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Honors at Saturday's Mid-Plains Reunion



OLDEST MAN PRESENT

...Grady Wilson (right), 97, was honored as the oldest man present at Saturday's reunion, and was given a plaque by Alex Schroeter.



OLDEST WOMAN PRESENT

...Blanche Moseley, 93, was honored as the oldest woman present at Saturday's reunion, and is given a plaque by Alex Schroeter.



TRAVELING AWARD

...Evelyn Ivey, of Washington State, is given a plaque by Alex Schroeter for traveling the farthest to attend Saturday's Mid Plains Pioneer Reunion in Hereford.

Local Roundup

Eleven arrested over weekend

Hereford police arrested nine persons over the weekend, including a man, 23, for assault; a man, 22, for no driver's license, no insurance, and giving a false name to a police officer; a man, 20, for trespassing; a man, 36, for no liability insurance (second offense); a man, 31, for driving while intoxicated; two men, ages 20 and 36, for public intoxication; and two men, ages 35 and 62, on traffic warrants.

Deputy sheriffs arrested two, including a man, 61, for disorderly conduct; and a man, 25, for public intoxication.

Reports over the weekend included burglary of a residence in the 200 block of Ave. I, with a television, washer, air conditioner, refrigerator and lawn mower, all worth \$1,000, taken; a truck broken into in the 1200 block of East First, with a radar detector, AM/FM stereo and speakers valued at \$470 stolen; burglary of a motor vehicle in the 300 block of Western with radio cassette and car stereo valued at \$250 stolen; four American flags, valued at \$100, were placed at various locations in honor of Memorial Day by the Key Club and later stolen; theft of two bags of ice; window glass broken out of a car in the 600 block of Irving, causing \$100 damage; vehicle window glass in the 400 block of Ave. I shot out by a B-B gun; window shot out of a pickup; several realty signs, traffic cones, a mailbox and toilet paper placed in a front yard in the 200 block of Ironwood; two juvenile boys were told to stay off of property in the 300 block of East Fifth by officers; criminal trespass in the 300 block of Ave. A;

Two men got into an argument and one of the men threw a pair of pliers through the other man's windshield, causing \$500 damage; a woman who said she had been assaulted by her husband in the 100 block of Ave. B filed charges; a woman who said her husband had slapped her and pulled her hair in the 600 block of Irving filed charges; assault charges filed in the 100 block of Ave. H and in the 100 block of Bradley; assault by threat in the 600 block of West First, the 500 block of South 25 Mile Ave., and in the 700 block of South Texas; domestic disturbance caused by an argument between a husband and a wife in the 800 block of Irving; domestic disturbance in the 400 block of Ave. I; civil disturbance; child custody complaint; suspicious person went into a rent house in the 200 block of Ave. F; a man scared off a prowler who was peeking in his bedroom window in the 500 block of Ave. K by yelling at the prowler; disorderly conduct in the 400 block of Ave. D; disorderly conduct; disorderly conduct in the 800 block of Irving because obscenities were yelled; man came to jail to serve his time intoxicated and was arrested for public intoxication; officers told two boys who were throwing rocks and agitating dogs to stop it; civil matter regarding a bicycle in the 1900 block of Black Forest; harassment; and two reports of harassing telephone calls.

Fire fighters responded to a mattress fire in the 100 block of North Ave. K on Saturday afternoon, a CRP grass fire five miles south of the Dimmitt cutoff and one mile east on the Louise Packard farm on Saturday evening, a wreck at Park Ave. and U.S. Highway 60 on Sunday afternoon, and a storage building fire in the 400 block of Star on Monday.

Hereford police issued 52 citations and responded to three minor accidents over the weekend.

Blood drive is Thursday

The monthly community blood drive, sponsored by the Women's Division of the Deaf Smith County chamber of Commerce, will be held Thursday from 4 to 8:30 p.m. at the Hereford Community Center.

According to local chairman Mildred fuhrmann, donors are desperately needed because of heavy use of blood supplies over the Memorial Day weekend.

Thunderstorms are likely

Thunderstorms will be likely tonight with some possibly severe. The low will be in the lower 50s. South to southwest wind 20 to 30 mph decreasing to 10 to 20 mph after midnight. Lake wind advisories will be required through mid-evening. The probability of rain tonight is 60 percent.

Wednesday will be mostly cloudy with widely scattered thunderstorms. The high will be near 80. Southwest to west wind 10 to 20 mph and gusty. The chance of rain Wednesday is 20 percent.

This morning's low at KPAN was 61 after a high Monday of 81.

Hospital Notes

HOSPITAL NOTES

Susan Lynette Butler, infant boy Butler, Brenda Campbell, Ellen Lilly Carter, Andrea Castillo, Aurora Garcia, Irene Gonzales, infant boy Gonzales, Wanda Jesko, infant boy Jesko, Pedro Lafuente Sr., Lucy Moore, Elizabeth Robles, infant boy Robles, Jessica Sanchez, and Troy Ray Schuder.

News Digest

World/National

WASHINGTON - President Bush, back from a weekend of boating and golf in Maine, is closeting himself in the White House for intensive preparations before what he predicts will be a no-surprises summit with Soviet President Mikhail S. Gorbachev.

WASHINGTON - The United States and the Soviet Union enter this week's summit with renewed momentum toward clinching a treaty that for the first time would require each side to reduce the number of long-range nuclear weapons.

CAPE CANAVERAL, Fla. - He is, at 59, the oldest astronaut to fly in space. And that's too old, he says, to get back in line and wait - hope - for one more flight. As a result, Vance Brand expects the upcoming mission aboard shuttle Columbia to be his last journey into space.

BOSTON - The gypsy moth is coming, in numbers never before seen on this continent, scientists and federal officials say.

WASHINGTON - It's a con artist's dream. After years of learning to lock doors and install burglar alarms, Americans are being told it's their patriotic duty to open their homes to strangers.

WASHINGTON - Pro football veteran Phil McConkey compares himself to the new presidents of Czechoslovakia and Nicaragua in sizing up his chances of being elected to Congress.

WASHINGTON - As George Bush and Mikhail S. Gorbachev meet this week for summit talks that may shape the future, an 11-year-old girl from Aberdeen, Wash., is predicting the world will celebrate "no more wars anywhere" in just two decades.

Texas

AUSTIN - The Texas House is scheduled to try to override Gov. Bill Clements' veto of lawmakers' school finance reform bill today, but Speaker Gib Lewis says he doesn't know if the effort will succeed.

HOUSTON - A melee at an outdoor rap concert in Houston forced police to disperse 25,000 overheated Memorial Day revelers, and unrelenting showers and thunderstorms dampened get-togethers elsewhere as Texas started its summer fun and commemorated its casualties of war.

GRAPEVINE - Stormie Jones, the 12-year-old girl who made medical history as the world's first heart-liver transplant recipient, got an early birthday present: She got to come home.

TEXAS CITY - A Houston man used a knife to cut his wife free from her seatbelt after his car rolled off a boat ramp into 12 feet of water.

CLAYTON - Authorities are using dogs specially trained to locate bodies even under water in their search for two game wardens believed drowned in Lake Murvaul in Panola County.

DALLAS - Two teen-age girls were arrested after allegedly snatching an infant at a flea market, and police are investigating whether its a copycat incident to an abduction of a newborn over the weekend.

KENDLETON - Trustees have slightly more than a month to transfer 240 students out of Kendleton Independent School District, only the second district the state has ever shut down.

AUSTIN - Gov. Bill Clements accused some House lawmakers of trying to "play politics" by making a bailout bill for social service programs contingent on a half-cent sales tax increase becoming law right away.

AUSTIN - Public Utility Commission Chairman Paul Meek defends the prospect of closed-door settlements in high-dollar electric and telephone rate cases as he asked senators to confirm his appointment to the PUC.

AUSTIN - Clayton Williams did not show up for an education debate with a Democratic state senator because he had better things to do, says the Republican gubernatorial nominee's campaign.

Cattle branding was practiced 4,000 years ago. Old tomb paintings show Egyptians branding their cattle.

A billion in America and France is a thousand million. In Great Britain and Germany it is a million million.

Obituaries

SCOTT GREEVER

MAY 26, 1990

Scott Greever, 16, of Amarillo died Saturday, May 26, 1990, in Angel Fire, N.M.

Services were planned at 4 p.m. today in First Presbyterian Church. Burial was to be in Llano Cemetery by Boxwell Brothers Funeral Directors.

He was born Aug. 9, 1973 to Gary and Cindy Noltensmeyer in Little Rock, Ark. Cindy, the daughter of Mr. and Mrs. J. P. Jones, was born and reared in Hereford. His father died Oct. 15, 1973, while serving in the U.S. Air Force. He was a sophomore at Amarillo High School where he had participated in football and soccer. He was a member of the First Presbyterian Church.

Survivors include his parents, Mr. and Mrs. Charles Greever of Amarillo; a brother, Charles S. Greever of Lubbock; and a sister, Suzanne Greever of College Station; grandparents, Mr. and Mrs. J.P. Jones of Hereford and Mr. and Mrs. Bud Noltensmeyer of Tularosa, N.M.; and a great-grandmother, Bessie L. Smith of Hereford.

The family request memorials be to the Scott Greever Scholarship Fund at Amarillo High School.

Senator debates cutout of Clayton

AUSTIN (AP) - Clayton Williams did not show up for an education debate with a Democratic state senator because he had better things to do, says the Republican gubernatorial nominee's campaign.

Undaunted by Williams' absence, Sen. Carl Parker on Monday directed questions and comments about school finance to a plastic cutout of the Republican candidate riding a horse.

"I have sweated my life's blood for several months trying to solve the issue of public education," said Parker of Port Arthur, chairman of the Senate Education Committee. "It is appalling to me when I read comments from a candidate for governor that demonstrate that he lacks even a superficial knowledge of where we are."

The Williams figure, which Parker removed from a paper sack, was positioned to the lawmaker's right at a table in the middle of the Senate chamber that was set up for a committee hearing.

LUCILLE SKILES

MAY 26, 1990

Lucille Skiles, 79, of Hereford died Saturday, May 26, 1990.

Services were planned at 4 p.m. today in Restland Memorial Chapel at Dallas. Burial was to be in Restland Cemetery at Dallas by Rix Funeral Directors of Hereford.

Mrs. Skiles, born in Renner, had lived in Hereford four years, moving from Plano. She married Clifford Skiles Sr. in 1931 at Plano. He died in January 1990. She was a homemaker and a member of First United Methodist Church of Plano.

Survivors include a son, Dr. Clifford Skiles of Hereford; a daughter, Betty Lou Bornemeier of Ann Arbor, Mich.; two sisters, Willie Nell Pope of Weston and Betty Beverly of Plano; and four grandchildren.

ABIGAIL B. CASTILLO

MAY 27, 1990

Abigail B. Castillo, 87, of Hereford died Sunday, May 27, 1990.

Rosary was recited at 7 p.m. Sunday in the Rix Funeral Chapel. Mass was planned at 3 p.m. today in San Jose Catholic Church with the Rev. James O'Conner of Lubbock officiating. Burial was to be in St. Anthony's Catholic Cemetery.

Mrs. Castillo, born in Mexico, had lived in Hereford 31 years, moving from O'Donnell. She was a homemaker. She was a member of San Jose Catholic Church and the San Jose Guadalupanas. Her husband, Andres Castillo, preceded her in death in 1967.

Survivors include two daughters, Diana Delgado and Paula Cadena, both of Hereford; a son, Joe Castillo of O'Donnell; three sisters, Romana Orozco of Del Rio and Guadalupe Morales and Hemelinda Baze, both of California; 25 grandchildren; and 50 great-grandchildren.

In 1906, the Chicago White Sox won the World Series with a team batting average of only .230.

THE HEREFORD BRAND

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Managing Editor: John Brooks
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Circulation Mgr.: Charles Brownlow

Lifestyles

Ann Landers

DEAR ANN LANDERS: I live far away from my parents, by choice. I've never felt close to them, because my mother was cruel to me from early childhood on, and my father never came to my rescue.

In spite of not loving my parents, I still feel tremendous guilt for not wanting to be around them. Every couple of years, I force myself to go home for Christmas. It gets harder and harder. The stress and anxiety build for months before each visit, and I arrive a nervous wreck.

This past Christmas, I became severely depressed for a month before I was to go home, and I had to take antidepressants and tranquilizers to get on the plane. My doctor advised me to cancel the trip, because the stress had created severe physical problems, but I felt that I had to go since I am an only child, and Christmas has always been very important to my mother.

While I was there, I talked about my feelings with my father for the first time. His response was, "But it means so much to your mother to see you. You must continue to come no matter how you feel."

Two weeks ago, my mother wrote to say they are coming to visit me this summer. I'm already having night sweats. My doctor has given me another prescription for tranquilizers and advised me to start taking the antidepressants again. He also made it clear that I am foolish to subject myself to this kind of punishment and has urged me to tell them not to come.

My parents know that our visits are hell on me and that I'm totally miserable around them. Frankly, I don't think they care. They are more concerned about how it looks to the rest of the family (my aunts and cousins) if we don't see each other.

I'd love to get counseling to learn how to deal with this pressure, and I know you'll suggest it, but I can barely make ends meet now, and I don't have any money for profession-

al help.

What should I do about the visit they are planning? I'd really appreciate you sound (and free) advice. -- St. Louis

DEAR ST. LOUIS: You have established the following: Your relationship with your parents is miserable. Being around them makes you emotionally and physically ill. They are aware of all this, but they don't care. Your mother is hellbent on presenting a picture of togetherness for the rest of the family, no matter what it does to you.

Tell your parents that they cannot come to visit you this summer, because you just aren't up to it. If you can't afford counseling, join a support group. Start with Recovery Inc. (Look in the phone book.) This is a terrific self-help group for people with emotional problems, and it's free. Talk to your clergyman. Contact a family-service agency. Find a co-dependency group. You must get this out of your gut, and counseling is the best way. Pills will get you through a crisis, but you should not have to live on pills, which is what you are doing.

Write again and let me know how you are. Getting help is the most important step you'll ever take. I want to make sure you do it. Good luck, dear.

Gem of the Day: Most of us don't put our best foot forward until we get the other one in hot water.

Do you have questions about sex, but no one to talk to? Ann Landers' booklet, "Sex and the Teen-Ager," is frank and to the point. Send a self-addressed, long, business-size envelope and a check or money order for \$3.65 (this includes postage and handling) to: Teens, c/o Ann Landers, P.O. Box 11562, Chicago, Ill. 60611-0562. (In Canada, send \$4.45.)

Add sweet taste to breakfast

After a week of eating on the run, gather the family together this weekend for an easy home-cooked breakfast centered around French toast. For best orange flavor, let the bread stand in the egg-and-juice mixture until it's well-soaked.

ORANGE FRENCH TOAST
2 eggs
1/2 cup orange juice
1 teaspoon brown sugar
5 to 6 slices French bread, cut 3/4-inch thick

1 to 2 teaspoons cooking oil
Maple-flavored syrup
In a small bowl combine eggs, juice and brown sugar. Beat with a fork until well combined. Transfer mixture to a pie plate. Dip bread into egg mixture, turning to coat both sides. Let bread stand in egg mixture about 30 seconds per side or until thoroughly soaked.

In a skillet or on a griddle cook bread on both sides in oil over medium heat for 2 to 3 minutes on each side or until golden brown. Serve with syrup. Makes 5 to 6 slices.

Nutrition information per 2-slice serving: 341 cal., 9 g pro., 61 g carb. 7 g fat, 185 mg chol., 355 mg sodium.

KIDS EAT FREE!
Every Tuesday ALL DAY!

Children under 12 may choose any item on our Child's menu, absolutely FREE with adult meal purchase. Includes Food Bar and FREE dessert.

101 W. 15th St. Hereford, Texas
SIRLOIN STOCKADE
Drinks are extra. Offer not good with sandwiches, lunch-on specials, other specials or coupons. Only two children per paying adult.

New Arrivals

Mr. and Mrs. Curtis Bruegel are the parents of a boy, Christopher Curtis Bruegel, eight pounds and six ounces, born May 19, 1990 at High Plains Baptist Hospital. Dean and Pat Allen of Hereford are the maternal grandparents. The paternal grandparents are Carl and Gail Bruegel of Dimmitt.

Shave best program speaker

"Where will you be when you get where you are going?" was the topic that gave Roy Shave best program speaker at the Thursday morning meeting of the Hereford Toastmasters.

Rocky Lee presided over the business meeting at the Ranch House and Jay Reeve presented the invocation. Larry Leon, wordmaster, introduced "grandiose" as the word. Joe Don Cummings served as grammarian and general evaluator was Bob Lohr.

Joe Walters served as table topic master and toastmaster was Joe Weaver. Lynn Cook was counter and Jigger Rowland served as timer. Evaluators were Bruce Hernandez, and Lee.

Margaret Perez spoke on "What's In A Word?". Best table topic speaker was Dr. Milton Adams and best evaluator was Hernandez.

Others present were Naomi Soria and Clark Andrews.

Anyone seeking to develop leadership and communication skills in a positive manner is welcome to meet at the Ranch House at 6:30 a.m. every Thursday.

Charlie's Tire & Service Center
Now providing you with **HUNTER** Total 4-Wheel Alignment
Quality Tire-Quality Service
Tractor On Farm - Truck On Road - Passenger On Road - Shocks - Computer Spin Balancing - Grease Jobs - Front End Alignment - Bearing Pack - Oil Change - Brake Repair
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Borman wins state

Robert Borman's poster, "Beef Is Great In The Lone Star State", received first place in the field of 250 entries at the Texas Coastal CattleWomen's Association contest held recently. He received recognition on state level and \$150 cash prize. He is the son of Mr. and Mrs. J.W. Borman of Hereford and is in the eighth grade. He was presented the award by CattleWomen members, from left, Jackie Murphy, Deborah Foxhoven, and Vicki Wilson.

Borman wins state contest

The Texas Coastal CattleWomen Association state poster contest was held recently and won by Robert Borman of Hereford.

Borman's poster, "Beef Is Great In The Lone Star State", was named first from a field of 250 entries. Borman was presented with a cash prize of \$150 and special recognition on state level.

He was sponsored by the Hereford chapter of CattleWomen. His poster was chosen to go to state in a contest during Ag Week festivities.

Local chapter members of the Ag committee include, Chairman Vickie Wilson, Deborah Foxhoven, Jackie Murphy, and Kyla McDowell.

Wilson received a silver "Texas" pen and special recognition from the state association in regards to the poster contest.

No person on planet Earth has ever lived to be one Neptune year old. A Neptune Year is the time it takes the planet Neptune to revolve once around the sun, or 164.8 Earth years.

GRADUATION DAY!

...It's the day they've looked for since they started kindergarten, and they deserve recognition for

all the tears (mostly yours), sweat (mostly theirs) and prayers (everybody's) that got them this far.

Honor your favorite graduate with a special ad in the Hereford Brand Graduation Section, Sun., June 3

Call today for details.
Deadline: Wednesday 12 NOON

Hereford Brand

Display Advertising Department
364-2030

Who raises our body heat?

Tom Cruise, Cher, and our spouse or sweetheart top the list of people who make America's body heat rise, according to a nationwide survey by an independent research firm.

The Degree Body Heat Survey reveals however, the reaction to Cruise and Cher was positive, while Morton Downey Jr. and Leona Helmsley were the winners in negative body heat reactions.

Women and men differed in their emotional reaction to the celebrities. Two out of three men who said Oliver North causes a body heat reaction, called it a positive reaction. But for more than half of the women, it was negative.

For Oprah Winfrey, it was almost the opposite, women said she made their body heat rise positively, and men, negatively.

ROCHESTER, Mich. (AP) - Madonna's untamed look once drew stares from classmates at Rochester Adams High School, but today's students at her alma mater seem unimpressed that she's back in town for two concerts.

"The kids that are here and are 14 years old were born the year she graduated," said Nancy Ryan-Mitchell, who was Madonna Louise Ciccone's counselor. "To these kids, though they know she's from the community and the school, it doesn't touch them personally."

Madonna will perform Thursday and Friday at The Palace in Auburn Hills, a Detroit suburb.

Five years ago, when her "Virgin Tour" came to Detroit, the students adorned a bulletin board with memorabilia hailing the alumna-turned-pop star.

Madonna was an unconventional student in her senior year, drawing attention for wearing little makeup and not shaving her underarms.

"She had a real European kind of attitude, a real cosmopolitan flair," said Tim Lentz, Madonna's choir teacher. "She dared to be different."

James Monroe, the fifth president of the United States, was born in 1758 in Westmoreland County, Va.

The Degree Body Heat survey also polled people on who, in day-to-day life, makes us "hot under the collar" or makes us feel "warm and fuzzy." Spouses and boyfriends/girlfriends were the number one "significant other" relationship to affect us physically as well as emotionally. Bosses and co-workers were a close second as the leading cause of rising body heat.

"Anytime you get into an intense situation that involves your ego, either positively or negatively, most people will feel their body heat rise," said Dr. Alexander, the past president of the Family Psychology Division of the American Psychological Association. Alexander offers the following tips for coping with people who provoke a negative reaction in you.

-Prepare for the situation: Dress comfortably. Practice what you want to say. Use an antiperspirant and deodorant that releases extra protection when your body heat rises.

-Put yourself in their place and consider what may be motivating to the other person to act that way.

-Calmly face the situation head on. Let the other person know that even though they make your body heat rise, you can handle it. You will feel better about yourself and feel increased confidence to overcome future negative situations.

Ask Dr. Lamb

DEAR DR. LAMB: Is there a substantial connection between oral contraceptives and migraine headaches? Will an occasional (one per year) migraine preempt the use of oral contraceptives as aggravating the migraine situation?

I would like to stay with oral contraceptives for protection purposes, but without the migraine risks. Any options while staying on the prescription for oral contraceptives?

DEAR READER: Yes, oral contraceptives can cause migraine headaches in some — but definitely not all — women. If you only have a migraine once a year, it is going to be very difficult to say it is related to taking the pill. There are entirely too many other factors that can and do cause migraines to make that conclusion.

For a woman who has frequent migraine headaches and is taking oral contraceptives, it is wise to examine the possibility that the pill is either causing the headaches or making them more frequent or more severe.

There is often a hormonal connection to migraine headaches. Some women have them in relation to their menstrual periods and others with ovulation. The headaches may stop in most women after they complete the menopause. But in other women they start with the menopause and are relieved by taking estrogen. Migraines may disappear after the third month of pregnancy.

I would suggest you look at the other factors that cause migraines and ways to diminish their severity. I have discussed these in Special Report 85, Headache and Facial Pain, which I'm sending you. Others who want this report can send \$2 with a long stamped, self-addressed envelope for it to THE HEALTH LETTER 85, P.O. Box 19622, Irvine, CA 92713.

DEAR DR. LAMB: I am 47 years old, and 14 months ago I contracted the viral disease Guillain-Barre syndrome. I was paralyzed to the point that I had to be on a life support system. I am still on daily physical therapy and feel that I am probably 50 percent back to my normal strength.

A diet has never been suggested by my doctors. After reading your column concerning exercise building of muscles and strength, I would like to know your views on diet and muscle building in this situation.

DEAR READER: Guillain-Barre syndrome, also known as ascending paralysis, is not itself a viral disease, although it may follow several different viral illnesses. It is caused by a loss of the outer coating of nerve fibers and characteristically begins by involving the nerves to the legs and ascends upward. If it reaches the spinal nerves necessary for stimulation of muscles for respiration, then respiratory support is necessary. This does not always happen and there are varying degrees of involvement.

Usually the damage is temporary and the nerves recover. Some do have continued residual weakness. Your physical therapy program should include exercises to help regain your muscle strength. But the speed of progress may depend on how soon your nerve fibers recover.

As the nerves regenerate, you can again build muscle strength. If you have a good diet with adequate calories and about 100 grams of good quality protein a day from red meat, poultry and fish, you should gradually be able to regain muscle strength, stamina and size through your exercise program.

Beautify yard with pond

If you really enjoy being in your yard and would like to give your yard that extra dimension to make it even more enjoyable, as well as the envy of your neighborhood, here's a great suggestion—put in your own pond! Too much worry? Don't know how to do it? Through new technology, all these worries are needless.

Installing your own garden pond is simple, maintaining your own yard pond is made easy and, best of all, your yard pond can provide year after year of trouble-free enjoyment.

European gardens, particularly in Great Britain, southern France, northern Italy, Holland and West Germany, are almost always pictured with a yard pond.

In summary, you should select a location on your property where the ground is fairly even although some leveling can be achieved when digging your pond. The pond should be placed where it will get approximately six hours of sunlight per day.

While you can place your pond anywhere, it is not recommended to place it directly under trees since falling leaves can foul the water and tree roots will make digging difficult.

Using a heavy garden hose or a rope, free-form your pond design to conform to your landscaping scheme.

When constructing your pond, you should dig both a shallow area and a deep area. Fish benefit from the shallow area to feed on insects and the shallow area can also be used to place potted plants such as lilies.

The deep area will provide security for your fish and protect them from birds and small animals. Depending on your climate, the deep area of your pond should be anywhere from 24" to 40", and the shallow area from 4" to 12".

When constructing your pond, you should line the ground with sand, carpet padding or even old newspapers before laying a liner. This will protect your pond liner against sharp, protruding objects

such as roots or rocks. To create that professional look, build a rock border around your pond, allowing the rocks to overlap the edge of the pond by 1" or 2".

You can landscape back around the pond and even build a patio if you so desire.

Maintaining your pond is very easy. Using a permanent pond filter and a complete line of water chemicals and foods to ensure that your fish will prosper.

What kind of fish should you put in your pond? The hardiest are large Common or Comet goldfish. Depending on the size of your pond, these hardy fish will grow rapidly and can withstand the worst weather. As long as the water in your pond does not freeze to its lowest depth, these fish can survive the cruelest winters.

If you live in a warmer climate, you can select from the most prized pond fish: The beautiful and exotic Koi from Japan. These are increasingly available throughout the U.S. and, although they are not quite as hardy as the common goldfish, they are a treasured pond fish.

What should you do in the winter? Nothing! After the first frost, remove your filter and leave your pond alone until the onset of spring (as soon as the weather temperature reaches 50 degrees).

Never feed your fish during the winter as their metabolism directly relates to the water temperature, and when the water temperature drops below 50 degrees they will not eat. In the spring, simply reinstall your filter and begin feeding your fish.

Your yard pond can provide years of enjoyment and truly make you the envy of your neighborhood.



Yale University was named in 1718, after Elihu Yale, a governor of the British East India Company.

Comics

BLONDIE

by Dean Young and Stan Drake



Marvin

By Tom Armstrong



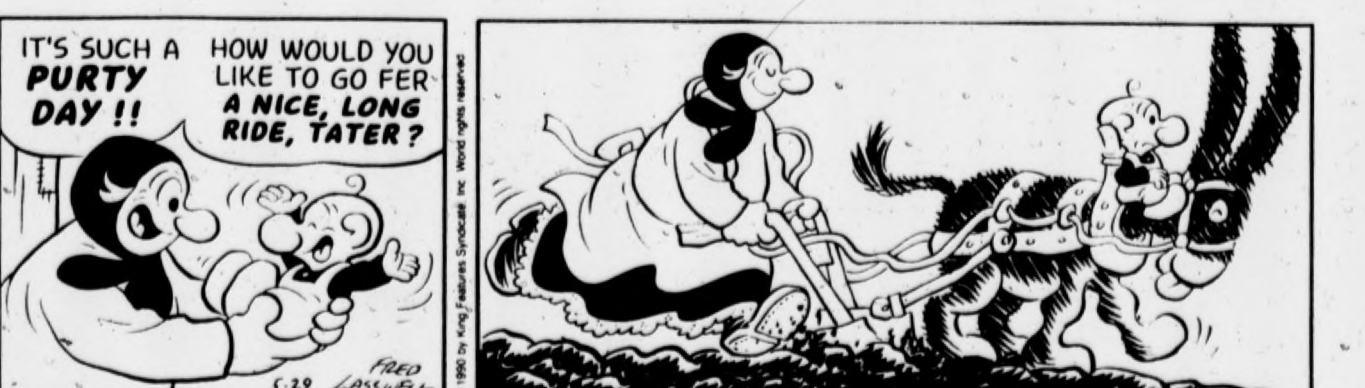
BETLE BAILEY

By Mort Walker



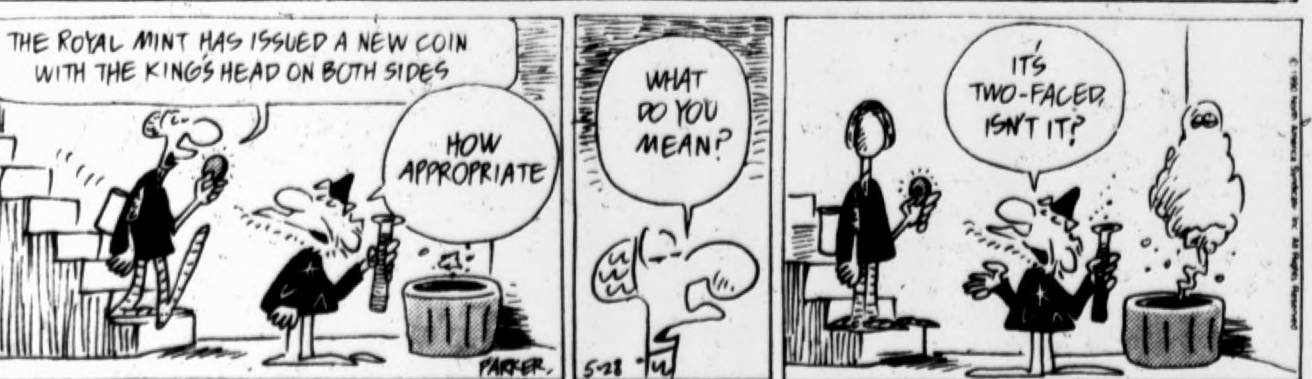
Barney Google and Snuffy Smith

By Fred Lasswell



The Wizard of Id

By Brant Parker and Johnny Hart



Who raises our body heat?

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"She had a real European kind of attitude, a real cosmopolitan flair," said Tim Lentz, Madonna's choir teacher. "She dared to be different."

James Monroe, the fifth president of the United States, was born in 1758 in Westmoreland County, Va.

The Degree Body Heat survey also polled people on who, in day-to-day life, makes us "hot under the collar" or makes us feel "warm and fuzzy." Spouses and boyfriends/girlfriends were the number one "significant other" relationship to affect us physically as well as emotionally. Bosses and co-workers were a close second as the leading cause of rising body heat.

"Anytime you get into an intense situation that involves your ego, either positively or negatively, most people will feel their body heat rise," said Dr. Alexander, the past president of the Family Psychology Division of the American Psychological Association. Alexander offers the following tips for coping with people who provoke a negative reaction in you.

—Prepare for the situation. Dress comfortably. Practice what you want to say. Use an antiperspirant and deodorant that releases extra protection when your body heat rises.

—Put yourself in their place and consider what may be motivating to the other person to act that way.

—Calmly face the situation head on. Let the other person know that even though they make your body heat rise, you can handle it. You will feel better about yourself and feel increased confidence to overcome future negative situations.

Ask Dr. Lamb

DEAR DR. LAMB: Is there a substantial connection between oral contraceptives and migraine headaches? Will an occasional (one per year) migraine preempt the use of oral contraceptives as aggravating the migraine situation?

I would like to stay with oral contraceptives for protection purposes, but without the migraine risks. Any options while staying on the prescription for oral contraceptives?

DEAR READER: Yes, oral contraceptives can cause migraine headaches in some — but definitely not all — women. If you only have a migraine once a year, it is going to be very difficult to say it is related to taking the pill. There are entirely too many other factors that can and do cause migraines to make that conclusion.

For a woman who has frequent migraine headaches and is taking oral contraceptives, it is wise to examine the possibility that the pill is either causing the headaches or making them more frequent or more severe.

There is often a hormonal connection to migraine headaches. Some women have them in relation to their menstrual periods and others with ovulation. The headaches may stop in most women after they complete the menopause. But in other women they start with the menopause and are relieved by taking estrogen. Migraines may disappear after the third month of pregnancy.

I would suggest you look at the other factors that cause migraines and ways to diminish their severity. I have discussed these in Special Report 85, Headache and Facial Pain, which I'm sending you. Others who want this report can send \$2 with a long, stamped, self-addressed envelope for it to THE HEALTH LETTER 85, P.O. Box 19622, Irvine, CA 92713.

DEAR DR. LAMB: I am 47 years old, and 14 months ago I contracted the viral disease Guillain-Barre syndrome. I was paralyzed to the point that I had to be on a life support system. I am still on daily physical therapy and feel that I am probably 50 percent back to my normal strength.

A diet has never been suggested by my doctors. After reading your column concerning exercise building of muscles and strength, I would like to know your views on diet and muscle building in this situation.

DEAR READER: Guillain-Barre syndrome, also known as ascending paralysis, is not itself a viral disease, although it may follow several different viral illnesses. It is caused by a loss of the outer coating of nerve fibers and characteristically begins by involving the nerves to the legs and ascends upward. If it reaches the spinal nerves necessary for stimulation of muscles for respiration, then respiratory support is necessary. This does not always happen and there are varying degrees of involvement.

Usually the damage is temporary and the nerves regenerate. Some do have continued residual weakness. Your physical therapy program should include exercises to help regain your muscle strength. But the speed of progress may depend on how soon your nerve fibers recover.

As the nerves regenerate, you can again build muscle strength. If you have a good diet with adequate calories and about 100 grams of good quality protein a day from red meat, poultry and fish, you should gradually be able to regain muscle strength and size through your exercise program.

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

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Beautify yard with pond

If you really enjoy being in your yard and would like to give your yard that extra dimension to make it even more enjoyable, as well as the envy of your neighborhood, here's a great suggestion—put in your own pond! Too much worry? Don't know how to do it? Through new technology, all these worries are needless.

Installing your own garden pond is simple, maintaining your own yard pond is made easy and, best of all, your yard pond can provide year after year of trouble-free enjoyment.

European gardens, particularly in Great Britain, southern France, northern Italy, Holland and West Germany, are almost always pictured with a yard pond.

In summary, you should select a location on your property where the ground is fairly even although some leveling can be achieved when digging your pond. The pond should be placed where it will get approximately six hours of sunlight per day.

While you can place your pond anywhere, it is not recommended to place it directly under trees since falling leaves can foul the water and tree roots will make digging difficult.

Using a heavy garden hose or a rope, free-form your pond design to conform to your landscaping scheme.

When constructing your pond, you should dig both a shallow area and a deep area. Fish benefit from the shallow area to feed on insects and the shallow area can also be used to place potted plants such as lilies.

The deep area will provide security for your fish and protect them from birds and small animals. Depending on your climate, the deep area of your pond should be anywhere from 24" to 40", and the shallow area from 4" to 12".

When constructing your pond, you should line the ground with sand, carpet padding or even old newspapers before laying a liner. This will protect your pond liner against sharp, protruding objects

such as roots or rocks. To create that professional look, build a rock border around your pond, allowing the rocks to overlap the edge of the pond by 1" or 2".

You can landscape back around the pond and even build a patio if you so desire.

Maintaining your pond is very easy. Using a permanent pond filter and a complete line of water chemicals and foods to ensure that your fish will prosper.

What kind of fish should you put in your pond? The hardiest are large Common or Comet goldfish. Depending on the size of your pond, these hardy fish will grow rapidly and can withstand the worst weather. As long as the water in your pond does not freeze to its lowest depth, these fish can survive the cruelest winters.

If you live in a warmer climate, you can select from the most prized pond fish: The beautiful and exotic Koi from Japan. These are increasingly available throughout the U.S. and, although they are not quite as hardy as the common goldfish, they are a treasured pond fish.

What should you do in the winter? Nothing! After the first frost, remove your filter and leave your pond alone until the onset of spring (as soon as the weather temperature reaches 50 degrees).

Never feed your fish during the winter as their metabolism directly relates to the water temperature, and when the water temperature drops below 50 degrees they will not eat. In the spring, simply reinstall your filter and begin feeding your fish.

Your yard pond can provide years of enjoyment and truly make you the envy of your neighborhood.



Yale University was named in 1718, after Elihu Yale, a governor of the British East India Company.

Comics

BLONDIE

by Dean Young and Stan Drake



Marvin

By Tom Armstrong



BETLE BAILEY

By Mort Walker



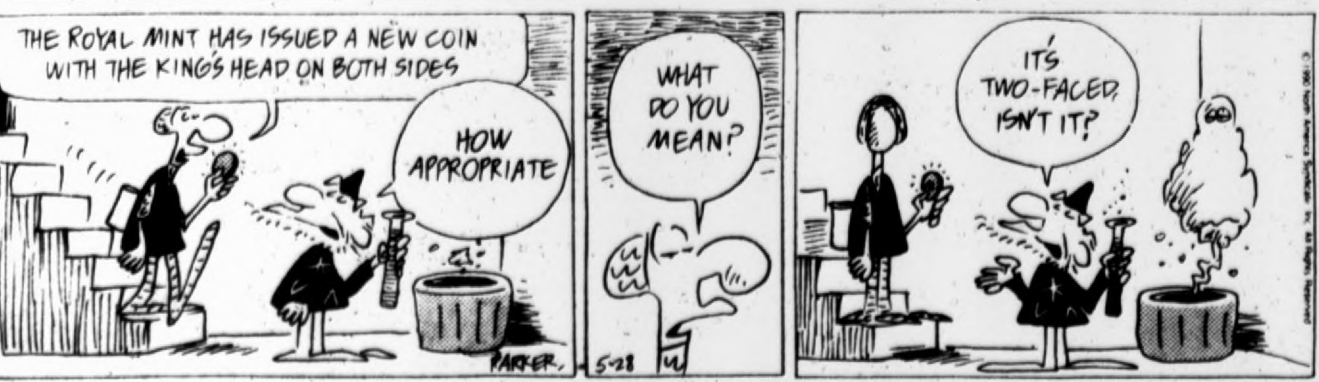
Barney Google and Snuffy Smith

By Fred Lasswell



The Wizard of Id

By Brant Parker and Johnny Hart



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13-Lost and Found

Lost Rottweiler. 17 months old female, black & tan wearing a red collar with tag No. 1752034. Reward. Call Ken at 374-1829. 13505

AXYDLBAAXR is LONGFELLOW

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

CRYPTOQUOTE

5-29
DUA LABLYA NFA DUA BVYI
JHFA FAYCNUGA QBF DUA
LEAJAFTNDCBV BQ BHF
YCRAFDI.—DUBENJ WAQAFJVB
Yesterday's Cryptoquote: PEOPLE WILL NOT LOOK FORWARD TO POSTERITY WHO NEVER LOOK BACKWARD TO THEIR ANCESTORS. — EDMUND BURKE

Hints from Heloise

DOG GUIDE

Dear Readers: If dogs are your pet choices, my pamphlet, Heloise's Guide to Dog Ownership, has everything you need to know. Send \$2 and a stamped (45-cents), self-addressed, legal-sized envelope to Heloise/Dogs, P.O. Box 19765, Irvine, CA 92713. — Heloise

COLD PACIFIER

Dear Heloise: My son is teething and doesn't like freezable teething rings because they are too cold for him to hold. I filled his pacifier with

water and popped it into the freezer and presto, no-hands teething relief. He loves it! — Susan Knebel, Dallas, Texas

PET TRAVEL

Dear Heloise: We do a lot of traveling and always take our beloved dog, Lucy. In the glove compartment of the car we keep an envelope that contains a copy of her rabies shot and other vaccinations and an interstate health certificate, along with a picture of her in case she gets lost.

Having this information on hand

has been very helpful. We even went into Canada and had no trouble taking Lucy over the border. — "Lucy's Pets"

HORSE BLANKETS

Dear Heloise: You've given several hints on using old baby blankets but we horsemen and women have another one for you.

Instead of putting the saddle pads right on the horses, we first put down a baby blanket. It's soft on the horse's back, keeps the pads clean and is much easier to pop into the washing machine than bulky pads are. — Stevi

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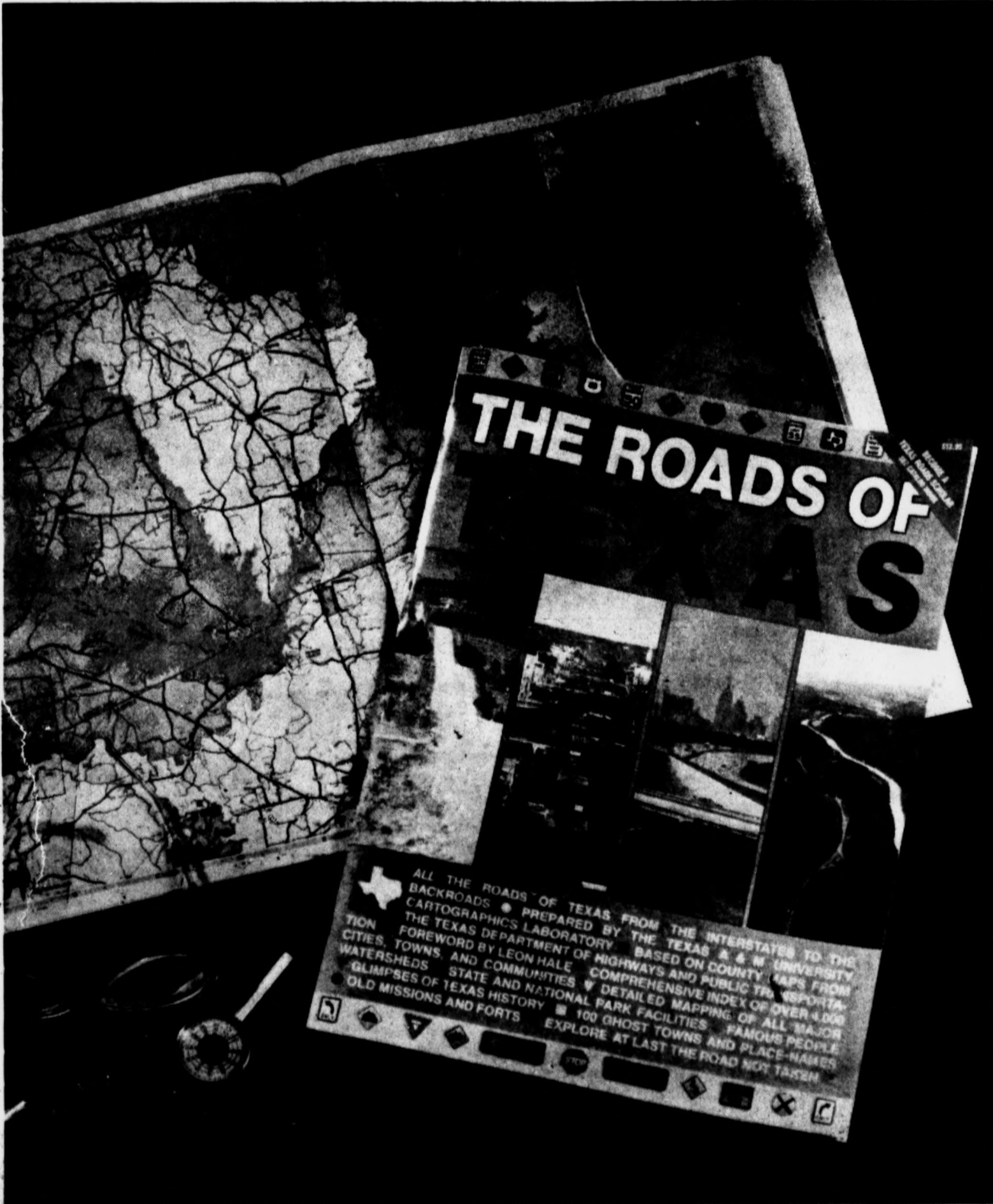
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Texas Highways Magazine
October, 1988

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Dallas Morning News

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DON'T BE PICKY
BY BOB WEAR

Many of us may be 'picky' about some things; however, this is not necessarily undesirable. With some, it may be a picture not hanging straight; or it may be their hair being messed up; or the color combination of clothing they wear; or some such concern. This kind of 'picky' may seem a bit strange, if it differs from our kind of 'picky'; but it is not objectionable. There is nothing wrong with wanting a picture straight; or well-groomed hair; or the right color combination of clothing. Of course, if we make too much of such things, we may become a nuisance; but we must not do this.

We are picky, when we are 'fussy' or 'finicky'. We are 'fussy' when we are easily upset, when we require or give extremely close attention to details; or when we are fastidious, when we are overly difficult to please. Of course, in some instances, "close attention to details is justified", but even this can be done in an unreasonable manner. We are 'finicky', when we are excessively

nice, exacting, or meticulous in taste or standards. This attitude can be and must be handled wisely, or we make ourselves and everybody else uncomfortable.

There is no perfection in human beings, or in the things we do. Reality indicates that we must expect some faults in people and in what they do, and it is important that we learn to live with these in others and in ourselves. In some things, there will be 'completeness'; some 'proficiency'; and some 'efficiency'; but, in general, there will be some flaws, and the 'picky' people will likely make these too big and too predominant. "To find fault is easy; to do better may be difficult." - Plutarch.

If we are picky, we are likely dissatisfied with our 'work' our 'friends', 'our loved ones', our 'everything', and making ourselves and others unhappy. This manner of life is too limited and too narrow.

We would likely feel uncomfortable and out of place in a world of perfection.

Picture shows your smile

Now picture yourself with a dazzling smile, thanks to a new public service from the American Association of Orthodontists (AAO). A special new program produces a computer-generated photograph that can show you how your smile might look after orthodontic treatment.

Through orthodontic computer imaging, potential patients can envision what they might look like with a beautiful, healthy smile. The computer-generated photograph can also serve as a motivational aid once orthodontic treatment begins. For example, the photos may encourage patients when their orthodontist asks them to change eating habits and to faithfully follow other advice that requires patient cooperation.

A significant percentage of adults could benefit from orthodontic

treatment, says the AAO. While the number of adults wearing braces has doubled in the past 10 years, there are still many people who don't know that orthodontic treatment is effective for adults. But there's good news: orthodontists report that new techniques and materials might make braces less noticeable, improve patient comfort and, in some cases, reduce treatment time.

This novel approach to orthodontic computer imaging relies on a unique data bank of beautiful smiles, developed by the AAO, to provide a set of "before and after" photos. An orthodontist analyzes and individual's smile and then prints out a new photograph to show a side-by-side comparison of the individual now and how he or she might look after receiving orthodontic treatment.

To receive a free computer-generated photo, send a clear, close-up frontal color photograph of your face, showing a "toothy" smile, and your name, address and phone number to "SMILES", American Association of Orthodontists, 460 N. Lindbergh Blvd., St. Louis, Mo. 63141. For more information or a list of local orthodontists, call 1-800-222-9969.



The great musician, Ignace Jan Paderewski, became the first premier of the Republic of Poland after World War I.

Accessories accommodate tight budgets, closets

NEW YORK (AP) - Accessories, whether faux diamond shoulder dusters or a hat, headband, handbag, hosiery, belt, gloves or scarf are an easy and relatively inexpensive way to change your look and your outlook.

- Hair a little mangy and no time to shampoo? Wrap a silk square around head and neck a la Grace Kelly. Add sunglasses for intrigue.

- A \$10 pair of fashion stockings can boost a woman's morale much the way a \$40 tie does for a man.

- Think how a chain-link or lizard skin belt with buckle interest can change the look of a basic dress. Or how the belt can serve you best - by neatly nipping the waist or sitting jauntily on the hips.

"Accessories have outperformed ready-to-wear ... more than doubling in the past 10 years from \$7.3 billion to \$17.3 billion in retail sales," says Reenie Davis, publisher of Accessories Magazine, a trade publication.

More than 25 percent of that - some \$5.5 billion - is in fashion jewelry.

"Just look what happened to jewelry when women discovered there was more to life than the little gold chain," says Davis.

For spring, the jewelry focus is on earrings, the longer the better; wide, bold cuffs - one at a time, please - and necklaces, best in longer lengths and worn in multiples. Pins are good, too.

At the recent Fashion Accessories Expo in New York, where the nation's retailers view crafters' wares with an eye to buy, there was polished wood, faux ivory, lava and coral; semi-precious metals machine-stamped or hand-cast; glass cut and polished in every hue in styles from sophisticated to whimsical.

Representing both ends of the spectrum is the work of Wendy Gell, a New York designer, who does elegant and pricey baubles of Austrian crystal as well as the more affordable, and fun, cartoon characters in pave and enamel. The line includes Mickey Mouse, Jessica Rabbit and all of the Oz gang. New for summer are Dick Tracy and Breathless Mahoney, cashing in on the June release of a movie starring Warren Beatty and Madonna.

Crushable straws seem to be the news in hats. Whittall & Shon showed planters hats in natural straw with gold braid and glitzy stone trim. David Salvatore of an upstart New York company called Head Master, likes floppy straws in bright colors decorated with gromets and studs.

Studs are Michael Morrison's medium, too. Morrison, who designed for the Royal Ballet before settling in Los Angeles, creates a filigree look with studs on everything leather from bustiers to belts.

If you don't want to be seen in one of Morrison's \$2,500 creations, hide behind sunglasses by Mercura of New York. Most are adorned with paper-thin brass marching along the bridge in forms as diverse as maple leaves, ocean liners and Irish setters. They're designed by Merilee and Rachel Cohen.

Piano students perform

Piano students of Cheryl Betzen were presented in a spring recital held May 21 in the Heritage Room of Deaf Smith County Library.

Solos and duets were performed by the following students: Katherine and Emily Fry, Amanda Schumacher, Kara and Justin Landrum, John Stevens, Erin Auckerman, Jamie Steiert, Tamara Diller, Katie Betzen, Anna Witkowski, Malena Aguillar, Amanda Kriegshauer, Melanie Banner, and Ashley and Kristin Fangman.

Allred makes honor roll

Bradley S. Allred was among the students from 197 Oklahoma communities, 41 other states and 26 foreign countries that were listed on the University of Oklahoma's Norman campus honor roll for the spring 1990 semester.

In most colleges, students must earn a minimum 3.5 grade point average on a 4.0 scale to be included on the honor roll. Students in the College of Architecture are recognized with a 3.3 or better, and students in the College of Engineering are recognized with a 3.0 or better.

Extension News

BY BEVERLY HARDER
County
Extension Agent

Recently, raw eggs that were contaminated with salmonella enteritidis bacteria have caused some outbreaks of foodborne illness.

According to the U.S. Department of Agriculture, scientists strongly suspect that salmonella bacteria can be transmitted from infected laying hens directly into the interior of the eggs before the shells are formed. The full extent of the problem is not yet known, but scientists are working to find solutions.

While the risk of contracting salmonellosis from raw or under-cooked eggs is extremely small, eggs are a perishable product and should be treated as such. As with any other perishable food product, proper storage and cooking of eggs is necessary to prevent the growth of potentially harmful bacteria. Consumers should continue to follow safe food-handling practices when preparing eggs.

Special precautions are needed, however, when eggs are served or sold to people in high-risk categories who are particularly vulnerable to salmonella enteritidis infections: The very young, the elderly, pregnant women (because of risk to the fetus), and people already weakened by serious illness or whose immune systems are weakened.

People in the high-risk category should follow these instructions:

- Avoid eating raw eggs and foods containing raw eggs: Homemade Cesar salad and Hollandaise sauce, for example. Products containing raw eggs such as homemade ice cream, homemade eggnog, and homemade mayonnaise should also be avoided, but commercial forms of these products are safe to service since they are made with pasteurized eggs. Commercial pasteurization destroys

salmonella bacteria. -Cook eggs thoroughly until both the yolk and white are firm, not runny, in order to kill any bacteria that may be present. There may be some risk in eating eggs lightly cooked: soft-cooked, soft-scrambled, or sunny-side-up, for example.

-Realize that eating lightly cooked foods containing eggs, such as soft custards, meringues and French toast, may also be risky for people weakened immune systems and other high-risk groups.

Eggs can provide a wholesome source of high quality protein, cholesterol, vitamins and minerals and can be used safely in the diet if you follow these precautions. The dietary guidelines from most health organizations allow three to four eggs weekly.

Educational programs conducted by the Texas Agricultural Extension Service serve people of all ages regardless of socio-economic level, race, color, sex, religion, handicap or national origin.

CALDWELL, Idaho (AP) - A collapsed lung will keep baseball Hall of Famer Harmon Killebrew hospitalized for at least 10 days, his brother says.

Killebrew, 53, underwent surgery Friday at a Phoenix-area hospital, said his brother, Bob.

"The problem was a gastric ulcer that ruptured in his stomach," he said. "The fluid backed up into his chest cavity and collapsed his lung. He's still unable to talk."

During his 22-year career Killebrew hit 573 home runs, fifth best in major league history. He played for the old Washington Senators, the Minnesota Twins and the Kansas City Royals.

The former slugger has a home in Payette, Idaho, and was in Phoenix on business.

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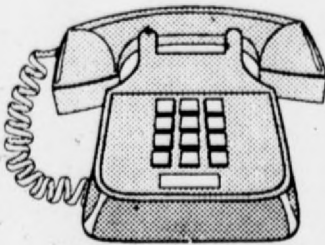
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