

2201 Brookhollow Plaza Dr #300
Northwest Corner
Austin, TX 78706-7417



The Hereford Brand

Thursday
July 6, 1989

Hustlin' Hereford, home of R.V. Tackitt

89th Year, No. 2, Deaf Smith County, Hereford, Tx.

10 Pages

25 Cents



Harvesting souls?

For a minute on Wednesday night, members of the Assembly of God Church on East 15th Street in Hereford might have thought the Grim Reaper had come to visit. Instead, the reaper was a John Deere combine on a trailer. The trailer's hitch had broken

from the truck that was carrying it down 15th, sending it up to the northwest corner of the church. No one was injured, and the combine sustained more damage than did the church.

(Photo by John Brooks)

Reaper visits church service

By JOHN BROOKS
Managing Editor

Members of the Assembly of God Church on East 15th Street in Hereford were singing "On the Holy Ground" at Wednesday night's service when there was a sudden thud and the building began shaking.

"I thought maybe there was an explosion at one of the houses around here or something," said the Rev. David Morris, the church's pastor.

Morris and several other members went outside to investigate.

A trailer-mounted John Deere combine had struck the side of the church building.

"I went back in and dismissed services," the Rev. Morris said. "I didn't know if it might have hit a gas line or something, so I got everyone out."

The trailer was being pulled by a truck driven by Ted Sinnacher of Muleshoe.

"It wouldn't go under the top of the underpass (U.S. Highway) 385, so I came around this way to get to Dimmitt," Sinnacher said. He said he hit a dip at 15th and Apache "and it just came loose."

The trailer, and combine, hit a dumpster located between the church and the YMCA, then carried to the east. The combine's grain spout went through the roof and decking of the church, stopping in the attic space between the decking and the church ceiling.

The trailer and combine did not hit the side of the church building. It was stopped just inches away from the side of the church by shrubs in the northwest corner of the church.

"Well, it didn't hurt anybody, but I think it scared the pianist and organist pretty bad," the Rev. Morris said. "They sit on this side of the church, and when it hit the church they hit a couple of sour notes."

Wife jailed in shooting

By JOHN BROOKS
Managing Editor

Helen Owens, 60, of Hereford, remained in Deaf Smith County Jail today in lieu of \$50,000 bond after she was arraigned Wednesday on a homicide charge.

Mrs. Owens was arrested on a homicide warrant just before noon on Wednesday. She is charged with the shooting death of her husband, Charles, on early Wednesday morning.

Mr. Owens was shot twice, once in the arm and once in the chest, with a .38-caliber gun at the couple's home at 541 Westhaven in Hereford at about 1 a.m. Wednesday. Mr. Owens was taken to Deaf Smith General Hospital, where he was pronounced dead shortly after 2 a.m. Wednesday.

After police had questioned several persons who were at the home on Wednesday, authorities obtained a warrant for Mrs. Owens at about 11 a.m. Wednesday. She was taken into custody shortly before noon on Wednesday. She was arraigned by

Justice of the Peace Johnnie Turrentine.

The Deaf Smith County grand jury will likely take up the case at its next session.

District Attorney Roland Saul said that a new grand jury will be impaneled on July 13 and said he was not sure when the new grand jury would hold its first session.

Services for Mr. Owens will be held at 10:30 a.m. at the First Baptist Church in Hereford with Doug Manning officiating. Burial will follow in West Park Cemetery by Gilliland-Watson Funeral Home.

Mr. Owens was born May 22, 1918, and served in the U.S. Army Air Corps in World War II. He moved to Hereford in 1945 and was a part owner of Owens Electric in Hereford.

Other survivors include his son, David of Farmers Branch; four brothers, Jim of Bovina, Floyd of Twin Falls, Idaho, Dale of Clovis, N.M., and Raymond of Tucson, Ariz.; and three grandchildren.

Corn producers get clearance

Texas corn producers have been allowed to use Capture miticide on field corn grown in Deaf Smith and 19 other Panhandle-South Plains counties.

Carl King, president of the Dimmitt-based Texas Corn Growers Association, learned of the crisis declaration from Mike Moeller, deputy commissioner of the Texas Department of Agriculture. King said the crisis declaration was issued after the Environmental Protection Agency informed TDA that it wouldn't issue an emergency clearance for use of Capture until mid-July, which would be too late for proper use of the product.

King said the declaration allows corn growers to use the pesticide immediately to help control Banks grass mites and other types of spider mites. Almost annually, mites have infested area corn fields.

For many years, farmers were allowed to use Azodrin to control mites in corn. In 1987, the EPA banned the use of Azodrin in corn.

Dr. Pat Morrison, an Extension Service entomologist, said Capture

should not be used in the same manner as Azodrin was used, and also said Capture was different from Comite, a miticide used earlier in the growing season.

Morrison said that Capture should be used "in a management scheme" as part of a management program and that it must be applied by air at rates from .08 lb. to .10 lb. per acre.

The crisis declaration by TDA allows no more than four applications during a growing season and that it must be applied by air at rates from .08 lb. to .10 lb. per acre.

Capture shouldn't be used with 500 feet of waters containing fish, and shouldn't be used when weather conditions favor run-off from a treated field into fish-bearing waters.

Capture also should not be applied within 30 days of harvest, and livestock should not be allowed to graze treated fields prior to harvest.

"With the threat of mites staring corn farmers in the face, it was essential that this miticide be approved for usage," King said.

House sends workers' comp bill to Senate

AUSTIN (AP) - The battle over workers' comp now goes to the Senate, after the House adopted a proposed overhaul of the state's method of compensating workers who are injured in on-the-job accidents.

House Speaker Gib Lewis praised the House proposal after it passed Wednesday, but opponents said one provision of the bill was an attempt to prevent injured workers, unhappy with their benefits, from appealing to a jury trial.

"I don't think anyone is going to be happy with workers' comp because of all the factions involved, but I think it's a fair and equitable bill," said Lewis, D-Fort Worth.

The House adopted the legislation on a non-record vote after more than four hours of debate.

Rep. Richard Smith introduced the amended bill as a compromise between the House and Senate, which have been at an impasse over the issue of compensating workers injured in on-the-job accidents. The deadlock forced a special legislative session.

"I feel this ... contains the necessary provisions to answer senators' concerns," said Smith, R-Bryan.

The bill would raise the maximum weekly benefits from \$238 to \$416, reward safe employers with discounts and instruct the Insurance Board to consider rate rollbacks for employers.

Many of these proposals already have been adopted by the Senate, but the major dispute is over jury trial review of disputed workers' comp claims.

The House, backed by business, has been trying to eliminate jury review of workers' comp disputes, claiming litigation costs have driven up the price of employer-paid workers' comp insurance.

But the Senate, backed by labor and trial lawyers who represent injured workers, says jury trials are a fundamental right and are needed to

offset what could be an unfair award.

Smith's bill would allow jury trial review of workers' comp disputes concerning death benefits, severe injuries, and whether the injury was incurred during the course of employment.

But Kent Caperton, author of the Senate bill, described Smith's proposed limitations on jury trials as "an absolute farce." He said that few of those cases are actually ever contested; therefore, it is a false concession on the part of the House.

"There is generally not a factual dispute on death benefits," Caperton said. "There is generally not a factual dispute when you've got both legs cut off that you are totally and permanent-

ly disabled. There is generally not a factual dispute about what the course and scope of your employment is."

"So you tell those few claimants who have that category of dispute that you're entitled to a jury trial. But the carpenter who loses his arm still gets his benefits determined by a bureaucrat," Caperton said.

By choosing to vote on an amended Senate bill, House leaders avoided the Senate rule that requires a two-thirds majority, or 21 votes, to consider a bill out of the regular order of business.

Now all that is needed to send the bill to Gov. Bill Clements is a Senate majority of 16 votes to concur with the House amendments. But Lewis said he did not know if there are that many votes in the Senate for the proposal.

Hereford Bull

By Speedy Nieman



That feller on Tierra Blanca Creek says a nodding acquaintance is one with whom you have nodding in common.

Little Mary was visiting her grandmother in the country. Walking in the garden, she spotted a peacock and gazed in silent admiration before running into the house and exclaiming, "Oh, granny, come and see! One of your chickens is in bloom!"

We made a trip to the cool pines of Ruidoso, N.M., over the weekend but the weather was not as cool as usual. It's been hot and dry there and one local said the weather has been the driest recorded in 38 years. The Ruidoso newspaper reported that a resort hotel, with a convention center and golf course, is to be built on the old airport site close to town. Also, a local man is donating about \$10 million for a performing arts center in the complex. The project should provide still another boost for the resort town.

Sen. Phil Gramm was in Friona last week to speak about the war on drugs and made a brief stop in Hereford at a private dinner. Gramm was co-sponsor of the Anti-Drug Act, passed in December, 1988, and it will be put into effect in October.

Gramm says prisons are not overcrowded. "Our number one problem is that we have crime without punishment. It starts with federal judges who impose ceilings on the number of people in prison." Gramm said military submarines out defending the nation and college dormitories are more crowded than any prison. The senator wants to use the 82 military bases slated for closings in the next few years to house the overflow of federal and state prisoners while regular prisons are under construction.

"During World War II, we had 11 million people in uniform and we housed them in tents, foxholes and crowded barracks," pointed out Gramm. "But our judges have ruled that as cruel and unusual punishment for our state and federal prisoners."

Bush gets North pardon pressure

WASHINGTON (AP) - President Bush is facing renewed pressure to pardon Oliver North after a federal judge decided the former White House aide would serve no time in jail for his Iran-Contra convictions.

U.S. District Judge Gerhard A. Gesell sentenced North on Wednesday to a three-year suspended sentence, two years probation, \$150,000 in fines and 1,200 hours of community service work.

Fifty-eight members of the House composed a letter to Bush urging a pardon for North, arguing, "It is time to put an end to the political persecution of an honorable man who has served his country with distinction."

White House Press Secretary Marlin Fitzwater said Bush had no comment on the sentencing and had not considered a pardon.

"We haven't discussed a pardon," Fitzwater said. "There's been no

discussion. It hasn't ever been discussed."

Sen. Orrin Hatch, R-Utah, said he believed Bush should pardon North because the fine was too high and the loss of the former Marine Corps lieutenant colonel's pension was too stiff a penalty.

The Navy announced that as a result of the sentencing it was suspending North's \$23,000-a-year pension earned in 20 years of service. But it recommended the pension be restored by Comptroller General Charles Bowsher, who has the final say.

North said after the sentencing that he planned to press an appeal of his conviction and looked forward to carrying out Gesell's order that he devote 1,200 hours to a new program to help District of Columbia youths avoid drug involvement.

"I welcome the chance to work for these folks and anybody in the fight

against drugs," North said.

Gesell said he believes North still lacks understanding of "how the public service has been tarnished" by his activities, adding, "jail would only harden your misconceptions."

The judge told North: "Your notoriety has caused many difficulties but it also has made you a rich man. ... You can continue to flame the myth by which you have supported yourself during these recent difficult years or you can turn around now and do something useful."

North is free to continue the \$25,000-a-speech tours that have occupied his time since his conviction for aiding and abetting in obstruction of Congress, for destroying or altering government documents and for accepting a gratuity - a security fence around his home.

The shredding conviction bars North from holding federal office.

North had asked the judge for lenience.

"I have devoted nearly two decades to the service of our country and I would never knowingly do anything to hurt it or any of its institutions," he said in a soft voice. "... I grieve over what has happened and I truly pray about it every day."

North was convicted on May 4 for his role in the Iran-Contra affair, in which the government secretly sold weapons to Iran and funneled some of the proceeds to the Nicaraguan Contra rebels. During the trial, North argued he was merely following the orders of superiors in the Reagan administration.

Lawmakers on Capitol Hill generally applauded Gesell's sentencing decision.

JULY 6 1989

Page Two

Local Roundup

Police arrest three

Three persons were arrested Wednesday by Hereford police, including a woman, 60, on murder charges (separate story, Page One); a woman, 18, for perjury; and a woman, 33, for criminal trespass and delivery of marijuana. Reports included \$625 taken in the burglary of a habitation in the 200 block of Vera Cruz; theft of services, worth \$99, at a hotel; a civil disturbance in the 200 block of Aspen; theft of a \$400 necklace on West U.S. Highway 60; criminal mischief in the 400 block of Avenue H, where \$200 worth of windows were broken, and in the 600 block of Irving, with \$75 damage to an apartment; reckless damage in the 100 block of Centre, where someone drove a vehicle across several lawns; and criminal trespass in the 200 block of Cherokee. Police issued 10 citations and investigated two minor accidents on Wednesday. The Hereford Volunteer Fire Department responded to two calls on Wednesday, including a large field fire west of Hereford.

Deputies investigate reports

Deaf Smith County sheriff's deputies investigated four reports Wednesday, including theft over \$750 south of Bootleg; burglary of a habitation on South Avenue K; a disturbance on Avenue H; and a domestic dispute on Adelito Calle.

Warm weather continues

Tonight will be clear with a low of 65. Southeast winds will be 5-10 mph. Friday will be sunny and warm with a high of 92. South winds will be 10-15 mph. This morning's low at KPAN was 63 after a high Wednesday of 93.

News Digest

World/National

WASHINGTON - President Bush is facing renewed pressure to pardon Oliver North after a federal judge decided the former White House aide would serve no time in jail for his Iran-Contra convictions.

UNDATED - This week's upheaval in abortion law has jarred the top political races of 1989, shaking up gubernatorial contests in New Jersey and Virginia and sending tremors into the mayoral election in New York City.

WASHINGTON - The government is preparing to announce a ban on almost all uses of asbestos, ending a decade-long debate over the health risk posed by the cancer-causing substance in such items as brake linings and water pipes, according to sources.

WASHINGTON - The Nuclear Regulatory Commission rejected a staff recommendation that protective containment shells on 24 commercial nuclear power reactors be modified to lessen the risk of rupture in the event of a severe accident.

TEL AVIV, Israel - Labor Party leaders protest new, tough conditions Prime Minister Yitzhak Shamir has put on his peace initiative and suggest they are reconsidering their participation in Israel's broad-based government.

PARIS - President Francois Mitterrand calls Mikhail S. Gorbachev's "common European home" a fine idea but says it still needs to be built. The Soviet president speaks before Council of Europe in Strasbourg.

LUANDA, Angola - The beginning of the end to Angola's 14-year civil war looked promising. But less than two weeks after a cease-fire was sealed with a historic handshake, talks between the government and rebels have collapsed.

BOSTON - An outbreak of rapidly fatal bacterial infections in the Rocky Mountains could mark the return of dangerous strains of strep germs that mysteriously disappeared almost 50 years ago, researchers report today.

PASADENA, Calif. - Neptune's poles may be encircled by 2,700-mile-wide bands of dark clouds blown by winds like jet streams on Earth, say scientists studying new photographs from the Voyager 2 space probe.

State

AUSTIN - The battle over workers' comp now goes to the Senate, after the House adopted a proposed overhaul of the state's method of compensating workers who are injured in on-the-job accidents. After a lively session of oral arguments before the Texas Supreme Court on the lawsuit challenging the state's method of funding public schools, lawmakers and state officials tried to discern what the court will decide based on the questions they asked. No decision has been made on whether to add abortion law revisions to the agenda of the Legislature's special session, Gov. Bill Clements' staff says. Without even stopping to hear testimony, a Senate committee rushed to the full Senate a bill to repeal a 3-week-old law allowing police to withhold the names of felony victims. A possible filibuster awaits a resolution to exempt desecration of the flag from the constitutional protection of free speech.

LUBBOCK - Texas Tech University officials say an underground animal rights group broke into a research lab, stole five cats and did an estimated \$70,000 in damage.

IRVING - A 14-hour crime spree that included murder, kidnapping, sexual assault and the robbery of a family held hostage ended with the arrest of four teenagers, police say.

DALLAS - Randall Dale Adams wanted no profits from the movie that was instrumental in his exoneration of murder so his impending prison release would not be jeopardized, the producer of "The Thin Blue Line" contends.

KARNACK - The U.S. Army today planned to destroy the last of its Pershing 1A ballistic missiles, marking the first time ever that an entire class of nuclear weapons has been eliminated.

DALLAS - The attorney who represented the city of Austin in its lawsuit against Houston Lighting & Power says there are plenty of reasons to appeal a jury's decision against the city.

AUSTIN - Mayor Lee Cooke says the Austin City Council will get a full legal briefing before deciding whether to appeal a Dallas jury's ruling against the city in its lawsuit over the South Texas Nuclear Project.

DALLAS - Airline reservation switchboards were lighting up like fireworks during the July 4 weekend as thousands of air travelers took advantage of bargain air fares.

AUSTIN - Austin Police records show that officers did not find any herbicide to link Paul Stedman Cullen to the poisoning of Treaty Oak and did not find any occult items that would directly support a ritual motive for the poisoning when they searched his home.

DALLAS - Several other Dallas Carter High School football players are expected to be arrested later this week on armed robbery charges in the wake of the arrests of two key players from last year's state championship team, a Dallas Police detective says.

AUSTIN - Some farm workers are being denied access to restrooms and drinking water, the Texas Young Democrats said in calling for the appointment of a federal safety investigator in the Rio Grande Valley.

DALLAS - Federal officials announced that three former thrift executive agreed to plead guilty to bank fraud charges and also filed a three-count indictment against a former savings and loan president.

AUSTIN - Attorney General Jim Mattox said GTE Southwest Inc. must start processing an estimated \$140 million in customer refunds because an injunction halting the payback has been appealed.

No decision on agenda

AUSTIN (AP) - No decision has been made on whether to add abortion law revisions to the agenda of the Legislature's special session, Gov. Bill Clements' staff says. Clements has been vacationing in Taos, N.M., and was due to return today to the Capitol, where lawmakers are meeting in a special session scheduled to end July 20. Although it stopped short of

overturning the landmark 1973 Roe vs. Wade decision, the U.S. Supreme Court's ruling this week to uphold a Missouri law gives states greater freedom to regulate abortions. Clements' press secretary, Reggie Bashur, said Wednesday that Clements had directed his legal advisers to review the court's latest ruling and the state's current abortion laws. "The governor is reviewing the

Supreme Court decision. He has also directed his legal staff to review it and to lay out various options," Bashur said. "They're looking at the ruling, what it means in terms of the impact on state law and what the existing law is in Texas. Apparently, there are going to be other cases before the Supreme Court in the fall, and they're looking at what possible effect those

might have. "But no decisions have been made yet," he said. The governor controls the agenda for any special session. He called the current session that began June 20 to reform the state workers' compensation system, which pays benefits to employees injured or killed on the job. Lawmakers have failed to resolve many of the differences that kept them from passing a workers' compensation bill during the regular session that ended in May, although the House on Wednesday adopted a proposed overhaul of the method of compensating workers who are injured in on-the-job accidents. Clements has said reform of workers' comp is a must. Since any abortion legislation would be highly controversial, the possible impact of that kind of debate on the Legislature's other business would have to be considered in deciding whether to add abortion to the agenda, Bashur said. "There's no question that is one argument which needs to be considered," the governor's spokesman said. In a statement issued after the Supreme Court ruled on Monday, Clements, a Republican, described his own views on abortion. "I am opposed to abortion, except in the case of rape, incest or if the mother's life is in danger," he said. Bill Price, president of the Dallas-based Texans United for Life, said pushing anti-abortion legislation through right now would be difficult. "With the present leadership ... in the state Senate, specifically with Lt. Gov. Bill Hobby being an ardent supporter of abortion, it would be very difficult to get anything through," he said. Bashur said no lawmakers had yet requested that abortion be added to the special session agenda.



Merrily going around

These youngsters are all smiles as the merry-go-round speeds around at Veterans Park.

Lawmakers ponder justices' questioning on school funding

AUSTIN (AP) - After a lively session of oral arguments before the Texas Supreme Court on the lawsuit challenging the state's method of funding public schools, lawmakers and state officials tried to discern what the court will decide based on the questions they asked. After the 2-hour, 15-minute hearing, education leaders said they believed the court will find in favor of the poor schools that claim the funding system is discriminatory and unconstitutional. "I think it was clear to me at any rate that they (the court) seemed to think the system is broken," said State Rep. Ernestine Glossbrenner, D-Alice, and chairwoman of the House Public Education Committee.

Carl Parker, chairman of the Senate Education Committee, repeated his request to Gov. Bill Clements to widen the agenda of the special legislative session to consider school finance. After listening to the oral arguments, Parker, D-Port Arthur, said, "I am convinced more than ever that the Supreme Court will rule unconstitutional the state's school finance system." Texas Attorney General Jim Mattox, whose assistant defended the state, said he didn't want to predict the outcome, but added, "There's either a majority or close to a majority that would rule it unconstitutional." Justices Oscar Mauzy and Lloyd Doggett asked the attorneys numerous questions on what steps would be

needed to correct the unequal funding. Other justices peppered the attorneys with questions concerning consolidation of school districts, local control of schools and education appropriations. Al Kauffman, the lead attorney for the poor school districts, said hundreds of thousands of Texas children received inadequate educations because of the state funding system. "They have not done anything to deserve this system," he said. "The Legislature treats children differently and hurts children." Kauffman and other attorneys for the poor districts said the state's system is unconstitutional because it is inefficient, producing a disparity of funding that is discriminatory.

The poorest school districts have to assess higher tax rates, and even then cannot raise nearly enough money as wealthy districts can with lower tax rates, he argued. School funding in Texas is mostly a combination of state and local funds. But the state's lead attorney, Kevin O'Hanlon, argued that, while funding disparities exist, they are not unconstitutional. He said to change the system, the court would have to intrude on the Legislature's turf, overturn several court precedents and essentially alter the basic form of government in Texas. "How much money we spend on our children should not be a matter for the courts," O'Hanlon said. "As long as you have a system that is tied to local property tax base, it's not going to be equal," he said. That is true, he argued, of other services that are funded from local tax dollars. He said the state would have to institute a statewide property tax rate to equalize the funding. But Kauffman and his colleagues argued the Texas Constitution mandates the Legislature adopt a public education system that is efficient. They argued some of the state's 1,058 school districts are simply tax havens. The 200 wealthiest districts have an average school property tax rate of 58 cents, which raises about \$6,000 in local funds per student. The 200 poorest school districts have an average tax rate of 74 cents per \$100, which raises about \$3,000 per student. O'Hanlon cautioned the court to stay away from the legislative arena, saying several constitutional amendments would have to be stricken if the courts were to involve themselves in the school system. "It's the voters that have adopted this constitution and it's the voters that have to change it if it has to be changed," he said.

Flag resolution clears Senate committee, faces opposition

AUSTIN (AP) - A possible filibuster awaits a resolution to exempt desecration of the flag from the constitutional protection of free speech. "I can't filibuster the whole weekend by myself, but I'll do what I can," Sen. Craig Washington said Wednesday after the Senate State Affairs Committee had sent the resolution to the Senate on an 8-1 vote. The committee voted after Chairman John Montford, D-Lubbock, overruled a point of order by Washington that the resolution had not been included on the agenda for the special legislative session.

Sen. Hugh Parmer, D-Fort Worth, told Brown he shares his concern but thought the Legislature simply could pass a bill making it illegal to burn or desecrate the flag. Parmer said he would introduce such a bill today. Among the witnesses supporting the resolution was Samuel Bier of Austin, representing Disabled American Veterans and American Ex-Prisoners of War. He called the Supreme Court decision "despicable."

"It just turns me inside out," Bier said. "What I am concerned about, and what honestly frightens me, is that so many honest, decent, good citizens are willing to give up some measure of their political freedom - no matter how small that is - some measure of that in order to exact vengeance on some campus commie who hasn't gotten anything better to do with his time than burn flags, and that really upsets me," he said. Earth's gravity field is so weak that when you pick up a rock, your muscles are easily overcoming the pull of the planet's entire 6.6 sextillion tons.

Washington, D-Houston, said he would raise the same point of order on the Senate floor. "I'm opposed to burning the flag, but I'm opposed to amending our Constitution. ... Our flag is not nearly as important as our Constitution, but we're going to change our Constitution because of our flag, which doesn't make sense to me," Washington said. The House adopted the resolution last week in response to a U.S. Supreme Court decision that flag burning was protected under the First Amendment. It calls on Congress to propose to the states an amendment that would protect the American flag and 50 state flags from willful desecration. The measure was sponsored by Rep. Sam Johnson, R-Plano, and a former prisoner of war in Vietnam, and Sen. J.E. "Buster" Brown, R-Lake Jackson.

Spencer, who said he served two tours in Vietnam as a Navy officer, said, "I am as offended by flag burning as anybody else - as any other patriotic American would be - but I am more concerned about restrictions of the political freedoms that we hold dear in this country."

Spencer, who said he served two tours in Vietnam as a Navy officer, said, "I am as offended by flag burning as anybody else - as any other patriotic American would be - but I am more concerned about restrictions of the political freedoms that we hold dear in this country."

Spencer, who said he served two tours in Vietnam as a Navy officer, said, "I am as offended by flag burning as anybody else - as any other patriotic American would be - but I am more concerned about restrictions of the political freedoms that we hold dear in this country."

Spencer, who said he served two tours in Vietnam as a Navy officer, said, "I am as offended by flag burning as anybody else - as any other patriotic American would be - but I am more concerned about restrictions of the political freedoms that we hold dear in this country."

Spencer, who said he served two tours in Vietnam as a Navy officer, said, "I am as offended by flag burning as anybody else - as any other patriotic American would be - but I am more concerned about restrictions of the political freedoms that we hold dear in this country."

Spencer, who said he served two tours in Vietnam as a Navy officer, said, "I am as offended by flag burning as anybody else - as any other patriotic American would be - but I am more concerned about restrictions of the political freedoms that we hold dear in this country."

Spencer, who said he served two tours in Vietnam as a Navy officer, said, "I am as offended by flag burning as anybody else - as any other patriotic American would be - but I am more concerned about restrictions of the political freedoms that we hold dear in this country."

Spencer, who said he served two tours in Vietnam as a Navy officer, said, "I am as offended by flag burning as anybody else - as any other patriotic American would be - but I am more concerned about restrictions of the political freedoms that we hold dear in this country."

Spencer, who said he served two tours in Vietnam as a Navy officer, said, "I am as offended by flag burning as anybody else - as any other patriotic American would be - but I am more concerned about restrictions of the political freedoms that we hold dear in this country."

Hospital Notes

Mr. and Mrs. Rodger Buskirk are the parents of a daughter, Stacey Nicole, born July 4.

PATIENTS IN HOSPITAL
Thelma Alexander, Jeremy Brock, Eva Buck, Infant girl Buskirk, Rosalinda Buskirk, William David Colvin, James Everett Davis, Infant Girl Esparza, Loretta Esparza,

Maria M. Garcia, Karla Gaytan, Victor L. Hill, Clinton Jackson, Jean Jackson, Lydia Martinez, Fred Mulkey, Amelia Murillo;

Nancy A. Nazworth, Guadalupe Rangel, Gerda Rouse, Penny Stowers, Jason Walterscheid, E.D. Watson, Billy Whitecotton, Gladys Willoughby, Annabelle Zuniga, and Infant Boy Zuniga.

THE HEREFORD BRAND

THE HEREFORD BRAND (ISSN 242-440) is published daily except Monday, Tuesday, July 4, Thanksgiving Day, Christmas Day and New Year's Day by the Hereford Brand, Inc., 313 N. Lee, Hereford, TX 76044. Second class postage paid at the post office in Hereford, TX. POSTMASTER: Send address changes to the Hereford Brand, P.O. Box 673, Hereford, TX 76044. SUBSCRIPTION RATES: Home delivery by carrier in Hereford, \$4.25 per month; by mail in Texas and adjoining counties, \$45.75 a year; mail to other areas, \$47.75 a year. THE BRAND is a member of The Associated Press, which is not responsible for the publication of news and dispatches in this newspaper and also local news published herein. All rights reserved for the publication of special dispatches. THE BRAND was established on a weekly in February, 1901, converted to a daily in 1908, in the 65th year on July 4, 1974. Publisher: John Buskirk. Managing Editor: Mabel Montgomery. Circulation Manager: Charles Bevilacqua.

Lifestyles



The Hero and Heroine

Belle Wallaby (Kim Emerick) and Tom Good (John Fancher) discuss life in the Old West era of Bisbee, Ariz. The characters portray the hero and heroine in the melodrama, "Belle of Bisbee," which is set at St. Thomas Episcopal Church, 601 W. Park on July 14-15. The "Doubting Thomas Dinner Theatre" will feature dinner at 7:30 p.m. and the humorous play at 8:30 p.m. Tickets will be sold Friday and Saturday, July 7-8, in the Atrium from 9:30 a.m. to 5:30 p.m. each day, or contact any cast member or call the church at 364-0146.

Golfing event to benefit American Cancer Society

A unique golfing event to benefit the Texas Division of the American Cancer Society, The Longest Week of Golf, has been set for July 8-15 at golf courses across Texas.

The Longest Week of Golf hopes to raise over \$100,000 to benefit programs of the American Cancer Society. The event is open to every player in Texas and their friends who want to come and enjoy golf for a good cause. Golf foursomes will play as many holes as possible from sunrise to sunset one day in the week in order to raise funds for programs of the American Cancer Society.

"Almost one in three persons will be diagnosed with cancer in his or her lifetime. Through events such as the Longest Week of Golf, we are hoping to make an impact in this statistic by providing the necessary funds to fight the disease. The money raised by the American Cancer Society is used to provide assistance to cancer patients right here in Texas, as well as to support major cancer research," said Myron Dees, chairman of the American Cancer Society Golf Committee.

"Because of the efforts of the American Cancer Society and all those who battle against cancer, we are

looking at almost half of all patients surviving. Earlier detection and treatment could save even more lives--proof that we need to increase the programs of the American Cancer Society," he said.

"The American Cancer Society is helping persons in every community in Texas because it is a community-based organization. So we are encouraging everyone to support all the local efforts to raise funds," he continued.

The American Cancer Society is active in providing education to the public as well as to health professionals on cancer, its symptoms, treatment and prevention. It is a volunteer-based organization, relying on volunteer efforts of fundraising and education as well as service and rehabilitation to cancer patients.



In Virginia in 1619 excess in dress was discouraged by placing a wardrobe tax.

4-H Around the County

BY BOBBIE JENSCHKE
4-H Summer Assistant

County 4-H record books are due July 11 by 4 p.m. in the county extension office. An hour must be allowed between 4 and 5 p.m. on that day for office personnel to prepare record books for judging on July 12.

4-H'ers will be notified by phone on July 13-14 concerning the results and any changes that should be made before district record book judging on July 27. Any forms or personal help that is needed in completing this year's record books may be obtained in the extension office.

KIDS COOKING SCHOOL

A kids cooking school will be held July 18 in the Reddy Room of Southwestern Public Service building. There will be two sessions of fun cooking excitement: one at 10 a.m. and the other at 2 p.m. The 10 a.m. session will be for children in second through fourth grades and the 2 p.m. session will be for fifth and sixth graders. Many Blinderman of Southwestern Public Service will be the cooking instructor. A total of 20 youths only will be allowed to take each session. Persons interested in attending should call the county extension office at 364-3573 to make reservations.

GOLD STAR AND I DARE YOU

Any 4-H member desiring to apply for Gold Star and I Dare You Awards should pick-up an application and have it turned in by July 11 when you turn in a record book. The state guidelines will be used. A score sheet will be used by interviewers which will focus on the main aspects as set by the state guidelines. Deaf Smith County is eligible to have two Gold Star recipients and two I Dare You Awards for the 1989 year. These awards are designed to honor the 4-H'er who has worked to achieve the highest honors of the 4-H organization.

LAMB COUNTY CLASSIC SHOW

The 1989 Lamb County Classic Steer, Heifer and Lamb show will be July 20-23 in Littlefield. This is sponsored by Lamb County and is TCCA and TCLA sanctioned. Entry fees include the following: steer and heifer, \$50; lambs, \$30. Cash only will be accepted. Entries should be mailed to Lamb County Classic, P.O. Box 666, Littlefield, Texas 79339.

DEAF SMITH COUNTY
4-H FASHION SHOW

"Once Upon A Time" will be the theme of the 4-H Fashion Show set July 10. The following schedule will be observed:

11:15 a.m.-Contestants to meet at the Hereford Senior Citizens Center for informal table modeling.

12 noon-Luncheon at Community Center (4-H'ers will be notified on

what to bring).

12:30 p.m.-Judging orientation.

12:45 p.m.-Prepare for judging.

1 p.m.-3 p.m.-Judging.

6:30 p.m.-Report to Deaf Smith County Library Heritage Room for style show.

7 p.m.-Style Show and Awards. Public invited to attend.

8 p.m.-Refreshments and clean-up.

For additional information, contact the county extension office, 364-3573.

BAKE SHOW WORKSHOP

A bake show workshop will be held July 13. The project name is Breads and Wheat. A tour of Frito Lay will be taken. This tour experience will help understand many of the food products eaten. 4-H members that are going to attend must call the extension office by July 10. Please wear comfortable shoes.

DSC 4-H BAKE SHOW

The Deaf Smith County 4-H Bake Show is planned Friday, July 28, at the Hereford Community Center. Entry time is 8:45 a.m.

Beginning at 11:30 a.m., all contestants must return to the Community Center to setup for the luncheon and awards. Awards will be presented at noon and at 12:30 p.m., lunch will be served.

Remember, this is the first project of the new 4-H year which starts on Sept. 1. The district contest is Sept. 16 in conjunction with the Tri State Fair.

Junior 4-H'ers are asked to make quick bread recipes and senior 4-H'ers, yeast bread recipes. Be sure to call the extension office if you are going on the tour and if you are entering the bake show.

Harris presides at meeting

Noble Grand Marie Harris presided at the business session when members of Hereford Rebekah Lodge #228 met Tuesday evening.

Financial secretary, Erma Loving, read the semi-annual report. Also, 40 visits to the sick and 28 cheer cards were reported for the week.

A salad supper will be served preceding the July 11 meeting. New officers will be installed.

Others present at the meeting included Leona Sowell, Jo Irlbeck, Anna Conklin, Stella Hershey, Rosalie Northcutt, Peggy Lemons, Lydia Hopson, Susie Curtinger, Ursalee Jacobsen, Tony Irlbeck, Jim Loving and Ben Conklin.

Although truly an owl, the hawk owl looks more like a hawk, and is active in the daytime.



Donation received

The Panhandle Subchapter of the Texas Paralyzed Veterans of America donated \$5,000 to the West Texas State University division of nursing. The money is earmarked for nursing scholarships and will be used to help fund the education of the sons and daughters of disabled veterans. Pictured are (from left), Elmer Carlson of Hereford, president of the Panhandle Subchapter; John Henry of Canyon, treasurer; and Dr. Joleen Walsh, head of WTSU division of nursing.



In ancient times, some Europeans believed snow was caused by an old woman shaking feather pillows in the sky.

The world's longest golf hole is 7th (par 7) of 909 yards at the Sano Course, Satsuki Golf Club, Japan.

Hand-Dipped Ice Cream!

NEW Vanilla - Chocolate - Strawberry
Chocolate Chip - Pralines & Cream
Single Dip - 60¢ Double Dip - \$1.00
Granny's Smoked Bar-B-Q
364-8368 104 N 25 Mile Ave

SPRING AND SUMMER 1/2 OFF

Clearance SALE

All Spring and Summer Merchandise

the Rants Cage

Open 9:30 am - 6:00 pm Mon - Sat
364-4680 426 N. Main

Winn's

111 W. Park 364-1177

YOUR WEARABLE ART HEADQUARTERS!

CREATE YOUR OWN "WEARABLE ART"

YEAR ROUND FASHION DECORATING!
GLITTER, SLICK AND PUFFY PAINT PENS

NOW YOU CAN DECORATE SWEATSHIRTS, T-SHIRTS, SNEAKERS, CRAFT PROJECTS, HOLIDAY DECORATIONS, POSTERS, NOTEBOOKS, SCHOOL PROJECTS AND MORE!

REGISTER NOW!

Puff Paint Class
Saturday
July 8th 2:00 pm
(Register at Layaway counter.)

Sports

California edges Rangers, 2-1, moves into AL West lead

ANAHEIM, Calif. (AP) - The California Angels reached the top for the first time in 15 months Wednesday night. It was anything but a boring journey.

After being blanked on four hits for seven innings by Charlie Hough, the Angels broke out for two runs in the eighth inning and a 2-1 victory over the Texas Rangers.

The victory pushed California, 49-32, a half-game ahead of Oakland in the American League West. It is the first time the Angels have led the division

since April 17, 1988. "The bottom line is that our guy battled their guy pitch-for-pitch and kept us in the game," California Manager Doug Rader said of the duel between two Charlies.

Chuck Finley (10-6) was virtually unhittable after letting the Rangers take a 1-0 lead in the second and was rewarded when the Angels cashed in an eighth-inning break.

After Lance Parrish led off the eighth by drawing only the second walk off Hough (5-9) and was forced on Jack

Howell's grounder, Dick Schofield drove a catchable ball to right-center.

But centerfielder Cecil Espy and right-fielder Ruben Sierra appeared to shy away from each other, and the ball fell beyond them for a triple that scored Howell.

Johnny Ray then followed with the game-winning sacrifice fly off reliever Jeff Russell.

"Against a guy who comes in throwing so much harder, you just hope to be able to make good enough contact," said Ray, referring to the

switch from Hough's knuckleballs to Russell's 90-mile fastball. "I was definitely concerned about getting a ball in the air for a sacrifice fly."

"It looked like one run was going to be enough," admitted Texas Manager Bobby Valentine, whose close lost for the fifth time in six games. "Then that ball hung up there, nobody called for it and it dropped."

"Charlie can't pitch better than that. He's had some bad luck here." Hough has had nothing but bad

luck against the Angels everywhere, as attested by his 9-10 record and 2.42 ERA against the Angels.

"I always seem to run into someone pitching a great game," said Hough. "Finley threw great."

In lowering his ERA to 2.24, second-best in the American League behind teammate Bert Blyleven's 2.16, Finley wound up with his eighth complete game in 17 starts.

No one could have envisioned Finley being tied for the league lead

(with Kansas City's Mark Gubicza) in complete games. Last season, his first as a starter, he completed only two of 31 starts.

"I take more pride in that than anything else," said Finley.

The Rangers bunched three of their five hits for their run in the second, when Mike Stanley's single drove in Steve Buechele. Finley allowed his final hit on a Stanley single in the fourth, then retired 16 of the last 17 men he faced.

Astros get relief from bullpen, hold off New York, 6-5

HOUSTON (AP) - When the Houston Astros have to call on their bullpen, the relief pitchers usually are up to the challenge.

The latest hero from the bullpen is Danny Darwin, who allowed only two hits and struck out four in three innings as the Astros edged the New York Mets, 6-5, Wednesday night.

Darwin also drove in the winning run with a sacrifice fly in the fifth

inning. Dave Smith picked up his 17th save.

The Astros bullpen has a combined record of 20-9 and the relievers have recorded 22 saves in 27 opportunities, allowing the Astros to win 22 of their 37 one-run games.

"You have to be lucky and be in good situations. I think I have done a good job," said Darwin, 8-2. "I hope that I can continue in the second half

of the season like I have in the first half."

"Our bullpen has been outstanding and has been able to hold the lead in one-run games," said Astros second baseman Bill Doran, who drove in two runs. "When we have been down, they have kept us in a position to come back and win."

"They have had a consistent

bulpen all year. Darwin and (Larry) Anderson have done a good job," said Mets manager Davey Johnson.

The Astros scored all six runs off Mets starter and loser Ron Darling, 6-6.

Doran drove in Billy Hatcher, who had three hits in the game, with a single in the first inning.

In the second inning, the Astros

scored three runs on a single by Rafael Ramirez, a double by Bob Knepper and singles by Hatcher and an infield groundout by Doran.

Ken Caminiti led off the third inning with a triple and scored on a single by Craig Biggio and Darwin finished the scoring with a sacrifice fly in the fifth inning, scoring Ramirez.

The Mets made the game interesting

with a run in the fourth inning and three more in the fifth inning off Astros starter Knepper, who was seeking his first win since May 29.

"We managed to get back in the game," said Mets third baseman Howard Johnson. "But we didn't come up with the big hit. Darwin did a good job. He struck me out in a key situation."

Detective predicts more prep gridders to be arrested

DALLAS (AP) - Several other Dallas Carter High School football players are expected to be arrested later this week on armed robbery charges in the wake of the arrests of two former key players from last year's state championship team, a Dallas Police detective says.

Lt. Jerry Calame made the prediction Wednesday after a Dallas Hillcrest High School football player was arrested on a warrant accusing him of the armed robbery of a sporting goods store.

Calame said he expects several

other Carter players to be arrested later this week in connection with several armed robbery cases.

Carter coach Freddie James said he is "hurt" by the revelations, but it is out of his control.

"It hurt me at the beginning, but I know there's nothing I can do about it," James said. "I'm trying to set it aside in my mind."

Hillcrest player Eric Lusk, 17, was taken to police headquarters by his father after police informed Lusk that an arrest warrant had been issued,

Calame said.

In addition to the arrests of football players, Calame said officers expect to arrest some other high school students.

Police said Lusk was identified by witnesses as the gunman who robbed the Herman's World of Sporting Goods store on June 20, the same day that two former Carter players allegedly robbed two video stores.

Lusk and the former Carter players, Gary Edwards, 17, and Derric Evans, 17, were arrested last month in

connection with the robbery of two video stores in South Dallas.

Edwards since has been charged in one other Dallas robbery; Evans since has been charged with a second Dallas robbery and a robbery in Duncanville.

Calame said the information that resulted in the warrant being issued against Lusk was developed in the investigation that began with the arrests of Edwards and Evans.

"The investigation has expanded a lot," Calame said. "There are more robberies and more suspects."

yards-per-carry average as a running back.

A clerk at the sporting goods store said a man walked into the store and asked a clerk to open an office door. When the clerk refused, the man pulled a handgun and said, "You better open it or your are dead."

The man entered the office and took \$260, police said.

More than one person was believed to be involved in the sporting goods robbery, Calame said.

Green definitely unlike other golfers on PGA Tour

CROMWELL, Conn. (AP) - Week after week, the PGA Tour rolls along, from one town to the next, from one bland and tanned winner to another.

Controversies seem as rare as holes-in-one.

Then along comes Ken Green, a sharp hook into the rough in a game filled with drives down the middle of the fairway. The safest way isn't always his way.

"You got to be yourself," he said Wednesday. "I think people hurt themselves when they're not."

Green spent the day before today's scheduled opening of the Greater

Hartford Open shooting a mediocre practice round and giving a lukewarm review of the course and a cold assessment of slow play. He also took a warm look back at his last week.

While other golfers spent it at the Western Open, west of Chicago, he relaxed in Bermuda. He did "a lot of snorkeling, just lounging on the beach, looking at my wife's body," he said straight-faced to reporters unaccustomed to public irreverence in a pro golfer.

In private, golfers may not be a boring bunch.

"There's a lot of personalities out here, but they just don't showcase

themselves. They don't let themselves be them because they play the game, so to speak," Green said. "They won't let themselves out."

Why not? "Money, maybe worried about repercussions, worried about what people are going to think or say. I, personally, don't think it matters," he said.

What matters a lot to him is winning the GHO. As a Danbury, Conn., native, the 30-year-old Green has made that one of his major golfing goals. He shot a 66 in the first round last year, then faded to a tie for 31st.

In 19 tournaments this year, Green has just one top-10 finish, a victory in the Greater Greensboro Open in April. He was the tour's fourth-leading money winner last year when he won two tournaments but is only 21st this year.

Among the top contenders for the \$180,000 top prize at the 6,786-yard, par-71 Tournament Players Club of Connecticut are third-ranked money winner Mark Calcavecchia, Western Open runner-up Peter Jacobsen, 1987 GHO champion Paul Azinger and Lee Trevino, who tied for fifth in the Western Open.

Mark Brooks, who has played

poorly since gaining his only victory in his seven years on the pro tour in the 1988 GHO, also is entered.

The course doesn't get Green excited either way.

"It's not going to go down as a classic," he said, "but it won't go down as an abortion."

After spending about five hours shooting a 1-under-par 70 in Wednesday's pro-am event, he did get worked up about the sluggish pace of play on the tour.

"All you're doing is hitting a golf ball," he said. "You're not studying

for a test."

A penalty of two strokes imposed only after a golfer is told for a third time he is playing too slowly is too lenient, he said.

"My gosh, you'd have to be the dumbest person in the world to get nailed three times in a round," Green said. "We've got to ... start doing something about slow play."

"Unfortunately, no one's doing it. It's ludicrous to come to a golf course like this - wide open, reasonably flat greens - and it'll probably take 4 1/2 hours" to finish a round.

Saints GM Finks likely replacement for Rozelle

CHICAGO (AP) - Jim Finks has been a quarterback, coach, scout and a general manager who's rebuilt three sagging NFL franchises.

Now, unless something highly unexpected happens, he is about to cap his career by becoming the NFL's first new commissioner since 1960.

Representatives of the league's 28 teams were to meet today to choose a successor to Pete Rozelle, who shocked the owners in March by announcing he is stepping down after 29 years to pursue a life of leisure in San Diego.

And while anyone will have the right to make nominations, the owners are expected to follow the recommendation of a six-member committee and select Finks, currently president of the New Orleans Saints and the architect of Super Bowl teams in Minnesota and Chicago. According to several sources, Finks met Tuesday with the committee in New York to work out a contract.

"We were told to identify a guy and name him and that's what we're going to do," Wellington Mara of the New York Giants, the committee's co-chairman, said Wednesday.

While Mara would not confirm it, numerous other sources said the "one guy" is Finks, who in 1955 beat out future Hall of Famer Johnny Unitas for the job as quarterback of the Pittsburgh

Steelers.

"I threw 26 interceptions that season and retired," Finks said recently. "Johnny Unitas was never heard from again."

In three years with the Saints, Finks took a team that had never been over .500 in its 19-year existence and turned it into one that has been 12-3 and 10-6 the last two seasons.

He was one of the favorites for the commissioner's job from the time Rozelle announced his retirement. In fact, the only impediment seemed to be Finks' age - he will be 62 on Aug. 31, making him only a year younger than Rozelle, who said the job had worn him down.

The only other major contenders for the job were Jack Kemp, the one-time San Diego and Buffalo quarterback

who is now secretary of Housing and Urban Development, and Paul Tagliabue, the NFL's Washington counsel.

However, Kemp informed the search committee he wanted to remain at HUD and Tagliabue, Rozelle's chief advisor the past few years, appeared to be a compromise candidate in the event of a deadlock between Kemp and Finks.

Dr. Milton Adams
Optometrist
335 Miles
Phone 364-2255
Office Hours:
Monday - Friday
8:30-12:00 1:00-5:00

You get results
...in the Reach 4 More

Reach 4 More readers make great customers because they're alert, informed and eager to do business.

Make a call to place your ad where the serious customers look.
364-2030
Hereford Brand
Call 8 a.m. - 5 p.m. Monday through Friday

DEADLINES:
Display Ads 10 am Monday prior
Classified Word Ads 3 pm Monday prior

Charlie's Tire & Service Center
Oil Change
Includes:
5 qts. Oil \$17.95
Oil Filter
Grease Job &
all fluids checked.
501 West 1st 364-5033

CUSTOM CLEANING
We can handle ALL your custom cleaning needs for wheat, barley, oats, etc.

GARRISON SEED & CO., INC.
E. Hwy. 60
364-0560

Dial Before You Dig!
Call Energas Company 48 hours before you plan to dig in streets, alleys, easements, or your yard. We will mark the location of underground gas pipelines free of charge.
Be certain you're safe. Call Energas before you dig.

ENERGAS
1-800-692-4694

McEnroe, Lendl gain Wimbledon semifinals

WIMBLEDON, England (AP) - John McEnroe finished off Mats Wilander with a service winner, looked up to the stands and gave the lady with the straw hat a triumphant wave.

His wife, actress Tatum O'Neal, was off her chair in an instant, smiling and clapping wildly as her husband and father of two punched the air.

Instant rapport - and it made a point.

Just when he says he has his personal life together, McEnroe is in the semifinals at Wimbledon for the first time since 1984.

"It's a juggling act," the 30-year-old McEnroe said after beating Wilander 7-6, 3-6, 6-3, 6-4 on Wednesday. "Anyone who has kids

and is married knows. Playing tennis is the easy part. I think I'm doing a better job with the juggling act at this particular time."

While McEnroe controlled his temper through most of his match, fellow American Tim Mayotte lost his.

The normally mild-mannered Mayotte exploded during the second-set tiebreaker against defending champion Stefan Edberg when a line call was overruled, giving Edberg set point.

Mayotte was so angry he slammed his racquet and bent it almost in half. A sympathetic crowd couldn't inspire the eighth seed and he lost 7-6, 7-6, 6-3.

The women's semifinals were

scheduled for today with defending champion Steffi Graf against Chris Evert and eight-time champion Martina Navratilova against Catarina Lindqvist of Sweden.

While McEnroe will play Edberg in one of Friday's men's semifinals, the other features a rematch of last year's final four meeting of big-hitters, Ivan Lendl and Boris Becker.

Lendl and Becker ousted the tournament's last two unseeded men, both Americans, in the quarterfinals. The top-seeded Lendl beat an ailing Dan Goldie 7-6, 7-6, 6-0. Becker hammered outclassed Paul Chamberlin, ranked 91st in the world, 6-1, 6-2, 6-0.

"I was still looking forward and the

ball was by me," Chamberlin said. "The next time I play him, I'll probably wear a cup and chest protector."

After beating four unseeded players, and dropping sets against all but one of them, McEnroe had his biggest challenge so far against Wilander, who had only lost one set.

The match, played in a swirling wind, lasted close to four hours, longer than the Becker and Lendl matches combined. McEnroe showed as much stamina as the 24-year-old Swede and had the more varied shots to go with it.

The match was littered with 17 service breaks and had little pattern. But the quality of play improved and

by the end, both players were performing at their best.

Wilander had chances, none as golden as when he had a set-point leading 6-5 in the first set tiebreaker. He returned a soft, half-court ball into the net, lost the tiebreaker and was always struggling to keep pace with McEnroe after that.

"He was playing better on the big points," said Wilander, who never has made the semifinals at Wimbledon. "I think I had a lead in every set. It's never too much fun to lose but ... he produced some great shots at times and I thought I played well at times as well."

McEnroe, warned for wasting time in his previous match against John

Fitzgerald, at times barked at umpire Richard Kaufman but was generally well-behaved.

Mayotte, who earned the nickname "Gentleman Tim" for his on-court manners, refused to shake hands with the umpire after his fifth quarterfinal defeat in nine years.

To show how he felt, he hung his broken racquet on the footstool of umpire John Frame's chair but said later that Edberg deserved to win.

A statement by tournament referee Alan Mills said the overrule by Frame, on an Edberg serve originally called out, was justified because Mayotte had already returned serve into the net.

Rose wins latest round against Giamatti

COLUMBUS, Ohio (AP) - Pete Rose's lawsuit is going extra innings in federal court.

A federal judge has given lawyers for baseball Commissioner A. Bartlett Giamatti until July 12 to present their arguments for moving Rose's lawsuit from state to federal courts. Rose's lawyers have until July 17 to reply in their attempt to keep the lawsuit before a state judge.

An agreement reached Wednesday in connection with the legal dispute will keep Rose in a Cincinnati Reds' uniform until at least July 20 - exactly four months after baseball announced its investigation of gambling allegations against the manager.

Neither side was surprised Wednesday at the timetable approved by U.S. District Judge John D. Holschuh, even though it means the baseball season will be well into its second half with Rose's fate unresolved.

"It is certainly Pete's and our desire that it be decided as soon as reasonably possible," Rose lawyer Reuven J. Katz

said. "Although we're anxious to get this case decided, we understand (the judge's) time needs, having just been brought into it."

Holschuh got the case Monday after baseball's lawyers asked the U.S. District Court in Cincinnati to take Rose's lawsuit away from the state courts. Two federal judges in Cincinnati transferred the request to the court in Columbus to avoid appearances of impropriety, citing Rose's popularity in the Cincinnati area.

Rose's lawyers filed papers with Holschuh on Wednesday in an attempt to show the federal court has no grounds to intervene. Lawyer Robert G. Stachler also took a swipe at the commissioner's office, claiming it was trying to change courts after losing twice in the state court system.

"By taking two strikes in the state courts, baseball now tries to avert strike three by removing this proceeding to what it hopes will be a more favorable venue," Stachler said.

Federal courts in the 1970's upheld

the baseball commissioner's sweeping authority under challenges from team owners Charles O. Finley and Ted Turner. However, Hamilton County Common Pleas Judge Norbert A. Nadel has shown a willingness to go into what he called "uncharted waters" in the case.

Nadel gave Rose a 14-day temporary restraining order on June 25 protecting him from suspension or firing. The order also prohibited Giamatti from holding a hearing and deciding whether Rose bet on his own team - an offense that means a lifetime ban.

Although the order will expire, lawyers for both sides agreed Wednesday that the protections for Rose will remain in effect through July 17 and another three days after Holschuh decides which court will handle the case.

"That's vital, to protect his interests while we get an impartial decision maker," Katz said.

Nadel was scheduled to begin a hearing today on Rose's request for a

preliminary injunction that would extend the manager's protection indefinitely. That hearing has been postponed pending Holschuh's handling of the case.

If Holschuh decides that the case properly belongs in the state court where it was filed, he'll send it back to Hamilton County for further consideration. Holschuh also could decide the issues involved in the lawsuit properly belong in federal court, and keep control of it.

Rose sued Giamatti last month in an attempt to have a jury in his

hometown rather than the commissioner determine his fate. Rose claims Giamatti has already made up his mind that the manager is guilty of betting on his own team.

Rose also asked for unspecified damages from Giamatti.

The One to See:
JERRY SHIPMAN, CLU
 801 North Main Street
 Off: 364-3161
State Farm Insurance Companies
 Home Offices Bloomington, Illinois

Are you looking for the basic comfort?
We R the ones who can provide it!
 State Lic. No. TACLA004746
R & R REFRIGERATION
 "Over 30 years experience as Heating and Cooling Specialists"
 519 E. Park Ave. 364-0788

INFLATION PROTECT your funeral PRE-PLAN GUARD AGAINST
 • Inflationary funeral costs.
 • Overspending at hour of need.
 • Placing burdens on your family.
CALL US - Your Pre-Need Specialists

Rix Funeral Directors of Hereford
364-6533
 105 GREENWOOD

HEREFORD MARKETPLACE Good Ol' SUMMERTIME SAVINGS!

Hereford merchants are getting together to bring you the best in goods and services every week at... PRICES YOU CAN AFFORD!

WHY WOULD YOU WANT TO BUY YOUR SIDING FROM ME?

- Reason No. 1 - I'm Honest.
- Reason No. 2 - I Live Locally!
- Reason No. 3 - I Do Quality Work!
- Reason No. 4 - I Can Provide you with many locally satisfied references.
- Reason No. 5 - I Like To Stay Busy!

RICHARDS SIDING
 "For Quality Steel Siding Construction"
 Owner - Leon Richards * 902 Lee Street * 364-6000

BIOGRAPHIES!
 Of the famous, infamous & unfamous. New & used, buy or trade. We special order too.

Diller - A - Dollar BookStop
 214 N. 25 Mile Ave. 364-8564

SPECIAL

For Your Special Occasions let your personal touch florist take special care of your needs.

Shop **Park Ave Florist** for gifts and flowers
 315 E. Park Ave. 364-4042

We Sell Quality

IGNITION PARTS & **WIRE AND CABLE**

When you need auto parts... think of us first!
 212 N 25 Mile **D & R Auto Parts** 364-5692
 Home Owned & Operated...with Good Friendly Service

OFFICE

That's our middle name, and that's what we're all about. We cater to every one of your office needs - computers, software, furniture, fax machines, business copiers and so much more. Our best selling item, and the one that insures our customers return, is **SERVICE!** We always keep it stocked! So when you need **SERVICE** and **SUPPLIES** we hope you'll call on us!

The Office Center
 144 W. 4th 364-0430

A competitive alternative to your current link with the outside business world!

W.T. SERVICES INC.
 Jimmitt Hwy 364-3331

MASTERCRAFT
 The Smart Money Machines.

Self-Propelled & Riding Lawnmowers.
 Rear bag & side bag discharge.
 Come by & look them over today.

Coast To Coast Home & Auto
 114 E. Park 364-0574

Reach 4 Your KEY to More

Total Market Coverage! **The Hereford Brand 364-2030**

DON'T FORGET!

IMPORTANT!

PRIORITY!

SAVINGS!

Woman's Health

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

When it comes to smoking, it seems that everyone has an opinion. The medical opinion on smoking, however is unanimous. It's bad for everyone, and women especially are suffering more and more from its effects.

The number of women developing lung cancer from smoking has risen dramatically within the past decade, and in some states, it has surpassed breast cancer as the number one female cancer. If you smoke, your chance of developing lung cancer is 24 times greater than a nonsmoker's. Smoking also increases your chances of developing other cancers such as cancer of the mouth, larynx, esophagus, pancreas, and bladder.

The health problems that smoking causes don't stop with cancer. Smokers are at much greater risk for developing emphysema, a lung disease that makes it hard for its victims to breathe, and chronic bronchitis.

Heart disease is the major cause of death for American women, and smoking doubles the chances of developing this disease. In fact, cigarettes are responsible for about 170,000 premature heart attacks in the United States each year.

If you are planning to have a baby, you might find that it is a good time to give up smoking, not only for your health but for that of your future child. Basically, when you smoke, so does your baby. Nicotine, the addictive substance in cigarettes, crosses the

placenta (the tissue that supplies nourishment to the baby) and causes your unborn child's blood vessels to narrow, cutting down on the amount of oxygen and nourishment the fetus receives.

In addition, smoking increases the chance of having a miscarriage or stillbirth. Pregnant smokers are more likely to have a premature delivery and, on the average, their babies are

smaller than those of women who don't smoke.

As the Surgeon General has stated, smoking is addictive, just like certain drugs, and kicking the habit may not be easy. But remember that your lungs begin to repair themselves almost immediately once you stop. If you do stop smoking, it could be the best thing you've ever done for yourself.

Names in the News

LOS ANGELES (AP) - Five weeks after open heart surgery, actor Carroll O'Connor publicly thanked fans and friends for their encouragement and he offered some advice.

O'Connor's full-page message Wednesday in the Hollywood Reporter and Daily Variety entertainment industry newspapers coincidentally appeared hours after comedian Lucille Ball underwent emergency heart surgery.

Jim Mahoney, a publicist for O'Connor, said the actor called Miss Ball Wednesday to see how she was doing. O'Connor, currently starring in TV's "In the Heat of the Night," is recuperating in Atlanta.

In the newspaper ad, O'Connor, 64, said: "When your good doctor tells you to take the latest kind of cardiograph, and the latest is miraculous in what it can reveal about your heart, don't postpone, don't evade, don't content yourself with the fact that you're feeling

well." O'Connor, perhaps best known as blue-collar bigot Archie Bunker in the "All in the Family" TV series, said he looks forward to better health and "possibly (though I hate making big promises), to having a pleasanter personality."

BALTIMORE (AP) - Sen. Albert Gore Jr. and his wife, Tipper, say they are thinking positively as their 6-year-old son recovers from injuries suffered when he was struck by a car on April 3.

"It's been a difficult experience," Gore, D-Tenn., said Wednesday. "But it has been an experience that has certainly put a lot of things into perspective and teaches you what's really important in life." "It's drawn us closer as a family," Mrs. Gore said.

Leftover fish is good made into chowder with added parsley, onion, left over vegetables.

Television

THURSDAY

EVENING

- 6:00 News
- Nightly Business Report
- Father Murphy
- Andy Griffith
- Love Connection
- 6:30 Cosby
- Marilyn McKay's Autograph
- Wheel Of Fortune
- Seneca
- Night Court
- 7:00 Best Of Walt Disney Presents NR
- The Cosby Show
- This Old House
- ABC Thursday Night Baseball
- MOVIE: Johnny Holiday *** A boy's loyalty is divided between befriending a crook and being honest with the stable head at a reform school. William Bendix, Hoagy Carmichael (1949) NR
- MOVIE: 52 Pick-Up *** A businessman must devise a way to outwit a pair of thieves who have framed him for a murder he didn't commit. Roy Scheider, Ann-Margret (1986) R Profanity, Violence.

- 48 Hours
- Corvette Challenge Series
- Police Story
- Mr. Ed
- Murder, She Wrote
- (HBO) MOVIE: The Great Outdoors (MAX) MOVIE: The Don is Dead ***
- 7:30 Different World
- 8:00 MOVIE: A Hard Day's Night ****
- Cheers
- Mystery!
- Cavanaugh
- Thursday Night Thunder
- MOVIE: Howard The Duck *
- Make Room For Daddy
- Thursday Night Fights
- MOVIE: Under Cover **
- 8:30 Dear John Undercover
- Coming Of Age
- Car 54 Where Are You? (HBO) America Undercover: Into Madness
- VideoCountry
- 9:00 L.A. Law
- Canada: True North NR
- 700 Club
- News
- The Equalizer
- Auto Racing
- Saturday Night Live (MAX) MOVIE: The Cotton Club ***

- 9:30 Beatles Cartoons NR
- SCTV
- (HBO) MOVIE: Busted Up
- 9:35 MOVIE: Summer School ***
- 10:00 Adventures Of Ozzie & Harriet Ozzie Nelson, Harriet Nelson NR
- 10:30 MOVIE: Sword & The Rose ****
- 10:45 Best Of Carson
- 11:00 Entertainment Tonight
- MOVIE: Johnny Holiday ***
- 1988 AMA Supercross
- MOVIE: Let's Do It Again *** An Atlanta milkman and his factory worker pal talk two big time gamblers out of a large sum of cash. Sidney Poitier, Bill Cosby (1975) PG
- 11:05 MOVIE: Beyond Evil *** Newbyweds move to a beautiful tropical island, only to find that their stately mansion is a haven for demons and terror. Linda Day George, John Saxon (1980) R Profanity, Nudity, Violence.
- (HBO) MOVIE: Salvador ***
- 11:10 (MAX) MOVIE: The Scullion **
- 11:15 MOVIE: Wild Bunch ****
- 11:30 Nightline
- MOVIE: Midnight Cowboy *** Young man dreaming of easy money makes himself available to wealthy women for a fee, in New York City.

Get plugged in
HBO & Cinemax
Hereford Cablevision
126 E. 3rd 364-3912

FRIDAY

EVENING

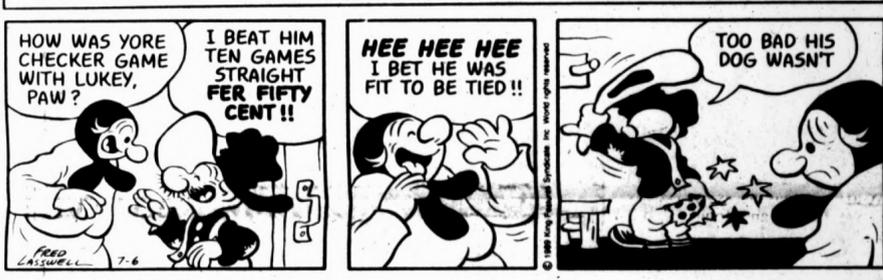
- 6:00 MOVIE: The Blue Bird *** A little girl encounters fantastic characters in her search for happiness. Shirley Temple, Spring Byington (1940) NR
- 6:30 News
- Nightly Business Report
- Father Murphy
- Andy Griffith
- Love Connection
- SportsCenter
- Family Ties
- Inspector Gadget
- Miami Vice
- Top Card
- World Monitor
- Perfect Strangers
- News Update
- Marilyn McKay
- Seneca
- 6:55 Andy Griffith
- 7:00 NBC Friday Night Baseball
- D.C. Week In Review
- Perfect Strangers
- MOVIE: The Loneliest Runner A 12 year old boy's life is severely damaged by his own shame at bed wetting and his parents' fierce reaction to his nocturnal crime. Michael Landon, Lance Kerwin (1977) NR
- MOVIE: The Man With Two Brains ** A dizziy brain surgeon, married to a beautiful but nasty woman, falls in love with a disembodied brain, beautiful in spirit, but in a jar. Steve Martin, Kathleen Turner (1983) R Profanity, Nudity, Adult Themes.
- Adventures In Babysitting Jennifer Guthrie, Jay Lawrence
- U.S. Gymnastics Challenge
- Branded
- Mr. Ed
- Murder, She Wrote
- MOVIE: Secret Of My Success *** (HBO) MOVIE: The Omen *** (MAX) MOVIE: From the Hip **

- 7:05 MOVIE: Angels With Dirty Faces *** Two young men growing up in the tenement district of New York City follow very different paths: one becomes a priest, and the other becomes a killer. James Cagney, Pat O'Brien (1938)
- 7:30 Ernest Goes To Splash Mountain Jim Varney (1988) NR
- Wall Street Week
- Full House
- MOVIE: CBS Friday Night At The Movies Ladyhawke *** A knight fights to break a spell which turns his lover into a hawk by day and him into a wolf by night. Will they be doomed to live apart forever? Matthew Broderick, Rutger Hauer (1985) PG13 Profanity, Violence, Adult Themes.
- MOVIE: The Macahans *** Saga of the Macahans, who move their family westward to escape having their sons involved in the impending Civil War. James Arness, Eva Marie Saint (1978) NR
- Patty Duke
- Winston Churchill: The Valiant Years NR

- Werewolf
- It's Garry Shandling's Show Garry Shandling, Michael Tucci NR
- Classic Rock With Wolfman Jack
- Days & Nights Of Molly Dodd
- Halloween De Cize
- 10:00 Adventures Of Ozzie & Harriet Ozzie Nelson, Harriet Nelson NR
- 6:30 News
- Club Date
- Paper Chase
- Tales From The Darkside
- Motorweek Illustrated
- John Chandler
- Laugh In
- Miami Vice
- Super Dave NR
- You Can Be A Star
- Animal Wonder Down Under
- Sponsor: For Hire
- Goat
- Secker
- 10:05 Night Tracks: Power Play Dancin'
- 10:30 MOVIE: Rainmaker *** A con man hired to end a drought brings new life to an arid region. Katherine Hepburn, Burt Lancaster (1956) NR
- Wimbledon Late Night
- MacNeil/Lehrer NewsHour
- Seneca
- Magnum, P.I.
- Pat Sajak Show
- SpotCast
- Boom Buddies
- My Three Sons
- MOVIE: April Fool's Day ** The fun turns into homicidal horror when guests gathered for Muffy's April Fool's Day bash are slowly stalked and knocked off one by one. Kevin Costner, Griffin O'Neal (1986) R Profanity, Violence.
- (MAX) MOVIE: Emmanuelle Enter the erotic world of Emmanuelle as she explores every avenue of sexual pleasure in the exquisite world of exotic Bangkok. Sylvia Kristel, Alain Cuny (1975) Profanity, Nudity, Adult Situation.
- Crook & Chase
- Amateur Naturalist
- An Evening At The Improv
- Today In Bible Prophecy

Comics

Barney Google and Snuffy Smith By Fred Lasswell



Marvin By Tom Armstrong



The Wizard of Id By Brant Parker and Johnny Hart



BLONDIE by Dean Young and Stan Drake



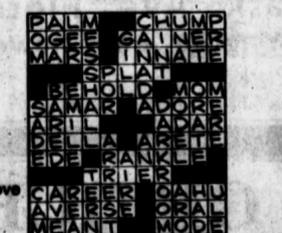
BEETLE BAILEY By Mort Walker



CROSSWORD

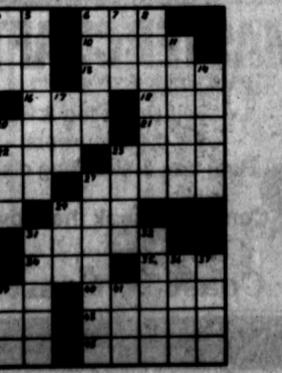
by THOMAS JOSEPH

- ACROSS
- 1 "Dogs" (Hoffman film)
 - 6 Cambodian temple
 - 9 Lion group
 - 10 Khachaturian
 - 12 Artist's stand
 - 13 boom
 - 15 Written letter
 - 16 Heathcliff is one
 - 18 Alter constellation
 - 19 Hangman's symbol
 - 21 Needle-fish
 - 22 Chalice
 - 23 -lily
 - 24 Outdated
 - 27 Bridge expert
 - 28 - pricing
 - 29 Opal or ruby
 - 30 Misdeed
 - 31 Supply party fare
 - 33 Soul (Fr.)
 - 34 "About Eve"
 - 35 Concealed
 - 38 Lowest point
 - 40 Express an opinion
 - 42 Exist
- DOWN
- 1 Gush out
 - 2 Salver
 - 3 Gone above
 - 4 Fruit drink
 - 5 Word on a mat
 - 6 Squander
 - 7 Nigerian seaport
 - 8 Passerine bird
 - 11 Imaginary vision
 - 14 "Gigi" star
 - 17 Biblical king
 - 20 Malt kiln
 - 23 "Like It Hot"
 - 24 South Korean seaport
 - 25 One of the kingdoms
 - 26 Without fixing a day (Lat.)
 - 27 Beat it!
 - 29 Guy's date saint
 - 31 Proof-reading mark
 - 32 European river
 - 36 "Bus Stop" playwright
 - 37 Act
 - 39 Marsh elder
 - 41 Moslem saint



Yesterday's Answer

- 1 Proof-reading mark
- 2 European river
- 3 "Bus Stop" playwright
- 4 Act
- 5 Marsh elder
- 6 Moslem saint



- 11:00 Tonight Show
- Entertainment Tonight
- MOVIE: The Loneliest Runner A 12 year old boy's life is severely damaged by his own shame at bed wetting and his parents' fierce reaction to his nocturnal crime. Michael Landon, Lance Kerwin (1977) NR
- Collector Car Classics Auction
- MOVIE: Stanley Vietnam vet uses a rattlesnake as his personal weapon of revenge against mankind. Chris Robinson, Alex Rocco (1972) PG
- Donna Reed
- MOVIE: Starbuck ** Three sensational looking young girls take over a failing drive in and make a success of it. Dorothy Stratten, Sterling Frazer (1976) PG
- (HBO) Tales From The Crypt: Dig That Cat, He's Real Gone (1988) Violence, Adult Situation.
- Nashville Now
- Wonders Of The Wild
- Eagle & The Bear
- Heardseye
- Fletcher Brothers
- 11:05 Night Tracks
- 11:30 Nightline
- MOVIE: Firestarter ** Evil government agents engaged in weapons research get their hands on a little girl who has the power to start fires at will. David Keith, Drew Barrymore (1984) R Profanity, Violence.
- 1987 World Jet Ski Finals
- Mr. Ed
- (HBO) MOVIE: Daddy's Boys A trigger-happy widower takes two sons on a cross country crime spree, while a third son and his hooker girlfriend get famous for crimes of their own. Dan Sbarbaro, Profanity, Nudity, Violence, Adult Situation.
- Wildlife Chronicles
- Winston Churchill: The Valiant Years NR
- James Robison
- 12:00 Late Night With David Letterman
- Arsenio Hall
- MOVIE: CBS Late Movie American Gothic An American woman who is on an incredible journey of love and heartbreak, lives in the mysterious and exotic world of the Japanese geisha. Faye Dunaway, Richard Harris (1985)
- Patty Duke
- MOVIE: And God Created Woman ** A convict marries a lovestruck prison carpenter to gain her parole. But, she would rather be a rock star than a happy homemaker. Rebecca De Munnier, Vincent Spano (1987) R Profanity, Nudity, Adult Situation.
- (MAX) MOVIE: A Nightmare On Elm Street 4: Dream Weaver Once again, Freddy awakes into his victims' dreams with his deadly trademark blades and faces a new opponent. Has Freddy finally met his match? Robert Englund, Heather Langenkamp (1988) R Violence, Adult Themes.
- World Monitor
- MOVIE: Alice's Restaurant ** A young folk singer has difficulties with the police, the draft board and a community of flower children. Arlo Guthrie, Pat Quinn (1989) PG
- Self-Improvement Guide
- Heritage Today
- Per Aspera
- 12:05 Night Tracks
- 12:09 Sweet Land Of Liberty Dave Gilbert NR
- Daily Mirror
- 1988 Pro Bodyboard Championship
- Saturday Night Live
- MOVIE: Sunset On The Sage ** A shy crew a trusting young man from a prison search for emancipation. Gene Autry, William Henry (1948) NR
- Colossus

Entertainment



Gail Reagan

HAVE FUN at the Movies

EXCELLENT GOOD FAIR POOR DON'T WASTE MONEY

Bam! Pow! Zowie!
"BATMAN": Starring Jack Nicholson as The Joker and Michael Keaton as Batman is out of the bat cave and setting attendance records. Why? The answer is wonderfully simple - it's an American right to love to the comics. And *Batman* is just that - a comic book movie - no more, no less. Although the film should rightly be called *The Joker*; it is definitely Jack Nicholson's movie. Forget that you can't understand (let alone follow) the plot. Forget everything except Jack Nicholson. The man is simply magnificent as he giggles, squeals, makes weird noises and hilarious asides (this may be one of the most quoted movies of the year) while propelling with great intensity toward mayhem and madness in Gotham City. The movie (and Jack Nicholson) is campy, funny and entertaining. It is not, however, a movie for very young children - it will scare the daylight out of them. It's not for comic book purists. (Although *Batman* is treated with respect; albeit dull respect.)

There is one regrettable scene where beautiful and treasured works of art are needlessly desecrated and destroyed. But off the Soap Box! See *Batman* - you'll enjoy the guilty pleasure of two hours of straight-out comic book adventure in the darkest corners of evil doings. Rated PG-13. **Three Boxes.**
 While *Batman* mania has taken over the front pages, don't overlook...
"HONEY, I SHRUNK THE KIDS": Starring Rick Moranis. This film is a delightful children's adventure that will not scare them into nightmares. It is a sweet, straightforward, funny movie from Disney films that the entire family will enjoy. Rick Moranis plays a bumbling inventor who's shrinking machine goes haywire and shrinks his and his neighbor's children. The film's pace is swift and smooth with charmingly mild humor - an innocent, old-fashioned delight. *Honey, I Shrunk The Kids*, rated PG, is coupled with a new 1/2 minute Roger Rabbit cartoon, creating a nice family film package. **Three Boxes.**

RENTAL MOVIES

Making films from comic books is not new; look for these early Dick Tracy serial adventures:
"DICK TRACY": (1937) 15 Chapters.
"DICK TRACY VS. CRIME, INC.": (1941) 15 Chapters
"DICK TRACY MEETS GRUESOME": (1947)
 These black and white serials (and one movie - *Gruesome*) all feature Ralph Byrd as Chester Gould's comic-strip detective who chases (and catches) mysterious criminals, murderous gangs, ruthless criminals and international spies. In the *Gruesome* movie, "Gruesome" is played with unusual style by the late, great Boris Karloff. All would be rated G. **Three Boxes.**
 Eveyone knows Christopher Reeve made *Superman* movies. Today's question is...how many are there? Answer: Four.
"SUPERMAN": (1978) Starring Christopher Reeve, Marlon Brando and Margot Kidder. After a somewhat overblown introduction, which encompasses the end of Krypton and Clark Kent's adolescence in Smallville, this film takes off to provide some great movie moments as Superman swings into action. The action is complemented by fine tongue-in-cheek comedy. Rated PG. **Three Boxes.**
"SUPERMAN II": (1980) Essentially the same cast, and even better than the original, this terrific adventure of the Man of Steel includes a full-fledged romance

between Lois Lane and Superman. There is also a spectacular battle between Superman and three supervillains in which the city of Metropolis is almost destroyed. Rated PG. **Four Boxes.**
"SUPERMAN III": (1983) Richard Pryor was added to the cast and if it weren't for Christopher Reeve's excellent performance this movie would be a major disappointment. The story features a subdued Richard Pryor as a computer whiz who is hired to do dastardly deeds with his magic programming. Rated PG. **Two Boxes.**
"SUPERMAN IV": (1987) Gene Hackman was added to this well-intentioned film about Superman attempting to rid the Earth of nuclear weapons. The movie is overlong, overwrought, and downright dull. Rated PG. **One Box.**
 A dark horse pick for a comic book movie for people who like to be silly once in a while...
"POPEYE": (1980) Starring Robin Williams and Shelley Duvall. This adaptation of the famous comic strip is a rather hit and miss film. The hit part is that Robin Williams makes a terrific Popeye. He looks like the indomitable sailor reincarnated. He and Shelley Duvall were born to play Popeye and Olive Oyl. The miss part is that it is a little dull. (OK, OK...maybe a lot dull.) Still, it's hard to really dislike the movie Popeye - it is so wonderfully weird to look at and so much fun at times. Pop out of popcorn when you rent this one. Rated PG. **Two Boxes.**

Top video, music

By The Associated Press

The following are the most popular videocassettes, record hits and compact disks as they appear in this week's issue of *Billboard* magazine. Copyright 1989, Billboard Publications, Inc. Reprinted with permission.

- VIDEOCASSETTE SALES**
 1. "Michael Jackson: The Legend Continues..." (Vestron)
 2. "Jane Fonda's Complete Workout" (Warner)
 3. "Moonwalker" (CBS)
 4. "Callanetics" (MCA)
 5. "U2: Rattle and Hum" (Paramount)
 6. "Pink Floyd: Delicate Sound of Thunder" (CBS)
 7. "Playboy Wet and Wild" (HBO)
 8. "Cinderella" (Disney)
 9. "E.T. The Extra-Terrestrial" (MCA)
 10. "Playboy's Sexy Lingerie" (HBO)

- VIDEOCASSETTE RENTALS**
 1. "Coming to America" (Paramount)
 2. "The Accused" (Paramount)
 3. "Cocktail" (Touchstone)
 4. "Big" (CBS-Fox)
 5. "Twins" (MCA)
 6. "My Stepmother Is An Alien" (RCA-Columbia)
 7. "Child's Play" (MGM-UA)
 8. "Everybody's All-American" (Warner)
 9. "Gorillas in the Mist" (MCA)
 10. "A Fish Called Wanda" (CBS-Fox)

- HOT SINGLES**
 1. "Good Thing" Fine Young Cannibals (I.R.S.)
 2. "Baby Don't Forget My Number" Milli Vanilli (Arista)-Gold (More than 500,000 singles sold)
 3. "If You Don't Know Me By Now" Simply Red (Elektra)
 4. "Express Yourself" Madonna (Sire)
 5. "Toy Soldiers" Martika (Columbia)
 6. "I Drove All Night" Cyndi Lauper (Epic)
 7. "Miss You Like Crazy" Natalie Cole (EMI)

8. "Satisfied" Kucmaro (EMI)
 9. "Buffalo Stance" Neneh Cherry (Virgin)-Gold (More than 500,000 singles sold.)
 10. "What You Don't Know" Exposé (Arista)

- TOP LP'S**
 1. "The Raw and the Cooked" Fine Young Cannibals (I.R.S.)-Platinum (More than 1 million units sold.)
 2. "Don't Be Cruel" Bobby Brown (MCA)-Platinum
 3. "Full Moon Fever" Tom Petty (MCA)-Gold (More than 500,000 units sold.)
 4. "Like a Prayer" Madonna (Sire)-Platinum
 5. "Beaches' Soundtrack" (Atlantic)-Platinum
 6. "Hangin' Tough" New Kids On the Block (Columbia)-Platinum
 7. "Girl You Know It's True" Milli Vanilli (Arista)-Platinum
 8. "Forever Your Girl" Paula Abdul (Virgin)-Platinum
 9. "Twice Shy" Great White (Capitol)-Gold
 10. "The Other Side of the Mirror" Stevie Nicks (Modern)

- TOP POP COMPACT DISKS**
 1. "The Raw and the Cooked" Fine Young Cannibals (IRS)
 2. "Full Moon Fever" Tom Petty (MCA)
 3. "Anderson, Bruford, Wakeman, Howe" Anderson, Bruford, Wakeman, Howe (Arista)
 4. "Blind Man's Zoo" 10,000 Maniacs (Elektra)
 5. "Batman Soundtrack" (Warner Bros.)
 6. "Like a Prayer" Madonna (Sire)
 7. "The Other Side of the Mirror" Stevie Nicks (Atlantic)

Instead of a cake, get a **TEXAS Size Cinnamon Roll**
Troy's Sweet Shop
 1003 E Park Ave

Weller answers on ABC's 'Home'

LOS ANGELES (AP) - Want to know what smoked rattlesnake tastes like? How to lower your cholesterol level? How to patch wallpaper? Robb Weller is your man.
 Weller is co-host of ABC's "Home," a daytime forum for ideas, suggestions and hints that can be applied to viewers' lives.

Weller grew up in Tacoma, Wash., and attended the University of Washington. He was a yell leader at athletic events and is credited with creating "The Wave," the crowd ripple that has become a fixture at sporting events.
 He began his television career in Seattle and later worked in Columbus, Ohio, for Qube, a cable company that

had two-way communications with its viewers.
 "I was host of a live talk show in Columbus and whatever happened, happened," he said. "Once we had a chicken-flying contest. One chicken flew right into the lighting board. Zap! So, what do you do? We had no commercials, so I threw it to the band."

"We were doing 'Fernwood 2Night' for real. It was a lot of fun. I was 27 years old and it was my first big, steady gig in television. I wouldn't move to Columbus unless I earned my age. We fought and fought and I finally got \$27,000 a year."

"I'm probably a lot healthier than I was because 'Home' has changed my eating habits," said Weller. "The only problem with being the host of a show like this is you turn into a pain in the neck to your friends. Instead of talking in sentences, you talk in household hints. You go to a friend's house and tell him how to make a quick fix on torn wallpaper with toothpaste or fill a nail hole with paint mixed with a little cornstarch."
 "On the show, I might talk about the benefits of rock garlic. I've eaten everything they bring on the show to make people healthy, from raw nasturtiums to smoked rattlesnake. It tastes like smoked chicken. In fact, everything tastes like smoked chicken except smoked chicken, which tastes like fajita."
 Weller is quick to add, however, that you shouldn't get the idea that "Home" is all household hints.
 "It's so versatile that it's difficult to talk about," he said. "It's not like 'Oprah' or 'Donahue,' with one host and one topic each day. There are seven aspects of 'Home' each day. It can be hints, cooking, medicine, emotional help, home decoration, or a wide variety of things."
 Weller, who is also co-anchor of the syndicated "Entertainment This Week," has been the host of "Home" since its debut last year. The show has a rotating system of co-hosts who appear with Weller.
 In addition, "Home" also has a staff of experts on such topics as home decorating, arts and crafts, food, carpentry, leisure and recreation, money-saving tips, car repair, home repair, picking movies for children and human-interest stories.
 "This is a research-driven show," said Weller. "Viewers contribute an enormous amount to the show. They make suggestions and tell us who they want to see on the show. We have a program that's not particularly high in the ratings but attracts a lot of women in the 18-49 age category. We get 35,000 requests a week for our newsletter, which costs \$1."

WE'RE TALKIN' 59¢ REFILLS!
 EACH AT PARTICIPATING DAIRY QUEEN STORES

FILLER BUSTER
 32-oz. THERMAL MUG filled with Coca-Cola
\$1.59

ON SALE IN **DQ COUNTRY**

NON-STOP IN **DQ COUNTRY**

GIBSON'S
 A Chaffin, Inc. Store

DISCOUNT CENTER

A Week at the Movies

Huge Inventory of New Releases plus a wide selection of famous titles

\$1.99 New Releases
99¢ All Others

Gibson's VIDEO RENTAL Club

Computer controlled inventory and rental. Eliminates long lines at check-out counters or filling out lengthy forms.

RCA Whirlpool
 Zenith KitchenAid
 Sales & Service

© Reg. TM Am. D.O. Corp. "Coca-Cola" and the Dynamic Ribbon Device are trademarks of the Coca-Cola Company. © 1989 TM, D.O. Co. Corp.

CLASSIFIEDS

364-2030

THE HEREFORD BRAND Since 1901
Want Ads Do It All!

YOU WANT IT, YOU GOT IT CLASSIFIED

364-2030
313 N. Lee

CLASSIFIED ADS

Classified advertising rates are based on 14 cents a word for first insertion (\$2.80 minimum) and 10 cents for second publication and thereafter. Rates below are based on consecutive issues, no copy change, straight word ads.

TIMES	RATE	MIN.
1 day per word	14	2.80
2 days per word	24	4.80
3 days per word	34	6.80
4 days per word	44	8.80

CLASSIFIED DISPLAY

Classified display rates apply to all other ads not set in solid-word lines—those with captions, bold or larger type, special paragraphing, all capital letters. Rates are \$3.95 per column inch; \$3.25 an inch for additional insertions.

LEGALIS
Ad rates for legal notices are 14 cents per word first insertion, 10 cents per word for additional insertions.

ERRORS

Every effort is made to avoid errors in word ads and legal notices. Advertisers should call attention to any errors immediately after the first insertion. We will not be responsible for more than one incorrect insertion. In case of errors by the publishers, an additional insertion will be published.

1-Articles For Sale

YOCUM UPHOLSTERY AND DRAPERIES
Open for business once again.

20% discount on all materials
603 South 25 Mile Avenue
Monday-Saturday
10-6
364-4908 1-244-222

Reposessed Kirby. Other name brands used and rebuilt \$39.00 and up. Sales and service on all makes. 364-4288. 1-85-tfc

For Sale: Almost new upright Electrolux vacuum in excellent condition. Call 364-4263 after 5. 1-tfc

Houses to be moved: 6 houses needs to be moved in the Hereford area. For additional information, call 364-8842. S-W-1-218-tfc

Concrete construction B.L. "Lynn" Jones. Driveways, walks, patios, foundations, slabs. Free estimates. Over 20 yrs. experience. 364-6617. 1-245-21c

Gloria's Custom Sewing and Alterations. New hours. Monday through Saturday 1:30 to 6:30 p.m. Phone 364-5475 leave message if no answer. 1-251-5c

Baby calves for sale. Call 364-4857. 1-251-22p

Evaporative Coolers. Roof mount and window units. All sizes. Vasek Service & Equipment 364-3867. 102 16th Lic. No. TACLA001473C. 1-252-tfc

AKC (show quality) Toy Poodles. Father-3 1/2 years; son-2 years old. Phone 364-1160 or 364-1251. 1-257-tfc

24 ft. extension ladder, 8" 3 speed drill press, 3" belt sander. Variable speed sander saw. Orbital pad sanders. 1 1/2 h.p. router. Router bits and misc. 2 sets of pipe clamps. All Craftsman Products and used very little. Call 364-4578. 1-258-5p

Want to buy large two story to be moved. Must be in excellent condition. Call 276-5239. 1-258-10c

1A-Garage Sales

Garage sale: 315 Ave. B. Fri. & Sat. Lots of Misc. Items, 8:00 to ?? 1A-2-2p

Garage sale. Clothes and lots of miscellaneous. Friday and Saturday. Corner of 5th Street and Lee. 1A-2-2c

Garage sale: Thurs, Friday, July 6th & 7th. Some furniture, clothes, miscellaneous. 9 a.m. to 6 p.m. 105 Mimosa. 1A-1-2p

Garage sale. 629 Avenue G. Thursday, Friday, and Saturday. Refrigerator, table and chairs, air conditioner, lots of miscellaneous. 1A-1-3p

Garage sale: Fri. and Sat. 8-5. Small T.V., clothes, miscellaneous. 701 Cherokee Dr. 1A-2-2p

Garage sale. 345 Douglas. Saturday 8 to ?? 1A-2-2p

Garage sale: Ping pong table, light fixtures, clothes, Avon, tool boxes for pickup, Reader's Digest Condensed Books, odds and ends. 840 Avenue F. Friday 8 to 5:30; Saturday 8-12:00. 1A-2-2c

Garage sale: Furniture and misc. items, 905 Brevard. Fri- 12 to 6; Sat. 12 to 6. 1A-2-2p

Garage sale. 230 Ranger. Washer, dryer, lots of small appliances, dishes, linens and more. Friday and Saturday 8:30 until 6:00. 1A-2-2p

Garage sale: 131 Ave. K. Fri. 8 til dark, Sat. 8 till ?? Lots clothes, toys, tools and box, tires, misc. 1A-2-2p

Garage sale. Friday only. 421 Avenue K. Clothing and lots miscellaneous. 1A-2-1p

Garage sale. Friday and Saturday. 604 Union. Lots of everything. 1A-2-1p

Garage sale. Friday and Saturday. 415 Western. Dryer, cook top, bar, miscellaneous. 1A-2-1p

Antiques, furniture, decorator items, cook books, wall paper and clocks, small appliances and miscellaneous. Friday evening and Saturday. 221 Ranger. 364-5758. 1A-2-2c

Large garage sale. Friday and Saturday, opens 8:00 a.m. Antiques and collectables, bric-brac. 20 years of collecting. 824 West Park. 1A-2-2p

Garage sale: Friday, Saturday, Sunday, 804 Columbia. Fishing equipment, furniture, clothing, lots of miscellaneous. Ceramic molds. 1A-2-2p

Moving sale. Bikes, camping gear, tools, furniture, toys, kid's clothes, lots miscellaneous. 142 Nueces. Friday and Saturday. 1A-2-2p

Garage sale. 610 West 6th. Friday and Saturday. Lots of miscellaneous. 1A-2-2p

Yard sale: 507 Whittier St. Fri. Sat. & Sun. Refrigerator, coffee table, cloth, all sizes. '59 truck, chairs, exerciser, much more. 1A-2-2p

Yard sale, Friday & Saturday, 8-5. 711 E. 4th, across street from Dr. Revell's office. Lots of clothes & misc. 1A-2-2p

Garage sale. 304 West 6th, Friday and Saturday from 8:00 a.m. until ?? Clothes for children and lots of miscellaneous items. 1A-2-2p

Garage sale. 101 Hiebach. (Across street from Color Tyme and behind Alsups) Friday. 1A-2-1c

Garage sale: Sat. 7 a.m. to ??? 6 1/2 mi. south on 1055, 1/4 mi. east. Toys, men's, ladies, and children's clothes, carpet, desk-card table and chairs. Misc. 1A-2-2p

Garage sale. One mile east of South Main on Austin Road. Friday 8-5; Sunday 12-5. 1A-Th-S-2-2p

Garage sale. Friday, Saturday & Sunday. 209 Brevard. Antique furniture, tires, batteries, refrigerator, stove, miscellaneous. 1A-2-3p

3 family garage sale: Furniture, microwave, treadmill and lots of good things. South 385 1 mile White Trucking shop building. Fri. and Sat., 8 to 5. 1A-2-2p

DAILY CRYPTOQUOTES — Here's how to work it:

AXYDLBAAXR
is **LONGFELLOW**

One letter stands for another. In this sample A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

CRYPTOQUOTE

7-6
K L F K P Y T K U D K D H G M I
N L R R V T P T K S P Y P Y S M N D
L D K L F K P T K S P Y K D H G M I
V T P D T L P Y T S — O E R T N L E
Yesterday's Cryptoquote: ONE WHO NEVER ASKS KNOWS EITHER EVERYTHING OR NOTHING.
— MALCOLM S. FORBES

© 1989 King Features Syndicate, Inc.

Garage Sale- 834 Irving. Mini-garage sale. Toys, tools, household goods. Sat. 8-1 p.m. 1A-2-2p

Garage sale: twin size bed, queen size bed, dishes. Pots & pans, clothes, pictures, home interior, antique cabinet radio, mirrors, lamps, toys, air conditioner, gas range, too much to mention. Friday & Saturday, 7:30 a.m. to 1:30 p.m. 227 Ave. F. 1A-2-2p

Garage sale: Bud to Blossom Garden Club, Fri. 8-2, at Hereford Garden Center, North Main St. 1A-2-1p

YOU WANT IT YOU GOT IT CLASSIFIED

364-2030
ADDRESS: 313 N. LEE

2-Farm Equipment

1980 International Conventional with 17 ft. Mohrlang Mahure Spreader. Power steering, 15 speed, low reduction transmission, 6V92+ motor with less than 500 hours on an in frame overhaul. New floor chains and bull wheel shaft and bearings. Good rubber, exceptionally clean! Call 806-745-7752, 777-7752, 745-8650. 2-254-10c

Small garden tractor, Kubota, diesel, 3 blade mower, rototiller. Miscellaneous other equipment, all for \$3500. Call J.C. Gossett 578-4567. 2-1-4c

Have two 292 rebuilt engines. One never run, other run about two weeks, also 605 Moline rebuilt, also run about two weeks. Sold my farm, three engines all ready to go. Call 364-1596, John Seiver. 2-2-8c

3-Cars For Sale

1985 Buick Riviera. Beautiful 2-tone blue. Driven only 11,000 miles. New car condition. Priced at \$13,500 firm. Call Carlos Anderson 364-5182 or 364-3378. 3-246-tfc

1980 AMC Eagle, 4 Dr. 4-wheel drive. 364-6173 or 364-8194. 3-250-10p

'82 Mazda. Good school car or work car. 60,000 miles. \$1600. Call 364-6489. 3-1-tfc

1985 Chev. Silverado Pickup, 4-wheel drive, loaded. One owner. Excellent condition. \$7500. J.C. Gossett, 578-4567. 3-1-4c

LTD Ford, 4 door. Phone 364-5287. 3-1-4c

NEW & USED
Now for sale at
STAGNER-ORSBORN
BUICK-PONTIAC-GMC
1st & Miles 3-4-tfc

MILBURN MOTOR COMPANY
We pay cash for
Used Cars
138 Simpson
Phone 364-0077 3-4c

3A-RVs For Sale

1983 Kawasaki, KX 250. New engine. \$500.00. See at 215 Fir. 3A-255-tfc

1983 Honda 110 three-wheeler. Brand new back tires. Call 364-2666 8:00 to 5:00 p.m. 364-8792 after 5:00 and weekends. 3A-1-10c

'83 Roadster, Harley Davidson. \$2500. Good condition. Call 364-4031. 3A-254-2p

4-Real Estate

Money paid for houses, notes, mortgages. Call 364-2660. 4-97-tfc

\$500.00 down and assume payments of \$369.00 mo., 3 bedroom, 1 1/2 bath, brick, term 324, 10% int., call HCR Real Estate, 364-4670, ask for Brant. 4-246-tfc

2 bedroom completely remodeled, DBL Car garage w/electric opener, ceiling fans, only \$29,900.00, Call HCR Real Estate, 364-4670. 4-247-tfc

Horse barn on 1.3 acres, room for trailer. Near city. Call HCR Real Estate, 364-4670. 4-252-tfc

421 Ave. J, all of lots 27 and 28, block 43, Evans Addition to the city of Hereford, Deaf Smith County, Texas. Owner finance. For more information, call 713-721-1847. 4-254-10

For sale or lease 3 miles north of Canyon, VFW road. (Canyon Schools), 5 bedroom brick. Approx. 3200 sq. feet, 3 baths, basement, large garage. 655-2661, 364-0108. 4-254-10c

For Sale or Lease 3 miles north of Canyon, VFW road. (Canyon Schools), 5 bedroom brick. Approx. 3200 sq. feet, 3 baths, basement, large garage. 655-2661; 364-0108. 4-255-10c

Large ranch near Santa Rosa, N.M. located 1-40, joins lake. River runs through ranch. Has several wind mills and city water. Owner financing available. ERA Marn Tyler Real Estate, 364-0153. 4-258-5c

On Hickory Street. Only \$48,000, 3 bedroom, 1 3/4 bath, double car garage. Call HCR Real Estate, 364-4670. 4-258-tfc

Nice country home on approx. 3 acres. Many trees. Price reduced to \$40,000. Call HCR Real Estate, 364-4670. 4-258-tfc

Small feed yard on Hwy. 60. Mill, office, includes feed truck and front end loader. Owner financing available. Call ERA Marn Tyler Real Estate, 364-0153. 4-258-5c

By owner: 4 bedroom house, 2 bath brick. Call 364-5287. 4-1-4c

\$8,000 Equity is yours!
Selling home at loan balance, approx. \$42,000. Light colors, ceiling fans, skylight, waterTx, landscaped, vaulted ceiling, CH&H, 3-2-2, 4 years old. Excellent for Rental property. Hickory St. Days 364-6910; Nights 364-2194. 4-2-5p

BY OWNER
3 bedroom, 2 bath
Small equity and assume
9.5% On Fir Street
Phone 364-6251 4-2-5p

4A-Mobile Homes

Repos..Repos..Repos..Two and three bedrooms. Finance company desperate to sell. No credit? No problem. We deliver. 806-894-8187. 4A-245-21c

Attention: first time home buyers..- No credit needed, low down payment. Over one hundred homes to choose from. Call 806-894-7212. 4A-245-21c

5-Homes For Rent

Self-lock storage. 364-8448. 5-95-tfc

One and two bedroom apartments. All bills paid except electricity. 364-4332. 5-61-tfc

Saratoga Gardens, Friona low rent for needy families. Carpet, laundry facilities. Rent starts \$265, bills paid, collect 247-3666. 5-87-tfc

1,2,3, and 4 bedroom apartments available. Low income housing. Stove and refrigerator furnished. Blue Water Garden Apts. Bills paid. Call 364-6661. 5-68-tfc

For rent: 30x60 building with offices, garage and fenced-in area. Located on East Hwy. 60. Excellent for business and storage. 364-4231 or 364-2949. 5-36-tfc

Nice, large, unfurnished apartments. Refrigerated air, two bedrooms. You pay only electric-we pay the rest. \$275.00 month. 364-8421. 5-48-tfc

Best deal in town. Furnished 1 bedroom efficiency apartments. \$175.00 per month bills paid, red brick apartments 300 Block West 2nd Street. 364-3566. 5-174-tfc

For rent: Executive Apt. Large 2 bedroom, 3 bedroom or 1 bedroom. Cable and water paid. Call 364-4267. 5-161-tfc

2 and 3 bedroom homes for rent. \$200 to \$350. Possible \$2000 bonus to qualified tenants. Call 364-2660. 5-198-tfc

Office space available at 1500 West Park. newly carpeted. \$125 per month. Call 364-1281. 5-210-tfc

Office for rent. Receptionist available, if needed. Call ERA Marn Tyler Realtors. 364-0153. 5-231-tfc

40 ft. x 40 ft. metal building. Insulated, concrete floor, 14 ft. door, near city limits. Excellent for storage or warehouse type business. Very reasonable rent. Call Hereford 276-5887. Gene Brownlow 5-237-tfc

2 bedroom, 1 bath with AC, stove, fridge, fenced yard, garage on good street. We accept Community Action 364-3209. 5-140-tfc

2 bedroom duplex, good area. Fenced backyard. \$250 per month; \$100 deposit. Water paid. 358-6225. 5-240-tfc

Freshly painted two bedroom apartments available immediately. Reasonably priced from \$210 with \$170 deposit. Well maintained, clean, central air/heat. Water paid. Range furnished. Yard landscaped and well cared for. No pets. EHO-we accept community action. 364-1255. 5-242-tfc

Bachelor apartment. 136 Sampson St. \$150 per month. Furnished, all bills paid. Before 6 p.m. Call 364-0077; after 6 p.m. 364-1364. 5-248-tfc

For lease: 8,000 sq. ft. building. Used last 30 years as skating rink. Available July 15th. Lots of parking. West Highway 60. Phone 622-2411. 5-249-tfc

For lease: 2100 sq. ft. office space (can be converted to other uses) 6 offices and large reception area. Reasonable rent. Located 1406 West Hi-way 60. Phone 622-2411. 5-249-tfc

Two bedroom apartment. Stove, and refrigerator. Unfurnished. Fenced patio, laundry facilities. Water and cable paid. 364-4370. 5-191-tfc

Need extra storage space? Rent a mini storage, two sizes available. Call 364-4370. 5-25-tfc

2 bedroom apartment. Nice carpet, good paint. Washer/dryer hookup. Stove and refrigerator, mini blinds. No rent until July 15th. 364-4370. 5-231-tfc

Efficiency apartment. Clean, fully furnished. Single person. No pets. Deposit required. Call 364-1797 leave message. -254-tfc

3 bedroom house. \$225 per month; \$100 deposit. Call 276-5339. 5-255-tfc

One bedroom duplex, very nice. Has carpet and drapes throughout apartment; also has stove and refrigerator. Nice for couple or one person. No children or pets. Rent \$200; deposit \$50. To see call 364-5337. 5-255-tfc

One bedroom furnished apartment Call 364-6305. 5-256-tfc

One bedroom duplex with bills paid. Call 364-2131. 5-257-tfc

3 bedroom house. Excellent neighborhood. \$20,000. Would consider lease/purchase. Call 364-0932. 5-257-5c

One bedroom apartment unfurnished. Water and gas paid. \$195 per month. 807 North Lee. Call 364-6489. 5-257-tfc

One bedroom house, partially furnished. \$150 per month; also 2 bedroom house with stove and refrigerator. \$175.00. Call 364-5982. 5-258-tfc

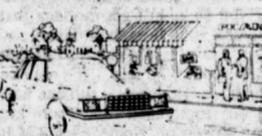
2 bedroom duplex. Refrigerator. Gas and water furnished. 364-4370. 5-258-tfc

Large 3 bedroom unfurnished house. 110 Avenue G. Will accept Community Action. Call 364-6489. 5-1-tfc

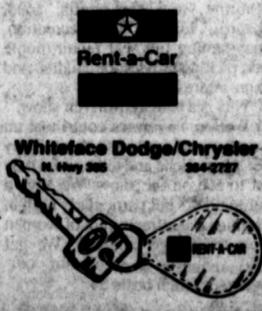
Small 2 bedroom, unfurnished. 816 Knight. Will accept Community Action. Call 364-6489. 5-1-tfc

2 bedroom house, adults only. No pets. Call 364-0984. 5-1-tfc

RENT-A-CAR RIGHT IN YOUR NEIGHBORHOOD



Drop in. Rent a car for a day, a weekend or longer at neighborhood rates.



HEREFORD'S FINEST TOWN SQUARE APTS.

and 4 Bedrooms

MASTER APTS

3 Bedrooms

CLASSIFIEDS 364-2030

NO DUST, NO MICE STORAGE BUILDING
Behind
Thames Pharmacy
110 South Centre
364-0218 after 5 p.m.
or weekends. 5-188-1fc

Mobile home lots for rent
Office space for rent.
DOUG BARTLETT
364-1483/364-3937 5-148-0

6-Wanted
Want to buy: truck single axle tandem.
Call 364-2057. 6-228-1fc

7-Business Opportunities
Class ring dealership for Hereford,
Dimmitt, Friona. Grossing \$16,000
asking \$750 for everything including
training. 364-8811 or 1-373-
9149. 7-258-3c

7A-Situations Wanted
I will do tree removal. Call Bill
Devers for free estimates. 364-4053
after 5 p.m. Sit-148-1fc

8-Help Wanted
Need secretary. Knowledge of
computer, typing, secretarial duties
and office procedures necessary.
Send complete resume to P.O. Box
1815, Hereford, Texas 79045.
8-253-1fc

Attention-hiring! Government jobs,
your area. \$17,840-\$69,485. Call 1-
602-838-8885, Ext. R1488. 8-253-10p

Stear Tank Lines, Inc. Dimmitt,
Texas is now accepting applications
for experienced semi-truck driver.
One year experience in the last
three years necessary. Must be at
least 21 years of age. Please apply
in person. Equal Opportunity
Employer. 8-257-10c

Housekeeper wanted for elderly
man, would consider husband and
wife. Household expenses, plus
salary. Call 364-6374. 8-258-5p

St. Anthony School is taking
applications for class room teachers.
Apply at school office, 102 West
Park. 8-258-5c

READ BOOKS FOR PAY!
\$100 a title.
Write: PASE-480M,
161 S. Lincolnway,
N. Aurora, IL 60542 8-254-7p

9-Child Care

HEREFORD DAY CARE
State Licensed
Excellent program
by trained staff.
Children 0-12 years
215 Norton 248 E. 16th
364-3151 364-5062 8-252-1fc

KING'S MANOR METHODIST CHILD CARE
State Licensed
Qualified Staff
Monday-Friday 8:00 a.m.
Drop-ins welcome with 2
hours notice
MARILYN BELL
Director
364-0861
400 Ranger 8-254-1c

10-Announcements
Operation Good Shepherd. 364-0382.
People helping people. 10-237-10c

Drinking a problem? Alcoholic
Anonymous. Monday through Friday,
12:5-3:0 p.m. Saturday 8 p.m.,
Sunday 11 a.m. 406 West 4th. 364-
9620. 10-1fc

10A-Personals
Problem Pregnancy Center, 505 East
Park Avenue, 364-2027. Free
pregnancy tests. Confidential. After
hours hot line 364-7626, ask for
"Janie." 10A-236-1fc

11-Business Service
Will pick up junk cars free. We buy
scrap iron and metal, aluminum
cans, 364-3350. 11-196-1fc

Overhead door repair and adjust-
ment. All types. Robert Betzen,
289-5500. 1-65-1fc

Custom plowing, large acres.
Discing, deep chisel, sweeps,
bladeplow and sowing. Call Marvin
Welty 364-8255 nights. 11-107-1fc

Residential/commercial telephone
and communications wiring, instal-
lation, repair, rearrangements. Also
telephones installed, moved and
extension outlets added. 13 years
experience. 364-1093. 11-165-22p

Hauling dirt, sand, gravel, trash,
yardwork, tilling leveling. Flower
beds, tree planting, trimming. 364-
0553; 364-1123. 11-180-20p

Defensive Driving Course is now
being offered nights and Saturdays.
Will include ticket dismissal and
insurance discount. For more
information, call 364-6578. 11-216-1fc

Urbanczyk Lawn Care. We are now
accepting new customers. Seven
years experience, quality work. Call
"Chad" 364-5351. 11-240-22p

Lawn mower repair. Tune-ups,
overhaul. Complete small engine
service. Also will do lawn mowing.
Harvey, 364-8413. 705 S. Main St.
11-243-22p

For shrub and tree trimming, weed
spraying and assorted lawn work,
mowing, edging and etc. Call
Ryders Lawn & Garden, 364-3356.
11-249-22c

Forrest Insulation Construction, we
insulate attics, walls, metal build-
ings. We have 6x8' storage build-
ings for sale. Make offer. 310
McKinley. 364-7861 or 364-5477.
11-257-22p

Lawn mower repair. Tune-up to
complete overhaul. We pick up and
deliver. Call 276-5683. 11-257-22p

Stan Fry Aluminum Products.
Storm doors, screen repair. Office
364-0404; home 364-1196. 11-258-1fc

THE SOUTHERN BELLES COMMERCIAL & RESIDENTIAL CLEANING
Free estimates, locally owned.
Senior discounts.
Martin-King-Morgan
364-6291. 11-256-10c

ROUND-UP APPLICATOR
Pipe-Wick applicator
Pipe-Wick mounted on
Hi-Boy. Row crop, CRP,
volunteer corn, 30" or 40"
rows. Call Roy O'Brian
265-3247 11-227-1fc

WINDMILL & DOMESTIC
Sales, Repair, Service,
Gerald Parker,
258-7722; 578-4646 11-181-1fc

KELLEY ELECTRIC
VIRGIL KELLEY
RESIDENTIAL-COMMERCIAL
All bids & wiring
Competitive
Ph. 364-1345
Nights 258-7766 & 364-5929
P.O. BOX 30 11-18-1fc

JOHNNY GALLAGHER PORTABLE WELDING

DOUG'S APPLIANCE SERVICE
Servicing all brands.
Factory authorized D.E. and
most other brands. 28 years
experience. Servicing Hereford
area since 1978.
Phone 364-2928 11-183-3p

9.20%
"Tax Deferred Annuity"
IRA's 10.25%
For FREE information call
Charles Springer-364-7676 11-048-2p

13-Lost and Found
Disappeared Monday night from
138 Liveoak, beige Persian cat, long
hair, flat face, gold eyes, no collar.
Child's pet. Please call The Corys,
364-7045 or 364-2471. Reward.
13-257-5p

Found: black poodle northwest of
Hereford. Call and identify, 364-
2901. 13-2-3c

LEGAL NOTICES

NOTICE TO BIDDERS
The City of Hereford, Texas, will
accept sealed bids in the office of the
City Manager until 2:00 P.M., Mon-
day, July 17, 1989, for one 1 1/4-ton
all-wheel drive cab and chassis for
the Hereford Fire Department and
one 3/4-ton pickup, long wheel base,
regular cab, 2 WD for the City of
Hereford's Health Department.
Bids to be plainly marked and ad-
dressed to the City Manager, City of
Hereford, P.O. Box 512, Hereford, Tx.
79045.
The right is reserved to reject any
and all bids and to waive any infor-
mality in bids received.
Specifications and additional infor-
mation may be obtained by contact-
ing the City Manager, City Hall, 224 N.
Lee St., Hereford, Tx 79045-(806)364-
2123.
CITY OF HEREFORD, TEXAS
By: Wesley S. Fisher, Mayor
Th-256-2c

KNOW YOUR LIMITS...

SPEED LIMIT 65

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

SPEED LIMIT 55

Still the maximum legal speed
permitted in most highway zones.

...it's to your safety
advantage.

A courteous reminder from
the DPS Troopers.

CITATION BY PUBLICATION

THE STATE OF TEXAS
TO: CHARLES THOMAS
PEIFER, VELMA DALE
PEIFER and WILLIAM
DALE PEIFER, and if they be
deceased, their heirs and legal
representatives, Defendants,
Greeting:

YOU (AND EACH OF YOU) ARE HEREBY COMM-
ANDED to appear before the
District Court of Deaf Smith
County at the Courthouse
thereof, in Hereford, Texas, by
filing a written answer at or
before 10 o'clock A.M. of the
first Monday next after the
expiration of forty-two days
from the date of the issuance of
this citation, same being the
7th day of August A.D. 1989, to
Plaintiff's Petition filed in said
court, on the 23rd day of June
A.D. 1988, in this cause, num-
bered CI-88F-072 on the docket
of said court and styled RICH-
ARD FORTENBERRY and
wife, DIXIE D. FORTEN-
BERRY, Plaintiffs, vs. WIL-
LIAM OTIS PEIFER, aka
W.O. PEIFER, CHARLES
THOMAS PEIFER, VELMA
DALE PEIFER, WILLIAM
DALE PEIFER, FLORENCE
PEIFER, FAYE PEIFER,
KENNETH PEIFER, CLEM
PEIFER and JUNE PEIFER,
and if such persons be de-
ceased, the unknown heirs and
legal representatives of WIL-
LIAM OTIS PEIFER, aka
W.O. PEIFER, CHARLES
THOMAS PEIFER, VELMA
DALE PEIFER, WILLIAM
DALE PEIFER, FLORENCE
PEIFER, FAYE PEIFER,
KENNETH PEIFER, CLEM
PEIFER and JUNE PEIFER,
Defendants

A brief statement of the nature
of this suit is as follows, to-wit:
A trespass to try title suit
seeking title and possession to
all of the North 160 acres of
the East 320 acres of Section
No. 19, Township 3 North,
Range 1 East, of the Capitol
Syndicate Subdivision, Deaf
Smith County, Texas, specifi-
cally alleging as grounds for
recovery the ten (10) and
twenty-five (25) year Statutes
Of Limitations.

If this citation is not served
within ninety days after the
date of its issuance, it shall be
returned and unserved.
The officer executing this
writ shall promptly serve the
same according to require-
ments of law, and the man-
dates hereof, and make due
return as the law directs.

Witness, LOLA FAYE
VEAZEY, Clerk of the District
Court(s) of Deaf Smith Coun-
ty, Texas.

Issued and given under my
hand and the seal of said court
at Hereford, Texas, this 20
day of June, A.D. 1989.
Lola Faye Veazey, Clerk,
District Court, Deaf
Smith County, Texas
By Grace Dela Cerda,
Deputy
Th-241-4c

Ask Dr. Lamb

DEAR DR. LAMB: I would like to
know just when the body uses foods
that have been eaten. When does it
store the extra calories as fat? Does it
have anything to do with digestion?
Are the foods that digest quickly put
into energy and the ones which take a
long time stored as fat?

I recently read about exercising
just after eating. Does this actually
help? I am a 27-year-old mother of
two and I feel my weight is similar to
a yo-yo. I am 5 feet 7 inches and
weigh anywhere from 120 to 140. I
don't feel well at all when I am above
128 pounds, but it is hard for me to
keep my weight down. I love to
exercise lightly — walking briskly or
riding my bike and playing tennis. I
also enjoy eating!

Once food gets into the bowel area,
is it no longer used for energy? If one
is constipated, does that have any-
thing to do with weight gain?

DEAR READER: All of the calories
in the food you eat that are absorbed
through the intestine into the circula-
tion are used by your body either for
energy requirements or are stored as
body fat. How long it takes is mostly a
function of how rapid digestion and
absorption occurs. If you drink glu-
cose, the blood glucose level will rise
within 30 minutes and those calories
are ready for use.

If you consume a lot of fat, your
stomach may empty slowly, but the
fat will usually be digested and
absorbed within a maximum of 24
system. A calorie, is a calorie, is a
calorie whether it comes from fat,
carbohydrates, protein or even alco-
hol.

Now if you don't digest food, it is
not absorbed and the calories never
enter your circulation. These are the
only calories that don't count. But the
undigested food is acted on by
bacteria in the colon which causes
gas and colon complaints.

No, you do not absorb calories from
the colon. Almost all the calories
are absorbed in the first portion of the
small intestine.

There is much more to weight gain
or loss than just calories consumed
and calories used as exercise. That is
why both diets and exercise are not
always successful in controlling
weight. I have explained this much
more complex problem in my new
book, "The Weighting Game: The
Truth About Weight Control." If you
want to get your own copy, it is
available from THE HEALTH LET-
TER, Dept B, P.O. Box 19622, Irvine,
CA 92713; the price is \$11.95, plus \$2
postage and handling.

And there is much more to pounds
of body weight than just body fat. One
of the reasons for your yo-yo weight
changes may be fluid retention, not
body fat. The body can quickly gain
and lose body water. This may
represent several pounds, particularly
in women who have the premenstrual
syndrome and retain fluid before their
normal menstruation.

There was a study that suggested
that you would lose calories faster if
you exercised shortly after eating as
opposed to exercising before eating
or several hours after eating. This
concept has been challenged and it is
unlikely that it really makes any
difference when you exercise in
relation to eating in terms of body
weight. Repeated short bursts of
exercise help to turn on the heat-loss
does help you lose calories regardless
of when you exercise.

Antibiotics can kill off the friendly
bacteria in the colon, allowing harm-
ful bacteria to grow, causing many
problems — some are serious. But the
problem with lactose intolerance is
most in the small intestine. So the
cause is rarely if ever the result of
antibiotics.

And you can reseed the colon with
useful bacteria to combat harmful
bacteria. A good way is to consume
yogurt that contains a live culture.
The organisms in the yogurt do
produce some lactase to help digest
milk.

But a more effective way to counter
lactose intolerance is to treat the milk
with one of the products that digests
the lactose in the milk before you use
it. You can get Lactaid from your
pharmacist for this purpose. Lactose
intolerance is only one cause for
excess gas formation.

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

DEAR DR. LAMB: I have been
having trouble for several years now.
About every three to four months I
start passing blood from my rectum.
It is a bright red. Sometimes it lasts
for six or seven days. At the time it
happens I have a lot of gas. I have
been to doctors to have them check it.
They say my hemorrhoids are break-
ing. There is no pain, but I worry
about cancer. There is always a large
amount of blood.

DEAR READER: Your doctors are
telling you that you have internal
hemorrhoids. These are inside the
sphincter and usually do not cause
pain, but they do bleed. External
hemorrhoids are outside the anal
sphincter where the nerve fibers are
located to sense pain and discomfort.
It is possible to have a combination of
the two.

You were wise to have a careful
check as one of the signs of rectal
cancer is bleeding. Anyone who
passes blood with their stools must
have an examination to be certain
about the cause. Now that you know
it is hemorrhoids that cause the
bleeding, you can stop worrying about
that.

But if you do bleed a lot frequently,
you do run some risk of developing an
iron deficiency anemia. You need to
have your blood count checked. And
if you continue to bleed too much,
you might need to have your hemor-
roids treated.

There are several different
approaches to treating hemorrhoids
today. I have discussed them in
Special Report 68, Hemorrhoids and
Anal Fissure, which I'm sending you.
Others who want this report can send
\$1 with a long, stamped, self-
addressed envelope for it to THE
HEALTH LETTER/68, P.O. Box 19622,
Irvine, CA 92713.

DEAR DR. LAMB: Please comment
on a person's inability to digest milk
or milk products — causing gas. I was
told once this was caused by taking
antibiotics. The antibiotics kill off
some of the essential intestinal bac-
teria.

Also, I was told of a broth that a
person could prepare, ingest and thus
re-establish the good intestinal bac-
teria. How much truth is there to this,
and do you have a solution to the
problem?

DEAR READER: Some people have
lactose intolerance because their
small intestine stops producing
enough lactase enzyme needed to
digest lactose sugar in the milk. This
is usually an inherited trait and
affects adults of most ethnic groups
in the world except for those of
Northern European extraction. And
about 10 percent of them, as adults,
also have this problem. The undig-
ested milk lactose is fermented in the
colon and produces gas.

Other people have an allergy to
milk protein which can cause a
similar reaction.

Antibiotics can kill off the friendly
bacteria in the colon, allowing harm-
ful bacteria to grow, causing many
problems — some are serious. But the
problem with lactose intolerance is
most in the small intestine. So the
cause is rarely if ever the result of
antibiotics.

And you can reseed the colon with
useful bacteria to combat harmful
bacteria. A good way is to consume
yogurt that contains a live culture.
The organisms in the yogurt do
produce some lactase to help digest
milk.

But a more effective way to counter
lactose intolerance is to treat the milk
with one of the products that digests
the lactose in the milk before you use
it. You can get Lactaid from your
pharmacist for this purpose. Lactose
intolerance is only one cause for
excess gas formation.

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

Prices Effective
Wednesday, July 5, 1989

Schlabs Hysinger

1500 West Park Ave. COMMODITY SERVICES 364-1281

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

CATTLE FUTURES				GRAIN FUTURES				METAL FUTURES			
Month	Open	High	Low	Month	Open	High	Low	Month	Open	High	Low
Aug	70.50	71.25	70.00	July	2.25	2.30	2.20	Gold	381.00	382.00	380.00
Sept	70.00	70.75	69.75	Aug	2.20	2.25	2.15	Aug	380.00	381.00	379.00
Oct	69.50	70.25	69.25	Sept	2.15	2.20	2.10	Sept	379.00	380.00	378.00
Nov	69.00	69.75	68.75	Oct	2.10	2.15	2.05	Oct	378.00	379.00	377.00
Dec	68.50	69.25	68.25	Nov	2.05	2.10	2.00	Nov	377.00	378.00	376.00
Jan	68.00	68.75	67.75	Dec	2.00	2.05	1.95	Dec	376.00	377.00	375.00
Feb	67.50	68.25	67.25	Jan	1.95	2.00	1.90	Jan	375.00	376.00	374.00
Mar	67.00	67.75	66.75	Feb	1.90	1.95	1.85	Feb	374.00	375.00	373.00
Apr	66.50	67.25	66.25	Mar	1.85	1.90	1.80	Mar	373.00	374.00	372.00
May	66.00	66.75	65.75	Apr	1.80	1.85	1.75	Apr	372.00	373.00	371.00
June	65.50	66.25	65.25	May	1.75	1.80	1.70	May	371.00	372.00	370.00
July	65.00	65.75	64.75	June	1.70	1.75	1.65	June	370.00	371.00	369.00

FUTURES OPTIONS

Month	Open	High	Low	Month	Open	High	Low
Aug	1.15	1.20	1.10	Aug	1.15	1.20	1.10
Sept	1.10	1.15	1.05	Sept	1.10	1.15	1.05
Oct	1.05	1.10	1.00	Oct	1.05	1.10	1.00
Nov	1.00	1.05	0.95	Nov	1.00	1.05	0.95
Dec	0.95	1.00	0.90	Dec	0.95	1.00	0.90
Jan	0.90	0.95	0.85	Jan	0.90	0.95	0.85
Feb	0.85	0.90	0.80	Feb	0.85	0.90	0.80
Mar	0.80	0.85	0.75	Mar	0.80	0.85	0.75
Apr	0.75	0.80	0.70	Apr	0.75	0.80	0.70
May	0.70	0.75	0.65	May	0.70	0.75	0.65
June	0.65	0.70	0.60	June	0.65	0.70	0.60
July	0.60	0.65	0.55	July	0.60	0.65	0.55

You can't lose—
or get lost—
with
THE ROADS OF TEXAS!
Texas Highways Magazine

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

Surgeon General warns

Fat should be reduced in diet

FINDING HIDDEN FAT

Did you realize that for every jar of mayonnaise you use you could have had 18 jars of mustard?

Did you realize that instead of one shortbread cookie you could have three sugar cookies?

Instead of 1 can of oil packed tuna you could have 10 cans in water?

Instead of 1 cup of granola you could have 5 cups of bran?

Instead of one muffin you could have 3 rolls with jelly?

What we're talking about here is fat. The fat that sticks to our arteries, clogs up our hearts, widens our thighs.

It's now the number one dietary priority of the nation. Last year the Surgeon General released his report on the nutritional status of the American people...He cited...fat as a leading cause of disease that should be reduced in most people's diets...

He went on to say "Nutritional problems for most Americans have shifted to those created by overconsumption of certain dietary components. Of greatest concern is our excessive intake of dietary fat and its relationship to risk for chronic diseases such as coronary heart disease, some types of cancers, diabetes, high blood pressure, strokes and obesity."

Most people know that they should cut down on the butter on bread, that skim milk is better than whole and that a thick fall-off-your-plate slab of prime rib should not be a nightly meal. But what about the fat you can't see?

Fat is a topic on many people's minds these days. According to the Food Marketing Institute 98% public somewhat concerned about the nutrition in the foods they eat, 27% try to avoid fat, 26% try to avoid salt, 22% try to avoid cholesterol. Last year, 18% were concerned with salt, & 9% were concerned with fat.

That's good news. It's good news to know that my readers are concerned about the foods they buy and eat, your readers are hungry for info--your patients lives depend on knowing how to see and avoid fat. It's getting tougher--more products--more hype--more fat.

Lets go into a supermarket--a place of greater choice doesn't exist. We'll go aisle by fat-laden aisle through a typical supermarket. We'll look at what your patients/readers--what you must sort through. We'll go beyond the sales pitches that hype the confusion and get to the facts that your readers/patients can use.

For a little background, fat calories are not the same as other calories...The body does not process them the same way.

Body does not process calories same way; in a high fat diet, fewer fat calories are burned; more are stored;

The plate of pasta represents carbohydrate and the glass of skim milk represents protein. During metabolism, 25% of the calories from these foods are used. Butter,

or fat, only uses 3% of it's calories. So, you see fat is more fattening.

More grim news. The body has an endless capacity for storing fat. Simply put, the fat from the French fries comes the fat on your thighs far more easily than the carbohydrates from the potatoes.

DAIRY

1. Wonderfully nutritious: High calcium, protein, riboflavin, vitamin A and zinc.

2. It's also High in fat; mostly saturated fat.

3. Cheese words "part-skim" "Low fat"

FDA has not defined "low-fat" or "lower fat"--anyone can use these terms as long as they carry nutrition labelling.

So what should we look for on the label?

4. Labels

The American Heart Association recommends that we limit our intake of fat to 30% of total calories.

A. Grams fat x 9=fat calories

Fat calories divided by total cals = % calories from fat.

B. Suggest discussing fat.

C. Cals rather than percentages.

D. People understand calories.

1. If they can understand that they should limit calories to say 2000 a day, they can also understand that they should limit their fat calories to say 600 a day.

E. Make it easy. Suggestion: Add a zero to the grams of fat. So, 7 grams of fat times 10 equals 70 calories from fat. It's an awful lot easier than multiplying by nine.

It certainly isn't accurate enough for clinical use...But, on a Wed. night at 6 o'clock with 2 tired kids waiting to be picked up at the day care center.

CHEESE

--Remember 1 gallon milk = 1 lb. cheese or 8 T. butter

--(Cheese needs fat. Without fat, cheese would be dry and crumbly.)

Kinds 2,000 varieties

CHART *1 1/2 oz.

Part Skim - 6 gm, cheddar, with whole milk 9 gm, Part skim, 1 gm (1%) cottage (1/2 c.) whole milk, 5 gm, 7 gm part skim mozzarella, whole milk, 9 gm, 10 gm part skim, ricotta, whole milk 16 gm.

note: gram "numbers" look small...doesn't look like much difference part skim cheddar and regular...only 3 grams. But translated into calories it's a difference of 30 (27) calories. That's a bigger number. That's a bigger difference.

Strategies:

1. Hard, strong cheese/use less (Sapsago)

2. Grate it.

3. Keep portions small.

4. Eliminate fat elsewhere

--one slice instead of 2.

--use it only where you can see it.

--Don't eat it as a pre-dinner snack.

--Check labels when called "low fat". Best choice READ LABELS

--Be wary of "imitation" or "substitute" (Is it salt or fat?)

5. Look for:

--nonfat yogurt

--imitation sour cream

--imitation butter

--Look for liquid corn oil as the first ingredient for lowest saturated fat.

SPECIAL NOTE:

Beware: Imitation cheddar and Lite-Line lower cholesterol cheese substitutes = 11 gms. That's more fat than Cracker Barrel.

SNACKS

1. Most concentrated sources of fat.

A. Most snacks--little carbohydrates; mostly fat; As we say at GLAMOUR beware any foods that end in "itos."

B. Potato chips--vitamin C, but mostly fat.

c. Best choices for lowest total fat? Pretzels.

D. Chart

10 pieces each

potato chips 105 (65 fat cals)

nacho cheese 93 (67 fat cals)

corn chips 97 (50-fat cals)

pretzels 220 (35 fat cals)

Cheese doodles 90 (40 fat cals)

E. Type of fat very important here.

--May contain one or more of the following...

--made with 100% vegetable oil

--contains no cholesterol

If you read the fine print you will often see that the product is made with a hydrogenated oil, palm, palm seed, or coconut oil...all worse for your heart than lard.

G. COOKIES

1. 2 billion lbs. sold/year

2. 300 cookies for each, man, woman, child

3. 3 ingredients

a. sugar

b. flour

c. fat

4. The softer the cookie, the higher the fat.

5. Best choices: (Tufts University Diet and Nutrition Letter, Feb 88)

a. Nabisco vanilla wafers (19/5 fat cals)

b. Old fashioned ginger snaps (30/7 fat cals)

c. Honey Maid Graham crackers (30/4 1/2 fat cals)

d. Fig News (50/9 fat cals)

Worst choices:

a. Keebler Soft Batch Chocolate chip (80/36 fat cals)

b. Archway peanut butter (122-/54 fat cals)

c. Nabisco Almost Home peanut butter fudge (70/32 fat cals)

6. Who eats one cookie?

7. Frito-Lay, Lance, Specialty Bakers, McKee Baking, Archway Cookies, Stouffer's, Sunshine biscuits, Eden foods, Roman Meal (refrigerated biscuits only), Pepperidge Farm (bread products only)

--All have switched to less saturated fat

vegetable oil in some or all of their products. Remember, the food industry is the most responsive of

all industries...they are quickest to respond to consumers. This is an example.

CAKES

--As a group, cakes doughnuts and cookies are tied with whole milk as the third largest source of fat in the average adults diet.

1. Sugar-1st ingredient. Fat-equals 40% of calories on the average

2. Microwave cakes--Worst

3. Super moist = super fat.

4. Watch serving sizes. This deck of cards is the size of two portions of a Sara Lee pound cake

5. Kids cakes are the worst offenders

--Yodels

--Funny bones

--Ring Dings = 47% fat.

--Hostess snacks = beef tallow

6. The Worst (CSPI Nutrition Action newsletter, June/July 1988)

a. Sara Lee "Light" French Cheese Cake

b. Drakes Yodels

c. Hostess Ding Dongs

d. Pepperidge Farm's Grand Marier Supreme

e. Pillsbury Microwave Double Chocolate Supreme cake mix.

--1/2 cals. from fat and contains saturated fats such as beef tallow, lard, palm kernel and coconut oil.

1. Aunt Jemima's Coffee Cake Mix.

2. Betty Crocker's Applesauce Raisin Snacking Cake Mix

3. Pepperidge Farm's carrot walnut muffins

4. Weight Watcher's Strawberry Cheese cake

5. Weight Watcher's Pound cake w/blueberry topping.

6. Keebler's Blueberry Elf in loaf (gets small amount of sat. fat from pal oil)

All of these have:

--No more than 30% calories from fat

--No saturated fat.

--Flour, not sugar is the first ingredient.

MEAT AND SEAFOOD

1. Watch out for prepared foods

(a) Stuffed chicken breast

(b) stuffed pork chops

(c) stuffed shrimp

2. Beware of ground chicken/turkey products.

(1) all include skin & fat too.

(2) Must be less than 15% fat by weight

(3) lean ground beef is often in the range of 6.2-19.5% fat

(4) Turkey alone--only 3%

3. Deli tactics can be confusing

(1) labels claim to be 95% fat free. Remember this is calculated by weight not total calories

(2) Just because it's made with turkey don't assume it's lower the product it imitates. READ LABELS

4. Portion sizes: To end up with 3 oz. cooked lean meat start with:

5 oz. chicken breast

6 oz. chicken legs (2)

4 oz. hamburger

6 oz. pork chop

9 oz. spare ribs

6 oz. lamb chop

6 oz. T-bone steak

Ann Landers

DEAR ANN LANDERS: A while back I printed a letter from a woman who was having a terrible problem locating Robert R. Stone. That was the signature on the letter informing her that she was a winner in a \$5,000 sweepstakes.

The letter instructed the woman to fill out the "winner's form" and mail it in. She would then be eligible for the All-American \$50,000 Sweepstakes. And, oh yes, it wasn't mandatory but since it was a charity for cancer research, it would be appreciated if she sent in a contribution of at least \$5. The "charity" that would benefit, according to Stone, was the Cancer Fund of America.

Since that column appeared I have received more than 20,000 letters from readers telling me that they, too, would like to find Robert R. Stone, because, although his address and telephone number are on their "winner's letter," he does not answer his phone nor does he respond to mail.

Many readers reported that the "prize" they received was a check for 10 cents. Some received as much as 40 cents, but no one who wrote to me received more.

Most of the huge pile of letters on my desk (signed by Stone) refer to the following "charities": Walker Cancer Research Institute, Pacific West Cancer Fund and Cancer Fund of America. In actuality, there are seven organizations soliciting people in this manner.

At this time, the attorneys general of Massachusetts, Minnesota, Missouri, Texas, Kansas, Hawaii and possibly other states have filed suit against Stone and some of the "charities" that Stone claims are helping cancer victims and cancer research. The complaints allege that the charities have used misrepresentation and false statements in their solicitations. Also named in the suits is Watsons and Hughey, a Virginia-based fund-raising organization.

There are lessons to be learned here, dear readers: Don't send money to organizations you never heard of. Read the small print. If you are suspicious, contact the Better Business Bureau or your state's attorney general's office.

If something sounds too good to be true, it probably is.

DEAR ANN LANDERS: What is a "date?" When my husband "Walt" and his pals go out on the town, they drop in at cocktail bars where there is music, meet girls and spend the evening talking, buying

drinks and dancing. Good, clean fun, he calls it.

I call it dating. Walt says they are just being sociable and enjoying some innocent fun. He points out that they never take the girls home or make plans to meet them again. Occasionally, he admits, some of the same women do turn up in the same places, but nothing is ever planned.

I've told Walt that we wives can talk, drink and dance, and we wish our husbands would take us out instead of going alone, looking for other women. How about it?--Trudy (Bronx)

DEAR TRUDY: No good ever came of a pack of married men cruising cocktail lounges buying drinks and dancing with girls. Furthermore, the wife has earned the privilege of being entertained and those evenings aren't cheap. And tell Walt something else. His wife will never slip him a Mickey and lift his wallet.

Lonesome? Take charge of your life and turn it around. Write for Ann Landers' new booklet, "How to Make Friends and Stop Being Lonely." Send a self-addressed, long business-size envelope and a check or money order for \$4.15 (this includes postage and handling) to: Friends, c/o Ann Landers, P.O. Box 11562, Chicago, Ill. 60611-0562.

NEW ORLEANS (AP) - John Goodman, the husband on the television show "Roseanne," will tie the knot in real life.

The bride-to-be is Annabeth Hartzog, a model and college student in New Orleans. They met in October 1987 when Goodman was in Louisiana filming "Everybody's All American," Stan Rosenfield, Goodman's agent, said Wednesday from Hollywood.

Rosenfield said Goodman proposed on Saturday. The wedding will be in October in New Orleans, but no specifics were released.

Charlie's
Tire & Service Center
HUNTER
Total Wheel Alignment
Quality Tire-Quality Service
Tractor-On Farm - Truck-On Road - Passenger-On Road - Shocks - Computer Spih Balancing
Grease Jobs - Front End Alignment - Bearing - Pack - Oil Change - Brake Repair
501 West 1st 364-5033

A.O. THOMPSON ABSTRACT COMPANY
Margaret Schroeter, Owner
Abstracts Title Insurance Escrow
P.O. Box 73 242 E. 3rd Phone 364-6641
Across from Courthouse

1- 10x13 (Wall Photo) 30 99¢ Deposit \$10.00 Due at Pick up (plus tax)
1- 8x10
2- 5x7
2- 3x5
16- King Size Wallets \$10.99
8- Regular Size Wallets WE USE KODAK PAPER

AT M.E. Moses Sugarland Mall Fri. & Sat. July 7 & 8
Shugart's inc.
Group charge 99¢ per person
Kodak FOR CREATIVE COLOR PORTRAITS

Clearance SALE

All Spring and Summer Merchandise

1 1/2 OFF

ETCetera!

426 N. Main St. • 364-6112