

Hospital food no 'tasteless' joke



Making Cookies

Members of Young Homemakers Club will be taking orders for Easter cookies through April 8. Priced at \$3 per dozen, the cookies will be delivered April 13-18. Orders may be placed by contacting Melinda Henson after 6 p.m. Proceeds from the sales will be used for the May Mother's Day luncheon honoring club members' mothers. Baking the first batch are, from left, Dalene Burns and Andi Hudgens.

WICHITA FALLS, Texas (AP) — Institutional cooking, the cuisine offered by hospitals, schools and military installations, has often been the subject of "tasteless" jokes. It's as if people thought dishes prepared in these settings automatically had to be bad.

Dietitians who engineer these meals are some of the most creative and innovative cooks around. Not only do they deal with the everyday challenge of feeding hundreds of people while maintaining a cost-efficient operation, clinical dietitians must gear meals to any number of dietary specifications.

"Fifty percent of our job is creating food that tastes good," said Judy Tolbert, chief clinical dietitian for Wichita General Hospital. "But the other half of our responsibility is making the food look appealing."

"Many patients need a strong motivation to eat — when you're ill, sometimes nothing tastes good. We make as much as possible of the food we serve from scratch, including cakes, pies and breads. Attention to detail like that makes more difference to people than you might think."

Clara Smith, chief dietitian for Bethania Regional Health Care Center, explained that dietary restraints can make recipe formulation quite a challenge.

"We have patients on low-sodium, no-sodium, low-cholesterol, high-carbohydrate and sugar-restricted diets, to mention a few," she said.

"We try to make the food our patients recognize and enjoy with these requirements in mind, while still keeping them attractive and tasty. It's not easy, but well worth the effort when we know it's helping people stay strong and get well."

The two women have shared recipes that are very popular among patients and staff at their hospitals. Mrs. Tolbert's stir-fried chicken uses attractive, colorful vegetables in a flavorful sauce which can be adjusted for a sodium restricted diet. Mrs. Smith's beets in orange sauce is one of the best liked and most requested dishes at Bethania.

Stir-Fried Chicken — Wichita

General Style

- 3 chicken breast halves, boned and skinned
- 3 cups carrots, sliced thin
- three-fourths cup celery, sliced
- one-half cup onion, diced
- 4 cups broccoli, chopped in bite-sized pieces
- one-half clove garlic
- 2 tablespoons cornstarch
- one-half cup soy sauce
- one-half cup water

In separate container, mix cornstarch with water. Then combine with soy sauce. Set aside.

Cut boneless chicken into strips. Set aside.

Heat skillet. Then melt about 1 tablespoon corn oil in skillet and add garlic.

Saute chicken strips in oil-garlic mixture.

When chicken is three-fourths done, add vegetables and cook until crisp and tender.

Stir chicken-vegetable mix continuously to prevent sticking. Add soy sauce mixture, stir until thick and clear.

Serve over rice; makes 4-6 portions. Each serving has 300 calories; 410 when served with one-half cup of rice.

Because of its high salt content, soy sauce should be excluded when preparing this recipe for a sodium-

restricted diet.

Beets in Orange Sauce A La

Bethania

- 1 No. 303 can beets (sliced, diced or whole)
- one-half cup beet juice
- 2 tablespoons sugar
- F.G. salt
- one and one-half tablespoons cornstarch
- 2 tablespoons margarine
- 2 tablespoons orange juice
- one and one-half teaspoons lemon juice

Drain beets and reserve liquid. Heat beet juice. Mix sugar, salt and cornstarch. Add to heated beet juice, stirring constantly. Cook until thick and clear. Add margarine, orange juice and lemon juice to thickened mixture. Pour sauce over beets and heat together.

Note: Red food coloring may be added, if desired.

God forgot to tell Eve about curse of bridal showers

BEAUMONT, Texas (AP) — God was pretty mad at Eve after the bit about the apple. So mad in fact that he kicked her and her old man out of the Garden of Eden and told them they were going to have to work for a living and that she was going to have hell having children.

But what he didn't tell her was even worse.

When he was outlining the curse of womanhood, he was probably saving the worst for last and then forgot about it.

He didn't say one word about showers.

At least they send invitations in enough time for you to plan a trip out of town they can't just put an invitation on the bulletin board at work like they do for beer busts and free kit-tens.

But they're not really invitations. They're more like subpoenas. If you don't go, you've got to have a solid excuse like a broken back or no one will speak to you the following Monday at work.

They consult Emily Post and color coordinate everything and make things so proper you feel like you're in Sunday school. Every time I think about it, I get mad at Eve, too.

First of all, you have to get all dressed up on your day off even though everybody there has seen you in jeans before.

There's nothing but punch in the punch, and there's nothing to eat but nuts and those little mints that taste like flavored air. Maybe chips and dip, but nothing substantial like nachos or pizza.

Then you've got to sit around in a circle that reminds you of playing "gossip" in second grade.

As the shower honoree opens the 50-bezillionth present, careful to save all the bows and not tear the paper and ribbon, you've still got to "ooh" and "ah" like it's the first time in your life you've ever seen a waffle iron.

And do you know why they don't tear the ribbons at bridal showers? The myth goes that for every ribbon you tear, that's one baby you're going to have. Well, anyone who would rely on that for birth control will need all those unborn ribbons to tie their kids up with.

But wait! Before the gift-opening begins, they designate someone to write down who gave what for the sake of thank-you notes. They generally pick someone who writes very slowly, and even more so at the shower because she's trying to make it pretty since the shower honoree is going to save the list forever and ever as a lasting reminder of this magic day.

And then there's the thank-you notes themselves. They can't just say "Thank you;" they've got to write the obligatory: Dear (blank): Thank you for the lovely (blank). I know I will get a lot of use out of it, and it will go so well with my (kitchen, bathroom, bedroom circle one) and the three others I got just like it. Again, thank you for your thoughtfulness. Love, (blank).

When I stop and think of how many single people I know who may get married and how many married women I know who may have children and equate that with the staggering number of mints that taste like flavored air, untorn bows and squeals over waffle irons that lurk in my future, I get real depressed.

I didn't even know Eve. But if she

was around today, I'd break my longstanding policy of never having a shower and hold 72 in a row just to make her attend.

G.E.D. Testing

For adult residents of Texas, 17 years of age and up. Parent's permission for 17-year-olds required. I.D. required. Satisfactory scores qualify for Texas Education Agency Certificate of High School Equivalency. \$15.00 Fee. Next test April 15th & 16th, 1987 at 8:30, sharp, at School Administration Building.

Robert L. Thompson 364-0843

TUTOR WORKSHOP

YOU CAN MAKE THE DIFFERENCE!
HELP SOMEONE LEARN TO READ!

March 27, 1987 - 6:30 - 9:30 p.m. and
March 28, 1987 - 8:30 - 4:00 p.m.

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Heritage Room

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For information call 364-1206

Sponsored by: Deaf Smith County Library, Texas
Panhandle Library System, Amarillo Area
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"Quality Banking Is A Direct Result Of Dedicated Loyalty And Service!"

Farewell



Irene McKinster

Hereford STATE BANK
HEREFORD, TEXAS 79045

CRAIG SMITH
CHIEF EXECUTIVE OFFICER
PRESIDENT AND TRUST OFFICER

TO OUR CUSTOMERS AND FRIENDS:

Irene McKinster, Director of Marketing, will be retiring from the Hereford State Bank on March 27, 1987, completing twenty years of dedicated loyal service. Irene has served in several capacities and presently has devoted a great deal of her time to assisting customers and friends with the National Resource Network (formerly SOS); New Accounts, Advertising and other related marketing functions.

We, at the Hereford State Bank, want to take this opportunity to publicly express our thanks and appreciation to Irene for a job very well done. As she leaves, she takes with her our very best wishes for her future.

Yours very truly,

Craig Smith
Chief Executive Officer
President & Trust Officer

CS:cdm

Quality Banking and Lasting Friendship!

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Some people unfazed by news on baldness

NEW YORK (AP) — News that a drug to combat baldness had won approval from a government advisory panel didn't exactly make John Capps III's hair stand on end. "So what?" said the founder of Bald Headed Men of America. "We believe that skin is in," ex-

plained the 46-year-old printer from Morehead City, N.C. (As in "more head, less hair," he quips). Capps said Monday he has no intention of trying the potion or encouraging the club's 18,000 pates in 29 countries to do so. "What for? To look like everybody

else?" There are two types of bald men, Capps said: "The kind who like it, are proud of it and have fun with it, and that certain percentage that cannot stand the thought of losing their first hair and go berserk when they have to buy more Drano than sham-

poo." The club seeks to "instill a sense of pride and dignity in being bald-headed," through a Chrome Dome newsletter, bald beauty pageants, Rub A Bald Head Week and an annual convention that features a Bald As A Golf Ball golf tournament.

Plenty of others think bald is beautiful, too. Playgirl magazine has never featured a completely bald beefcake in its centerfold but editor Nancie S. Martin says hairless hunks have considerable sex appeal. "Look at Bruce Willis, Telly

Savalas, Michael Jordan of the Chicago Bulls," she said. "A bald man shows more skin, and that's sexy, especially in men with a well-shaped head." In September 1976, Joseph Opple reported finding a 72-pound edible mushroom near Solon, Ohio.

NOTICE OF ELECTION

ELECTION ORDER AND NOTICE
 THE STATE OF TEXAS X
 COUNTY OF DEAF SMITH X

On this the 17th day of February, 1987, the Board of Directors of Deaf Smith County Hospital District convened in regular session, open to the public, with the following members present, to-wit:

Charles Threewit, President
 Frank Zinser, Jr., H. A. Cavness, D. D. S.
 Margie Ford, G. G. Payne, M. D.

and the following absent: John Williland, constituting a quorum and among other proceedings had by said Board of Directors was the following:

WHEREAS, the term of office of three members of the Board of Directors of this Hospital District will expire on the first Saturday in April, 1987, said first Saturday being April 4th, 1987, and on said date a Director election will be held in said Hospital District.

WHEREAS, it is necessary for this Board to Pass an order establishing the procedure for filing for and conducting said Director election;

THEREFORE, BE IT ORDERED BY THE BOARD OF DIRECTORS OF DEAF SMITH COUNTY HOSPITAL DISTRICT:

1. That an election be held in said Hospital District on April 4th, 1987 for the purpose of electing to the Board of Directors of said Hospital District three Directors.

2. That all requests by candidates to have their names placed upon the ballot for the above mentioned election shall be in writing and signed by the candidate and filed with the secretary of the Board of Directors at the Administrator's office not later than 25 days prior to the date of said election.

All candidates shall file with said application the loyalty affidavit required by ART. 6.02 of the Election Code.

FILED
 27 FEB 23 1987
 David P. [Signature]
 COUNTY CLERK, DEAF SMITH CO. TEXAS

The Secretary of this Board of Directors shall post on the bulletin board in the building where the Board of Directors meets the names of all candidates that have filed their applications in accordance with the terms and provisions of this Order, and said Secretary shall otherwise comply with the terms and provisions of ART. 13.32 of the Election Code.

3. That said election shall be held at the following places, and the following named persons are hereby appointed officers for said election:

Place 1: Hereford Community Center, in Hereford, Texas, in said Hospital District with
 Lupe Cerda as Presiding Judge and
 _____ and _____ as Clerks.

The polls at the above designated polling place shall on election day be open from 7:00 o'clock a.m. to 7:00 o'clock p.m.

4. Peggy Fitzgerald is hereby appointed Clerk for absentee voting, and _____ and _____ are hereby appointed Deputy Clerks for absentee voting. The absentee voting for the above designated election shall be held at _____ within the boundaries of the above named Hospital District and said place of absentee voting shall remain open for at least eight hours on each day for absentee voting which is not a Saturday, a Sunday, or an official State holiday, beginning on the 20th day and continuing through the 4th day preceding the date of said election. Said place of voting shall remain open between the hours of 8:00 a.m. and 5:00 p.m. on each day for said absentee voting. The above described place for absentee voting is also the absentee Clerk's mailing address to which ballot applications and ballots voted by mail shall be sent.

5. The manner of holding said election shall be governed, as nearly as may be, by the Election Code of this state, and this Board of Directors will furnish all necessary ballots and other election supplies requisite to said election.

6. Immediately after the votes have been counted, the officers holding said election shall make and deliver the returns of said election and perform all other duties as provided by the Election Code.

7. The Board of Directors shall give notice of said election, and this combined Election Order and Notice shall serve as Notice for said election. The President of the Board of Directors is hereby authorized and instructed to post or cause to have posted said combined Election Order and Notice at three public places where notices are customarily posted in this Hospital District, and said posting shall be made at least 15 days before the date of said election.

The President shall also cause a copy of this combined Election Order and Notice to be published one time in a newspaper of general circulation in the county where this Hospital District is located. Said publication shall be not more than 30 days nor less than 5 days before the date of said election.

It is further found and determined that in accordance with an order of the Board of Directors, the Secretary posted written notice of the date, place and subject of this meeting on the bulletin board located in the central administrative office of the Hospital District, a place convenient and readily accessible to the general public, and said notice, having been so posted, remained posted for at least 72 hours preceding the scheduled time of said meeting.

It is further found and determined that in accordance with an order of the Board of Directors, the Secretary furnished a notice of the date, place and subject of this meeting to the county clerk of Deaf Smith County, Texas.

The above order being read, it was moved and seconded that the same do pass. Thereupon, the question being called for, the following members of the Board voted AYE:

Frank Zinser, Jr. H. A. Cavness, D. D. S.
 G. G. Payne, M. D. Margie Ford
 Charles Threewit
 and the following voted NO: none

ATTEST: Charles Threewit, President, Board of Directors

Margie Ford, Secretary, Board of Directors

ORDEN Y AVISO DE ELECCION

EL ESTADO DE TEXAS X HOSPITALARIO DEL CONDADO DE
 CONDADO DE DEAF SMITH X

En esta día 17th de Febrero, de 1987, el Consejo de Administradores del Hospitalario del condado de Deaf Smith se reunió en sesión regular abierta al público, con los siguientes miembros presentes, a saber:

Charles Threewit, Presidente
 Frank Zinser, Jr., H. A. Cavness, D. D. S.
 Margie Ford, G. G. Payne, M. D.

constituyendo un quorum y entre otras actas tomadas por dicho Consejo de Administradores se encuentra la siguiente:

EN VISTA de que el régimen de tres miembros del Consejo de Administradores expira el primer sábado de abril de 1987, dicho primer sábado siendo el 4th de abril de 1987, y en dicha fecha se llevará a cabo una elección de administradores en dicho Distrito Escolar.

EN VISTA de que es necesario que esta Consejo pase orden estableciendo el procedimiento para archivar y conducir dicha elección de administrador:

POR LO TANTO, SE ORDENA POR EL CONSEJO DE ADMINISTRADORES DEL DISTRITO HOSPITALARIO DEL CONDADO DE DEAF SMITH:

1. Que se lleve a cabo una elección en dicho Distrito Escolar el día 4th de abril, de 1987, para el propósito de elegir al Consejo de Administradores de dicho Distrito Escolar.

2. Que todas las solicitudes de candidatos a que se incluyan sus nombres en la boleta de la arriba mencionada elección, se harán por escrito y firmadas por los candidatos y archivadas con el secretario del Consejo de Administradores en la oficina del superintendente antes de los 25 días anteriores a la fecha de dicha de dicha elección.

FILED
 27 FEB 23 1987
 David P. [Signature]
 COUNTY CLERK, DEAF SMITH CO. TEXAS

Todos los candidatos deben agregar para que la solicitud sea archivada, el acta notarial de lealtad como lo requiere el Artículo 6.20 del Código Electoral.

El Secretario del Consejo de Administradores debe colocar en la tablilla de avisos en el edificio donde se reúne el Consejo de Administradores, los nombres de todos candidatos que hayan archivado sus solicitudes de acuerdo con los terminos y provisiones de esta Orden, y dicho Secretario deberá en toda forma cumplir con los terminos y provisiones del Art. 13.32 del Código Electoral.

3. Que dicha eleccionse llevara a cabo en los siguientes lugares, y las personas nombradas a continuacion se les nombra por la presenta como oficiales de dicha eleccion:

1. En el Community Center, in Hereford, Texas, en dicho Distrito Hospitalario, con
 Lupe Cerda, como Juez Presidente y
 _____ y _____ as Escribientes.

2. En el _____, in _____, _____ y _____ as Escribientes.

4. Peggy Fitzgerald se le nombre Secretario de votacion ausente, y Melida Pacheco y Amalia Mireles se les nombra por esta como Diputados del Secretario para votacion ausente. La votacion ausente para la eleccion arriba designada se llevara a cabo en Deaf Smith General Hospital in the Administrator's office dentro de los limites del Distrito Hospitalario arriba nombrado y dicho lugar de votacion ausente se mantendra abierto por lo menos ocho horas cada dia votacion ausente no siendo sabado, domingo o dia festivo oficial del Estado, principiando 20 dias y continuando hasta el cuarto día anterior a la fecha de dicha eleccion. Dicho lugar de votacion se mantendra abierto de las 8:00 a.m. al las 5:00 p.m. horas cada día de votacion ausente. El lugar arriba dextrito para votacion ausente es también la direccion postal del secretario de votacion ausente a la cual se podran enviar por correo solicitudes de boletas y también las boletas con votos.

5. La forma de llevar a cabo dicha eleccion será gobernada, en todo lo posible, por el Código Electoral de este Estado, y este Consejo de Administradores suministrará todas las boletas necesarias así como también otros materiales de votacion necesarios para dicha eleccion.

6. Inmediatamente después de haberse contado los votos, los oficiales a cargo de dicha eleccion deberán completar y entregar los resultados de dicha eleccion y ejecutar todos los deberes como esta provisto por el Código Electoral.

7. El Consejo de Administradores dará aviso de dicha eleccion, y esta combinacion de Orden de Eleccion y Aviso servirá como Aviso de dicha eleccion. Al Presidente del Consejo de Administradores se le autoriza y ordena por la presente a colocar o causar que se coloque dicha combinacion de Eleccion y Aviso en tres lugares públicos en donde se acostumbra colocar avisos en este distrito Hospitalario, llevandose a cabo dicha colocacion por lo menos 20 dias anteriores a la fecha de dicha eleccion.

El Presidente también causará que una copia de esta combinacion de Orden de Eleccion y Aviso sea publicada una vez en un periódico de circulacion general en el condado donde se encuentra este distrito escolar. Dicha publicacion se hará no más de 30 dias ni menos de 5 dias anteriores a la fecha de dicha eleccion.

Además se encuentra y determina que de acuerdo con una orden del Consejo de Administradores, el Secretario colocó aviso escrito de la fecha, lugar y propósito de esta junta en la tablilla de avisos situada en la oficina central administrativa de este distrito Hospitalario, un lugar conveniente y fácilmente accesible al público en general, y dicho aviso, habiendose colocado en esta forma, permaneció colocado por lo menos 72 horas anteriores a la hora programada para dicha junta.

Además se encuentra y determina que de acuerdo con una orden del Consejo de Administradores, el Secretario proporcionó aviso de la fecha, lugar y propósito de esta junta al secretario del condado, Condado de Deaf Smith, Texas, el condado en el cual residen el mayor número, sino es que todos los alumnos de esta distrito escolar.

Habiendose dado lectura a lo anterior, se hizo la mocion y fue secundada para ser adoptada. Después al llamado sobre esta pregunta, los siguientes miembros del Consejo votaron

AFIRMATIVAMENTE:
 Frank Zinser, Jr. Charles Threewit
 G. G. Payne, M. D. H. A. Cavness, D. D. S.
 Margie Ford

y los siguientes votaron NEGATIVAMENTE:
 none

CERTIFICA: Charles Threewit, PRESIDENTE, DEL CONSEJO DE ADMINISTRADORES

Margie Ford, Secretario del Consejo de Administradores



Award Presented

Sherry Vermillion, daughter of Danny and Linda Vermillion, was recently presented the Junior Girl Scout Achievement Award by Jim Buxton, chairman of the Elks Club youth committee. Sherry, who is a member of Girl Scout Troop No. 288, was awarded the certificate for her badge work and participation in various Girl Scout activities. She will be attending the Junior Trek to Santa Fe, N.M. and Bandelier National Monument in June.

Draper Club hears economics program

Beverly Harder, county extension agent, gave a program on financial economics to members of Draper Extension Homemakers Club when they met recently in the home of Vickie Higgins.

Members and visitors were given packets containing information on what records to keep in the home and which to keep in the safety deposit box. A quiz on 'how organized are you?' was also given.

Before the conclusion of her program, Harder distributed forms on keeping track of insurance papers, business interests, credit cards, savings and checking accounts, real estate, investments, stocks and property papers. A group discussion followed.

After the lunch, members answered roll call with "the most foolish purchase I have made." They were reminded and encouraged to attend the District I Spring meeting April 2 in Stratford. Deaf Smith County won the traveling award in 1985 and 1986 and plans on keeping it this year.

Sherrie Blackwell was elected as Draper's nominee as delegate for the district meeting. Elections will take place at the council meeting Monday. Members were encouraged to bring educational exhibits to the Stratford meeting.

The group was informed that there will be a covered dish luncheon at noon Monday preceding the council meeting at which time Sue Farris, district director, will speak.

Members decided to attend the parliamentary training on March 30 at 1:30 p.m. in the Deaf Smith County Library Heritage Room.

Draper Extension Homemaker Club challenges all extension clubs to have a large attendance at the Stratford meeting.

Those in attendance were Higgins, Johnnie Messer, Tonie Vaughn, Brenda Pagett, Carmen Rickman and Sherrie Blackwell. Guests were Pam Tingle, Janie Euler and Harder.

All visitors are welcome to attend meetings. For more information call Beverly Harder at 364-3573.

Women, alcohol do not mix well

While the public is becoming more aware of the disastrous consequences of alcohol abuse, the special dangers it poses to women often are underestimated.

Following is a summary of recent research on women and alcohol:

The Physical Effects

It's generally known that if a man and woman were measured against on another beer for beer, he undoubtedly would "drink her under the table."

That's because her liver can't break down and metabolize the alcohol as fast since she's probably smaller than her male opponent. And because she has more body fat—and consequently less water per unit volume—than a man, alcohol doesn't diffuse as quickly into the fat cells and remains in the bloodstream longer.

But research indicates that a woman who tries to hold her own when drinking with a man may suffer more consequences than a severe hangover.

Studies have found that women show signs of cirrhosis of the liver by consuming only one-half to one-third as much alcohol as men.

Drinking During Pregnancy

Research for many years has indicated that drinking during pregnancy is unsafe to the unborn child.

Heavy alcohol consumption in particular is known to cause Fetal Alcohol Syndrome resulting in newborns with smaller heads, facial irregularities, joint and limb abnormalities, heart defects, mental retardation and severe behavioral problems.

But, mounting evidence indicates that even light to moderate alcohol consumption during pregnancy can be hazardous to the fetus.

Research conducted by Emory University on 155 full-term, three-day-old infants found symptoms of Neonatal Withdrawal Syndrome among the 52 newborns whose mothers consumed only two drinks each week during their pregnancies. Those side effects included tension, restlessness, stomach upset and inability to be comforted.

Another study at the University of Washington which measured the weight, length and head size of 450 babies, found the smallest measurements among infants born to women who reported having one to two drinks per day during their pregnancies.

Women and Addiction

Alcoholics Anonymous reported in 1970 that approximately one in six members was female. Within 10 years, that figure swelled to one in three.

At first glance those statistics seem to show that more women are becoming alcoholic. (Estimates indicate that as many as one-half on the nation's 14 million alcoholics are women.)

But treatment experts speculate that AA's figures probably are more reflective of two major trends. First, it's becoming more acceptable for women to come out of the closet with their drinking, and second, since half of all women work, they have more difficulty concealing their problem than 15 years ago when many women were housewives.

Research also indicates that, in comparison to male alcoholics, women who drink too much:

—Experience initial problems with alcohol an average of eight years later-age 34 for women versus 26 for men.

—Are at greater risk of developing addictions to other substances in addition to alcohol. Sixty percent of all mood-altering drugs, 71 percent of anti-depressants and 80 percent of amphetamines are prescribed to

women.

—More likely to lose family support during the course of their addiction. While women generally stick by alcoholic husbands, only one in 10 husbands stays with an addicted wife.

—At risk of developing more serious physical problems because they usually seek treatment later.

—Are more likely to become depressed and suicidal.

Why Women Drink

Research indicates that for 20 percent of women alcoholics, problem drinking evolved during a middle-age crisis such as marital instability, other domestic troubles, or menopause.

Studies also find that, compared to male alcoholics, women with severe drinking problems suffer more from low self-esteem, a distorted self-image and feelings of self-contempt.

Women and Treatment

While estimates indicate that half of the nation's alcoholics are women, only about one-fourth of patients treated by the CareUnit Network, the

nation's largest private provider of drug and alcohol abuse treatment, are female.

Research also reveals that women wait longer to seek help and, consequently, are sicker by the time they enter treatment.

Drug and alcohol abuse experts say the unbalanced representation of women in treatment is due to the fact that while 50 percent of women work, the other half still remain home where it's easier to conceal a drink-

ing problem.

Another major factor is the tremendous stigma attached to the woman alcoholic which prevents her—and her family—from admitting she has a problem.

But as indicated by the rising number of female AA members, more women are beginning to seek help for alcoholism. That trend is likely to continue as the public is more educated about the special threats alcohol poses to women.

Legion hosts meeting

The American Legion Post 192 and the Auxiliary met recently for a birthday party celebrating 68 years of the American Legion.

They also served as hosts for the zone meeting and served dinner to 61 people present. This meeting covered the area which included Dimmitt, Hereford, Friona, Happy, Tulia, and Nazareth.

Following the dinner, the program was given by Canadian Air Force Colonel R.L. Templeton, a WWII

veteran who served with the U.S. Air Force.

Templeton, the author of ten books based on Texas History, reviewed "Cannon Ball at the Alamo." His book, "Palo Duro Indian Princess" has been sold and will be made into a TV movie.

Templeton was born in Wellington and still resides there. His wife, Travis, accompanied him to this zone meeting.

Re-elect



**Mayor
Wes
Fisher**

- Presently is Manager and part owner of Barrett-Fisher Company whose business is growing, packing & shipping potatoes.
- Is a leader in the produce industry having served on National, State, and Local Boards and Committees.
- Has always been involved with agriculture and was first Ag. Mgr. for Holly Sugar at Hereford.
- Served 11 years in City Government serving the last 4 years as Mayor.
- Attended over 200 City Commission meetings and has presided over half of these meetings as Mayor.
- Has worked to entice new business and industry to our community and has made several trips to visit potential new industries.
- Has developed a rapport with legislators on both the national and state level along with our Governor.

"The City of Hereford is run as efficiently as any city I know of with no tax bond indebtedness, a reasonable tax rate and a low charge for City services. I will continue to work to keep efficiency in our City Government with your help on April 4th."

Paid for by Wes Fisher through supporters contributions

SUNDAY THRU WEDNESDAY ONLY

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FISH ONLY \$4.29**

Start with three crispy fish fillets, fresh cole slaw, two crunchy hushpuppies, and our thick cut fries. Then go back for more as often as you like.

Limited Time Only



Sounds good to me!

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Offer good for eat-in orders only. Good at participating locations.

**Elect
Paul Hamilton
FOR
CITY COMMISSIONER
AT LARGE**

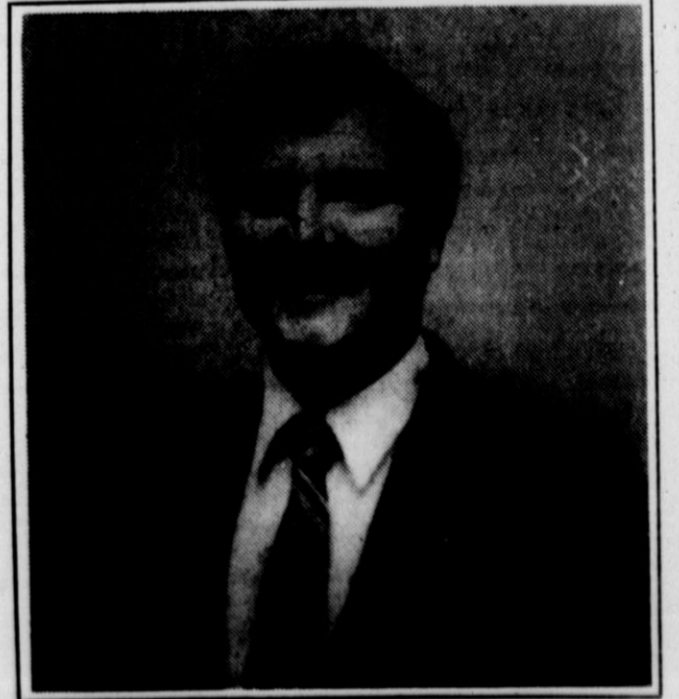
April 4, 1987

- Native Born
- Veteran, Married -- 2 Boys
- Kiwanis Club Board Member -- Worked with Special Olympics
- Coaches for Kids Inc. and YMCA
- Volunteer Fire Fighter -- 13 years
- DSGH Ambulance Service
- Member of the First United Methodist Church
- Presently Employed as Sales Representative with W.T. Services

LET HAMILTON HANDLE IT!

A vote for Paul Hamilton is a vote for someone who is involved and cares about you and your community!

Paid Pol. Advertising paid for by Paul Hamilton



Book on Joan Rivers reviewed by Gililand

"Enter Talking" was the book reviewed by Mrs. John Gililand when members of Bay View Study Club met Thursday in Ward Parlor of First United Methodist Church with Mrs. Jack Gililand serving as hostess.

In the book, an autobiography of Joan Rivers written with Richard Merriman, Rivers stated that after years of struggling, one night on the Johnny Carson show had given her career the impetus it needed to really come alive.

Mrs. Juston McBride gave a brief discussion on the building of Ward Parlor built by the late Mrs. Alice Ward who dedicated it to the memory of her husband, J.F. Ward. She explained that recently it had

been refurbished by the Friendship Sunday School class with her acting as decorator. Mrs. Ward was author of "Gardening For the Master" which was briefly reviewed by McBride.

With Mrs. Jack Wilcox presiding over the business meeting, members were invited to the 35th Anniversary Tea of La Madre Mia Study Club to be held March 29 at the E.B. Black House.

Those present were Mmes. R.W. Eades, Ralph Futrell, John Gililand, Kenneth Halbert, N.C. Hays, Robert Josseland, Earnest Langley, Juston McBride, A.D. Morrow, H.L. Benefield, W.J. Gililand, W.S. Kerr, Abel Ruga and two guests, Gloria White and Merideth Sadler.



CHRISTINA BROWN, ROBERT SIMPSON

Marriage planned

Christina Anne Brown will become the bride of Robert Scott Simpson during an evening wedding on July 10 in Westminster Presbyterian Church in Amarillo.

Parents of the couple are Mr. and Mrs. Tom Brown of Amarillo and Bob Simpson of Dimmitt and the late Celia Simpson.

The bride-elect is a 1985 graduate of Tascosa High School in Amarillo

and is a home economics major at Texas Tech University. Her fiancé, a 1984 graduate of Dimmitt High School, also attends Texas Tech University where he is majoring in animal science.

REHASHED TRASH

CROSSETT, Ark. (AP) — About 22 million tons of wastepaper were collected in 1986 for recycling, compared with 19.8 million tons gathered the year before, according to Georgia-Pacific Corp.

Thirty percent of the newspapers distributed in the U.S., 45 percent of the discarded corrugated boxes and 20 percent of office wastepaper were recycled last year and used primarily as packaging.

Reinauer's tenure as president completed

Mrs. Joe Reinauer, Sr., of Hereford attended the 72nd annual convention of the Texas Federation of Music Clubs.

The convention was held at Days Inn Lubbock Civic Center in Lubbock March 11-14. Mrs. Reinauer's attendance at this event climaxed three-year term as District 1 president.

The theme of the convention was "Music...the Universal Language." Events included a Thursday luncheon and reception, a Friday formal banquet and reception, concerts,

meetings, and student concerts.

Incoming president of the Texas Federation of Music Clubs is Mrs. W. Lavoy Whitworth of Austin.

The honored national guest was Mrs. Glenn L. Brown of Stanton, currently serving as 1st vice-president of the National Federation of Music Clubs, of which the Texas FMC is a member. She will become national president during the April 23-May 1 installation of officers to be held at the Biscayne Bay Marriott in Miami, Florida.



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Local Beta Sigma Phi chapter plans events

The Xi Epsilon Alpha Chapter of Beta Sigma Phi Sorority met recently in the Reddy Room of Southwestern Public Service.

Jody Blackwell, hostess, introduced guest Earl Warrick of Warrick Shoe Shop. He presented a display of craft items which are taken on consignment in his store.

Debe Graves then introduced Elizabeth Perez of Hereford High School, a member of the National Forensic League, who gave a comical prose reading of "Please Don't Eat the Daisies."

President Charla Edwards, who also served as co-hostess, presented a list of state service projects, one of which was selected by the chapter. Each project was sponsored by a BGP chapter in Texas.

An Easter Egg Hunt has been planned for members' children on April

18. The next meeting will be April 7 at The Barn House at 7 p.m. Connie Matthews will serve as hostess. At that time, a baby shower will be given in honor of Stephanie Christine, Susan Shaw's new baby. Election of officers is slated and girl of the year letters are due.

Spring Rituals will be held April 23 at 7 p.m. with Xi Epsilon Alpha Chapter in charge of the event.

The Founders Day Dinner will be held at the Community Center Thursday, April 30, and will be catered by Becky Fry and Carol Kelley.

Members in attendance were Teresa Peiffer, Peggy Hyer, Matthews, Graves, Shaw, Edwards, and Blackwell.

Guests included Patsy Wyly and Annalisa Rios.

Special services planned at Country Road Church of God

The Reverend Gerald W. Redman, field representative for the Church of God Stewardship Department, will speak at special services on March 25-29 at Country Road Church of God, according to Pastor Roy W. May.

A clergyman since 1958, the Rev. Redman has served his denomination in various areas. For three years he was an evangelist and for 14 years he pastored in the states of Michigan, South Carolina and Texas. During this time he served on many strategic boards and committees of the church.

His ability as a capable administrator has been demonstrated during his tenures as director of development for two Church of God colleges: West Coast Christian College in California and Lee College in Tennessee. He has also served as director of alumni at Lee College and for the past two years directed both the development and alumni offices for the school.

In his present position, Redman speaks about scriptural stewardship, conducts estate planning clinics and

seminars, and gives instruction and consultation concerning personal finances and tax matters.

Redman and his wife Linda live in Cleveland, Tenn., and are the parents of three children: Gerald, Gregory and Kristi.

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- Member of the First United Methodist Church
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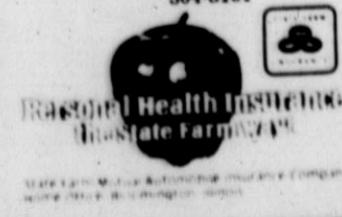
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VIPs set to rock 'n' roll

Several Hereford dignitaries will be participating in the Senior Citizens' Rock 'n' Roll Jamboree beginning at 9 a.m. Tuesday at the Hereford Senior Citizens Center.

Among those planning to rock are Judge Tom Simons, Mayor Wes Fisher, City Manager Darwin McGill, Dr. Ron Cook, and City Commissioner Bud Eades.

Those interested in rocking may sign up at the Senior Citizens Center. Participants will be accepting pledges for each minute or hour they rock during the jamboree. Refreshments will be served throughout the day.

Contestants will be rocking in the main dining area as well as the center's parlor, according to Margie Daniels, center director, and Ruth Knox, jamboree chairman. Publicity chairman for the benefit is Helen Eades of the American Heart Association, Deaf Smith County Chapter.

All donations are tax deductible and will benefit the AHA.

A prize of \$15 will be awarded to the first place rocker while awards of

\$5 each will go to second and third places. Awards will be determined by the participants who collect the most pledges.

Additional information may be obtained by calling Knox at 364-0686; Eades, 364-4417; Hope Loerwald, 364-1292; Mildred Garrison, 364-1015; or the Rev. Alby Cockrell, 364-8241.

Entertainment will be provided throughout the day. The following is the schedule of events.

ENTERTAINMENT SCHEDULE
9:30-10 a.m. - Young At Heart YMCA exercise class

10-10:30 a.m. - Nazarene Christian Academy students

10:30-11 a.m. - Hereford Day Care children

Noon-12:30 p.m. - Jeff Love, pianist

12:30-1 p.m. - Hereford Senior Citizens choir

1-1:30 p.m. - Hereford Senior Citizens Line Dancers

2-4 p.m. - Video movie

4-4:30 - 4-H demonstrations

Also, during the day, a slide presentation will be given of the Center's activities.



Signing Up For Event

Helen Eades is signing up for the American Heart Association's Rock 'n' Roll Jamboree planned to begin at 9 a.m. Tuesday at the Hereford Senior Citizens Center, 426 Ranger. All donations are tax deductible and will benefit the AHA. Registration is underway at the center. For additional information contact the center or jamboree chairman, Ruth Knox at 364-0686. Participants will be accepting pledges for each minute or hour they rock in a chair or roll in a wheelchair.

Life of early American chronicled at study club

The Valeda Study Club met in the home of Margaret Zinser recently.

President Marjorie Lasiter called the meeting to order by leading the club collect.

During the business session it was decided to join the Friends of the Library and donate to Crimestoppers. The annual husbands' party was planned.

Ruth Fish presented a program outlining the biography she is writing about her great-great-grandfather, Roswell Lee.

Born in Springfield, Mass., Lee was educated at home and by private tutors as there were no public schools in those days. He graduated from West Point as a Lieutenant in the U.S. Army.

"He was a very educated, charming, and handsome man who had everything going his way," stated

Fish. "yet he was an alcoholic and therefore had many ups and downs due to his addiction. He was court-marshalled and came to Texas to serve as a Lieutenant in the Texas Army. He also was in the Texas County Militia, was postmaster, taught school, and worked as a surveyor.

"He became a very wealthy landowner as the fee collected in those days was one-third of the land surveyed."

Lee was married, had three children, and served as a 3rd Lt. in the Civil War. He died in 1873 in Fort Worth.

Members present included Marcella Bradley, Juanita Brown, Joyce Ritter, Audrey Martin, Norma Walden, Fish, Lasiter, Zinser, and guest Argen Draper.

Financial economics topic of extension club program

Louise Axe introduced County Extension Agent Beverly Harder who gave a program on financial economics when members of Wyche Extension Homemakers Club met recently in the home of Carol Odom.

President Laverne Worley conducted the business session and members repeated the T.E.H.A. creed and prayer. Also, committee reports were heard. It was announced that Virgie Duncan and Clara Trowbridge assisted with the recreation game party recently at Westgate Nursing Home.

Items for the auction were furnished by Esther Thuett, Odom and Trowbridge as the club's money-making project.

The club's regular meeting date on April 2 was postponed until April 9. It will be held in the home of Laverne Worley.

Also, during the meeting in which Odom served as acting secretary, visitors were recognized. They included Debbie Hays and Marcie Ginns' grandchildren, Robin and Amy Senter.

Roll call was answered with "the best things that happened to me last week" by those present. They includ-

ed Axe, Argen Draper, Duncan, Odom, Pet Ott, Thuett, Trowbridge, Worley and Ginn.



Physicians of the nineteenth century often prescribed the wearing of beards for persons with delicate throats, as they reasoned that a good substantial beard was a permanent muffler; many may have been able to beat a cold by a whisker.

Tips for tots to be topic of program slated Thursday

Development in the early years is too important to leave to chance. Every baby is a unique blend of strengths and vulnerabilities.

Some infants seem to make use of every bit of love they encounter. Other babies have temperaments, sensitivities or disabilities that challenge the skills even of highly trained professionals and of the most experienced, devoted parents. To assure healthy development and avoid later failure, what does a child need in the first years of life?

This question and others will be answered in a program entitled "Tips for Tots - A Healthy Start for You and Your Child", presented by the Panhandle Health Care Coalition on March 26 at 7 - 9 p.m. at the Hereford Community Center in the Banquet room.

Maury Martinez, RN, MSN, the program presenter is a Clinical Nurse Specialist with Texas Tech University Health Science Center in Amarillo. The program will discuss such topics as "How to tell if my

baby is sick", "Childhood Immunizations", and "Normal Growth and Development."

Ms. Martinez' most recent experiences have involved follow-up and education of premature infants and their parents which is provided for by a grant from the March of Dimes.

The program is designed for parents of children from birth to six years of age and is free to the public.

Call **Martha Jones** for your Auto Insurance "It's The Law" 364-1070

Tour attended by local girl

Terese Dawson of Hereford is one of 19 Hardin-Simmons University students who went to California March 20 as a part of HSU's Spring Break Mission Tours.

Three ministry teams from HSU will travel to various areas across the country to help churches minister to the local areas. The missions are sponsored by HSU's Baptist Studio Union and are an annual event.

Funding for each student is provided by the student, the student's home church and the church the student attends while in college at HSU.

This year's California Mission group will be in the Los Angeles area helping with the Baptist Student Unions at Mount San Antonio Junior

College and Pasadena City College. They will also conduct services and assist in services at First Baptist Church, Walnut Valley, California, and at a church in Pasadena, California. Other work to be done by the group will include surveys of neighborhood areas.

Terese is the daughter of Mr. and Mrs. Reese Dawson of Hereford.

Thought for the day: You can make some friends in two months by becoming really interested in other people than you can make in two years by trying to get people interested in you.—Dale Carnegie

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A Sign Of The Seasons

Brightly colored new fashions for spring and summer were furnished by The Vogue during a style show-luncheon held Wednesday at the Hereford Country Club.

The theme of the event was "Symbols of Spring." Modeling two of the ensembles were Karen Abney, at left, and Carolyn Hays.

Past fashions topic of program

The Hereford Study Club met Thursday in the home of Mildred Garrison with 12 guests and 16 members in attendance. Serving as co-hostesses were Nedra Robinson and Virginia Winget.

The program for the evening, "Fashion of the Past," was presented by JoAnne S. Arasim of the Panhandle Plains Historical Museum in Canyon. She detailed the changes in women's fashions, beginning in 1830 when Texas was sparsely populated and women were responsible for making the fabric for their clothes as well as the completed garment.

Arasim explained that all sewing was done by hand. The Industrial Revolution introduced machine made fabrics as well as the sewing machine, and dresses became more elaborate, some containing as many as 10 yards of material in a skirt. The speaker also illustrated her program with many fashions of the past.

The business meeting was called to order by President Barbara Allen. Minutes of the previous meeting were read and the treasurer's report presented. The welfare committee requested contributions be made to Ruth Warner Day Care Center, Girl

Scouts and Big Brothers/Big Sisters of Hereford, Inc. All requests were approved.

Club officers for 1987-1988 were elected. They included Winget, president; Addie Cunningham, vice president; Robinson, secretary-reporter; Inez Witherspoon, treasurer; Joan Yarbrow, corresponding secretary; Bessie Story, historian; and Barbara Allen, parliamentarian.

Recognized as special guests were Helen Batenhorst, Jolene Bledsoe, Nela Cockrell, Jeane Dowell, Marie Hinds, Della Hutchins, Jerrye Jackson, Mary Jones, Leota Kelso, Juanita Phillips and Joyce Ritter.

Members present included Allen, Jean Ballard, Willie Braddy, Elizabeth Cesar, Cunningham, Garrison, Betty Gilbert, Robinson, Gladys Setliff, Garcie Shaw, Helen Spinks, Mary Stoy, Winget, Witherspoon, Joan Yarbrow.

Goheen or come to the school. Butch Glenn, with the Hereford Police Department, will give biking tips and safety procedures.

The next meeting will be April 6 at 8 p.m. This will be preceded by the Voice of Democracy Banquet at 7 p.m.

Those present were Boggs, Martha Bridges, Ruth Morris, Erna Murphy, Vicki Yocum and Goheen.

Lite-a-Bike project planned

Members of the Ladies Auxiliary to VFW Post 4818 met in regular session Monday evening with Marie Goheen presiding.

Correspondence was read and reports of activities were given. Plans were made for the Lite-a-Bike project to be held at 2:30 p.m. March 26 at St. Anthony's School. All members who can help are urged to contact Betty Boggs or Marie

Texas "42" Tournament set for May 16

Bridge, chess, and spades are all games that are somewhat similar to the domino game known as "42".

It's a game of both luck and strategy, with just a bit of basic mathematical knowledge required and whose popularity is broad, encompassing all age groups and people from every social spectrum.

The first Texas "42" Championship Tournament will be held May 16, at Senter Recreation Center in Irving.

The tournament will be open to all age groups and to all skill levels. There will be a novice division for those participants who have played "42" for a year or less, and an open division for the rest of the players. Entry fee for the tournament will

be \$10 a team, with a limit of 288 teams in the tournament.

All registration fees and forms must be sent to the Irving Parks and Recreation offices at 825 W. Irving Blvd., Irving, Texas 75060, and must be postmarked by Saturday, April 25, 1987.

Trophies will be awarded to first and second place finishers in each division. Special awards will be presented to the team that has traveled the farthest, for the team that has come from the least-populated hometown, and to the youngest and oldest participants.

The format of the tournament will include round-robin play to start off, with winners of those rounds advancing into the championship bracket.

This format insures that all participants will play at least five games in the tournament.

Co-sponsoring the tournament with the City of Irving will be Domino's Pizza, who will provide the awards and complimentary pizza at the tournament lunch break.

For more information on the tournament or registration contact Eckey Smith, supervisor of special activities at (214) 721-2529.



The maximum weight of a bowling ball is 16 pounds.

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Sports

WHITEFACES



Driving Through

Hereford's Tate Smith, left, drives past a Fort Worth squad during junior high basketball competition at Youth-A-Rama, an athletic and talent contest for West Texas Nazarene teens. The local church

team won the junior high basketball tournament after defeating teams from Lubbock, Denton, and Forth Worth in four wins on Thursday and Friday.

Killingsworth had more than 700 wins

'Killer' retires to his ranch

An AP Sports Analysis
By DENNE H. FREEMAN
AP Sports Writer

FORT WORTH, Texas (AP) — You killed us, Killer.

Your foot-stomping, coat-throwing, referee-baiting bench escapades were entertaining. Your quip-filled quotes made reporters look good with colorful stories.

The precisely coached teams you fielded made it a pleasure to attend a collegiate basketball game.

You had over 700 victories in 38 years of coaching the game at all levels and your expertise was without question.

With apologies to Bob Hope, thanks for the memories, Jim Killingsworth.

Texas Christian Athletic Director Frank Windegger said it best when Killingsworth retired this week for the peace and quiet of Starr Valley Ranch on the Idaho-Wyoming border: "I'd like to find another Killer, but there aren't any more out there. Intercollegiate athletics needs more Killingsworths."

Indeed, Killingsworth insisted that his kids attend class and get their degrees.

How's that for revolutionary thinking? Killingsworth assumed that most of his players weren't going to make an NBA team and might need a job someday.

He was as proud of Carven Holcombe graduating on time as he was his being named the Southwest Conference Player of the Year.

At his retirement day press conference, the Killer needed senior Larry Richard about his grades, saying, "Larry get with it or you're going to end up hot topping the road to my cabin in Idaho."

Killingsworth had winning programs everywhere he went except Oklahoma State. He started coaching in Oklahoma high schools but built his reputation with some great teams at Cerritos (California) Junior College.

At Idaho State, he fielded teams that terrorized the Big Sky Conference and knocked off UCLA in the

1977 NCAA West Regionals. Things didn't mesh for Killer when he returned to Oklahoma. Two losing seasons had the natives grumbling at Oklahoma State. Windegger was smart enough to discover the Killer wasn't married to the Cowpokes.

"I just had a gut hunch so I asked him to consider coming to TCU," Windegger said. "He did and turned around a program that had won only 13 games in three years."

The 63-year-old Killingsworth had three 20-game winning seasons at TCU.

This year's team was his pride and joy, winning the SWC title by four games but losing out to Notre Dame in the second round of the NCAA by a point on a questionable call by the referees.

Killingsworth's retirement was something of a surprise except to insiders like Windegger.

"He could have had a 10-year contract if he had wanted it," Windegger said. "All he had to do was say the word."

Killingsworth had battled weight and blood pressure problems in the

past but had those things under control.

"I'm not burned out," said the man who coached over 1,000 basketball games. "I just wanted to enjoy life while I had some good health."

Typically, he injected some humor into the moment: "I guess I'll be introduced to a lawnmower now."

Killingsworth was a funny man. His false teeth fell out while he was yelling at an official this year but he caught them before they hit the ground and popped them back into his mouth.

"Chewed him out from two different directions," the Killer quipped.

At his retirement press conference, Killingsworth made it a point to shake hands with every writer.

"Try to get a real job," he kidded one.

"Good luck," somebody answered. "Keep the good luck," Killingsworth replied. "You need it because you could still be fired. I don't have to worry about it anymore."

Whiteface varsity pounds out 17 hits

Herd whips Caprock 17-3

Seventeen was the magic number Friday for the Hereford Whiteface varsity baseball team when they pounded out 17 hits and scoring 17 runs in defeating Caprock in Amarillo.

Hereford's 17-3 victory upped the season record to 7-3 going into the opening weekend of District 1-4A play, which was scheduled for Saturday.

Whiteface pitcher Keith Anderson hurled a complete game against Caprock, striking out seven Longhorn batters, walking three, allowing one earned run, and giving

up nine hits. All of the Caprock hits were singles.

After a scoreless first inning, the Whitefaces built up a 6-0 lead in the second inning. The six-run effort began with Kyle Streun hitting a single and Anderson hitting an RBI double.

Bobby Medina then singled, and Paul Maes doubled in a run. Bill Ruckman batted in a run with a sacrifice fly, and Michael Phibbs stroked an RBI double. Keith Herrera hit an RBI triple, and then scored the final run of the inning.

In the top of the third inning, Medina doubled and scored on a single by Maes, making the Hereford lead 7-0. Caprock scored a run on two walks and a single in the bottom of the third.

Phibbs singled in the fourth inning, and scored on an RBI grounder by Streun.

Caprock scored a pair of unearned runs in the fifth inning when Hereford committed three errors.

Hereford then put together a big nine-run inning in the top of the sixth. Rodney McCracken walked, Streun singled, and Anderson reached base on an error, with McCracken scoring on that error.

The rest of the inning went like this: Medina, RBI single; Maes walked; Ruckman, two-run single; Phibbs, single; Robby Collier, RBI single; and McCracken, two-run single.

This week, the HHS varsity team plays at Lubbock Dunbar at 6:30 p.m. Tuesday, and at home against Canyon on Saturday, March 28 at 1 p.m. On Tuesday, March 31, the Whitefaces play at home against Levelland at 4:30 p.m.

Hereford	0	6	1	1	0	9	17
Caprock	0	0	1	0	2	0	3

Men's softball tournament set for March 28-29

A men's softball tournament has been scheduled in Vega on March 28-29.

The tournament, which is being organized by some Hereford softball players, will be played at the Vega softball complex, which has two fields.

Entry deadline for the tournament is March 25, with an entry fee of \$90 per team. Brackets will be drawn up on March 26 at 6 p.m.

U.S.S.S.A. class "C" rules will be used in the tournament (one home run hitter), and class "C" and class "D" teams are eligible to enter the tournament.

Awards will be team trophies for the first through fourth place teams, individual trophies for members of the first and second place teams, and a most valuable player trophy.

Entry fees should be made payable to Jimmy Ramirez (364-0224) or to Jackie Mercer (364-5962). For more information, contact Ramirez or Mercer, or call Jim Crosson at 364-7772.

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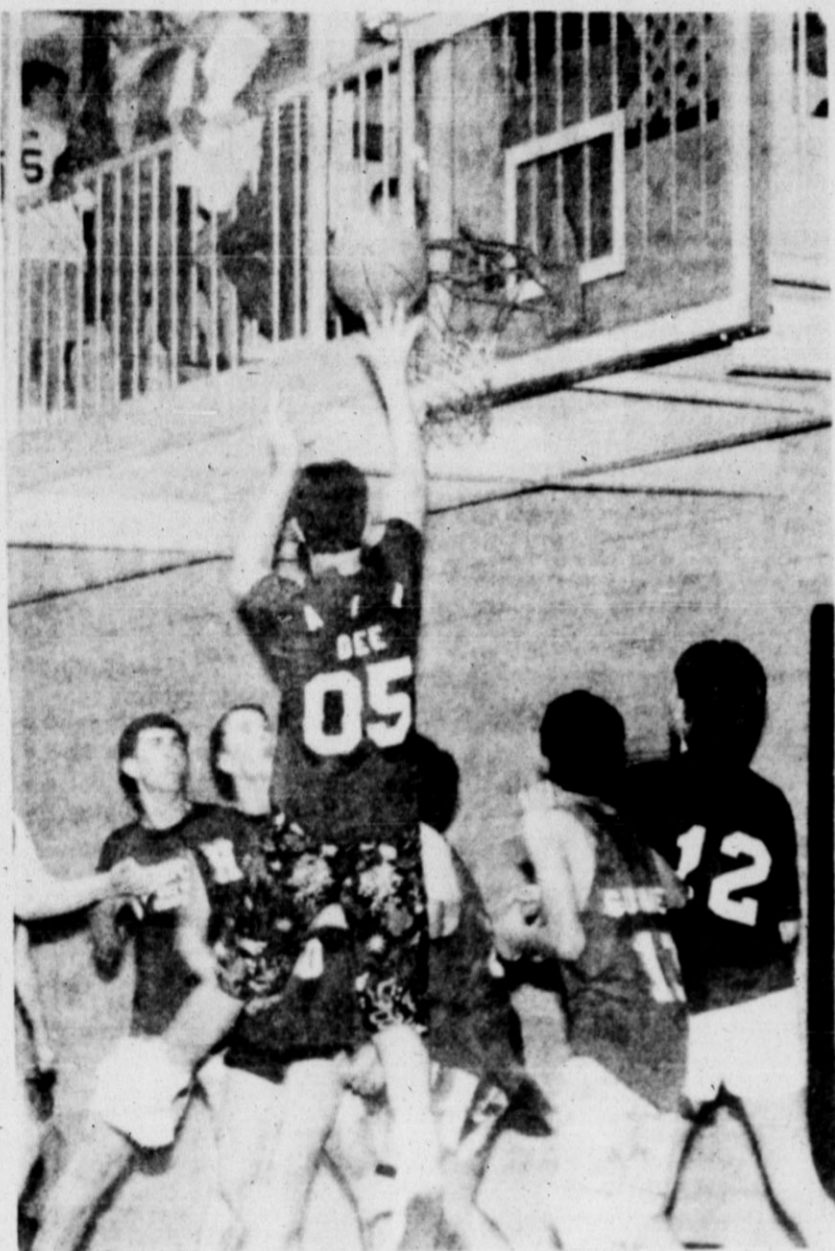
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Up and In

Dee Nall (05) jumps high for a shot during the final game of a junior high basketball tournament among teams from West Texas Churches of the Nazarene. The local church junior high basketball team won the West Texas championship banner.

Astros' chances may rest on his elbow

Ryan enters 1987 season painless

By MICHAEL A. LUTZ
AP Sports Writer
KISSIMEE, Fla. (AP) — Nolan Ryan knows the time is near when he'll be forced to end what is certain to be a Hall of Fame career.

Ryan is 40 years old and still throwing 95 mph fast balls and he knows it can't last too much longer even under optimum conditions.

But don't push him into a rocking chair just yet.

"I'm in a good situation," the major league's all-time strikeout and no-hit leader said. "My family enjoys the sport, I live at home.

"We're enjoying my career so I don't have any emergency to retire. I don't see why I can't pitch two or three more years as long as I feel good and don't have any more injuries."

After 19 years of throwing sizzling fast balls, Ryan's career was in jeopardy last season when he battled a painful elbow in spring training and pitched with pain throughout the season.

But it didn't destroy Ryan's effec-

tiveness in the Astros' National League Western Division title drive.

After struggling to a 3-6 start, Ryan posted a 9-2 record in his final 18 starts of the season, including a 6-0, 12-strikeout victory over San Francisco Sept. 24 that clinched a tie for the title.

After the season, Ryan returned to his cattle ranch in hometown Alvin, near Houston, to rest his aching elbow. He decided against surgery that could have kept him off the mound for a year.

Now he's back without pain and determined to help the Astros take the next step beyond a division crown.

Pitching for Houston in a World Series is one of the few goals Ryan has yet to achieve.

"It was disappointing for us to get so close last year and not win it," Ryan said. "We've done that twice now since I've been here. I'd hate to think we got that far again this year and not get to the World Series."

Houston's chances of breaking tradition and repeating as Western Division champions may rest on

Ryan's elbow.

Astros Manager Hal Lanier lists finding a left-handed relief pitcher as the team's No. 1 priority in spring training. But Ryan's status is high on Lanier's list of concerns.

"We need another good performance from Nolan," Lanier said. "If he can pitch this season without pain, it will definitely help our cause."

Ryan's first spring outing was painless.

"I'd almost forgotten what it was like to pitch without pain," Ryan said. "I hope it remains that way."

He has resisted the temptation of developing other pitches to take the pressure off his pitching arm. He's experimented with a sinker pitch this spring, but he'll finish his career as a fastball pitcher.

"I still throw about 70 percent fastballs, and that's what I've thrown throughout my career," Ryan said. "To me, throwing breaking balls is harder on your arm than fastballs."

Ryan averaged 9.8 strikeouts per nine innings in 1986, his highest average since a 9.96 average in 1978

when he pitched for the California Angels.

Ryan's 1986 late season surge showed no signs of a pitcher ready for retirement.

"If I got to the point where I wasn't effective and wasn't contributing to the ball club, I'd know it was time to quit," Ryan said. "But as long as I'm physically able and still enjoying the game, I want to keep pitching."

The years have not left Ryan without memories, like playing on the 1969 "Miracle" New York Mets and becoming the first pitcher to break Walter Johnson's career strikeout record in 1983.

"I wanted to be the first to break the strikeout record because I knew there would be several others with a chance at it," Ryan said.

Ryan will start his 20th season in the major leagues with 4,277 career strikeouts. Philadelphia's Steve Carlton is second with 4,040.

Pitching for the 1969 Mets will hold a special place in Ryan's memory.

"That what your career consists of, the good times," Ryan said. "That's what you look back and think of."

By Rangers' pitching coach, Tom House

Witt called a young Nolan Ryan

By MICHAEL A. LUTZ
AP Sports Writer
PORT CHARLOTTE, Fla. (AP) — Texas pitching coach Tom House compares Ranger starter Bobby Witt to a young Nolan Ryan, and Witt already is challenging some of Ryan's accomplishments.

Witt recovered from a slow beginning as a rookie starter in the major leagues last season with an 11-9 record that included seven straight victories to finish the season.

He also walked 143 batters, the most since Ryan had 148 walks in 1978. Witt also set an American League record with 22 wild pitches.

"Those aren't the kind of records I want to be setting," Witt said.

But he showed enough to convince House that the Ranger's young starter has the third-best pitching arm he's seen in 20 years of observing big-league talent.

"I saw the young Nolan Ryan and I've seen Roger Clemens," House said. "Bobby's one of those specials. They don't come along very often."

Ryan, still humming 95 mph fast

balls for the Houston Astros, and Clemens, the 1986 American League Cy Young award winner and Most Valuable Player, rank No. 1 and 2 on House's list. Mets pitcher Dwight Gooden is fourth.

Like Ryan early in his career, Witt had control problems last season, but House anticipates a turnaround.

"Bobby's got the body, the arm speed, the mastery of mechanics," House said. "All he needs to do is figure out what his body is doing and the arm will take him as far as he wants to go."

Witt doesn't feel intimidated by being placed in such elite company.

"It's nice to hear things like that said about you, but you really have to block those things out of your mind," Witt said. "I don't look at comparisons like 'maybe he can be as good as this guy in a few years.' If you start thinking about those things, that's when the concentration goes."

Witt pitched just 11 minor-league games last season before the youth-oriented Rangers called the promising rookie to the big leagues. He

wilted at first, posting a 4-9 record and 6.67 earned run average and uncorking 15 wild pitches.

Then he turned it around with a mechanical and mental adjustment.

"The mental adjustment of being called up to the big leagues your first year and going 4-9 kind of took its toll," Witt said. "Then I won a couple of games and got some confidence going."

Witt finished the season with a 5.78 earned run average and 174 strikeouts, second among American League rookie pitchers.

House has analyzed Witt's pitching motion and offered some alternatives.

"When you have a youngster with his talent base, getting a mastery of his body is the No. 1 priority," House said.

Witt is a willing student.

"Sometimes you get comfortable doing something a certain way and maybe it's the wrong way," Witt

said. "He'll (House) say 'OK, I want you to go here on your mechanics or bring your hand back or raise your elbow.' It might not feel comfortable at first, but it's really helping."

Witt jumped so eagerly into House's off-season weight-lifting program that he developed tendonitis in his pitching arm.

"He got overloaded in the big-muscle groups," House said. "But we're confident he'll be ready for the regular season."

Witt, throwing in the upper 80-mph range, threw 36 pitches Monday against the Pirates, and 18 were balls. Of 26 pitches he threw against the Royals on Wednesday, 16 were balls.

"It's all mechanics," Witt said. "I have to get comfortable out there."

Geno Petralli, who caught Witt against Kansas City, agreed.

"The injury will make him concentrate on his mechanics, and that is going to help his control," Petralli said.

YMCA youth soccer league registration begins

A soccer league for youth is being offered at the Hereford and Vicinity YMCA.

YMCA program director Jerry Brock said that divisions for fourth, fifth and sixth graders are desired, and that separate leagues for boys and girls will be organized if there is enough interest.

All those wanting to play in the soccer league must register by April 8. Registration fees are \$7 for YMCA members and \$14 for non-members of the YMCA.

Practice will start on April 13 and league competition will begin on April 18. Teams will be drawn by the YMCA officers.

Players must be officially registered and have paid their fees before they can be assigned to a team. After April 8, registration is open only to fill up teams where there are vacancies on the rosters.

Registration forms are available at the YMCA offices.

The YMCA soccer league will have rules such as every child playing in each game.

Brock said the YMCA is also in need of parents, friends, or college students to coach teams in the league.

For more information on the soccer league, contact Brock at the YMCA, 364-6990.

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With game-winning hits for Astros

Reynolds: flare for dramatic

By MICHAEL A. LUTZ AP Sports Writer KISSIMMEE, Fla. (AP) — Houston shortstop Craig Reynolds showed a flare for the dramatic last season, collecting four of his eight game-winning hits in the Astros' final at-bat.

bad," said Reynolds, who combined with Thon for only 17 errors last season. "My personal belief is that if your personnel allows it, you are better off with a set tandem.

Two basketball organizational meetings at 'Y'

Two basketball organizational meetings have been scheduled for this week at the Hereford and Vicinity YMCA.

Twirling clinic scheduled at 'Y'

A twirling clinic for youth in the third through ninth grades has been scheduled at the Hereford and Vicinity YMCA on April 6-7, 9-10.

Racquetball clinic set at YMCA March 28

A racquetball clinic will be held at the Hereford and Vicinity YMCA on Saturday, March 28.

with Bert Pena, who has spent most of the last six seasons at Class AAA Tucson.

"It's not the first time I've heard that and it probably won't be the last, it's just part of the game," Reynolds said.

Reynolds isn't hoping to get a starting position at the expense of Thon's ailment.

"It's not something I want to talk about haphazardly," Reynolds said. "I don't want to see any pressure put on him. He's had enough pressure because of what's happened. He needs to be able to relax and enjoy himself."

Reynolds does hope when the season starts, there'll be playing time for him.

YMCA wallyball registration deadline April 3

Wallyball leagues, including ones for adult co-ed "A" and "B" divisions, high school and junior high school divisions, are being organized at the Hereford and Vicinity YMCA.

First matches are Monday

'Y' volleyball playoffs set

Playoffs in four of the Hereford and Vicinity YMCA volleyball playoffs have been scheduled, beginning Monday, Tuesday or Thursday this week.

The league playoffs scheduled are for the co-ed "AA" church league, co-ed "A" church league, co-ed "B" church league, and the women's league.

The playoff championship match in the women's league is set for Thursday. The title matches in all three co-ed church leagues will be played on Tuesday, March 31.

Here is the schedule for the playoffs in each league:

WOMEN'S LEAGUE Thursday, March 26: Oglesby vs. Brown Drilling, 7 p.m.; Short Clover vs. Young Blood, 7 p.m.; winner of Short Clover-Young Blood match vs. Ladies Choice, 7:45 p.m.; winner of Oglesby-Brown Drilling match vs. winner of 7:45 p.m. match, in championship match, 9:15 p.m.

CO-ED "A" PLAYOFFS Monday, March 23: Frio Baptist vs. First Baptist (Lalng), 7 p.m.; Church of Christ vs. Community Church, 7:45 p.m.; St. Anthony's (Berryman) vs. St. Anthony's (Baekus), 9:15 p.m.

CO-ED "AA" LEAGUE Tuesday, March 24: First Methodist (Ritter) vs. St. Anthony's (Sanders), 9:15 p.m.

George Rogers of the Washington Redskins scored 18 touchdowns in the 1986 season to lead the NFL in that category.

Dan Ross of the Cincinnati Bengals caught 11 passes against San Francisco in the 1982 Super Bowl to set a record for that event.

winner of 7:45 p.m. March 24 match, 7 p.m. Tuesday, March 31, championship: winners of March 30 matches, 7 p.m. CO-ED "B" PLAYOFFS Monday, March 23: Community Church vs. Wesley Methodist (Kendrick), 7 p.m.; First Christian vs. First Presbyterian, 8:30 p.m.; Avenue Baptist (Crofford) vs. First Methodist (Wymore), 8:30 p.m.; Canyon Hills Church of Christ vs. Mission Bautista, 9:15 p.m.; Church of Christ (Flood) vs. Wesley Methodist (Washington), 7:45 p.m.

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Calendar of Events

MONDAY

AA and Al-Anon Spanish speaking meeting, 406 W. Fourth St., 8 p.m.
 Odd Fellows Lodge, IOOF Hall, 7:30 p.m.
 TOPS Chapter No. 1011, Community Center, 5:30-6:30 p.m.
 Rotary Club, Community Center, noon.
 Planned Parenthood Clinic, open Monday through Friday, 711 25 Mile Ave., 8:30 a.m. to 4:30 p.m.
 Ladies exercise class, Church of the Nazarene, 6:30 p.m.
 Young Mothers Study Club, 7:30 p.m.
 Valeda Study Club, 7:30 p.m.
 Easter Lions Club, Easter Clubhouses, 8 p.m.
 Deaf Smith County Extension Homemakers Council, library Heritage Room, 1:30 p.m.
 Deaf Smith County Lapidary Club, Energas Flame Room, 7:30 p.m.
 Band-Orchestra Booster Club, Hereford High band hall, 7 p.m.
 Friends of the Library board meeting, Heritage Room, noon.
 Wyche Extension Club, Home of Audrey Rusher, 2:30 p.m.

TUESDAY

Hereford Rebekah Lodge No. 228, IOOF Hall, 7:30 p.m.
 Problem Pregnancy Center, 505 E. Park Ave., open Tuesday through Saturday. Free and confidential pregnancy testing. Call 364-2027 for appointment.
 AA and Al-Anon meeting, 406 W. Fourth St., 8 p.m.
 Free women's exercise class,

aerobics and floorwork, Community Church, 7:30 p.m.
 Free blood pressure screening, Tuesday through Friday, South Plains Health Providers Clinic, 603 Park Ave., 8:30 a.m. - 5 p.m.
 Hereford AMBUCS Club, Ranch House, noon.
 Social Security representative at courthouse, 9:15 a.m. until noon.
 Kiwanis Club of Hereford-Golden K, Senior Citizens Center, noon.
 Deaf Smith County Historical Museum: Regular museum hours Tuesday through Saturday 10 a.m. - 5 p.m. and Sunday by appointment only. Museum closed Monday.
 TOPS Chapter No. 576, Community Center, 9 a.m.
 Ladies exercise class, Church of the Nazarene, 6:30 p.m.
 Hereford Art Guild, 2 p.m.
 Pilot Club, Caisson House, 7 a.m.
 Rock 'n' Roll Jamoboree, Senior Citizens Center, beginning at 9 a.m.

WEDNESDAY

Mobile Mammography Unit, Community Center, 7:50 a.m. until 3:50 p.m.
 AA discussion meeting, 406 W. Fourth St., 8 p.m.
 Noon Lions Club, Community Center, noon.
 Blood Drive at Community Center, 4-6:30 p.m.

Self-examining breast clinic, Deaf Smith General Hospital 1-6:30 p.m. Free of charge. Call hospital at 364-2141, extension 291, for appointment.

THURSDAY

San Jose prayer group, 735 Brevard, 8 p.m.
 Weight Watchers, Community Church, 6:30 p.m.
 AA and Al-Anon meeting, 406 W. Fourth St., 8 p.m.
 Kiwanis Club, Community Center, noon.
 TOPS Club No. 941, Community Center, 9 a.m.
 Amateur Radio Operators, north biology building of high school, 7:30 p.m.
 Story hour at library, 10 a.m.

Young at heart program, YMCA, 9 a.m. until noon.
 Men's Study Group, St. Thomas Episcopal Church, 7:30 p.m.
 La Madre Mia Study Club, home of Marlene Watson, 7:30 p.m.
 Calliopean Study Club, 7:30 p.m.
 Sugar Works Cake Decorating Club, 7 p.m.
 Messenger Extension Homemakers Club, 2 p.m.
 Free immunizations against childhood diseases, Texas Department of Health Office, 914 E. Park Ave., 8 a.m. to noon and 1-3:30 p.m.

FRIDAY

Kiwanis Whiteface Breakfast Club, 6:30 a.m.
 Community Duplicate Bridge Club, Community Center, 7:30 p.m.

Cultural Extension Homemakerse Club, 2 p.m.

SATURDAY

AA open meeting, 406 W. Fourth St., 8 p.m.
 Open gym for all teens, noon to 6

p.m. on Saturdays and 2-5 p.m. Sundays at First Church of the Nazarene.

SUNDAY

La Madre Mia Study Club Anniversary Tea, E.B. Black House, 2-4 p.m.

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Reduce total fats in diet

Many people are trying to cut back on saturated fat because of its association with elevated blood cholesterol levels and increased risk of heart disease.

"What people often don't understand is that to decrease their intake of cholesterol from saturated fats, they must change their overall eating habits to reduce total fat," maintains Mary Kinney Sweeten, a Texas A&M University Agricultural Extension Service nutritionist.

"It's not simple to cut out saturated fats alone since fats in foods are mixtures of saturated and unsaturated fats," she explains.

In general, foods containing saturated fats are solid at room temperature, says Sweeten. They include animal products such as poultry, fish, meat, eggs and some dairy products.

There are two types of unsaturated fats.

Mono-unsaturated fats do not seem to have any effect on cholesterol levels, and polyunsaturated fats seem to lower blood cholesterol. Unsaturated fats are usually from plant sources and are liquid at room temperature.

"But even a polyunsaturated oil, such as a standard vegetable oil, will contain 40 percent polyunsaturated fat and 13 percent saturated fat," she remarks.

"Palm oil and coconut oil are also important exceptions to note," says the nutritionist. "Both these vegetable oils, which are used extensively in processed foods and commercial baked goods, are over 80 percent saturated fat."

Sweeten says it could be very difficult for many people to eat only foods that are low in saturated fats.

"Most people want and need to include some foods from animal sources in their diets, because they are a major source of protein. Trimming visible fat, eating lean cuts of meat and removing the skin from poultry will help reduce saturated fats from these protein foods," she says.

The nutritionist advises building a diet lower in total fat around the recommended two servings daily of protein foods and rounding it out with fruits, vegetables, breads and cereals, and low-fat dairy products.

"Simply watching your intake of fried foods and the fats you're getting from processed foods will also help reduce both saturated and unsaturated fats in your diet," adds Sweeten.

PAINTING ACQUIRED

TORONTO, Ontario (AP)—The Art Gallery of Ontario says it recently purchased "The Pillow of Satin"—by the Surrealist painter Yves Tanguy.

The painting is being presented for the first time to the public in the context of the exhibition, "Surrealism and Its Influence: Works From the Permanent Collection," which is on view through Feb. 22.

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LISA TERRELL, JOHN MARK GOEN

Engagement announced

Lisa Rochelle Terrell of Amarillo will become the bride of John Mark Goen, also of Amarillo, on May 23 at the Journey Street Baptist church of Amarillo.

The bride-elect is the daughter of Mr. and Mrs. Bobby Wayne Terrell of Amarillo. Parents of the prospective bridegroom are Eleanor Goen of Hereford and Mark Goen of Amarillo.

A 1985 graduate of Tascosa High School in Amarillo, Miss Terrell plans to graduate from Amarillo College in May with an associate of science degree. She will continue her

education at West Texas State University and is employed by the Amarillo School Employees Credit Union.

Goen, a 1985 Hereford High School graduate, is also a candidate for May graduation from Amarillo College with an associate of science degree. He plans to attend WTSU next fall where he will major in finance. He is currently employed by Pond Furniture.

Both have been named to the academic honor roll at Amarillo College.

Home day care improved through special course

An Extension Service pilot program has shown that Texas women in the business of caring for children in their homes can improve their knowledge and skills through a study-at-home course.

Five hundred home day care providers participated in the study conducted by the Texas A&M University Agricultural Extension Service (TAEX) home economics program and funded in part by the Texas Department of Human Services (TDHS) and Corporate Child Development Fund for Texas.

"Concern over the quality of child care is a statewide issue that prompted development of an Extension program to reach these family day care providers with education and training," said Diane Welch, Extension family life specialist and project coordinator.

"Reaching family day care workers is difficult, since they work all day and have family responsibilities in the evening. Time constraints may prevent some providers from attending classes even when they are offered locally," she added.

The TAEX program included a manual and a set of videotapes for home study about child care, including health and safety, child development and guidance, nutrition and business management.

The materials were distributed by Extension home economists in cooperation with local TDHS staff in 28 counties. Most of those participating were operators of TDHS registered family day homes.

Tests before and after the four week study period determined pro-

viders' knowledge improved in all the child care subject areas.

Welch says that 76 percent of the participants achieved a final score that qualified them for three continuing education units from Texas A&M University and 72 percent made one or more changes in child care practices. In addition, day care providers in 11 of the counties are planning network organizations among themselves after participating in the program.

According to Welch, TAEX is now in the process of implementing the program throughout state, with more than 100 counties scheduled to participate in 1987.

"We expect to reach a minimum of 3000 day care providers with education and training this year," she remarked.

"More than 708,000 Texas children are in licensed or registered day care and it's estimated that a large number are cared for in facilities not currently registered," the specialist said.

"With a majority of children under 3 in family day care homes, upgrading the quality of child care will have a long term impact on the future of our state," Welch said.

Remember 1974?

In 1974, President Nixon of the United States, Golda Meir of Israel, Chancellor Willy Brandt of West Germany and Prime Minister Edward Heath of Britain all resigned. In Argentina, President Juan Peron died. And there were changes of heads of state in France, Portugal, Ethiopia and Cyprus.

Superior ratings awarded at festival

The Junior Music Festival was held March 7 in the First Baptist Church of Hereford.

Beginning at 8:45 a.m., the talent festival utilized five separate rooms as primary through advanced students competed in piano, vocal, and violin events.

Out of the 135 entrants, 86 "superior" ratings were earned by participants. Students, who did not compete against each other, were judged on their own individual talent.

Contestants received certificates and rating sheets containing critiques by judges of the festival.

Entrants who earn a superior rating three consecutive years receive a gold cup as an award. This year nine students qualified for the gold cup.

Rated superior in the piano solo event, primary division, were: Ryan Noland, Kristin Carnahan, Robert Reinauer, Brack Bryant, Stephan Cloud, Karen Manchee, Scott Shaw, Kristin Williamson, Cassie Abney, Tricia Bowling, Mary Frances Cass, Lauren Caviness, Todd Dudley, Jaclyn Peace, Taylor Sublett, Cassidy Walden, Jill Walsler, Stephanie Walsh, Krista West, Tessa White, Lori Wilburn, Brooke Bryant, Lee Harder, Stephanie Latham, George Kearns, Josh Liscano, Shelia Teel, Stephanie Walls and Shambryn Wilson.

Advanced piano solo participants receiving superior ratings were: Katie Lou Eddins, Jill Ruland, Tracie Gilbert, Jennifer Holmes, Jeffery Carlson, Melissa Cloud, Carrie McElroy, Trisha Teel, Amy Knowles, Alicia Widner, Greg Coplen, James Warren, Kelley Mack Whitaker, Elaine White, Camille Betzen, Brenna Reinauer, and Julia Warren.

Duets in the piano ensemble event earning superior ratings included: Lyndsi Ames and Christi Wallace, Todd Dudley and Scott Shaw, Heidi and Jill Ruland, Lori Poarch and Chari Suttle, and Amy Knowles and Alicia Widner.

Superior ratings were earned in the hymn playing event by: Scott Shaw, Taylor Sublett, Stephanie Walls, Tracie Gilbert, Chari Suttle, and Julia Warren.

In the voice section, art song category, the vocal ensemble consisting of Misty Dudley, Tracie Gilbert, Shelia Teel, and Jodi Wallace received a superior rating.

Participants in the vocal solo event, art song category, who received superior ratings were: Whitney Whitaker, Jodi Wallace, Tracie Gilbert, Chelli Cummings, Jennifer Brorman, Stacy White, and Steven LaFuente.

Receiving superior ratings in the vocal event, musical theater, were: Whitney Whitaker, Chelli Cumm-

ings, Shanda Smith, Jennifer Brorman, Stacey White, and Steven LaFuente.

Superior rating recipients in the V violin section, violin solo event included: Justin Betzen, Ty Nall, Taylor Sublett, Justin Criner, and Scott Shaw.

In the violin concerto event, Esther Criner and Vaavia Rudd earned superior ratings.

Participants were under the tutelage of ten area music teachers.

They included: Patti Brown of Jeffrey B. and Patti Brown Piano Studio; Kathlee Palmer of Jr. Harmony Club; Francis L. Parker of Junior Etude Music Club; Doug and Barbara Manning of Manning Studio; Miss Thelma McMinn of Melodic Lines; Elizabeth Criner of Susuki Violin Studio; Mrs. Joe Hacker of Hacker Music Studio; Susan Shaw of Susan Shaw Studio; Ruby Wimberley of Dawn Musettes; and Mrs. Johnnie Walters of Friona.



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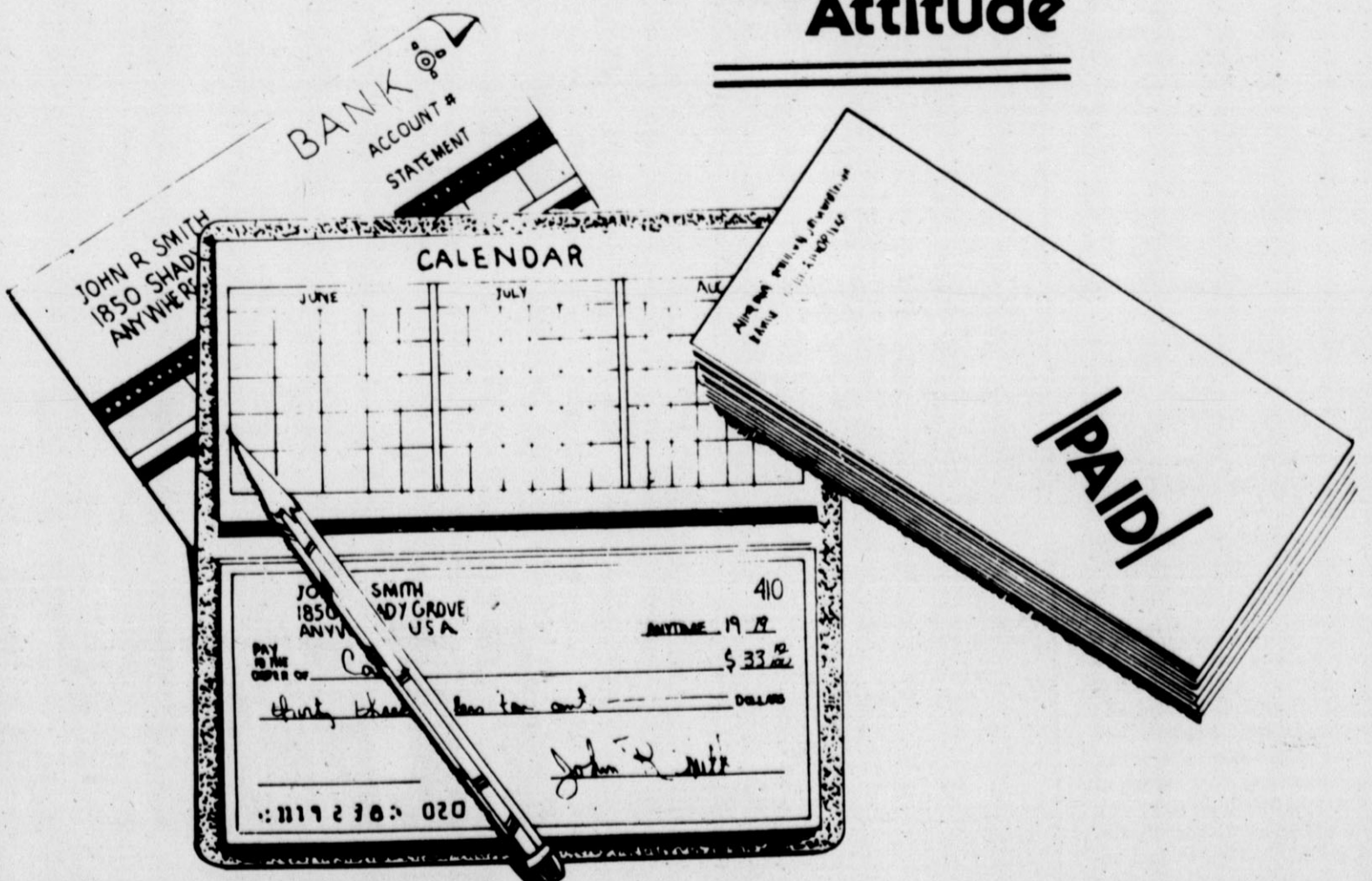
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Miss Hereford hopefuls to vie for title



"Miami Vice" is this year's theme for the Miss Hereford Scholarship Pageant planned at 7 p.m. Saturday March 28, in the Hereford High School auditorium. Those planning to compete in the annual event,

sponsored by the Deaf Smith County Chamber of Commerce Women's Division, are from left, Kimberly Hooser, Tracy Garrett, Michele Hamilton, and Heather Willoughby.

The night of the 1987 Miss Hereford Scholarship Pageant, beginning at 7 p.m. March 28 in the Hereford High School auditorium, should be an evening to remember for 18 young women.

Competing for the prestigious title will be Monica Arsola, Delight Thames, Karen McCuistian, Katie Ramey, Marsha Ward, Renee Blaylock, Deanna Hobbs, Michelle Kwilinski, Jenifer Bankston, Stephanie Jones, Kimberly Hooser, Tracy Garrett, Michele Hamilton, Heather Willoughby, Whitney Whitaker, Roni Kay Love, Irene Lopez and Sheronda Redus.

The Deaf Smith County Chamber of Commerce Women's Division sponsors the annual event. This year, approximately \$4,500 in prizes and scholarships will be awarded to the pageant contestants.

Local merchants who have donated their prizes and services include Touch of Class Beauty Salon, Diane Dick Modeling Agency, Pants Cage, Gaston's, The Vogue, Anthony's, Etcetera, J.C. Penney's, Little's and Betty's Shoes.

Scholarships, ranging from tuition and fees, to room and board, will be awarded by area colleges.

All contestants will receive a "bag

of goodies" with items from Hereford businesses who support the pageant. The articles include lotions, jewelry, make-up, gift certificates for food, perfume and manicures and facial make-overs. Pageant contestants will also receive a set of sterling silver bangle bracelets from the Miss Hereford Steering committee.

The pageant's theme, "Miami Vice," will be carried-out as a winner of the "Don Johnson Look-Alike Contest" is announced. The lucky young man chosen will receive the honor of escorting contestants in their evening gown presentation.



Among the highlight's of the pageant will be the "Don Johnson Look-Alike Contest." The winner will have the privilege of escorting contestants on pageant night and to participate in the opening festivities. Although Hereford's winds do not compare with

the balmy Miami breezes, these contestants have caught the "Miami Vice" craze. Posing in a speed boat are, from left, Whitney Whitaker, Sheronda Redus, Irene Lopez, and Roni Kay Love.

(Photos by Gaye Reily)



This year's pageant offers a variety of prizes for all the contestants in the Miss Hereford Scholarship Pageant. Approximately \$4,500 in the form of merchandise, memorabilia, scholarships, gift certificates, etc., will be awarded at the annual event. Looking lovely as they sit around the YMCA swimming pool are (back row, from left) Katie Ramey, Marsha Ward, and Monica Arsola. Delight Thames is pictured on the front with Karen McCuistian, at right.



The pageant will be divided into three areas: interview, which will be conducted the morning of the pageant, and talent and evening gown. Pageant activities will include an entire week of rehearsals begin-

ing Monday. Contestants planning to entertain the judges and the audience with their talent are (from left) Renee Blaylock, Deanna Hobbs, Michelle Kwilinski, Jenifer Bankston, and Stephanie Jones.



MRS. LEO CERDA
...nee Grace Arizola

Wedding ceremony held

Grace Arizola of Hereford became the bride of Leo Cerda, also of Hereford, during a Saturday afternoon marriage ceremony.

The Rev. David Albarado officiated at the wedding held in the E.B. Black House.

The bride is the daughter of Richard and Teresa Sierra of Hereford and the bridegroom is the son of Jesus and Connie Cerda, also of Hereford.

The bride was given in marriage

by her father. Maid of honor was Alice Mejia and best man was Onesimo Juarez.

A reception followed at the Knights of Columbus Hall. The bridal cake was made by Mrs. Balderaz with food catered by Roy Herrera. Mr. and Mrs. Jose Garza furnished the wedding cake and Mr. and Mrs. Alicia Hernandez sponsored a dance following the reception.

Maria Cerda of Sinton was registered as an out-of-town guest.

Kaiser, Johnson recite wedding vows

Amid the glow of candlelight, Keila Kae Kaiser of Canyon became the bride of Porter Trent Johnson of Hereford March 14 in an evening ceremony in Faith United Church of Christ in Windsor, Colo.

Officiating for the double ring ceremony was the Rev. Keith Haemelmann of the church.

The bride is the daughter of Mr. and Mrs. Larry Kaiser of Eaton, Colo., and the groom's parents are Mr. and Mrs. Wayne Johnson of 723 Country Club Drive.

The foyer of the church was adorned with fig trees and the main altar was decorated by two branch candelabra flanked by two spiral candelabra holding red tapers and trimmed with greenery and large red satin bows. Also, enhancing the wedding setting, were two large ferns and the white unity candle which was placed on a table centered with a red and white floral arrangement and candles.

Serving as matron of honor was Christie Josseland and best man was the groom's father.

Bridesmaids included Michelle Heare of Paducah, Cindy Miller of Canyon and Stacey Kelly of Eaton. The bride's sister, Roxann Kaiser, was junior bridesmaid.

Groomsmen were Kevin Jeanes, Dan Porter, and Mark Tucker, all of Canyon, and Michael Chaney of Abilene.

Guests were escorted by Joe Marr Wilson of Lubbock, and Lance Heritz, Clay Matthews and Mike Reese, all of Canyon.

Candles were lit by the bride's brother, Adam Kaiser of Eaton, and the bride's cousin, Doug Koskie of Pueblo, Colo.

Organ music was provided by Keny Kisseleman and Redd Hess, pianist, vocalized "This Is The Day", "Sunrise, Sunset" and "My Treasure."

Given in marriage by her parents, the bride was attired in a satin gown

with a Chantilly lace overlay which was worn by her mother at her wedding 25 years ago. The gown was fashioned with a scalloped neckline, fitted bodice and waist, and long, fitted sleeves. The full skirt swept into a flowing chapel-length train. The entire bridal ensemble was encrusted with miniature seed pearls.

Her fingertip-length veil and blusher of bridal illusion was attached to a headpiece designed with a band of seed pearls at the forehead. It also featured a spray of pearls which framed the side of her face. She carried a cascading bouquet that she designed consisting of gardenias, freesia, alstermeria, bridal white roses and South American foliage.

She wore a lavalier belonging to her great-grandmother.

Bridal attendants wore red tea-length dresses of satin with Chantilly lace overlays. They were styled with fitted waistlines, long sleeves and full skirts.

The groom's mother wore a soft, teal chiffon designer's tea-length dress which was fashioned with covered buttons which extended down from a V-shaped neckline at the back. It also was styled with long, full sleeves. The bride's mother was attired in an emerald green tea-length gown. Both were presented with fresh floral corsages.

The bride's cousins, Jane Burns and Kathy Koskie, invited wedding guests to register at the reception held in the Grand Ballroom of the Holiday Inn in Greeley, Colo. The registry table was covered with a white lace cloth and decorated by the bride's book and a fresh floral arrangement.

Maxine Peterson served the wedding cake and the bride's aunts, Doris Piper and Shirley Schmuck, poured punch and coffee. Others assisting were Darrel and Kathy French of Eaton and Richard and Eileen Koskie of Pueblo.

The elaborately decorated white columnade cake was arranged over a free-flowing fountain and was connected by stairways to four smaller cakes. The stairways were adorned by fresh red roses and the top tier of the cake was enhanced by porcelain Precious Moments bride and groom placed beneath a porcelain heart given to the bride by her godmother.

The bridal cake was arranged on a round table covered with a white cloth and appointed with red accents. Situated behind the main refreshment table was a three-panel lattice

room divider decorated by various floral arrangements.

Other serving tables, all covered with white cloths, featured sandwiches, fresh fruit, cheeses, egg rolls and other finger foods. Punch was served from a gold bowl designed with a flowing fountain.

Individual guest tables were centered by red and white balloons tied with red ribbon streamers attached to champagne glasses.

Wedding guests were entertained by a live band.

The bridal couple left for a wedding trip to various points of interest in California including Disneyland and San Diego.


The bride, a 1986 graduate of West Texas State University, is employed as a registered nurse at Northwest Texas Hospital in Amarillo.

The groom is a 1982 graduate of Friona High School and is majoring in business administration at WTSU. He is a member of Lambda Chi Alpha Fraternity.

Wedding guests from Hereford included the groom's grandmother, Mrs. Opal Dufur, and Pat Vinton, Rita Simons, John Stagner and Sandy Pankey. Other towns represented Paducah, Dallas, Canyon, Amarillo, Lubbock, Riverside, Calif. and Phoenix, Ariz.

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Red Cross Update

Special thanks are extended to all volunteers who helped with the recent chili supper.

Proceeds from the supper will be used to help purchase new First Aid and CPR films which cost \$365 and \$260, respectively. Also, a new adult mannequin is needed as well as several other items.

The Aquatic School will be held May 17-25 at Camp Grady Spruce at Possum Kingdom Lake. The \$185 cost of the camp includes texts, materials, and room and board.

Courses available at the school include Advanced Lifesaving/Water Safety Instructor, Advanced First Aid/Instructor, Basic Sailing/Instructor and Fundamentals of Canoeing/Instructor. Call our office at 364-3761 for more information.

The Disaster Committee will be meeting Thursday at 7:30 p.m. in the Red Cross office. This meeting will include an Introduction to Disaster

Services and an updating of the disaster plan.

The Bluebonnet School 6th graders will be learning CPR all week. Thanks to Tonya Klueskens and Mary Dziuk for setting up these classes.

The Deaf Smith County Chapter of the American Red Cross is a United Way Agency.

Reunion information requested

The Hereford High School graduating class of 1947 will hold its 40th year reunion May 24 in conjunction with the Pioneer Day Celebration.

Not yet contacted about the reunion are Jim Worrell and Wanda Crawford. Anyone with information on the whereabouts on the pair is asked to contact reunion planner, Ben Plummer at 364-3329.

The General Accounting Office is a federal agency and the investigative arm of Congress.

Thank You

Thank you for the many prayers, cards, flowers and the kindness you showed for Stacy after her accident. A special thanks to the ambulance crew, Dr. Khuri and the nurses, who were there when we really needed them.

**The
Moore
Family**



MAGIC IN MINIATURE
NEW YORK (AP) — The exhibition, "Magic in Miniature: Ancient Egyptian Scarabs, Seals and Amulets," is on view at the Brooklyn Museum through June 29.

The display consists of 175 examples of magical charms from the museum's Egyptian collection. The works include examples in stone, gold and silver, faience, ivory, glass and shell.



Bridal Registry

Andrea Dorman Kenneth Schlabs	Alice Vargas Ed Garcia	Keila Kaiser Trent Johnson
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Tuesday, March 24, 1987

Local youth accepted by University of Notre Dame

By GAYE REILLY
Staff Writer

"Welcome home, Notre Dame Freshman!" was the message emblazoned across the banner outside Craig Rogers' home recently.

It was after dark and Craig, a Hereford High School senior, had returned home from a golf tournament. "I was pretty tired but when I saw that banner, I really came back to life!" he exclaimed.

Only the second Hereford youth to be accepted into the prestigious University of Notre Dame, Craig is the son of Mr. and Mrs. Gene Anderson of Hereford and the youngest of six children.

As a straight 'A' student who

entered the Hereford School system in the eighth grade, he knew of the rigid entrance standards required by the selective university. He knew that only 1,755 of 7,000 applicants would comprise the freshman class, and, of those accepted, only three-fourth percent of Notre Dame students would come from the entire Southwestern United States.

Yet, despite the high standards, Craig never felt disheartened or discouraged. "All throughout the years, my family and friends have been supportive of my dream to attend Notre Dame. They are all happy and proud for me now that I've been accepted," he continued.

Regarding the freshman application into Notre Dame, the quiet-spoken young man stated that "others enabling me to fulfill the entrance standards were my school, church, and the community. Father Cletus McGorry of St. Anthony's Catholic Church sent a letter of recommendation as did one of my teachers, who also evaluated me. I composed the two mandatory essays, sent in my SAT score, and had taken all the necessary math and science courses plus others here.

"The only course I took elsewhere was a Spanish course; I learned during my junior year that Notre Dame required two full years of a foreign language. So, I took the first year of Spanish via a correspondence course and I am now in the midst of my second year of Spanish here at HHS."

"We are feeling great about the Hereford School system right now," Craig's mother, Shirley Anderson, stated. "Except for the correspondence course taken through the University of Texas, Craig got all the credits he needed right here in Hereford, not only in academics but also in leadership, athletics, and the arts."

Leadership qualities are evident in Craig as he has been active in various school and church ventures. A member of St. Anthony's Catholic Church, he is a member of the Catholic Youth Organization. He is vice-president of both the Key Club and HHS Band, and serves as field commander of the HHS Marching Band. He is a member of the National Honor Society and the Fellowship of Christian Athletes.

An avid baseball fan who has collected more than 17,000 baseball cards throughout the years, Craig is an accomplished golfer. "I may play golf at Notre Dame and I plan to check out the intramural sports. I also hope to be a member of Notre Dame's marching and concert bands since it would be great fun to go to the Fighting Irish football games!" said the enthusiastic youth.

"I felt very fortunate to find out this soon of my acceptance into Notre Dame," Craig continued. "The application said that applicants would receive a decision letter during the period of March 1 to April 10. I received my letter of acceptance,

dated March 3, on March 7."

When asked about his choice of a school, Craig replied, "I've wanted to attend the University of Notre Dame since I was six-years-old because it is the most revered Catholic school around. If I had not been accepted, my second choice was to attend Texas A&M University."

He was not even deterred from his dream when he learned of the hefty \$12,900 per year cost to each student attending Notre Dame. "I don't have any financial aid garnered yet, but I hope to remedy that situation soon," he admitted. "A University of Notre Dame alumnae club, whose members live in West Texas and Eastern New Mexico, contacted me after they learned of my acceptance. I plan to meet with them and discuss various scholarship opportunities."

Since he has yet to visit the campus of Notre Dame, Craig hopes to tour it before his admission in late August. The university's 1,250 acres, with twin lakes, extensive wooded areas and tree-lined quadrangles, are located on the northern limits of South Bend, Ind., some 90 miles east of Chicago. Once an all-male university, current enrollment stands at 71 percent male, 29 percent female. "The students must be dedicated

since 99 percent of freshmen return for a second year," he added.

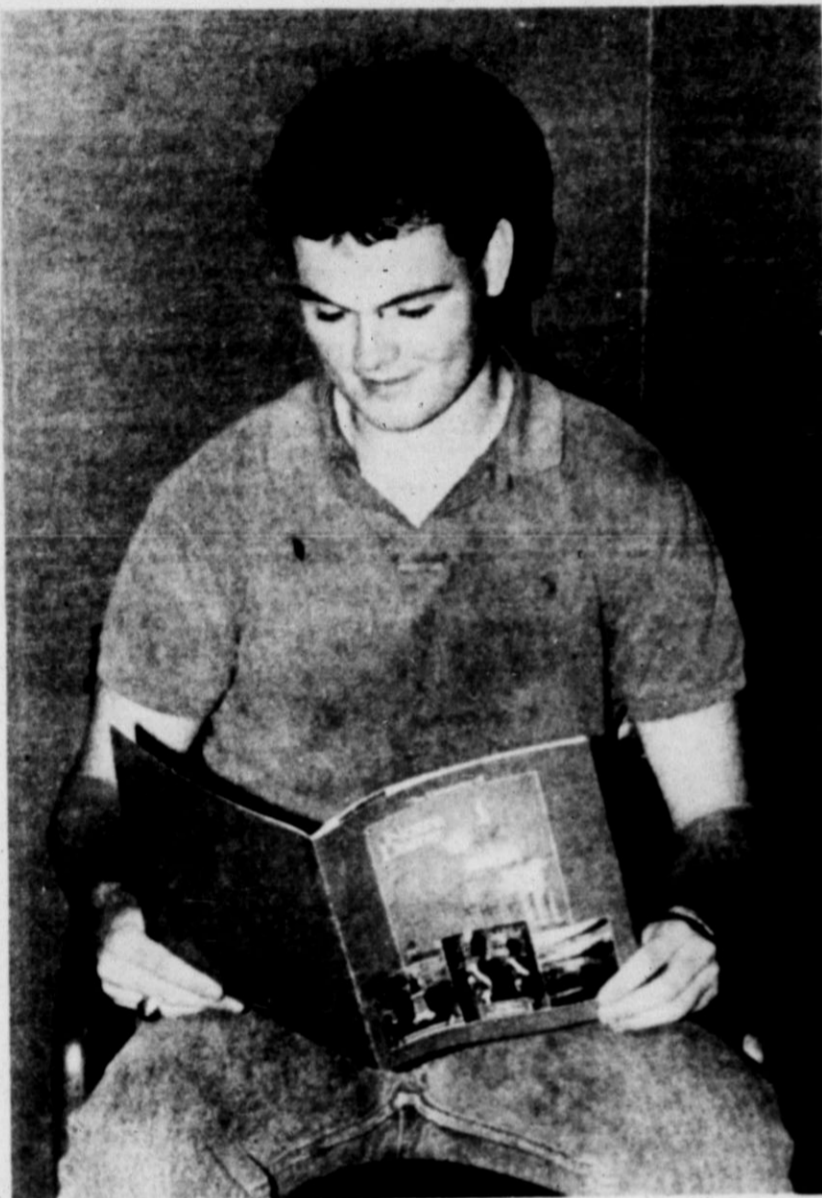
"I'm sure I'll be homesick when I first go up there—I'll be 1,100 miles away from home. Yet the camaraderie of living in one of the 24 residence halls should keep me from being too lonely," he stated. "It will be terrific living where such legendary greats as Knute Rockne and 'The Gipper' attended school."

Aiming high in his career goals, Craig tentatively plans to major in international business or some form of engineering. "I know it will be hard, but it will help that Notre Dame's 9,000 students enjoy a pupil/teacher ratio of 11 to one."

"The very essence of Notre Dame is a tradition, a fire in the vision and a flame in the hearts and minds of those who have and you will join us in our common pursuit of excellence." The university's catalog continues to point out that its students are "growing and preparing to create their own place in this complex world."

All of Hereford can be proud of Craig Rogers, not only for his past achievements but for his idealistic quest of higher education.

Hopefully, the next banner Craig will see at his home will simply say, "WELCOME HOME NOTRE DAME GRADUATE."



CRAIG ROGERS

Hereford residents graduate

Military Muster

Airman Carl D. See, son of Lawrence R. and Linda S. See of Amarillo, has graduated from Air Force basic training at Lackland Air Force Base, Texas.

During the six weeks of training the airman studied the Air Force mission, organization and customs and received special training in

human relations.

In addition, airmen who complete basic training earn credits toward an associate degree through the community college of the Air Force.

His wife, Annette, is the daughter of Monte K. Vaughn of 717 Ave. H, Hereford, Tx.

The airman is a 1984 graduate of Amarillo High School.

Air Force Tech, Sgt. Stanley A. Burzynski, son of Stanley J. Burzynski of Vega, has arrived for duty with the 20th Aircraft Generation Squadron, England.

Burzynski is an instrumentation and flight control systems technician.

Gary Bryan, Alice Rahlfs and Claudio Trevizo were recently graduated from Texas State Technical Institute.

Bryan, son of Mr. and Mrs. Henry Bryan of Hereford, was graduated from the welding and fabrication program. He is a 1975 graduate of Hereford High School.

Rahlfs, daughter of Mr. and Mrs. Leander Reinart of Hereford, received an associate degree in interior design technology.

Trevizo, son of Tony Cana of Hereford, received an associate degree in diesel mechanics technology.

Shelly Frye named to honor roll

Shelly D. Frye, a senior biology major from Hereford, has been named to the Dean's Honor Roll at Texas A&M University for the 1986 fall semester.

In order to be named to the Dean's Honor Roll, a student must be registered for 15 or more semester hours and earn at least a 3.75 grade point ratio, out of a possible 4.0, during the most recent grading period.

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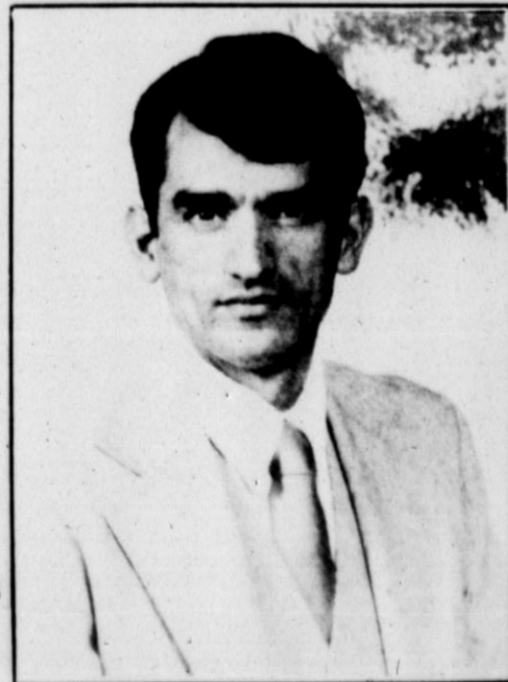
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Elect Raul Valdez for City Commissioner At Large April 4, 1987



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Successful Luncheon

A spaghetti luncheon was held recently at the Community Center to benefit the American Cancer Society. Members of the board of the Deaf Smith County Unit of ACS met Wednesday to report on the success of the event in which numerous

businesses assisted in the effort. Approximately \$620 was collected according to the Board President Carolyn Andrews, at left. Audry Martin is shown collecting the proceeds from board members, C.W. Allen and Charlotte Clark.

Extension Homemaker News

By BEVERLY HARDER
County Extension Agent
SPRING PREPARATION FOR
SUMMER COOLING

Controlling cooling costs this summer really means controlling the effects of sunshine on your home.

How much the sun heats your house depends on your home's shape, orientation, insulation, color, materials, landscaping, and most important, the shade it receives.

Trees, shrubs, trellises with climbing vines and landscaping cut cooling costs by keeping the sun's heat off your walls, windows and roof. Thus, you might consider planting more trees and shrubs as an energy-saving investment as well as a way to beautify your yard.

Building elements, such as overhangs, awnings, shutters, screens, reflective films, drapes, blinds and shades will also help reduce cooling costs.

How much of an impact these devices have depends on their shape and form, location near a window, color and the reflectivity of the materials used.

A "shading coefficient" is used to compare different shading options. It is a ratio of the total solar heat gain through a shading device or window combination compared with the total solar heat gain through a single-glazed, unshaded window.

More than 1.5 million people annually visit the 86th- and 102nd-floor observatories of the Empire State Building.

A single-glazed, unshaded window has the highest value of 1. The lower the ratio, the more effective the shading device.

The most effective shading devices are outside louvers, with a ratio of .10-.15 and outside overhangs or louvered shade screens at .25. Properly angled, long roof overhangs can reduce indoor temperatures from 8-15 degrees and lighten the air conditioning load by 25 percent.

Trees that cast a shadow across

walls and roof can provide shading coefficients from .20-.70, depending on density and position.

Exterior shading devices tend to be more effective than interior devices. For example, inside dark shades or blinds have a shading coefficient of .60-.80.

So before you start your air conditioner, think about some ways to add shade to your home and lot and begin Spring preparation for Summer cooling.

Ann Landers

DEAR ANN LANDERS: I was impressed with your courage when you printed those comments by distinguished authorities who took you to task for recommending the Feingold Diet. It demonstrated that you care more about your readers than you care about your image. And now I wonder if you will print what I have to say.

A while back you recommended an organization for the hard of hearing. It was the Hearing and Tinnitus Help Association, New Hope, Pa. You said they would send information on tinnitus.

I sent for the information and received a brochure that made such extravagant claims I became suspicious. I took the brochure to my hearing specialist. He said, "Incredible! Ann Landers recommended THIS?"

Instead of the information I had hoped for I was offered a choice of "Club memberships" ranging from 15 to \$10,000 and UP! I find it hard to believe that you knew about this pitch when you suggested that your readers write for information.

It is my recommendation that the Hearing and Tinnitus Help Association and its executive director, Paul Yanick, be looked into. I hope you will do it.—Appalled in Pawling, N.Y.

DEAR PAWLING: I received hundreds of letters similar to yours and have already apologized to all who wrote.

You will be pleased to know that several otologists and audiologists around the country were also incensed with the information their patients received when they wrote. The otologists and audiologists have assured me that Dr. Yanick and his organization are being looked into.

Meanwhile, the other organization I recommended is super. It is SHHH (Self-Help for Hard-of-Hearing Peo-

ple), 7800 Wisconsin Ave., Bethesda, MD 20814.

DEAR ANN LANDERS: I have been married for over 15 years and have a successful career, two children, a lovely wife and a nice home, yet I have been discontented for years. The problem is of an extremely delicate nature but I will do my best to phrase it so you can print my letter. I can't have your reply come to the house.

The problem is sex. My wife is in total control of the timetable and she thinks once a month is plenty. Occasionally I can talk her into a "bonus" but that is a rare occurrence. I even had a vasectomy thinking it would help and it did—for about three months. Then she lapsed into her old ways.

She makes comments such as, "I

need more than just sex. Women can't be turned on like men. Quit behaving like an animal."

I have suggested joint counseling (which you often suggest in your column) but she refused because she doesn't believe we have a serious problem.

Is she right? What can I do to improve the climate in our bedroom?—Starvation Corner in Connecticut

DEAR STARVATION: The solution to your problem is right in your letter. Your wife has told you that she needs more than just sex—that women can't be turned on like men and to stop behaving like an animal. I don't know how she could have made it any plainer. Maybe you are "wife deaf" like so many others out there.

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Wellness Weekend activities planned

If you've been meaning to start a new exercise program, improve your diet or if you just need a change of pace, West Texas State University has the answer for you.

On Friday and Saturday, March 27 and 28, the third annual Weekend With Wellness gets underway in Henson Activities Center on the WTSU campus.

The four general sessions will feature such noted persons as T. Boone Pickens, Jr., of Mesa Petroleum, who will address the third general session at noon on Saturday; Drew Pearson, formerly of the Dallas Cowboys, making the presentation at the concluding session on Saturday evening; and Harriet Griffin, chair of the Texas Silver Haired Legislation Steering Committee, who will speak at the first general session on Friday evening. Dr. Phillip Allsen, of Brigham Young University, will make his third appearance with Weekend With Wellness at the second general session on Saturday morning.

With workshops on everything from weight training to water aerobics there should be something to interest just about everyone at this year's event. Every aspect of wellness will be covered: nutrition, exercise, prevention of exercise-related injuries, stress management, dealing with the problems of aging, and exercise for the handicapped are just some of the areas that will be addressed.

Mike Kerr, wellness coordinator for Southwestern Public Service will present a workshop on "The Heart at Work." A good demonstration of the heart at work will take place in the parking lot of Henson Activities Center where the third annual Well-Come Spring 5K Classic will get underway at 7 a.m. on Saturday. The race is sponsored by the American Heart Association.

Several of the workshops this year deal with the problems of aging. Margaret Dean, of the Amarillo Bi City County Health Department, will show you that "Wellness is Ageless." "Creative Aging" is the topic for Ardis Martin, who is a 70-plus year-old graduate nursing student and advocate of geriatric programs.

Aerobics have undergone a metamorphosis in the past several years. Water aerobics and low-impact aerobics are two ways you can exercise without harming your body. The Duncanville Ladies, a senior citizen exercise group, will present two sessions of water aerobics on Saturday. Rebecca Lunden and Sheila Brainerd of Rancho la Puerta, California will give instruction on how to prevent back strain during exercise. They are well-qualified and experienced exercise instructors who have been associated with Rancho la Puerta and its sister spa, the Golden Door, since 1979.

Weight training has become a part of many exercise programs. Bob Fix, strength coach at Baylor University, will demonstrate the correct way to train with weights on Saturday afternoon.

Exercise is good, but nutrition is also an important aspect of wellness. Gene Erb, director of the Health Promotion Center of the Town Club and High Plains Hospital in Amarillo, will discuss "Nutrition-Facts and Fallacies" on Friday afternoon. In the same field, Mary Blinderman, home economist with Southwestern Public Service, will give you some "Delicious ideas for Healthy Meals."

Preventive approaches to wellness will be discussed by Clayton D. Gable, assistant director of physical therapy at the Texas Tech University Health Sciences Center/High Plains Baptist Hospital, in his seminar "American Back School." "Prevention of Substance Abuse" will be covered by Kay Kropf, of Palo Duro Hospital Care Unit.

Exercise is often difficult for the handicapped person. Danny Williams of the Baylor Institute-Rehabilitation and Therapeutic Recreation Division, will address this issue in "Fitness for Handicapped Persons" on Saturday morning. Mental fitness will also be featured Saturday morning with Dr. Joyce O'Rear and "Stress Management: Essential Skills and Strategies for Contemporary Life Problems."

Besides being on a \$5 bill, Abraham Lincoln's portrait is also on a \$1,000 savings bond.



LISA PAGE, STACY MCCASLAND

Registration begins Monday for Little Miss Pageant

All girls wishing to compete in the 1987 Little Miss Hereford Pageant may obtain registration forms at the Deaf Smith County Chamber of Commerce office.

Deadline to enter the pageant, set for 7 p.m. Saturday, April 25, in the Hereford High School auditorium, is April 6. Rehearsals are planned April 24.

According to the pageant's chairman, Claudia Wilson, this year's

theme will be "Up-And-Away". The annual event is sponsored by the Women's Division.

Members of the planning committee are Eileen Alley, Patti Brown, Janice Conkwright, Donna Landeman, Christi Smith, Debbie Tardy, Pat Walsh, Poppy Head, Barbara Yavornik, Patti Hendon Farmer, Sue Malaman, Lucy Rogers, Juanita Phillips, Lynette Leasure and Jo Ann Hill.

Membership drive conducted

The Friends of Deaf Smith County Library members are conducting their annual membership drive. Those interested in joining may go to the library or call Dianne Pierson at 364-1206 or Helen Nelson, 364-3112.

The organization provides financial assistance to the library. This year, money from the membership drive will be used to purchase books-on-tapes for patrons to check-out.

In November 1985, 7.5 Albanian leks were worth one U.S. dollar.

Nuptials planned

Mr. and Mrs. Bill Page of Grady, N.M., announce the engagement and approaching marriage of their daughter, Lisa, to Stacy McCasland, son of Mr. and Mrs. Don McCasland of Clovis, N.M.

Wedding vows will be exchanged May 2 at 3 p.m. (MST) at the Church of Christ located at 16th and Pile in Clovis.

The bride-elect, a 1984 graduate of

Grady High School, is employed at A Touch of Class beauty salon in Clovis as a hairdresser.

A 1982 Clovis High School, the prospective bridegroom is employed as marketing consultant with Wheeler Feed Yard in their Clovis office.

All friends and relatives are invited to attend the wedding and reception.

Stew supper set April 4

A Mulligan stew supper will be held April 4 and 5 to 8 p.m. in the I.O.O.F. Hall located at 205 E. 6th St. Stew, cornbread, pie, and coffee or tea will be served for the price of a \$3 ticket.

Sponsored by the Hereford Rebekah Lodge No. 228, proceeds from the supper will be used for a scholarship to be awarded to a Hereford High School graduate.

The ancestors of today's roller skates were used on the roads of Holland as far back as the 18th century.

A Flair
for Design

Faux finishes, Tortoiseshell, Lapiz Lazuli, and Marble are other stones imitated by Faux Finishes, but are involved and should be studied before attempting. When used sparingly on room surfaces and furniture, they can provide exciting interest and are a great deal of fun to learn.

Several books on the subject are on the market, and some of the most easily read and understood are by author Jo Coia Lopez. She also lists supplies required and other sources of information.

If you wish to get more information on the subject of Faux Finishes we would be happy to help toward that end.

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by Carmen Flood

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When: Thursday, March 26th

*Where: The Main Lobby of
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Little's

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Pioneer Study Club investigates waste

The Pioneer Study Club met recently at Something Special with Bobbie Purcell and Helen Bishop serving as hostesses.

Bishop gave the invocation and Leatrus Clark led the Pledge of Allegiance and Salute to the Texas Flag.

Luncheon was served from tables decorated in the St. Patrick Day theme.

Elizabeth Wilson read some of her favorite poems. She has been writing poetry since school days.

The business meeting was conducted by Mary Panciera.

Willie Wimberley gave the Federation report. Fern Sigle and Billee Johnson will represent the club at GFWC Top of Texas Convention at Borger.

It was decided that after many years of registering guests at Pioneer Day, the group would not participate this time.

Johnson presented the program on "Hazardous Waste and the Future," a study intended to help Americans learn the facts of hazardous waste management. Sponsored by Shell Oil Company, the program stated that each year 250 million tons of hazardous waste is created, often the by-products of many important industrial processes which make our standard of living possible.

Various methods used in disposing hazardous wastes were discussed as follows: burning and scrubbing; burning, then burying in double vaults; recycling of wastes into useful products; and responsibly built, locally-oriented RCRA disposal sites, without waste sites illegally dumping.

According to Sigle, "Hazardous waste is the leftover of the good life we all enjoy as households are a significant contributor.

"Each person can help by knowing what is hazardous. Check to see if an item is potentially hazardous before you throw it away, such as household cleaning solvents, disinfectants, medicine, pesticide, paint, and batteries.

"A National Cancer Institute study in Kansas concluded that farmers exposed to herbicides for more than 20 days each year had six times the risk of developing cancer compared with non-farmers." There was an eight-fold greater risk for farmers who mixed or applied their own chemical. Farmers who did not use protective equipment had a 40% greater risk."

Present were: Bishop, Clark, Lucy Cocanougher, Fern Ford, Hazel Ford, Mabel Heard, Bessie Hill, Beatrice Hutson, Johnson, Gladys Miller, Panciera, Purcell, Sigle, Wilson and Wimberley.

Local study club hears book review

The La Afflatus Estudio Club met recently in the home of Lola Jewell. Bea Hutson served as co-hostess and President Jennie B. Terrell conducted a short business meeting.

Lydia Hopson presented the program discussing the book, "A Time for Being Human" by Eugene Kennedy.

Members present included Jewell, Hutson, Terrell, Hopson, Opal Elliston, Eva Gilliland, Virginia Beasley, Tresa Hale, Alberta Higgins, Louise Kinsey, Della Stagner, Emily Suggs, Mary Williamson, Etoile Manning, Aileen Montgomery, and guest, Dorothy Renfro.

Norwegian marauders founded Dublin — one of the first towns in Ireland — in the 9th century.



MARY KOOZER, BOBBY LOW

Wedding date set

Mary Koozer will become the bride of Bobby Low at St. Elizabeth's Church in Lubbock on May 2.

The bride-elect is the daughter of Mr. and Mrs. Gordon Elliott of Hereford. The prospective bridegroom is the son of Mr. and Mrs. Riley B. Low of Mertzon.

Miss Koozer, a 1979 graduate of

Hereford High School, received a bachelor of arts degree in psychology from Texas Tech University. She is employed at Snelling and Snelling in Lubbock.

Low is a graduate of Irion County High School and attended Angelo State University. He is presently self-employed.

Office occupations will be discussed in Plainview

Pre-registration is now open for a workshop in office occupations which begins later this month at Wayland Baptist University in Plainview.

Sponsored by the International Occupational and Lifelong Learning Center, the course is designed to simulate real office experiences, covering a variety of business machine applications and general office skills.

The nine-week course will meet each Tuesday and Thursday from March 24 through May 21. All classes will be held in the Wheeler Building, Eighth and Yonkers.

Among the topics to be offered during the course are typing, including placement of letters and documents; electronic calculators; bookkeeping; dictaphone, and computers.

Special attention will be given to

telephone etiquette and current work processing equipment and techniques.

Course instructor will be Mrs. Gwen Lloyd, who has taught numerous college credit and continuing education courses in office skills in the past for both Wayland and South Plains College.

Cost of the course is \$90 per person, and since it is limited to 12 students, pre-registration is required by March 20.

Interested persons may pre-register in Room 101-C of the Lifelong Learning Center, 708 Yonkers. Additional information is available from the center at 296-5521, ext. 548.

Panama proclaimed its independence from Colombia in 1903.

'Natural' meat a matter of definition

From cereal to fruit juice drinks, there are plenty of products labeled "natural" in the supermarket. Now we can add meat and poultry to that list.

What is "natural" meat and poultry?

According to Texas A&M University Agricultural Extension Service nutritionist Marilyn Haggard, the U.S. Department of Agriculture has three rules for using the term "natural" on a meat or poultry product.

"To wear the natural label, meat or poultry must have no coloring or artificial ingredients," she says.

"The second requirement is that it have only minimal processing," the nutritionist says. "Examples of minimal processing include cutting, grinding, canning, drying or freezing."

"The label must also explain use of the term," Haggard reports. "For instance, a label might state 'Natural beef—no added coloring or artificial ingredients; minimally processed.'"

Meat and poultry labels may also carry animal production claims, such as "fed grain grown without the use of pesticides," reports the nutritionist.

Vague terms like "chemical-free"

and "organic" are not allowed according to USDA regulations, she emphasizes.

In addition, Haggard says any company using animal production claims on a label will have to document that the claims are accurate. Those animals would have to be raised and transported separately from other livestock or poultry to assure that the two groups of animals don't get mixed together.

The nutritionist points out that consumers will probably wind up paying more for meat or poultry with a natural label or a production claim.

"The natural label meat and poultry products are likely to be safe, wholesome and nutritious, but so are the regular products, which meet rigid production and labeling standards of their own," notes Haggard.

Sun, moon, stars

The sun is 400,000 times as bright as the full moon. It gives the Earth six million times as much light as do all the other stars put together, although most stars seen in the distance on a clear night are actually brighter than the sun. The light of the sun reaches the Earth in 499.02 seconds, or slightly more than eight minutes, from a distance of about 93 million miles.

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You qualify for a homestead exemption if you owned your home on January 1 and used it as your primary residence on January 1. It doesn't matter whether your home is a house, a condominium or a mobile home.

Exemptions are available to all homeowners to lower their school taxes. Additional exemptions are available to homeowners who are disabled or age 65 and over. Other exemptions may be offered to homeowners by school districts, counties, cities, and special districts. All taxing units offer exemptions to disabled veterans.

Deaf Smith County Appraisal District
402 W. 4th Hereford, TX. 364-0625

LAND PRODUCTIVITY VALUATION

MAY LOWER THE PROPERTY TAXES ON YOUR FARM, RANCH OR TIMBERLAND

Texas law provides farmers and ranchers with a way to lower their property taxes, known as productivity valuation.

If you qualify, your agricultural land will be taxed on its capacity to produce crops, livestock, or timber, instead of its value on the real estate market. Productivity valuation can lower the taxable value of your land, and lower your property taxes as a result.

If your land has never received productivity valuation, you must apply to the appraisal district by April 30 to get tax benefits for 1987. You can choose from two types of productivity valuation.

If your land already receives open-space or timber (1-d-1) valuation, you don't need to reapply unless the chief appraiser requires you to. But remember, you must apply every year for ag-use (1-d) valuation.

For more information and application forms, contact the appraisal district office at the address shown below:

Deaf Smith County Appraisal District
402 W. 4th Hereford, TX. 79045 364-0625

State Property Tax Board
Box 15900 Austin, TX 78761-5900

PROPERTY TAX RENDITIONS

HELP YOU PROTECT YOUR RIGHTS AS A TAXPAYER

A rendition is a report to the appraisal district that lists all the taxable property you own or control on January 1, 1987. You may also give your opinion of the property's value, if you wish.

You must file a rendition if you own tangible personal property used to produce income—such as the machinery and equipment used by a business.

The appraisal district may require any taxpayer to file a rendition by sending the taxpayer a written notice and a rendition form.

You may want to file a rendition, even if you aren't required to file, to preserve some of your rights as a taxpayer:

- You put your correct mailing address on record so your tax bills will go to the right address. If your bill is mailed to the wrong address, the law still holds you responsible for paying your taxes on time or paying extra charges for late payments.
- You can put your own opinion of your property's value on record.

If the appraisal district then places a higher value on your property, it must notify you in writing of the higher value and explain how you can protest that value to the appraisal review board.

By filing a special type of rendition called a *report of decreased value*, you can notify the appraisal district of significant damage to your property that occurred in 1986. The district will send someone to verify the damage and take it into account when assigning a 1987 value to your property.

File renditions with your local appraisal district at the address shown below. Forms are available there.

The deadline for 1987 renditions is March 31. You can get an extra 30 days if you ask for it in writing before the March 31 deadline.

For more information, get a free copy of the pamphlet, *Taxpayers' Rights, Remedies, Responsibilities*, at your appraisal district office or from the State Property Tax Board in Austin.

Deaf Smith County Appraisal District
402 W. 4th Hereford, TX. 364-0625

State Property Tax Board
Box 15900 Austin, TX 78761-5900

Not just tax incentives

Returns make multi-unit housing popular

WASHINGTON — Positive rates of return, not tax incentives, account for the continuing popularity of investments in multifamily housing projects, analysts at the National Association of Realtors say.

In analyzing the results of a recent survey of investment real estate brokers who said multifamily housing properties continue to account for one third of real estate investment transactions, NAR economists predicted that these properties likely would continue to be the most popular form of investment real estate in 1987, even under the new tax law.

"Although construction of multifamily housing projects can be expected to drop-off significantly this year because of less-generous tax incentives; those who choose to invest in real estate will find multifamily properties to be very attractive investments," said Forrest Pafenberg, director of economic

analysis, for the association's forecasting and policy analysis division.

The most recent investment real estate survey taken by the association showed that 33 percent of all investment properties recently bought and sold were multifamily housing projects, while 21 percent were retail buildings, 16 percent were office buildings, 14 percent were industrial projects, 14 percent were land and 2 percent were hotel/motel properties.

More than 11,000 investment real estate specialists were surveyed by the association last fall, yielding information on more than 1,000 investment transactions. Slightly more than 90 percent of all reported transactions were closed in 1986, with 9 percent closed in 1985. This survey was the fourth of a series.

Pafenberg, who analyzed the survey with Fred Flick, acting vice president of NAR's forecasting and policy division, predicted that although multifamily properties can

be expected to comprise a larger share of the investment real estate market this year, overall investment likely will be down from last year. This will happen, he said, because many markets are overbuilt and the new tax law may discourage some forms of investment such as office buildings, hotels and motels.

Pafenberg and Flick noted that 66 percent of all investment real estate

transactions were financed with just one mortgage, and 22 percent of the transactions had two mortgages. One percent were financed with three mortgages, and about 12 percent were cash sales or trades.

Most of the mortgages were fixed-rate in nature, with 56 percent of first mortgages and 65 percent of second mortgages being fixed-rate. Adjustable-rate mortgages and

balloon mortgages were the next most popular types of mortgages.

Most first mortgages for investment properties (31 percent) originate from commercial banks, Pafenberg said, while 25 percent originate from savings and loans, 15 percent are assumptions and 14 percent are seller financed. Sixty-eight percent of all second mortgages for investment transactions are financed by sellers.

In addition to multifamily housing projects, Pafenberg and Flick said industrial and retail properties likely will be popular forms of real estate investments this year. "Retail pro-

perties likely will do well because of the recent strength in consumer spending. However, we do not expect a surge in construction of retail properties, because some retailers fear that consumers may be slowing their spending," Flick said.

"Office, hotel and motel properties likely will have a major shake-out this year because of overbuilding in some areas and less generous tax incentives," he added.

The National Association of Realtors, the nation's largest trade association, represents more than 700,000 members involved in all aspects of the real estate industry.



Find The Right Loan

Pat Newton
Asst. Vice President &
Mortgage Loan Officer
Hereford State Bank

In the last four to five years, real estate lenders have developed numerous creative financing loans. However, most of these loans have fallen by the way, with the exception of the adjustable rate mortgage.

An adjustable rate mortgage (ARM) is a loan that permits periodic adjustment of interest rate and monthly payment amount, usually once a year. Adjustment to the interest rate must correspond directly to the movement of an index, most commonly the 1 Yr. T-Bill. There is also a margin involved, which is a constant number that will never change over the life of the ARM. The new interest rate each time will equal the current index plus the margin. However, most ARMs also have provisions that limit the yearly interest rate adjustment and lifetime change, known as "caps." These "caps" protect the borrower against "payment shock" in times of rising interest rates.

In an attempt to explain an interest rate adjustment, the following figures will be assumed: Current Index Rate (1 Yr. T-Bill) 5.94% Margin: 2.5%; Yearly interest rate cap: 2%; Interest rate currently in effect: 12%. The formula would then be: 5.94% (index) + 2.5% (margin) equals 8.44% rounded to 8.5%. However, the current interest rate on the note is 12% and there is a 2% annual adjustment cap. Therefore, the new interest rate will be 10% in this example, not 8.5%.

The ARM is probably the one mortgage loan that is fair to both the lender and the borrower. Each is assured of paying or receiving interest that is equitable to market conditions.

Gardening provides economic initiative

By The Associated Press

Backyard gardeners could meet half the nation's vegetable needs by the year 2000, says gardening equipment executive Herb Shiroff.

Shiroff, president of Mantis Manufacturing Co., says 29 million backyard gardeners are currently cultivating an acre or less to grow vegetables for home consumption.

With gardening now a \$15.2 billion market in the United States today — including lawn care, landscaping, pest control and vegetable gardening, flower and indoor planting and cultivation — do-it-yourself gardeners will yield more and more of the nation's food as the popularity of gardening grows and methods improve, he says.

A National Gardening Association survey reported that almost 60 percent of the country's gardeners tend gardens for food, including more than 30 percent who say they garden primarily to raise vegetables.

Some 20 percent garden for self-

sufficiency they realize in home canning and freezing, the survey said, and 15 percent garden to save money.

The urban gardening program of the U.S. Department of Agriculture Extension Service offers an example of how gardening helps people economically, says Shiroff.

"The program involves 560 acres in poor neighborhoods of 15 major cities," he says. "In these community gardens, more than 174,000 of the urban poor are producing \$14.5 million worth of food each year on small plots they individually tend."

After a few years of using intensive gardening methods, Shiroff says, a 20-by-30-foot garden can produce \$1,000 or more worth of food annually.

Shiroff's company, based in Huntingdon Valley, Pa., produces power equipment designed for households that grow vegetables for family use or flowers as a hobby on an acre or less.

Large number of screws on market

By ANDY LANG
AP Newsfeatures

While all of us know a screw provides more holding power than a nail, many are unaware of the large number of specialty screws on the market.

You can purchase one of these tough fasteners for any task you can think of and for many you never even imagined. Although your familiarity with screws may have been confined to flatheads and roundheads in both cross-slotted and Phillips types, the number of variations is almost endless.

First, let's review the standard kinds. The flatheads and roundheads are just what their names imply. They have flatheads and roundheads. The flathead is used when you want the head of the screw to be flush with the surface. The

roundhead has a slightly neater appearance and is used when the parts joined might have to be disassembled at a later time. It also permits a washer to be used with it. An offshoot of the roundhead is the ovalhead, which has an even more decorative appearance and also can be removed easily and can be countersunk.

A slotted screw has a straight slot across it and can be turned with an ordinary screwdriver blade. A Phillips screw has crossed slots, which are turned with a Phillips screwdriver, whose blade tip fits into the special slots.

Even though these screws are standard, it is important that the proper size screwdrivers be used on them. A driver whose tip is too large or too

small is likely to slip and damage either the surface of the work or the screw itself. Another thing that can damage the surface is not starting the screw properly. To make the right start, place the blade in the slot, then hold it with one hand while you turn it with the other, all the while being careful that the screwdriver is held straight.

One type of screw with which most do-it-yourselfers are unfamiliar, but which can be very useful, is a hanger screw. One end of it has threads like a regular screw. That is the end that is driven into the wood. The other end has threads that will accept a nut. Between the two ends is an unthreaded section. Obviously, then, you can screw this device into the material, hang something on it and use the nut to hold it there securely. What is called a lag screw or bolt is somewhat similar, except one end is a permanently attached square that can be tightened with a wrench.

Screws used outdoors may rust unless you use brass or aluminum, but you can get the stronger steel screws with special platings if that asset is needed. One of the most useful varieties of fasteners is the screw hook, which is threaded on one end and has a curved

or square bend on the other. While mostly used for hanging tools, it is often employed to hold kitchen utensils. Even more widely used in the kitchen is the cup hook, which can be used to hold many things besides cups. A cup hook has a kind of cap on it, just under the hook, so that many of them can be driven in the same depth when that is necessary. And, of course, we all know the screw eye, used alone or in conjunction with a hook.

No matter what type of screw is used, it is important to avoid the possibility of splitting the wood. When using a small screw or when working with softwood, splitting can be avoided by making what is called a pilot hole with an awl. But, when using a large screw in softwood or any kind of screw in hardwood, the pilot hole should be made with a drill. When working with fine furniture, professionals drill a clearance hole for the shank and another hole for the threaded portion of the screw. When the head of the screw is to be driven below the surface or even with it, a countersink bit performs the whole operation.

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Parents say home schooling gives children benefit of better education

By JOAN GOESSL, Associated Press Writer

Sarah Klima had finished third grade at a public school when her parents decided she could receive a better education at home.

That was nearly three years ago. Today, Sarah shares a classroom in the Klimas' Las Cruces, N.M., home with her older brother and younger brother and sister.

The children's mother, Sue Klima, is their teacher.

"I wouldn't trade it for any other school," said Sarah, now 12 and in the sixth grade. "It's just a lot easier being taught in your own home."

The Klimas are among roughly 200 New Mexico families who have registered with the state Department of Education to teach their children at home.

Phil Schultz, president of New Mexico Christian Home Educators, said that number represents about half of the parents who teach at home.

"We're moving toward a trend where more are registered than aren't," said Schultz, whose wife, Wendie, teaches their three school-age children in their Albuquerque home. "Some people are afraid that if their names are discovered and the law were to change, they'd be exposed. The fear is that they're going to do that."

New Mexico requires compulsory education until age 16, but a law passed in 1985 permits home schools providing:

—Parents notify the school district

that they plan to teach their children at home.

—Parents maintain attendance and immunization records and furnish them to the district's superintendent.

—Parents include certain subjects in their curriculum, and test students annually to assess achievement under state and local school district testing programs.

The law also stipulates that the home teacher possess at least a baccalaureate degree, but that requirement can be waived.

A child who finishes secondary education at home does not receive a diploma, but rather takes the high school equivalency exam.

Weekday mornings find the school-age Klima children — Sarah, Jason, 13, Joshua, 8, and Rachel, 6, — helping with chores around the house, spending an hour on Bible study and then diving into subjects such as science, math, geography, and English.

The changes in her children have been remarkable since they began attending classes in a "school room" complete with maps on the wall, cabinets filled with encyclopedias and textbooks, and a large table with chairs, Mrs. Klima said.

"They're more positive, more confident, have a better attitude about life in general," she said. "They're better able to interact with kids their age and they have a better attitude about learning than they did when they were in public school."

Mrs. Klima's sentiments about

home schooling are shared by other parents in New Mexico who have opted for a classroom in their homes.

Their reasons for home education often center around strong religious convictions and a belief that morals and ethics taught in the home will mold their children into more solid adults.

Home schoolers Dorothy and Clyde Sanchez were educated in New Mexico schools before attending Cornell and Yale universities. Their college experience led to a decision to teach their two school-age children in their Albuquerque home.

"When we got there (to college) we just kind of realized that our overall attitude toward learning was not what it should have been," said Mrs. Sanchez, who holds bachelor's and master's degrees in nursing. "We were not as prepared as other students were."

"We also feel as Christians that God's given us a command to teach our children and we feel that's the way to go," she said. "The public school system doesn't allow teaching about creationism or character qualities that we feel are essential."

Wendie and Phil Schultz's school-age children have been taught at home for the past four years, a decision reached largely because they thought their kids needed better character development.

"When we had them in school we kept seeing character areas that they had needs in and we kept hoping there would be a teacher who also would notice those areas," Mrs. Schultz said. "Academically they were doing very well."

Like Mrs. Sanchez, Mrs. Schultz believes "it's God's plan to teach a child at home."

But while home school proponents stress that children receive a richer education because of the individual attention they receive, opponents contend home schooling prevents a child from acquiring social skills. They also question the ability of some parents to teach subjects such as chemistry and calculus.

"Some say the (home school) children are sheltered, but it's impossible to shelter children in this world," Mrs. Schultz said. "You can't turn on the radio or TV or walk down the street to visit relatives without having conflicting views."

Home schoolers also are quick to point out that their children do indeed have a social life.

The Klima children, for example, participate in music and Spanish classes with other home-schooled children. The Sanchez children get together with other home schoolers for a monthly field trip.

"What I always tell them is come

and see," Mrs. Klima said, referring to critics. "The people I've talked to who were skeptical at first have changed their minds when they see the kids interacting with other home school kids."

A point of controversy among home schoolers is the state requirement that a parent who teaches at home have at least a baccalaureate degree. While that requirement can be waived, home schoolers question whether it's needed at all.

"Whether a person has a degree or not has very little bearing on how well he performs as a home schooling teacher," said Phil Schultz. "Some people could legitimately point out that someone could have a degree in basket weaving. What does that have to do with teaching?"

Wendie Schultz, who's applied for a waiver, said, "As far as parental qualification, from what I've seen, the parent knows the children best."

"I guess what I feel is the requirements should not be based on what qualifications you have but what are the results," she said. "Our children are average or above average in everything."

Margaret Rutz, state coordinator for home schools, said waivers usually are denied on technicalities. One parent's request for a waiver was rejected because the parent was using a tutor, which is not legal.

Another waiver was questioned because a report from Health and Social Services indicated the home was not a desirable teaching atmosphere. Miss Rutz said. A follow-up visit found the parent was not conducting a home schooling program, and the waiver was denied.

Of the 200 families who've registered with the state, more than 50 percent have requested a waiver for not having a bachelor's degree, Miss Rutz said. And because short staffing has kept the accreditation department from responding to many of the requests, Miss Rutz said any parent who has filed a waiver can begin teaching regardless of whether it's been approved.

"Home schoolers have not reported major problems," Miss Rutz said. "I think in general it's been well received. There are still people who feel a home school is not an acceptable way to educate youngsters and of course others who feel differently."

Home schoolers themselves stress teaching children at home is not an undertaking all parents are destined to try.

"Home education is not an easy thing to do," Schultz said. "We're not going out and encouraging everybody to do this."

Crossword

- ACROSS
- Ship's tiller
 - Electrical unit
 - Lift
 - Glasses
 - Roman bronze
 - Vegetable spread
 - Prepares
 2100. Roman
 - Deserve
 - One _____ time
 - Monkey's kin
 - I possess (cont.)
 - Maxim
 - Actress Parker
 - New (pref.)
 - Piano part
 - Time zone (abbr.)
 - Sesame plant
 - Shoe part
 - WWII area
 - Money (sl.)
 - Clam genus
 - Ant
 - Nuclear weapon (comp. wd.)
 - Derby, e.g.
 - Popular dance music
 - Over (poet.)
 - Small island
 - Airline information (abbr.)
 - Exclamation of dismay (2 wds.)
 - So be it
 - Sunday speech (abbr.)
 - Shafts
 - Cooking fat
 - Three (pref.)
- DOWN
- Biblical king
 - Genus of ants
 - Papal envoy
 - First copies (abbr.)
 - Auntie
 - Sewed border of
 - Kiss
 - Garden tool
 - Actress
 - May
 - Egerness
 - Photographic bath
 - Behold
 - Make payment
 - Jungle drum
 - Assurance
 - Compact
 - Most weeping
 - Heavy vapor
 - Stable worker
 - Hawthorne heroine
 - Hey! (comp. wd.)
 - Atonement
 - Small glass bottle
 - Santa's sound
 - Oatmeal
 - Solicitude
 - Conclusion
 - Hockey great Bobby

Answer to Previous Puzzle

H	A	C	K	M	S	S	H	A	M	E	
I	C	O	N	A	P	A	I	V	A	N	
R	E	N	O	M	U	D	D	A	L	I	
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R	O	O	T	I	O	N	D	E	L		
A	N	N	E	T	O	G	D	Y			

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Pivot system good, if fit to conditions

A properly designed center pivot sprinkler irrigation system can improve irrigation efficiency, saving both money and water. However, the key to the efficiency of a sprinkler system is a design that fits the conditions under which it will be used.

"The main concern is that the system needs to be designed for the amount of water the farmer has available. There shouldn't be any guess work," states Ken Carver, Assistant Manager of the High Plains Underground Water Conservation District No. 1. "It is important that the farmer provide his center pivot center dealer with accurate information. This way the dealer can design a system that will provide a uniform application of water to the field with the least amount of evaporation losses, while obtaining the maximum fuel efficiency from the irrigation pump."

Carver explains, "First, the farmer needs to determine the friction losses in the pipeline between the well and the center pivot. These friction losses result in the pump working harder to produce a given amount of water. In fact, the effect of additional pressure on the pump is the same as the pump lifting water from a greater depth—one pound of pressure equals 2.31 feet of additional lift for the pump."

Next, the farmer needs to meter his well or wells to determine the quantity of water he has available for the system. Additionally, the farmer needs to find out the pressure requirements of the center pivot sprinkler system he is considering purchasing.

The yield of many wells will drop when they are pumped against a pressure head. Therefore, the farmer should simulate the

operating pressure of the sprinkler plus the pressure required to overcome the friction losses in the pipeline with a squeeze valve on the pump before he makes his yield measurements, explains Carver.

"With this information the dealer can then design a system for the correct volume of water that will be produced and distributed through the pivot sprinkler system."

If the sprinkler system is designed correctly, it can be a highly efficient method of irrigation. However, if the system is designed for a given volume of water at a certain pressure requirement and one of those parameters is incorrect for the actual field conditions, then the efficiency of the system suffers, notes Carver.

Irrigators may also need to consider the slope of their land, which may require the addition of pressure regulators in order to maintain the required pressure and keep an even water flow to the field. In addition, a booster pump or revamping of the pump may be necessary to handle the added pressure of the sprinkler system.

For those interested in acquiring a center pivot sprinkler system to improve their irrigation efficiency, the High Plains Water District currently has loan money available to qualified applicants for the purchase of sprinkler systems and other agricultural water conservation equipment.

For more information about the design and installation of a center pivot sprinkler system, contact the High Plains Water District in Lubbock, the local office of the Soil Conservation Service or the Texas Agricultural Extension Service.

Agriculture

Efficient irrigation requires maintenance

Checking irrigation well yields is one of the keys to maintaining an efficient irrigation application and distribution system. "Irrigators should routinely check to see if their pumps are delivering the amount of water they were designed to produce," advises Ken Carver, Assistant Manager of the High Plains Underground Water Conservation District No. 1.

"When well yields drop, pump plant efficiencies normally decrease. This in turn, raises the pumping costs," says Carver. "Declining well yields can indicate that a problem exists with either the pump or the well itself; for instance, the pump bowls could be worn or the well casing perforations could be corroded or clogged."

Checking well yields before the summer irrigation season allows farmers time to fix any problems that may exist before they begin irrigating. Carver also recommends that farmers check their well yields every summer during normal well operation, because problems can be detected quickly at that time.

The best way to check the well yield is to install a flow meter on the discharge pipe at the well. This meter records the well yield in gallons per minute. "If you have a closed system, where you can't measure the flow at the well, you can use a short pipe connected to a hydrant and meter the well yield there," Carver says.

It is particularly important to check well yields if more than one well is pumping into a common pipeline.

Often when more than one well is pumping into a common pipeline, the wells do not produce the amount of water they would if they were pumping to open discharge. In fact, a few wells have been found that will not pump any water at all when they are pumping against the pressure head created by other wells pumping into the same system. Farmers should measure the flow of each well individually, both when the well is pumping alone and when the well is pumping in combination with other wells in the system.

Irrigators should also measure the

amount of water delivered to the field. This can be done by metering the flow at the discharge point, Carver says. He explains, "Comparing the flow rate at the well with the flow rate at the discharge point, may reveal that a water loss exists somewhere in the distribution system and help pinpoint where the water loss occurs."

For instance, if the pump is delivering its full capacity, but the discharge rate to the field is less than that capacity, then there is probably a leak somewhere in the pipeline.

The High Plains Water District in Lubbock, the local office of the Soil Conservation Service or the Texas Agricultural Extension Service can provide assistance and information on testing well yields.

Loan expansions could cause problems

WASHINGTON (AP) — Expanding the marketing loan concept to include wheat, corn and soybeans might cost in the range of \$2 billion to \$3 billion over two to three years, a leading farm cooperative official estimates.

In light of U.S. farm problems and their economic ripples, it might be well to reconsider budgetary objections to marketing loans, Wayne A. Boutwell, president of the National Council of Farmer Cooperatives, told a Senate panel.

"Surely the burden of proof should now be with those who oppose its implementation," Boutwell told a Senate Agriculture Committee hearing called to review the working of the farm program set up under the 1985 Food Security Act.

The concept is designed to stimulate exports. It was included for rice, cotton and honey in the 1985 law and has given a boost to overseas sales of those commodities.

The marketing loan modifies the traditional non-recourse price-support loan by allowing the farmer to repay at the prevailing market price, which is ordinarily substantially below the amount of the loan.

The government received discretionary authority to use marketing loans for wheat, feedgrains and soybeans but thus far has not done so.

Meanwhile, "the turnaround has been dramatic" for the crops that are benefiting from marketing loans

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Despite agriculture's problems

No suicide increase

BISMARCK, N.D. (AP) — The suicide rate among farmers in five agricultural states has not jumped dramatically during the farm recession, although it exceeds the rate for white male adults, a study says.

The study, which took a year to complete, analyzed data from North and South Dakota, Minnesota, Montana and Wisconsin, said Dr. Robert Wentz, health officer for North Dakota.

In those states, there were 44.2 suicides in 1980 for every 100,000 farmers, according to a North Dakota Health Department statement. The national rate that year was 31 suicides for every 100,000 white men aged 20 or older, a category that included virtually all the farm suicides studied.

The rate dropped to 41.8 in 1981, but increased to 57.5 in 1982, the highest of the six years studied, the statement said. However, it gradually declined in the next three years, dropping to a rate of 41.3 in 1985, the last year covered by the analysis.

"This is the first definite study that I know of that deals with farm-related suicides in North Dakota and nearby states," Wentz said. "Much of the information we have had previously has been anecdotal and based on perceptions rather than statistical data."

The study found a total of 589 suicides among farmers in the five states during the six-year period analyzed, the statement said.

A lack of data made it difficult to determine whether the suicide rates calculated by the study represented a change from earlier years, or if they differ from farm suicide rates in other parts of the country, Wentz said.

"However, the information produced by this study can be used to

gauge trends in future studies dealing with the farm suicide issue," Wentz said.

The study was prompted by concern over whether economic difficulties faced by farmers in the five states in the past few years had contributed to an increase in the suicide rate.

Beef cattle program scheduled in April

COLLEGE STATION — A special program dealing with beef cattle health will be held April 25-26 at the YO Hilton Hotel in Kerrville.

The program is an educational effort of the Texas Veterinary Medical Center at Texas A&M University and the Texas Agricultural Extension Service and is aimed at both beef cattle producers and veterinarians, points out Dr. Buddy Faries, Extension veterinarian.

The opening session which begins at 8:30 a.m. on April 25 will focus on quality feeder calves, bull evaluation and cost benefits of maximizing immunity-minimizing stress in beef animals.

Conference participants will have a choice of several activities that afternoon, including a Brangus Sale

at the Fall Creek Ranch near Kerrville, a tour of the Y-O Ranch, and visits to Ingram and Fredericksburg. Former Texas Commissioner of Agriculture Reagan Brown will address the conference that evening.

The following day's program will include discussions on parasite control, implants, the beef checkoff program, lean beef, supplemental feeding, estrous synchronization, costs and returns of cow-calf management procedures, brucellosis update and use of drugs in cattle.

Dr. A.F. Hopkins, president of the American Veterinary Medical Association, will speak at a luncheon on April 26.

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Hauling dirt, sand gravel, trash, yardwork, tilling, leveling. Build flower beds, tree planting, trimming. Call 364-0553 or 364-8852.

11-160-10p

Urbanczyk lawn care. Mowing, trimming, fertilizing, aeration, thatching, garden tilling and shrub pruning. Call Connie or Chad 364-5351.

11-165-20p

Now taking yards to be mowed, weed whipped and edging. Call Martin Urbanczyk, 364-0220.

11-171-tfc

Would like to mow, edge & weedwhip your lawns. Call Lori or Cody Page at 364-3944 or Duane Albracht at 364-0892 after 5:00.

11-177-tfc

Will do inexpensive lawn work. Mowing, edging, etc. Call 364-2154.

11-178-10c

Jose Reyna Tree Trimming. Clean yards. Clean yards. Low prices. Call 938-2170, Hart, Texas.

11-178-20p

Steward Brothers Enterprise Total Lawn Care. 379-9522, 364-1250.

11-180-5p

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11-170-20c

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76-40c

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12-167-tfc

Wheat pasture for lease. Need 100 head. Call 499-3575 after 9:00 a.m.

12-181-5p

For sale 3 year-old AQHA stud. Lots of color. Call 276-5883 after 5:00 P.M. weekdays or all day weekends.

12-183-2p



REWARD FOR
Recovery of a hot pink Diamond Back bike stolen on 16th or call 364-5128 or 364-8711.

13-180-5p

Found Sunday night at intersection 385 and 60, Hereford Whiteface tote bag with clothes. Call 364-5311 and identify.

13-182-3p

Reward for return of grey bike with white tires and seat. Stolen from Northwest School during weekend. Call 364-4670 364-5940.

13-182-3c

Found on Hwy. 60 West, male brown poodle. No collar. Very friendly, well cared for dog. Call and identify 364-8402 after 7 p.m.

13-184-3p



PUBLIC NOTICE
Notice is hereby given that Panhandle Community Services is seeking financial assistance from the U.S. Department of Transportation under the Section 18 Grant Program. Grant funds will be used to provide operational support for existing public transportation in Potter, Armstrong, Briscoe, Carson, Castro, Collingsworth, Dallam, Deaf Smith, Donley, Hall, Hartley, Hemphill, Hutchinson, Lipscomb, Moore, Parmer, Randall, Swisher, Wheeler, Gray, Childress, Sherman, Hansford, Ochiltree, Roberts and Oldham counties and expand those services as specific area transportation needs increase. Copies of the grant proposal are available for inspection by the public at: Panhandle Community Services, 1605 West Seventh Ave., Amarillo, Tx. Any person wishing to request a public hearing on the proposed project must submit that request in writing to: Panhandle Community Services, P.O. Box 32150, Amarillo, Tx. 79120 or at the above address prior to April 17, 1987.

S-184-2c



DATE BOOK

March 22, 1987

Today is the 81st day of 1987 and the 3rd day of spring.

TODAY'S HISTORY: On this day in 1982 the U.S. space shuttle Columbia lifted off for its third voyage into space.

TODAY'S BIRTHDAYS: Randolph Caldecott (1846), Karl Malden (1913), Marcel Marceau (1930), Stephen Sondheim (1930), William Shatner (1931).

TODAY'S QUOTE: "Solutions to the problem of space flight, if not adopted, will be because something better has turned up." — Arthur C. Clarke.

TODAY'S MOON: Last quarter.

Jacobsen, Curtsinger attend Rebekah Assembly recently

Ursalee Jacobsen and Susie Curtsinger attended the I.O.O.F. Grand Lodge and Rebekah Assembly of Texas held this week in Abilene.

Curtsinger served as assistant musician for the event by playing for the presentation of officers in the opening session of Rebekah Assembly.

H.T. (Tim) Schuster, Sr. of Amarillo was elected and installed Grand Master of Independent Order of Odd Fellows of Texas.

Jacobsen was installed as District Deputy President of District No.5. Curtsinger took her seat on the Ambassadors of Love Committee for

Marie Mason of Fort Worth, who was newly installed as president of the Rebekah Assembly of Texas.

Among the highlights of the meeting was the presentation of a 75-year membership pin to A.L. Patterson, 99-year-old member of the Smiley I.O.O.F. Lodge No. 339.

Jacobsen, representative from the Hereford Rebekah Lodge No. 228, also attended the breakfast held for 50-year members.

"Checkmate" comes from the Arab victory cry in battle. The king is dead. "Check" is a corruption of "sahn" or king.

"GOOD GRIEF!"
"OH DARN!"

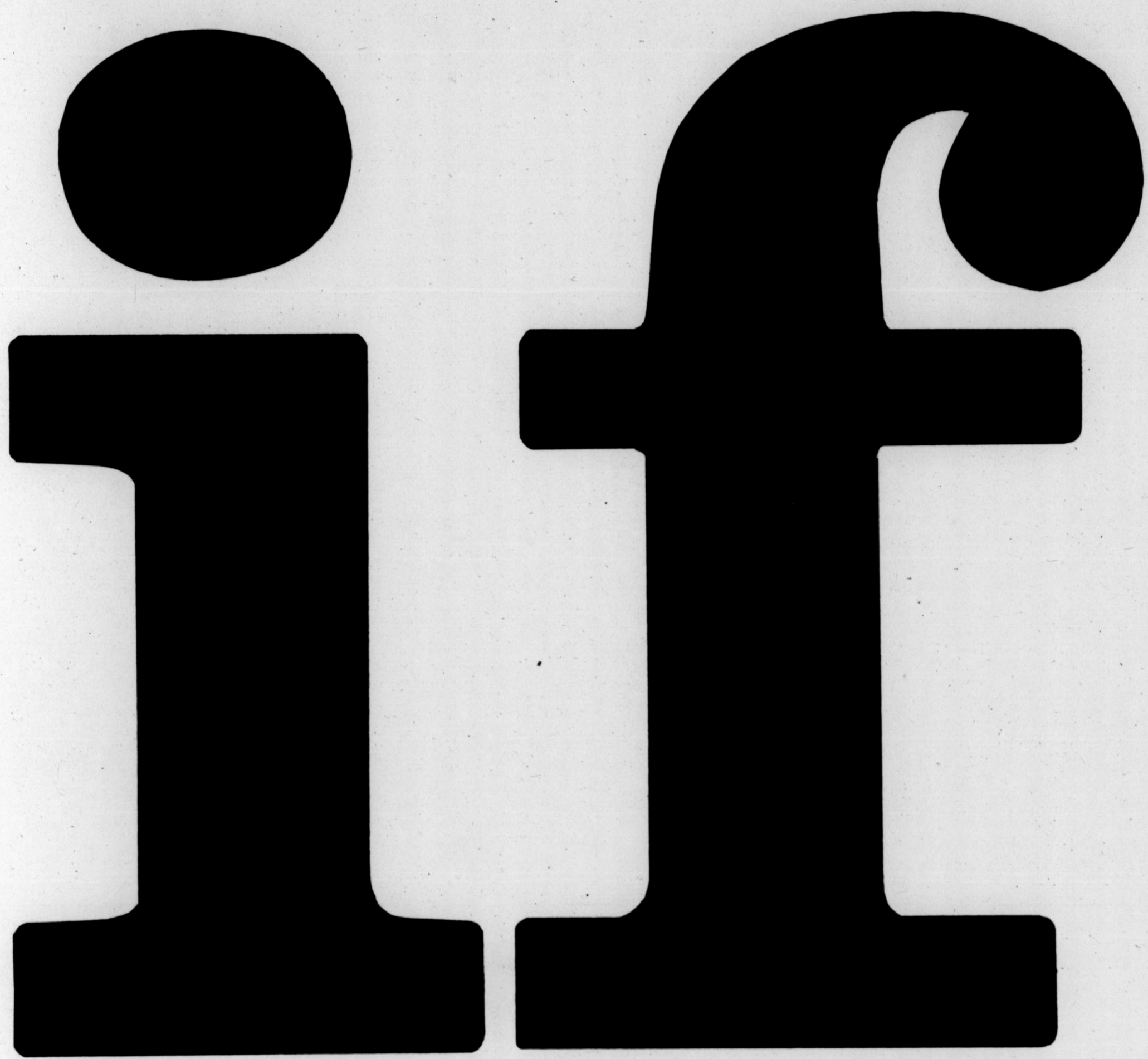


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