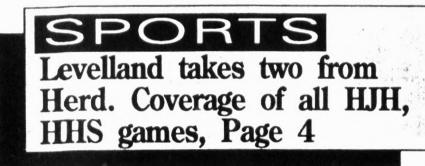
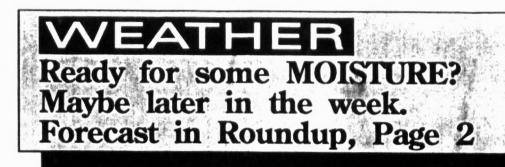
EI Paso, TX 79903-3789 2627 E. Yandell Dr Southwest Micropublishing, Inc.





Inside today's Brand	
Roundup2 Lifestyles3 Sports4	
Comics6 Television7	
Classifieds8	

The Hereford Brand Tuesday Jan. 16, 1990 Hustlin' Hereford, home of Gerald Teel

89th Year, No. 138, Deaf Smith County, Hereford, Tx.

10 Pages

Neighbors concerned

City considers sales tax plan

The Hereford City Commission Legislature 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. 1. Commissioner Bud Eades, who regular meeting Monday night.

Commissioners also discussed serves as the volunteer executive possibly imposing a new one-half- director of the Hereford Area cent sales tax to fund economic Economic Development Council, said development.

the HAEDC was not able to function The commission also nominated effectively with little funding and no

member Tom LeGate to the tax full-time director. appraisal district board, approved The HAEDC received \$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. With the \$300,000 per year, a new change at 509 Brevard from twofamily residence to mobile home commission would be able to hire a full-time director, search for and district.

The council voted to cancel the recruit prospects, and possibly cleaning 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 on the HAEDC, pointed out that a 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 Deaf 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 best-qualified, next-lowest bidder for economic 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 in Hereford.

election ballot that could provide up



25 Cents

AT&T has one of those Mondays

NEW YORK (AP) - A computer software failure blocked millions of AT&T's long-distance calls for nine hours, causing trouble for airline and hotel reservation centers and other phone-dependent businesses nationwide.

American Telephone & Telegraph Co. said Monday's outage was its most widespread ever, but the impact was muted by the holiday honoring the Rev. Martin Luther King Jr.

The company said it discovered the problem in mid-afternoon and



Neighbors look on as emergency attendants .end to a couple at Blue Water Gardens in Hereford on Monday afternoon. Investigators believe a woman, 48, shot herself with a handgun in an apartment at the complex, and a man in the apartment may have taken an overdose of pills. He was taken to Deaf Smith General Hospital for treatment. The woman died of a gunshot wound to the right side of her head. Police said today the incident was "still under investigation due to some surrounding circumstances."

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 high cholesterol levels are more likely than others to show signs of heart disease before they reach age 35, a study shows.

The study is the first to link blood cholesterol levels and smoking directly to hardening of the arteries, a precursor or heart attacks and strokes, one of the study's directors said.

Dr. Henry McGill said Monday that smoking in young men was a stronger risk for artery damage than he had anticipated.

"In this age group, smoking and cholesterol are about equally bad," said McGill. "What surprised me ... was the effect of smoking."

The findings, which McGill presented at the American Heart Association's annual science writers' forum, are based on autopsies of about 300 15- to 34year-old white men who died violent deaths or in accidents.

The results support the contention of many cardiologists, including McGill, who favor early steps to prevent heart disease.

'I really believe that the future of prevention of heart disease in middle-age people has got to start

in childhood," he said. By age 34, one-fourth of the subjects already had what doctors call "raised lesions" in their

arteries, representing the beginning of hardening of the arteries. Hardening of the arteries can lead 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 heart disease should begin in childhood.

The heart association recommends that healthy children should consume less than 300 milligrams of cholesterol per day and moderate their intake of fats. But some doctors believe the evidence is not yet strong enough to make such recommendations, McGill said.

Only one previous study had looked at hardening of the arteries in young people, McGill said.

That was a study described last year by Dr. Gerald Berenson of New Orleans, 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 as low-density lipoprotein, or LDL. McGill's study, led by Dr.

Robert Wissler of the University of

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 said that a 25year-old man who smoked and had high levels of good cholesterol would have twice the artery damage of a 25-year-old non-smoker who had low levels of LDL.

The findings were the first report from the study, which is continuing and eventually will include 1,800 subjects.

The study will explore how atherosclerosis is linked to high blood pressure, diabetes, inherited factors and many other processes inside arteries, McGill said.

to \$300,000 a year for economic Commissioners are expected to take action at the Feb. 5 commission development in Hereford. Cities were given the option to meeting to place the item on the May impose the sales tax by the Texas ballot.

S&Ls say feds breaking pledge

'Some would basically be targets

chief economist of the thrift office.

be even more expensive than the first

round because of changes in the law

making it less attractive to own thrifts.

President Bush's bailout plan enacted

in August, must put up at least \$1.50

in tangible capital for every \$100 in

loans or other investment the

Owners of some S&Ls acquired

from the government in 1988 had

thought the forbearances they

negotiated would exempt them from

fully meeting the standard. They now

learn they will have to risk just as

much of their own money as the

announcing the new rules after

business hours on Friday, said the

changes were required by last year's

bailout bill. But attorneys representing

the 1988 buyers dispute that and

complain the government, by reneging

on the deals, is in effect illegally

Faucette predicted the owners of

S&Ls purchased in the 1988 deals will

sue the government, joining other S&L

buyers from the early 1980s who lost

a different kind of accounting break,

profound impact on anyone who does

business with the government," he

said. "I fear because of the dimensions

However, Barth said the regulators'

interest. Requiring S&L owners to risk

more of their own capital provides a

buffer between losses and government

"One has to question any sort of

"Still, once they were granted, I can

being changed in the middle of the

game.

"To me these cases ... have a

known as regulatory goodwill.

seizing private property.

The thrift office, in a statement

owners of any other institution.

institution makes.

Thrift institution owners, under

He added the second rescues could

WASHINGTON (AP) - Investors second bailout or a payoff of who bought failed savings institutions depositors.

in 1988 are protesting a new regulation that revokes some of the financial for" government takeover, said James breaks they received from the Barth of Auburn University, formerly government as part of the deal.

The Office of Thrift Supervision says savings and loans must meet new and tougher capital requirements, regardless of whether they earlier received an exemption, known as a "forbearance," from meeting capital standards.

Institutions that fail the requirement must come up with an acceptable plan to raise the money or face restrictions on their ability to make new loans and investments.

Attorneys representing buyers in the 1988 deals regard the new rule as a double-cross and predict the legal battle over the issue will reach the Supreme Court.

'If this is upheld, nobody will ever feel secure doing business with the government," Washington attorney and S&L lobbyist Douglas P. Faucette said Monday.

Industry analysts predict some of the 86 rescue deals in 1988 covering 205 institutions could unravel as a result of the ruling, forcing either a

Army to test weapon destruction

ABERDEEN, Md. (AP) - The of this (S&L) scandal, Congress and Army plans to start burning about the public believe the ends justify the 30,000 tons of chemical weapons in means."

a project - designed to make the world safer - that is arousing concern in some decision on forbearances will probably be upheld because it is in the public of the eight states where the destruction will occur.

'We feel it is a risky scenario," said Linda Kaplovitz, an environmentalist who lives near the Aberdeen deposit insurance. It also gives S&L Proving Ground, where tons of owners an incentive to operate their mustard blistering agent are stored institutions more safely. and will be burned.

capital forbearance," Barth said. "We don't want another Bhopal or Chernobyl, God forbid," she said. understand why the acquirers are

Such fears are overdrawn, said Col. Walter L. Busbee, commander of the extremely unhappy with the rules Army's "chemical demilitarization" program.

corrected it shortly before midnight That was well before the start of the regular business schedule today.

Before the problem was fixed, about half the long-distance callers on the AT&T network got a busy signal or a recording saying all circuits were busy, the company says.

Arizona Telemarketing Inc. of Phoenix, which usually places from 4,000 to 9,000 phone calls a day, gave its 40 employees an unexpected holiday in the afternoon.

"We had to close the place down," said Miriam Benson, company president.

The problem was traced to the software that runs AT&T's computerized switching centers, said spokeswoman Daisy Ottmann. The company all but eliminated

sabotage or a computer virus as the cause, she said.

The impact of the trouble, though widespread, was muted by the holiday since most government offices, banks and many businesses were closed and call volume was lighter than normal, the company said.

On an average business day, 80 million calls go through the AT&T system, said Sally Sherwood, another AT&T spokeswoman. She said she did not know how many calls were attempted Monday or how many actually went through.

MCI Communications Corp. and US Sprint, the No. 2 and No. 3 long-distance carriers, said they had no problems. AT&T controls about 70 percent of the long-distance market.

AT&T customers are able to use the MCI and Sprint systems by dialing special access codes. However, AT&T operators were forbidden, even when asked, to give out this information for competitive reasons, Ms. Sherwood said.

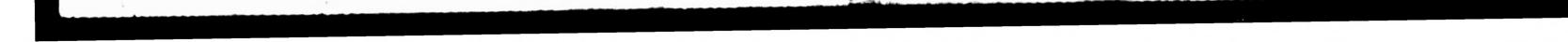
The problem apparently began in one of the company's electronic switching centers, which transfer calls from one line of the longdistance network to another, Ms. Ottmann said. It then spread to the other 100 or so switching centers, she said.

Ms. Sherwood said early today she had few details on how the network was returned to normal or what exactly had gone wrong.

She said experts from Bell Laboratories, AT&T's research arm, assisted in fixing the problem at the company's Network Operations Center in Bedminster, N.J., the hub of its phone system. Past problems have been limited to a certain region.

AT&T began installing the electronic call-switching gear in 1987, Ms. Sherwood said.





Page 2-The Hereford Brand, Tuesday, January 16, 1990

Page TwoLocal 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 arrested for driving while license suspended; a female, 18, for driving while intoxicated; a male, 17, for no drivers license and no liability insurance; and two males, 28 and 31, for speeding and failures to appear.

In addition, nine persons were arrested by deputy sheriffs, including a male, 17, for terroristic threat. A male, 25, was arrested for possession of a controlled substance; a female, 23, for theft by check; a male, 36, for driving while intoxicated; and a male, 43, for driving while intoxicated commitment. Four males, ages 39, 24, 20, and 29, were arrested on traffic warrants.

Reports included an assault in the 300 block of N. 25 Mile Ave .: an assault in the 700 block of Thunderbird; an assault in the 1300 block of E. 60; an assault in the 300 block of N. 25 Mile Ave.; an assault in the 300 block of Lake; domestic disturbances in the 100 block of Ave. G and the 100 block of Star: a domestic dispute and an assault in the 200 block of Ave. A; a domestic dispute in the 400 block of Sycamore; criminal mischief in the 500 block of Union with some windows shot out; criminal mischief in the 600 block of W. 2nd with a window broken out; a suspicious person reported in the 1300 block of 1st; thefts of under \$20 in the 100 block of S. 25 Mile Avenue and in the 400 block of N. 25 Mile Ave.: a theft of \$91.35 in the 500 block of Union; theft of a 160-piece set of silverware; theft of \$74 by juveniles in the 1100 block of Park; a prowler in the 100 block of Rio Vista; three harassing telephone calls; and unauthorized use of a motor vehicle in the 100 block of Apache, with no charges filed as the incident 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 burning at the intersection of US highways 60 and 385. The fire 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 risk of fires is very high.

The police department issued 45 citations and investigated one minor accident. over the weekend.

HAEDC meets tonight

The Hereford Area Economic Development Council will meet at 7:30 p.m. today at the Hereford City Hall.

The agenda includes a report from volunteer director Bud Eades and undates on current economic development projects.

News Digest

MOSCOW - The Kremlin sends army and KGB units to the Caucasus in a bid to end fierce pitched battles between Azerbaijanis and Armenians that have claimed dozens of lives. Soviet media likens the combat to World War II's brutality.

EAST BERLIN - The Communists are on shakier ground than ever as hundreds of thousands of East Germans take to the streets across the country to demand their ouster. In East Berlin, protesters storm the headquarters of the despised secret police and physically dismantle it.

Hospital board to meet

The Deaf Smith County Hospital District board of directors will meet at 7:30 p.m. today at Deaf Smith General Hospital.

The agenda includes medical staff, operations and administrative reports: bids on a new ambulance; medical staff by-laws; ophthalmology equipment; review of the facility plan report; and an executive session to discuss pending litigation and to review the annual evaluation of Administrator Gary Moore.

School board meets today

The Hereford school board will meet at 6 p.m. today at the school administration building.

The agenda includes professional, staff and other reports; recognition of employees 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 goals; 1990-91 school calendar; and discussion of possible expansion of the football stadium.

Cooler weather Wednesday

Tonight will be partly cloudy with a low near 30. Southwest winds will be 10-15 mph, becoming northwest by morning.

Wednesday will be partly sunny with a high of 55. North-northeast winds

will be 10-15 mph. This morning's low at KPAN was 40 after a high Monday of 69.

Senate debates Social Security

WASHINGTON (AP) - Debate over Social Security is heating up even before Congress gets back to business, with the trillions of dollars in baby boomers' future retirement benefits casting a huge shadow over the political argument.

Customary political rhetoric has been turned upside down, with a leading Democrat calling for a payroll tax cut and the White House responding, "No way."

The outcome may determine whether the massive Social Security trust 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 era of perennial budget shortfalls, the Social Security trust fund helps pay the government's day-to-day operations instead of building up a nest egg.

Lawmakers are faced with whether to take painful action now -such as tax increases and spending slashes - or do nothing until the next century.

Sen. Daniel Patrick Moynihan, D-N.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 idea.

But in today's anti-tax climate, which President Bush has played to in calling for a cut in the capital gains tax, Moynihan's plan "could suddenly sprout wings and fly very high," said Senate Budget Committee Chairman James Sasser, D-Tenn.

The 1983 increase in the payroll tax was enacted partly to help brace the government for the retirement of the 75 million members of the baby boom generation, which will begin around the year 2010.

The latest increase, to 7.65 percent on Jan. 1 from 7.51 percent, will bring in nearly \$280 billion this year. The total reserves should peak at \$12 trillion in the year 2030, but dwindle rapidly thereafter.

By law, the money is not stashed away, but invested in treasury securities, where it collects interest. The Treasury Department uses the 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 overall federal deficit appear smaller -\$52 billion smaller last year.

That will turn 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 retirement benefits. The shapes up as a major problem with no end to the government's red ink in sight.

Moynihan's cut would cost \$62 billion over the next two years, and critics say it would shift the burden of financing baby boomers' retirements to later generations.

SOFIA. Bulgaria - The Communist Party, its mono Dower Ionn scrapped but its grip still largely intact, opens talks with fledgling opposition groups pushing for more democracy in the Soviet bloc's slowest changing nation.

VIENNA, Austria - Gen. Colin Powell, the top U.S. military 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 governments.

NEW YORK - Half of AT&T's long-distance phone calls nationwide didn't go through after computerized call-switching equipment developed trouble, causing problems at airline reservation centers, mutual fund operators and other phone-dependent businesses.

WASHINGTON - Debate over Social Security is heating up even before Congress gets back to business, with the trillions of dollars in baby boomers' future retirement benefits casting a huge shadow over the political argument.

ABERDEEN, Md. - The Army plans to start burning about 30,000 tons of chemical weapons in a project - designed to make the world safer that is arousing concern in some of the eight states where the destruction will occur.

WASHINGTON - The U.S. government gives three-quarters of the contraceptives donated to Third World countries, including nearly 7 billion condoms over the last two decades, according to the Agency for International Development.

CINCINNATI - The operators of such retailers as Bloomingdale's. Rich's and Lazarus moved quickly to assure customers and employees they will remain open and well-stocked despite bankruptcy protection sought by their parent, Campeau Corp.

Today in History

By 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:

On Jan. 16, 1920, America went "dry" as the 18th Amendment took effect, and Prohibition became the law of the land.

On this date:

In 1547, Ivan the Terrible was crowned Czar of Russia.

In 1883, the U.S. Civil Service Commission was established.

In 1942, actress Carole Lombard, 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 Soviet Soyuz spaceships became the first vehicles to dock in space and transfer personnel.

In 1978, NASA named 35 candidates to fly on the space shuttle. including Sally K. Ride, America's first woman in space, and Guion S. Bluford Jr., America's first black astronaut.

In 1979, Shah Mohammad Reza Pahlavi left Iran for Egypt, leaving a civilian government in control; he would never return.

In 1981, in Northern Ireland, Protestant gunmen shot and wounded 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 comprehensive set of rules for protecting workers from hundreds of suspected cancercausing chemicals found in workplaces.

Five years ago: Reuben V. Anderson was sworn 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 Podhoretz is 60. Opera singer Marilyn Horne is 56. Auto racer A.J. Foyt is 55. Country singer Ronnie Milsap is 46. Movie director John Carpenter is 42. Actress-dancer Debbie 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. American author and critic (1900-1977).



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 homemade strawberry ice cream Monday. Burns, Raymond Garza and Juan Aranda used pedal power to turn the bucket in the ice cream freezer, with the pedal-driven 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.

Obituaries

WALTER S. FULLWOOD Jan. 13, 1990

Walter S. "Pop" Fullwood, 97, of Dorothy Noland of Hereford and Kerrville died Saturday, Jan. 13, Mildred Walser of Amarillo, a 1990, in a Kerrville hospital.

today in Kerrville Funeral Home Hereford. Chapel with the Rev. Mike Henderson officiating. Burial was held in the Garden of Memory Cemetery in Kerrville under the direction of the Kerrville Masonic died Friday, Jan. 12, 1990, in followed in Lakeview Mausoleum. Lodge Chapter 697.

Mr. Fullwood was born Jan. 25, 1892, to pioneer residents, the late Mr. and Mrs. E.H. Fullwood, who Hereford. settled in Deaf Smith County in 1891 when the county had been organized for only a year.

Mr. Fullwood was an executive pilot and instructor who built and opened the first airport in McAllen. Miller International. He flew with many pioneer pilots including Charles Lindbergh, Wiley Post and Slats Rodgers. Fullwood moved to Kerrville during World War II. He helped operate Kerrville Flying Service. He flew as an executive pilot and instructor until the age of of Hereford.

Survivors include his wife, Buna, of Kerrville; a daughter, Rosa Lee The family suggests memorials "Meek" Dickerson of Kerrville; a to Hospice of Lubbock, 3212 34th of Kerrville; a daughter, Rosa Lee son, George Walter Fullwood of St., Lubbock 79410.

Tempe, Ariz.; a sister, Frances Keith of Kerrville; six grandchildren; and 13 great-grandchildren. Former Hereford resident, He is also survived by two nieces,

former Hereford resident; and a Services were held at 10 a.m. great-niece, Betty Jean Gallagher of

KATHYRN BURNS

Jan. 12, 1990

University Manor Nursing Home

Graveside services were held for Dr. Ralph Crawford. Monday in Peaceful Gardens Blakeley officiating.

Funeral Directors.

moved from Paris, Texas to Lub- Gladewater and Mark Mawer of bock in 1953. Her husband, Robert, Denver, Colo.; and eight grandchildied in 1978. She had worked for dren. Hunt School and Highland Hospital.

Survivors include three sons, Ricky, Ross and Bob, all of Lubbock; two daughters, Ann Lamb of 85 and logged over 50,000 hours of Panhandle and Alice Burlson of flying time. He was a member of Amarillo; two sisters, Joyce Glover the First United Methodist Church of Big Springs and Lile Peak of Hereford; 15 grandchildren; and two great-grandchildren.

IRENE K. MAWER Jan. 13, 1990

Former Hereford resident, Irene K. Mawer, 70, of Longview died Saturday, Jan. 13, 1990, at a Longview hospital.

Rosary was said Sunday night at the Rader Funeral Home Chapel in Longview with Father William Barrow officiating. Mass was held Monday afternoon at St. Anthony's Kathym Burns, 66, of Lubbock Catholic Church and entombment Mrs. Mawer graduated from after a lengthly illness. She is Hereford High School and attended survived by a sister, Lile Peak of St. Anthony's School of Nursing in Amarillo. She was a retired nurse

Survivors include her husband, Memorial Park with the Rev. Clyde John E. Mawer of Longview: her mother, Ruth Knox of Longview; a Burial was under direction of Rix daughter, Pat Modisett of Longview; three sons, James R. Mawer She was born in English and of Corpus Christi, David Mawer of

J.C. CLEARMAN Jan. 15, 1990

Former resident of Summerfield, J.C. Clearman, 75, of Kokomo, died Monday, Jan. 15, 1990, in Hendrick Medical Hospital in Abilene after a long illness.

Services will be held Jan.17 at the Higginbotham Funeral Home in Gorman.

Hospital Notes

Mr. and Mrs. Mark Soto are the parents of a boy, Mark Anthony, Jr., born January 14, 1990.

Mr. and Mrs. Vincent Marasco are the parents of a boy, Vincent Louis, born January 13, 1990.

Mr. and Mrs. Randal Vinther are the parents of a boy, David Matthew, born January 13, 1990. PATIENTS IN HOSPTAL

Audrey Allen, Clay Angelo, Dora Barnett, 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. Prowell, Gladys E. Rogers, Sandy Rudd, Carlos N. Ruiz, Jr., Nicolasa Sanchez.

Johnnie L. Sanders, Infant Boy Soto, Joelda Soto, Billy Ray Thomas, Charles Anthony Torres, Fannie Ora Wells.

Mr. Clearman was born in Kokomo on March 9, 1914. He was a farmer. He was a member of the Kokomo Baptist 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 daughters, Diane Morgan of Friona, Nanetta Thompson of Plainview, and Mary Jo Lenoard of Canadian; two brothers, Hugh Clearman of Lawn, and Blanton Clearman of Lamesa; three sisters, Othela Creager of Coffman, Frankie Freeman and Wardine Moore, both of Seminole; nine grandchildren; and 2 great-grandchildren.

THE HEREFORD BRAND

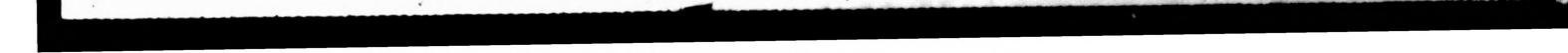
THE HEREPORD BRAND (USPS 242-06 ally except Monday, Saturdaya, July 4, Christmas Day and New Year's Day nd, Inc., 313 N. Lee, Horeford, TX age paid at the post office in H STMASTER: Send address c

4 P.O. Box 673. Hereford. TX 79045 BSCRIPTION RATES: ord, \$4.20 per month; by mail in Deaf S ties, \$45.70 a year; mail to other areas,

THE BRAND is a me

THE BRAND was cet Pebruary, 1901, converted to a semi-weekly in 1948, to five times weekly on July 4, 1976.

ay an rany 4, 1970.	
	Publisher
	Managing Editor
tgomery	Advertising Mgr.
rownlow	Circulation Mgr.



The Hereford Brand--Tuesday, January 16, 1990--Page 3

Lifestyles

Ann Landers

DEAR READERS: The dream of every person over 30 is a magic pill taken before each meal that will remove all the calories.

In the absence of that magic pill we continue to try dozens of diets, spend a fortune on exercise equipment and health club memberships, and even hire trainers who will 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 the surgeon general's report on is in. Eggs are no longer considered the All-American breakfast because of what we have learned about cholesterol. Cereals are supposed to be wonderful for you, and millions of health nuts have become addicted to oat bran.

good for us and what is bad that the picture has become muddied. Advertising is so slick we don't a killer, but the facts are that most know what to believe. So here are stress, including constant worry, is some hard facts from the September not fatal in itself. The real villain is issue of Fortune magazine that could help put things in the proper perspective. The author, Brian O'Reilly makes it clear that avoiding the common killers is largely up to you.

Did you know that:

Cardiovascular disease causes nearly half of the deaths in the United States.

This year 1.5 million Americans will suffer a heart attack and 500,000 will die, 300,000 before reaching the hospital.

About 45 percent of the coronaries 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 disease and stroke, but cancer is still the second biggest killer.

More people die of lung cancer

smoking accounts for nearly 85 percent of all lung cancer.

Vegetables such as broccoli, Brussels sprouts and carrots seem to improve the odds against digestive tract cancers.

Men in their 50s who exercise regularly have more energy, a better sex life and can work longer hours than those who don't.

The role of diet is unclear but it seems to be a factor in about onethird of all cancers. The villain seems to be dietary fat, according to nutrition.

The person least likely to get cancer doesn't smoke or drink (or drinks in moderation) and eats lots of vegetables.

If you don't smoke, cholesterol is the greatest threat to your health We read so much about what is because it clogs the arteries and causes heart attacks.

> Stress has long been fingered as chronic anger. The person who finds himself constantly screaming at the morons and chiselers who try to get ahead of him in line is the one who is at risk for heart trouble. Dr. Redford Williams, a Duke University internist specializing in stress, said, "The rushing-around workaholic is not at risk as long as stress is not a stimulus for anger." He noted that more than 15 percent of the 25-year-old doctors and lawyers who scored high in hostility tests were dead by 50.

The message to all you volatile, hot-tempered types is simply this: If you want to live to a ripe old age -cool it.

Is life passing you by? Want to improve your social skills? Write for Ann Landers' new booklet, "How to Make Friends and Stop than any other kind. Cigarette Being Lonely." Send a self-addres-

sed, long, business-size envelope and a check or money order for \$4.15 (this includes postage and handling) to: Friends, c/o Ann Landers, P.O. box 11562, Chicago, III. 60611-0562. (In Canada send \$5.05.)



BALLOON FUN

Dear Heloise: On the past weekend my children were complaining that they were bored and couldn't find anything fun to do. I remembered one year when I was a child what my 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 weeks later we got postcards back from all over the surrounding county! Some had flown quite a distance. The kids loved it. They couldn't wait to get home from school to see if we had received another postcard. - Barbara J., Topeka, Kan.

DEAR HELOISE:

It gets harder and harder each year 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 it was too good to keep to myself.

My wife's birthday is on the 17th of April. I took her out to dinner at her favorite restaurant and presented her with a small booklet of eight tickets. These entitled her to a dinner out for the remaining eight months of the

year. Her gift is spread throughout the

year and she has something to look

She also says she knows that we

forward to each month.



"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, counselor-staffer at Problem Pregnancy Center, looks on. The local agency, which is a non-profit organization and operates with donations only, has assisted almost 800 clients since it opened in 1984.

Youths honored at banquet

discussed.

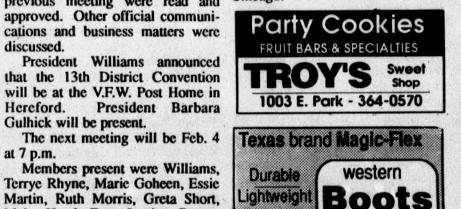
at 7 p.m.

A banquet was held recently at previous meeting were read and the V.F.W. Post 4818 honoring approved. Other official communi-Renee Sublett and Jeriann Parker as cations and business matters were winners of the Voice of Democracy contest.

The theme of the contest was "Why I Am Proud to be An American". Sublett of Hereford took first Hereford. place honors and Parker of Dawn placed second. The judges were Ruth and Juston McBride. Following the introductions, the girls read their essays to those present.

Officer Roy Rector of the Martin, Ruth Morris, Greta Short, Hereford Police Department gave a Maisy Heath, Erma Loving, Boggs,

Joe Louis began his reign as world heavyweight boxing champion in 1937 by knocking out Jim Braddock in Chicago.



Butler presents program

Lynette Butler presented a program on country crafts and demonstrated ideas when the Nouvelle Ami Study Club met recently.

the meeting with a suggestion that new officers and committees be appointed. The new appointees would not begin their duties until April.

Laurie Paetzold, secretary, read the minutes from the November tonight meeting and discussed the events of the club's first Christmas party.

Katie Nelson served as hostess and Missy Wilcox was club's cohostess.

Shawnay Sparkman was voted as a new member.

the home of Karon Pettiet on Feb. worthy patron.

CENTER

Members present were Nelson, Paetzold, Missy Wilcox, Kim Wilcox, Susan DeLoe, Jodi Meyer, Lauri Pactzold, Micki Baulch, President Missy Wilcox opened Emily Knight, Charlotte Collier, Pettiet, and Butler.

Initiation

IN 2 WEEKS

waranteed

OR CONTINU

All members of the Order of the Eastern Star are encouraged to attend the initiation meeting today at the Masonic Temple at 7:30 p.m.

Presiding will be Doris Wilson, The next meeting will be held in worthy matron, and L. J. Clark,

will spend at least one night a month out together. This may become a

traditional birthday gift in our family. Tad. G., San Diego, Calif. 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 or fax it to 512-HELOISE

Boggs, presented the officer with a plaque in appreciation for all the help and support he given the auxiliary during the past year.

Other guests present at the banquet were Renee's parents, Mr. and Mrs. John Sublett; Jeriann's brother, Jim Bob Parker; Tom Goheen, Bob Morris, Bill Craig, Jim Loving, David Clyde, and Robin Williams.

The regular meeting of the auziliary was called to order by President Marta Williams. It was conducted according to the ritual with 15 members present. The minutes and treasurer's report of the

talk on "Drugs and Alcohol", Sadie Shaw, Anna Conklin, Erma D.A.R.E. Safety chairman, Betty Murphey, Dora Lee Howell, Winnie Tyler and Leone Buckley.

Gulhick will be present.

Mark David Chapman pleaded guilty in 1981 to killing John Lennon outside the rock star's New York City apartment building.

tennis shoe HE Cobbler Shop 364-6412 337 N Miles





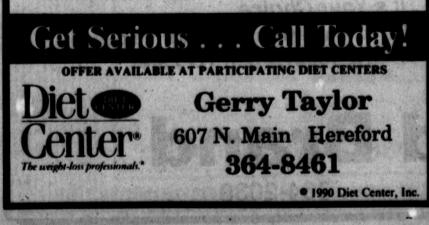
Boots & Saddle Western Wear 513 N. 25 Mile Ave. 364-5332

.OSE 10 POUNDS

NO HIDDEN COSTS!

UNTIL YOU DO!

Everything you need to lose your first 10 pounds on the Diet Center Program is included in our "COUNT DOWN SPECIAL" price. We're sure that once you experience the Diet Center Program, you'll want to continue to lose pounds and inches until you are the slim, energetic person you want to





Page 4--The Hereford Brand, Tuesday, January 16, 1990

Sports L'land sweeps Herd varsities

Thanks to semester-ending exams being held at Hereford High School this week, Hereford Whiteface basketball teams loaded up for 15game Monday for the second week in a row.

市町町の

Ser.

.

1

In District 1-4A action, the Herd with 20 points for Levelland. and Lady Whitefaces both fell on the road at Levelland while the JV teams Lady Whiteface JV 38, Levelland 34 The JV girls completed a sweep of both won.

The six junior high boys teams also hit the road, traveling to Pampa only to lose all six contests.

The junior high girls fared better in their first home date in more than a month, picking up four wins in five games.

Levelland 67, Herd 56

Hereford packed the lane in an effort to stop Levelland's strong inside game only to have the Lobos hit nine three-pointers in the contest.

"We missed layups and they hit 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 to 20 points in the third period before the Herd could make a move.

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-high 25 points and was the only Whiteface to score in double figures.

Jason Walterscheid, Leo Brown and Keith Kelso all scored seven points for Hereford while Daniel Garcia added four and Matt Bromlow and Chad Schroeder three each.

Levelland was led by Darren Waters with 24 points, including four treys, while Jason Featherston scored 13 and Olando Coursey had 10.

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 whole game and led at 42-40 in the final period before the four-time defending state champions went on an 8-2 run to end the game.

"The girls were really upset," Lady

Sanderson finished with 18 points to pace the Herd while Blake Buckley added eight, Chris Blair seven, Tijerina and Brady Wilson six each, Ben Weatherly five and Miguel Casas two. Michael Washington led all scorers

the season series with Levelland in a game that featured tough pressure defenses and patient offenses that worked for the inside shot.

Hereford led 12-6 at the end of the first period before Levelland pulled to within two at 22-20 by halftime.

The Loboettes went in front by a point at the end of the third quarter, but the Herd quickly regained the lead with a 10-5 advantage in the final eight minutes.

Melinda Holmes led Hereford for the sixth straight game with 24 points while Brek Binder added seven, Jennifer Hicks six and Teresa Baker one

Levelland was led by Tammy Jones with 12 points.

Pampa 87, Frosh boys Maroon 70 The freshman Maroon squad had

its highest offensive output of the season and still suffered its worst defeat to the Harvesters.

the Herd jumped on top with a 12-0 run to open the game before Pampa answered with a 13-3 run of its own to close the first quarter.

Pampa took firm control of the game, outscoring the Herd 24-18, 24-19 and 22-18 over the final three periods.

Eric Sims scored 20 points to lead the Herd and was joined in double figures by Kyle Hansen with 14. Ruben Gutierrez added nine points, Jason Pactzold and Michael Melendrez eight 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 a big early lead, lost it and fell behind, then had a fourthquarter charge fall just one basket short.

The Herd opened with a 20-9 first quarter, then watched the Harvesters close to 22-24 at halftime.



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.

Robin Simons one each.

Pampa had three players in double figures, led by Shawn Landers with 12 points while Lamar Moore and Damon quarter put the Herd on top by 25 Pottoter had 11 each.

Pampa 35, 8th boys White 20

Pampa raced to a 27-6 lead in the first half and then sat back and watched as the Herd tried to catch up.

Hereford did manage a 14-8 advantage over the final two periods and at one time cut the margin to 12 at 30-18.

Justin Wright and Stacey Sanders scored eight points each to lead the Herd while Josh Tice and Michael Carlson had two apiece.

Michael King and Bobby Wine had eight points each to lead Pampa. 8th girls Maroon 27, Pampa 16 Hereford edged out to a 5-4 lead at the end of the first quarter before allowing Pampa to take a 9-8 halftime advantage.

first quarter.

Pampa never got closer than the eight point margin. A 14-2 third points at 35-10.

Jenifer Holmes hit for 14 points for Hereford to lead all scorers while Tania Bossett also reached double figures with 10. Cece Combs added seven points with Kinann Campbell, Heather Klueskens, Edna Valdez, Melissa Berend and Brooke Weishaar all scoring two. Pampa 48, 7th boys Maroon 38 Hereford stayed close through the

first half, trailing 25-20 after two periods. Pampa went on an 18-7 run to take control in the third quarter before the Herd cut the margin by six points in the fourth. **Richard Hicks led all scorers with** 15 points for the Herd. Ashley Noland added six points, Wade Backus five, Raymond Alaniz and Coey Laing four each, Tony Mercer three and Michael Powers one.

to 36-18 after three periods.

Hereford outscored the home team 12-3 in the final eight minutes to close to within eight points for the first time since the start of the second quarter.

Benton Buckley tied with Pampa's Mike Dewitt for high-point honors as each scored 11 points for their teams.

Jacob Lopez added eight points for the Herd while Cody Curtis had five and Jeremy Brock, Michael Brown and Caleb Brumley two each. 7th girls Maroon 24, Pampa 16

Hereford jumped out to a 9-2 firstquarter advantage only to have Pampa take the halftime lead with a 9-0 second quarter.

The Herd answered with an 11-2 run in the third period to take control of the contest.

Hereford was led by Clarissa 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 led by Missy Holland with eight points.

Pampa 26, 7th girls White 15 Hereford watched a 5-2 firstquarter lead evaporate as Pampa went on a 10-0 run in the second period.

The Herd managed to shave the margin to five at the end of the third quarter, but Pampa closed the game with an 8-2 advantage in the fourth.

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 quarter.

Local pugilists to meet

The Hereford Boxing Club will membership meeting at 7:30 p.m. Monday at the Little Bull Barn.

The club is open to anyone in junior high school or older. Parents of prospective members under 18 must

attend the meeting.

NFL Playoffs at a glance

0.635

NFL Playoffs At A Glance By The Associated Press

Wild Card Sunday, Dec. 31 NFC

Los Angeles Rams 21, Philadelphia 7 AFC

Pittsburgh 26, Houston 23, OT

Divisional Playoffs Saturday, Jan. 6 AFC **Cleveland 34, Buffalo 30** NFC San Francisco 41, Minnesota 13 Sunday, Jan. 7

NFC Los Angeles Rams 19, New York Giants 13, OT AFC

Denver 24, Pittsburgh 23

Conference Championships Sunday, Jan. 14 AFC Denver 37, Cleveland 21

NFC San Francisco 30, Los Angeles Rams 3

Super Bowl XXIV Sunday, Jan. 28 **At New Orleans** Denver vs. San Francisco, 4 p.m.

Pro Bowl Sunday, Feb. 4 **At Honolulu** AFC vs. NFC



Whiteface coach Dickie Faught said. "They thought they should have won this game and that's good. They weren't satisfied with just playing Levelland close."

The Loboettes opened a 12-6 lead at the end of the opening period as Marsha Shepherd 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 third quarter and went ahead early in the fourth.

White finished with 20 points, including four three-pointers, to lead all scorers. Cande Robbins added nine points for the Herd and Shantel Cornelius eight while Brienna Townsend scored four and Jennifer Bullard three.

Shepherd finished with 17 points, 13 of which came in the first half. while Twylana Harrison added 13 for the Loboettes.

The loss leaves the Lady Whiteface at 12-11 overall and 6-4 in district. Herd JV 52, Levelland 50

Andrew Tijerina canned a pair of free throws with eight seconds remaining to give Hereford its seventh district win.

Hereford overcame a 16-12 firstquarter deficit to post a 23-21 lead at the half.

The 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 hit nine-of-11 from the line in the quarter and Tijerina was three-of-four, including the game winners.

Pampa took the lead early in the second half and edged out to a 44-39 lead at the end of the third period.

Hereford was put in the position of being forced to foul in the final quarter and the Harvesters picked up six of their 10 points in the period from the line.

Jason Tatarevich popped for 18 points to lead all scorers while Danny Eberly added ninc, Richard Wilbanks eight, Brad Lemons six and Kirk Self and Tim Burkhalter four apiece.

Heath Stephens, Matt Clark and Chad Giles all scored 11 points to lead the Harvesters.

Frosh girls 34, Pampa 29

The freshman girls played their first game at the HHS Gym since before Christmas and picked up their first district win.

Hereford led by seven at 13-6 at the end of the first quarter and never trailed the rest of the way.

Pampa managed to outscore the Herd by three over the second half, but Hereford's 19-10 halftime lead proved to be big enough.

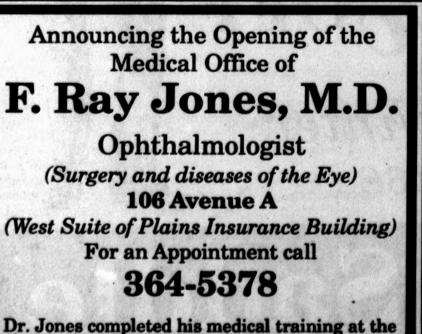
Kathy Hernandez scored 12 points for the Herd and was joined in double figures by Claudia Ramirez with 10. Tonya Castillo added five points with Jill Robinson, Misty Peabody and Wendy Hollingsworth getting two each and Traci Deckard one.

Pampa's Alana Ryan led all scorers with 18 points.

Pampa 69, 8th boys Maroon 33

Pampa took a 20-6 lead after the first quarter and never looked back. Hereford did manage to take a point of the margin-before halftime, but Pampa added it and 18 more in the second half.

Andrew Tijerina led all scorers with 18 points for the Herd while Chris Vallejo added seven. Chad Carlile had three points, Omar Atchley two and Jeremy Blair, Hayden Andrews and



University of Texas Medical Branch in Galveston in 1974. Dr. Jones was in practice from 1974 in Paris. Texas until he moved to Hereford.

The Herd retook the lead early in the second half before pulling away with an 11-4 fourth-quarter run.

Hereford's Misty Dudley led all scorers with 10 points, all of which came in the second half. Jill Walser added six points for the Herd with Jamie Simpson getting four, Shambryn Wilson three and Prisca Cantu and 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 early with a 12-4 lead at the end of the

Pampa was led by Craig Gilbert with 12 points while three players scored eight each.

Pampa 39, 7th boys White 30

Pampa opened up a 14-7 first quarter lead and increased the margin

The One to See:

State Farm Insurance Companies Home Offices Biogmington Illinois

JERRY SHIPMAN, CLU 801 N. Main (806) 364-3161

contact with the club. Further information will be provided at the meeting. **Charlie's Tire & Service Center**

Oil Change

Grease Job &

all fluids checked.

Includes:

5 qts. Oil

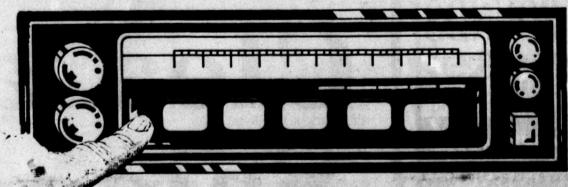
Oil Filter

the club, but prospective members Children under 12 may choose must pay \$20 per year for insurance any item on our Child's menu, and identification. This must be paid absolutely FREE with adult before participants may have any meal purchase. Includes Food Bar and FREE dessert.



DON'T TOUCH THAT DIAL...

A



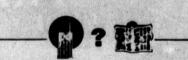
But you do don't you?

You Know It!

When the music stops, or there's a pause in the programming, you hit that button because that's not what you turned it on to listen to.

? 王羽

Better "Reception". Studies show that people "look forward" to newspaper ads more than they do all others combined...and they can absorb the information better, too.



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!





The Hereford Brand--Tuesday, January 16, 1990--Page 5

LET THE HYPE BEGIN!

49ers try to match four **Steeler wins**

SANTA CLARA, Calif. (AP) -Coach George Seifert, who has permitted 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

Beating the Rams by 30-3 ... By God, winning the game the way that we did, we've got to enjoy it and feel good about it," he said on Monday. "I think for the next few hours and

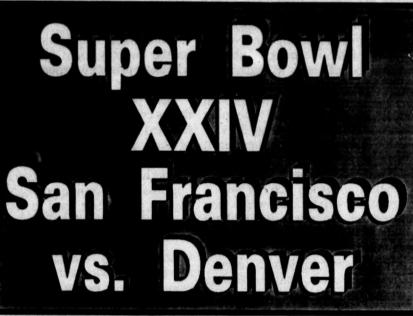
for the rest of this day we will then, and then it'll be back to reality. We haven't totally accomplished what we want to accomplish.'

Seifert celebrated Sunday's big victory quietly, taking his family to dinner at a restaurant down the street from their home in nearby Sunnyvale. He was upbeat but low-key, as usual, a day later.

He'll formulate a strategy to try to do something Bill Walsh couldn't accomplish and Joe Montana hasn't 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. The last meeting was Denver's 16-13 overtime victory at San Francisco on Oct. 9, 1988.

Elway didn't play against the 49ers Candlestick Park because his knee



"Their defense seems to be playing

better overall than in the past," Seifert said. "In the past, their defense has shown multiple fronts and schemes against us that have been confusing and caused many problems.

"Now they don't show as many fronts. (Defensive coordinator) Wade Phillips is successful with just lining them up and playing sound, basic defense.

The 49ers know "basic" isn't the word to describe a Denver offense with the scrambling Elway in charge.

"If they are anything like the Broncos I played against, the essence of their game will be Elway," said San Francisco linebacker Matt Millen, who played Denver often during his four seasons with the Los Angeles Raiders.

'The problem is defining what he 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 49ers today and Wednesday off. Despite their role as

Broncos try to avoid fourth loss

DENVER (AP) - Hoping to have 1,000-yard rusher Bobby Humphrey healthy by next week, the Denver Broncos coaching staff began devising a game plan which they'll install earlier than usual in an effort to end their Super Bowl frustrations.

Already installed as 10-point underdogs to the San Francisco 49ers for the Jan. 28 game in the Superdome at New Orleans, the Broncos went through some light individual workouts and meetings on Monday, one day after defeating the Cleveland Browns 37-21 in the AFC Championship game.

Coach Dan Reeves gave his players today and Wednesday off, scheduling practices for Thursday, Friday and Saturday. The team will depart for

Reeves believes any change in

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 year we're going to leave on Sunday," Reeves said of another change.

big right hand.

And the lightning struck.

It crashed into Gerry Cooney's jaw.

Cooney, 33, will quit one fight into

his comeback. Foreman, 41, is 20

successful fights into his and looking

squarely at heavyweight champion

happen to Mike Tyson, if I get the

Foreman launched his 253 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 Atlantic

city Convention Center Monday night.

'I gave 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

the 1980's and was in his first fight

since losing a heavyweight title shot

by fifth-round knockout to Michael

"To me, Gerry Cooney's still wet

behind the ears," said Foreman, who

was a world champion until he met

Muhammad Ali in equatorial Africa

on Oct. 30, 1974 and got knocked out

Spinks on June 15, 1987.

in eight rounds.

Cooney only fought seven times in

with a good shot. That's it for me.'

'That's it for me," Cooney said.

chance," Foreman said.

"I do believe that the same thing

What happened to Cooney?

Tight end Pat Kelly, who started in Start counting. One thousand one. One place of the injured Clarence Kay against thousand two. One thousand three. Cleveland, won't play in the Super Bowl after injuring his right knee. Trainer Steve Antonopulos said Kelly appears crushed him to the ground and to have suffered a torn anterior cruciate scattered what little was left of his ligament. Arthroscopic surgery was heavyweight boxing career to the four scheduled today to determine the extent winds. of damage.

Humphrey, sidelined by two cracked ribs in the second quarter of Sunday's game, "felt a little better" on Monday, Antonopulos said. "He'll avoid contact Mike Tyson.

Antonopulos said the Broncos would have a special pad made, extending his shoulder pads to cover the area of the injury, which is high in the rib cage. Humphrey caught a helmet just above his rib pads and below his shoulder pads. "He had his arm up, and it was a perfect hit right between the shoulder and rib pads," the trainer said.

Antonopulos said players react differently to cracked ribs. Elway had a cracked rib during the regular season, but "it didn't even faze him as far as being able to practice or play.'

Kay's pulled thigh muscle, meanwhile, continues to improve, and Antonopulos said he was optimistic Kay will be "full go when he feels capable. He could have played yesterday if the need had arisen.'

Reeves again praised the play of Elway on Sunday.

"That's the best I've seen him play, and I've seen him play some great games," Reeves said. "Every time

Foreman knocks Cooney out in 2nd

ATLANTIC CITY, NJ. (AP) - The He was thick in the middle, though, ring bowed under the weight. The and his muscles didn't ripple so much as jiggle. But make no mistake about turnbuckles groaned. And thunder began to rumble in George Foreman's it, he hits like a man swinging an anvil on a chain. You could hear it in the distance.

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 trademark, a left hook.

"He hit me right on the point of my elbow, and it went right up to my jaw," Foreman said. "I admire Gerry Cooney. I didn't think he would be that brave. But now I can see why he was. He's got a good left hook.

"Usually, when I stiff jab a guy, they get a little cautious, but he didn't.'

In the second round, Foreman 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 Cooncy reeling to the ground.

Referee Joe Cortez didn't bother to count this time. He signalled the end, instead. Cooney sat on the canvas, his lips flapping as he exhaled, his eyes spinning like the slot machines next door. When he finally did get to his feet, he wobbled and almost fell, then found a seat in the corner.

"I don't think Mike Tyson will be that difficult," Foreman said. "Cooney started moving back a little in the second round when I hit him. I don't think Mike Tyson will be that smart."

Cooney, who weighed 231, ends his career with a 28-3 record and 24 The fight was on closed circuit knockouts, and a \$1 million payday. television and pay-per-view. For those Foreman, now 65-2 with 61 career who didn't pay to see it, it's not true knockouts, also was guaranteed \$1 that Foreman came into the ring million, and he'll probably get that title wearing a chef's hat and lobster bib. shot someday soon.



this week. We hope he progresses to where he's capable of playing. It's too that happened to Gerry Cooney will early to tell right now.' In the event Humphrey is able to play,



Page 6-- The Hereford Brand, Tuesday, January 16, 1990



To appear Thursday

BLONDIE

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 dimension to the traditional brass quintet with the addition of the sounds and effects produced by a full range of percussion instruments, including xylophone, vibraphone and keyboards.



The Russian Tsar and the German Kaiser took their titles from the Roman Julius Caesar.

Comics

by Dean Young and Stan Drake



Computers help quilters

By BARBARA MAYER AP Newsfeatures

Computer bulletin boards are a well-established way to exchange high tech gossip and information. Now, a group of quilters is turning a computer bulletin board into a back-fence quilting 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 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 quilt exchange material," she recalled.

There can be little or no duplication of patches in the traditional charm quilt pattern, she says, and to make even a small charm quilt takes hundreds of different fabrics. During the swap, she received some 180 six-inch squares.

Diane Rode Schneck, of New York, put her swatches together in a traditional design called "attic windows." She retitled her quilt '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 cut from a hat she got at a company picnic.

WESTPORT, Conn. (AP) - The food company founded by actor Paul Newman enjoyed another profitable vear.

Newman's Own Inc. announced Monday it had made \$7 million in profits in 1989, and all of it will be 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 1982.

Since the first swap, the quilters have made other swaps of fabrics with Christmas motifs, pastels-only and Victorian styles.

Subscribers communicate openly on the bulletin board but exchange addresses privately through the use of n electronic mailbox.

Most people on the quilting network do not consider themselves computeroriented. Schneck, who once thought of the computer in their home as strictly her husband's province, now checks her "mailbox" every day and speaks" via computer every few days to people she used to see only once a month at quilt guild meetings.

'None of us women are computer whizzes," says Weber, whose usual activities are sewing and gardening and who, up to now, used a computer only for word processing.

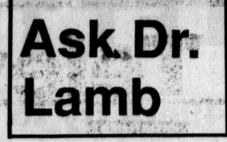
"We've all had so much fun with this," she says. "The best part is the new friends. Several quilters who are subscribers came to my studio recently to spend the day, sewing and talking. People have also gotten together in Washington and back East."

The group exchanged vital statistics and learned that they range in age and circumstances from early 30s to grandmother.

Louise Townsend, managing editor of Quilter's Newsletter, says the online group fits the quilting tradition. Starting with quilting bees in 19th-century America, quilting has been a medium that encourages communication and cooperation.

"Many women have rudimentary sewing skills," Townsend says. "They find that it's much more fun to make a quilt and share it with other people than just to sew for themselves. There is a large network of women working together on quilts who come together annually at symposia held all over the country."

The network, she says, is an expansion of the use of the computer 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."



DEAR DR. LAMB: Two years ago I delivered a beautiful healthy daughter, but since then I've had two miscarriages. One occurred at seven weeks, the other at six weeks. My doctor ran a thyroid test, three-hour glucose-tolerance test and a chromosome count. All were normal.

Are there any other tests I should have done? Have you ever heard of frequent miscarriages after a normal pregnancy, and do these women have a chance of carrying another pregnancy to term?

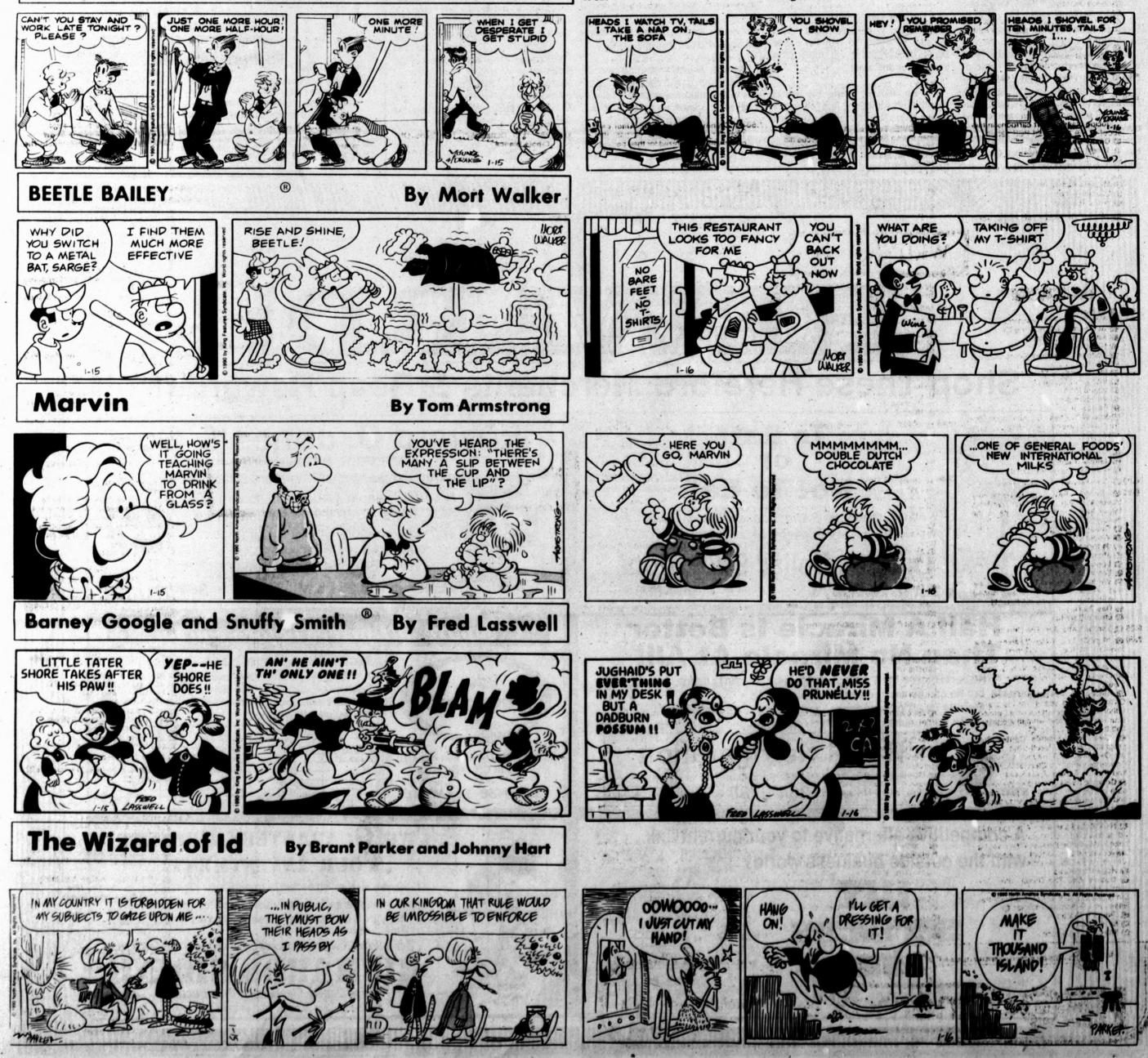
DEAR READER: Miscarriages (abortions) are much more common than most people realize. Often a woman doesn't even know she was pregnant because she may have only a slightly delayed menstrual period which may be heavier than usual.

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 produce enough female hormones caused by a delay in developing the placenta.

Of course you have a good chance of completing a full-term pregnancy. particularly having had a successful 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 rejecting the developing conceptus.

Dr. Lamb welcomes letters from readers with health questions. You can write to him at P.O. Box 19622, Irvine, CA 92713. Although Dr. Lamb cannot reply to all letters personally, he will respond to selected questions in future columns.

An Eastern Airlines Boeing 727 crashed in 1975 while attempting to land during a thunderstorm at New York's Kennedy International Airport, killing 113 people.





The Hereford Brand-Tuesday, January 16, 1990-Page 7

and the second					
	visior	the second station Disn	FAM B	NICK USA SHOW	MAC
IEIE	VISIOI	G KAMR Kacy G Tes	KFDA ESPN' KCIT	(HBO) (MAX) NASH	A
MORNING	(MO) America's Horse (WE) U.S. Pro Skiing	Live With Regis & Kathle Lee Joan Rivers	(MO) The Boy King Couch Potatoes	(TU) The Miracle Planet (Pt 1 Of 6)	Top Card Discovery On The Go
8:07 C (FR) Make Mine Music D	700 Ćlub With Pat Robertson Little Kosla	O Price la Right O Getting Fit	(FR) Twins (TU) Zelly & Me	(WE) Nova D (TH) Chen And China's	(MO) Dave Lombardi
(MO) Treasure Of Swamp Castle (TU) The Magic Snowman	Lost in Space (FR) Cincinnati Kid	Success-N-Life Elephant Show	(WE) Big Trouble In Little China	Symphony One Life To Live	(WE) This is The Life 2:35 (2) Flintstones
(WE) Hockey Night (TH) Barry Of The Great St.	(MO) Hide In Plain Sight	(HBO) (FR) MOVIE: Joe Kidd	(TH) Fresh Horses (HBO) (MO) MOVIE: He's My Girl	G Hazel	3:00 BReccoons
Bernard Sesame Street	(TU) The Subject Was Roses (WE) Sabrins	(MAX) (MO) MOVIE: Lady In	(HBO) (TÚ) MOVIE: Rooster Cogburn	(TU,WE,TH,FR) Andy Griffith (D) As The World Turns	Oprah Winfrey (FR) All The Right Connections
Our House	(TH) Flesh And Fantasy (HBO) (TH) Uncensored Channels II:	White (FR) Great Chefs Of San	(MAX) () (TH) MOVIE: A Man And A Woman: 20 Years Later	(MO) SuperBouts (TU) 1990 Battle Of The Monster	(MO,TU,WE,TH) Focus On Education
Bugs Bunny And Friends (TU,TH,FR) College Basketbell	(MAX) (FR) MOVIE: Gorillas In The	Francisco (MO,TU,WE,TH) Great Chefs Of	American Magazine	Trucks And Mud Racing (FR) Somebody Killed Her	Geraldo Something Else
(WE) Adventure Comic Strip	Mist (I) (MAX) (D) (TU) MOVIE: The Natural	New Orleans (FR) I Wonder Who's Kissing Her	Discovery On The Go (FR) News	Husband	Yogi Beer Highway To Heaven
Today's Special (TH) Daddy, I'm Their Mema Now	0	Now	(MO,TU,WE,TH) E.R. Beverty Exercise	(MO) Oh, Godt Book II (TU) The Exterminator	(WE,TH,FR) PGA Golf
(MAX) (MO) MOVIE: Clare's Heart	(FR) Collector's Journal (MO) American Album	(MO) Welcome To L.A. (TU) That Kind Of Woman	Los Ricos Tembien Lloran	(WE) Scorchy (TH) Avalanche	(TU) Legends Of World Class Wrestling
VideoMorning	(TU) Natural World (WE) Women Of The World	(WE) The Last Safari (TH) Moon Over Miami	11:05 (D Perry Mason 11:30 (TU,WE,TH,FR) Dumbo's Circus	Today's Special Wipeout	Dennis The Menace Dennis The Menace Dennis The Menace
Assignment: Discovery (MO,TU,WE,TH) Mountbetten: The	CTH) Discovery Showcase	She's The Sheriff Meritage Today	(MO) Music Box: Linda Arnold	(FR) Can't Buy Me Love D	Press Your Luck
Soldier & The Statesman	HeartBeat C	Tu O Nadie	News (FR) On Stage At Wolf Trap	 (WE) The Sure Thing (TH) Adventures in Babysitting 	(MO) Workin' For Peanuts
Lester Sumrall	Richard Roberts State (FR) Murder In Peyton Place	10:30 (FR) Main Street Jazz At The Epiourean	(TU) Just Listen: Living With Medical Choices	(HBO) (MO) MOVIE: Young Love, First Love	 (TU) All The Kids Do It (WE) Tales Of The Mouse Hockey
(FR) El Jiberito Rafael (MO) El Padre Diablo	(MO) Sunburn (TU) A Question Of Love	(MO) The Water Of Ayole (MO) The Water Of Ayole	(WE) Youth Homicide: A Public Health Issue	(HBO) (TU) MOVIE: Winners Take	League (C) (TH) Daddy, I'm Their Mama Now
(TU) Del Brazo Y Por La Calle (WE) Fiebre de Amor	(WE) Final Jeopardy	(TU) Changing Faces Of AIDS (WE) It Shouldn't Hurt to Be a Kid	(MO,FR) American Baby	(MAX) (C) (FR) Henry Fonda: The Man And His Movies	(HBO) () (FR) Babar (HBO) () (TU) Mom's On Strike
(TH) Hasta El Viento Tiene Miedo	(TH) The Hunted Lady 9:15 (HBO) (MO) MOVIE: Just One Of The	(TH) Who's Managing Our Inland Seas?	(TU) Beauty Breakthrough For The 90s	(MAX) (TH) MAX Movie Show	(HBO) (WE) Jim Henson's Ghost (
:05 @ Little House On The Prairie :30 @ Leave It To Beaver	Guys D	(TU) Straight Talk Basic Training Workout	(WE) American Snapshots (TH) Daily Mixer	(FR) Great Chefs Of Chicago (MO,TU,WE,TH) Great Chefs Of	Faffner Hall () (HBO) () (TH) Survival Series: Genti
(MO) Sportraits Richard Roberts	(HEO) (TU) MOVIE: Agnes Of God	Eureeks's Castle (MO) The Fringe Dwellers	BodyShaping Fred Penner's Place	New Orleans	Giants Of The Pacific (MAX) (D) (TU) MOVIE: Moon Ove
C Meye The Bee	9:30 (D) You And Me, Kid	(HBO) (WE) MOVIE: Accidental	Name That Tune	Cagney & Lacey	Parador () Nashville Now
(TÚ,WE,TH,FR) Partridge Family (FR) Cornet At Night	Square One TV D	(MAX) (ME) MOVIE: Breakout	(HBO) (C (FR) MOVIE: High Road To China ()	El Seductor	Discovery Field Test
(HBO) (FR) MOVIE: Zelly & Me () (MAX) (WE) MOVIE: The American-	Wheel Of Fortune World Of David The Gnome	Pasquale's Kitchen Express Day By Day	(HBO) (TH) MOVIE: Switching Channels C	1:05 (MO) Beverly Hillbillies	 (FR) Appointment With Danger (MO) A Woman Called Golda (Pt
ization Of Emily Parant Survival Guide	(HBO) (TH) MOVIE: Arthur 2: On The Rocks []	11:00 B Lunch Box	(MAX) (FR) MOVIE: Knights And Emeralds	1:15 (HBO) @ (FR) MOVIE: Just One Of The Guys D	Of 2) (TU) A Woman Called Golda (Pt 2 0
James Robison	(MAX) (MAX) (MOVIE: Here Comes Mr. Jordan	Generations (MO) Heart Has Its Reasons	(MAX) (TU) MOVIE: The Rose	1:30 (FR) Grimm's Fairy Tales & The Story Book Series	2) (WE) Dance With A Stranger
1:45 (HBO) (WE) MOVIE: Florida Straits	(FR) Testes Of The World	(TH) Who Owns The Beach? Saily Jessy Rephael	Tattoo Frugal Gourmet	Hazel	(TH) Blanche Fury (FR) First Steps
:00 C Scrabble	(TU) Natural World (WE) Looking East	 Sally Jessy Raphael Straight Talk Geraldo 	(FR) Voice Of Salvation (MO) Goin' Places	 (TU,WE,TH,FR) Dick Van Dyke (WE) Black College Sports Today 	(MO) The Ratings Game
Mister Rogers' Neighborhood [] Donahue	Jerry Bernard 10:00 Walt Disney Presents	Young And The Restless	(TU) It is Written (WE) Jake Van Impe	Lassie (TU,WE,TH,FR) Hollywood	(TU) A Good Sport (WE) Breaking All The Rules
CBN Telethon	Everyday With Joan Lunden	Bodies In Motion (TU,WE,TH,FR) Big Valley	(TH) What Catholics Believe	Squares (MO) New Hollywood Squares	(TH) Poker Alice D Heritage Today
Family Foud	Contact C	interpreter har search	AFTERNOON	(HBO) () (TH) MOVIE: Joe Kidd (MAX) () (MO) MOVIE: Big Trouble In	Carrusel
	THEODAN	Carlot Andrew System of Market and	12:00 (FR) The Phantom Tollbooth	Little China D	3:05 (2) Flintstones 3:30 (2) Donald Duck Presents
	TUESDAY		Grimm	(MAX) ((TU) MOVIE: Bloodstone (MAX) ((TH) MOVIE: The	Mister Rogers' Neighborhood (MO,TU,TH,FR) Dinosaucers
			(TU) Secret World Of Polly Flynt (WE) Who's In Charge Here? - The	Carpetbaggers (FR) Celebrity Outdoors	(WE) Dinasaucers
EVENING	Forsythe gets friendly with a tribe of boisterous baboons in East Africa.	(HBO) (D MOVIE: The Morning After **	Ronn Lucas Special D (TH) Mooncussers	(MO) Side By Side (TU,TH) Remodeling And Decoret-	DuckTales Dalvin And The Chipmunks
5:00 @ @ News	Day By Day Morris Cerulio	(MAX) @ MOVIE: The Sons Of Katie	Days Of Our Lives	ing Today	Patty Duke High Rollers
MacNeil Lehrer NewsHour Scarecrow & Mrs. King []	6:35 @ Sanford And Son Camping Trip	Elder +++	(MO) Florida's Phantom Panthers (TH) NASA At Work	(WE) Country Kitchen Pasquale's Kitchen Express	(WE) The Little Prince (HBO) @ (FR) You Don't Have To D
Abbott And Costello Night Court	7:00 C Lord Of The Lions: Adamson Of Africa George Adamson dedicated his	Discovery Showcase Penguin	(TU,WE,TH,FR) ((D News (FR) You Can Feel Beautiful	World Of Survival 1:35 (MO) Munsters	(HBO) (WE) MOVIE: Poli
SportsCenter	life to preserving African wildlife. In	Island Biography: Douglas MacArthur -	(MO,TH) Varied	2:00 @ Welcome To Pooh Corner	Academy 3: Back In Training D
Inspector Gadget Miami Vice	1989, not far from his settlement, he was murdered by poachers.	The General Douglas MacArthur and his career as a military leader are	(TU) Deily Mixer (WE) Weight Loss In America	 (TU,WE,TH,FR) Santa Barbara (MO) Soap Opera Awards 	(MAX) ((MO) MOVIE: Twins) (Your Health!
A Dynamite Evening With Jimmle	Matlock Matlock defends a top TV producer accused of murdering the	captured in this detailed appraisal by his contemporaries.	(MO) NBA Basketball (FR) NCAA Final Four Highlights:	(FR) Cookin' Cheep (MO) Travelin' Gourmet	3:35 (3) Brady Bunch
Walker And Friends Veteran funnyman Jimmie Walker acts as host in this	programming chief at the top-rated network, and finds the case has many	Spenser: For Hire	(MO) Bud Light World Champion-	(TU) Art Of William Alexander	4:00 (B) Kids, Incorporated (B) Magnum, P.I.
side-splitting showcase of new comic	unusual twists. (R) 🗘	Heritage Today Rebelde Novela de Argentina.	ship Grand Prix (TU) Mickey Thompson's Off Road	(WÉ) Gourmet Cooking (TH) Joy Of Painting	Square One TV D Family Feud
talent. VideoCountry	Nova This program looks at shocking instances of pilot negligence, and what	7:05 C MOVIE: Living Proof: The Hank	Championship Grand Prix	General Hospital	Betman
Rendezvous New Wildemess Enter the under-	airlines are doing to solve the problem.	Williams Jr. Story * * * A country singer nearly kills himself, literally, trying to get	(WE) College Basketball: Coach's Court	(TU,WE,TH,FR) Facts Of Life	Chip 'N' Dale's Resci Rangers
water world of the tropical coral reef.	Who's The Boss? When Tony persuades Angela to buy the house next	out of his legendary father's awesome shadow to become a star in his own	(TH) Top Rank Boxing Noozles	Guiding Light (MO) Bud Light DareDevils	People's Court (TU) Harness Racing '90
She's The Sheriff	door as an investment, all is well until	right. Richard Thomas, Clu Gulager (1983)	Chain Reaction	(TU) Fishin' Hole (WE) Best Of Muscle Megazine	D You Can't Do That On TV
James Robison Rubi Novela de Venezuela.	Tony also selects a beautiful young woman as the tenant. Tony Danza, Judith	7:30 The Wonder Years Kevin faces a dilemma between attending a dance	(MAX) (MO) MOVIE: License To Drive	(TH) 1989 Michelin Long Drive Championship	
6:05 C Jeffersons The Three Faces Of	Light D	with his really nice lab partner, or	(MO,TU,WE,FR) On Stage	Count Duckula	(TU) Running Wild

- 6:05 Jeffersons The Three Faces Of Florence
- 6:30 Mousetsrpiece Theatre George Plimpton imparts bits of knowledge about Disney animation before in-

7:30 The Wonder Years Kevin'faces a dilemma between attending a dance with his really nice lab partner, or holding out for a chance at his dream date. Fred Savage, Linda Sloan Light
MOVIE: Drums Across The River ** Against his father's wishes, a youth joins a gang which raids Indian territory for gold. Audie Murphy. Walter Brennan (1954) B Mr. Ed Weekday

50 B Diene s. The An Teacher Top teachers across the country are recognized for their person-al achievements and accomplishments. Barbara Bush

Mozies Chain Reaction (MAX) (MO) MOVIE: License To Drive (MO,TU,WE,FR) On Stage
 (TH) Country Kitchen
 Discovery Field Test
 (MO,TU,TH,FR) Decades: '70s
 Jane Wallace

troducing classic short cartoons in this spool of the scoleined PBS series. © Cosby Show [] © Wheel Of Fortune [] © Dight Court © College Basketball Oklahoma vs Kansas State (L) © Mama's Family (Pt 2) © Looney Tunes © World Monitor

B World Of Survival Host John

S:00 CD C Nows MacNell Lehrer NewsHour Scarecrow & Mrs. King D Abbott And Costello Night Court D College Bastestball Boston College vs Georgetown (L) Mr. Belvediere D Inspector Gadget Miemi Vice VideoCountry Rendezvous New Wildemess On the fringe of the Australian society, wild horses, don-keys and camels scratch out an existence. Lorne Greene She's The Sheriff James Robieon Rubi Novels de Venezuels.

6:05 D Jeffersons Every Night Fever

6:05
Gibbo Jeffersons Every Night Fever
6:30
Denger Bay Doc Roberts, the
troubleshooting veterinarian, and his
family live an adventurous life in the
beauty of Canada. []

Wheel Of Fortune []

Wheel Of Fortune []

Mama's Family

Looney Tunes

World Monitor

World Of Survival There's more life
than meets the eye-in an abandoned
gravel pit of surprising inhabitants.

Day Sy Day

Mitorie Cerulio
6:35
Sanford And Son The Director

6:35
Senford And Son The Director

7:00 MOVIE: The Time Machine +++ Inventor of the time machine under-takes a journey into the infinity of the fourth dimension, based on H.G. Wells' fantasy fiction. Rod Taylor, Yvette Mimieux (1960)

tentasy fiction. Rod Taylor, Yvette Alimieux (1980) Unsolved Mysteries Profiles an Oklahoms boy's search for his grand-father; A near-fatal attack on a Connec-ticut woman; A deaf woman's quest to find her natural father. [] Live From Lincoln Center This program includes: Besthoven's Leon-ore Overture No. 3; Häyden's Trumpet Concerto; Webern's Glarinet Concerto; and Ravel's Bolero. Zubin Alans Growing Pains Jason puts the wrong date on an invitation for a fund-raiser and the family realizes that sky paople will descend on their unprepared house shortiy. Alan Thicks, Janne Kans [] MOVIE: El Paso ++++ After falling to rid a town of corruption during the chaotic days after the Civil War, syoung lewyer learns to outshoot his enemies. Jahn Payne, Gal Russell (1940) Megen's Herces Beauty And The Seast After Vin-cent's attack on a drug warehouse, Diana lies to Jos in order to protect the Beaut Ron Parima, Jo Anderson [] Bimon & Stmen Beautchead Murder, She Wrote

Murder, She Wrote ē

(1953) MOVIE: Tank ++ A carest minutely man uses a Sherman tank toyescue his son, who is unjustly jailed by a redneck sheriff. James Garner, G.D. Spradlin (1984) PG Profanity. Bescue: \$11 Life and death situa-

Hescue: 911 Life and dealth situa-tions are presented in actual scenes of police, paramedics, firefighters and other emergency episodes.
 Simon & Simon Simon & Simon Bewitched Murder. She Wrote

WEDNESDAY

Jonethan Winters And His Traveling

- (HBO) MOVIE: Caddyshack ** (MAX) MOVIE: Love Story ***
- Conversation With Dinah Wildlife Chronicles Bay Of Fundy World War I Herbert Hoover and FDR rise to national prominence as Charlie Chaplin, Mary Pickford and Douglas Fairbanks help the war effort at
- nome. Spenser: For Hire D Heritage Today Rebelde Novela de Argentina.
- 7:05 MOVIE: The Scalphunters ** Fur trader and a slave fight Indians in the Old West. One tries to regain stolen furs and the other tries to gain his freedom by way of Mexico. Burt Lancaster, Shelley Winters (1968)
- 7:30 Head Of The Class When Alex decides to use subterfuge to impress a girl, Charlie tries to discourage the idea, basing his advice on an episode in Arvid's past. Howard Hesseman, Tony O'Dell

College Basketball DePaul vs Niagra (L) Mr. Ed

Weekday Predators And Prey Coral Paradise The Twentligth Century A look at the little known German underground and their plots against Hitler's life. Walter Constrict

Cronkite 8:00 Might Court Mac's old singing group, the Starlights, reunites for a benefit to help save a grand old theater from demolition. Charlie Robinson D Deogle Howser, M.D. After a medical experience reminds her of her own mortality, Katherine Howser decides to pursue some of her dreams, including singing with a band. Belinds Montgomery. Neil Patrick Herris D Date And The Fatman Driving home from an evening of fun, Derek's car strikes a podestrian, who later dies. Investigation turns up some surprising evidence. William Ganad, Joe Penny D College Besterbalt Duke vs North Carolina (L) MOVIE: Raising Arizons +++ After discovering they're unable to have children, an ex-con and his wife go alsout remedying the situation by kidmepping a quintuplet. Mosles Cage, Nolly Hunter (1987) PG13 Protanity, Violence, Mature Themes.

Helly Hunter (1987) PG13 Profanity, Violence, Mature Themes. © Green Acres MOVIE: Pride And Extreme Prejudice A West German intelligence officer and his call girl lover find themselves embrolled in a secret plot involving the CIA, KGB and the Secret Service. Brian Dennehy, Leonie Mellinger (1980)

(1980) MOVIE: Big Trouble in Little China + Mashuttle New Wings General Dynamics F111 Why We Fight Frank Capra's

cinemax

Get plugged in

8:00 MOVIE: Murder At The Gallop *** Miss Marple, an amateur sleuth, su-spects that the death of an old recluse is not an accident. Margaret Rutherford, Robert Morley (1963)

1

dramatic newsreel record of the war at home. Actor Walter Huston narrates this

home. Actor Walter Huston narrates this War Department film on the reasons behins WWII. MOVIE: The Gladiator * After his brother is killed in a senseless hit-and-run accident, a man becomes the mysterious avenging hero known as Gladiator. Ken Wahl, Nancy Allen (1985) Dr. D. James Kennedy Dulce Desaflo

8:30 Dear John Kirk schemes to conquer Dear John Kirk schemes to conquer a new member of the group, but her aggresive response wither's him in the heat of battle and he runs to John for advice. Jere Burns, Susan Walters D Anything But Love Hannah learns the harsh truths of the journalistic jungle when an aspiring writer she befriends turns out to be a snake in the grass. Jamie Lee Curtis, Courtney Thome-Smith

Car 54 Where Are You? Simplemente Maria

Simplemente Maria
 MOVIE: Friendty Persuasion **** In 1860s Indiana, a loving Quaker family is compelled by the violence of the Civil War to test their beliefs. Gary Cooper, Darothy McGuire (1956)
 Quantum Leep Sam leaps into the life of a teen-aged football star in the barrio who must stop his best friend from throwing the championship game. Scott Bakula C
 Arrau & Muti & Beethoven Muti

throwing the championship game. Scott Bakula [] Arrau & Muti & Beethoven Muti conducts planist Claudio Arrau and the Philadelphia Orchestra in Beethoven's 4th plano concerto. Chine Beech Dodger combines his battle-honed killer instincts with his fatherly one in order to try to rescue his Amerasian son. [] CBN Telethon Wiseguy Sonny Steelgrave's demonic numbers man, Sid Royce, returns to exact revenge against Frank McPike. Ken Wahl, Demis Lipscomb [] Batunday Night Live (HBO) Ist & Ten: Eam This One For Emie When a practical joke is pulled during a Calendar Girl competition at their bar, Bubba and Jethro plan revenge. Joe Namath guest stars. [] (MAX) MOVIE: 9 Te 5 ±± /

Survival The Illegals
 Living Dangerously A trip down the Alas River in Sumatra leads to an excursion in the kingdom of the rare red appe and a trek through wild landscase.

Richard Roberts
 Cits Con El Amor

9:10 MOVIE: Last Train From Gun Hill *** A sheriff must light off an entire town to bring a young killer to justice. *Kirk Douglas, Anthony Quinn* (1959)

9:30 News SCTV (NBO) © Kids in The Hall © On Stage Hollywood Chronicles Riding Into The Sunset

Hereford Cablevision

126 E: 3rd 364-3912

10:00 . . . News

C Larry Les 12:05 (FR) Gunsmoke: The Guns Of Cibola Blanca Cibola Blanca (MO) Martin Luther King Jr. National Holiday Parade (TU) Stunts (WE) Revenge For A Rape (TH) The 3,000 Mile Chase

12:30 Homestretch 3rd Degree Celebrity Chefs Bold And The Ber Bold And The Beautiful
 (FR) Women's College Basketball
 (FR) Pet Talk
 (MO) Beauty Breakthrough
 (TU,TH) Synchronal Research
 (WE) Better Ways To Better

12:15 (MAX) (WE) MOVIF. Chann

Pinwheel
 Bumper Stumpers
 (MO) Perry Mason: The Case of the
Murdered Medam
 (TU) Like Father, Like Son
 (HBO) (WE) MOVIE: Who is Killing
 The Great Chefs Of Europe?
 VideoCountry
 Your Healthi
 Chronicle

Chronicle
 Fletcher Brothers
 Agus Viva

1:00 (WE) The Fig Tree Another World (FR) Mystery! (MO) Masterplece Theatre (Pt 2 Of

Crossword

CROSSWORD

by THOMAS JOSEPH ACROSS 36 Small 1 Armored flower vehicle 37-South **5** Fastening American device wildcat 9 Curved 38 Exude 39 Employer molding 10 Judge's chamber DOWN **12 Volcanic 1** Rental sign 2 Playing marble spew 13 Public speaker 14 Summer (Fr.) plagued by 4 N.Z. 15 Except 16 Anger parrot 17 Earthly 5 American 19 Cole writer of song 20 Exploit

21 Speck

23 Curse

26 Foot

27 "Gone

role

30 Pooch

sound 31 Table

33 "Our Gang" membe

36

22 Jam



Championship Count Duckula

MAX) (FR)

B Weekday Discovery On The Go

Discovery On The Go
The Fugitive
Attitudes
(FR) Fred K. Price
(MO) Miracles Today
(TU) Jerry Barnard
(WE) God's News
(TH) Cornerstone
TV Mujer

2:05 C Tom And Jerry's Funhouse

C.O.P.S.

2:30 (WE,FR) Pound Puppies (MO) Superman Carloons (TU) Pontoffel Pock (TH) Wuzzles (FR) Secret City (MO,TU,WE,TH) Focus On Europe

(FR) Inside The PGA Tour (MO) Continental Basketball lociation

(TU) Sunkist K.I.D.S.
 (WE) Budweiser Thoroughbred

(WE) Budweiser Thoroughted
 Digest
 Super Sloppy Double Dare
 \$25,000 Pyramid
 (MO) King's Road
 (TU) Cornet At Night
 (HBO) (MO) MOVIE: Remo Williams: The Adventure Begins ()
 (HBO) (WE) You Don't Have To Die

(MAX) (WE) MOVIE: Pelle The Conqueror

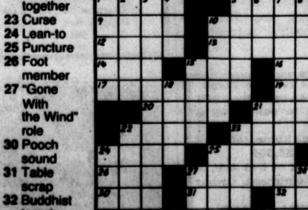
Boys

MOVIE: Sunshing

8 Divide 24 Office 10 Nobleman force 3 Constantly 11 Mountain 25 City in Afghanistan crest 27 French **15 Shine** painter 28 "- bleu" **18** Interpret 21 African 29 Rose republic 6 Candlenut 22 Vocal essence

tree work 7 Inflexible 23 Dowel 34 Son of Bela 35 Fire (Fr.)

37



You Can't Do That On TV Dance Party USA (MO) Never Say Goodbye (TU) Running Wild (TH) Manny's Orphans (HBO) (FR) MOVIE: Remo Willi The Adventure Begins [] (HBO) (TU) High Powder [] (HBO) (TU) High Powder [] (HBO) (TH) MAX Movie Show (MAX) (TH) MOVIE: Barefoot in The Park Mother Nature 100 Huntley Street Cristina 4:05 C Addams Family 4:30 Mickey Mouse Club [7] Sesame Street [7] Win, Lose Or Draw Batman @ Fun House Fun House Crimewatch Tonight (TU) NBA Today DuckTales Don't Just Sit There (HBO) (MO) MOVIE: Switching Channels (MAX) (FR) MOVIE: Ice Station Zabra Zebra American Magazine Mother Nature 4:35 Good Times (FR) Cornet At Night 4:45 (MAX) (TU) MOVIE: The Man Who Would Be King 5:00 (FR) Goofy Sports Story (MO) tom thumb (TU) The Care Bears Movie (WE) Unico In The Island Of (TH) The Journey Of Natty Gann Current Affair Jeopardyl () (FR) Zorro (MO,TU,WE,TH) Hardcastle And McCormick () Charles in Charge D News

 News
 (FR) Super Bowl IX Highlights
 (MO) Scholastic Sports America
 (TU) Super Bowl X Highlights
 (WE) Super Bowl XI Highlights
 (TH) Super Bowl XII Highlights
 (Facts Of Life
 Finders Keepers
 Jam Finders Keepers
 Jem
 (FR) Big Trouble in Little Chine
 (MO) An All Star Tribute To Woody
 Guthrie & Leadbelly
 (WE) Can't Buy Me Love
 (WE) Can't Buy Me Love
 (ME) MOVIE: Young Sherlock
 Holmes
 (ME) MOVIE: Funny Ferm (HBO) (WE) MOVIE: Funny Farm (MAX) (WE) MOVIE: Goodbys, al World New Animal World
 (MO,TU,TH,FR) Decades: '70e
 NacGruder And Loud
 (FR) Larry Allen
 (MO) Search Telecast
 (TU) Shiloh Christian Retreat
 (WE) Jawish Voice
 (TH) God's News.
 Univision Y Los Nince es: '70s

5:05 C Beverly Hillbillies 5:20 (MAX) (MO) MOVIE: The Legend Of Billio Jean []

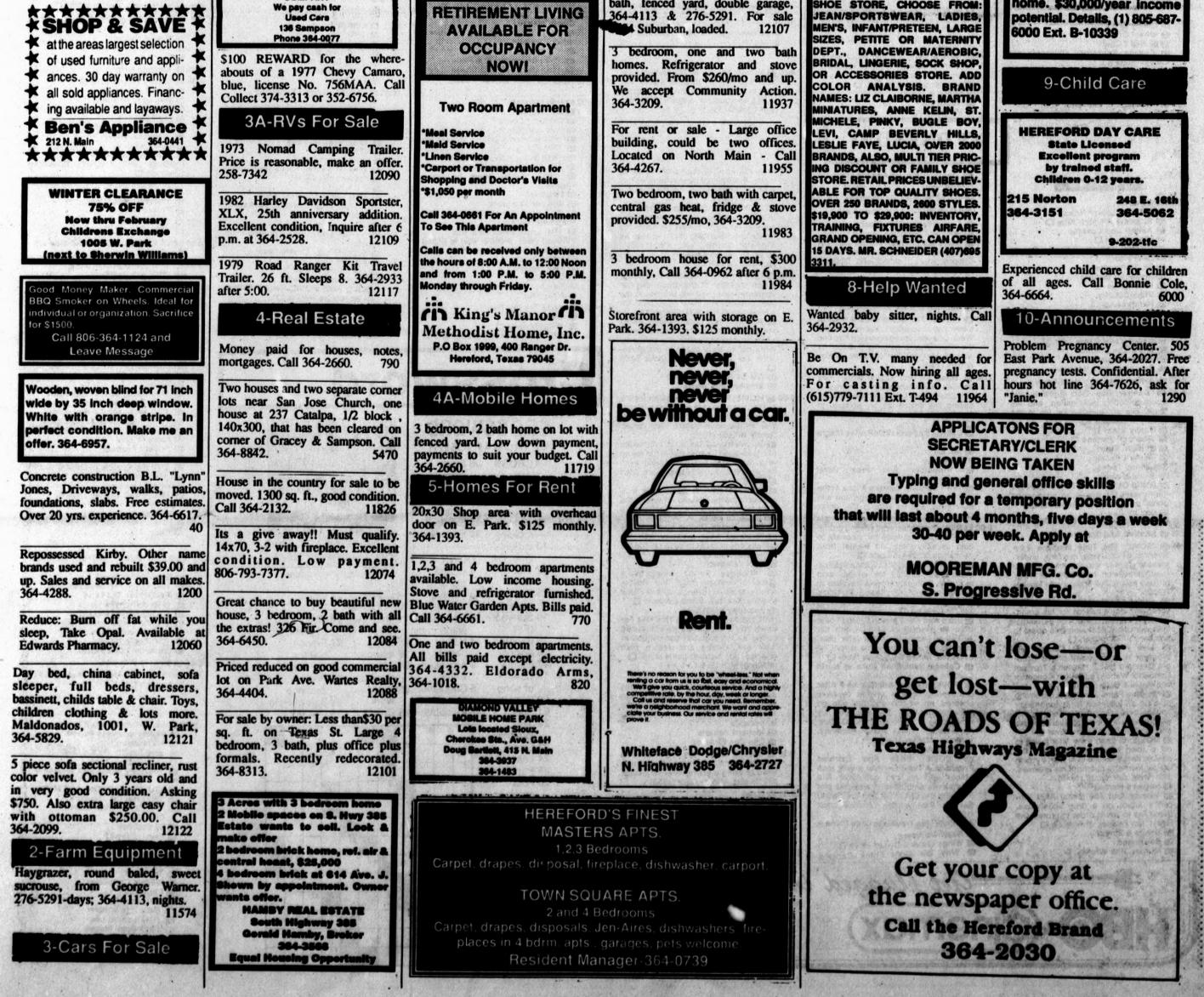
	Night	y Buel lows [News ness R Tin K-	eport	
	(FR) (MO)	My W	n Nice Iond A	nd We	
198513	(WE)	Hot O	McGe If The Gilders	Whe	Molly
-	CBS Sport	News sLook y Ties	•		i sono
-	Heke He-M	The C		, A.	
-	Top	Cord He Chi		2.	and a second
-		Paul (the Mritten rd Lee		
12.5.6) Goin'	h Voic		Section 2

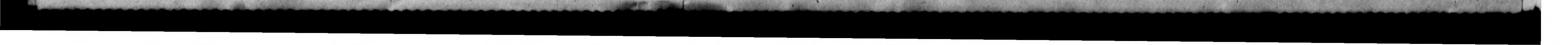
8:35 C Andy Griffith



Page 8--The Hereford Brand, Tuesday, January 16, 1990

CL/	1551		DS	364-2	030
<section-header><section-header></section-header></section-header>	Evenings-weekend. 364-6904. 12096 78 Fairmont, good shape, high mileage, \$1,000 or best offer. Might finance. See at 1312 E. Park. 12098 88 Tempo, power, air, locks, tilt, cruise, 5-speed, \$6300 OBO. 364- 1393. 1974 Jeep. Good motor & transmission. New tires. Call Monday or Tuesday-Saturday after 6:00 p.m. 364-4013 12104 1979 Cadillac, \$400. Call 364-2528. 12111 1984 Chevrolet Caprice Classic, 9 p a s s e n t e r w a g o n . Automaticoverdrive, Gets 24 m.p.g. burns no oil. New tires. \$2,950.00. See at 143 East First. Wednesday Jan. 17th-"The Car is Worth Much More." 12118 NEW & USED Now for sale at STAGNER-ORSBORN BUICK-PONTIAC-GMC 1st & Miles	ULHSLJF LF ANF STX FJSLHX STN SXIB NIX ROIXW - UINFZWLF R Yesterday's Cryptoquote ART OF CONCEALING AUTHOR UNKNOWN RETIREMENT LIVING AVAILABLE FOR RENT NOW! Remodeled Two bedroom, One	ELLOW er. In this sample A is used two O's, etc. Single letters, irmation of the words are all s are different. QUOTE NIS JU STX V FJGXWB LB S STX HTNINH- V LANMLFNIV. NPNAB e: ORIGINALITY IS THE YOUR SOURCES. — Need extra space? Need a place to have a garage sale? Rent a min-storage. Two sizes available. 364-4370. 870	40'x54' metal building, insulated, concrete floor, gas & electricity available, 11'x12' door. Excellent for storage or warehouse type operation. Call Hereford-276-5887. 11986 3 bedroom, 2 bath home in Northwest Hereford. \$400 per month plus \$100 deposit. Call 364-5982 after 5 p.m. 12012 2 bedroom, 1 bath, stove and refrigerator furnished, \$220 monthly, 212 Ave. I. 364-6489. 12017 Furnished Bachelor apratment for rent-\$135 a month. ALI bills paid. Call 364-0077; home-364-1364. 12019 Arbor Glen Apartments, 1 & 2 bedrooms, kitchen appliances furnished, security system, covered parking, 364-1255. 12025 One bedroom duplex with stove & refrigerator, \$225 monthly all bills paid. Call 364-7332 after 5 p.m. 12073 For rent: Two bedroom house, 327 A v e . D . U n f u r n i s h e d , Days-364-2040; nights, 364-0069 or 364-1978. 12099 For rent: 3 bedroom, brick house. 1 mile North on Ave. K. Call 512-547-7375 12119 6-Wanted Would like to do washing and ironing in my home, Mrs. Rankin, 317 Star, Call 364-1220. 12095 Would like to rent or lease farmland in Hereford or Westway area. Call 289-5977 or 357-9192, M.D. Franks 11976 7-Business Opportunities	11987Cruise Ships Now hiring all positions. Both skilled and unskilled. For information Call (615)779-5507 Ext. H-1207. . 11988Steere Tank Lines, Inc. in Dimmitt, Texas now accepting applications for experience semi-truck drivers. One year experience in the last three years necessary. Must be at least 21 years of age. Please apply in person. Equal Opportunity Em. . 12044Experienced ICU Registered Nurses earn \$25 to \$32 per hour. Call Carmen or D'Ann, Kimberly Quality Care, 3716 Olson, Amarillo, Texas 79109, 1-800-333-7488 . 12059"Attention: Easy Work Excellent Pay! Assemble products at home. Details. (1)602-838-8885 Ext. W-1488. 12075Start the New Year right. Earn dollars with Avon. Call 364-8628 or 289-5870. 12081Mature Secretary needed for trucking firm. Apply in person at Burke Inmon Trucking Co. on Pine Street." 12089CLIENT SERVICE COUNSELORSAre you a person with a health care background who's looking for a unique challenge? If you enjoy help- ing others achieve their weight loss goal, jon our team of professionals at Nutri-Systems. Part-Time positions available. Call 806-247-2486 or 806- 358-1317Mon. Jan. 15th-3 to 6 p.m. Mon. Jan. 2004 2.6 p.m.
	COMPANY		bath, fenced yard, double garage,	SHOE STORE, CHOOSE FROM	home. \$30,000/year income





The Hereford Brand--Tuesday, January 16, 1990-Page 9



Notice! Good Shepherd Clothes Closet, 625 East Hwy. 60 will be open Tuesdays and Fridays until further notice from 9 to 11:30 a.m. and 1:30 to 3:00 p.m. For low and limited income people. Most everything under \$1.00. 890

11-Business Service

Defensive Driving Course is now being offered nights and Saturdays. Will include ticket dismissal and insurance discount. For more information, call 364-6578. 700

Overhead door repair and adjustment. All types. Call Robert Betzen, Call 289-5500. 750

Stan Fry Aluminum Products. Storm doors, screen repair. Office 364-0404; home 364-1196. 860

Will pick up junk cars free. We buy scrap iron and metal, aluminum cans. 364-3350. 970

Custom plowing, large acres. Discing, deep chisel, sweeps, bladeplow and sowing. Call Marvin Welty 364-8255 nights. 1350

Tailwater pit cleaning, pen cleaning, general loader work. 289-5677, 12032 nights-257-2240

Loader service. Will clean tail water pits and do dirt work. Phone 258-7386. 12085

> CHARLIE BELL IRA'S and Single Premium Annunities 8.05% 110 East Third St. 364-2343.

Having Health Insurance Problems? CALL NEIL COOPER 806-354-2233 Small Groups-Medicare

13-Lost and Found

Found: One male short-haired puppy & one female long-haired brown, with black & white face. Call 364-0012. 12072

Buff color Morris type kitten lost. Has brown color with Ruidoso, N.M. tag. Likes to ride in car. 364-8185 days; 364-4585 after 5 p.m. 12077

LEGAL NOTICES

REQUEST FOR BIDS ON TEXAS HIGHWAY CONSTRUCTION

Sealed proposals for 5.700 miles of landscape establishment on IH 40 from Grand Street to 0.1 mile W. of Bell Street, covered by CL 275-1-110 in Potter County, will be re-ceived at the State Department of Highways and Public Transportation, Austin, until 1:00 P.M., February 7, 1990, and then publicly opened and read. Plans and specifications including minimum wage rates as provided by Law are available for inspection at the office of Donald J. Shipman, Resident Engineer, Amarillo, Texas, and at the State Department of Highways and Public Transportation, Austin Texas. Bidding proposals are to be requested from the Construction Division, D. C. Greer State Highway Building, 11th and Brazos Streets, Austin, Texas 78701. Plans are available through commercial printers in Austin, Texas, at the expense of the bidder Usual rights reserved.

The Commissioners Court of Deaf Smith County will open proposals for insurance coverage for the county on February 12, 1990 at 9AM in the Courthouse. Specifications for required coverages may be obtained from Alex Schroeter at 242 E 3rd Street, Hereford, Texas. The coverage will be for a period of one year beginning at the expiration of the present coverage which is around February 21, 1990. The



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

Franks take on top-dog taste with this one-of-a-kind relish. The onion flavor is pleasingly mild, tamed by the tomato and herbs. We like it with burgers and chicken, too.

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

1 1/2 teaspoons sugar 1/2 teaspoon dried oregano, crushed

1/4 teaspoon salt 1/4 teaspoon garlic salt

1/4 teaspoon crushed dried red pepper

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 minutes or until onions are just tender. Serve hot or chilled with meats. Store remaining sauce in refrigerator for up to 2

Learn what food processor can do

Used properly, a food processor can make food preparation a pleasure. It overload may have tripped its builtbanishes such tedious jobs as mixing, in circuit breaker. Turn the machine slicing, chopping, pureeing and grating off and correct the problem. Wait five a wide variety of vegetables, meats, nuts, cheeses, pastries and more.

To make the most of your food processor, learn what it can and what it can't do, then adapt your recipes and 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 Processor

- When preparing dishes that have many chopped or sliced ingredients, start with the hard, solid foods, then process the softer ones.

- Meats and cheeses should be very cold or semi-frozen (but not hard frozen) when you're chopping, slicing or shredding them. Don't attempt to process any hard cheese that can't be pierced easily with a knife.

To make purces for soup, baby food and thickening sauces, first, drain the liquid from the cooked food, reserving 1/2 cup.

Fill the processor bowl about halffull with the soft or cooked food and process in 15- to 20-second spurts, adding liquid as needed. Scrape down the sides of the bowl occasionally with a plastic scraper.

- To mix pastry or biscuit dough, first process the dry ingredients a few seconds. Then add the chilled fat in pieces and process just until mealy. With the motor running, add liquid through the small feed tube. Process until the dough forms a ball.

When making cakes or cookies, add the dry ingredients last. If the recipe calls for chopped nuts or dried fruits, do them first and set them aside. Chill other fruits before chopping, and process them with some of the flour from the recipe. - To make cookie or bread crumbs, - Processor blades are extremely - Be sure to read and understand the

break the dry ingredients into pieces. Run the motor in 15-second spurts until the crumbs are as fine as you want them. Safeguards sharp. Handle them carefully. The large holes in some food processor discs let you pick them up without touching the sharp edges. instructions that come with the

If the processor stops suddenly, an minutes before starting it again.

If your processor is noisy, put it on a thick pad of rubbery plastic of the sort sold in stationery stores for keeping office machines quiet.

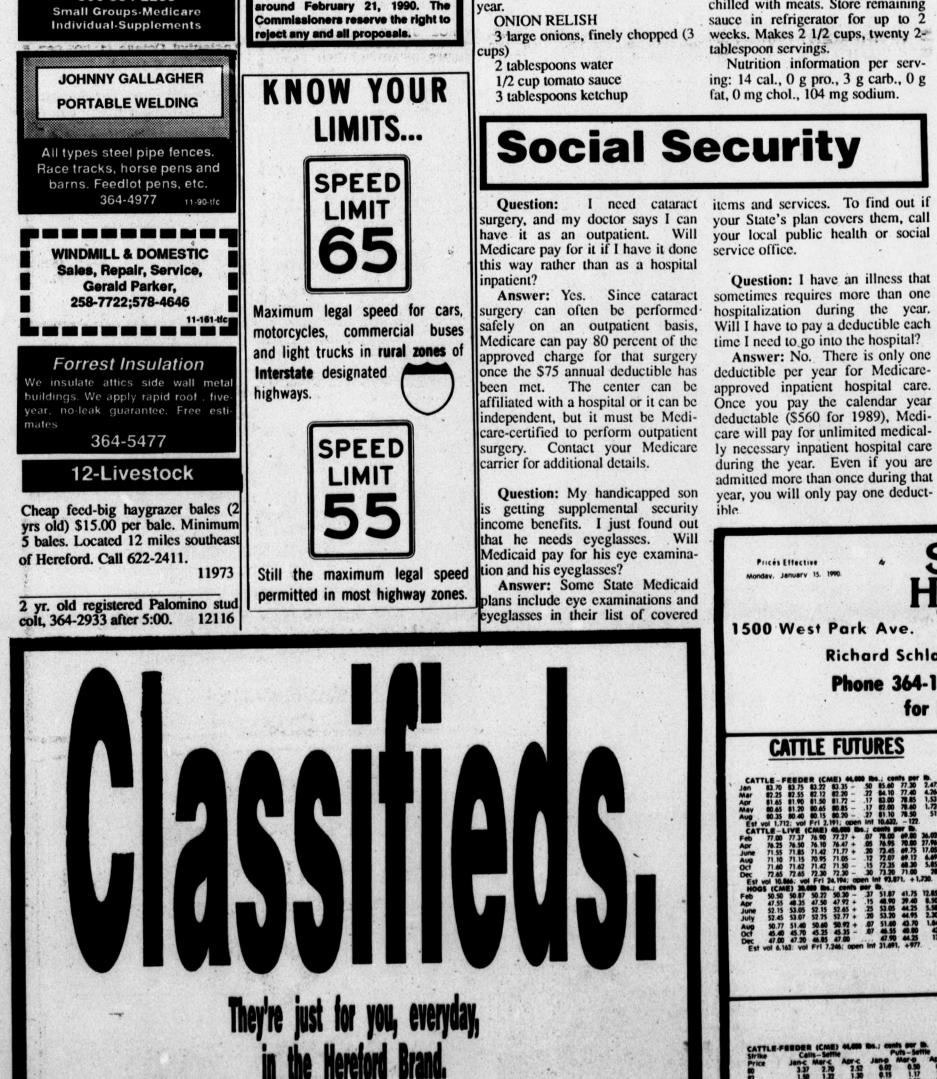
(Need help on a home repair or improvement project? Write Reader's Digest, P.O. Box 700, Pleasantville, N.Y. 10570-7000. Suggestions and tips will be offered in future columns.)

Cooley's anemia can be prevented

Couples planning a family today are taking more precautions, including seeking genetic counseling and undergoing a number of tests to determine the likelihood of passing on genetic disorders to their future children.

Some diseases, including the fatal blood disorder known as Cooley's Anemia, are predominantly passed along by 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, with each pregnancy, of the child having Cooley's Anemia. Yet, it can be detected with a blood test known as MCV/hemoglobin A2," according to Teresà G. Piropato, National Executive Director of the People whose background is Italina, Greek, other Mediterranean heritage, Pakistani West Indian, Asian, Indian, Vietnamese, Cambodian or Korean, are most likely to carry the Thalassemia trait.



Allmon today at 364-2030 and get a classified to

appliance. - Always push food down the feed tube with the plastic pusher, never with your fingers.

- Never open the work bowl until the blades have completely stopped. When emptying the bowl, hold the metal blade in place with a spatula or

spoon, or remove it just before tilting the bowl. Take the processor to an

authorized service store if the cord or plug is damaged or if the appliance has been dropped or damaged in any way. - To avoid electric shock, always

keep the processor base on a dry surface.

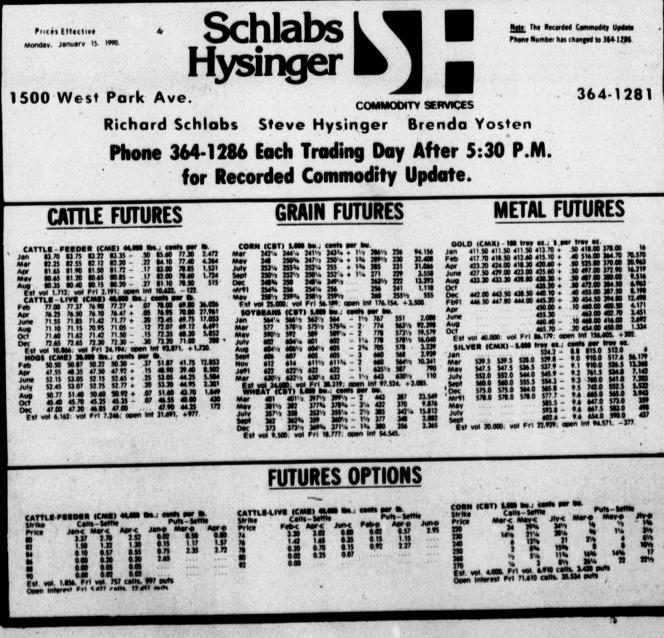
> Keep children away from the processor when it is in use. Troubleshooting

Children with Cooley's Anemia cannot produce enough hemoglobin. To remain alive they must undergo blood transfusions twice a month, and a 12-hour drug injection every night.

"While researchers believe a cure is possible by the year 2,000, it's important for couples to know the risks, and request the specific blood test for Thalassemia, which is not part of routine blood tests.

"A gynecologist, family physician, hematologist or blood testing facility can order the test, but we recommend the results be evaluated by a hematologist," Mrs. Piropato explains.

For more information, contact the Cooley's Anemia Foundation, Depart. S., 105 E. 22nd St., New York, N.Y. 10010; 1-800-221-3571 or 212-598-0911.





Page 10-The Hereford Brand, Tuesday, January 16, 1990



Examining ledger

Members of the Deaf Smith County Genealogical Society met recently in the Deaf Smith County Library's Heritage Room to hear guest speaker, Miles Caudle. Caudle displayed his great-grandfather's justice of the peace ledger to the group. Examining the ledger with Caudle is Wilma Clark, the society's historian. The local organization welcomes new members. For additional information, contact Nell Norvell at 364-4475.

Targeting fats likely to help weight loss

NEW YORK (AP) - By now, the resolutions of even the most resolute New Year's dieters may be wearing thin - especially if the dieter is not.

Americans seem forever to be dieting and falling for the latest "miracle" way to a thinner body. But has four calories; one gram of fat has experts insist it is only through a at least nine. permanent change in behavior that any weight loss plan can be effective.

Specialists lately are focusing on two factors: exercise and dietary fat. " "Overall if there's anything people agree with among nutritionists, it's that you should cut back on dietary fats," said Dr. Helene Swenerton of the

"Fats are twice as concentrated as carbohydrates or proteins," said Jayne Newmark, a dictician at the Arizona Heart Institute and a spokeswoman for the American Dictetic Association. One gram of protein or carbohydrate

"The Choose to Lose Dict" works on the principle of a fat "budget." The dieter determines, based on height, desired weight and frame size, how many fat calories can be consumed daily. Then, as long as the dicter stays within the budget, all foods are OK. "You need to cat some fat,"

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 Office, 402 W. Fourth St.

Frank is retiring after 26 years of service with the Hereford Independent School District Tax Office and the Deaf Smith County Appraisal District.

The public is invited to attend.

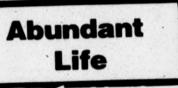
Higgins selected as nominee

Edith Higgins was chosen as nominee for "Woman of the Year" when the North Hereford Extension Homemakers Club met recently in the home of Peg Hoff.

President Higgins gave the opening exercise by reading the call. Policies and bylaws were given by secretary Martha Luch.

Namoi Brisendine was chosen as nominee for delegate to District meeting.

The members filled out the year book and refreshments were served to Evelyn Crofford, Lueb, Higgins and Brisendine.



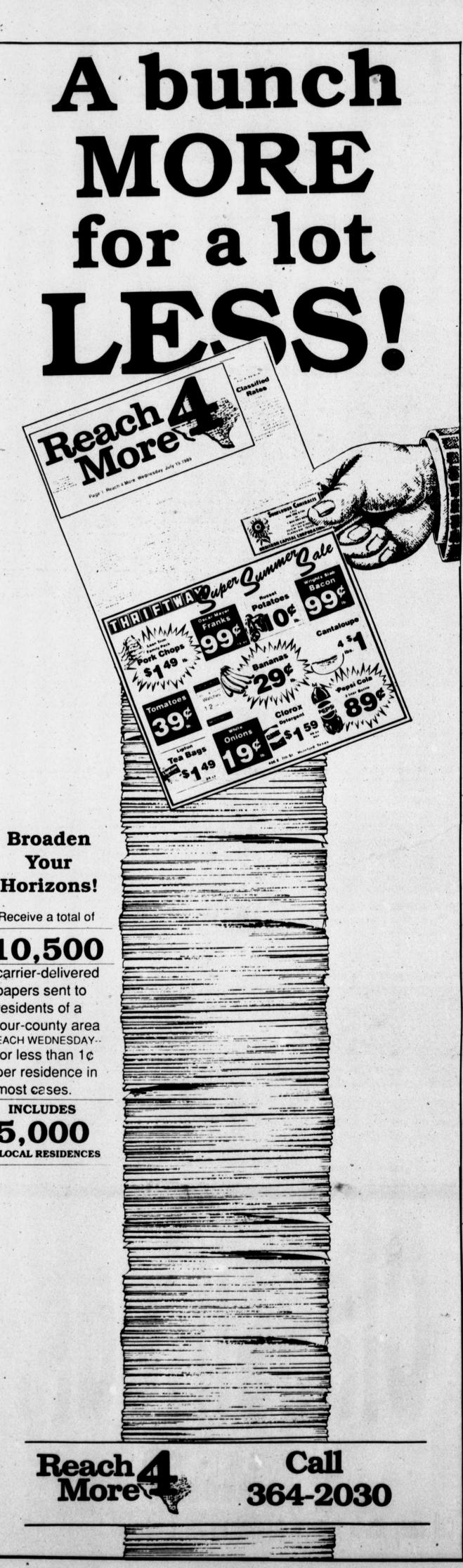
Ignore Bad-Mouthing BY BOB WEAR

It is necessary, at times, to talk about our problems, our difficulties, our failures, etc., but these discussions must take place in a climate of hopefulness, with a spirit of looking for solutions, a willingness to make corrections. With all of this, we must be prepared to 'ignore the badmouthing that will, sooner or later, become part of the scene. 'Badmouthing' will cause a big part of the discouragement and non-progressiveness and non-productiveness which plague individuals, organizations and communities.

The story is told of a community

in which a number of very worth-

while improvements had been



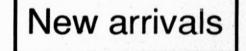
cooperative extension nutrition office Newmark said. But it is easy to get

Ron and Nancy Goor and Katherine Boyd, authors of "The Choose to Lose Dict" (Houghton Mifflin, \$17.95), 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 caloriedense, it's a good target for dieters.



Mr. and Mrs. George Hampton of Plano are the parents of a son, Thomas James, born Jan. 9, 1990, at Trinity Medical Center. He weighed 7 lbs. l oz.

Mrs. Hampton is the former Brenda Brown of Hereford, daughter of Mr. and Mrs. Charles Brown of 127 Northwest Drive.

Ann Hampton of Bay Shore, N.Y. is also a grandparent. Greatgrandparents 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

A P.T.O. meeting is set for 7 p.m. today at Shirley Intermediate School. Parents are asked to meet in the school library.

Status of Youth" will be the topic of a program given by Beverly Harder, Deaf Smith County extension agent.

A door prize will be presented.

Germany invaded the Soviet Union during World War II in 1941.

Charlie's

Tire & Service Center

Total 4-Wheel Alignment

Quality Tire-Quality Service

Tractor-On Farm . Truck-On Road . Passenger

On Road Shocks Computer Spin Balancing Grease Jobs Front End Alignment Bearing

Pack Oil Change Brake Repair

501 West 1st

HUNTER

364-5033

at the University of California, Davis. too much, because it tastes good." In children, especially, fats should not be drastically reduced, because they are 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 a high-fat to a low-fat cheese or limit the amount of cheese eaten. "I'd rather someone follow 50 percent of what I say forever, than 100 percent for a while."

Still, dicting is dicting and means cutting down, though very-lowcalorie, unsupervised diets are considered dangerous by many physicians.

'Choose to Lose," which includes calorie and fat tables and recipes, recommends no fewer than 1,000 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 list foods with high fat concentrations and those without, lists that could surprise some people. They include fast foods and frozen "diet" dinners that get as many as half their calories from fats. Microwave popcorn, for example, has 99 to 214 fat calories per ounce; popcorn popped at home in oil has 138; air-popped popcorn has no fat calories.

The Goors say the impetus for their new book came from an earlier book on lowering cholesterol; people who cut back on saturated fats to reduce cholesterol found they also lost weight.

Although all fats have the same caloric content, experts say saturated fats, such as butter, contribute to other health problems as well. They recommend olive and other vegetable oils.

But while people can take some action, "with respect to weight control, we don't have the answers,' Swenerton said, noting that 98 of 100 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

Adams

Optometrist

335 Miles

Phone 364-2255

Office Hours:

Monday - Friday

8:30-12:00 1:00-5:00

been done, but he said, "I was 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 workers. The purveyors of gloom predict 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,

but they never do anything to help the people who are trying to make the corrections and the improvements. 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.

We must think, talk and act hopefully, constructively, and progressively, because failure to do produces deterioration and SO decadence. 'Bad-mouthing' is a negative force which must be gnored.

Grover Cleveland, the 22nd and 24th president of the United States, died in 1908 in Princeton, N.J., at the age of 71.

If you are

going on

SUPPLEMENTAL

SECURITY

INCOME:

PRE-PLAN YOUR

FUNERAL NOW

You should know; you have a

\$1500 exemption for funeral expenses. Call us right away. We are experienced in all forms of pre-arranged funerals.

Funeral Directors

of Hereford

364-6533

105 GREENWOOD

anx

made. One day, during one of the periods of discussion about the accomplishments, one of the men spoke up admitting that much had **Horizons!** Receive a total of 10,500 carrier-delivered papers sent to residents of a four-county area EACH WEDNESDAY --for less than 1¢ per residence in most cases. 5,000 LOCAL RESIDENCES

