SPORTS Only 10 days left 'til Super Bowl XXIV--Page 4

WEATHER

WINTER STORM could dump six inches of snow here. Forecast in Roundup, Page 2

Inside today's Brand

Comics-TV...6 Classifieds...8

The Hereford Brand Thursday Jan. 18, 1990

Hustlin' Hereford, home of Pat Axe

Enjoying the weather while we can

89th Year, No. 140. Deaf Smith County, Hereford, Tx.

25 Cents

By JANIE BANNER

Thirty-three years after the incident I wish to publicly claim my dad, Elmer Reinart, as my hero. He faithfully and quietly

supported a large family and "fed the peoples" by farming southeast of Hereford for all of my life until his retirement a few years ago.

The particular time in my life I wish to focus on is when I was five years old and got myself run over.

Daddy was at the wheel of a pickup when I got in the way next to a corn field. A tire passed over my head and my world went black for 24 hours.

The exact details of the next few days are perhaps locked in my subconscious as I lay unconscious in the hospital for what doctors said were to be the final 24 hours of my

I know now it was my daddy's faith that prayed me through recovery, along with prayers of other, unknown, heroes. I believe it was courage and wisdom that helped him act quickly to save my

He would want no credit, of course, and will say he's no hero, "just did what one has to do." That's grace, dad, and you're full of it in my books. Thanks. (Hope this article won't embarrass you too much).

I Love you too, Mom (another hero for sure). You, Dad, and the Good Lord are the reasons I live. eternally grateful for the gift of life.



Kindergarten students at Northwest School in Hereford play on a tire swing Wednesday afternoon at the school. The students were enjoying the last day of spring-like conditions: a winter storm moved into the area this morning, and that will keep the kids inside through at least Friday.

By SPEEDY NIEMAN

That feller on Tierra Blanca Creek says death and taxes are both unavoidable, but at least death isn't an annual event.

The rich get richer; the poor get poorer, and the middle class get

A Hereford youngster was impressed by the Sunday School teacher's message about all the things that God had done for us-even giving up His Son. To the teacher's question of what can we do for God, the young boy spoke up, "He can have my sister!"

The annual Sugar Beet Banquet Saturday night will top off "Holly Sugar Week" in Hereford. Some special recognitions are to made at the banquet, which also features a top-notch speaker and the recognition of the Ag Man of the

The spotlight was on agriculture this week what with the West Texas Vegetable Conference here on Tuesday, a CattleWomen's luncheon Tuesday, a Frito-Lay luncheon the same day, a TEC meeting for ag employers Thursday, then the annual Texas Sugar Beet Growers business meeting Friday and banquet Saturday.

Patience and endurance were key factors in Benjamin Franklin's method of persuading others to his point of view. Local political candidates, or anyone for that matter, might be interested in a few

(See BULL, Page 2)

Oat bran may not be all it's cracked up to be

"If they were eating Cream of

Wheat in the morning, they didn't

have any room for bacon and eggs.

If they had high-fiber dinners, they

weren't out eating pepperoni pizza.

That's probably what happens in

BOSTON (AP) - The ballyhooed powers of oat bran are challenged by a study today concluding this faddish food fails to lower cholesterol after all.

The idea that oat bran lowers the level of dangerous cholesterol in the blood has been widely accepted in recent years. Some health experts have recommended starting the day with a bowl of oatmeal, and oat bran has become a common ingredient in muffins, cookies, bagels, even doughnuts and potato chips.

The new study found that people's cholesterol levels indeed go down when they eat lots of oat bran, but it's only because they also cat less saturated fat and cholesterol

cholesterol-lowering property in oat bran," said Dr. Frank M. Sacks, a co-author of the study.

Some researchers were skeptical of the findings.

"There is a clear cholesterollowering effect when you use oatmeal or oat bran," said Fred Shinnick, a research scientist at and while eating equivalent Quaker Oats Co., which stresses out amounts of low-fiber white flour bran's benefits in its cereal ads. and Cream of Wheat. But they also disproves the weight of the cholesterol. evidence that has been published over the past 25 years.'

Oat bran is promoted as a health food largely because it is rich in soluble fiber. Several studies have suggested that this kind of fiber somehow removes cholesterol from

real life." Dr. Frank M. Sacks, High amounts of saturated fat

and cholesterol in the diet can raise "There really isn't any blood cholesterol levels, leading to heart disease. But when people eat lots of grain products, they're too full to eat their usual amounts of fatty food, according to the new

In the latest study, volunteers' cholesterol levels fell significantly both while eating lots of oat bran "We don't think one small study cut their intake of saturated fat and

"They were meeting their caloric requirements, and they didn't feel hungry," said Sacks. "If they were eating Cream of Wheat in the morning, they didn't have any room for bacon and eggs. If they had high-fiber dinners, they weren't out eating pepperoni pizzas.

"That's probably what happens in real life.'

study's co-author

The study, conducted on 20 volunteers, most of them hospital dictitians, was directed by dictitian Janis F. Swain at Brigham and Women's Hospital in Boston. It was published in today's New England Journal of Medicine.

The volunteers ate seemingly identical muffins, meatloaf and casseroles for two six-week periods. During one period, the foods contained 100 grams, or 3 ounces, of oat bran, while during the other it contained that much white flour or Cream of Wheat.

The volunteers could eat

whatever else they wanted. On both the oat and non-oat regimens, their cholesterol levels were about 7 percent lower than before they went on the diets.

Sugarbeet meeting set for Friday

Hereford, as proclaimed by Mayor presented. Wes Fisher, and the special obserannual banquet at the Bull Barn.

The TSBGA banquet is set for 7 livestock in total dollars generated. p.m. Saturday with Keith Barrett, nationally-known humorist, as guest ed by the TSBGA's annual business speaker. Tickets are \$7.50 each and meeting at Hereford Community can be purchased at the door.

in the success of the beet industry in attending and valuable door prizes the Panhandle area. The annual Ag will be given.

This is "Holly Sugar Week" in Man of the Year award will also be

Holly Sugar is recognized as one vance climaxes Saturday night of the community's largest private when the annual Texas Sugar Beet employers. Mayor Fisher, in his Growers Association holds its proclamation, points out that sugar beet production is second only to

Saturday's banquet will be preced-Center Friday beginning at 9 a.m. Bill Cleavinger, president of both the Texas and national beet grow-New and past directors and offi- ers' associatons, will head the list of cers will be recognized, as well as speakers for the session. A lunch others who have been instrumental will be catered for the growers

Mayor Wes Fisher originally moved to Hereford in 1964 as Holly's first agricultural manager here. He recently signed a proclamation designating this week as Holly Sugar Week



in Hereford. WHEREAS: The Merrill E. Shoup plant of the Holly Sugar Corp. is celebrating its 25th year of operations in Hereford, Texas, having processed the first sugar beet crop in 1964;

AND WHEREAS: Holly Sugar Corp. is recognized as our communities' largest individual private employer, providing jobs for more than 400 of our citizens, thereby generating an annual payroll of

AND WHEREAS: We recognize that sugar beet production in our county is second only to livestock in total dollars generated, and that growers spend some 22 million dollars annually to produce the crop;

AND WHEREAS: Holly pays more than one-fourth of a million dollars in taxes annually to our community;

THEREFORE: I, Wesley S. Fisher, Mayor of the City of Hereford, do hereby proclaim the week of January 14th-20th, 1990, HOLLY SUGAR WEEK and urge and encourage all citizens of Hereford to reflect on the importance of the sugar industry to our community and to recognize and appreciate the many contributions made by Holly and its employees to the City of Hereford.

Study says WTSU-A&M merger bad

AMARILLO (AP) - A merger of West Texas State University into the Texas A&M system would harm Texas Tech University and duplicate programs in that area of the state, says a staff report from the Texas Higher **Education Coordinating Board.**

The staff's recommendation against the merger comes a little more than one week before the coordinating board is scheduled to rule on the proposed merger.

The vote on whether to allow the 6,000-student West Texas State school into the A&M system is set for Jan. 26. The report recommended killing the

proposal, saying instead that the Legislature should consider aligning West Texas State with Texas Tech. Officials with West Texas State and

Texas Tech were unavailable late Wednesday to comment on the report's findings.

The West Texas State campus is about 16 miles south of Amarillo and 100 miles north of Lubbock, where Texas Tech is based. Supporters say the merger plan enjoys wide support in the Panhandle because West Texas State would attract more research money and gain prestige as a member of the A&M system.

But the coordinating board's staff report said a merger likely would harm Texas Tech by "encroaching, through a Canyon campus, upon programs and services already offered by Texas Tech University in West Texas and the Panhandle area."

Those programs include agricultural and veterinary courses, according to the report.

In addition, the staff report said, many Texas A&M alumni object to the merger because they oppose the extension of A&M labels, degrees, rings and traditions to any location other than College Station.

Rep. Rick Crawford, R-Amarillo, said he was disappointed by the staff report and hopes that the full board will approve it despite the recommen-

It was unclear how the development would affect plans by the proposal's backers to charter a plane to Austin so they could show their support for the merger at the coordinating board meeting.

The Amarillo Chamber of Commerce announced it planned to charter a 150-passenger jet to Austin on Jan. 25, and chamber members said they hoped to fill the plane

Page Two

Local Roundup

Storage building burns

A storage building at 315 Ave. E burned Wednesday. A woman was burning grass in her yard and the fire got out of control. After the fire was put out, a citation was issued because burning grass is illegal in the city

Police arrested one male, 47, for driving while intoxicated on Wednesday. Reports included burglary of a motor vehicle, \$1,800, in the 500 block of Union; damage of \$50 in the 600 block of Irving due to criminal mischief and criminal trespass; family violence assault in the 500 block of Irving; criminal trespass in the 500 block of Blevens; criminal mischief in the 800 block of Irving; juvenile problems in the 300 block of Brevard; prowler in the 100 block of Rio Vista; and a dog bite in the 700 block of Thunderbird. Police investigated 21 citations and responded to one minor accident on

Winter storm watch

Wednesday.

A winter storm watch is in effect through Friday, with up to six inches

Tonight will be colder with a 90 percent chance of snow. Accumulations of two to four inches are possible. The low will be near 20, with eastnortheast winds of 15-20 mph.

Friday will be colder with a 60 percent chance of snow during the morning. Accumulations of an additional one to two inches are possible. The high will be 28, with east-northeast winds of 10-20 mph.

This morning's low at KPAN was 34 after a high Wednesday of 58. KPAN recorded .07 inch of precipitation as of 7 a.m. today.

News Digest

World/National

WASHINGTON - Israeli Defense Minister Yitzhak Rabin is meeting today with Secretary of State James A. Baker III amid rising U.S. criticism of Israel's settlements policy and a possible cut in U.S. aid to the Mideast

WASHINGTON - Angry State Department officials say U.S. diplomats overseas could be the target of reprisals as a result of a series of confrontations between U.S. forces in Panama and foreign envoys there.

MOSCOW - Soviet troops sent to try to end sectarian clashes in the southern Caucasus become caught up in the fighting, their movement hampered by blockades. Fleeing attacks by unruly mobs, of Armenians pour out of Azerbaijan by the thousands.

SPACE CENTER, Houston - Columbia's astronauts had to get out of bed to put the space shuttle back on course after a computer signal from the ground caused a thruster to fire by mistake and sent the spacecraft spinning. An official said "on a one-to-ten serious scale," the problem

WASHINGTON - The Navy plans to mothball the battleships lowarand New Jersey in a money-saving move that would leave only two active battleships, a Defense Department official says.

BOSTON - The ballyhooed powers of oat bran are challenged by a study today concluding this faddish food does not lower cholesterol after all. SAN ANTONIO - Researchers have prevented the rejection of transplanted organs by altering the immune system so that the organs don't appear to

be foreign, according to a new study." CHICAGO - A Roman Catholic elementary school on the city's South Side has instituted a random drug-testing program for its students, believed to be the first of its kind in the nation.

WASHINGTON - Housing Secretary Jack Kemp is killing a mortgage insurance program that was part of the Reagan administration's effort to trim the bureaucracy but is now blamed for costing taxpayers nearly \$1

Texas

BAYVIEW - Hundreds of Central Americans reportedly have been released from a South Texas detention center over the past week, in an apparent easing of a get-tough policy put into effect last year.

AUSTIN - A man accused of trying to hijack an America West airplane told a U.S. magistrate that he wanted to apologize to passengers and to the stewardess he's charged with assaulting.

HUNTSVILLE - Death row inmate Clarence Brandley moves another step closer to freedom, but a prosecutor says he is considering taking the

case to the U.S. Supreme Court to keep Brandley in jail. DALLAS - Even the thinnest of leads are getting police attention in a quiet, North Dallas residential area, where four sleeping girls have been

snatched from their beds since September. SAN ANTONIO - Researchers have prevented the rejection of transplanted organs by altering the immune system so that the organs don't appear to be foreign, according to a new study.

CORPUS CHRISTI - Pro-choice advocates are appealing to the Nucces County Commissioners Court to intervene in Sheriff's James T. Hickey's pledge not to stop protesters from blocking abortion clinics.

AUSTIN - State education officials and representatives of poor schools blasted a report by a conservative Dallas group that says there is no relationship between school funding and student performance.

AMARILLO - A merger of West Texas State University into the Texas A&M system would harm Texas Tech University and duplicate programs in that area of the state, says a staff report from the Texas Higher Education Coordinating Board.

HOUSTON - A police officer fired for his involvement in the fatal shooting of a security guard has filed a written appeal and three other officers dismissed for their part in a fatal freeway shootout also are expected to

Frank honored on retirement Geraldine Frank, left, who has worked for over 26 years in the school tax office then in the Deaf Smith County Tax Appraisal District office, is presented with a silver tray by appraisal district board member Frank Zinser Jr. during a reception Wednesday. Mrs. Frank will be retiring

this month.

Obituaries

JAKEE M. GRIFFIN Jan. 16, 1990

Jakee M. Griffin, 75, of Amarillo died Tuesday, Jan. 16, 1990. Among her survivors is a sister, Fannie Pat Rudd of Hereford.

Services will be at 10 a.m. Friday in Memorial Park Funeral Home Chapel of Memories with the Rev. Francis J. Hines of the Holy Souls Church in Sweetwater officiating. Entombment will be in Memorial Park Mausoleum.

Mrs. Griffin was born in Montague County at Nocona. She had been a housewife. She married Curtis Griffin in 1933 at Clayton, N.M. They moved to Amarillo in 1989 from Pampa. She attended Draughon's Business School. She was a member of St. Vincent de Paul Catholic Church and the Women's Council, both at Pampa.

Survivors include her husband; a daughter, Velda Mac Austin of Amarillo; two sisters, Fannie Pat Rudd of Hereford and Eula Gaines of Atlanta, Ga.; and three grandchil-

The family requests memorials be to the American Cancer Society.

was around the center of the Earth"

instead of repeatedly passing back and

forth across the equator at a 28-degree

night, about 2{ hours before their

scheduled wakeup. A false fire alarm

also got them out of their beds

rendition of Washington and Lee

University's fight song. One of the

astronauts, David Low, is a graduate

A third wakeup, at the planned

The incident happened Wednesday

Bush hails Columbia astronauts; snow causes change in landing

CAPE CANAVERAL, Fla. (AP) -President Bush hailed the "superb job" of Columbia's astronauts today as they headed for Friday's homecom- you," Bush said. ing after taking control of their ship when a bad navigation signal from the ground sent it into a slow spin.

In a radio-phone call from the White House, the president termed their rescue of a huge science satellite him at the White House after the

Commander Dan Brandenstein said the retrieval of the satellite was a

AUSTIN (AP) - Jim Mattox's claim

gubernatorial fund-raiser isn't

impressing either of his primary

campaign has more than \$3 million

cash on hand for the March 13

primary, adding that the \$4.4 million

he's raised so far makes him the

biggest money-raiser in either party.

Ann Richards and former Gov. Mark

Democratic nomination, say they're

in this race. I don't think Texans are

going to vote based on who has the

most money in the bank," said Ms.

Richards' campaign manager, Glenn

election decided by the contributor

base, because with 16,000 contributors,

we have true grassroots support in

"I'd be quite happy to have an

"We knew that we'd be outspent

But spokesmen for state Treasurer

Mattox on Wednesday said his

opponents.

not impressed.

Texas," Smith said.

highlight among several important astronauts, but "we had a little program, "so the vehicle thought it accomplishments of the space journeh. excitement tonight," "Well done - we're proud of director Bob Castle.

erratic spin imparted to Columbia by rotations in yaw (side-to-side), one the faulty signal when he said, "I'm rotation in pitch (up-and-down of the calling to congratulate you and the nose and tail) and three-fourths of a crew - after all those somersaults - for rotation in roll. doing this superb job up there."

system. He stabilized the craft until Mission Control transmitted correct

guidance signals.

bank for governor's challenge

when the other candidates did so. Gary

'We don't know what Mattox has

to be the most potent Democratic campaign finance reports on Tuesday, has ready for the battle.

slumping momentum.

said flight

After analyzing data, controllers The president also mentioned the reported that Columbia had made four

At times, they said, all movements Brandenstein had been roused from were taking place simultaneously. "a very exciting grab," and he invited sleep during the night to manually Each rotation took two minutes, too time, was music to their ears: a the five crew members to meet with override the shuttle's navigation slow for the astronauts to sense while

Another flight director, Lee Briscoe, said it appeared that "a couple of There was no danger to the five words got dropped" in the navigation

On the Republican side, Midland

As for other GOP contenders, Kent

of the school. 'Good morning, Columbia, after what must have been a restful, or Mattox reports \$3 million in restless, night," the control center

Wednesday.

radioed. Brandenstein and pilot Jim Wetherbee successfully tested Columbia's flight control systems to make sure they were in good shape for returning home. During the 10-day Mattox hadn't released his statement saying how much money he mission the astronauts have deployed a Navy communications satellite and retrieved an 11-ton science laboratory

> Snow was falling this morning at the landing site at Edwards Air Force Base, Calif., and about an inch had covered the desert before dawn.

that had orbited for six years.

Briscoe said forecasters were watching the weather closely, but "it still looks good for tomorrow." The pre-dawn landing is scheduled at 2:54 a.m. PST.

Recent heavy rains have closed the public viewing area, and the space agency discouraged citizens from driving to the base to watch the touchdown.

While Brandenstein and Wetherbee checked the shuttle's systems, mission specialists Bonnie Dunbar, Marsha Ivins and Low completed a series of medical and science experiments and began stowing them away.

must not be too proud of it or he would raising approximately \$1.8 million; have filed his report yesterday with Jack Rains raised \$1.318 million and everybody else," Rasp said. spent \$973,000, and Dallas lawyer Mattox, the only major candidate Tom Luce reported raising \$1.8 White, who also are seeking the not to make public his campaign million, of which \$1 million was in finance report on Tuesday, issued a loans. Luce spent \$1.5 million.

Rasp, a spokesman for White, said rancher-oilman Clayton Williams led

Mattox's failure to promptly make the pack, spending \$4.2 million in six

public his six-month report indicated months, \$3.2 million of it his own

raised in the last six months, but he "Hance reported spending \$874,894 and

Anthony School District is making a comeback

student semi-rural school system that nearly shut down two years ago has

district. The Anthony Independent School years ago that the Texas Education Agency questioned whether learning

was taking place. But now the TEA says the district is a prime example of how a community working together can salvage a assigned a master - a person authorized failing school system.

"It's been a long, hard road - a group effort to get the school back in shape," school board president David

1. Be clear, in your own mind, about exactly what you're after.

2. Do your homework, so that you are fully prepared to discuss every aspect and respond to every question or comment.

3. Be persistent. Dond't expect "People put aside their differences to "win" the first time. Your job is for kids," school board secretary Mary just to start the other person think- Elaine Brown said. "The kids now

4. Make friends with the person with whom you are bargaining. Put your bargain in terms of his or her needs, advantages and benefits.

5. Keep your sense of humor.

Did you know?--There are 13,535,565 licensed motor vehicles in Texas, but only 11,641,984 licensed drivers.

ANTHONY, Texas (AP) - A 650- Singh said. "We're striving to make it one of the best in Texas.

In fact, the district has made so regained full accreditation after a much progress in two years that the community wide effort to revive the TEA last week restored the Anthony district to full accreditation. 'We had support of 99.5 percent

District was so poorly managed two of the people of Anthony," Superintendent Harrell Holder said. "That made it happen. They wanted to keep their school." Anthony is located on the outskirts of northwest El Paso.

At one point, the district was by the state to override the decisions of the school board and superintendent.

The agency blamed Anthony's troubles on poor leadership and bickering among former Superintendent Jimmy Fickling, former high school principal Manuel Aguilar and the school board. Fickling and Aguilar

An election changed the board, which later hired Holder to help patch up the ailing school system.

seem more positive, really challenging themselves.'

Signs of progress include continuing improvement in students' scores on the state's basic skills test, approval of a \$1 million bond issue and a new band program at the school.

School board member Linda Villarreal never felt comfortable with the state looking over the board's shoulder.

Hospital Notes

PATIENTS IN HOSPITAL Ramona Alvarez, Clay Angelo, Gabriela Benavides, Leann Benjamin, Evelyn A. Benton, Elzora Brown, Merle C. Elliston, Fern C.

Roy J. Herrera, Maarkie Hutto, Costaline B. Lee, Lucile P. Naylor, Francisca Perez, Minnie E. Prowell, Javier RIvera, Gladys E. Rogeres, Carlos N. Ruiz, Jr., Johnnie L. Sanders.

Makenzie Sims, Infant Boy Soto, Joelda Soto, Charles Anthony Torres, Fannie Ora Wells, Dixie

THE HEREFORD BRAND THE HEREFORD BRAND (USPS 242-060)

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February, 1901, converted to a semi-weekly in 1948, to five times weekly on July 4, 1976.

O.G. Nieman

SPS agrees to rate reductions for its wholesale customers

Southwestern Public Service Spread has elected to pursue its irrigation customers except when effective back to Jan. 1.

The rate decrease was made for August 1991. possible by a reduction in SPS's purchased-power expenses, lower

SPS has reached final or tentative agreement on the lower wholesale rates with a number of electric cooperatives in Texas and New Mexico as well as municipal electric systems in the area.

SPS offered a rate decrease under similar terms and conditions to Golden Spread Electric Cooperative of Amarillo, which represents 11 cooperatives. However, Golden

Company(SPS) has agreed to an request for a 9.6 percent rate average 10.22 percent, or \$6.4 decrease that would not include a million a year, reduction in electric long-term agreement with SPS. rates for several of its wholesale. The case is filed with the Federal customers. The decrease will be Energy Regulatory Commission, years. which has scheduled a final order

The wholesale rate agreements capital costs and lower federal establish a long-term irrigation rate income taxes, said Gary Gibson, that allows the cooperatives to SPS vice president of marketing, exceed targeted peak power de-The same savings are being passed mands without increasing their cost on to SPS's residential, commercial, of electricity per kilowatt hour or industrial and other retail customers. having to interrupt service to

specifically requested by SPS. The agreements also specify that SPS will provide power to the

wholesale customers for at least 10

"We're very pleased to be able to offer these lower rates and to continue our long relationship with these important wholesale customers," said Gibson. The final or tentative agreements

on the new rates were made with Central Valley Electric Co-Op of Artesia, N.M.; Farmers' Electric Co-Op of Clovis, N.M.; Lea County Electric Co-Op of Lovington, N.M.; Roosevelt Electric Co-Op of Portales, N.M.; Lyntegar Electric Co-Op of Tahoka; the municipal electric systems of Lubbock, Tulia, Floydada and Brownfield; and Texas-New Mexico Power Co., which serves several communities in the Texas Panhandle and southern New

Now You're Cooking

BY KAY CRISMON Staff Writer

Many have heard this charming voice broadcasted over Hereford Cablevision Channel 3 and KPAN Radio Station but few know much about Cindy Caro.

When she graduated from Dora High School in Dora, N.M., she wanted to be a bankteller. Her main thought was to find work.

After numerous applications had been filled out and left with businesses in Portales, a call came from KENM Radio Station. She worked part-time for four days before being placed as a full time employee. Her employer encouraged her to attend Eastern New Mexico University.

Not only did she have an eight hour job but was going to college full-time. "College was an interesting time for me, but I felt as if I were either on my way to work or college constantly for three years," Caro said.

"My boss was good about arranging shifts around my college schedule and I acquired a lot of knowledge in announcing, writing commercials, and working aboard

She has worked in radio since June 1987 and came to Hereford from Dimmitt where she worked for KDHN Radio Station. She is classified as a secretary and receptionist for KPAN. Other duties include covering news, production of commercials, and even changing tubes in the transmitter. "I haven't gotten to climb the tower and Melt these all together and add: change any bulbs yet....I'm not sure about that..." she said.

She is a member of the American Cancer Society, Deaf Smith County Crimestoppers, YMCA, and has worked with the 1989 United Way Campaign. She is a member of the Frio Baptist Church.

Reading is her favorite pastime, especially any book that Sidney Sheldon has written. She enjoys racquetball and supports her favorite radio station, KPAN, by

listening every chance she can.
As she lives at home, she leaves most of the cooking to her mother, Sharon Caro, but she does have some favorite recipes to share.

MEXICAN CORN CASSEROLE 8 oz. cream cheese

1/2 stick oleo 1/4 cup milk

1 small can green chilies 1 large can of corn-drain well 1/4 teaspoon garlic (or add to

Mix well and bake at 350 degrees for 30 minutes. Serves approximately 6

CHEESE AND VEGGIE KABOBS suggestions. All kinds of dressings

7 Seas Viva Italian dressing cherry peppers-drained green onions, cut 1-inch pieces green and red pepper chunks mushrooms (canned or fresh) red onion chunks

zucchini slices or chunks 3-inch pepperoni slices, folded into quarters and cheese (any kind) cut into 3/4 inch cubes

Cut vegetables (as suggestedcubes, slices, chunks, etc.) Mix vegetables and pepperoni

and cover with dressing. Marinate in refrigerator overnight.

Drain vegetables and pepperoni. Arrange vegetables, pepperoni and cheese on skewers to form kabobs.

Serve with French bread or assorted crackers, if desired. All kinds of vegetables may be

used or substituted for above When thickens add vanilla, butter

may be used as well. Preparation time: 15 minutes plus marinating

MOM'S BANANA PUDDING

2 cups milk

1 cup sugar

1 teaspoon vanilla A dash of salt

3°egg yolks

2 tablespoons flour or 3 of corn starch (heaping tablespoons)

2 tablespoons butter

3 bananas sliced 1 box of vanilla waffers

Mix flour and sugar, whip egg yokes and add a little of the milk-then whip, add flour and sugar to egg yolks, add rest of milk and stir. Cook at med-high temperature, stirring constantly

and bananas.

Layer bowl with vanilla waffers, pour part of pudding mixture and continue layer waffers and pudding...top mixture with waffers. Let cool and serve.

BEER-OX

1 box of hot roll mix--follow direction on box.

1 pound of hamburger scramble, brown and season with

garlic, salt and pepper to taste. 1/2 pound of cheese (any kind)

shredded 1 head of cabbage-shredded

1 onion-chopped

After browning meat, and cabbage and onions.

Take rolls, mix and cut into small (5 or 6 inch) squares. Place meat and cabbage mixture in center of square, add shredded cheese. Fold edges and place pocket upside down on cookie sheet.

Bake till golden brown at 325 degrees



Diet effects arthritis

Long dismissed as quackery by Fifty-five percent had been told by the medical community, the use of their doctors that there was no nutrition in preventing and connection between arthritis and controlling arthritis has gained tremendous support from the results of the first-ever nationwide survey it, "Doctors avoid talking about

of arthritis patients.

Of the 1,051 participants in a recent survey conducted by medical writers, Dava Sobel and Arthur C.

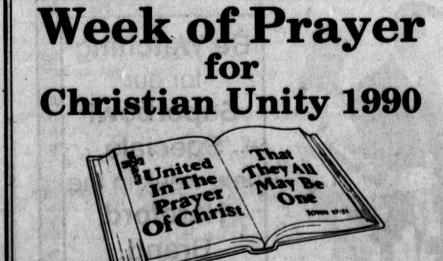
Klein, 47 percent said they had changed the way they are because of arthritis.

Many reducing their survey arthritis in a new book survey. suffering dramatically as a result. entitled Arthritis: What Works.

arthritis, many reducing their suffer from arthritis, in a new book



Two out of three adults in the U.S. wear glasses at least part of the time



Everyone is invited to attend this community wide event. Uniting people and churches in praise and worship.

Sunday, January 21 **Hereford Cummunity Church** 15th & Whittier 7:00 pm

Sponsored by the Hereford Ministerial Alliance

The Short-Term You've Been LookingFor

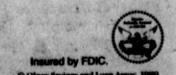
Olney Savings' 6-Month CD

Olney Savings' 6-month CD gives you the short-term flexibility you want plus a fixed interest rate. So you get a great return without having to make a long-term commitment. And all for a minimum investment of just \$1,000. So call or come by Olney Savings today. We'll make it worth your while.



HEREFORD: 501 West Park Avenue, 806-364-6921

Substantial penalty for early withdra



Sports

Denver aiming for fifth straight win over 49ers

is that the Denver Broncos haven't year.' lost to the San Francisco 49ers since 1973, a streak of four victories that includes three over Joe Montana in the

The bad news is that the defensive mastermind who frustrated Montana and the 49ers in those games is no longer employed by the Broncos.

Ironically, the cerebral, finesseoriented defense used so effectively against the 49ers by former Denver defensive coordinator Joe Collier began rupturing against most other opponents in 1988. That breakdown forced the Broncos to switch to a simpler, bigger, more physical and more aggressive defense under Wade Phillips this season.

Just when the Broncos seemingly could benefit from Collier's dominance of the 49ers, they'll have to depend on Phillips' more traditional defense in the Super Bowl Jan. 28 at New Orleans.

challenge because of their many weapons.

Try to rush Montana, and he dumps off short passes that fleet receivers often turn into big plays. Concentrate on shutting down wide receiver Jerry Rice, and John Taylor burns you from the other side. Focus too much on the passing game, and running backs Roger Craig and Tom Rathman run

"Joe Montana is a great quarterback, but don't forget he has a great them." supporting cast, too," Broncos coach Dan Reeves said.

'We're not going to overdo it trying to stop one guy and then have the other guys beat us," strong safety Dennis Smith said. "We have to contain all of them. You're not going game. Their five losses were by a to shut out Rice or Taylor, but you combined 20 points, and the defense have to find ways to contain them. finished the regular season ranked third They're big-play receivers, but we in the NFL.

DENVER (AP) - The good news haven't given up many big plays this

Phillips believes the way to keep Montana & Co. from making big plays is with an effective pass rush.

"Montana completes a high percentage of passes against every-body," Phillips said. "He's quick at making decisions. He gets rid of the ball quickly, and he's tough to sack.

What we want to do is force him to make decisions a little quicker. You want to force him to scramble or do things he doesn't want to do.'

Phillips said the Broncos will try to disrupt Montana's rhythm, all the while keeping those dangerous receivers underneath the coverage, and hoping the two safeties - Smith and Steve Atwater -can deliver some intimidating hits.

Pressure isn't always effective against a short passing game such as that favored by San Francisco. And theirs is a short passing game that often turns into something longer.

"In the Minnesota (playoff) game, The 49ers pose a formidable he threw a 4-yarder to Rice and it went 78 yards and put them ahead early in the game," Phillips said. "They'll dink you and dink you until something breaks down on defense. You've got to be patient.'

> As an assistant with the New Orleans Saints in the early 1980s, Phillips has some experience against Montana and the 49er offense.

> 'We played them twice a year, so I know a little bit about their offense," he said. "We had some success against

> Phillips believes there is one factor working in his favor. Montana hasn't played against the new defense Phillips installed in Denver this season.

> In their favor, the defense has kept the Broncos in contention in every

Super Bowl XXIV San Francisco vs. Denver

Past Super Bowl Champions

By the Associated Press 1989-San Francisco (NFC) 20, Cincinnati (AFC) 16 1988-Washington (NFC) 42, Denver (AFC) 10 1987-N.Y. Giants (NFC) 39, Denver (AFC) 20 1986-Chicago (NFC) 46, New England (AFC) 10 1985-San Francisco (NFC) 38, Miami (AFC) 16 1984-L.A. Raiders (AFC) 38, Washington (NFC) 9 1983-Washington (NFC) 27, Miami (AFC) 17 1982-San Francisco (NFC) 26, Cincinnati (AFC) 21 1981-Oakland (AFC) 27, Philadelphia (NFC) 10 1980-Pittsburgh (AFC) 31, Los Angeles (NFC) 19 1979-Pittsburgh (AFC) 35, Dallas (NFC) 31 1978-Dallas (NFC) 27, Denver (AFC) 10 1977-Oakland (AFC) 32, Minnesota (NFC) 14 1976-Pittsburgh (AFC) 21, Dallas (NFC) 17 1975-Pittsburgh (AFC) 16, Minnesota (NFC) 6 1974-Miami (AFC) 24, Minnesota (NFC) 7 1973-Miami (AFC) 14, Washington (NFC) 7 1972-Dallas (NFC) 24, Miami (AFC) 3 1971-Baltimore (AFC) 16, Dallas (NFC) 13 1970-Kansas City (AFL) 23, Minnesota (NFL) 7 1969-N.Y. Jets (AFL) 16, Baltimore (NFL) 7 1968-Green Bay (NFL) 33, Oakland (AFL) 14

San Francisco overcomes early holdouts

SANTA CLARA, Calif. (AP) -When eight San Francisco 49ers starters held out for almost the entire exhibition season, it looked like the norepeat jinx was about to claim another championship team.

Not only are the 49ers back in the Super Bowl with a 16-2 record, but the contract holdouts all played key roles almost from the start of the season.

Only four retain their starting jobs going to New Orleans -guard Guy McIntyre, cornerback Don Griffin, linebacker Charles Haley and defensive end Kevin Fagan - but cornerback Tim McKyer, defensive end Larry Roberts and offensive tackle Steve Wallace play extensively as

Aside from strong safety Jeff Fuller, lost for the season and perhaps never to play again after sustaining a compressed vertebrae against New England on Oct. 22, none had a bad year. And all were reimbursed handsomely for their negotiating

The holdouts have been forgotten. What is remembered are the efforts of owner Edward J. DeBartolo Jr. to get them into the fold before the start of the season and downplay the squabbles in the interest of team harmony as soon as they were re-signed.

"Everybody knows he's willing to spend whatever it takes to get the job done," John McVay, the 49ers' vice president for football operations, said.

"It's a credit to Mr. DeBartolo and management that they'll do what's necessary to win, no matter what the cost," linebacker Bill Romanowski

The 49ers produced only one Pro Bowl selection, McIntyre, out of their AWOL players.

McIntyre, who had arthroscopic knee surgery in June, had the best of \$370,000 contract on Aug. 25. He start all year.

started 13 games at left guard and helped hold Minnesota pass-rushing specialist Keith Millard without a sack

in the Jan. 6 playoff game.

His linemate, Wallace, didn't lose his starting job to Bubba Paris because of the holdout. He broke his left ankle in last January's Super Bowl and was not expected to report back 100 percent healthy. He got a \$410,000 contract when he reported on Aug. 24, and improved enough throughout the fall to be platooned with Paris, playing significant minutes in the two playoff victories, when quarterback Joe Montana was not sacked.

Griffin, a fourth-year player, also had his finest season but was bypassed in the Pro Bowl voting. He started all 16 games at right corner and had a team-high 17 passes defensed plus two interceptions and 47 tackles, justifying his \$205,000 pay boost to \$530,000

Haley's statistics didn't match his salary increase - from \$100,000 in 1988 to \$550,000 in 1989. He went from 11 1/2 sacks and 69 tackles to 10 1/2 and 57, but was still the co-leader in sacks along with Pierce Holt.

Fagan, a starter in 15 games at right defensive end, also burst out of the \$100,000 salary range (to \$425,000) but improved along with the pay hike. He had seven sacks, one pass defensed and 40 tackles, 33 of them solo.

Roberts lost his job at left defensive end to Holt, something that might have happened even if he had reported before Aug. 28. Plagued by knee and shoulder injuries, he still finished the year with 3 1/2 sacks and added one

McKyer had less than smooth going after signing a \$544,000 contract on Aug. 26 and declaring himself the NFL's top cornerback. He made an important goal-line interception in the season opener at Indianapolis but also his six seasons after signing a injured a groin and was limited to one



Firing squad

Members of the Deaf Smith County 4-H Shooting team display the plaques they received for being named to the Texas 4-H all-state and all-district trap teams. Shown are (front, from left) Cameron Betzen, Todd Reinart, Richard Drager, Don Metcalf, (back, from left) Martin Carnahan, Audy Sciumbato and Shawn Sciumbato.

Joe Torre, formerly a catcher and first baseman, was switched to third base by the Cardinals in 1971 and won the MVP Award in the National

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Arkansas pounds Ponies in SWC

By DENNE H. FREEMAN **AP Sports Writer**

The Arkansas Razorbacks, third highest scoring team in the nation, posted their fewest points of the season yet coach Nolan Richardson couldn't have been happier.

The 12th ranked Razorbacks smothered Southern Methodist with a fullcourt defense and forced 19 turnovers in an 80-61 victory over the Mustangs.

The victory kept the Hogs tied with Texas atop the SWC ladder with 5-0 records. The two teams meet on Thursday, Jan. 26 Fayetteville in a nationally televised (ESPN) show-

Texas beat Texas A&M 96-94 and the Rice Owls won their third consecutive game with a 66-64 overtime victory against Texas Christian. Austin Peay edged Texas Tech, 69-68, in a non-conference

"It was one of the best games we've played," Richardson said. "We played hard and well for 40 minutes. When SMU, 6-7 and 1-3, did get back into the game behind the shooting

The previous low for Arkansas was 82 points in a four point victory at Houston.

"We've been doing well on the road," Richardson said. "Sometimes I think we are more relaxed on the road than we are at Barnhill (Arena)."

He added "We broke them down pretty good. SMU was sucking air trying to keep up with our press."

Arkansas forward Lenzie Howell said the Mustangs got jittery against the fullcourt pressure which forced 19 turnovers.

They (the Mustangs) were intimidated by our pressure," Howell said. "You could see it in their eyes. I lot of teams don't like pressure. By the time they learned how to handle it the game was over."

Arkansas, 13-3 overall, slapped a fullcourt press on the Mustangs, who didn't score until almost five minutes

We stuck it on 'em and played hard of Tony Patterson and John Colborne, from the outset.'

Arkansas countered with Ron Huery Arkansas countered with Ron Huery off the bench.

Huery scored nine straight points, including a three-point shot, to boost the Arkansas lead to 28-10 and the Mustangs were down and out.

"That's my job to spark the team off the bench," Huery said. Todd Day led the Razorbacks with

17 points, Lenzie Howell added 15 and Huery contributed 12.

"The key to the win was our defense in the first 10 minutes," Day said. "You could see a little panic out

Arkansas, the third highest scoring team in the nation, was held 20 points below its average as the Mustangs milked the 45-second clock before shooting. Patterson scored a career-high 16

points for the Mustangs. Colborne also had 16 and Gerald Lewis scored a career-high 15 points as SMU lost before a crowd of 5,356 fans, about half of them cheering for the Razorbacks.

SMU coach John Shumate said Arkansas showed why "it's the elite team of our conference. There's no question the pressure hurt us. Arkansas has so many great players."

Travis Mays scored 30 points as the Texas Longhorns fought back from a five-point deficit in the final minutes to upend Texas A&M 96-94.

The Longhorns, 11-3 overall, remain unbeaten in SWC play at 5-0, while the Aggies drop to 9-9 and 2-2. With his 30-point performance,

Mays only needs 24 more to become the all-time leading scorer in Longhorn history. The 6-2 senior also needs 310 points to become the all-time leading scorer in conference history.

Mays is averaging 25.9 points a

Joey Wright complimented Mays with 22 points and Locksley Collie chipped in 20. Collie also had a gamehigh 11 rebounds.

Lynn Suber sparked A&M with 24 points including a three-pointer at the final buzzer. Freddie Ricks had 23 and

Tony Milton 20.

'Fortunately we had some answers tonight," said Texas Coach Tom Penders. "They know how to play us better than anyone. We knew coming in that they would have everything in their bag ready for us. '

"This is a really tough loss," said A&M Coach Shelby Metcalf. "Some strange things happened at the end that we couldn't overcome."

'The game was won tonight on the backboards," said Penders, whose team outboarded their opponents 50-36.

Forward Craig Upchurch scored 24 points and pulled down seven rebounds to lead the Houston Cougars past the Baylor Bears, 78-74.

Forward Ivan Jones led the Bears with 19 points and 12 rebounds, while forward Julius Denton and center Joey Fatta added 11 points in a losing effort.

Greg Price banked in a 12-foot jumper with 19 seconds left in overtime to lift the Rice Owls to 66-64 victory over Texas Christian.

9-2 run that cut its deficit to 47-30.

The Blue Devils later got within 15

Christian Lacttner scored 18 for Duke.

Rick Fox led North Carolina with

Dikembe Mutombo had 12 points

points, but no closer.

No. 2 Georgetown 68,

Boston College 45

Rice's Dana Hardy sent the game into overtime with a jumper from the foul line with one second left, tying the game at 59-all.

After leading by as many as 14 points in the second half, the Owls went 7:15 without scoring as TCU went ahead 56-55 with 2:22 to play on a layup by

Tony Edmond. In overtime, TCU missed a chance to tie the game again when Rich Antee, who led all scorers with 22 points, missed a 10-footer at the buzzer.

Hardy led the Owls with 13 points. Senior guard D'Wayne Tanner of Rice had four steals, setting a SWC record with 128 career thefts, breaking the mark set by Baylor's Michael Williams in 1988.

Austin Peay's Greg Franklin hit a leaning 6-foot jumper with nine seconds left on the clock to give the Governors a 69-68 victory over Texas Tech.

Franklin finished the contest with

Will Flemons paced the Raiders scorers with 16 points.

Jazz past Atlanta, 95-88

By DICK BRINSTER **AP Sports Writer**

When Karl Malone has 15 points at halftime and thinks the news is bad, the opposition should be ready to read another headline.

That's exactly what happened to the Atlanta Hawks, who managed to hold the Utah Jazz to 43 points in the second half Wednesday night. But Malone, getting over the feeling that 27 points. his teammates were carrying him, poured in 25 of them.

"In the second half, my shot came on," Malone said after leading Utah to a 95-88 victory.

It was the third time in four games that Malone, second in scoring in the NBA to Chicago's Michael Jordan with an average of 30.6, has scored at least 40 points.

their fifth straight loss. It also was the seventh straight defeat on the road for Atlanta, which got 27 points from

Dominique Wilkins. Elsewhere, it was the Los Angeles Lakers 100, Seattle 90; Philadelphia 112, Detroit 108; San Antonio 101, New York 97; New Jersey 115, Washington 106; Miami 121, Indiana 111; Boston 133, Orlando 111; Houston 107, Cleveland 98 and Phoenix 108, Dallas 88.

Utah took the lead for good at 75-74 at 10:49 of the final period on a layup by Blue Edwards.

Malone followed with a layup, but the Hawks stayed close and were within 91-88 before Malone hit a jumper with 30 seconds remaining. He also grabbed the last two of his teamleading nine rebounds in the final halfminute to help preserve the lead.

Moses Malone had 16 points and led the Hawks with 11 rebounds. Lakers 100, SuperSonics 90

Los Angeles got 24 points from
James Worthy and 22 from Magic points during a 23-6 spurt. Johnson. The Lakers limited the SuperSonics

to just two points in the final 2:41.

Seattle, which got 26 points from
Sedale Threatt and 18 from Xavier McDaniel, closed to 93-87 with 3:04 to play on Derrick McKey's shot.

But Johnson scored six points in the

final minutes. 76ers 112, Pistons 108

Charles Barkley scored 30 points, including a rebound basket and a dunk

baseline jumper with 32 seconds left. Rola

James Edwards scored 26 of his season-high 32 points in the second half for Detroit.

Spurs 101, Knicks 97

Willie Anderson scored 26 points, including 13 in the fourth quarter.

Terry Cummings had 21 points for the Spurs and David Robinson added 20. Patrick Ewing led the Knicks with

With the scored tied 90-90 with 1:26 to play, Robinson hit an 8-footer to put the Spurs ahead for good.

Nets 115, Bullets 106

Sam Bowie scored 11 of his 22 points in the fourth quarter and grabbed 14 rebounds.

Trailing 90-89, New Jersey went on an 11-2 run keyed by Bowie and John Stockton had 20 points and 13 Dennis Hopson. That put the Nets

Hopson and Mookie Blaylock scored 18 apiece for New Jersey. Ledell Eackles led Washington with

Heat 121, Pacers 111

Rony Seikaly had a career-high 31 points and rookie Sherman Douglas scored 16 of his 25 in the fourth

Chuck Person led the Pacers with 32 points.

Celtics 133, Magic 111

Robert Parish had 25 points and 16 rebounds for Boston, which made its first 25 free throws and never trailed.

Terry Catledge led Orlando with 24 Ed Pinckney had Boston's only missed free throw, with 4:17 remaining, as the Celtics came within

one of their team record of 26 straight.

Rockets 107, Cavaliers 98 Otis Thorpe scored six of his 21

Buck Johnson led the Rockets with

22 points. Larry Nance led the Cavaliers with 20 points.

Leading 53-52 after the first basket of the second half, Houston outscored Cleveland 23-6 over the next seven minutes for a 76-58 lead.

Suns 108, Mavericks 88 Jeff Hornacek scored seven straight

points to ignite a 21-7 burst over the last 8:50.

in the final 11 seconds.

The 76ers led 86-78 early in the fourth quarter, but the Pistons came back to tie it on three occasions, the last time at 108-108 on Bill Laimbeer's 20 points. James Donaldson and ndo Blackman scored 17 each.

Malone powers 'Heels trash Duke, 79-60 "I thought our defense was the key

By The Associated Press

Even in what has been a down year, at least by North Carolina standards, it's always easy for the Tar Heels to get up for Duke.

Rooted on by a record crowd in the Dean Smith Center, the Tar Heels routed their eighth-ranked archivals 79-60 Wednesday night.

North Carolina did it with defense, forcing 24 turnovers and holding Duke to 39 percent shooting. The Tar Heels shut out their neighbors for nine minutes during a run of 16 straight points that made it 25-7, and led 45-21 at halftime.

"Tonight is Carolina's. Hats off to them," Duke coach Mike Krzyzewski

Seven Members of the Deaf Smith

Shawn Sciumbato and Audy Sciumba were named to the all-

state and all-district senior division

trap team while Cameron Betzen, Todd

Reinart, Don Metcalf and Richard

Drager made both squads in the junior

North Carolina is 12-6 overall and 2-1 in the Atlantic Coast Conference. to the victory," Coach Dean Smith The loss was the worst for Duke (12-3, 3-1) since a 20-point defeat against the Tar Heels last season.

In other games, No. 2 Georgetown beat Boston College 68-45, No. 12 Arkansas stopped Southern Methodist 80-61, No. 23 Arizona topped Arizona 19 points and King Rice had 13. State 70-61, No. 24 Purdue held off Wisconsin 56-54 and Kentucky downed No. 25 Alabama 82-65.

The Tar Heels applied full-court pressure from the start, and it worked, to the delight of 21,572 fans. Duke committed 15 turnovers in the first half and, during one stretch of seven possessions, threw the ball away six times and missed one shot.

and 19 interested in joining 4-H to

participate in the Shooting Sports

Project should cotact Deaf Smith

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and 13 rebounds as undefeated Georgetown won its 27th straight home game. The Hoyas (14-0, 4-0 in the Big East) led 33-18 at halftime and were **Local 4-H trap shooters** ahead by at least nine points the rest of the way. Mark Tillmon added 17

points for Georgetown. Lior Arditti scored 10 points for the Eagles (6-9, 0-5).

No. 23 Arizona 70, Arizona State 61 The all-state and all-district team Brian Williams scored 20 points County 4-H shooting team received selections were made based on and Arizona beat Arizona State for the all-state and all-district honors in shooting scores during June, July and senior, junior and sub-junior divisions August, which were mailed in to the of the 1989 Texas 4-H Trap and Skect State 4-H office from around the state. seventh straight time.

Arizona (10-3, 5-3 in the Pac-10) ed 30-28 at halftime and scored the

· Auto

• Home

host Sun Devils (8-7, 2-5) got no closer than four points after that.

Wayne Womack scored 18 points, Duke began the second half with a 14 in the second half, for Arizona. Alex Austin had 24 points for Arizona

No. 24 Purdue 56, Wisconsin 54

Tony Jones, who scored 23 points, led a late surge as Purdue beat Wisconsin for the 25th straight time. Jones scored his team's last 12

points as Purdue overcame a 45-42 deficit in the final 5{ minutes. Purdue is 12-2 overall and 4-0 in the Big Ten. Danny Jones scored 18

points for host Wisconsin (10-7, 1-4). Kentucky 82, No. 25 Alabama 65 Kentucky, led by Reggie Hanson, solved Alabama's defense.

Alabama began the night ranked fourth in the nation in field goal defense at 38 percent. The Wildcats shot 52 percent, despite going just 8for-22 (36 percent) from 3-point range.

Hanson scored 20 points and led a 13-6 burst at the start of the second half that made it 55-36. Deron Feldhaus added 19 points for Kentucky (7-8 overall, 3-3 in the league).

Melvin Cheatum had 18 points for Anyone between the ages of nine first six points of the second half. The the Crimson Tide (12-4, 3-2).

both teams in the sub-junior division. information. A.O. THOMPSON ABSTRACT

named to all-state team

division and Martin Carnahan made Sciumbato or Pat Betzen for more



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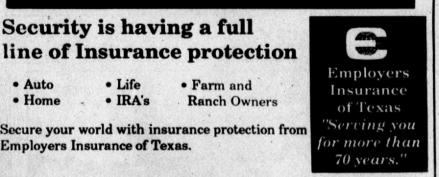
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Know facts about your headaches

headaches now and then, but for some, the pounding pain is more of an annoyance than we realize. The National Headache Foundation emphasizes a need for people to recognize and treat headaches and corrects some of the common myths about them:

1. Myth: Headaches are "all in your head."

however, headaches are often provoking an attack. thought of as an excuse or as a purely psychological phenomenon. The fact is, more than 45 million Americans each year suffer from cause headaches. Common culprits chronic, recurrent headaches and between 16-18 million suffer from the most severe type of headachemigraine-with a loss of approximately 64 million workdays because of the pain.

2. Myth: All headaches are alike.

Fact: Not true. There are numerous types of headaches including sinus, cluster, tension and migraine, which is the most debilitating. Your specific symptoms will help a physician treat and determine your headache

3. Myth: Migraines can't be prevented.

Fact: According to Dr. Seymour Diamond of the National Headache be afflicted. Foundation, there is preventative Inderal LA can be taken daily to climinate attacks completely. It provides continuous protection night parties during weekends and against migraine and significantly holidays are a prime cause of improves the quality of life for headaches. Amidst all the merri-

diet and lifestyle have proven effective in preventing migraine.

Myth: Men get more headaches than women.

Fact: Women experience three times more headaches than men. In fact, 70 percent of migraine sufferers are women. Scientists suspect that changing hormone levels during menstruation and Fact: Of course they are; ovulation can be a factor in

5. Myth: Food has nothing to do with headaches.

Fact: Certain foods can indeed Chocolate, caffeinecontaining drinks, nuts, Chinese food containing monosodium glutamate, and processed meats made with preservatives, such as hot dogs, salami and bacon.

Myth: Headaches aren't 6. hereditary.

Fact: According to research, there appears to be a hereditary component to the disorder. In fact, 70-80 percent of people with migraines have a family history of the ailment. If both parents suffer from migraines, there is a 75 percent chance that their children will have migraines; when only one parent is a migraine sufferer, there is a 50 percent chance the child will

Myth: Weekends and medicine for migraine sufferers. holidays offer relief from headaches.

Fact: Unfortunately, those late-

Virtually everyone suffers from sufferers. Also, modifications in ment, headaches thrive in smokeand perfume-filled rooms. Also, excess amounts of alcohol and poor lifestyle habits, such as irregular sleeping and eating patterns, can contribute to the onset of headaches.

The myths continue, but to obtain additional facts about headaches, you can contact the National Headache Foundation to obtain a copy of their new brochure, "How To Talk To Your Doctor About Headaches." Send a self-addressed, business-size envelope with 50 cents postage on it to: National Headache Foundation, 5252 N. Western Avenue, Chicago, III. 60625, or call 1-800-843-2256.

LOS ANGELES (AP) - Paula Abdul will bring her high-energy singing and dancing style to this year's Academy Awards as the glitzy Hollywood celebration's choreographer, Oscar officials said.

"Her exciting and contemporary style will complement this unique show as we enter the last decade of the 20th Century," Producer Gilbert Cates said Tuesday.

Although perhaps best known as a singer and dancer, Miss Abdul was the choreographer for the movies "Coming to America" and "The Running Man." She also won an Emmy for her work on television's "The Tracey Ullman Show."

The Academy of Motion Picture Arts and Sciences will present this year's Oscars for outstanding achievement in film at the Dorothy Chandler Pavilion on March 26. ABC-TV will carry the program live.

Television

THURSDAY

EVENING

Night Court
 College Basketball Ohio State vs Michigan (L)

Mr. Belvedere D Inspector Gadget Miami Vice

(HBO) @ MOVIE: For Keeps * (MAX) 何 MOVIE: Downhill Racer ***

VideoCountry
 Rendezvous
 New Wilderness The world's last

great caribou herd thunders over a frozen eden in the vast Ungava peninsula. Lorne Greene She's The Sheriff

 James Robison
 Rubi Novela de Venezuela 6:05 (a) Jeffersons The Freeze-In

6:30 Cosby Show C

Wheel Of Fortune C

Mama's Family

Looney Tunes

World Monitor

World Of Survival John Forsythe goes to a devastated barrier island to witness the aftermath of a destructive hurricane.

Day By Day
Morris Cerullo

6:35 Sanford And Son Sergeant Gork 7:00 MOVIE: Little Miss Broadway **

Shirley Temple is cast as an orphan who brings to life a hotel for theatrical performers. Shirley Temple. Jimmy Durante (1938) Cosby Show D
This Old House Drywall is hung on

the barn's interior walls. Thomas takes a side trip to a futuristic show house in Pittsfield, where plasitc is used in novel

Father Dowling Mysteries Sister Steve's delinquent kid brother is framed for the murder of a columnist who is about to uncover a diamond smuggling scheme. Tom Bosley, Tracy Nelson

MOVIE: Law And Order ** A retired marshall must postpone his plans to marry and leave Tombstone when the townspeople ask him to help bring the Durling gang to justice. Ronald Reagan. Dorothy Malone (1953)

 Church Street Station Secrets Of Nature Bewitched By A D Victory At Sea The final desperate

days in Japan are evoked with the battle

at Okinawa. Spenser: For Hire 🗘 Heritage Today
 Rebelde Novela de Argentina.

7:05 MOVIE: Bad Boys *** Jailed for an accidental killing, a young man strug-gles to the top of the prison snake pit in this drama of young criminals. Sean Penn.
Ally Sheedy (1983) R Profanity, Nudity,

7:30 Different World Dwayne is inspired by the ghost of William Shakespeare to write a poem about math, but Whitley misinterprets his verse and believes it's about her. Kadeem Hardison, John H. Francis

Trying Times Shoe salesman dis covers that even after cheating on your taxes and finding yourself before a Latin American firing squad, there's hope for true love. Peter Scolari, Sally Kirkland

 Weekday
 Eagle And The Bear France's loss at the battle of Dien Bien Phu prompts Eisenhower to increase the American

Get plugged in

8:00 Cheers Cliff fulfills a dream by competing on Jeopardy. Sam tries to recover his little black book, which someone's been using to sabotage his love life. John Ratzenberger. Alex Trebek

Mystery! - Poirot (Pt 1 Of 9) When asked by a woman to find a cook who has disappeared, Poirot is insulted by such a trivial request. David Suchet, Hugh

Frazer 📮 Young Riders In a distant town, Lou drops her disguise and becomes a woman for a night, which leads to a romantic meeting with a handsome robber. Yvonne Suhor, Roger Rees

© Island Son C

College Basketball N. Carolina State
vs Wake Forest (L)

MOVIE: Nadine *** A woman

breaks into a con man's office to recover embarrassing photos and accidentally witnesses a murder and turns to her estranged husband for help. Jeff Bridges. Kim Basinger (1987) PG Mild

(MAX) (1) Movie: Betrayed **

(1) Nashville Now

(2) Beyond 2000 The rail gun is

Rigoletto In Jonathan Miller's modern version of Verdi's famous opera. 16th century Mantua becomes 1950s Little Italy and court vendettas become gang rivalries. John Rawnsley. Arthur Davies

MOVIE: In Like Flynn **

Dwight Thompson Dulce Desafio

8:30 MOVIE: Russkies * A shipwrecked Russian sailor and three all-American boys venture on the journey of a lifetime proving the worst of enemies can become best friends. Whip Hubley, Leaf

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crash diet. Jo Marie Payton-France. Reggie

empire is out to conquer the universe with a base large enough to look like, and destroy a planet. Mark Hamill, Carrie Fisher (1977) PG

MOVIE: NBC Movie Of The Week

rder In Paradise A burned-out

to become embroiled in a serial murder case that's identical to his last case in New York. Barbara Carrera, Kevin Kilner

(1989)
Great Performances In Saul Bellow's modern classic, a failed actor becomes a salesman and battles a mid-life crisis. Robin Williams. Catherine

Borowitz Perfect Strangers in order to help with his sister's college tuition, Larry files a fraudulent insurance claim,

8:00 MOVIE: Star Wars *** A large

Comics

BLONDIE

by Dean Young and Stan Drake









BEETLE BAILEY

By Mort Walker





(1)



Marvin

By Tom Armstrong



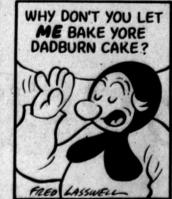




Barney Google and Snuffy Smith

By Fred Lasswell







The Wizard of Id

By Brant Parker and Johnny Hart







EVENING

6:00 MOVIE: The Emperor's New Clothes Two con artists convince the Emperor that they can fashion a suit with specia fabric so fine that it will appear inv to anyone who is stupid. Sid Caesai

Mews
 MacNeil Lehrer NewsHour
 Scarecrow & Mrs. King C
 Abbett And Coatello ... Dia

 Night Court
 SportsCenter
 Mr. Belvedere (5) Inspector Gadget (5) Miami Vice

 VideoCountry
 Rendezvous New Widerness Rival armies of nesting gulls fight for territorial rights in the California gulf. Lorne Greene
She's The Sheriff

 James Robison
 Rubi Novela de Venezuela. 6:05 (3 Jeffersons The Announcement

6:30 Cosby Show C Might Court
 Subaru Ski World
 Mama's Family

 Looney Tunes
 World Monitor World Of Survival John Forsythe travels the wilds of Africa to document the life of the native hunting dogs. Day By Day
Morris Cerullo

6:35 Sanford And Son Fred's Extra Job

7:00 True Blue 📮 ■ Washington Week In Review □
■ Full House It's off to Hawaii for an idyllic vacation. Danny's ineptitude as a skipper, however, leaves everyone stranded on a barren, frightening island. (R) John Stamos. Bob Saget

S

 MOVIE: The Furies ★★★ A cattle baron remarries and must face the

CROSSWORD

by THOMAS JOSEPH

1 Bird sound

McCartney

9 Simpleton

in Mexico

15 Egg source

16 Johnny

19 French

17 Decadent

formal

dance

shoes

23 Sympathy 24 Editor's

de-dee! 26 Cry of

30 Colorado

33 In a bind

37 Capri, e.g

25 Fiddle

instrument

4 Insect

11 Before

12 "Mrs."

14 Give

(Lat.)

ACROSS 39 Grecian

Crossword

deity

1 Long

poem

2 Shabby

3 Victory

cry

4 Bison

5 Yemen

seaport 6 Bad

deed 2 7 Respect-

to peace 25 Apt

able

20 Civil wrong 10 Prelude 24 Close

division

DOWN

FRIDAY

BO&(Cinemax)

jealous fury of his tempestuous, range riding daughter. Barbara Stanwyck, Walter Huston (1950)

MOVIE: Uptown Saturday Night *** Two working men attempt to recover a stolen lottery ticket from the black underworld after they were ripped

off at an after hours gambling joint.

Sidney Poitier. Bill Cosby (1974) PG

Max Monroe: Loose Cannon

World Cup Skiing Men's Downhill

Murder, She Wrote

MOVIE: Short Circuit 2 ** (HBO) MOVIE: Vibes ** (MAX) @ MOVIE: Shakedown ***

Church Street Station
Bill Burrud's Animal Odyssey A mother tiger cares for her cubs.
Footsteps: Curious Life Of Rev.
William Stukely This penetrating profile
digs deeply into the life and work of
William Stukely, the father of

archeology.

MOVIE: Bring Me The Head Of Dobie
Gillis ** Dobie is now married to Zelda and the father of a teenage boy, living out a quiet, uneventful life...until Thalia

7:05 MOVIE: Mountain Family Robinson lifestyle to start life anew in the rem beautiful wilderness of the Colorado Rockies. Robert F. Logan, Susan Damante

Shaw (1979) G 7:30 Videopolis: StarTracks VII Jonathan Prince introduces concert footage of the New Kids On The Block plus an

ERODE TEE

TMAN DI

Yesterday's Answe

13 Competent 28 Move

15 Flock

18 Binge 21 Speech

22 Inactive

HILO

sideways

sword

31 Sandwich

favorite

35 Woody's

Doogle Howser.

Wall Street Week
Family Matters in order to look good at his big class reunion, Carl goes on a

despite Balki's protests. (R) Bronson Pinchot, Mark Linn-Baker Dellas Warren Miller Ski Film: Unlimited MOVIE: Lawman ★★★ A New Mexico marshal finds himself in a hostile

community when he goes to a nearby town to arrest seven people for an accidental killing. Burt Lancaster, Rubert Ryan (1970) PG

Green Acres

Hitchhiker

Nashville Now

American Album Frank Capra's The War Years: (Pt 2)

MOVIE: The Third Man ***

American writer goes to Vienna to take

American writer goes to Vienna to take job with an old friend, but the friend has been killed. The writer then investigates, with frightening results. Orson Welles, Joseph Cotten (1949)

 Cornerstone
 Duice Desafio 8:30 Just The Ten Of Us Tired of her constant romantic misadventures, the Coach and Elizabeth arrange a date for Wendy with a seemingly nerdy nature scout. Bill Kirchenbauer, Deborah Harmon

Sunkist Invitational From Los Angeles, CA (L)

Geles, CA (L)

Geles,

(MAX) MOVIE: Black Eagle * 8:50 m Showtime Comedy Club Network

9:00 20/20 Weekly News Magazine C CBN Telethon News
 Falcon Crest
 Saturday Night Live
 Hitchniker

 Hitchhiker
 Super Dave Super Dave Osborne goes on his own to continue his hilarious quest for truth, justice and the American vay. 📮

Wey Women Of The World What women look for in men.
Days And Nights Of Molly Dodd C
Richard Roberts
America La Gente y Los Lugares De Los EEUU

9:05 NWA Wrestling Power Hour 9:30 Timeline Spanish monarchs march into the Alhambra; the last bastion of Islamic Spain falls; and Spanish monarchs fund the expedition of Christopher Columbus.

Best Of Classic Rock I Rock 'n' Roll legends including Peter Noone Of Terman's Hermits, Rare Earth, and Frankie Valli and the Four Seasons Inform in this concert.
Looking East Taiwan Aborigines
Days And Nights Of Molly Dodd C

FIE: Murder At The Gellop *** largie, an amateur sleuth, su-that the death of an old recluse



It's cookie sale time

The annual Girl Scout cookie sale has begun and youths will be contacting local residents to take orders from now through Feb. 4. The cookies will be delivered from Feb. 22 through March 10. Cost per box is \$2.50. Proceeds from the annual sales will help fund various council projects and assist girls planning to attend Girl Scout camp. Anyone interested in ordering cookies may also contact Linda Arellano, Hereford service unit director for Girl Scouts, at 364-5305 or 364-6112. According to Arellano, most of the money received from the sales remains in Hereford. Displaying the seven variety of cookies offered this year are, from left, Lenzy Ham of Brownie Troop #286, Jessica Gaitan of Brownie Troop #287 and Lisa Coneway of Brownie Troop #281.

Ann Landers

DEAR ANN LANDERS: This is only one of the million letters you embarrassment allow her to sit by in your heart to forgive your sick, will probably receive after printing the one from "Washington State Mom" who knew that her children manner? How could she be "too step in healing. It frees you from were being sexually abused by their embarrassed" to protect her children the tyranny of hating and brings stepfather but chose to remain silent rather than face the wrath of that monster and "all the embarrassment."

I became furious when I read her words, "I was too embarrassed to say anything and let everyone know what was going on in our family."

New arrivals

Jeff and Patti Brown of 305 Centre are the parents of a son, Evan Taylor, born Dec. 15, 1989, at Amarillo's High Plains Baptist Hospital. He weighed 6 lbs. 2 oz.

Grandparents are Sylvia Brown of Canyon and Lynwood and Juanita Pirtle of Amarillo.

Toastmasters meet Jan. II

"Carthage Delinda Est" was the topic that gave Joe Don Cummings best program speaker at the Thursday morning meeting of the Hereford Toastmasters. Joe Weaver voiced the invoca-

tion and Rocky Lee presided over the business meeting. Club man-agement was explained by Lynn Cook and discussed.

Cook, wordmaster, introduced "vigorous" as the word. Bob Lohr served as grammarian while Lee was table topic master.
Chuck Danley was general evaluator; Joe Walters, toastmaster;

and Dr. Milton Adams, timer.

Weaver spoke on "Arkansas Traveler or the Hole Truth" with Jigger Rowland as evaluator.
Rowland was cited as best table

topic speaker and club secretary was Margaret Perez. Matthew Barrett and Bryan

Cooper were guests at the meeting.

LOS ANGELES (AP) - Producer Albert "Cubby" Broccoli, who has made 16 James Bond movies, was immortalized in concrete with a sidewalk star in the Hollywood Walk of Fame.

Charlie's **Tire & Service Center**

HUNTER

Quality Tire-Quality Service Tractor-On Farm ·Truck-On Road ·Passenger-On Road ·Shocks ·Computer Spih Balancing ·Grease Jobs ·Front End Alignment ·Bearing Pack ·Oil Change ·Brake Repair

501 West-1st

How could a mother's fear of and you may even be able to find it from the beast of a husband who peace and tranquility to the soul. was ruining their young lives?

I was eager to read your answer, Ann, and I agree wholeheartedly that the mother was just as guilty as her husband because she did nothing to put an end to the abuse. In fact, her gutlessness mad it possible for that hideous stuff to go on year after year, compounding the damage. My blood pressure must have shot up 150 points when she said piously, "I raised them according to the Bible." What Bible is she talking about? It can't be the same one I read.

That miserable excuse for a mother took what was for her the easy way out, forcing her innocent children to bear the burden of her cowardice, a burden from which they will never be entirely free. My father abused me sexually for years. My mother also knew and did

I am old now and have come a long way from the mute, terrified emotional cripple I once was. And I've come most of the way alone. Remnants of that legacy from my parents, however, are with me to this day. I have never been able to trust a man or have a genuinely friendly relationship with another woman, which is a terrible way to live. --- Permanently Scarred (St. Louis)

DEAR ST. LOUIS: You don't say how old you are, but it's never to late to get help. Please find a therapist and talk talk talk about your anger and feelings of exploita-tion and abandonment. Verbalization is the best to get the poison out of your system.

In time your anger will be gone,

while her children were being selfish parents for what they did to brutalized in the worst possible you. Forgiving is truly the final

> DEAR ANN LANDERS: I's like to say a few words to "Third-Hand Rose," the woman who resented sleeping in the same bed that her husband's former wife and few girlfriends slept in. (She said

he was too cheap to buy a new one.)
Why doesn't she ask for a new
mattress? After all, the ex-wife and old girlfriends didn't sleep on the frame and spring. Some people sure are stupid. - Simi Valley,

DEAR SIMI: Ain't it the truth. Thanks for the suggestion.

DEAR READERS: From time to time I print a Gem of the Day. At the moment, I am fresh out. If any of you have one you'd like to send this way I'd be delighted to print it. The address is; "Gem of the Day", Ann Landers, P.O. Box 11562, Chicago, Ill. 60611-0562.

What can you give the person who has everything? Ann Landers' new booklet, "Gems" is ideal for a nightstand or coffee table. "Gems" is a collection of Ann Landers' most requested poems and essays. Send a self-addressed, long, business-size envelope and a check or money order for \$4.85 (this includes postage and handling) to: Ann Landers, P.O. Box 11562, Chicago, III. 60611-0562. (In Canada send

The One to See:

Announcing the Opening of the Medical Office of

F. Ray Jones, M.D.

Ophthalmologist (Surgery and diseases of the Eye) 106 Avenue A

(West Suite of Plains Insurance Building) For an Appointment call

364-5378

Dr. Jones completed his medical training at the University of Texas Medical Branch in Galveston in 1974. Dr. Jones was in practice from 1974 in Paris, Texas until he moved to Hereford.

30th homecoming scheduled Jan. 27

Riders Club receives steers

The Hereford Riders Club met mentioned activities are welcome to

Center and announced that it will be Tuesday of the month at the Com-

Pat Padilla, vice-president, asked marries an American naval officer.

Butterfly.

The Pep Ex-Student's Associable paid to the colleges of their tion extends a cordial invitation to choice. To be eligible, the senior or all former students, teachers, employees, and friends of Pep to their 30th annual Homecoming on Saturday, Jan. 27. All activities are to be held in the Pep Parish Hall.

Registration will begin at 5 p.m. Your registration name card will serve as your banquet ticket. The price will be \$5.

A catered meal will begin at 6:30 p.m. and will be followed by a meeting of the Ex-Student's Association with President Gery Franklin presiding. Recognitions will be made by Alice Kester.

Classes of 1933,43,53,63,73, and 83 will hold their class reunions, which will begin at 2:30 p.m.

The Ex-Student Association will award a \$300 scholarship to a high school graduating boy and girl, to

recently at the Hereford Community

getting new roping steers. President Ed Harlon conducted

the meeting with board members

and the queen encouraged to attend

are due and empty stalls are ready

members to think about donating a

gallon of paint for the stands at the

family were discussed and

encouraged. Some of the activities

planned are cow penning, goat

tying, jackpot, barrel racing, and

Anyone interested in roping,

rodeo, or any of the above Ms. Watanabe.

Different activities for the whole

Membership dues and stall rent

all meetings.

for rental.

mini-play days.

parents must be an ex-student of Pep, and must attend Homecoming to register for the scholarship. The publicity committee would appreciate being contacted as soon as possible as to whom is eligible for the scholarship, as they wish to recognize these students.

A country and western dance with music provided by the Panhandle Drifters from Amherst will last from 9 p.m. to 1 a.m. The public is invited and we encourage everyone to attend. Tickets will be \$5 per

Anyone needing information should contact Ida Simnacher at 933-4344, Anna Belle Walker at 933-4696, or McLinda Hughes at 933-4627.

visit. The club meets on the first

DALLAS (AP) - Japanese soprano

Yoko Watanabe is starring in the

Dallas Opera production of "Madame

Butterfly," the story of a geisha who

The production begins Friday night.

It will be the first time in the

company's history that a Japanese

singer will perform the role of

Pinkerton sails away while the geisha bears their child and awaits his return,

is from the Japan of another era, said

The opera, in which the American

munity Center at 7:30 p.m.

Graduation announced

Frankie R. Abalos will graduate today from International Aviation and Travel Academy (IATA) in Arlington. He is the son of Mr. and

FRANKIE R. ABALOS

Mrs. Joe Perez of Hereford. He is a graduate of Hereford High School and attended lawinforcement at Odessa College in

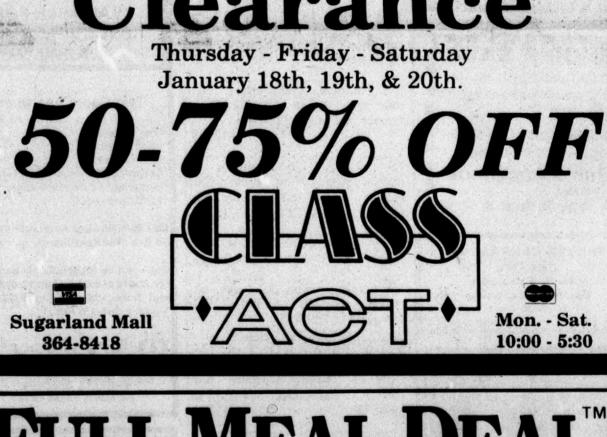
The U.S. Constitution went into effect June 21, 1788, as New Hampshire by a 57-46 vote became the ninth state to ratify it.

Dr. Milton Adams

Optometrist 335 Miles Phone 364-2255 Office Hours:

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







...

SSFEDS

364-2030

11937

THE HEREFORD BRANDsince 1901 Want Ads Do It All!

YOU WANT IT. YOU GOT IT CLASSIFIED

364-2030 313 N. Lee

CLASSIFIED ADS

Classified advertising rates are based on 14 cents a word for first insertion (\$2.80 minimum), and 10 cents for second publication and thereafter. Rates below straight word ads.

RATE 1 day per word 4.80 3 days per word 8.80 4 days per word **CLASSIFIED DISPLAY**

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

LEGALS

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

Every effort is made to avoid errors in word ads and legal notices. Advertisers should call attention to any errors immediately after the first insertion. We will not case of errors by the publishers, an additional inser-

1-Articles For Sale

YOCUM UPHOLSTERY & DRAPERIES 20% discount on large selection of choice materials (Free estimates) 603 So. 25 Mile Avenue

SHOP & SAVE *

Phone 364-4908

at the areas largest selection of used furniture and appliances. 30 day warranty on all sold appliances. Financing available and layaways.

Ben's Appliance

WINTER CLEARANCE 75% OFF Now thru February Childrens Exchange 1005 W. Park next to Sherwin Williams)

Good Money Maker, Commercial BBQ Smoker on Wheels. Ideal for individual or organization. Sacrifice for \$1500

> Call 806-364-1124 and Leave Message

Wooden, woven blind for 71 inch wide by 35 inch deep window. White with orange stripe. In perfect condition. Make me an offer. 364-6957.

Subscribe to the Amarillo Daily News & keep up with local & national news. Call 364-7736

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

Repossessed Kirby. Other name brands used and rebuilt \$39.00 and up. Sales and service on all makes.

Day bed, china cabinet, sofa sleeper, full beds, dressers, bassinett, childs table & chair. Toys. children clothing & lots more. Maldonados, 1001, W. Park, 364-5829. 12121

5 piece sofa sectional recliner, rust color velvet. Only 3 years old and in very good condition. Asking \$750. Also extra large easy chair with ottoman \$250.00. Call

For sale, Green Acres Swimming Membership, Call 364-5326.

12128

Antique dessert rose dishes, 120 pieces including clock, many serving pieces, serious offers only. 364-4335, 364-4580 after 5 p.m.

Free puppies. 6 weeks old. Days call 276-5285 or 364-8037. 12157

Hide-A-Bed Sofa and King Size Bedspread. Both in excellent condition. Call 364-4404. 12158

Moving-Need to find home for 1 yr. old Australian Shepherd mix, male & 3 yr. old, spayed female lab/chow mix. Call 276-5675.

1A-Garage Sales

Two family garage sale, lots of childrens clothes, miscellaneous. 709 Blevins, Friday.

2-Farm Equipment

Haygrazer, round baled, sweet sucrouse, from George Warner. 276-5291-days; 364-4113, nights. 11574

3-Cars For Sale

Low prices on cars everyday. Milburn Motor Co., 364-0077, 136 Sampson.

1987 Mazda p/u B-2000 Extended cab reclining bucket seats,HT, A.C. 5 speed trans. cruise central-clarion Am/Fm Stereo radio & cassette. Equipped to be towed. 25,000 mostly towed.Fiberglass topper, other goodies. \$6500. 364-3112 511 12076 Avc. J

'76 GMC pickup, '79 Chev. 4-door Impala Chev., 276-5240. Call 12079 after 7 p.m.

1984 Chevrolet Caprice loaded, 76,000 miles, very clean, \$4,300. 364-1003.

1951 Willys Jeep-2 door Wagon, Metal top, 12 Volt System-Good condition-\$2,100.Evenings-Weeken ds. 364-6904.

78 Fairmont, good shape, high mileage, \$1,000 or best offer. Might finance. See at 1312 E. Park.

1974 Jeep. Good motor & transmission. New tires. Call Monday or Tuesday-Saturday after 6:00 p.m. 364-4013

1979 Cadillac, \$400. Call 364-2528.

88 Tempo, power, air, locks, tilt cruise, 5-speed. \$6300 OBO. 364-1393 or 289-5564

\$100 REWARD for the whereabouts of a 1977 Chevy Camaro, blue, license No. 756MAA. Call collect 374-3313 or

1985 Cutlass Supreme Brougham, 72,000 miles, good condition, priced at \$4150. 364-8368-days; 364-2966-nights.

1979 Buick Limited, 4-door, real clean inside & out. Extra good shape. One owner. 364-5209. 12144

1984 Nissan Maxima, extra nice & loaded. Must sell! \$2850. Call 364-5130 after 5 p.m. 12145

For sale: 1982, 2-door Buick Regal. Needs engine - \$500. 364-2062.

1985 Olds Calias, V-6 fuel injected w/38,000 miles. Still fully warranted. White exterior, blue velour interior, cruise, tilt, Am-Fm cassette, new shocks, good rubber. \$6,000 firm. Call Mauri, 364-5146 after 6 p.m.

> MLBURN MOTOR We pay cash for Used Cars 136 Sampson Phone 364-0077

NEW & USED Now for sale at BUICK-PONTIAC-GMC 1st & Miles

3A-RVs For Sale

1973 Nomad Camping Trailer. Price is reasonable, make an offer. 258-7342

AXYDLBAAXR **isLONGFELLOW**

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

CRYPTOQUOTE

COF YNK ZOI AL ILCFKCN-OAL YIUFLCH AL CZAK CI COF LCNCWF CONC ZFNEL N RAM QFNR. - YNES

CZNAK Yesterday's Cryptoquote: MODESTY IS BECOM-ING TO THE GREAT. WHAT IS DIFFICULT IS TO BE MODEST WHEN ONE IS NOBODY. - JULES RENARD

364-8313.

364-2660.

Call 364-6661.

364-1018.

364-4370.

lot on Park Ave. Wartes Realty,

For sale by owner: Less than\$30 per

sq. ft. on Texas St. Large 4

bedroom, 3 bath, plus office plus

formals. Recently redecorated.

Land for sale 2 miles North of

3 bedroom house to be moved.

4A-Mobile Homes

3 bedroom, 2 bath home on lot with

fenced yard. Low down payment,

payments to suit your budget. Call

5-Homes For Rent

1,2,3 and 4 bedroom apartments

available. Low income housing.

Stove and refrigerator furnished.

Blue Water Garden Apts. Bills paid.

One and two bedroom apartments.

All bills paid except electricity.

364-4332. Eldorado Arms,

Best deal in town, furnished

2nd Street. 364-3566.

bedroom efficiency apartments.

Nice, large, unfurnished apartments.

Refrigerated air, two bedrooms. You pay only electric-we pay the

Paloma Lane Apts. 2 bedroom

available, clean, well cared for, reasonably, \$170 deposit, no pets,

One bedroom apartment. Clean, fully furnished. Single person. No

pets. Deposit required. Call 364-1797 leave message. 7500

DIAMOND VALLEY

MOBILE HOME PARK

Cherokee Sts., Ave. G&H

Doug Bartlett, 415 N. Main

364-1483-Office

1320

1360

rest. \$275.00 month. 364-8421.

Self-lock storage. 364-8448.

EHO, 364-1255.

Good condition. Call 647-2554.

Hereford, 2 acres. Call 647-2554.

1982 Harley Davidson Sportster, Priced reduced on good commercial XLX, 25th anniversary addition. Excellent condition, Inquire after 6 364-4404. p.m. at 364-2528.

1-18

1979 Road Ranger Kit Travel Trailer. 26 ft. Sleeps 8.364-2933 after 5:00.

4-Real Estate

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

Two houses and two separate corner lots near San Jose Church, one house at 237 Catalpa, 1/2 block 140x300, that has been cleared on corner of Gracey & Sampson. Call 364-8842.

House in the country for sale to be moved. 1300 sq. ft., good condition. Call 364-2132.

Great chance to buy beautiful new house, 3 bedroom, 2 bath with all the extras! 326 Fir. Come and see. 364-6450.

RETIREMENT LIVING **AVAILABLE FOR OCCUPANCY** NOW!

Two Room Apartment

Maid Service Linen Service *Carport or Transportation for Shopping and Doctor's Visits *\$1,050 per month

Call 364-0661 For An Appointment To See This Apartment

Calls can be received only between the hours of 8:00 A.M. to 12:00 Noon and from 1:00 P.M. to 5:00 P.M. Monday through Friday.

(I) King's Manor (I) Methodist Home, Inc. P.O Box 1999, 400 Ranger Dr. Hereford, Texas 79045

Acres with 3 bedroom home 2 Mobile spaces on S. Hwy 385 Estate wants to sell. Look & nake offer 2 bedroom brick home, ref. air & central heast, \$25,000 4 bedroom brick at 614 Ave. J. Shown by appointment. Owner ants offer.

HAMBY REAL ESTATE South Highway 385 Gerald Hamby, Broker 364-3566 **Equal Housing Opportunity**

RETIREMENT LIVING **AVAILABLE FOR RENT**

Remodeled Two bedroom, One ath. Brick Home with Attached

*Living Space of 1,100 Sq. Ft. *Separate Living, Dining and Kitchen Areas torage Room and/or Office Large Utility Room Open Concrete Patio shed Carport and Additional 500 per month rental

Call 364-0661 For An Appointment To See This Residence. Calls can be received only between he hours of 8:00 A.M. to 12:00 Noon and from 1:00 P.M. to 5:00 P.M., Monday through Friday.

King's Manor Methodist Home, Inc. P.O. Box 1999, 400 Ranger Dr. Hereford, Texas 79045

Two bedroom, two bath with carpet, central gas heat, fridge & stove provided. \$255/mo, 364-3209.

> 2 bedroom, 1 bath, stove and refrigerator furnished, \$220 monthly, 212 Ave. I. 364-6489.

Special move in rate, two bedroom

apartment, washer/dryer hookup,

3 bedroom, one and two bath

homes. Refrigerator and stove

provided. From \$260/mo and up.

We accept Community Action.

364-4370.

364-3209.

Furnished Bachelor apratment for rent-\$135 a month. ALI bills paid. Call 364-0077; home-364-1364.

Arbor Glen Apartments, 1 & 2 bedrooms, kitchen appliances furnished, security system, covered parking, 364-1255.

For rent: Very nice 3 bedroom, 2 bath, fenced yard, double garage, 364-4113 & 276-5291. For sale 12107 1984 Suburban, loaded.

mile North on Ave. K. Call 512-547-7375 12119 20x30 Shop area with overhead

monthly.

For rent: 3 bedroom, brick house.

Storefront area with storage on E

12125

Park. 364-1393. \$125 monthly.

door. on E. Park. 364-1393 \$125

3 bedroom, 2 bath trailer on Dimmitt Cutoff for \$225.00 per redecorated 3 bedroom house south | Call 364-8628 or 364-5870. of Hereford for \$225.00 per month, water turnished. Days 364-111 nights 276-5541.

Need extra space? Need a place to For lease. Office space, one or more have a garage sale? Rent a offices. 622-2411 min-storage. Two sizes available.

> For rent: One bedroom, Executive Apartments, 364-4267. No Pets.

\$175.00 per month bills paid, red 2 bedroom house at . 314 Ave. D. brick apartments 300 block West \$225 per month, \$75.00 deposit. Inquire at 316 Avenue D, or call

6-Wanted

stove and refrigerator, water paid. Would like to do washing and ironing in my home, Mrs. Rankin, 317 Star, Call 364-1220. 12095

> Would like to rent or lease farmland in Hereford or Westway area. Call 289-5977 or 357-9192, M.D. Franks

8-Help Wanted

Steere Tank Lines, Inc. in Dimmitt, Texas now accepting applications for experience semi-truck drivers. One year experience in the last three years necessary. Must be at least 21 years of age. Please apply in person. Equal Opportunity Em.

Experienced ICU Registered Nurses earn \$25 to \$32 per hour. Call Carmen or D'Ann, Kimberly Quality Care, 3716 Olson, Amarillo, Texas 79109, 1-800-333-7488

"Attention: Easy Work Excellent Pay! Assemble products at home. Details. (1)602-838-8885 Ext. W-1488. 12075

Mature Secretary needed for trucking firm. Apply in person at Burke Inmon Trucking Co. on Pine Street.

Needed full-time or part-time RN or LVN, Good benefits, competitive salary and differentials. Call Kim Hunter at Plains Memorial Hospital at Dimmitt, 647-2191 Ext. 41.

Start the new year right. Earn month, all bills paid. Also a newly dollars with Avon. No starter fees.

12146

12132

MEDICAL **RN-LVN-Medical Assistant** or Phlebotomist

Need examiner to do mobile insurance physical in Hereford and Dimmitt. Part-time, flex hours. Must be a proficient blood drawer. Call 1-800-548-3193, Ext. 265. Ad #291 19th, 19th, 20th

HEREFORD'S FINEST MASTERS APTS

1,2,3 Bedrooms Carpet, drapes, disposal, fireplace, dishwasher, carport

TOWN SQUARE APTS.

2 and 4 Bedrooms

Carpet, drapes, disposals, Jen-Aires, dishwashers, fireplaces in 4 bdrm. apts., garages, pets welcome. Resident Manager-364-0739

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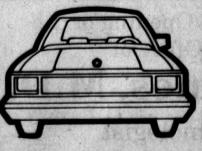
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Ways to influence smokers to quit

Most smokers feel that most non-smokers do not know how best to help a health-concerned smoker. Smokers feel they receive little support or encouragement from their nonsmoking friends. Complaints range from minor nagging to shockingly rude put-downs.

It seems apparent that most nonsmokers with smoking friends are missing an important opportunity. Nonsmoking friends can play a major role in helping a healthconcerned smoker cut down or quit, but to do so most effectively, they should reinforce the idea that it is possible for smokers to take control of their smoking, while remaining supportive of the smoker as a person. The ideal approach does not include hostile confrontation, threats, put-downs, preaching or

For concerned nonsmokers who wish to support a friend or family member's efforts to reduce their health risk may suggest the followng guidelines:

*Separate the smoker from the smoking. Let the person know that you will continue to care about them no matter what they decide to do about their smoking

*Try to envision the problem from the smoker's point of view. Smoking can help you deal with stress. It can help you relax. It can help you concentrate. It can keep you from becoming bored. It can be such a cherished part of your life pattern that giving it up would be like losing a good friend.

*Realize that smoking is a powerful physical and psychological addiction. Quitting can be painfully difficult. Thus, the temptation to simply ignore the negative health effects of smoking can be very strong. Smokers who do exhibit the courage to confront this dilemma deserve compassion and understanding, not ridicule and blame. A supportive relationship with a caring and nonsmoker friend can make the smoker feel more secure and can thus help provide the positive psychological motivation

for change. *Don't tell your smoking friend what to do. Encourage them to do what they think is best. Remember, it is only when they want to do something about their smoking that progress can occur.

*Encourage your smoking friends to engage in healthful, enjoyable activities that are incompatible with smoking. Get them OFFERS FIRST involved in sports--walking, hiking, ROBOTIC DOC volleyball, swimming, tennis, etc. Accompany them to activities at which smoking is not allowed-religious services, concerts, etc.

Refraining from open criticism does not mean that you cannot subtly "train" your smoking friends to follow more healthful practices. While you should, at all costs, avoid nagging your friends and family members about their smoking, there is a role for supportive, loving confrontation.

Love and understanding from friends and family are particularly important in the days and weeks immediately after quitting. Here are some guidelines for supporting a friend during this time:

*Let your friend know that you

that you are confident he will be able to remain smoke-free. *Make a commitment to "adopt" the recent quitter. Tell your friend that during this quitting period, you will be delighted to provide whatever support you can. This should include encouragement as well as such mundane services as preparing food, cleaning house, taking care of

the children, doing laundry. *Make yourself available as frequently as possible, either in person or by phone, for your adoptee's first days as a nonsmoker. Be prepared to listen to his hostile or angry feelings. Accept the fact that he may react to the stresses of withdrawal by lashing out verbally at whomever is around--you included. Accept the fact that the loss of his cherished habit may be very painful to him. Be prepared to forgive him in advance, and encourage him to do anything he needs to do to get through this difficult time. Smoking is a habit that takes a long time to learn; it can take a long time

*After the first few days, the worst should be over. Arrange to see your friend regularly for several weeks thereafter, and to check in with him regularly for the remainder of his first year as a nonsmoker.

*Help your friend keep as far away from smokers and from cigarettes as possible. It is worth considerable trouble and inconvenience to avoid a situation in which it could be all too easy for your friends to smoke "just one ciga-

*Encourage your friend to talk about what he is feeling or experiencing. Listen sympathetically and supportively, without judging or

offering advice. If you are a smoker, be aware that you may feel threatened by a friend's efforts to quit. Knowing that your friend desperately wants to quit may make you painfully aware of the ways smoking is harming your own body. You may justifiably feel that if she is successful in quitting, she will now begin to avoid you because you are a smoker. Share these concerns with your friend. Make a deal with your friend: You will support the way she has chosen to deal with smoking if she will support the way you have chosen to deal with it.

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Mellon University has set what it describes as the world's first four- and five-year doctorate programs in

Operated by the university's Robotics Institute, the Graduate Schools of Computer Science and Business and the College of Engineering, the programs are intended to familiarize a new generation of robotic scientists with all aspects of robotics.

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are overjoyed that he is quitting and or three times a week.

My weight has stayed the same ion despite my having increased my workout routine a month ago. I feel I have gained muscle, but I want to lose my excess body fat and lose pounds and inches. I want to burn fat instead of carbohydrates.

The enclosed clipping says lowintensity exercise such as walking uses more fat for fuel while highintensity workouts such as aerobic dancing uses carbohydrates, and that the longer you exercise, the more likely you are to burn fat instead of carbohydrates. Is this true?

DEAR READER: You probably have lost body fat. You can lose calories and fat but not lose weight. This is how that happens. A pound of muscle contains about 600 calories partly because more than 70 percent of lean muscle weight is water. A pound of fat - about 20 percent water - contains around 3,500 calories. If you lose a pound of fat (3,500 calories) and build a pound of muscle (600 calories) you will really have lost 2,900 calories despite not losing any weight (3,500 minus 600 equals 2,900). You can even gain weight as you develop muscle mass despite losing calories from elimination of body fat.

I have explained the fat-to-muscle concept in more detail in Special Report 74. Exercise to Control Body Fat, which I am sending you. Others who want this report can send \$2 with a long, stamped, self-addressed envelope for it to THE HEALTH LETTER/74, P.O. Box 19622, Irvine, CA 92713.

Whether you use fat or carbohydrate from exercise is mostly a Report 90, Balance Your Diet for function of time — the time it takes Health. Go over it with her to help her the body to mobilize fat from fat cells understand why she needs a proper and transport it to working muscles diet. Others who want this report can for energy. The first 10 minutes of send \$2 with a long, stamped, selfexercise you use mostly glycogen addressed envelope for it to THE (carbohydrate) for energy. It is HEALTH LETTER/90, P.O. Box 19622, already stored in the muscle. As Irvine, CA 92713. exercise progresses, a larger and Cheese provides some of the calexercise is from fat.

body uses fat stores for energy.

right shoulder. He says it will not get If all else fails, some of the protein do not want the surgery unless it just complete protein. will not heal or I would risk losing plasty a year ago. I'm 64.

DEAR READER: The rotator cuff is n future columns. a circular tendon like a cuff around © 1990 North America Syndicate, Inc. the shoulder joint. Many of the shoulder muscles are attached to the common cuff. A tear can involve the attachment of only one muscle or On April 10, 1849, Walter Hunt of more. The tendon can be diseased or New York City received a patent can deteriorate from wear and tear for his invention of the safety pin.

DEAR DR. LAMB: I have been and cause pain. Or you may have pain working out three to five times a with a rupture. Usually these are week. I use the Stair Master, usually treated medically to control pain and two 15-minute intervals, and the limit motion, followed by individually computer printout says I have burned designed exercise programs. If these 142 calories for each session. I also do measures fail, then surgery is often two 15-minute intervals on the sta-needed. But there is no need to rush tionary bike and use the Nautilus to surgery in most cases. Get a weight equipment for 30 minutes two consultation with a specialist in physical medicine for a second opin-

> DEAR DR. LAMB: I have an 8-year-old daughter who has been a vegetarian for over two years. She does not eat beef, fish or chicken. She does eat cheese, but won't drink milk. I have given her a vitamin but not

I don't know what type of diet to give her or how forceful to be in trying to get her to eat meat. I'm hoping when she reads your answer it will help. Any references will be. appreciated.

DEAR READER: It sounds like your daughter's diet is deficient in calcium, and unless she is eating a carefully constructed plan of different highprotein vegetables and cereals, she may also have a deficiency in essential amino acids. Neither of these problems can be corrected with vitamins.

She is in the phase of her life where growth demands adequate amounts of both calcium and complete protein. She needs these to develop healthy bones that will be less prone to fractures later in life.

What can you do? See if there are any foods in the meat and dairy group she will accept and be sure she does not have access to empty calories such as sweets. However, if she likes sweets, you may be able to meet part of her milk requirements by giving her puddings made with milk or even ice cream. Various milkshake preparations also provide a way to encourage individuals who do not like milk to consume a reasonable amount.

I am sending you a copy of Special

larger percentage of the calories used cium she needs. A 1-ounce slice of for exercise is fat. By four hours, well Swiss cheese or two slices of Ameriover half of the calories used for can processed cheese provides about as much calcium as found in a glass of But, after exercise, the body regular milk. And a 1-ounce slice of replaces muscle glycogen, while your cheese will provide about 7 grams of good quality protein. But I would like DEAR DR. LAMB: My doctor tells to see her use some foods from the me I have a torn rotator cuff in my meat group: red meat, fish or chicken.

any better without surgery, and if I supplements that you can get from a have the surgery it will be from eight health-food store can be used in her to 12 months before I could use it. I food or a shake to provide sufficient

PITTSBURGH (AP) - Carnegie control of my right arm. A friend had Dr. Lamb welcomes letters from a torn rotator cuff and it took two readers with health questions. You years to recover. He is getting along can write to him at P.O. Box 19622, fine now. Should I have the surgery? I Irvine, CA 92713. Although Dr. Lamb robotics, according to Metalworking am a heart patient and had angio-cannot reply to all letters personally, he will respond to selected questions

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Grading mistake costly to Holliday

teacher's error in averaging grades student athlete. has caused the Holliday High School boys basketball game to forfeit 13 victories and cost the girls team two victories.

The boy's team had been off to a Austin. 17-3 start and captured championship trophies in three tournaments. Now their record is 4-16 and they will have to return the trophies.

School officials said Wednesday the investigation started as a complaint only an error had been on the grade of

HOLLIDAY, Texas (AP) - A concerning the eligibility of a female the female athlete in question, but a principal Bill Lee.

The problem turned out to be a teacher's error in averaging grades. The complaint was filed with the University Interscholastic League in

Investigators found a slight, unintentional flaw in the averaging of grades, Texas Education- Agency officials said.

The TEA investigation revealed that

review of grade books revealed that a player on the boy's team had also failed a class.

That made him ineligible under the state's "No Pass, No Play" rule and Holliday High School had to forfeit all the games in which the ineligible players participated, the minimum penalty under the law.

"We didn't have to report the boy, if you want to be technical about it, but what's right is right," said school

B.J. Stamps, assistant to the director of the UIL, said the caller, a man who said he was from Archer City, told the to enable the girl to pass the test and

play basketball.
"I was looking into allegations about a grade being curved, but found they have a system in that district that record," Lee said. "If there's a good allows for a curving of grades, so they weren't in violation there," TEA

education specialist Susan Sellars said. School officials say all teachers have been briefed on the error.

"It's our job to encourage and help UIL that a teacher had curved an entire students," Lee said. "I don't like to class's grades on a test by 20 points think of the lesson they're learning from this."

> "In reality, the boys feel they won the ball games regardless of the official point about this, it all happened before we went to district (play) or in the

two years.

The boy's team is now 2-0 in district play, a small consolation. according to basketball coach Steve McIlhaney.

"I've been a coach for 19 years and I've seen a lot of things, but this is one of the most unfortunate instances," McIlhaney said. He said the incident had left the players "hurt and somewhat disillusioned."

Foursome tied for lead in **Hope Classic**

LA QUINTA, Calif. (AP) - John The format calls for the 128 pros Cook, back from an eight-month to play one round each day on each of vacation he didn't want to take, played four desert resort courses, with a when he didn't think he could.

right for the oft-injured Cook.

The vacation followed extensive course. hand surgery last April which resurrected Cook's career on the PGA

"Oh, I knew I'd play again. I just didn't know if I'd ever be able to play again out here" on the Tour, he said.

that he'd be able to play Wednesday gallery gathered to watch the celebrity in the first round of the five-day, 90hole Bob Hope Classic.

At 5:30, there was no way I could but changed his mind at the last champion Steve Jones.

at Indian Wells to gain a share of the field. first-round lead.

tying Fred Funk, 48-year-old Dave a bogey on his card, birdied all the Stockton and Don Pooley for the top

Stockton, who won his second PGA national championship in 1976, oneputted 12 times at Tamarisk.

round over the Arnold Palmer course shot 70 at Tamarisk. at PGA West. winner, played at Indian Wells, which

he called "probably the easiest of the

rounds of this unique tournament.

different three-man amateur team Both situations worked out just every round. The field is then cut for the final round Sunday at the Palmer

Jim Benepe and 44-year-old Hale Irwin, a two-time U.S. Open champion, were a shot back of the leaders with 66s in chilly, cloudy weather.

Benepe played at the Palmer course and Irwin had the best round of the day And there was considerable doubt at Bermuda Dunes, where most of the amateurs.

Many of them, cameras in hand, "The flu bug hit me like a bomb. flocked to the host comedian, who played with former President Gerald play," he said. He actually went so far Ford, former Speaker of the House Tip as to call Tour officials to withdraw, O'Neill and their pro, defending

Jones could do no better than a 75. A few hours later, he finished off Hope, Ford and O'Neill had a besta bogey-free round of 7-under-par 65 ball of 74, two over par, and trailed the

"I've come along faster than I "I got it in somehow," he said after thought," said Cook, who did not have par-5 holes and gained his place among the leaders with a birdie-birdie

Robert Gamez, the rookie who won the Tucson Open last week in his first Funk did not have a bogcy in his start as a member of the PGA Tour,

Arnold Palmer, 60, making his 31st Pooley, the 1985 Vardon Trophy consecutive appearance in a tourna-Watson had a 70, and 50-year-old Lee Trevino shot 69. All were in the four courses" used for the first four celebrity field at Bermuda Dunes.

Australian heating up

MELBOURNE, Australia (AP) -The heat was terrible - 108 degrees on court - and the flies were worse, but Boris Becker and the other top seeds in the Australian Open survived unscathed.

American Aaron Krickstein, the fifth seed, swatted the maddening flies between serves and joined No. 2 Becker in advancing to the third round Thursday along with No. 3 Stefan Edberg of Sweden.

Argentina's Gabriela Sabatini, the No. 2 women's seed, also reached the third round with Americans Zina Garrison, No. 3, and Mary Joe Fernandez, No. 6.

Becker, fighting the sun at high noon, won a 6-3, 7-6 (7-4), 4-6, 6-2 slugfest against scrappy American Scott Davis, the winner of last week's New Zealand Open.

"It was hard to see the ball in the sun," Becker said. "It's hot out there. It's not easy playing under those conditions, but it's the same for both players."

Becker hasn't joined the parade of players switching to the legionnairesstyle hat worn by top-ranked Lendl, but is considering it.

"But when you throw up the ball you can't see it," he said, because of the bill of the cap. "When it gets hotter I guess I have to try to wear a hat or try something because if not you will fall down and get heat stroke."

While Becker and Davis were flicking away the flies on Court 1, Krickstein was slapping at another swarm on Center Court while beating

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Ramesh Krishnan 6-1, 4-6, 6-3, 6-1.

sun from their faces with creative give it 100 percent I feel like I have a designs of pink, green, yellow and blue chance. zinc oxide. 'It's kind of tough when you're

ready to return serve and a few (flies) land on your face," Krickstein said. "You try to brush them off, but it's

hard sometimes." Sabatini had as easy a time beating it will be very long.' Holland's Manon Bollegraf 6-1, 6-1, as Garrison did in knocking off Finland's Petra Thoren 6-2, 6-0. Fernandez had more trouble downing fellow American Kathy Rinaldi 6-4,

Garrison wouldn't fear playing of France. Steffi Graf if they met for the

Australian Open title. The Texan says she would welcome

the opportunity. "I'm one of the few people on the tour not afraid to play Steffi," Garrison said.

"I regard her as just another professional tennis player. It's a oneon-one situation and you have to go for

Garrison never has made a Grand Slam final, but feels her time is drawing close.



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"I believe in myself and that's the I'll need to get to the net and be Fans watching both matches did main thing," she said. "I'm enjoying their own swatting while blocking the my tennis and so long as I go out and

> "I've put a lot into my coaching and training and tried to prepare for what it takes to win a Grand Slam tournament.

> "I'm starting to learn the game that I have and what I can use. I don't think

> Garrison, 26, who spent the Christmas holiday working out on a San Diego beach, said she believed she had learned how to put effort in over two full weeks.

> She next plays Isabelle Demongeot

"I've played her a lot and I know

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aggressive," said Garrison, a native

of Houston who has made four Grand

Slam semifinals in her career,

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