



It's a Celebration

The Thursday Morning TOPS Club No. 941 celebrated its fifth anniversary when they met Thursday morning at the Hereford Community Center. Shown are group leaders Mary Williamson and Georgia Andrews. The group played several party games and blew out candles on an inedible cake to celebrate the event.

Thursday Morning TOPS Celebrate Anniversary

The Thursday morning TOPS Club No. 941 celebrated its fifth anniversary at its regular meeting at the Community Center.

After a short business meeting, the leader, Mary Williamson presented Gennelle Ward who led party games.

Christine Larson lead the singing of TOPS songs with Georgia Andrews accompanying on the piano.

Low calorie refreshments were served. A birthday cake which was inedible with five candles decorated the serving table.

Dolores Nichols was welcomed as a new member. Guests from TOPS No. 576 were leader Jennelle Davison and KOPS Winnie Anderson.

Others present were Alice Christman, Linda Collier, Camelia Jones, Mildred Lewis, Ann Meyer, Tillie Scott, Nelda Smith and Ann Vogler.

KOPS are members who have made their weight goals The initials stand for Keep Off Pounds Sensibly.

Small Talk

By SUE COLEMAN

By SUE COLEMAN

Cookbooks make very good reading material, even when you know you aren't going to make all those delicious-sounding dishes. Lots of people who collect cookbooks aren't dedicated cooks; they just like to read the recipes.

Browsing through one of my books the other day I found a recipe for a different kind of meatballs that sounds so good I thought somebody would like to try it.

It is one that Joyce Lomas contributed to a Beta Sigma Phi cookbook some years ago, and it goes like this:

HAM BALLS

- 1 pound smoked ham
- 1 1/2 pound pork
- 2 cups bread crumbs
- 2 eggs, well beaten
- 1 cup milk

SAUCE

- 1 1/2 cups brown sugar
- 1/2 cup water & 1/2 cup vinegar
- 1 tsp. dry mustard

Stir until sugar melts and pour over balls.

Mix all ingredients and form into meatballs. Cover with the sauce and bake at 275 degrees for 1 1/4 hours.

These quantities would make a lot of meatballs, and for a family dinner it might be better to halve the amounts. It does sound good, doesn't it?

Response to a request for articles to sell in the Hereford Satellite Center's garage sale this weekend was "just great, even fantastic!" board chairman Helen Cherry says, and now they are just waiting for people to come buy the things that other people have donated.

The sale will begin at 8 a.m. tomorrow in the Satellite Center at the old bakery location on Park Avenue, corner of Ave. E. It will be held all day Saturday and again after church Sunday.

Not only do I read recipe books for pastime, but I even browse through calendars and so I've noted that my favorite holiday, Groundhog Day, will be here before you know it. In fact, Monday.

This is the holiday that really appeals to me because it is completely uncommercialized. Nobody gives Groundhog Day gifts to anybody, or even sends Groundhog Day greetings by cards, flowers or other means.

You aren't expected to wear neckties of any certain color, or do anything that is any trouble to celebrate the day.

If you want to look for a groundhog hole and see if he came out to see his shadow you may do so, but as groundhogs are not native to these parts, it's just as well to look out the window and see if the sun is shining enough to let the groundhog see his shadow in case there were a groundhog around to look for a shadow.

Anyway, happy Groundhog day, if anybody else is celebrating.

Another item on the February calendar is a Friday the 13th. Of course that means there will be one next month too, so it's time to get out the anti-bad luck charms if you're superstitious. But that will be the last one until November.

SOCIETY NEWS

By ALLISON RYAN
Women's Editor

History Book to Contain Memorial, Tribute Pages

The Deaf Smith County History book will be a book with a little bit of everything in it. It will contain all aspects of the history of Deaf Smith County.

Because many people have someone who is extra special to them, memorial or tribute pages are available for interested persons to purchase. A section of the book will be given to these special pages.

A memorial should remind us that we have all lost loved ones who have lived and worked a lifetime. A

memorial page in the history will be an opportunity to pay respect to those people in a special way; to express feelings about this person and tell about their accomplishments.

Tribute pages can be written about any living relative or friend. Tributes are an excellent way to remember a family member, or a close friend, or a teacher or a minister by writing a tribute and sharing with others how this person has influenced other lives.

Memorial or tribute pages are available for a quarter page (350 words) for \$60.00, a half page (750 words) for \$100.00 and a full page (1500 words) for \$200.00. If it is desired to use pictures with the copy, deduct 200 words from the count for each picture submitted.

To purchase these special pages, contact either Sue Coleman at the office at the E.B. Black house, 364-4338; or your area representative or any member of the committee.

Ann Landers

Belligerent Drivers



DEAR ANN LANDERS: When will belligerent drivers learn that blocking all lanes on a highway to hold down the speed of a passing truck is an invitation to the mortuary? Some drivers will deliberately prevent a truck or a faster vehicle from passing because they can't bear to let someone "get the best of them." Perhaps this letter will unscramble their brains.

In late October we were traveling east, down a steep grade, west of Las Vegas, Nev. A transport truck loaded with steel suddenly pulled out behind us into the fast lane and began flashing his lights. We realized he was a runaway and kept to the right lane. I will never forget his expression of horror when he saw both lanes occupied and a camper truck directly in his path. At the last moment the camper pulled over to the right. Seven vehicles were in mortal danger at that moment because of a "me-first" attitude.

Why didn't he blast his horn? Well, for those of you who refuse to yield the right of way, a trucker HAS no air horn when his air brakes go out! All he has are his two hands to steer that swaying, speeding giant and his lights to warn you that he is out of control. Why won't you understand?

To the camper who refused to yield until the last moment: It wasn't just YOUR life you risked. It was the trucker's, the lives in the five other vehicles and mine. You should say a special prayer for the skill of the other trucker who saw what was happening, pulled out, passed everyone and conveyed his fellow trucker to the bottom of the grade. I did.—The Green And White LTD In Phoenix

DEAR LTD: Thank you for

a lesson on highway safety. It was a post-graduate course on how to stay alive. Here's another one:

DEAR ANN LANDERS: I must respond to "Up Front in Jersey." He sounds like the proud owner of a smart-aleck bumper sticker that reads: "I may be slow, but I'm ahead of you."

The national speed limit was lowered to help americans deal with the energy crisis, not for safety reasons. The lower death toll was a fringe benefit. If "Up Front" was interested in saving lives on the road, he would be a strong advocate of improved driver education, tougher driver registration, mandatory vehicle inspection, seat-belt promotion, more efficiently designed and better maintained vehicles and, lastly, courtesy on the highway.

So, "Up Front," next time someone rides your tail, consider the possibility that the person may have a legitimate reason to want to pass you. If you would move over or give him an opportunity to go ahead, you would no longer be irritated by a tail-gater.—Stuck Behind In Chicago

DEAR STUCK: Thanks for a thoughtful letter, and the opportunity to add a word of my own.

I wonder how many of you readers are aware of the way you take out your anger and hostilities on other drivers. I wonder, too, if you know it could mean months in a hospital or an eternity in the graveyard.

The next time you feel like getting even with a driver who has cut you off or slowed you down, or made you miss a light, stop for a minute and think. Is it worth it? If you

Income Tax Class To Begin Saturday

The adult vocational department of the Hereford Independent School District will be offering an income tax class for those individuals who are interested in learning or improving their skill in income tax preparation.

The first class meeting will be at 9 a.m. Saturday morning in room 109 at Hereford High School beginning January 31. Class will be dismissed at noon. If sufficient interest is shown, classes will continue each Saturday through April 11.

For additional information or to preregister, contact Kenneth Helms—364-5112.

IF YOU ARE BETWEEN THE AGES OF 55-65 and are not in a Bible study class, we invite you to join us for Bible study at First Baptist Church each Sunday at 9:45 a.m. ground floor ADULT IV DEPARTMENT

JOYCE'S KITCHEN IS MOVING

As of Feb. 2 - 6:00 a.m. we will be located at 909 W. Hwy 60. We will have lots more room and plenty of parking space. We will continue to serve good food and homemade pies at reasonable prices in a clean comfortable atmosphere. We will be open 24 hours a day so come anytime. Don't dress up cause it's a country kitchen. Come see us, you will be pleasantly surprised!

909 W. Hwy 60
364-5130



Chili for Sale

Janice Conkright and Billie Jo Gee, members of the 4-H Parent Leader Association helped prepare meat for the chili that is for sale at the concession stand at the Hereford Young Farmers' Junior Livestock Show. The show will continue through Saturday at the Deaf Smith County Bull Barn. Mrs. Conkright is this year's chairman.

Hospital Notes

PATIENTS IN HOSPITAL
Guadalupe Alvarado, Raymond Casarez, Enrique Elizondo, Maria Garcia, Girl Garcia, Ruth Galley, Joe Hernandez.

Pauline Lady, Carl McCaslin, Hazel McCutcheon, Ramona Martinez, John Paetzold.

Mary Reinart, Charlotte Skaggs, Helen Sowell, Doris Turner, Edward Siaz, David E. Warrick, Earl Williams,

Teresa Williams, Curtis Whitlock.

Todd Betzen, Elizabeth Perez, Jason Hargrove, Anita Cupell.

Sylvia Galan, Boy Galan, Joseph Hill, Irene Latham, Sherri Satterfield, Olga Torres, Severiano Riojas, Angelica Rodriguez, Jackie Russell, Diane Mejia, Girl Mejia, Susan Bookout, Patricia Myers, Grace Coombes.

HAPPY BIRTHDAY

HECTER



From Anita & Ezra

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Commercial Union presents two practical ways to bite back at inflation by saving you money with their Homeowners and Superior Auto Programs.

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Comics TV Schedules

PEANUTS® by Charles M. Schulz



Steve Canyon

By Milton Caniff



ECK & MECK by Howie Schneider



FRANK AND ERNEST by Bob Thaves



ACROSS

- 1 Water (pharm.)
- 5 accomplish
- 9 Greek letter (pl.)
- 12 Singer Ives
- 13 Ore deposit
- 14 Trojan mountain
- 15 Stretched (med.)
- 17 Go bad
- 18 Droopy
- 19 Polling
- 21 Safety agency (abbr.)
- 23 Second person
- 24 Card spot
- 27 elephant's tooth
- 29 Persian nymph
- 32 Spring festival
- 34 Buyer (Lat.)
- 36 Selfish individual
- 37 Unicellular plant
- 38 Goddess of fate
- 39 Slumps

DOWN

- 1 Proficient
- 2 Tobacco chew
- 3 Itch
- 4 Mexican cottonwood
- 5 Common ailment
- 6 Main artery (pl.)
- 7 Impression
- 8 Roosevelt
- 9 Ballerina's ma- neuver
- 10 Heathen deity
- 11 Fill
- 16 Senses with tongue
- 20 Father
- 22 Pains
- 24 Hammer part
- 25 Shakespearean villain
- 26 Heartbreaking disease
- 28 Light anchor
- 30 Plant part
- 31 ___ La
- 33 Bright but cheap
- 35 Prayer book
- 40 Pointed structure
- 43 Aleutian Island
- 45 Snow vehicles
- 46 Priest's mantle
- 47 Asian country
- 48 State (Fr.)
- 50 Fail to mention
- 51 House top feature
- 52 Click
- 55 Franklin

ALLEY OOP by Dave Graue

THAT WAS A GREAT IDEA Y'HAD, OOP! NOW TH' WOMEN DON'T HAVE T' SPEND ALL THEIR TIME 'REPAIRING FOOD AN' COOKIN' IT!

...AN' TH' MEN DON'T HAFTA HUNT ANYMORE! YESSIR, OL' FRIEND, IT'S REALLY SOMETHIN'!

...AN' IF IT HADN'T BEEN FOR YOU WE NEVER WOULD'VE HAD TH' OPPORTUNITY TO ENJOY ALL THIS EASY LIVIN'!

YEAH, Y'CAN SAY THAT AGAIN!

WHY? DIDN'T YOU HEAR ME TH' FIRST TIME I SAID IT?

MARMADUKE

"You wouldn't want him to go out in that snowstorm NAKED, would you?"

- 6:00** (1) The Story (2) News (3) All In The Family (4) Welcome Back Kotter (5) Electric Company (6) HBO Inside The NFL Hosts Len Dawson and Nick Bussicelli as back as they blend action highlights with expert commentary and predictions for 1981's Super Bowl contenders. (30 mins.)
- 6:30** (1) The Lesson (2) L.S.J. (3) NBA Basketball (4) Tic Tac Dough (5) Jimmy Swaggart (6) All In The Family (7) Happy Days Again (8) Macneil Lehrer Report (9) In Touch (10) Harper Valley PTA (11) The Lesson (12) The American Music Awards (13) The Duke of Hazard (14) The Duke of Hazard (15) The Duke of Hazard (16) The Duke of Hazard (17) The Duke of Hazard (18) The Duke of Hazard (19) The Duke of Hazard (20) The Duke of Hazard
- 7:00** (1) The Lesson (2) The American Music Awards (3) The Duke of Hazard (4) The Duke of Hazard (5) The Duke of Hazard (6) The Duke of Hazard (7) The Duke of Hazard (8) The Duke of Hazard (9) The Duke of Hazard (10) The Duke of Hazard (11) The Duke of Hazard (12) The Duke of Hazard (13) The Duke of Hazard (14) The Duke of Hazard (15) The Duke of Hazard (16) The Duke of Hazard (17) The Duke of Hazard (18) The Duke of Hazard (19) The Duke of Hazard (20) The Duke of Hazard

- AFTERNOON**
- 12:00** (1) 700 Club (2) American Government II (3) College Basketball '81 (4) Georgetown vs University of Nevada-Las Vegas or Kentucky vs Georgia Tech (5) The Game of the Week (6) S.M.U. Presents (7) American Government (8) Weekend (9) Young People's Special (10) Voter's Digest (11) That Nashville Music (12) Movie-(Drama) ** "Birds of Prey" 1972 David Janssen, Ralph Meeker. Former World War II pilot while on an air-traffic duty sees a helicopter carry off three armed men and a girl whom they have taken hostage in an armed-car hold up. He goes after them in his chopper. (90 mins.) (13) Fiesta Mexicana (14) American History (15) Jacques Cousteau (16) Zola Levitt (17) Varietades Musicales (18) American History (19) Phil Arms Presents (20) Movie-(Drama) ** "In Old Chicago" 1938 Tyrone Power, Don Ameche. Story of three O'Leary brothers whose cow started the great Chicago fire. (2 hrs.) (21) Newton-Weaver Western Hour (22) Psychology (23) The Story (24) College Basketball '81 ECAC Wild Card Game (25) Pro Bowlers Tour Today's show will provide coverage of the \$125,000 Quaker State Open Grand Prairie, Texas. (90 mins.) (26) Gospel Sing Jubilee (27) Sports Spectacular (1) WBA Bentamewell Championship featuring Jeff Chandler vs Jorge Lujan. (2) The start of 24 hours of Daytona International Speedway. (90 mins.) (28) Psychology (29) HBO Movie-(Comedy) ** "Can't Stop the Music" 1980 The Village People, Valerie Perrine. A rock-and-roll disco group boogies on in the gritty musical setting of the '60s. (100 mins.) (30) Kenneth Copeland (31) PTL Program (Spanish) (32) Movie-(Juvenile) ** "Pippl On the Run" 1977 Inger Nilsson. When her friends set the beautiful angel on a home, little girl decides to poison
- MORNING**
- 6:00** (1) James Robison (2) Washington Week in Review (3) Dawson Memorial Baptist Church (4) It Is Written (5) Christopher Closeup (6) Carracostas (7) Introducing Biology (8) The Lesson (9) New Zoo Revue (10) Three Stooges And Friends (11) Gospel Sing Jubilee (12) Faith For Today (13) Kenneth Copeland (14) Psychology (15) Chapel Hour (16) Amazing Grace Bible Class (17) Robert Schuller From Crystal Cathedral (18) Psychology (19) Day Of Power (20) Day Of Discovery (21) Lost In Space (22) Lowell Lundstrom (23) Fellowship Hour (24) American Town Hall (25) Town Meeting (26) Larry Jones Ministry (27) Bugs Bunny And Friends (28) First Baptist Church (29) Day Of Discovery (30) Composition (31) Changed Lives (32) Rex Humbard (33) Blue Marble (34) Jimmy Swaggart (35) Divine Plan (36) Sesame Street (37) The Weakling (38) Movie-(Drama) ** "Heaven Knows Mr. Allison" 1957 Robert Mitchum, Deborah Kerr. A nun and a soldier are stranded on a Japanese-infested island during W.W.II. (2 hrs., 30 mins.) (39) Kids Are People Too: Dear Alex And Annie (40) Sunday Morning (41) Travis Avenue Baptist Church (42) In Touch (43) San Jacinto Baptist Church (44) Robert Schuller From Crystal Cathedral (45) It Is Written (46) Electric Company (47) Animals, Animals, Animals: School, Rock (48) Herald Of Truth (49) 3-2-1 Contact (50) Time Of Deliverance (51) Jimmy Swaggart (52) Grizzly Adams (53) Face The Nation (54) First Methodist Church Of Fort Worth (55) Business (56) Larry Jones (57) To Be Announced (58) Business
- EVENING**
- 6:00** (1) The Blackwood Brothers (2) Lawrence Walk Show (3) Hee Haw: Guests: Paul Anka, Lulu Roman, Chubby Wise, Gene Swindell. (90 mins.) (4) Blackwood Brothers (5) Solid Gold (6) PTL Program (7) The Landstroms (8) Muppet Show (9) The Old House (10) Barbara Mandrell And The Mandrell Sisters Tonight's guest will be "Countess" Missie Pearl. (90 mins.) (11) Indoor Soccer Atlanta Braves (12) Football: Redskins (13) Charlie's Angels: The angels play with fire when they sit up a conman who believes he has found a gorgeous lover and a beautiful angel. (90 mins.) (14) News (15) Earth Science
- SATURDAY**
- 6:00** (1) American Government II (2) WKRP in Cincinnati (3) Celebration With Bob Gass (4) Fishing With Roland Martin (5) Wide World Of Sports (1) U.S. Open: Women's Singles (2) International Tennis Championship (3) International Tennis: Men's Singles (4) Bob Gass (5) Bing Crosby National Pro-Am (6) Humanities (7) Wild Kingdom (8) Last Of The Wild (9) Humanities (10) HBO Consumer Reports Presents: The All-Around-the-House Show: Products by Consumer Union. This special combines fact-packed information with entertainment to help consumers choose the safest, healthiest and most economical household products in today's marketplace. (11) Movie-(Drama) ** "The Untouchables" (12) Wrestling (13) Kung Fu (14) Earth Science (15) HBO Movie-(Western) ** "Big Jack" 1971 John Wayne, Richard Roman. A cowboy tracks down the gang that has kidnapped his grandson. (2 hrs.) (16) News (17) Earth Science
- SUNDAY**
- 6:00** (1) Crossroads Hour (2) NBA Basketball All-Star Game (3) Soccer: Made In Germany (4) HBO Legends: Eleanor Roosevelt: An Uncommon Woman (5) Point Of View (6) Fun Of Fishing (7) Humanities (8) Issues And Answers (9) Fun Of Fishing (10) Humanities (11) Missionaries In Action (12) The Superstars Nine major league baseball stars, including George Brett and Mike Schmidt, and two of the world's greatest speedsters will battle it out in the ABC Sports presents the second preliminary round of the men's competition. (90 mins.) (13) National Geographic Special: "Siberia: The Endless Horizon" (90 mins.) (14) The Deal Hear (15) College Basketball '81 Syracuse vs DePaul (16) Deaf Hear (17) Jimmy Houston Outdoors (18) At Home With The Bible (19) International Boxing Today's show will feature the United States National Team vs the Soviet Union in amateur boxing. (90 mins.) (20) Movie-(Comedy) ** "Win, Place or Steal" Alex Karras, McLean Stevenson. Two habitual users decide to gamble their station life by knocking over the Santa Anita racetrack. (2 hrs.) (21) Goodbye Gernsberg Five hundred years ago a German goldsmith named Johann Gutenberg helped revolutionize Western society with his invention, the printing press. Today, another communications revolution is taking place with the invention of ever-increasing use of electronic word processing. This program examines the history, development and future of both the printed and the processed word. (90 mins.) (22) The Methodist Church (23) Hours Of Daytona Same-day coverage of the finish of the 24 hours of Daytona race, with Ken Squier providing the commentary from Daytona, Florida. (24) HBO Movie-(Adventure) ** "Baltimore Bullet" 1980 James Coburn, Omar Sharif. A pool-hustling hero has an eye for grabbers and the ladies. (Rated PG) (103 mins.) (25) Bing Crosby National Pro-Am Golf Tournament CBS Sports will provide live coverage of the 40th annual Bing Crosby National Pro-Am golf championship, featuring an outstanding international field and many celebrated personalities from the amateurs. (2 hrs., 15 mins.) (26) To Be Announced (27) Pro Bowl (28) Changed Lives (29) Think About Tomorrow (30) Top Fits Of The 70's (31) Movie-(Classic) ** "Adventures Of Tom Sawyer" 1938 Tommy Kelly, Walter Brennan, Mark Twain's famous yarn about a mischievous boy in a small Missouri town. (90 mins.) (32) James Robison Presents (33) Once Upon A Classic: Mill On The Hoe (34) Jack Van Impe (35) Power Of Pentecost (36) Grizzly Adams (37) Firing Line: Host: William F. Buckley. (90 mins.) (38) Jerry Falwell (39) International Finals Rodeo (40) HBO Sneak Preview: February Jerry Falwell and Anna Heers highlight the upcoming movie, sports and specials on HBO in February. (41) Wrestling

126 East 3rd 364-3912

School Lunch Menus

HEREFORD PUBLIC SCHOOLS Breakfast
MONDAY -- Cereal, banana, milk.
TUESDAY -- Donut, applesauce, milk.
WEDNESDAY -- Toast, hash brown potatoes, chocolate milk.
THURSDAY -- Sausage, biscuit, orange wedges, milk.
FRIDAY -- Bacon, toast, juice, milk.
HEREFORD PUBLIC SCHOOLS Lunch
MONDAY -- Frito pie, mashed potatoes, chili beans, fruit, cookie, hot rolls, and milk.
TUESDAY -- Corn dog with mustard, tomatoes, macaroni, green beans, hot fruit pie, bread, and milk.
WEDNESDAY -- Turkey enchiladas, spanish rice, tossed salad, pinto beans, peaches in syrup, tostados,

and milk.
THURSDAY -- Pizza with mozzarella cheese, buttered corn, cabbage-apple salad, fruit juice, oatmeal raisin cookie, bread, and milk.
FRIDAY -- Hamburger, lettuce, tomato, pickle and onions, fried potatoes, fruit, and milk.
ST. ANTHONY'S SCHOOL Lunch
MONDAY -- Sliced turkey with gravy, mashed potatoes, green beans, pears, rolls, and milk.
TUESDAY -- Pizza, tossed salad, corn, jello, and milk.
WEDNESDAY -- Tamales, beans, cabbage apple salad, peaches, and milk.
THURSDAY -- Barbecue on a bun with lettuce and tomatoes, potato chips, banana pudding, and milk.
FRIDAY -- Fish sticks, tator tots and peas, buttered bread, applesauce, and milk.

Space Food Could Be Food of Future

With the new fortified freeze-dried foods, compressed food bars and intermediate-moisture food products, an individual can be sustained with 2,500 calories per day for 7 to 10 days from a food storage container no larger than a shoe box.

The implications of such efficient convenience foods span the voids from space capsule to foxhole to ordinary recreation. Freeze-dried food are already commonplace for hikers and others who want to be able to carry a week's supply of food on their backs. All that's needed is a supply of fresh water for reconstituting the concentrated food.

An advantage of compressed and freeze-dried foods is that vitamin content is maintained throughout storage. Technology can vary the pressed foods' texture from that of caramel-soft to rock candy-hard.

National Aeronautics and Space Administration scientists are considering using this variety of textures to incorporate future astronauts' foods into the structure of their space vehicle. As spacemen eat their way through the galaxy, the spacecraft would become lighter. Food forms might be designed to be fibrous, brittle, liquid or plastic-like, depending on their use in spacecraft construction.

Foods can also be produced that contain certain microorganisms to control or modify intestinal bacteria for specific health results. These foods will probably be used as a type of space medicine.

Simulated food products also appear in the crystal ball of the future. Already in the grocery store and on the table are simulated meat products

made from a mixture of vegetable sources, usually containing soybeans. Simulated rice from a mixture of tapioca, peanuts and wheat flour has been available since 1958.

Simulated meats haven't gained overwhelming acceptance, even when the fresh, original form is not available. The reason is that humans don't ingest nutrients, they eat meals which are pleasant, palatable and satisfying. Most consumers are aware that nutritional value and taste of simulated food cannot usually match that of its original counterpart.

New foods are usually accepted by consumers as long as they don't interfere too much with established eating habits. Habits change slowly, and food habits are intimately related to one's feeling about himself and about the world, ecology and world food supply. Scientists and food technologists who think space-age foods will automatically be accepted because they can reduce limitations imposed by natural foods may have to be

very patient about the acceptance process.

The human body is made of certain chemicals which must be sustained by an intake of vitamins, minerals and bulk. For this reason, it is highly likely that man will continue to eat some form of the four main types of foods he now eats: (1) meat and meat alternates; (2) milk and cheese; (3) vegetables and fruits; (4) grain. Man requires a variety of foods from all four groups to stay healthy.

Newspaper Bible

MOCKED, MUGGED AND MURDERED!
 Then the Roman soldiers took Him into the barracks of the palace, called out the entire palace guard, dressed Him in a purple robe, and made a crown of long, sharp thorns and put it on His head.
 Then they saluted, yelling, "Yea! King of the Jews!"
 And they beat Him on the head with a cane, and spit on Him and went down on their knees to "worship" Him.
 When they finally tired of their sport, they took off the purple robe and put His own clothes on Him again, and led Him away to be crucified.
 Simon of Cyrene, who was coming in from the country just then, was pressed into service to carry Jesus' cross. (Simon is the father of Alexander and Rufus.)
 And they brought Jesus to a place called Golgotha. (Golgotha means skull.)
 Wine drugged with bitter herbs was offered to Him there, but He refused it.
 And then they crucified Him - and threw dice for His clothes.
 It was about nine o'clock in the morning when the crucifixion took place.
 A signboard was fastened to the cross above His head, announcing His crime. It read, "The King of the Jews."
 Two robbers were also crucified that morning, their crosses on either side of His.
 And so the Scripture was fulfilled that said, "He was counted among evil men."
 Mark 15:16-28

Passages are reprinted from The Living Bible, used by permission of Tyndale House Publishers, 1971. For inquiry or to request free Living New Testament: The Newspaper Bible, Inc., P.O. Box 1374, Rowell, N.M. 88201.

Walcott PTO Schedules Bridge, 42 Tournament

The second annual bridge and 42 tournament sponsored by the Walcott Parent-Teacher Organization is set for Feb. 13 at the Walcott school gymnasium.

The tournament will begin at 7 p.m. and tickets are \$2.50 per person.

Proceeds from the tournament will go toward school projects. PTO has already helped to purchase t-shirts for the Walcott track team with money raised last year.

Each high scorer in both bridge and 42 will be awarded

a \$20 gift certificate. Each low scorer in bridge will receive a set of cards and low scorers in 42 will receive a set of dominoes.

In addition, a door prize of a Samsonite folding table with four chairs is being offered.

Refreshments will be served at the tournament.

For tickets and more information contact Denise Tell, president of PTO, at 289-5945 or Kathy Hammock, club secretary at 289-5982.

Seminar on Infectious Diseases to be Held

The Amarillo Hospital District will sponsor a day-long Update for Health Care Professionals on Infectious Disease, Friday, February 6, 1981, at the Psychiatric Pavilion Auditorium, in the Amarillo Medical Center Complex.

The seminar, which will begin with registration at 8:30 a.m., and conclude about 4:15 p.m., will feature presentations by a number of guest speakers who will review various infectious disease processes, advances in diagnosis, treatment and prevention, and should be of major interest to physicians, nurses and health care providers in general.

Speakers for the seminar will include R. Lowell Chaffin, M.D., cardiologist with the Amarillo Diagnostic Clinic; Martin Cohen, M.D., Amarillo Diagnostic Clinic

gastroenterologist; Pia Habersang, R.N., Head Nurse, Newborn Nursery and Infant Intensive Care Unit, Northwest Texas Hospital; Edward Sherwood, M.D., Chief, Division of Infectious Disease, Department of Internal Medicine, Texas Tech University Health Science Center and Hospital Epidemiologist, Northwest Texas Hospital; Latricia McArn Rayfield, M.S., Health Program Specialist, Texas Department of Health, Austin and Ona Baker, R.N., B.S.N., Infection Control Nurse, Northwest Texas Hospital.

Among the subjects to be covered are infectious endocarditis, sexually transmitted diseases, viral hepatitis, Kawasaki's Disease, toxic shock syndrome and neonatal infections.

Registration fee for the seminar is \$15 per participant, \$7 for students with valid student ID cards, and may be made in advance by calling Sandy Green at (806) 355-5531, or by writing to the C&E Unit, Amarillo Hospital District, P.O. Box 1110, Amarillo, Texas 79175. Registration will also be accepted at the door.

New Arrivals

Mr. and Mrs. J.W. Meyer are the parents of a daughter born Jan. 29 at 2:22 p.m. She weighed 7 lbs. 9 ozs.

Mr. and Mrs. Steven Bookout are the parents of a daughter, Amy Rachelle born Jan. 29 at 7:33 a.m. She weighed 6 lbs. 13 ozs.

Eye Examinations

- Soft Contact Lenses
- Hard Contact Lenses

Dr. James Sinnacher
 OPTOMETRIST 115 E. 1st
 Hereford, TX
 364-3302

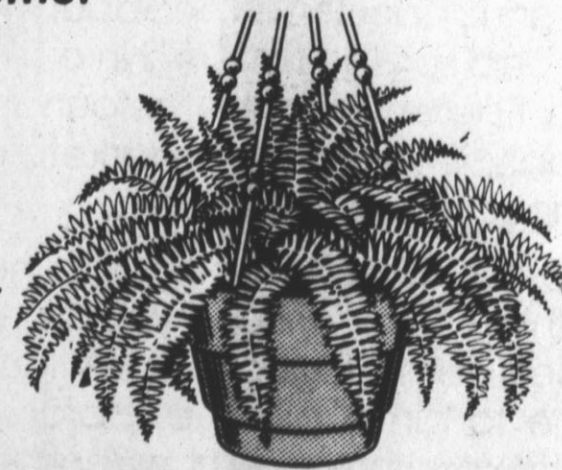
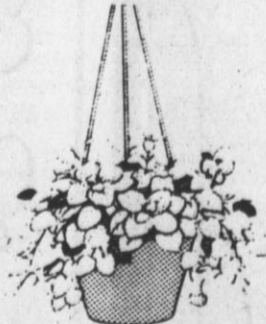
FORECLOSURE SALE

75% OFF RETAIL

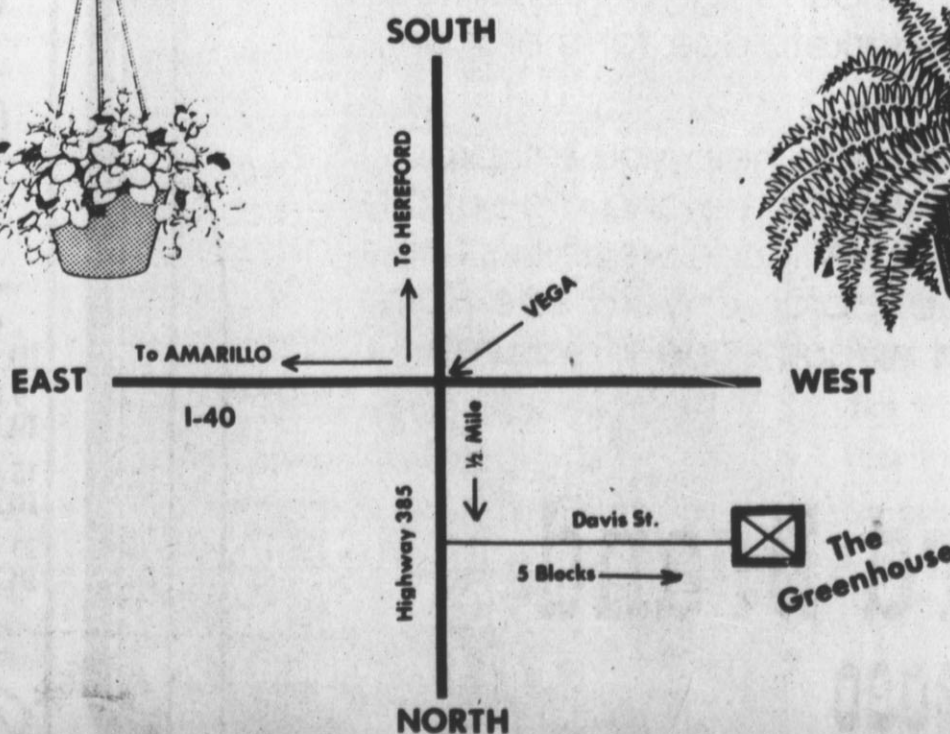
75% OFF RETAIL

3 DAYS ONLY — Friday, Jan. 30th through Sunday, Feb. 1st, 1981.

Major wholesaler of indoor foliage plants must liquidate entire greenhouse. Thousands of plants must go immediately. We are going to open the greenhouse so that the public can take advantage of this sale on Jan. 30th, through Feb. 1st, 1981. Dealers and other wholesalers welcome.



ALL 4" PLANTS.....40c
 ALL 6" PLANTS....\$1.25
 ALL 8" PLANTS....\$2.00



VARIETIES:

- Boston Fern
- Rubber Trees
- Shefflera
- Nephthytis
- Pothos Ivy
- California Ivy
- Other Assorted Varieties

For God So Loved The World

AVENUE BAPTIST CHURCH
Rev. Buster Grigg
130 N. 25 Mile Ave.

BIBLE BAPTIST CHURCH
Rev. Kenneth Carroll, Pastor - 647-2402
501 S.E. 3rd - Dimmitt, Texas 79027

DAWN BAPTIST CHURCH
Jim Hickman, Pastor
Sunday Services 9:50 a.m. - 6 p.m.

FIRST BAPTIST CHURCH
Doug Manning, Pastor
Fifth and Main Streets

FIRST BIBLE BAPTIST
4th and Jackson
Gorden Parsley, Pastor - 364-2962

FRIO BAPTIST CHURCH
Pastor, Gene Tone
Frio Community

GREENWOOD BAPTIST CHURCH
"A Bible Baptist Church"
Rev. Gary Bandy, Pastor

MT. SINAI BAPTIST CHURCH
Melvin Martin

PALO DURO BAPTIST CHURCH
Wildorado Community
Wendel Taylor, Pastor

SAINT JOHN BAPTIST CHURCH
400 Mable Street
Rev. C.W. Allen

SUMMERFIELD BAPTIST
Brother Cliff Hargrove

TEMPLE BAPTIST CHURCH
Rev. J.L. Bozeman
Forrest Ave. and Ave. K

PRIMIRA IGLASIA BAUTISTA
Henry Amar, Pastor

TRINITY BAPTIST CHURCH
Southern Baptist - Rev. C.F. Powell
205 E. 6th

WESTWAY BAPTIST CHURCH
Rev. Freelin E. Suttle
Route 4, Hereford

BIPPUS COMMUNITY CHURCH
Gene Brock, Pastor - Preaching 1, 2, 3, 4
Sundays, 5th Sunday, Singing

SAINT ANTHONY'S CATHOLIC CHURCH
The Rev. Paul Haefner, Pastor
Harrison Highway at 25 Mile Ave.

LA MISION DE SAN JOSE
13th & Brevard
Pastor, Rev. Jim O'Connor

CHURCH OF THE NAZARENE
Rev. Bob Huffaker
16th & Blackfoot

IMMANUAL LUTHERAN CHURCH
100 Avenue B
"The Church of the Lutheran Hours"
Pastor - Edwin Brown
Service 10 A.M. - Sunday School 11:00 A.M.

TEMPLO LA MERMOZA
220 Barker
Rev. Andres Del Toro
Special Prayer 24 Hours A Day

HEREFORD COMMUNITY CHURCH
Pastor, Rev. Morris Means
15th & Whittier - 364-8866

ASSEMBLY OF GOD CHURCH
Steven D. Bookout, Pastor
15th & Ave. F

CHRISTIAN ASSEMBLY
Waylon W. Bruton, Pastor
South Main
364-2284

FAITH ASSEMBLY OF GOD
401 Country Club Drive
Rev. David Brecheen

LA EGLESIA DE CRISTO
Pete Vega, Minister
364-6401 334 Avenue F

FIRST METHODIST CHURCH
Rev. William D. McReynolds
501 North Main

WESLEY UNITED METHODIST CHURCH
Reg. Jesse Hodge, Pastor
410 Irving

IGLESIA METODISTA SAN PABLO
Rev. Emilo Montemayor, Minister

CENTRAL CHURCH OF CHRIST
Wilson Wallace
148 Sunset Dr. - 364-0594

PARK AVE. CHURCH OF CHRIST
703 W. Park Ave.

15th STREET CHURCH OF CHRIST
15th and Blackfoot
J.M. Gillpatrick, Minister

THE CHURCH OF CHRIST
319 Ave. I - 10:30 A.M. - 6 P.M.
364-0178 - 364-7208 - 364-6563

CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS
(Mormon)
Country Club Drive

FIRST CHRISTIAN CHURCH
Rev. Mac McCarter - West Park Avenue
Sunday School - 9:30 a.m. Worship - 10:50 a.m.

GRACE GOSPEL CHURCH
Rev. Paul Underwood Jr.
13th & Avenue K

UNITED PENTECOSTAL CHURCH
Rev. Warren McKibben
364-6578 Ave. H. & Lafayette

FIRST PRESBYTERIAN CHURCH
610 Lee Street
George D. Belford, Pastor

ST. THOS. EPISCOPAL CHURCH
Rev. Charles R. Threewitt, Pastor
610 West Park

SEVENTH DAY ADVENTIST CHURCH
C. L. White, Pastor
West Park Addition

LA IGLESIA DE SAN ANTONIA
North 25 Mile Avenue

TEMPLO CALVARIO ASAMBLEA
Union and Avenue G
Rev. Hector Sanchez

FAITH MISSION CHURCH OF GOD IN CHRIST
Rev. Richard Collins
307-309 Brevard - Home Ph. 364-6698
JEHOVAH'S WITNESS
111 Avenue H



OUR FIRST CITIZENS CAME HERE FOR RELIGIOUS FREEDOM



The occasion of Citizenship Day should cause us to remember that, even as we extend a warm welcome to our newest citizens by adoption, their predecessors who started this nation on its road to greatness did so for the sake of personal freedom, including the right to worship God in any manner they chose. It was they who founded the doctrine of what we still refer to as the separation of Church and State. Honor this great event by going to the Church of your choice, and taking advantage of this hard-fought freedom that is yours today because of them. And give your thanks to God for this sacred right.

"Now the Lord is that Spirit; and where the Spirit of the Lord is, there is liberty."
— II Corinthians 3:17

Every man, conducting himself as a good citizen, and being accountable to God alone for his religious opinions, ought to be protected in worshipping the Deity according to the dictates of his own conscience.
— George Washington

Faith Lets You Discover A New World Of Happiness

These Hereford Business Firms Make This Page Possible in the Interest of a Christian Community.

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Troy Rhodes

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C & W CARPET
364-3448

CASE POWER & EQUIPMENT
L.B. Herring, Manager

CONSUMER'S FUEL ASSOCIATION
"Bub" Sparks, Manager

DICKIE'S RESTAURANT
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Anson A. and June Dearing

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1017 W. Park Avenue

SUIT'S AUTO SUPPLY COMPANY
364-1500

PITMAN GRAIN CO.
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RIX FUNERAL DIRECTORS OF HEREFORD
Park Avenue & Greenwood
(Hereford's Finest)

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