. - Heloise
send a great hint to:
Heloise
P.O. Box 795000
San Antonio, TX 78279

"Roses For Life"
The Community Church and St. Anthony's Catholic Church will have a fresh red rose sale Jan. 20-21 to benefit the Problem Pregnancy Center. Steven and Stephanie Reinart are shown giving roses to their grandmother, Clara Reinart. Marlene Hendershot, non-profit organization and operates with donations only, has assisted almost 800 clients since it opened in 1984

Y
Youths honored at banquet
A banquet was held recently at previous meeting were read and
the V.F.W. Post 4818 honoring approved. Other official communi-
Rence Sublett and Jeriann Parker as Rence Sublett and Jeriann Parker as cations and business matters were
winners of the Voice of Democracy winners of the Voice of Democracy discussed.
conesident $\begin{aligned} & \text { President Williams announced } \\ & \text { The theme of the contest was } \\ & \text { "Why I Am Proud to be An Ameri- } \\ & \text { "hill be at the V.F.W. Post Home it }\end{aligned}$
with Convention "Why I Am Proud to be An Ameri- will be at the V.F.W. Post Home in
can". Sublett of Hereford took first Hereford Presidet can". Sublett of Hereford took first Hereford. President Barbara place honors and Parker of Dawn Gullhick will be present.
$\qquad$ Ruth and Juston McBride. Follow- at 7 p.m.
ing the introductions, the girls read Members present were Williams, their essays to those present. Terrye Rhyne, Marie Goheen, Essie Officer Roy Rector of the Martin, Ruth Morris, Greta Short,
Hereford Police Department gave a
Maisy Heath, Erma Loving Bogs talk on "Drugs and Alcohol", Sadie Shaw, Anna Conklin, Erma D.A.R.E. Safety chaiman, Betty Murphey, Dora Lee Howell, Winnie Boggs, presented the officer with a Tyler and Leone Buckley.
plaque in appreciation for all the
help and support he given the auxiliary during the past year. Other guests present at the banquet were Rence's parents, Mr. brother, Jim Bob Parker, Tom Goheen, Bob Mobris, Bill Craig, Jim Loving, David Clyde, and Robin Williams. The regular meeting of the
auziliary was called to order by auziliary was called to order by
President Marta Williams it conducted according to the was with 15 members presene. The with 15 members present. The
minutes and treasurer's report of the

Mark David Chapman pleaded guilty in 1981 to killing John Leannon outside the rock star

Joe Louis began his reign as world eavyweight boxing his reignion as world 1937 knocking out Jim Braddock in
Party Cookies fruir ans s specaliulis
TROY'S smoon
1003 E. Park - 364-0570
Texas brand Magiciflox


## A.O. THOMPSON ABSTRACT

COMPANY
Margaret Schroeter, Owner Abstracts Titte Insurance Escrow P.O. Box 73242 E. 3rd Phone 364-6641 Across from Courthouse

## Year-End Clearance Sale 20 50\% ${ }^{\text {5 FF }}$ Select Fall \& Winter Merchandise <br> 

Get Serious . . . Call Today
Diet Gerry Taylor Center*

607 N. Main Hereford 364-8461

- 1990 Dier Center, Inc.


## L'land sweeps Herd varsities

Thanks to semester-ending exams beeing held at Hereford High Scenhool
this weck Herford Whiefact this

basketball teams loaded up for is game Monday for the second week | in a row |
| :--- |
| In Disur | In District 1.4A action, the Herd and ady thitefaces bout fell on the

road at Levelland while the JV ceams road at
both
won.
The six junior high boys teams also hit the road, traveling to Pampa only The junior high girls fared better in their first home date in more than a month, picking up four wins in five

## Levelland 67, Herd 56

 Hereford packed the lane in anefforto soo Levelland's strong inside effort to stop Levelland's strong inside game only to have the Lobos hit nin
three-pointers in the contest "We missed layups and they threes," said Herd coach Jimmy
Thomas. Levelland jumped out to a $21-14$
lead at the end of the first quarter and extended the margin 1020 points in th third period before the Herd could make a move.
Hereford's
Hereford's early offense was based
on Russell Backus, who scored 18 of the team's 27 first-half points. Backus finished with a game-hig 25 points and was the only Whiteface to score in double figures. Keith Kelso all scored seven points fo Keith Kelso all scored seven points fo
Hereford while Daniel Garcia added four and Matu Bromlow and Chad Schroeder three each.
Waters willath 24 points, including four Waeys, while Jason Featherston score
13 and Olando Coursey 13 and Olando Coursey had 10 .
The loss drops the Herd to 6-13 on The loss drops the Herd to $6-13$ on
the season $2-6$ in district, including three straight losses in league play to close out the first round of the 1-4A schedule.
Levelland 48, Lady Whitefaces 44
The Lady Whitefaces stayed close The Lady Whiteraces stayed clos the whole game and led a $42-40$ in the
$f$ inal period before the four-time defending state champions went on an
$8-2$ run to end the game. $8-2$ run to end the game.
Whiteface coach Dickie Faught said. "They thought they should have won this game and that's good. They weren't satisfied
The Loboetues opened a 12.6 lea at the end of the opening period as Marsha Shephera scored seven points. Hereford shaved a point off the lead
before halftime as Stacy white pumped in 10 of the Herd's 12 points in the second quarter.
The Lady Whitefaces closed to within a point at the end of the thir quarter and went ahead eariy in the
fourth.
White finished with 20 points White finished with 20 points
including four three-pointers, to lead all scorers. Cande Robbins added nine points for the Herd and Shante
Comelius eight while Brienna Comelius eight while Brienna
Townsend scored four and Jennifer Bullard three.
Bullard three. 13 of which came in the first half, whe Loboctues.
The loss leaves the Lady Whiteface at $12-11$ overall and $6-4$ in district. Andrew Tijeria free throws with eight seconds free throws with eight seconds
remaining to give Hereford its seventh
district win. district win.
Hereford overcame a 16-12 firstquarter deficit to post a 23 -21 lead at
quarter deficit to post a $23-21$ ead at
the haf. Herd added to the lead with a 12-8 third quarter before Levelland turned the game into a free-throw shooting contest in the fourth.
The Lobos outscored the Herd 21 17 in the period and allowed only to field goals. But Richard Sanderson hil nine-of-11 from the line in the quarte
and Tijerina was three-of-four and Tijerina was three-of-
including the game winners.

Sanderson finished with 18 points
to pacee the Herd while Blake Buckley
added eight, Chris Blair seven, Tijerina and Brady Wilson six each, Ben Weatherly five and Miguel Casgs two.
Michael Washington Michael Washingign led Calls scorer with 20 points for Levelland. The JV girls completed a sweep of he season series with Levelland in a game that featured tough pressur defenses and patient offenses
worked for the inside shot Hereford led 122-6 at the end of the
first period before Levelland pulled first period before Levelland pulled to within two at $22-20$ by halftime.
The Loboetes went in front by The Loboetues went in front by a point at the end of the thind quarter, but
the Herd quickly regained the lead witha $10-5$ advantage in the final eight
winuts minutes.
Melinda
Melinda Holmes led Hereford for while Brek Binder added seven, Jennifer Hicks six and Teresa Baker
one. one.
Levelland was
with 12 points.
with 12 points.
Pampa 87 , Frosh boys Maroon 70 The freshman Maroon squad had
its highest offensive output of te its highest offensive output of the
season and still suffered its worst defeat to the Harvesters. the Hercj jumped on top with a 12
0 run to open the game before Pamp 0 run to open the game before Pampa
answered with a $13-3$ run of its own to close the first quarter.
Pampa wok firm control of the game,
outscoring the Herd $24-18,24-19$ and 22-18 over the final ltree periods. Eric Sims scored 20 points to lead by Kyle Hansen with 14. Ruben
Gutierrez added nine points, Jason Pactzold and Michael Melendrez eigh each, Greg Coplen five and Chad
Sandoval three. Pampa had three players in double
figures, led by Darrell Nickleberry with 26 points and Doug Poole with 18. Pampa 52, Frosh boys White 50
Hereford built big early lead it and fell bechind, then had a fourthquarter rharge fall just one basket short
The Herd opened with quarter, then watch with a $20-9$ first Pampa took the lead carly in the
sconnd half and edged out o a $44-39$ lead at the end of the third period.
Hereford was put Hereford was put in the position of
being forced to foul in the final quarter and the Harcd to fous in in the final quarter 10 points in the period from the line. Jason Tatarevich popped for 18 point
olcad all scorers while Danny Eberly olcad all scorers while Danny Eberl added ninc, Richard Wilbanks cigh,
Brad Lemons six and Kirk Self and Tim Burkhalter four apicce.
Heath Stephens, Matt Clark and Char Giles all scored 11 points to lead the
Frosh girls 34, Pampa 29
The freshman girls played their first game at the HHS Gym since before district win.
Hereford led by seven at 13-6 at the ndef the first quarter and never traile the rest of the way.
Pampa managed to ouscore the Herd
by three over the second by three over the second half, bu
Hereford's $19-10$ halfime lead proved to be big enough.
Kathy Hernandez scored 12 points or the Herd and was joined in double Tonya Castillo added five points wit Till Robinson, Misty Peabody and Wend Hollingsworh getuing two each and Trac Deckard one.
Pampa's Alana Ryan led all scorers with 18 points.
Pampa 69,8 th boys Maroon 33 Pampa look a 20.6 lead after the fir quarter and never looked back. Hereford before halftime, but Pampa a added it and 18 more in the second half.
Andrew Tjjerina led all scorers with 8 points for the Herd while Chris Vallejo added seven. Chad Carlile had three points, Omar Atchley two and

Announcing the Opening of the Medical Office of

## F. Ray Jones, M.D.

Ophthalmologist
(Surgery and diseases of the Eye) 106 Avenue A
(West Suite of Plains Insurance Building) For an Appointment call 364-5378

Dr. Jones completed his medical training at the University of Texas Medical Branch in Galveston in 1974. Dr. Jones was in practice from 1974 in Paris, Texas until he moved to Hereford.


Determined ' $D$ '
Leslie Taylor (20) of the Hereford Junior High seventh grade girls White basketball team tries to cut off Pampa's Maria Leal (13) during Monday's $26-15$ loss at the HJH Gymnasium.
first quarter.
 points while Lamar Moore and Dame Pottoter had 11 each.
Pampa raced to a White 20 first half and then sat back and
watched as the Herd ried watched as the Herd tried to catch up. Hereford did manage a $14-8$ and at one time cut the margin to 12 an-18. Justin Wright and Stacey Sanders all scoring two. cored eieht ght and Stacey Sanders Pampa 48, 7th boys Maroon 38 scored eight points each wead the Hereford stayed close through the Carlson had two apiece.
Michael King and Bobby Wine had $\begin{gathered}\text { periods. } \\ \text { Pampa went on an 18-7 run to take }\end{gathered}$ eight points each to lead Pampa. $\begin{gathered}\text { Pampa went on } \\ \text { control in the third quarter before the }\end{gathered}$ 8 th girls Maroon 27, Pampa 16 Herd cut the margin by six points in Hereford edged out to a 5-4 lead at the fourth. Richard Hicks led all scorers with
allowing fampa to take a $99-8$ halftime 15 points for the Herd. Ashley Noland advantage. The Herd retook the lead early in Raymond Alaniz and Coey Laing four he second haif berore pulling aw
with an $11-4$ fourth-quarter run. Hereford's Misty Dudley led all Pampa was led by Craig Gilbert scorers with 10 points, all of which with 12 points while three players came in the second half. Jill Walser scored eight each. amie Simpson getting four, Shambryn Pampa opened White 30
 Kara Sandoval two each.
Julic Massick led Pampa with seven
points, all in the second half. Massick
was the only Pampa player to get on
the board in the final two periods.
8th girls White 41, Pampa 14
Hereford took control of the game
carly with a $12-4$ lead at the end of the
 a pause in the programming, you hit that button because that's not what you turned it on to listen to.

## Q? 䚡

Better "Reception". Studies show that people "look fonward" to newspaper ads more than they do all others combined... and they can absorb the information better, too.
oo 36-18 after three periods. 12-3 in the final ecight minutes to close $12-3$ in the final eight minutes toclose
to within eight points for the first time since the start of the second quarter. since the start of the second quarter.
Benton Buckley tied widh Pampa's Mike Dewitt for high-point hompora as
each scored 11 points for their teams. each scored 11 points for their teams. the Herd while Cody Curris had five and Jeremy Brock, Michael Brown and Caleb Brumley two each. th girls Maroon 24, Pampa 16
Hereford jumped out to a $9-2$ first quarter advantage only to have Pampa
take the halftime lead with a $9-0$ take the halftime lead with a 9-0 second quarter.
The Herd ans
run in the third period to take control run in the third
of the contest.
Hereford was led by Clarissa
Ramirez with 10 point and Jessica Ramirez with 10 point and Jessica
Evers with nine. Bree Perrin and Beth Weatherly added two points each and Kasi Reinart had one.
Pampa was sed by Missy Holland
with eight points with eight points.
Hereford watched a $5-2$ firstquarter lead evaporade as Pampa went on a $10-0$ run in the sceond period.
The Herd managed to shave the The Herd managed to shave the
margin to five at the end of the third NFL Playoffs At A Glance
By The Associated Press Wild Card
Sunday, Dec, 31 Los Angeles Rams 21, Philadelphia 7 Pittsburgh 26, Houston 23, OT Divisional Playoffs Saturday, Jan. 6 Cleveland 34, Buffalo 30 San Francisco 41, Minnesota 13 Sunday, Jan. 7
NFC Los Angeles Rams 19, New York liants 13, OT AFC Denver 24, Pittsburgh 23 Conference Championships
Sunday, Jan. 14 Denver 37, AFC $\begin{gathered}\text { AFeveland } \\ \text { NFC }\end{gathered} 21$ San Francisco 30, Los Angeles margin to five at the end of the third quarter, but Pampa closed the game. Hereford was led by Lori Hammock with seven points while Kyla Betzen
had four and Jenee Baros and Megan Sanderson two apiece.
Kisha Tutson led Pampa with 14 points, including all eight in the fourth Local pugilists to meet The Hereford Boxing Club will
membership meeting at $7: 30$ p.m. Monday at the Litule Bull Barm. The club is open to anyone in junior
high school or older. Parents of high school or older. Parents of
prospective members under 18 must Thene meeting.
There is no membershipfee to join
the club, but prospective members me club, but prospective members must pay $\$ \$ 0$ per year for insurance
and idenification. This must be paid before participants may have any
contact with the contact with the club.
Further information Further information will be
provided at the meeting.
Charlie's

Tire \& Service Center
$17^{95}$
Super Bowl XXIV
Sunday, JJan. 28
At New Orleans Denver vs. San Francisco, 4 p.m. Pro Bowl

Sunday, Feb, 4 | Sund Honolulu 4 |
| :--- | AFC vs. NFC

## KIDS EAT FREE

Every Tuesclay ALL DAY!
Children under 12 may choose any item on our Childs menu boll purchase Includes Food Bar and FREE dessert.


## DON'T TOUCH THAT DIAL...



Excellent Value. A quarter-page ad in the Hereford Brand Sunday reaches an estimated 13,500 individuals...LOCAL individuals, who spend their time and money HERE...for less than a penny a head!


## It's Your Choice.

So flip the switch...then flip the page. WE'RE ready when YOU are!

NFL Playoffs at a glance
LE

49ers try to match four Steeler wins

SANTA CLARA, Calif. (AP) permited himself scarcely a moment of satisfaction about the San Francisco 49ers all season, savored the afterglow
of an NFC championship for a few
hours.
Then he took hold of himself. Seifert, who has told the 49ers again and again this year not to look ahead,
finally can see a Super Bowl trophy at the end of the tunnel.
God, "Beating the Rams by 30-3 ... By God, winning the game the way that
we did, we've got lo enjoy it and feel we did, we 've got go enjoy it and feel
good about it," he said on Monday. "I think for the next few hours and for the rest of this day we will then, and then it'll be back to reality. We want to accomplish." Seifert celebrated Sunday's big victory quietly, taking his family to dinner at a restaurant down the street He was upbeat but low-key, as usual $\quad$ a day later.
He'll formulate a strategy to try to
do something Bill Walsh do something Bill Walsh couldn', been able to do: beat Denver. The 49ers have lost four straight regular-season games to Denver, and until last Aug. 19 also had dropped five exhibition games in a row to the
Broncos. San Francisco is $2-4$ against Denver overall in the regular season, the last victory coming in 1973. Th last meeting was Denver's 16-13
overtime victory at San Francisco on overtime victor
Oct. $9,1988$.
Seifert didn't have to think long to suggest a reason for Denver's successs. against us," he said. "They've got one of the best quarterbacks ever in football, and one of the great schemes lo go along with iL.
Elway didn't play in last summer's dexhagaintion the 49ers in last summer's exhibition game at Canace couldn't be locauted, and San Francisco took a $35-17$ victory. That point total is the 49ers' average for two
playoff games, but they will face challenge fiom a defense that is ranked chailenge from a detense uave is rankes
No. 3 in the league againt. the pass
and No. 6 against the rush.

# Super Bowl XXIV San Francisco vs. Denver 

"Their defense seems to be playing betuer overall than in the past," Seifert said. "In the past, their defense has
shown multiple fronts and schemes against us that have been confusing "New the do', ronts. (Defensive coordinator) Wade ronts. (Defensive coordinator) Wade hem up and playing sound, basic defense.' The 49ers know "basic" isn't the word to describe a Denver offense wit If they are anything like the roncos I pare aying like the of their game will be Elway". said San playced Denver often during his who seasons with the Los Angeles Raiders.
"The problem is fefining wh
"The problem is defining what h does. You can ' t just say you re going
to take away his scrambling, because you never know when he's going to scramble.'
Seifert gave the 49 ers today and Wednesday off. Despite their role as the heavy favorites, he doesn' think
he any risk of them losing here will be
heir focus.
"We can say, 'Hey, we haven'
beat Denver,'" the coach said. "Jus he fact of trying to win the Supe Bowl itself, though, is motivatio nough for any team.

- The fact of being the world champion is someching that few teams have a chance to accomplish. And then o be able to put two together would every unique, and something that we
alked about and set as a goal when we irst went to camp.

Broncos try to avoid fourth loss

DENVER (AP) - Hoping to have 1,000-yard rusher Bobpy Humphrey Broncos coaching staff began devising game plan which they'Il install carrier than usual in an effort to end Already installed underdogs to the San Francisco 10-point or the Jan. 28 game in the Superdome
New through some light the Broncos went and meetings on after defeating the Cleveland Brown 7-21 in the AFC Championship game.
Coach Dan Reeves gave his players
oday and Wednesday off scheduling today and Wednesday off, scheduling practices for Thursday, Friday and
Saturday. The team will depart for New Orieans on Sunday.
The Broncos are 0-3 in Super Minnesota Vikings' record for of the Minnesota Vikings' record for futility. an Francisco, by contrast, is $3-0$ and one viclory short of Piutsburg
for Super Bowl victories.
Reeves believes any change in outine from past Super Bowl trips
can't hurt, and he admits to "calling can t hurt, and he admits to "calling
everybody I know to try to find out what it takes to win this game." One change will be implementing the game plan this week in Denver.
"We'll star working on our game
plan right away instead of waiting until
we get down there," quarterback John
Elway said Monday. "It's such a zoo once you get to the Super Bowl." "We haven"t been successful leaving
on Monday for the Super Bowl, so this on Monday for the Super Bowl, so this
year we're going to leave on Sunday", Reeves said of another change.
R Tight end Pat Kelly, who statred in
place of the injured Clarence Kay against place of the injured Clarence Kay against
Cleveland, wont play in the Super Bowl Cleveland, won't play in the Super Bowl
after injuring his right knee. Trainer after injuring his right knee. Trainer
Steve Antonopulos said Kelly appears to have suffcred a tom anterior cruciate
ligament. Arthroscopic surgery was ligament. Arthroscopic surgery was
scheduled unday to decermine the extent
of damage.
Humphry, sidelined by two cracked
ribs in the second quarter of Sunday's ribs in the second quarter of Sunday's
game, "felt a litle beter" game, "felt a litule better" on Monday, this weck. We hope he progresses to
where he's capable of playing It's too his weck. We hope he progresses to
where he's capable of playing. It's too carre to tell Iright now."
"In the event Humphrey
Antonopulos said the Broncos would
Antonopulos said the Broncos would
have a special pad made, extending his shoulder pads to covert the arda of the
injury, which is high in the rib cage. njury, which is high in the reab cage.
Humphrey caught a helmet ivs atove Humphicy caught a helme just above
his rib pads and below his shoulder pads. his no pads and below his shoulder pads. hit right between the shoulder and rib
pads,"' the trainer said. pads," the trainer said. Antonopulos said players react a cracked rib duraring the regular season, but "it didn't even faze him as far as being able to practice or play."
Kay's pulled thigh muscl Kay's pulled thigh muscle,
meanwhile, continues to improve, and meanwhite, conuinues to improve, and
Anonopulos said he was optimistic Kay
will be "full will be "full go when he fects capable.
He could have played yester He could have played yesterday if the
need had arisen.?

Reeves again
Elway on Sunday
"That's the bess I've seen him play, and I've seen him play some great cleveland tried to close the gap, John
Wouldn't let them."
Elway passed for 385 yards and three louchdowns, repeatedly s scrambling or
rolling out o avoid the blit, frustrating rolling out to avoid the blitz, frustrating
the Browns with big play affer bigatay "We're looking forward to our next challenge, which, after looking at the other game yesterday, is a big one,"
Reeves said. "San Francisco is an Reves said. "San Francisco is an
awesome team. We realize we've got to be perfect to have a chance against them. These guys have won three championships already. It's going to
be a big thrill for 'our guys to play against peopile fork Jour guys to play
agnana and against pcopp
Jerry Rice."

Foreman knocks

## Cooney out in 2nd

ATLANTICCITY, NJ. (AP) - The He was thick in the middle, though,
ing bowed under the weight. The and his muscles didn't tripple so much ring bowed under the weight. The and his muscles didn't ripple so much
turnbuckles groaned. And thunder as jiggle. But make no mistake about
began to rumble in George Foreman's is began to rumble in George Foreman's You could hear it in the distance. You could hear it in the distance. ousand two. One thousand three.
And the lightning struck And the lightning struck.
It crashed into Gery Cooneys It crashed into Gerry Cooney's jaw, scatered what litte was left of his winds. winds.
Cooney, 33, will quit one fight into successfuluack. fights intoman, his and looking
squarely at heavyweight Mike Tyson. Mike Tyson.
"I do believ that happened to Gerry Cooney will happen to Mike Tyson, if I get the hance," Foreman said.
What happened to Cooney? What happened to Cooney?
oreman launched his 253 pounds into Foreman launched his 25 pounds into
Cooney's jaw and knocked him out at $1: 57$ of the second round of what was scheduled for 10 rounds at the Adlantic city Convention Center Monday night. "I Thave it a shot. I straightened some things out. I wanted to see what I could do and it didn't work out. I got caught with a good shot. That's it for me."
Cooney only fought seven times in the 1980's ony fought seeven times in since losing a heavyweight titue shot by fifth-round knockout to
"To me, Gerry Cooney's still wet behind the ears,'" coid Forem's still wet was a world champion until he met Muhammad Ali in equatorial Africa
on Oct. 30, 1974 and got knocked out in eight rounds.
The fight was on closed circuit
television and pay-perThe fevision and pas on cepr-view. For chose who didn't pay to see it, it's not true $n$ a chain swinging an anvil on a chain. It was apparent from the beginning
that Cooney was going to take his best shot, though. At the end of a promising career troubled by alcohol and drug abuse, Cooney felt he owed it to
himself. He came out jabbing Foreman, and hurt him in the first
round with his round with his trademark, a left hook.
"He hit me right on the point of my "He hit me right on the point of my
elbow, and it went right up to my
aww elbow, and it went right up to my
jaw," Foreman said. "I admire Gerry Con, 'rey. Idindn't tinink he would be that
brave. But now I an se brave. But now I can see why he was.
He's got a good left hook. He's got a good left hook.
'"Usually, when I stiff "Usually, when I stiff jab a guy,
they get a litile cautious, but he
didn"t.".
In the second round, Foreman
In the second round, Foreman
knocked Cooney down early with a knocked Cooney down early with a
series of clubbing punches. Cooney was up at the count of four, and Foreman laid into him. He hit him with a left uppercut, then a right that sent
Cooney reeling to the ground Cooney reeling to the ground.
Referee Joe Cortez didn't bother to Referee Joc Corlez didn' t boher to
count this time. He signalled the end, instead. Cooney sat on the canves, his
lips flapping as he exhaled, his eyes lips flapping as se exhaled, , is e yes
spinning like the slot machines next spinning like the slot machines next
door. When he finally did get to his door. When he finally did get to his
feet, he wobbled and almost fell, then found a seat in the corner. "I Idon't think Mike Tyson will be that difficult," Foreman said.
"Cooney started moving back a litte in the second round when Ihit him. I don't think Mike Tyson will be that
smart." smart."
Cooney, who weighed 231, ends his
career with a $28-3$ record and 24 knockouts, and a $\$ 1$ million payday.
Foreman, now $65-2$ with 61 carecr Foreman, now $65-2$ with 61 career knockouts, also was guaranteed $\$ 1$
million, and he'll probably get that title
Th Dr. Grant E. Cettie

- Podiatrist FOOT SPECIALIST/SURGEON HEREFORD FOOT CLINIC $\begin{array}{ll}\text { - SUNIONS } & \text { ARCH \& HEELPAIN } \\ \text {-INGROWN NAILS } & \text { - HAMMERTOES } \\ \text { - FLAT FEET } & \text {-CORNS/CALLOUSES }\end{array}$ - PLANTAR WARTS
-SPORTSWORK INJURIES ARCH \& HEEL PAIN
-HAMMERTES
-CORNSTCALLOUSES
ANKLE INJUIES
- ORTHOTICS ORTHOTICS



## RPVARD!

 Shop These Hereford Merchants \& Reap Rewards!|  | Edward D. Jones \& Co. <br> MEMBER: NYSE • SIPC <br> Serving Conservative Investors Since 1871 <br> - All Types of Retirement Plans <br> IRA's • SEP's • Profit Sharing Etc. <br> - Government Guaranteed Bonds <br> - C.D.'s <br> - Tax - FREE Municipal Bonds <br> IKE STEVENS • 508 S. 25 MILE AVE. • 364-0041 |
| :---: | :---: |
| Halif A Mracle Is Better Than No Miracle At All! <br> Robert Rhoton can't walk on deep water, he can't change the weather outside, but he can control the climate in your home. <br> After 34 years of experience, and many of those in Hereford, he still practices what he preaches - service you can count on. <br> R \& R Refrigeration <br> sitivila, <br> 519 E Purt Ave: 8.54- <br> ownen: | Compare our prices before you buy! |
| A competitive alternative to your current link with the outside business world! | Two Guaranters Protict Your Investment! <br> (1) Quality steel siding backed by manufacturer's warranty. <br> (2) Installation is my personal guarantee as a local contractor. <br> Hereford is my home and your satisfaction is an investment in my future. <br> Please, call TODAY for references to my work ora FREE estimate! <br> RICHARDS SIDING <br> "For Qualliy Steel Siding Construction" <br> Owner - Loon Richards "902 Lee Street '364-6000 |



## To appear Thursday

The Hereford Community Concert Association will be presenting the "Dallas Brass" at 8 p.m. Thursday in the Hereford High School auditorium. The six-member ensemble brings a new anenion to the uall range of percussion instruments, effects produced by a full range of percussion instruments, including xylophone,


## Computers help quilters

By BARBARA MAYER
AP Newsfeatures Computer bulletin boards are a
well-established way to exchange high well-established way to exchange high
tech gossip and information. Now, a lech gossip and information. Now, a
group of quilters is tuming a compute bulletin board into a back-fence
quilting bee. quiling bee.
Thirty-one subscribers to a general
interest information and shopping service known as the Prodigy Service became acquainted when they tuned
into the service's crafts bulletin board into the service's crafts bulletin board
last summer to exchange quilting tips Their first group activity was a scrap fabric swap by mail, which they planned on the computer bulletin board. Jan Weber, a retired social
worker in Stockton, Calif,, who quilts as a hobby, came up with the idea. "I suggested that everyone interested in making a charm quil exchange macrial, she recalled.
There can be litie or no duplication of pacre can in the tradition no chaplication quilt pattern, she says, and to make even a small charm quilt takes hundreds of
different fabrics. During the swap, different fabrics. During the swap.
she received some 180 six-inch
squares.
Diane Rode Schneck, of New York,
put her swatches together in put her swatches together in a waditional design called "attic "computer windows," since she says the repeat looks to her like a computer screen. Schneck, whose husband works
for Prodigy, added a company logo she for Prodigy, added a company logo she
cut from a hat she got at a company picnic.

WESTPORT, Conn. (AP) - The ood company founded by actor Paul Newman enjoyed another profitable year. Newiman's Own Inc. announced
Monday it had made Monday it had made $\$ 7$ million in donated to charities around the country.
Newman's Own, which sells salad dressing, popcorn, lemonade and spaghetti sauce, has donated its profits
each year since its was founded in

## Ask. Dr. <br> Lamb

 have made other swaps of fabrics with Christmas motifs, pastels-only ainid Victorian styles.Subscribers
on the bulletin booard but exchang andresses privinately through the use of an electronic mailbox.
Most people on the Most people on the quiling network
do not consider themselves computeroriented. Schneck, who once thought of the computer, in theire thought as
strictly her husband's province now strictly her husband's province, now
checks her "mailbox" every day and "speaks" via computer every few speaks via computer every few
days to people she used to see only "Nonnh a quilt guild meetings. "None of us women are computer ctivities are sewing and whose usual who, up to now, used a computer only for word processing.
"We've all had so much fun with this," she says. "The best part is the new friends. Several quilters who are subscribers came to my studio recenlly People have also goten together in Washington and back East.". and learned that they range in ase and and learned that they range in age and
circumstances from early 30 s to grandmother.
Louise Town
L Luise Townsend, managing editor of Quilter's Newsletter, says the on-
line group fits the quilting tradition. line group fits the quilting tradition.
Starting with quilting bees in 19thcentury America, quilting has been a medium that encourages communication and cooperation.

Many women have rudimimentary find that ints, "Townsend says. "They a quilt and share it with other people than just to sew for themselves. There
is a large network of women working is a large network of women working
logether on quilts who come together annually at symposia held all over the country."
The ne

The network, she says, is an for quilting. "We hear a fair amount about people designing quilts on a computer, and there are a few
programs that help you block out a
design." design.

DEAR DR. LAMB: Two years ago delivered a beautiful healthy daughter, but since then I've had two weeks, the other at six weeks. My Weeks,
doctor ran a thyror at test, three-hour
glucoseter some count. All were normal Are there a any other tests I should have done? Have you ever heard of frequent miscarriages after a normal
pregnancy, and do these women have pregnancy, and do these women have
a chance of carrying another pregnancy to term?
DEAR READER
(abortions) are much Miscarriages (abortions) are much more common
than most people realize. Often a woman doesn't even know she was pregnant because she may have only a. slightly delayed menstrual period Many miscarriages are because of some abnormality in the conceptus In other cases, the problem is related
to maternal factors. One is a failure to producerna factors. One is a failure to
pemale hormones caused by a delay in developing the placenta.
Of cours of completing a have a good chance particularity havinl-term pregnancy one. But if you should have another miscarriage, I would suggest a more complete study for hormone problems or immunological studies to see
if there is a reason your body is if there is a reason your body
rejecting the developing conceptus.
Dr. Lamb welcomes letters from readers with health questions. Yo
can write to him at P.O. Box 19622 can write to nim at Pho. Box 19622
Irvine, CA 92713. Athough Dr. Lamb cannot reply to all letters personally,
he will respond to selected question he will respond to selected questions An
An Eastem Airlines Boeing 727 crashed in 1975 while attempting to land during a thunderstorm at New killing 113 people.



BEETLE BAILEY


Marvin




The Wizard of Id By Brant Parker and Johnny Hart
By Tom Armstrong



## CLASSIFIEDS ${ }^{364-2030-}$

THE HEREFORD BRAND stroce 1001
Want Ads Do it All!
You want it, YOU GOT IT CLASSIFIED

364-2030 313 N. Lee


$\star$ athe areas largest selection of used furniture and appli-
ances.
an $k$ ances. 30 day warranty on $k$
$k$
all sold appoiances. Financ. $\neq$ all sold appliances. Financ$\star$ ing avaiable and layaways.



Wooden, woven blind for 71 Inch wide by 35 inch deep window.
White with orange stripe. In White with orange stripe. In
perfect condition. Make me an offier. 364-6957.

Concrete construction B.L. "Lynn"
Jones, Driveways, walks, patios Oundations, slabs. Free estimates
Over 20 yrs. experience. $364-6617$

Repossessed Kirby. Other nam brands used and rebuilt $\$ 39.00$ and
up. Sales and service on all makes
$364-4288$

Reduce: Bum off fat while you Reduce. Burn Opal. Available at
sleep. Take
Edwards Pharmacy.
12060

Day bed, china cabinet, sofa bassineti, childs table \& chair. Toys, children clothing \& lots more.
Maldonados, 1001, W. Park,

5 piece sofa sectional recliner, rust
color velvet OOly
3 years old in very good condition. Asking in very good condition. Asking
$\$ 750$. Also extra large casy chair with ottoman $\$ 250.00$. Call
$\mathbf{3 6 4 - 2 0 9 9}$ 64-2099.
2-Farm Equipment 276-5291-days; 364-4113, nights. 1157
 Minbun
Sampson.
1987 Mazda p/u B-2000 Extended 5 speed trans. cruise central-clarion $\mathrm{Am} / \mathrm{Fm}$ Stereo radio \& cassette Equipped to be towed. 25,000 mostly towed.Fiberglass topper,
other goodies. $\$ 6500.364-3112511$ 76 GMC pickup, ${ }^{79}$ Chev. 4-door
Impala Chev., 276-5240. Call Impala Che
after 7 p.m.
1984 Chevrolet Caprice loaded 76,000 miles, very clean, $\$ 4,300$
$364-1003$. 1984 Buick Park Avenue-4 door,
V-8, Tilt, cruise, AM-FM, leather seats, Vinyl Roof, Ect. $\$ 4,100$ Evenings-weekend. $364-6904.12096$

Ecal
${ }^{7} 78$ Fairmont, good shape, high finance. See at 1312 E. Park.

88 Tempo, power, air, locks, tilt, cruise,
1393.
1974 Jeep. Good motor \&

transmission. | ransmission. New tires. Call |
| :--- |
| Monday or Tuesday-Saturday after |
| 6:00 p.m. $364-4013$ |
| 12104 | $\overline{1979 \text { Cadillac, } \$ 400 \text {. Call 364-2528. }}$ 1984 Chevrolet Caprice Classic, 9

 burns no oil. New tires. \$2,950.00 See at 143 East First. Wednesday
Jan. 17 th-"The Car is Worth Much
More."

| NEW \& USED Now for sale al STAGNER-ORSBORN BUICK-PONTIAC-GMC 1st \& Milles |
| :---: |
| MLBURN MOTOR COMPANY We pay cach for Ueed Cars Tse Sampson Phome 364-007 | $\$ 100$ REWARD for the where

abouts of a 1977 Chevy Camaro blue, license No. 756MAA. Call
Collect 374-3313 or 352-6756.


Two houses and two separate comer
lots near San Jose Church, one lots near San Jose Church, one
house at 237 Catalpa

140 house at 3300 , that has been cleared on | corner of Gracey \& Sampson. Call |
| :--- |
| $364-8842$. |

House in the country for sale to be $\begin{array}{r}\text { Call 364-2132. } \\ \hline 11826 \\ \hline\end{array}$ Its a give away!! Must qualify.
14x70, $3-2$ with fireplace. Excellent condition. Low payment 806-793-7377. $\begin{array}{ll}12074\end{array}$ Great chance to buy beautiful new
house, 3 bedroom house, 3 bedroom, 2 bath with all
te extras! 326 Fir. Come and see.
364-6450. 364-6450. 326 Fir.Come and see.
12084
Priced reduced on good commerial

lot on Park Ave. Wartes Realty | lot on Park Ave. Wartes Realty, |
| :--- |
| 364-4404. |

For sale by owner: Less than530 per
For saie by owner: Less unansarge
sq. f. on Texas St. Large
bedroom, 3 bath bedroom, 3 bath, plus office plus
formals. Recently redecorated
364 formals.
$364-8313$.


## AXYDLBAAXR SLONGFELLOW

One letter stands for another. In this sample $\mathbf{A}$ is used
for the three $\mathbf{L} \mathbf{' s}$, $\mathbf{X}$ for the two $\mathbf{O}^{\prime}$, etc. Single letters apostrophes, the length and formation of the wingle letters

CRYPTOQUOTE
1.16
1.16

ST QXBS RNIS JU STX STX FJSLHX STNS STX HTNINHSXIB NIX ROIXWV LANMLFNIV. - Yeaterday's Cryptoquote: ORIGINALITY Yeaterday's Cryptoquote: ORIGINALITY IS THE
ART OF CONCEALING YOUR SOURCES. AUTHOR UNKNOWN

RETIREMENT LIVING
AVAILABLE FOR RENT NOW!

Remodeled Two bedroom, One Bath, Brict
Garage.

- Uving Space of 1,100 Sq. FL. -Soparate UV
Kitchen Aroas
-Storage Roo -Stiorge a Room and/or Office Lerge Uulility Room
-Dotachod Carport and Additional
Storage Aroe
- utillitios Pald
-sco per mon
- 5600 per month rontal

Call 364 -0651 For An Ap
To Soe This Rosidenco.

che hours of 8:00 A.M. to 12:00 Noon
and from 1:00 P.M. to $5: 00$ P.M
Mondey
Monday through Friday.
fih King's Manorfith Methodist Home, Inc P.O. Box 1999, 400 Ranger Dr.
Herotord, Toxes 79045


4A-Mobile Homes
3 bedroom, 2 bath home on lot with
fenced yard. Low down payment
payment payments to suit your budget. Call
$364-2660$ 5-Homes For Rent
$20 \times 30$ Shop area with overheau door on E
$364-1393$.
$\overline{1,2,3}$ and 4 bedroom apartments available. Low income housing. Tove and refrigcrator furnished.
Blue Water Garden Apts. Bills paid Call 364-6661.
One and two bedroom apartments.
All bills paid except electricity. 364-4332. Eldorado Arms,
64-1018.


Need extra space? Need a place to
have a garage sale?
ment a
min-storage. Two

364 sizes available. | have a garage sale? | Rent a |
| :--- | :--- | :--- |
| min-storage. Two |  |
| 364-4370. |  |

Best deal in town, furmished 1
bedroom efficiency
apartments. bedroom efficiency apartments.
$\$ 175.00$ per month bills paid, red

Nice, large, unfurnished apartments.
Refrigerated air, two bedrooms. Refrigeratcd air, two bedrooms,
You pay only electric-we pay the
rest. $\$ 275.00$ month. $364-8421$.

Self-lock storage. 364-8448.
Paloma Lane Apts. 2 bedroom
available, clean, well cardor for,
reasonably, $\$ 170$ deposit, no pets

| reasonably, $\$ 170$ deposit, no pets, |
| :--- |
| EHO, $364-1255$. |
| 6060 |

One bedroom apartment. Clean
fully furnished. Single person. N fully furnished Single person. No

pets. Deposit required. Call | pets. Deposit required. Cal |
| :--- |
| $364-1797$ leave messae. |
| 7507 |

Special move in rate, two bedroom
apartment. washer/dryer hookup apartment, washer/dryer hookup,
stove and refrigerator, water paid.
$364-4370$.

| For rent: Very nice 3 bedroom, 22 |
| :--- |
| bath |
| 020 |

For rent: Very nice 3 bedroom, 2
bath, fenced yard, double garage,
$364-4113$

| $364-4113$ \& 276-5291. For sale |
| ---: | ---: |
|  |

3 bedroom, one and two bath
homes. Refrigerator and stov

| homes. Refrigerator and stov |
| :--- |
| provided. From $\$ 260 / \mathrm{mo}$ and up |
| We | $\begin{array}{lll}\begin{array}{ll}\text { provided. From } & \text { \$260/mo }\end{array} \text { and up } \\ \text { We acept } & \text { Community } & \text { Action } \\ \text { 364-3209. } & 11937\end{array}$ For rent or sale- Large office

building, could be two offices building, could be two offices
Located on North Main Cal
364-4267. Two bedroom, two bath with carpet
central central gas heat, fridge \& s
provided. $\$ 255 / \mathrm{mo}, 364-3209$.

3 bedroom house for rent, $\$ 300$
monthly, Call $364-0962$ after 6 p.m.
11984
Storefront area with storage on E.
Park. $364-1393$. $\$ 125$ monthly.


## Rent.

## ํaty

Whiteface Dooge/Chrysiter
N. Hiahway $385 \quad 364-272$

| For rent: Available Jan. TOth, |  |
| :--- | :--- |
| $40^{\prime} \times 54^{\prime}$ metal building, insulated, | Anyone can apply! Guaranteed |
| Visa/MC, US Charge. Even widu |  |

 availabie,
tor storage or warehouse type
ty for storage or warehouse
operation. Call Hereford-276-588

119 | bedroom, 2 bath home in |
| :--- |
| Northwest Hereford. $\$ 4000$ per |
| month plus $\$ 100$ deposit. Call | month plus $\$ 100$ deposit. Call

$364-5982$ after 5 p.m.

12012

2 bedroom, 1 bath, stove and
refrigerator ${ }^{2}$ furnished $\$ 220$ refrigerator furnished,
monthly, 212 Ave. I. 364-6489.

Furnished Bachelor apratment fo rent-\$135 a month. AL1 bills paic
Call 364-0077; home-364-1364. Arbor Glen Apartments, 1 \&

bedrooms, kitchen appliance | fumished, security system, covered |
| :--- |
| parking, $364-1255$. |
| 12025 |

One bedroom duplex with stove \&


| For rent: Two bedroom house, 327 | Start the New Year rim |
| :---: | :---: |
|  |  |
| Days-364-2040; nights, 364-0069 or | $\begin{aligned} & \text { dollars wihh Avon. Call 364-8628 } \\ & 289-5870 \text {. } \end{aligned}$ | Days-364-2040; nights 364-0069 or


| 12099 |  |
| :---: | :---: |
|  | Mature |
| For rent: 3 bedroom, brick house. 1 | trucking firm. Apply |
| North on Ave. K. Call |  |



You can't lose-or
get lost-with THE ROADS OF TEXAS!

Texas Highways Magazine

Get your copy at
the newspaper office.
Call the Hereford Brand 364-2030

Notice! Good Shepherd Clowhes
Closet, , 225 Easi Hwy. 60 will be open Tussdays and 9 Friday unil
further noitec from 9 to $1: 30$ a.m. and $1: 30$ lo $3: 00$ p.m. For low an
limited income people. Mos 11-Business Service .

Defensive Driving Course is now
being offered nighis and Saurdays. Seing offered nights and saurray nssurance
information, call 1 364.-6578.
Overhead door repair and adjustment. All types. Call Rober
Betzen, Call $289-5500$.
750
tan Fry Aluminum Products. Storm doors, screcen repair, Office Will pick up junk cars free. We buy ${ }^{\text {scrap }}$. 364 . 3350 and meal, aluminum 970

Custom plowing, large acres. Discing, deep chisel, sweeps, bladeplow and sowing. Call Marvin tailwater pit cleaning, pen cleaning, general loader

nights-257-2240 work. | 289-5673, |
| :--- |
|  | oader service. Will clean tail water pits and do dirt work. Phone

258 -7386.



 WINDMILL \& DOMESII
Sales, Reparr, Service Gerald Parker, 258-7722;578-4646 -


Cheap feed-big haygrazer bales (2 yrs old) $\$ 15.00$ per bale. Minimum
5 bales. Located 12 miles southeas of Hereford. Call 622-2411.

2 yr. old registered Palomino stuc
colt, $364-2933$ after 5:00. 12116


Fresh from the table
Homemade onion relish adds zesty taste to hot dogs.
Make your own onion relish

By NANCY BYAL
Better Homes and

Gardens Magazine | Food Editor |
| :--- |
| anks take on top-do | Franks take on top-dog taste with

this one-of-a-kind relish. The onion this one-s la-asingly mild, tamed by the tomato and herbs. We like it
with burgers and chicken, too. with burgers and chicken, too.
If you have lots of onions to If you have lots of onions to use
up and would like to make a double batch, our test kitchen says you can freeze the relish in moistureand
vaporproof containers for up to 1 year.
ONION RELISH
3 targe onions, finely chopped ( 2 tablespoons water 3 tablespoons ketchup

## Social Security

## SPEED LIMIT <br> 65

Maximum legal speed for cars, motorcycles, commercial buses and light trucks in rural zones of Interstate

## SPEED 5

Still the maximum legal speed
$11 / 2$ teaspoons sugar shed
1/4 teaspoon salt
$1 / 4$ teaspoon garlic salt
$1 / 4$ teaspoon crushed dried re pepper ${ }^{\text {In a }}$ 2-quart saucepan combine onions and water. Bring to boiling
reduce heat. Add tomato sauce, ketchup, sugar, oregano, salt, garlic salt and red pepper. Simmer
covered, about 20 minues or covered, about 20 minutes or until
onions are just tender. Serve hot or chilled with meats. Store remaining chiuce with refrigerator for up to 2
sace in
weeks. Makes $21 / 2$ cups, twenty 2 tablespoon servings.
Nutrition information per serv Nuticion information per serv-
fat, 14 mg chol., 0 g pro., 3 g carb., 0 g g godium.

## KNOW YOUR LIMITS...

 permitted in most highway zones.Question: I need cataract items and services. To find out i
surgery, and my doctor says I can surgery, and my doctor says I can your State's plan covers them, cal
have it as an outpatient. Will your local public health or social Medicare pay for it if I have it done
this way rather than as a hospital inpatient?
$\underset{\text { surge }}{\mathrm{A}}$ surgery can often be performed
safely on sarely on an outpatient basis,
Medicare can pay 80 prest approved charge for 80 percent of the
once the $\$ 75$ once the $\$ 75$ annual deductible has affiliated with a hospital or it can be independent, but it must be Medi-
care-certified to perform outpatient surgery. Contact your Medicare

Question: My handicapped son is getting supplemental security that he needs eyeglasses. Will ion and his eyeglasses? Answer: Some State Medicaid
plans include eye examinations and plans include eye examinations an
eyeglasses in their list of covered

Question: I have an illness that sometimes requires more than yea Will I have to pay a deductible cach Answer: No. There is only on deductible per year for Medicare approved inpatient hospital carar
Once you pay the calendar year deductable (\$5560 for 1989), Med
datill pay for unlimited medical care will pay for unlimited medical-
ly necessary inpatient hospital car y necessary inpatient hospital car
during the year. Even if you ar admitted more than once during tha

## year, you will only pay one deduct ihle

## 

# Cassilichs. <br>  <br> in the Menew Prand <br>  

## Learn what food

 processor can do
## Used properly, a food processor can

 make food preparation a pleasure. Itbanishes such tedious jobs as mixing, banishes such tedious jobs as mixing,
slicing, chopping, pureeing and grating a wide varicty of vegetables, meats, nuts, checses, pastries and more.
To make the most of your food processor, learn what it can and what processor, ,earn what it can and what your work habits to fit the appliance into your kitchen routines. The more
familiar you become with it, the more indispensable it will become. Here are some tips:
Using the Using the Processor

When preparing dishes that have many chopped or sliced ingredients,
start with the hard, solid foods, process the softer ones.
-Mcats and cheeses should be very - Meats and cheeses should be very
cold or semi-frozen (but not hard frozen) when your re chopping, slicing
or shredding them. Don't atempt to process any hard cheese that can't be
pierced asily with a knife. - To make purees for soup, baby - To make purees for soup, baby
food and thickening sauces, first, drain tood and inickening sauces, first, drain
the liquid from the cooked food, reserving $1 / 2$ cup.
Fill the processor Fill the processor bowl about half-
full with the soft or cooked fod full with the soft or cooked food and
process in 15- to 20 -second spurs, process in 15- to 20 -second spurs,
adding liquid as needed. Scrape dow
the sides of the bowl occasionally with the sides of the bowl occasionally with a plastuc scraper.

- To mix pastry or biscuit dough,
first process the dry ingredients a few first process the dry ingredients a few
seconds. Then add the chilled fat in seconds. Then add the chilled fat in
pieces and process just until mealy pieces and process just until mealy,
With the motor running, add liquid through the small feed tube. Pa
until the dough forms a ball.
- When making cakes or cookies, add the dry ingredients last. If the
recipe calls for chopped nuts recipe calls for chopped nuts or dried
fruits, do them first and set them aside. fruiss, do them first and set them aside
Chill other fruits before chopping, and process them with some of the flou
from the recipe. from the recipe.
- To make cookic or bread crumbs break the dry ingredients into pieces.
Run the motor in 15 -second spuris until the crumbs are as fine as you
want them. want them.
- Processor blades are extremely sharp. Handle them carefully. The large holes in some food processor
discs let you pick them up withor discs let you pick them up w
touching the sharp edges. - Be sure thread and understand the
and instructions that come with the
appliance. Always push food down the feed e with the plastic pusher, never with
your fingers.
- Never open the work bowl until
- Nader have completely stopped. - When emplying the bowl, hold the metal blade in place with a spatula or
$\qquad$
Take the processor to an authorized service store if the cord or plug is damaged or if the appliance has -To avoid electric shock, always keep the processor base on a dry
surface.
- Keep children away from the processor when it is in use
processor when it
Troubleshooting
If the processor stops suddenly, an in circuit breaker. Tum the machine off and correct the problem. Wait five If your processor is noisy put it If your processor is noisy, put it on
thick pad of rubbery plastic of the sort sold in stationery stores for sort sold in stationery stores
keeping office machines quiet.
(Need help on a home repair or improvement project? Write Reader's
Digest, P.O. Box 700, Pleasantvile, Digest, P.O. Box 100, Pleasantvilk,
N.Y. $10570-7000$. Suggestions and tips will be offered in future columns.)
Cooley's
anemia can
be prevented
Couples planning a family today are taking more precautions, including seeking genetic
counseling and undergoing a counseling and undergoing a likelihood of passing on genetic disorders to their future children.
Some diseases, including the Some diseases, including the
fatal blood disorder known as Cooley's Anemia, are predominantly passed along by
people of certain ethnic people of certain ethnic
backgrounds. So couples who are both in high-risk groups have the most reason to seek specific blood "When two healthy parents both carry the Thalassemia trait in their blood, there is a 25 percent chance, having Cach pregnancy, of the child can be detected with a blood test known as MCV/hemoglobin A2," according to Teresa G. Piropato National Executive Director of the Cooley's Anemia Foundation. People whose background is
Italina, Greek, other Mediterranean heritage, Pakistani West Indian, Asian, Indian, Vietnamess, Cambodian or Korean, are most likely to
carry the Thalassemia trait. Children with Cooley's Anemia annot produce enough hemoglobin. or remain alive they must undergo and a 12 -hour drug injection every night. ${ }^{\text {Whil }}$ While researchers believe a cure is possible by the year 2,000, it'
important for couples to know the risks, and request the specific blood est for Thalassemia, which is no part of routine blood tests.
A gynecologist, family physiacility can order or blood testing commend order the lest, but w by a hematologist," Mrs. Piropato For more information, contac e Cooley's Anemia Foundation Depart. S., 105 E. 22nd SL., New
York, N.Y. 10010; $1-800-221-3571$ York, N.Y. 10010 ;
or $212-598-0911$.



Richard Schlabs Steve H
Phone 364-1286 Each Trading Day After 5:30 P.M for Recorded Commodity Update.

METAL FUUURES

FUTURES OPTIONS
bugurnant bubl
$\qquad$


## Examining ledger

Members of the Deaf Smith County Genealogical Society met recently in the Deaf Smith County Library's Heritage Room ho hear gren spaker, Mastes Caudle. Caudle displayed his great-graning the 'edger with Caudle is ledger 0 the group. Examing the ledger with Caudle is Wilma elcomes new members. For additional information s64-4475

Targeting fats likely to help weight loss

NEW YORK (AP) - By now, the
resolutions of even the most resolute resolutions of even the most resolute thin - especially if the dieter is not. dieting and falling for the latest One gram of Dictetic Association. "miracle" way to a thinner body. But has four calories; one gram of fat has experts insist it is only through a
permanent change in behavior that any weight loss plan can be effective.
Specialists lately are fecusing on Specialists lately are focusing on
two factors: exercise and dietary fat. two factors: exercise and dictary fat. agree.with among nutritionists, it's shat
you should cut back on dielary fats," said Dr. Helene Swenerton of the cooperative extension nutrition officc
at the University of California Davis at the University of California, Davis.
Ron and Nancy Goor and Katherine Boyd, authors of "The Choose to Lose Diet": (Houghon Mifflin, \$17.95),
advise, "Don't focus advise, "Don't focus on total calories
... or sugar ... or starch. Focus on fat.' Eat pasta and potatoes, they say "Carbohydrates are the good guys." Because fat is often a big compo nent of food that's not real nutritious
anyway, and because it's more caloric anyway, and because it's more caloric-
dense, it's a good target for dieters.

## New arrivals

Mr. and Mrs. George Hampton of Plano are the parents of a son,
Thomas James, born Jan. 9,1990 , a Trinity Medical Center. He weighed 7 lbs 1 Ioz . Brenda Brown of Hereford, daugh ter of Mr. and Mrs. Charles Brown
of 127 Northwest Drive of 127 Northwest Drive. Ann Hampton of Bay Shore
N.Y. is also a granidparent. Great grandparents are Mr. and Mrs. H.L Ward of Route 2, Hereford, and Mr. and Mrs. Bert Brown of 209
Ave. J. The couple also has a daughter,
Crystal, and two other sons, Kevin and Mark.

## Meeting

 scheduled tonight

Americans seem forever not. Hear Institute and a spokeswoman for
"Fats are twice as concentrated as carbohydrates or proteins"." said Jayn
Newmark, a dietician at the Arizona One gram of protcin or carbohydrate
has four calories; one gram of fat has
at cast nine.
"The Chose to Lose Dict"" works
on the principle of a fat "budge." The on the principle of a fat "budge." The
dieter determines, based on height, desired weight and frame size, how
many fat calories can be consumed many fat calories can be consume
daily. Then, as long as the dicter stay within the budget, all foods are OK "You need 00 eat some fat," Newmark said. "But it is casy to ge coo muck, because it tastes good." In
children, especially, fats should not be drastically reduced, because they are
needed for proper needed for proper growth and
development. "The way to make it easier is to do small simple changes, one at a time,'
she said. For example, switch from she said. For example, switch from amount of cheese caten. "I'd rathe
someone follow 50 percent of what say forever, than 100 percent for a
while."
while." dill, dieting is dieting and mean cutting down, though very-low-
calorie, unsupervised diets are caloric, unsupervised diels are
considered dangerous by many physicians.
"Choose to Lose," which include caloric and fat tables and recipes,
recommendst no fewer than 1,000 recommends ${ }^{5}$ no fewer than 1,000
calories a day, and no more than 20 calories a day, and no more than 20
percent of the calories as fat. A typical American diet is 35 percent to 40 percent fat.
The authors
The authors list foods with high fat
concentrations and those wihhout list concentrations and those without, lists
that could surprise some people. They include fast foods some frozenen " "diel'"
dinners that get as many as dinners that get as many as half thei calories from fats. Microwave
poporm, for example, has 99 to 214 popcorn, ror example, has 99 1o $\begin{aligned} & \text { fat calories per ounce; popom popee } \\ & \text { at home in oil has 138; air-poppec }\end{aligned}$ at home in ool has 138 ; air-popped
popcom has no fat calories popcorn has no fat calories.
The Goors say the impetus for new book came from an eearlier book
on lowering cholesterol people who on lowering cholesterol; people whe
cut back on saturated fats to reduce cholesterol found they also lost weight.
Although all fats have the same Although all fats have the same
caloric content, experts say saturated fats, such as butter, contribute to othe fass, such as buter, contribute to other
health problems as well. Thy
recommend olive and other vegetable recommend olive and other vegetable
oils. But while people can take some
action, "with respect to weight control, action, "with respect to weight control,
we don't have the answers." Swenerton said, noting that 98 of 100
people regain weigh they people regain weight they lose and that
many people are misled by diet promises. "One kind of misinformation is that obesity is just from eating too much," she said. "That's only part of the
whole picture," which also includes exercise, psychology and genetics.

| Dr. Milton <br> Adams <br> Optometrist <br> 3hem Miles <br> Phone 364255 <br> ooficherouss <br> Monday - Friday <br> 8:30-12:00 |
| :---: |

Frank to be honored Wednesday
A retirement party will honor
Geraldine Frank from $2-4$ p.m. Wednesday at the Deaf Smith County Appraisal District Offic
402 W . Fourth St. 402 W . Fourh S.
service with the Hereford Indepen dent School District Tax Office an District Smith County Apprais The pu
Higgins selected as nominee
Edith Higgins was chosen as
nominec for "Woman of the Year" when the North Hereford Extension Homemakers Club met recently in the home of Peg Hoff. President Higgins gave the
pening exercise by reading the pening exercise by reading the
call. Policies and bylaws wer given by secretary Martha Lueb. Namoi Brisendine was chosen as
nominee for delegate to neeting.
The members filled out the yea book and refreshments were served to Evelyn Crofford, Lueb, Higgin and Brisendine.

## Abundant

 LifeIgnore Bad-Mouthing
BY BOB WEAR It is necessary, at times, to talk about our problems, our difficulties, our failures, etc., but these discussihopefulness, with a spirit of looking for solutions, a willingness to make corrections. With all of this, we mouthing that will, sooner or bad become part of the scene. ${ }^{\text {'Bad }}$ mouthing' will cause a big part of ressiveness and and non-pro ness which plague individuals ganizations and communities. whe story is told of a communit while improvements very worth made. One day, during one of the periods of discussion about the accomplishments, one of the men been done, but he said much had opposed to all of it." There are such people, people who 'bad-mouth every proposal for improvement. They often talk against the work
and usually criticize the and usually criticize the workers.
The purveyors of gloom predian the failure of almost everything, and tell us that the plans and the proposals being made are useless and hopeless. They talk freely about all
of the things that are going wrong of the things that are going wrong,
but they never do anything to help the people who are trying to make the corrections and the improveme nis. They may even tell the people
who are trying to turn things around how foolish they are. It is true that some plans for betterment do not work out, but some do and others will. If the people who engage in bad-mouthing
had their way, there would never be any plans for even trying to do what needs to be done.
$\underset{\text { We must think, talk and act }}{\text { Wopefully }}$ hopefully, constructively, and so produces deterioration and decadence. 'Bad-mouthing' is negative
ignored.

Grover Cleveland, the 22nd and 24th president of the United States, died in 71.

If you are going on SUPPLEMENTAL SECURITY INCOME: PRE.PLAN YOUR FUNERAL NOW You should know, you hove o
 We cre experienced ino $Q_{2 x}$
Funeral Directore of Hereford

364-6533
105 GREENWOOD


