



The Hereford Brand

Tuesday
Nov. 22, 1988

★ Hustlin' Hereford, home of Keith Brown

88th Year, No. 101, Deaf Smith County, Hereford, Tx.

12 Pages

25 Cents

Hundreds flock to assassination site

DALLAS (AP) — Some were too young to remember. Others recalled the moments the fatal shots rang out as President John F. Kennedy traveled in a motorcade through downtown Dallas that tragic autumn day.

The city planned no official ceremony to mark the 25th year since Kennedy's assassination. But on the eve of the Nov. 22 anniversary, hundreds flocked to the site where Kennedy was mortally wounded by shots fired across Dealey Plaza.

A stone slab inscribed with Kennedy's name and surrounded by partial walls now stands there as a memorial to the slain president. And that was the gathering point for most of those paying tribute to him Monday.

Twenty-year-old Ernest Saucedo of Dallas wasn't even born when the events unfolded in 1963, but he visited the memorial anyway.

"I just made it my business to come by," Saucedo said. "I understand he was a good president. I just feel I needed to come by. This is history."

City okays airport building

By ANDREA HOOTEN
Staff Writer

The Hereford City Commission granted permission to Whiteface Aviation on Monday to build a metal building at the municipal airport, replacing the company's two smaller buildings.

Leland Shelton, president of Whiteface Aviation, said the 30-by-50-foot building will be a mixing and loading area for spray planes.

The commission also voted to renew the city's \$1,030.45 yearly membership to the Panhandle Regional Planning Commission and tabled its consideration of the annual audit since the audit was not ready for presentation.

Raul Miranda, 40, was in Dallas for a convention when he recalled the anniversary and decided to visit the memorial before returning to Los Angeles.

"It's something that I can tell my kids what happened," he said. "I'm going to tell them that 25 years ago this event changed the history of the United States, the history of the world."

On Sunday, 30 former G.I. Berets and 150 onlookers gathered at the memorial to remember Kennedy. As they saluted four wreaths at the memorial, members of the U.S. Army Special Forces wore their berets, authorized by Kennedy in 1961.

A small American flag with a bouquet of flowers lay in front of a plaque at Dealey Plaza, about 200 yards from the memorial and across the street from the Texas School Book Depository Building. Authorities say Lee Harvey Oswald fired from a sixth-floor window of the depository into Kennedy's motorcade.

Gary Mead, who drove one of several tour buses that stopped at the memorial Monday, said attention given to the 25th anniversary has aroused more interest than usual in the site.

"They're very much aware of it," Mead said. "They don't want to miss this part of the tour."

Dallas native Darrell Jordan was making his first visit to Dealey Plaza and spent about an hour Monday touring the areas around the assassination site.

"I've been watching all of the specials the past several months and trying to formalize my own opinions" about what happened, he said. "I've been walking all over the place."

Jordan said he is disappointed the city and county planned no formal ceremonies to commemorate the anniversary, but said he thought he understood why.

"They (local officials) worked 25 years to try to get the nation to forget it," he said.

Visitors to the Texas Schoolbook Depository from which alleged

assassin Lee Harvey Oswald is believed to have fired the fatal shots leave behind messages in the guestbook in the building's lobby.

Many of the messages demand the reopening of the sixth-floor where Oswald is believed to have been perched. "It's a long way to come to find it's closed," wrote Carol Wright of Sydney, Australia. Others mock the Warren Commission, which investigated the assassination and determined it was the work of a lone gunman. The Dallas Morning News reported.

"Someday, we'll all know the truth," said a man from Cambridge, Mass.

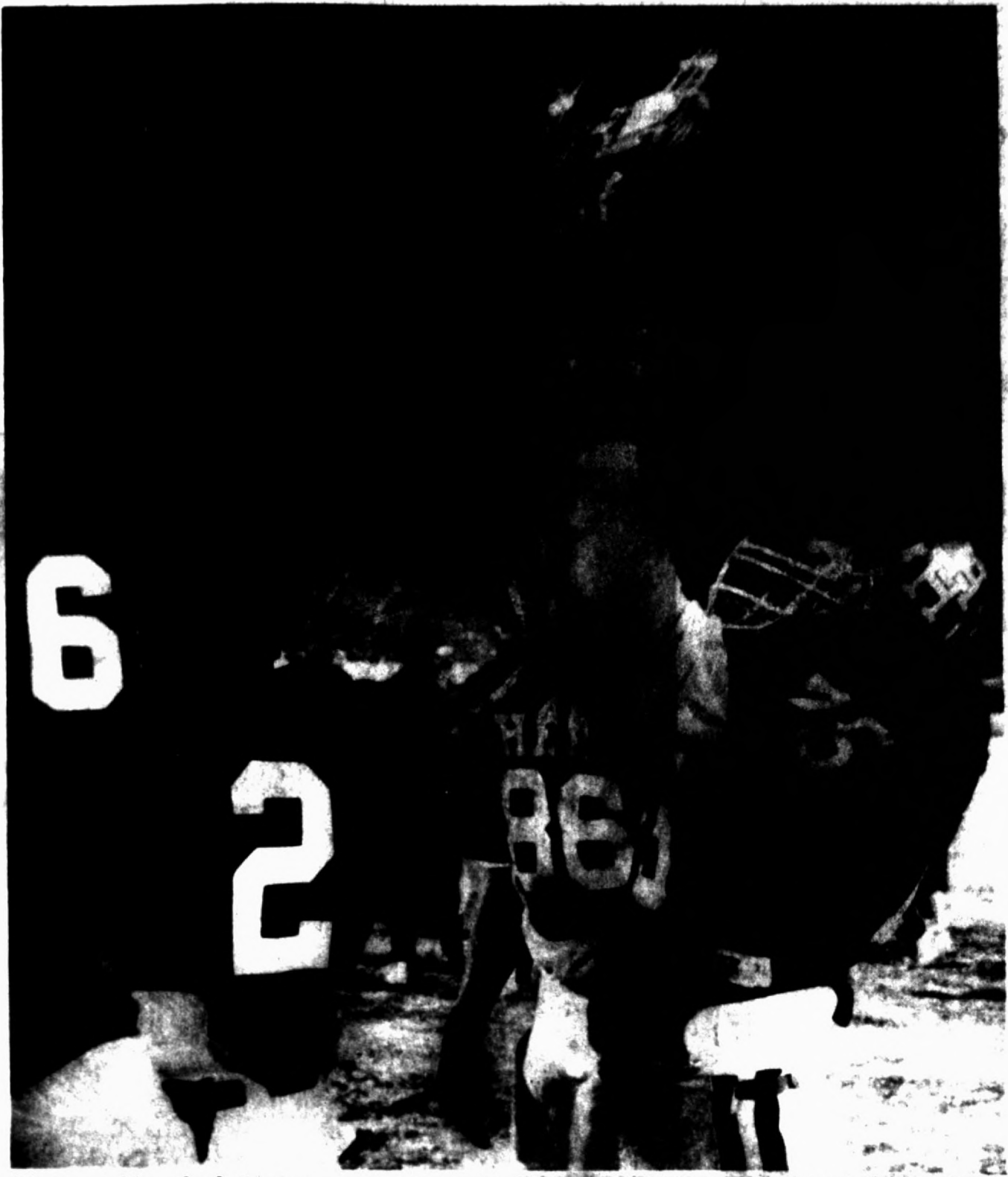
Chamber elects 4 directors

Four new directors have been elected to serve three-year terms on the board of the Deaf Smith County Chamber of Commerce.

The new directors are Carol Gerk, owner of Wishes in the Atrium in Hereford; Scott Keeling, co-owner of Keeling Cattle Company; Bobby Moore, owner of Moore's Jack 'n' Jill grocery store; and Pat Robbins, a local farmer.

The new directors will take office in 1989.

Directors who will be retiring from the Chamber board are Fred Rivera, Allen Parsons, LaJean Henry and Bob Gilliland. Mike Bowles, who has served the past year as past president, will be retiring from the board as will Sue Malamen, who is president of the Women's Division of the Chamber.



The spoils of victory

Hereford tackle Eddie Tijerina (75) holds up the Herd's area playoff trophy awarded after Hereford defeated Sweetwater, 29-12, Saturday night at Jones Stadium in

Lubbock. With Tijerina are Keith Brown (2) and John Wilson (86). See story, more pictures in Sports, Page 4. (Photo by Mauri Montgomery)

Local Roundup

36 qualify for grand prize

Thirty-six persons are in the hunt for a prize of up to \$100 in the final week of the Hereford Brand Football Contest.

Joining the list are last week's winners: Debi Lewis, first; John Dominguez, second; and Andrew Crandall, third. Lewis wins \$25 in Hereford Bucks; Dominguez gets \$15 in Hereford Bucks; Crandall will receive \$10 in Hereford Bucks.

The regular contest will be held this week, with contestants vying for the Hereford Bucks, while the grand prize contestants will match their skills for cash prizes of \$100 for first place, \$35 for second place and \$15 for third place.

Persons eligible for the grand prize contest should use the special box provided for them at the Brand office at 313 North Lee. Those eligible include Carol Armor, Ted Bosssett, Melvin Kalka Sr., Mrs. Ron Young, L.V. Watts, Lois Hillwig, Mike Manchec, Bernard Bosssett and Joaquin Gamez.

Ricky Estrada, Don Leverett, Carolyn Schumacher, Joe West, Angie Constanco, Jackie Mercer, Laura Carter, Mike Watts and Larry Watts.

V.M. Raemakers, Marie Loerwald, Todd Collier, Darrel Dirks, Larry Ritter, George Loerwald, Dorothy Grasmuek, Dan Odell, Melinda Gamez, Paula Gamez, Gladys Cavness, Wayne Amstutz, Lloyd Olson, Mal Manchec and Jim Nunnally.

Bus going to Sweetwater

The sports committee of the Deaf Smith County Chamber of Commerce will sponsor chartered buses for Hereford fans wishing to go to the Hereford-Sweetwater football game Saturday at 1 p.m. at Mustang Bowl in Sweetwater.

The round-trip ticket is \$25 for the bus, which will leave the Chamber office at 7:30 a.m. Saturday. The bus ticket does not include the game ticket. The bus will return to Hereford immediately following the game.

To make a reservation or purchase a ticket, contact the Chamber at 364-3333. Persons wishing to ride should contact the Chamber by Friday at 10 a.m.

Tickets available at Troy's

Game tickets for Hereford fans for Saturday's Hereford-Cleburne football game are now available at Troy's Sweet Shop in Hereford. The advance tickets will be available on Wednesday and until 3 p.m. Friday for \$5 for adults and \$2 for students. All tickets at the gate on Saturday will be \$6 per person.

Brand adjusts deadlines

The Hereford Brand will be closed Thursday for Thanksgiving Day and will publish a combined edition on Wednesday.

The Brand offices will be closed Thursday and deadlines have been changed for the Friday newspaper.

All display advertising should be submitted by 3 p.m. Wednesday for the Friday paper. The classified advertising deadline for the Friday paper will be 9 a.m. Friday.

Display and classified advertisers are encouraged to submit advertising early if possible.

The deadline for all non-urgent news items from Friday's paper is now Wednesday.

Nice weather

Tonight will be fair with a low near 30. South winds will be 5-15 mph.

Wednesday will be sunny with a high of 65. West wind will be 10-20 mph.

Thanksgiving Day will be fair, with a low of 35 and a high of 68. This morning's low at KPAN was 25 after a high Monday of 56.

Police arrest seven

The Hereford Police Department arrested a 36-year-old man on charges of possession of marijuana under 2 ounces; a man, 46, for driving with a suspended license and defective equipment; a man, 19, for no liability insurance (second offense), no driver's license and defective equipment; a man, 43, for driving while intoxicated.

A 24-year-old woman was charged with a theft by check warrant from Deaf Smith County; a boy, 17, was charged with shoplifting; and two men, 44 and 43, were charged with public intoxication.

A woman in the 600 block of Avenue K reported that a video cassette recorder and cassette tapes totaling \$460 were taken from her residence; charges were filed on a man in the 200 block of Vera Cruz Street for making long distance calls worth \$171 on a woman's phone; a 19-year-old man was taken to Deaf Smith General Hospital for a drug addiction.

Assault and terroristic threat were reported in the 100 block of East Park Avenue; theft was reported in the 400 block of Miller Street; assault by threat was reported in the 400 block of Avenue D; a family problem was reported in the 900 block of East 15th Street; assault by threat was reported in the 500 block of 25 Mile Avenue.

A dog was stolen in the 500 block of Irving Street; indecency with a child was reported in the 200 block of Hereford Calle; a man stopped on a traffic check ran from police at 13th Street and Avenue H; beer was taken from a convenience store in the 500 block of Avenue H; shoplifting by juveniles was reported at a grocery store; assault charges were filed at Avenue I and Grand Avenue; assault and criminal mischief were reported and criminal mischief was reported in the 400 block of Blevins Street in which a greasy substance was thrown on a vehicle.

Twenty-six citations were issued and two minor accidents were reported.

County arrests four

The Deaf Smith County Sheriff's Office arrested a 21-year-old woman on a county assault warrant; a man, 24, was picked up on a warrant for theft over \$20 warrant from Collin County; and two men, 25 and 54, were jailed on driving while intoxicated commitments.

Five tires and wrenches worth \$1,430 were stolen between Nov. 17 and Nov. 18 from Barrett-Crofoot Inc.; and a window was broken on a vehicle parked seven miles north of Hereford on U.S. Highway 385.

Send-off rally planned

A send-off pep rally for the Hereford football team will be held at 3:30 p.m. Friday at the fieldhouse at Whiteface Stadium. All Hereford football fans are invited to attend.



Getting the message across

JoAnn Dwyer, coordinator for the Amarillo Rape Crisis-Domestic Violence Center, illustrates the puppets used in the WHO (We Help Ourselves) program which teaches school children about victimization. Dwyer asked Hereford's civic club and organization leaders Monday to urge their members to donate \$3 each to raise the \$3,000 needed to receive federal grant money.

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Lifestyles

Ann Landers

DEAR ANN LANDERS: I heard you speak in Las Vegas recently and you said you write 365 columns a year. If anyone deserves a day off, you do, and I'm going to help you get it.

On Nov. 23, 1987, you ran a column I liked so well I had it preserved in plastic. I'm sending it and asking that you run it again—on Thanksgiving Day of 1988. It would mean a day off for you and a new column for my wallet.—California Friend

DEAR CAL: I accept! But do you mind if I run it the day before? I already have my Thanksgiving column written. Thanks, pal.

DEAR ANN LANDERS: On this special day I want to thank you for having the courage to deal openly with human problems such as homosexuality, rape, incest, VD and masturbation?

Your frank, enlightened columns have educated millions who otherwise would continue to wander in the

wilderness of ignorance.

Thank you for reminding parents that discipline is a special kind of love. And thanks, too, for letting the world know that some children go wrong even though they've had good upbringing and plenty of love and attention.

Thank you for the thousands of miles you travel to speak to all kinds of audiences. When they see and hear you in person, they know you are for real.

Thank you for having the nerve to call on the busiest and best-informed authorities in medicine and psychiatry to get the best possible answers for your readers.

Your column offers thousands of dollars' worth of advice for the price of the newspaper.

Thank you for the encouragement and guidance you've given the alcoholic, the mentally ill, the depressed and the handicapped. Your column has been tremendously supportive to millions of people who

secretly worry about themselves—thinking they are the only ones in the world with such "crazy" problems.

Thank you for admitting when you are wrong. It takes a big person to do that.

Thank you for your sense of humor. You have a way of being funny without hurting feelings.

I speak for millions of people when I say I hope we will be reading you for many Thanksgivings to come.—Also From Iowa

DEAR IOWA: What a beautiful letter! And no here's one to keep me from getting swell-headed.

DEAR ANN LANDERS: Who appointed you God? Your smugness makes me sick. For example: You are always criticizing people who drop in unexpectedly. Who are you to write the rules of conduct for the whole human race? It so happens I enjoy company any time. I consider it a compliment when people drop in.

Recently you were asked how to get guests to go home when they've had too many drinks and don't want to leave.

Your advice was, "Just stand up and say, 'Good night, folks. Tomorrow is here.'" I can't imagine anyone being so rude. I'll bet you don't have a friend in the world.—No Admirer

DEAR NO: Your letter was a perfect balance for the one above. We all need to get our sails trimmed

now and then. Thanks for doing it.

Everyone does drugs, right? Wrong. And today, more and more people are aware of the dangers involved. If you want to be in the know, too, write for Ann Landers' newly revised booklet, "The Lowdown on Dope." Send \$3 plus a self-addressed, stamped business-size envelope (45 cents postage) to Ann Landers, P.O. Box 11562, Chicago, Ill. 60611-0562.



Celebration of yesteryear

The seventh annual Madrigal dinner by West Texas State University will be held Saturday, Dec. 3 in the atrium of Mary Moody Northen Hall on the WTSU campus. The sights and sounds of the great dining halls of Renaissance England will be featured. Reservations may be made by calling 656-2323.

Holiday Madrigal Dinner to be hosted Dec. 3 by WTSU

The public is invited to the seventh annual Madrigal Dinner, a recreation of the days of yesteryear when the holiday season was ushered in by the sights and sounds of the great dining halls of Renaissance England.

Noble lords and ladies of the sixteenth century will gather for the holiday feast on Saturday, Dec. 3 in the atrium of Mary Moody Northen Hall on the West Texas State University campus.

The celebration begins at 6:30 p.m. with the traditional wassail bowl. Dinner will follow at 7 p.m.

Entertainment will be provided by the Madrigal Singers and the Matilda Gaume Early Music Consort.

Tickets, \$5 for WT students with a meal card, \$10 for students with WT identification and \$15 for the general public, are available from the Student Activities Council, 806-656-2323, or by writing WTSU Madrigal Din-

ner, WT Box 825, Canyon, Texas 79016.

Deadline for reservations is 4 p.m. Wednesday, Nov. 30.

Profits from the dinner will be used to fund scholarships for the student performers.

The Madrigal Dinner is sponsored by the WT Student Activities Council and the College of Fine Arts and Humanities.

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Sports

Herd demolishes No. 1 Mustangs

By JOHN BROOKS
Managing Editor

On the frozen artificial tundra of Lubbock's Jones Stadium, the Hereford Whitefaces played their usual game of solid defense and attack-when-needed offense to defeat the Sweetwater Mustangs 29-12 in a Class 4A area playoff game on Saturday night.

The unusual part was that Sweetwater had been ranked No. 1 in the state since the third week of September, and the Mustangs were solid 10-point favorites going into the game over the unranked Whitefaces.

The Mustang offense had been averaging 330 yards an outing. The Sweetwater defense had given up 1,446 yards in 10 contests.

Sweetwater got a little better than half its normal offense (224 yards), and Hereford doubled the normal offensive production (306 yards) against the Mustang defense. Hereford tailback Keith Brown gained 38 more yards (182 on 39 carries) than most teams had racked up against the Mustangs this season.

Sweetwater can look back on those statistics, good statistics, all winter.

Hereford doesn't have time to look back. The Whitefaces must get ready to play Cleburne on Saturday at 1 p.m. at Mustang Bowl in Sweetwater.

"Our effort and intensity were the two main factors," said Hereford coach Don Cumpston. "We probably hit as hard and well as well as have

in a long, long time. We were physical and they were pretty physical. It's a physical game, the way it's supposed to be played."

And it was a ball-control effort by the Whitefaces, who ran 72 plays to just 38 for Sweetwater, that keyed the win.

"I never thought I'd give the ball to one guy (Brown) 39 times," Cumpston said. "It's kinda like feeding the guy who's hot, and he was hot. "It was a courageous effort on his part, too. He was hurt and he kept going after them."

"I pinched a nerve in my neck," Brown explained. He suffered the injury late in the second quarter after he had carried the ball 23 times for 102 yards and scored a touchdown. He carried the ball 19 times in the second half, and played most of the last two quarters at cornerback.

Hurting the Mustang attack were six fumbles. Hereford recovered five of them.

The first fumble came on the game's third play, when Norman had picked up enough yardage for a first down before the ball squirted free. Defensive end Roger McCracken recovered at the Hereford 48.

Hereford moved to the Sweetwater 41 before quarterback Jason Scott was sacked at the Mustang 46, but a 36-yard Brian Fowler punt went out-of-bounds at the Sweetwater eight.

On third-and-six, Mustang quarterback Robbie Pierce fumbled the ball. Herd defensive tackle Darren Nikkel recovered the ball at the Sweetwater 16.

Two plays later, Sweetwater was flagged for a face-mask penalty that gave Hereford a first down at the four. Brown gained three yards on three carries, then Scott called his own number on fourth-and-one, carrying the ball down the right side then veering inside for the score with 4:20 to go in the first quarter.

"It was a keeper all the way," Scott said. "I'm just supposed to find the hole. It was kind of tough to run for those first two series because there was so much snow and ice out there, and it was 31 degrees at game time). But, we got used to it."

"Their defensive line was really good up front, but our offensive line did a great job again. I didn't have any trouble finding the hole."

On the conversion, Hereford lined up in kick formation, but holder Carl Delozier scooped up the ball, rolled to his right, and threw to Clint Cotten, who was wide open in the end zone, to give Hereford an 8-0 lead.

Hereford stopped the Mustangs on three plays on Sweetwater's next possession. Hereford moved from its own 38 to the Mustang 35 on a drive keyed by a 24-yard run by Brown, his second-longest rush of the night.

Later, a holding penalty moved Hereford out of range, and Fowler's 31-yard punt pinned the Mustangs at their own 11.

Norman and fullback Ernie Munoz moved Sweetwater out to the 18 as the first quarter ended. On the next

play, the Mustangs almost got on the board.

Norman took a Pierce handoff and darted untouched through the Hereford defense. Hereford's last defender, safety Pat Mercer, made a less-than-a-shoestring tackle at the 50.

"I don't know how I tackled him," Mercer said. "I reached out and got a knob on the bottom of his tennis shoe, and he went down."

Sweetwater gained just two yards on the next three plays (defensive end Brad Smith got one of his two pass knock-downs on the third-down play) and Gregg Ruffin's punt moved Hereford back to its 18.

Brown carried the ball on six of the next eight plays, but Hereford was eventually forced to punt from the Sweetwater 44. Fowler's punt was fielded at the Mustang 15, but was fumbled. Hereford's Chuck Lemons recovered the ball at the Mustang 14 with 6:19 to play in the half.

Scott picked up nine yards on a first-down keeper, and a face mask call moved the ball to the three. Brown carried the ball on the next three plays, scoring on the third from a yard out with 4:44 left in the second quarter. Aaron Savage's PAT kick gave Hereford a 15-0 lead.

Sweetwater immediately got back into the game on a busted play. Pierce pitched toward Norman, who scooped up the ball on one bounce and raced down the east side for a 77-yard touchdown with 3:57 to play in the half.

On the two-point try, Norman tried the right side, but stumbled and was stopped at the one to leave Sweetwater trailing by nine points, 15-6.

Sweetwater threatened later in the half, moving the ball to the Hereford 34, but Cotten, at safety, picked off a Pierce pass at the Whiteface 10 and returned it to the 28.

Cumpston had stressed ball control before the game and the Whitefaces kept the ball for the first seven minutes of the second half, going from their own 32 to the Mustang 20 before turning the ball over on downs.

The drive was keyed by a 14-yard pass from Scott to Cotten, a bouncing pitch picked up and advanced five yards by Glenn Parker, and a fourth-down conversion at the Mustang 30.

On fourth-and-four at the Sweetwater 21, Scott picked up just a yard, giving Sweetwater the ball after running off the first seven minutes of the half.

"That was a crucial drive," Cumpston said. "It took a lot out of Sweetwater. We fought for yardage on every play, and it made the difference between winning and losing. Ball control like that is the name of the game. We've done that in most of our games lately, and we need to continue to do that."

Norman picked up a first down on an eight-yard run to the Mustang 31. Three plays later, Pierce completed Sweetwater's only pass of the night, a 54-yard strike to wideback Phillip



Escorting Brown

Hereford tackle Roger McCracken (79) escorts tailback Keith Brown on one of Brown's 39 carries in Saturday's area playoff game in Lubbock. Hereford picked

up 182 yards and scored two touchdowns to help lead Hereford to a 29-12 win over the top-ranked Mustangs. (Photo by Mauri Montgomery)

Hereford 29, Sweetwater 12

Score by quarters:				
Sweetwater	0	6	0	6-12
Hereford	8	7	0	14-29

Scoring summary:
H—Jason Scott 2 run (Clint Cotten pass from Carl Delozier)
H—Keith Brown 1 run (Aaron Savage kick)
S—Kenneth Norman 77 run (run failed)
H—Brown 39 run (Savage kick)
S—Robert Williams 46 blocked punt return (run failed)
H—Jason Scott 34 run (Savage kick)

Game stats:	SHS	HHS
First Downs	6	17
Rushes-yards	28-199	68-299
Passing yards	54	18
Plays-yards	38-244	72-306
Returns yards	121	74
Passes C-A-I	1-10-2	2-4-0
Fumbles-lost	6-5	5-0
Punts-Avg	3-27	6-33
Penalties-Yards	9-21	8-69

Individual stats:
Rushing: Sweetwater—Kenneth Norman 14-132; Ernie Munoz 10-47; Robbie Pierce 3-6; Toby Tobias 1-3. Hereford—Keith Brown 39-182; Jason Scott 16-75; Glenn Parker 5-21; Kyle Andrews 6-12.
Passing: Sweetwater—Robbie Pierce 1-4-1, 54; Chris Taylor 0-1-0; Kenneth Norman 0-1-1. Hereford—Jason Scott 2-4-0, 18.
Receiving: Sweetwater—Phillip Martinez 1-54. Hereford—Clint Cotten 1-14; Kyle Andrews 1-2.
Returns: Sweetwater—Toby Tobias 4-64; Kenneth Norman 1-23; Robert Williams 1-46; Luge Gomez 2-(-10). Hereford—Keith Brown 1-25; Stuart Mitts 1-31; Clint Cotten 2-18.



Fun on the slopes

Sweetwater tailback Kenneth Norman is pulled down by a Hereford defender during Saturday's Class 4A area playoff game at Jones Stadium in Lubbock. Coming up to help is defensive end Roger McCracken

(79). Norman was limited to 132 on 14 carries, and had just 23 yards on 12 of his totes, as Hereford crushed the top-ranked Mustangs, 29-12. (Photo by Mauri Montgomery)

Martinez, who was hauled down by Cotten at the Hereford 18.

On the next play, Norman fumbled into the hands of linebacker Jason Lueb at the Hereford 17.

Hereford picked up 20 yards on six rushing plays and another 15 on a Sweetwater personal foul to move to the Mustang 48 before punting the ball away. Fowler's 33-yard kick pined Sweetwater at its own 15.

The Mustangs got just six yards, and Hereford got the ball back at the Sweetwater 48.

On third-and-one at the 39, Brown went through the middle of the line, then cut to his right where split end Mercer blocked down the last Sweet-

water defender at the Mustang 25. Brown went untouched into the end zone. Savage added the extra point to give Hereford a 22-6 lead with 8:03 left in the game.

"The cornerback was coming at me, but Pat had the angle on him and cut him down," Brown said. "It really felt great to score, and it feels great to win. They outweighed us, and they were big and quick, but our line reached down and got the extra stuff it needed to get."

Sweetwater was stopped on downs at its own 48 on its next possession, but Hereford could pick up just three yards. After taking a five-yard delay penalty, Fowler lined up to punt.

Noseguard C.C. Carr rushed through the line to block Fowler's kick, and Robert Williams picked up the ball at the Hereford 46 and raced to the end zone.

On the two-point try, Smith tackled Norman at the five to leave Sweetwater 10 points behind, 22-12, with 5:06 to play.

The Mustangs tried an onside kick on the ensuing kickoff, but Hereford recovered the ball at its own 49. The Whitefaces could move only to the Mustang 44 before having to punt. The Whitefaces were twice called for illegal motion on fourth down before Fowler got away a 41-yard punt (See HERD, Page 5)



Let the celebrating begin

Hereford head football coach Don Cumpston (left) shouts to the sideline as assistant coaches Danny Haney, center, and Mike Purcell, right, congratulate each other

during Saturday's Class 4A area playoff game at Lubbock. Keith Brown had just recovered a Sweetwater fumble, and Hereford had secured a 29-12 win.

HERD



It's called gang tackling

Sweetwater's Kenneth Norman (20) was one of the state's top rushers going into Saturday's area playoff game in Lubbock, but that was before he faced a swarming Hereford defense that limited Norman to 132

yards on 14 carries. Identifiable Whitefaces on this play are Keith Brown (2), Roger McCracken, Brian Wagner (31), Kirby Kaul (52), Brad Smith (72) and Jason Lueb (52). Hereford won the game, 29-12.

under a heavy rush.

On second down, Norman took a Pierce pitch and attempted a halfback pass that was picked off by Cotten at the Sweetwater 34 with 2:32 left in the game.

On fourth-and-10, Scott went down the right side of the line on the option, but found a huge gap, cut to his left, and went 34 yards for the touchdown. Savage added the extra point to make the score final, 29-12.

"It was supposed to be a pitch to Keith, but our line really spread their defense out and I just cut it upfield," Scott said.

On the first play after the kickoff, Sweetwater lost its fifth fumble of the night. Brown recovered the ball at the Mustang 24, and Scott fell on the ball three times to end the game.

"We were just determined to win the game," said Hereford middle linebacker Joe Medrano. "We won because we worked extremely hard all week and went out played good, hard football."

"I really think we were better prepared than they were, but they played hard. Their mistakes just killed them, and everytime they made a mistake we capitalized on it."

"We knew if we went out there and played hard we could make miracles happen," said Smith. "We didn't do anything different. We just played hard."

"If Norman hadn't gotten those two plays he wouldn't have had anything all night," said linebacker Brian Wagner. Outside of the 32- and 77-yard runs, Norman had just 23 yards on 12 carries and a long gain of eight yards.

"The way we were playing them, they weren't going to do a whole lot," Wagner said. "We knew if we could stop Norman the game was ours."

"Everyone else had better watch out for us, because we are going all the way one step at a time, beginning with Cleburne."

Cumpton said he couldn't point out one person as the key to Hereford's success on either side of the ball. "This was a total team effort," Cumpton said. "We had to keep Norman from breaking the lone ones, and the defense did what it needed to do."

"Everybody told us we couldn't run on them, that nobody could run on them all year. Our offensive line decided that wasn't true, and our line was extra-determined to prove a point."

Saturday's game is a rematch of the 1986 regional game, when Hereford appeared to be a 7-6 loser only to recover a fumble with 20 seconds to play and watch Mark Arto kick a last-second field goal to give the Herd a 9-7 win on its way to the semifinals.

"At this point, there are 16 teams playing, and one of those teams is going to win state," Cumpton said. "Hereford has as good a chance as anyone else. I think our players understand that they now have a golden opportunity because they've already beaten the top-ranked team in the state."

"That doesn't mean we have it won. That just means that we're one of the 16 with a once-in-a-lifetime opportunity."

"Cleburne has an excellent ball team with a great quarterback and a great fullback. They run a lot of traps and sweeps and bootleg passes; it's a well-balanced offense. It will definitely be a big challenge for us."

"If our kids continue to give it everything they've got, then we know what the final result could be."

Win over Sweetwater 'is greatest'

By SPEEDY NIEMAN
Editor-Publisher

Football fans are still talking about Hereford playoff victories in the past—such as Fort Worth Eastern Hills at Texas Stadium in 1981 and Cleburne in 1986 at Abilene, but the Whitefaces gave fans a new game to talk about when they upset No. 1 Sweetwater Saturday night.

"That's the greatest game I've been associated with at Hereford High," coach Don Cumpton told the Whiteface Booster Club Monday night. "Because of the situation—going against the number one-ranked team and playing on a snow

and ice-covered field, I told the kids it was the greatest win in the history of Hereford High and a game that fans would be recalling for years to come."

Cumpton told the team Monday that "there are pretenders and contenders, and now the pretenders are all gone. We've got to be physically and mentally ready to play because it's a sudden-death situation all the way. Some of the state's best 4A teams have already lost—like Brownwood, Highland Park and Sweetwater, and Denison and Kilgore play each other this week."

The Whiteface mentor told

boosters that he couldn't pick the outstanding players of the week from the Sweetwater game—"we just announced that the whole team would be recognized this week." While boosters viewed the film of Saturday night's triumph, Cumpton pointed out a bunch of key plays in the game.

Cumpton said the Herd's offensive line has come a long way. "The word was out that you couldn't run against Sweetwater—they had given up an average of 146 total yards per game, but our offensive line did a heck of a job and we had 282 yards rushing, alone."

The Herd boss had equal praise for

all members of the team. The defense gave up only six first downs, only two in the second half. Except for two plays, Sweetwater's great running back was held in check.

The scouting report on Cleburne, said Cumpton, is that they may have more overall talent than Sweetwater. The Yellowjackets were runners to Brownwood in District 7-4A play and advanced to regional with a win over Taylor, winner of District 6-4A. Cumpton said Cleburne had a big quarterback who can throw the ball.

The Herd will leave Friday afternoon and spend the night in Sweetwater. Cumpton, who coached at Abilene and played some games at Sweetwater, says he likes the Mustang Bowl. He said the turf was always good and he thought the stadium seated about 12,000.

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Loose football

A Sweetwater defender has just stripped the football loose from Hereford quarterback Jason Scott as offensive tackle Brian Watts (78) starts to scramble for the ball

in Saturday's area playoff game in Lubbock. Hereford recovered both of its fumbles and recovered five of six Mustang fumbles en route to a 29-12 win.

Basketball teams home

The Hereford Lady Whitefaces will try to establish a winning streak tonight when it faces a veteran Dimmitt girls team at 6:30 p.m. at Whiteface Gymnasium at Hereford Junior High.

The Hereford boys team, without the help of several "regulars" who are on the Hereford football team, will face the perennial Bobcat powerhouse at 8 p.m.

Coach Mike Fields will have a mostly-junior varsity squad until the end of the football season.

"It would suit me just fine if football last another month," Fields said Monday. "We'll worry about that later."

The Bobcats will have one of their youngest and smallest lineups in several years. The Bobcats graduated most of last year's state semifinal team, but bring back starting point guard Emilio Arce for the 2-0 Dimmitt squad, which has played in the last three Class 3A state tournaments under Coach Kenneth Cleveland.

The Hereford girls will have a decided height advantage in their game, but coach Frank Belcher is worried about the smaller-but-scrappy Bobbies.

"They'll be a tough test for us," Belcher said.

The Lady Whitefaces are 2-2 after finishing seventh last weekend at the Big Spring Tournament. Hereford won its last game, 71-38, over El Paso Parkland after losing in the first round to Estacado and in the second round to Big Spring.

The Hereford girls will play in the Amarillo Tournament this weekend. The boys game this Saturday with Tulla has been cancelled.

Here are the results of the Hereford girls' games last Friday and Saturday at the Big Spring Tournament.

ESTACADO 71, HEREFORD 39

Estacado	15	15	18	23-71
Hereford	5	16	12	6-39

H-Susan Bell 1-4-2; Stacy White 1-4-3; Libby Kosch 0-2-2; Cande Robbins 4-4-4; Jill West 1-4-2;

SHANTEL CORNELIUS 2-4-4; POPPY RICHARDSON 1-4-2; BRANDI BINDER 1-4-2; CARMEN BROCKMAN 7-4-14. TOTALS: 18/46-2/8-39.

Three-point goals: White.
Total fouls: Estacado 11, Hereford 7.
Rebounds: Hereford 18 (Brockman, Robbins 4).
Steals: Hereford 4 (Bell 2).

BIG SPRING 37, HEREFORD 22

Big Spring	10	5	11	11-37
Hereford	5	12	11	4-32

H-Bell 0-4-4; White 2-4-4; Brianna Townsend 2-4-4; Robbins 1-4-2; Cornelius 1-4-2; Richardson 1-4-2; Binder 1-3-5; Brockman 5-1-11. TOTALS: 12/36-4/8-32.

Three-point goals: White (2).
Total fouls: Big Spring 16, Hereford 16.
Rebounds: Hereford 23 (Brockman 8, Robbins and Binder 4).
Steals: Hereford 7 (Bell 2).

HEREFORD 71, EP PARKLAND 28

Parkland	7	13	6	12-38
Hereford	14	20	18	19-71

H-Bell 0-4-4; White 4-4-4; Townsend 0-1-1; Jennifer Betzen 2-2-4; Kosch 2-1-5; Robbins 4-1-13; West 0-4-2; Cornelius 4-4-4; Richardson 2-4-4; Binder 1-4-2; Brockman 3-3-18; Shea McGinty 2-4-4. TOTALS: 32/58-7/15-71.
Total Fouls: Hereford 16, Parkland 15.
Rebounds: Hereford 23 (Robbins, White and McGinty 5).
Steals: 22 (Robbins 5).



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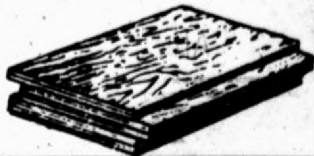
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Teams are numbered in ads; check games and mark box number of team selected as winner. Use official entry blank (no copies of the official form will be accepted). Entries must be deposited at Brand office before 5 p.m. Friday. All mail entries must be post-marked no later than Thursday to be eligible. Those post marked later than Thursday or received late will be disqualified. Only one entry is allowed per person. All entrants must be at least 8 years of age to be eligible. Prize winners residing in Deaf Smith County **MUST** appear **IN PERSON** prior to the next week's contest to claim award. Prizes not claimed within 5 working days become null and void. Entrants outside the county can appear in person or enclose a self-addressed envelope with entry. Be sure to guess total score in the tie-breaker game. Members of the Brand staff or their families are not eligible. Decision of the judges is final.

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HYSTERECTOMY
By Robert C. Park, M.D.,
President, The American
College of Obstetricians
and Gynecologists

Hysterectomy is the second most common major operation performed on women. For that reason alone, it's important that women know what a hysterectomy is, why it is done, and how it may affect your life.

During a hysterectomy, the uterus or womb and the cervix or opening (mouth) to the uterus is removed. Sometimes, your doctor may recommend that the fallopian tubes and ovaries also be removed along with the uterus—but removal of the tubes and ovaries is not a part of what is considered a hysterectomy.

Two things are considered when your doctor recommends a hysterectomy—the medical purpose and quality of your life. The four main medical reasons for a hysterectomy are noncancerous tumors of the uterus (fibroids), a uterus which sags or bulges (uterine prolapse), endometriosis, and prolonged and abnormal bleeding which cannot be controlled by other means. Cancer is another reason for the operation.



The longer glass stays under water, the stronger it gets.

Hysterectomies are not recommended as a method of sterilization. There are other forms of sterilization that are safer, easier, and less expensive.

Quality of life is important to consider if the reasons for your hysterectomy are not life-threatening. If you have problems with very heavy and painful periods, and you are sure you don't want more children, you may choose to have a hysterectomy. On the other hand, you may choose to live with the discomfort so that your uterus is not removed. This is a decision only you can make. Your doctor is there to give you advice.

If you have a hysterectomy before menopause, the most obvious result is that you will no longer have periods and can no longer have children. Your ovaries will continue to release hormones, however, so you will not go through menopause until the normal time.

Because the outer genital organs and the vagina are not removed by a hysterectomy, in most cases sexual satisfaction should not be negatively affected. But some women do report that their sexual satisfaction is affected.

If the reason for your surgery is not life-threatening, take the time to discuss and understand why your doctor recommends this operation. If you have any questions, don't hesitate to ask for and get a second opinion. An informed decision about a hysterectomy is the best decision.

Pesticide residues no major problem

Food supplies today are safe despite public outcries about pesticide residues, said a medical authority here Nov. 4.

"Public outcries about unsafe food products due to pesticides are unwarranted," said Dr. Sanford Miller, dean of the Graduate School of Biomedical Sciences, University of Texas Health Science Center at San Antonio.

"The issue of chemicals in our food supply creates a lot of noise and drama—but has little content," Miller told participants of the Texas

Vegetable Association convention. "There isn't a single illness that has been associated with chemicals in food when those chemicals have been appropriately applied," Miller said. "On the other hand, 20 million to 40 million cases of food borne diseases are reported on a yearly basis."

"That's where I see the main problems with food safety—with microbes or 'bugs' that develop with unsafe food handling and related practices."

"These naturally occurring

materials are more difficult to determine than synthetics such as pesticides," he said, "because we know what makes up a synthetic. A case in point is basking in the hot summer sun; that's much more damaging than consuming certain pesticides."

Miller, who spent nine years in Washington, D.C. with the Food and Drug Administration, said that the FDA is doing a good job in sampling food products for pesticide residues and other contaminants. However, the agency has limited resources and needs more support from Congress and the President.

"Each year FDA samples some 250 food products on a regional basis for contamination," Miller said. "These products are checked and then prepared just as you would do in your home. This yearly sampling has detected minor pesticide contaminations (below the tolerance or allowable level), but these have been decreasing at a time when pesticide use has been increasing."

The medical official said that while long-term exposure to pesticide residues could present a problem, it's just not realistic.

"It's the same situation with numerous other products," he said. "Unless you consume large quantities on a daily basis, there won't be a problem."

Miller said that there is no evidence of increasing cancer rates that might stem from food contaminants or other materials. "It's (the evidence) just not there. Most cancer rates are coming down, people are living longer, and their quality of health is better."

Miller said that a major educational effort is needed to ensure the safe use of pesticides and new safety procedures. "You as producers have a responsibility to provide safe food for the public," he said. "That should be your goal."

Dr. Al Wagner, a food technologist

with the Texas Agricultural Extension Service, echoed Miller's comments regarding pesticide residues in food products.

"It's refreshing to see someone of Dr. Miller's caliber take such a common-sense approach to the issue of pesticide residues in food," Wagner said. "So many people get all worked up about this issue, yet all the data and sampling show that there is no problem."

"Our main concern regarding food safety—which was the same voiced by Dr. Miller—is that of microbiological agents such as bacteria, yeasts and molds," Wagner said. For example, listeria is a bacteria that is currently presenting a lot of problems through its flu-like symptoms. It is found in food products that are improperly refrigerated or improperly cooked before use, he said.

"Dealing with these microbes is one of the main issues we are trying to address as far as food safety is concerned," Wagner said. "Of course, we are continuing to emphasize the safe use of pesticides by producers of food products."

Abundant Life

PERSONAL UPLIFT
By Bob Wear

We know about individual differences, and, in some situations, allowances are made for individual differences. This is important, and a fact of life that must never be overlooked.

Of course, we have many things in common, and must learn how to be an acceptable part of the whole of society. We must learn how to do this, without becoming lost in the crowd.

In the modern-day social order, with the predominance of technology and with the widespread sophistication, the individual is inclined to feel less and less significant as a person. To offset this danger, we must deliberately and specifically work to preserve our personal identity. This does not imply that it is wise to try to be different just for the sake of being

different, but it does support the importance of our individuality.

No one was created to be a nonentity, to permit one's identity to become completely lost in the crowd. It is better for us and for the common good that each person be diligent in maintaining the personal individuality, and in developing one's own particular potentialities. The individual will be stronger and the whole society will be stronger.

Even though we must live in close association with other people, and learn how to get along with others in the very best way, it is not necessary that we lose our personal identity. We must be always active in the process of 'personal uplift'. To the extent each one of us will do the best we can with our potential and our possibilities we will add something worthwhile to our society.

"We live too much in platoons; we march by sections; we do not live in our individuality enough; we are slaves to fashion in mind and heart, if not to our passions and appetites."—E.H. Chapin.

While we function effectively as part of the whole of society, we must not neglect the 'personal uplift' for a better personal life and a better part of community life.

Comics

BLONDIE

by Dean Young and Stan Drake



Marvin

By Tom Armstrong



The Wizard of Id

By Brant Parker and Johnny Hart



Barney Google and Snuffy Smith

By Fred Lasswell



BETLE BAILEY

By Mort Walker



Who gets the kids for the holidays?

Ten-year-old Jimmy spend last Christmas with his father in Cleveland. Already a seasoned solo airline traveler, Jimmy spends every other holiday with his father in Ohio. So this year, he will share Thanksgiving turkey with his father, and open Christmas presents under his mother's tree.

How does all this switching and shuffling around during the holidays affect Jimmy and his family?

"Holidays are already a tremendously stressful time of year," according to Doreen Virtue, psychotherapist, joint-custodial mother, and author of *My Kids Don't Live With Me Anymore: Coping With The Custody Crisis* (CompCare Publishers, 1988). "When you add the burden of making visitation arrangements, as well as the emotional pain of spending the holidays without your child, you've got a holiday season that's really overwhelming."

Here's what Jimmy, who lives with his mother, has to say, "Everything my dad and step-mom do on Christmas is different from the way my mom celebrates it," he complains. "My step-mom won't let us open presents until Christmas Day, after we get back from church. At home, we rip open the presents Christmas Eve and then spend Christmas Day playing, eating and watching television."

Adjusting to the different styles of celebrating holidays has added to the

anxiety Jimmy feels around Thanksgiving and Christmas. "I wish I could just spend every Christmas with my mom," he explains.

Jimmy's mother deals with a different set of emotions. "The first Christmas I spent without Jimmy was the worst Christmas of my life," she remembers. "I was so lonely and there was nowhere I could turn to feel better since all the stores and gyms were closed for the day and all the restaurants were booked up."

Jimmy's mother also says she worries about her son's safety when she sees his airplane take off. In addition, she struggles with accompanying feelings of resenting her ex-husband for "taking Jimmy away from me on Christmas" and guilt for harboring the resentment.

Different styles of celebrating, geographical distance between families, and emotional pain all add up to make the holidays especially stressful for divorced families. How can you alleviate some of the stress on your child, plan happy holidays, and take care of yourself? Here are five tips on coping with the special problems that are the result of the custody crisis this holiday season:

1. Plan well in advance with everyone concerned.
2. Spend time talking with your children about their feelings on the arrangements set for the holidays. Invite them to share feelings of disappointment or sadness, but also talk about ways to make sure the holidays are a fun, close time. Be sure to let your children have input on some aspect, even minor details, of the holiday visitation schedule.

3. If you won't have your children with you on Thanksgiving or Christmas, plan on celebrating with a "little holiday" with them—that is, a second Thanksgiving or Christmas-later. This will give everyone something to look forward to, and will help ease the feeling that you're "missing out" when you spend a holiday without each other.

4. Arrange to have some kind of contact with your children. Plan what time you'll talk on the telephone on Thanksgiving or Christmas. If your only contact during the holidays will be a phone call, keep the tone positive but honest. Encourage children to share their feelings, and be honest about your own sadness at not being together, but focus on looking forward to the next visit.

5. Holidays tend to intensify competition between ex-spouses. When making holiday plans and especially when picking up/dropping off the children, don't spoil the day by allowing your self to be drawn into an argument with your ex-spouse. Avoid gloating over who has the kids for the holidays. Don't compete with your spouse in gift-giving. Concentrate instead on finding enjoyable, meaningful gifts for your child.

By planning holiday activities ahead, and anticipating the normal, natural feelings which accompany being a joint-custody family during the holiday season, says Virtue, the holidays can be happy, warm and memorable occasions for all concerned.

Hints from Heloise

GREETING CARDS

Dear Heloise: Greeting cards always have such pretty pictures on them. When I write to my grandchildren, I take out the cards that I have received over the years and cut out the pictures and mail them along with letters that I send to them.

It makes for a nice greeting and they in turn make scrap picture books with them. — Mrs. Ruth Davis, Medford, Ore.

INFORMATIVE PAMPHLETS

Dear Readers: Knowing what to do when you have an insurance claim can help you get the best value for your insurance dollars.

The Insurance Information Institute has compiled a pamphlet on how to file an insurance claim. It is very informative, filled with lots of good ideas and advice.

If you would like to receive a free single copy, simply dial toll free 1-800-221-4954. — Heloise

HOMEMADE BREAD

Dear Heloise: I enjoy making homemade bread, but dislike having the dough stick to my hands. It is hard to rinse off.

So I spray my hands with some non-stick cooking spray and then knead the bread. The bread doesn't stick to my hands and my bread-making is a more pleasant experience.

I have found this procedure helpful during candy-making as well. — Cathy Smythe, Harvest, Ala.

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American Heart Association

Raspberry Cheesecake

- 1 cup graham cracker crumbs
- 2 tablespoons margarine, melted
- 1 cup low-fat cottage cheese
- 1 cup part skim ricotta cheese
- 2 egg whites
- 1/2 cup egg substitute or 2 whole eggs
- 1/2 cup evaporated skim milk
- 1/3 cup sugar
- 1 tablespoon lemon rind, grated
- 1/3 cup fresh lemon juice
- 1/4 cup flour
- 1 1/2 cups fresh or frozen raspberries for garnish

In a small bowl, combine the crumbs and margarine. Press into bottom of a greased 9-inch loose-bottomed or spring-form pan. Place pan in freezer while you prepare the filling. In a blender or food processor, place all remaining ingredients except the flour and raspberries and blend until smooth. Add flour and blend for 10 seconds until ingredients are thoroughly mixed. Remove crust from freezer and pour in the filling. Bake at 300 degrees for 1 hour or until the filling has set. Cool on a rack. Loosen edges of cheesecake with a knife and remove the sides of the pan, but not the bottom, from the cheesecake. Place on a serving platter and top with raspberries. Serves 12.

K-Bob's Steak House site of recent sorority meeting

Alpha Iota Mu chapter of Beta Sigma Phi Sorority met on Nov. 17 at K-Bob's Steak House for their regular meeting.

President Dee Ann Matthews read a letter from the Outreach Program, who is soliciting funds for their organization. This program serves the Rape Crisis Domestic Violence Center. After some discussion, it was decided to table the motion.

Thank you's were extended to secret sisters by Kathie Kerr, Jackie Fangman, Wanda Huseman, Beckie Fry, Gay Maclaskey, and Camille Beville. Dee Ann Matthews thanked all the members who worked at the stuffed potato sale and who attended Fall Rituals.

Social committee chairman, Beville, announced that there will be a Christmas Party on Dec. 15. Members will exchange Christmas ornaments and goodies. Beville also discussed a Super Bowl Party for

couples to be held in January.

Jackie Fangman, chairman of the program committee, reported that the next meeting will be on Dec. 1 at 7 p.m. at the home of Janice Betzen. Betzen will present the program entitled "Fun with Flowers." Marrie Leverett will serve as co-hostess.

Members gave suggestions for Christmas gifts to their secret sisters. Prior to the meeting, members enjoyed a meal at K-Bob's.

EXERCISE AFTER A HEART ATTACK

ORADELL, N.J. (AP) — Get clearance from your doctor before starting on an exercise program after a heart attack.

He may prescribe a treadmill stress test which tells how the heart and muscles will respond to exercise before you begin, according to Healthy Heart.

New cookbook stresses fresh foods

By CAROL DEEGAN

Associated Press Food Editor
NEW YORK (AP) — Betty Crocker is a well-known name in American cooking. Since 1950 more than 50 million copies of Betty Crocker cookbooks, including the classic "Betty Crocker's Cookbook" (now in its sixth edition) have been sold.

Now, Betty Crocker has come out with a new cookbook, "SmartCook: The Essential Everyday Cookbook," that features a new format, 90 full pages of color photography, and 300 no-fuss recipes, updated for today's palate.

"SmartCook" has cooking shortcuts and fresh presentations, microwave instructions, helpful hints, grilling and broiling options, and recipe variations, all backed with the experience of Betty Crocker's test kitchen, where each recipe has been developed, tested, refined and proven.

Marcia Copeland is director of the Betty Crocker Food & Publications Center in Minneapolis. She has a staff of 50, including a group of home economists who track consumer trends in food — with special attention to food preparation.

Copeland described the new cookbook — "we're very proud of it because it's a very different book for Betty Crocker" — and the philosophy behind it in a recent interview here.

She says Betty Crocker looked at several important lifestyle trends in planning the new cookbook. Two important trends: families have less time to be in the kitchen, and everyone is cooking — Mom, Dad, kids and singles.

"There are so many demands on people's time today that people want to prepare meals quickly," Copeland explains. "People are tired of frozen convenience foods, they are tired of takeout, and they are tired of deli foods."

Another important trend: "Because we are all living longer, we want to eat better fruits and vegetables; we want less fat, less sugar, less salt," she says. "We have far better choices."

"I think how, too, we are also demanding better quality food. People are demanding better quality for their food — and they're willing to pay for it. They want good value, they won't pay outrageous prices, but they want better flavors, they

want truer flavors, and they want it to be good for them. They also don't want to take a lot of time preparing it.

"So taking all of those trends, we tried to use them in putting together this new cookbook."

"SmartCook" is really two cookbooks in one. When time is at a premium, "Fix It Fast" offers dishes that can be prepared in 45 minutes or less. The recipes in the "Fix It and Forget It" section of the cookbook are make-ahead specialties that are designed to be long on flavor but short on tending time.

Some of the recipes included in the "Fix It Fast" section: Winter Fruit Salad with Ham and Walnuts, Mozzarella and Tomato Melts, Swiss Cheese and Vegetables in Pita Breads and Baked Maple Apples. Recipes in the "Fix It and Forget It" section include: Turkey and Apricot Salad, Sauerbraten-style Stew and Hawaiian Ice-cream Dessert.

"The thing I like about the book is that I could stop at the salad bar and pick up ingredients and take home and stir-fry, or I could stop at the store and with minimal amount of fuss, I could have a meal on the table in 30 minutes," Copeland says.

Cooking shortcuts, like not precooking noodles, make baked pasta dishes such as Vegetable Lasagna quick and easy to prepare.

"We've used a lot of salads and we've used the combination of fruit and meat together, which is tending to be more popular," Copeland says. "Now you will not find recipes for bread or for vegetables in here, this is primarily a main dish and a dessert cookbook, because we know those are the two things people want."

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