





# Lifestyles



## Not Like The Old Days

Summer school didn't used to be like this! Since when can the student lounge in the sun and munch on cupcakes during class time? Actually, nine-year-old Dorothy Martin had just been dismissed from

classes when she spied these chairs on the lawn at Aikman School. She explained that she was celebrating her birthday and decided to take a rest before walking home. (Photo by Sandy Pankey)

## 4-H Around the County

By DAVY VESTAL  
County Extension Agent

Castro County Extension Agents were in Hereford July 22 to judge the Deaf Smith County 4-H record books.

The quality of books this year was as high as it had ever been. In the senior division-Jeff Hicks' record book took top honors in the sheep and goat production category; Rickie Vogel's beef cattle production book was top in that category with Kristi Powell running close behind. Chris Urbanczyk also turned in a tough first year record book in beef production.

In the junior division Cody Powell turned in the top beef book with Jeremy Myers showing a strong 4-H Project in beef as well. Jennifer Hicks had the top foods and nutrition project book with Lee Harder beginning a strong 4-H career in that category also.

Don Metcalf turned in a nice first year record book in shooting sports as did Kinann Campbell with her sheep project book. Jim Brett Campbell changed his sheep from last year to a public speaking book this year and showed lots of participation and opportunities to use his public speaking this past year through 4-H.

Clara Shirley's first year in 4-H was rewarding and it showed in her top winning clothing record book. Thad Hill turned in a tough swine record book again this year. All 13

4-H'ers have qualified for District 1 competition on Wednesday in Amarillo. Senior record books that win district go to state and national competition from there and the rewards and scholarships can be unbelievable to those 4-H'ers.

4-H Record Books can be turned in on any of the following categories, achievement, agriculture, ag careers, automotive, beef, bicycle, bread, citizenship, clothing, commodity marketing, conservation of national resources, consumer education, dairy, dairy foods, dog care and training, electric energy, entomology, family life, fashion, foods and nutrition, food preservation, forestry, gardening and horticulture, health, home environment, home management, horse, leadership, petroleum power, photography, soil and plant science, poultry, public speaking, rabbit, recreation, safety, sheep, shooting sports, swine, turkey, vet science, wildlife, and wood science.

If you are someone you know is interested in any of the fields please let us know and we can work it into a 4-H project for proper procedures, and

recognition of success and eligibility for possible scholarships and awards.

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

### POPS GETS A COMMISSION

BOSTON (AP) — The Chiles Foundation of Portland, Ore., has awarded the Boston Pops a major grant to commission new works for the 101-year-old musical institution.

The works include one new composition and eight arrangements, written exclusively for John Williams and the Boston Pops.

The music features new arrangements of Broadway show tunes and movie scores as well as new medleys and the world premiere of the "Boston Overture."



Using light colors in a small room makes it seem larger.

## New Arrivals

Mr. and Mrs. Wade Walker of 1508 Blevins are the parents of a daughter, Chelsea Nicole, born July 15. She weighed 8 lbs. 5 3/4 oz.

Grandparents are Mr. and Mrs. Dwaine Walker of Route 4 and Mr. and Mrs. Joel Newman of Elk City, Ok.

## Zinser receives degree

The University of Texas College of Business Administration awarded 1,022 bachelor of business administration degrees at the close of the 1986 spring semester.

Among the students receiving degrees was Carol Lynn Zinser of 501 Westhaven.

The Pilgrims of Plymouth Rock celebrated their Thanksgiving closer to their harvest time, in September or October, than to late November.

## Deaf Smith County 4-H'ers to participate in workshop

Deaf Smith County 4-H'ers will be participating in a Bake Show Workshop on Wednesday, Aug. 6 beginning at 9:30 in the morning at the Flame Room of the Energas building.

This workshop is in preparation for the upcoming Bake Show on Aug. 15. The 4-H Bake Show is an annual event in the Panhandle counties and sponsors competitive contest on the county and district level. The purpose of the Bake Show is to promote the Panhandle's number one agriculture product of wheat.

4-H members participating in the workshop will learn the nutritional value of wheat products in the diet as well as skills of planning, preparing and scoring baked products. Any

4-H'er (ages 9, or third grade, through 19) is eligible to compete. This is an excellent time for non 4-H'ers to enroll as this project marks the first of the new year. For more details call the Extension office and sign up for the 1986 Bake Show.

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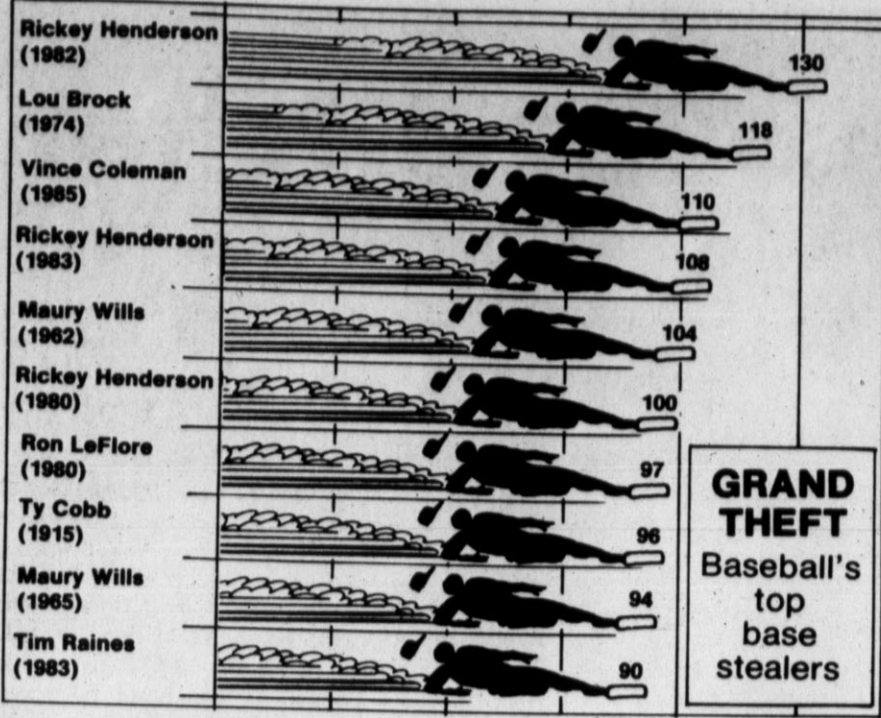
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Though he was picked off more than usual in the first half of this season, Rickey Henderson, 27, remains one of the top base stealers ever in baseball. His total of 130 steals in 1982 is the all-time one-season record.

## Cowboy security is no easy task

By DENNE H. FREEMAN  
AP Sports Writer

THOUSAND OAKS, Calif. (AP) — Former FBI agent Larry Wansley's job is THE security of the Dallas Cowboys. He gets some help this week from Scotland Yard and the U.S. State Department in London.

The Cowboys fly to England Sunday for their NFL exhibition against the Chicago Bears in Wembley Stadium on Aug. 3 and Wansley will have mixed emotions. He's happy the Cowboys are going but he'll be relieved when it's over.

As an FBI agent, Wansley worked on the Patty Hearst case, the Watts riots in Los Angeles, and the ambush murder of a federal judge.

He worked his way up from a patrolman in Compton, Calif. to the FBI where he retired after a successful and sometimes pulse-pounding career.

No FBI case gave him sweaty palms like the responsibility of making preparations for the Dallas Cowboys' sojourn to London.

Although Wansley is listed in the Cowboys' media guide as director of counseling services, it should be "director of health and welfare" of the team's officials, players, and their families.

"I feel confident everything will go well," Wansley says. "I've been working with some very competent people. Those guys at Scotland Yard know what they're doing. London is a very international city and they are old hands at the security business."

For six months, Wansley has been putting together a security game plan for the Cowboys' week-long visit

to Europe. He's had "tea" at 3 p.m. with top Scotland Yard officers in brainstorm sessions.

"At first there was a lot of concern over international terrorism," Wansley says. "There were a lot of questions to be answered. There was a lot of legwork to be done."

A big headache for Wansley is to make sure everyone gets a proper passport.

"You'd be surprised how many we've had who have forgotten that little item," he says. "I'm still scrambling around trying to get everyone lined up."

Wansley said he was confident things would go well on the trip.

"There is always the chance some flake might try something," Wansley says. "But I'm very confident the metropolitan police have things in hand. They have tremendous experience dealing with visiting dignitaries. Nothing is absolute but I feel good about all the plans I've seen."

The Cowboys will be highly visible in London, working out twice daily at the stadium and making personal appearances.

"There are some places that will be off limits to the players," Wansley said. "We're relying on the metro police to identify those areas for us. We don't want our people to be touring in the wrong area."

For Wansley, who once arrested a sniper in a building after the guy had taken a pot shot at him, the next week won't be a vacation in Europe.

He's ready for tamer stuff back in Texas — like keeping groupies away from the Cowboys' practice field.

# Kittle moves power supply

By BEN WALKER AP Baseball Writer

Hours before joining the New York Yankees, Ron Kittle was already helping his new team.

Kittle hit a two-run homer Tuesday night as the Chicago White Sox ended an eight-game losing streak by beating the Boston Red Sox 4-1.

Minutes later, it was announced that Kittle, Wayne Tolleson and Joel Skinner had been traded to the Yankees for Ron Hassey, minor league prospect Carlos Martinez and a player to be named later.

Kittle's homer enabled the

second-place Yankees to remain four games behind the American League East-leading Red Sox. Kittle, who has hit 17 home runs this season and 111 homers in 3½ seasons with Chicago, said the trade did not surprise him because rumors that he would be dealt had been floating around.

"I knew I was gonzo," he said. "I have no control over the matter. I'll go to the Yankees and do the best I can. At least the Yankees have a better-looking uniform."

In other AL games, Oakland beat California 4-2, Detroit topped

Cleveland 6-3 in 11 innings, Texas edged Baltimore 6-5 in 12 innings, Toronto defeated Kansas City 5-2, Milwaukee defeated New York 6-4 and Minnesota beat Seattle 4-2.

**Blue Jays 5, Royals 2**

Dave Stieb, struggling through the worst season of his career, checked Kansas City on four hits over 6 2-3 innings as Toronto beat the host Royals.

Stieb, the AL earned run average leader last year, raised his record to 3-10.

**A's 4, Angels 2**

Jose Canseco singled home the tiebreaking run during a three-run rally in the seventh inning, sending Oakland past California.

Angels starter Ray Chadwick, making his major-league debut, took a two-hitter and 2-1 lead into the seventh. But Oakland pinned him with the loss.

A's starter Dave Stewart, 4-0, pitched four-hit ball for seven innings and won his fifth career decision against California without a loss.

**Rangers 6, Orioles 5**

Scott Fletcher doubled home Od-dibe McDowell from first base with two outs in the 12th inning and Texas broke Baltimore's five-game winning streak.

McDowell singled with two outs off Odell Jones, 1-1, and Fletcher followed with a drive off the left-field wall.

Reliever Greg Harris, 5-9, shut out the Orioles for four innings for the victory.

**Tigers 6, Indians 3**

Pinch-hitter Dave Bergman's in-field single with the bases loaded and two outs in the 12th inning sparked Detroit over Cleveland.

Rookie Cory Snyder drove in all three runs for the host Indians. He hit a two-run homer, his ninth, and an RBI double.

**Brewers 6, Yankees 4**

Rob Deer's two-run homer capped a five-run first inning and Gorman Thomas added a solo home run that powered Milwaukee past visiting New York.

The Brewers sent 10 batters to the plate in the first inning, knocking out rookie Scott Nielsen, 2-3.

**Twins 4, Mariners 2**

Kent Hrbek hit a two-run homer and Kirby Puckett tripled, doubled and singled as Minnesota downed Seattle.

Hrbek's 424-foot homer, his 23rd, gave the host Twins a 2-0 lead in the first inning. Puckett had led off with a single, starting him off to his second consecutive three-hit game.

## Rangers use power to upend birds

ARLINGTON, Texas (AP) — Since Texas Rangers infielder Scott Fletcher has averaged one home run in every 140 major league at-bats, he can't tell at the crack of the bat whether the ball is going out or not.

"But I knew if it wasn't a home run it was going to be close," Fletcher said Tuesday night after his two-out, 12th-inning double high off the fence drove home the winning run as the Rangers beat the Baltimore Orioles 6-5.

"I'm just thankful I had a chance to redeem myself after I couldn't get the bunt down in the 10th," Fletcher continued. "That could have cost us the game."

In the 10th, with two on and none out, Fletcher popped out attempting to lay down a sacrifice bunt and the Rangers failed to score.

But his double that chased home Oddibe McDowell in the 12th made him the hero and gave reliever Greg Harris his fifth win against eight losses. Harris, the fourth Ranger hurler in the game, pitched four scoreless innings.

The loser was Odell Jones, 1-1, who had retired the first five batters he faced before McDowell bounced a single to right with two outs in the 12th and Fletcher followed with his

game-winner.

"I liked the way Odell was pitching," said Orioles manager Earl Weaver, "but he got behind on Fletcher and had to come in to him, and that cost us the game."

Oriole starter Mike Flanagan and Ranger rookie right-hander Mike Loynd had hooked up in a scoreless duel for the first five innings.

But Lee Lacy belted a 2-run homer off Loynd in the top of the sixth and the Rangers chased Flanagan with a 5-run rally in the bottom of the inning.

Loynd left in the seventh after giving up a single and Juan Beniquez's two-run homer that cut the margin to 5-4.

"That was a heck of a performance by everyone but me," said Ranger manager Bobby Valentine. "Loynd had thrown 90 pitches and sat around during that long inning, and I usually wouldn't take a chance letting him start the next inning."

"But I wanted to see how he'd perform."

Dale Mohorcic and Mitch Williams followed Loynd, and the Orioles tied it with a run in the ninth off Williams on two singles, a walk and Jim Dwyer's sacrifice fly.

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# Now You're Cookin'

By CINDY SMITH  
Staff Writer

For a lady on the go with two teenagers, museum board work, and a part-time job, Paula Edwards said she doesn't cook three meals a day anymore. Living 22 miles north of Hereford, Edwards said, "I spend most of my time out on the road taking the kids to town, as far out as we live," she laughed.

Working at the Church of the Nazarene two days a week leaves little time for civic clubs.

"Since I started working part-time and going with the children like I have been, I'm not active in any clubs right now, except for the museum board," said Edwards. This is her first year on the Deaf Smith County Museum Board and she's averaging at least three committee meetings a month, "But I love it," she added.

Edwards said she thoroughly enjoyed helping with the museum board's Sesquicentennial luncheons held this past April and will be sharing the recipes the club prepared.

"Really, the purpose of the luncheons was to get area clubs to come to the E.B. Black House and to the museum to see what Hereford has to offer," she explained.

Part of her volunteer work for the board includes setting up displays. "Right now, we're trying to fix a permanent display for the hand-carved circus, and maybe even puppets, of Abe Martin," she said.

Edwards explained that Martin was a barber in Hereford during the 1940s and after the war years he had time to carve between customers because business was so slow.

"He modeled the circus after the Barnum and Bailey Circus and every Saturday he would set this display up outside on his lawn playing calliope music and invited the neighborhood kids over to see it," Edwards explained.

Edwards said the display is really worth preserving and she is excited about the possibility of getting the puppets donated to the museum. "The more you look at the displays, the more you can appreciate the time and talent he had put into it," added Edwards.

"We're also working on a Children's day at the museum in commemoration of the Sesquicentennial. We're hoping to have wagon rides, someone churning real butter and showing them how to mold it, and we may have someone making sour dough biscuits," Edwards said noting that the board of directors thought it would be nice for the children to see the way of life that some of these chores represent.

"There's a lot going on in the club," she said. "I was amazed at how much there is to do in the museum and the Black House. Some of the women have worked so hard in that flower garden out there and it took many, many, years to get the Black House and museum in order."

"If you knew how many people worked on refinishing the house and finding the original pieces to restore it, you would appreciate it much more," she said.

Future projects for the museum board include making a bridal room for changing attire in the Black House, a puppet show at the museum, and renovating the basement of the museum.

Another group Edwards makes time for is the youth group at the Church of the Nazarene. "I've worked with the youth group and attended several trips this year," she said. The group, including Edwards as a sponsor, meets every Wednesday. This year they have gone snow and water skiing, and river rafting.

"I think working with the youth I have learned that we've got some outstanding young people in our community. They're very caring and very talented, but that's not only in our youth group, that's true of all the youth groups in Hereford," Edwards said.

For Edwards, cooking and hobbies have taken a back seat lately—but for a very good reason.

"My priorities are not cooking and hobbies; my priorities are being free to go with my children and be involved with their activities right now," explained Edwards.

"Time is a very important thing and that's the most important thing you can spend on your children," she smiled.

Following are recipes that the mother-on-the-go has helped to prepare at the Historical Society's Sesquicentennial luncheons.

2 cups fresh strawberries, sliced  
1 (3-ounce) package cream cheese, softened  
1 1/4 cups sifted powdered sugar

Grease a 15x10x1-inch jellyroll pan, and line with foil. Grease and flour foil and set aside.

Beat eggs at high speed of an electric mixer until foamy. Gradually add one cup sugar, beating until mixture is thick and lemon colored. Fold flour, 1/3 cup water, and vanilla into egg mixture. Spread batter evenly in prepared pan. Bake at 375 degrees for 10 to 12 minutes.

Sift powdered sugar in a 15x10-inch rectangle on a linen towel. When cake is done, immediately loosen from sides of pan and turn out on sugar. Peel off foil. Starting at narrow end, roll up cake and towel together; let cool completely on a wire rack.

Combine next four ingredients in a medium saucepan; cook over medium heat, stirring constantly until mixture is thick, about five minutes. Cool completely and stir in strawberries.

Beat cream cheese until fluffy. Gradually add 1 1/4 cups powdered sugar, beating until smooth.

Unroll cake and remove towel. Spread cake with cream cheese mixture, then strawberry mixture and reroll. Place on serving plate with seam side down. Chill until serving time. Yield: 8 to 10 servings.

**ASPARAGUS CHEESE DELIGHT**  
(Serves 4)

1 pkg. frozen asparagus  
Pastry  
1 cup sifted flour  
1 tsp. salt  
1/2 cup Crisco  
3 Tbs. cold water  
1/4 cup butter

1/4 lb. grated cracker barrel sharp or extra sharp American cheese

Sift flour and salt together, cut in shortening; add water and blend with a pastry blender. Roll pastry as you would for pies, brush pastry with 1/4 of melted butter and sprinkle with 1/4 of the grated cheese. Fold pastry in half and reroll. Continue, alternately adding butter and cheese and rolling pastry until all of the butter and cheese is folded in. Cut pastry in 3x6 inch strips. Fold pastry strips around 4 or 6 asparagus spears. Bake on cookie sheet at 400 for 20 minutes. Serve hot with cheese sauce.

Sauce:

1 Tablespoon butter  
2 Tablespoons flour  
1/4 tsp. Worcestershire Sauce  
1 cup milk  
Salt and Pepper  
1/2 teaspoon dry mustard  
1/4 lb. grated cheese

Melt butter in double boiler. Stir in flour and mustard. Gradually add milk, stirring constantly. Continue stirring and add remaining ingredients. Simmer and stir occasionally until cheese melts.

**ASPIC SALAD**

1 1/2 Tablespoons unflavored gelatin  
1/2 cup cold water  
3 cups V8 juice or tomato juice  
1 teaspoon sugar  
1/2 bay leaf—Dash or two Tabasco  
1 Tablespoon chopped onion  
2 avocados or 1 cup chopped celery or 2 cups chopped ham may be added.

Soften gelatin in cold water for 5 minutes. Heat tomato or V8 juice add sugar, salt, bay leaf and onion. Sim-



## Hustling Mom

Hustling, bustling Paula Edwards, left, and her daughter Jaci, right, stand in front of one of her crafts, the stained glass win-

dow. But hobbies have taken a back seat to her busy, active life, of work, church, and museum involvement.

mer 10 minutes. Strain, add gelatin, stir and cool. Add either celery, avocados or ham. Mold and chill. Serves 6-8.

**BUTTERNUT SQUASH SOUP**

1/4 cup butter  
1 1/2 cups finely chopped onion  
2 lbs. butternut squash  
5 cups chicken broth  
1/4 teaspoon sugar  
2 cups half and half  
Salt and pepper  
Pinch of nutmeg

Melt butter, add the onion and cook

at low heat until soft but not brown. Peel squash with potato peeler, seed, cut in hunks. Put in kettle with onion and chicken broth. Bring to a boil, lower heat and simmer until done. Remove from heat, cool, puree in blender or processor. Return to pan add half and half. Maybe made day before.

**CHICKEN SALAD SUPREME**

2 1/2 cups diced cold chicken  
1 cup celery chopped fine  
1 cup sliced white grapes  
1/2 cup sliced browned almonds

2 Tablespoons minced parsley  
1 teaspoon salt-Tad of curry  
1 cup Mayonnaise  
1/2 cup whipped cream, whipped

Combine and serve in Lettuce cup Garnish



A rainbow in the morning usually means that rain is on the way, not over.



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**HEAVENLY STRAWBERRY ROLL**

3 eggs  
1 cup sugar  
1 cup self-rising flour  
1/3 cup water  
1 tsp. vanilla extract  
powdered sugar  
2/3 cup sugar  
2 tbs. cornstarch  
2 tbs. strawberry-flavored gelatin  
1/2 cup of juice from fresh strawberries



### Resident Receives Award

Leslie Paschel, curriculum director for Hereford Independent School District, received her Academy for Educational Leadership award recently from

Chancellor William E. Tucker of Texas Christian University, who hosted the unique academy.

### Local curriculum director receives award

Leslie Paschel, curriculum director for Hereford Independent School District, was one of 40 hand-picked Texas school administrators to complete Texas Christian University's first Academy for Educational Leadership in June.

Paschel earned six hours of graduate credit during 10 days of studying under such educational leaders as Dr. William Kirby, Commissioner of Education, Texas Education Agency, and his assistant, Dr. Richard Swain; Dr. Linus Wright, superintendent, Dallas Independent School District; along with Dr. Jared Hazleton, president, Texas Research League, and education professors from TCU and

universities of Alabama, Wisconsin, Missouri/Kansas City and Houston.

Members of the academy, all highly rated practicing administrators preparing for superintendent-level positions, heard Dr. Kirby identify the basic problem in Texas education today as teacher morale, mainly because of the unpopular TECAT test.

"TECAT was the political price teachers had to pay for salary increases," the state's top educational administrator declared. The teachers should have banded together to get the law changed in 1985, he added.

There had been even more fussing

about TECAT now that it is over, Dr. Kirby said, even though 98 percent of the teachers passed, evidence that Texas teachers have the reading and writing skills to do the job.

The other immediate problem facing Texas education is financial, he pointed out. The budget must be increased by \$566 million during the next two years to keep the state's educational system where it is now.

Dr. Swain told the teachers the education agency expects more than four million public school pupils by the 1990s. By the year 2,000, he said, minorities will be in the majority in Texas schools, and one of three pupils will have a learning disability, meaning that costly special programs will be mandatory.

School systems from Amarillo to the Rio Grande Valley, from Avinger to El Paso, were represented to the TCU Academy for Educational Leadership, which was funded by the Carl B. and Florence E. King Foundation of Dallas, Burlington Northern and a TCU alumni couple and was hosted by the TCU School of Education.

# Ann Landers

## Dying of skin cancer

**DEAR ANN LANDERS:** Every year you print a letter from a dermatologist about suntanning and plead with sun worshippers to cut it out. Yet millions of people continue to work very hard to get a deep tan. Perhaps hearing from me will convince someone, somewhere that a tan can be deadly.

I am 33 years old, the mother of three wonderful children, and am dying of melanoma, a lethal form of skin cancer. I spent many years of my youth and most of my young adulthood in pursuit of a tan. In the process I have brought about my untimely and imminent death.

I did not acquire this cancer recently. The damage was done while I was young. It was aggravated by my continued exposure to the sun. My skin did not build up a tolerance (a myth sunbathers love to perpetuate) and now I am paying for my foolishness with my life.

I am having a hard time facing the fact that I will be leaving my children motherless because of my vanity. The pain and grief I am causing my family could have been avoided. Now I will not be here to see my children grow, graduate from high school and college, marry and have families.

Continue to urge people (especially the young) to stay out of the sun. Suggest that they use No. 15 sunscreen if they insist on risking it. Tell them suntanning parlors are no better,

regardless of what the ads say.

Please, Ann, never stop crusading against suntanning. My own personal hell is knowing that all this anguish could have been avoided if I had used some commonsense.—C.J.

**DEAR C.J.:** Thank you for giving my readers a first-hand account of what it is like to die, needlessly, and much too soon.

I am convinced that some people are addicted to the sun. They know intellectually they are flirting with disaster (same with smokers) but they are hooked. My advice to all of you: If you want to live-get counseling and put an end to the self-destructive behavior.

**DEAR ANN LANDERS:** I decided to write to you because I was upset by a recent news release claiming that "Yankees" are rejoicing about the high rate of unemployment in Texas. That is an absurd and divisive statement. I don't know anyone in Ohio who is happy about joblessness in Texas or anywhere else. We worried too much and too recently to be led about anyone losing a job.

We are a united nation. When one segment suffers, we all suffer. I do

not believe Texans were happy about recent Northern unemployment. Every state has its share of big mouths and the media have always been eager to create animosity.

Believe me, we in Ohio wish all Texans well. We are one nation, under god, indivisible. That is our pledge. Please print this.—AN AMERICAN FROM OHIO

**DEAR OHIO:** Here's your letter with a word from Yours Truly.

Here and there you can always find some lone nut who rejoices at the misfortune of others. But to ascribe such base feelings to whole segments of society is ridiculous.

Joblessness is a horrible plight wherever it occurs. At this moment, Texas is having a tough time because of oil prices. I am sure I speak for millions of Yankess when I say we are sad and sorry about your trouble and hope the end is in sight. You've risen above dust storms, drought and floods. You'll come out of this, too. Chin up down there.

Men can now buy an expensive gadget to shave with that leaves the stubble look that's now so popular — or they can simply use old blades.

### Public invited to CFO retreat this weekend

Camp Farthest Out, a non-denomination spiritual retreat, has been scheduled this weekend, Friday through Sunday, at Ceta Canyon Methodist Camp near Happy.

The event is open to the public according to camp chairman, Bruce Coleman. Serving as vice-chairman is John Alkin.

Registration fee for full and part-time campers is \$25 for a family and \$15 per person. There is also a fee for lodging and meals. For further information contact Coleman at 364-6164.

Guest speaker will be Carolyn Christie. She is a pianist and noted speaker having appeared at many camps in the United States and Australia.

Also, featured during the retreat will be Paul and Mimi Vancil, former Hereford residents, and Dan and Rachelle Redd, gospel music performers.

In addition to the varied programs for adults, there will also be special children's programs.

The camp will allow religious book sales and swaps. Bring used devotional and inspirational books. Also,

campers are requested to bring Bibles, bedding pillows, soap, towels, walking shoes, sort clothes, swim suits, flashlights and light wraps.

**MARY BIRDSONG, M.D.**

Family Practice & Obstetrics  
Hereford Medical Clinic  
343 N. Miles  
PHONE: 364-1133  
OFFICE HOURS:  
Mon. - Fri. 9-5

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

### A.O. THOMPSON ABSTRACT COMPANY

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P.O. Box 73 242 E. 3rd Phone 364-6641  
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Tenderized **Steak** \$2.19 lb. **USDA Choice Side of Beef** \$1.14 lb.

25 Lb. Freezer Pack \$38.95

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413 N. 25 Mile Ave.

364-0822

HOW TO WIN AT THE LOSING GAME  
**DIET CENTER**  
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**Harry L. Everett, D.D.S.**  
Specialist in Orthodontics  
is pleased to announce the opening of his office at  
309 E. 6th Street  
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If no answer, please call  
Amarillo 355-9732

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Monuments Crafted With Care  
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Call 364-6533 105 Greenwood  
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In Business Since 1916  
Bronze Granite Marble

The  
"Committee to Elect Gerald McCathern to Congress"  
cordially invites you to celebrate his impressive win in the Democratic primary and to help kick off his General Election Campaign with a gala fund-raising banquet  
Thursday, July 31, 1986  
at 7:33pm  
at the  
Hereford Country Club  
\$50<sup>00</sup> per person

R.S.V.P. 364-5337 or 364-8075  
Pd. Pol. Adv.





# GRILL SKILLS!

These long summer evenings are perfect for grilling and barbecuing. There's nothing more relaxing than lounging in the back yard, watching the sun paint the sky as it slips below the horizon and listening to the sizzle of steaks on the grill! Save'n'Gain wants to help you enjoy the good life with our Grill Skills Sale. Our Meat Market is chock full of thick,

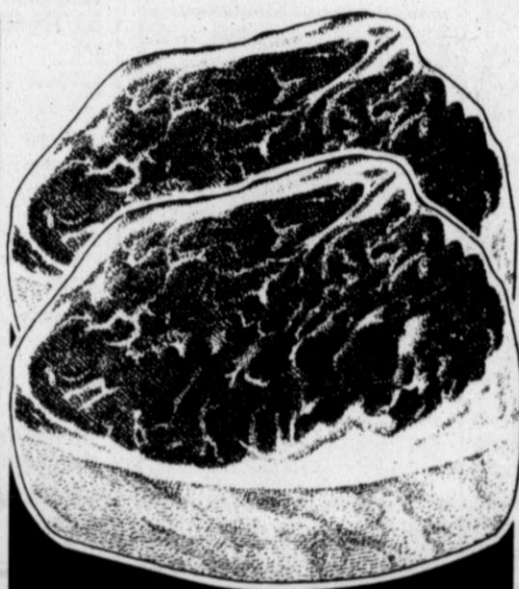


tender cuts of beef and pork just waiting to be tossed on the grill and enjoyed. Whether you prefer hearty ribs slathered in barbecue sauce, a simple steak seasoned with salt and pepper or juicy hamburgers bursting with flavor, The Giant has your favorite! C'mon in today and stock up. At these prices, you can cook out every night!



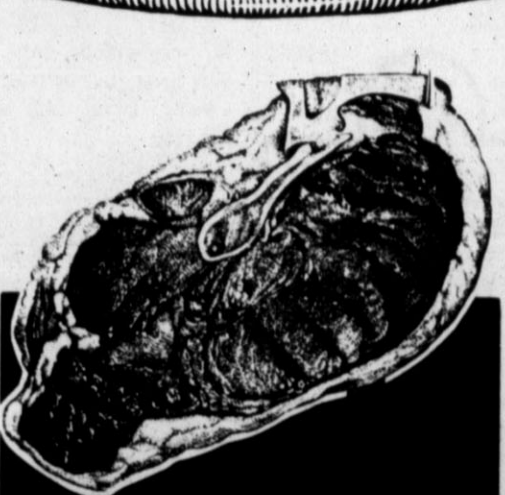
**Boneless Beef Barbecue Steaks**

**\$1.29**  
Lb.



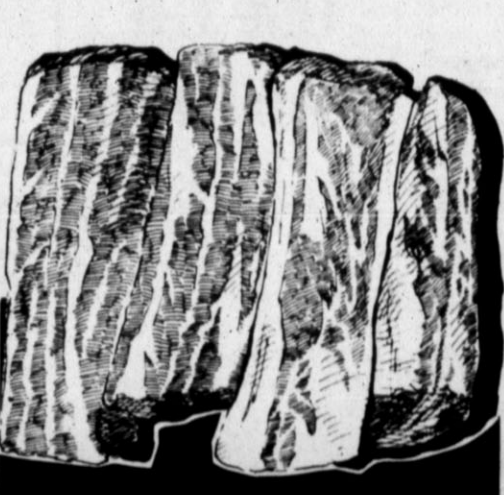
**Ribeye Steak**

**\$3.49**  
Lb.



**Boneless Top Sirloin Steak**

**\$1.97**  
Lb.



**Beef Short Ribs**

**\$1.28**  
Lb.



**Family Pack Fryer Wings**

**59¢**  
Lb.



**Whole Beef Brisket**  
Cryovac Packer Trim

**79¢**  
Lb.



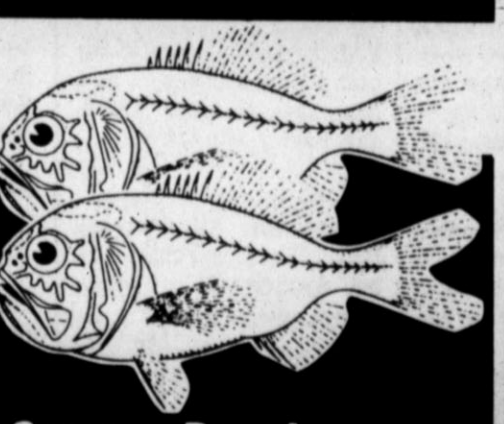
**Peyton Bologna**  
All Meat

**89¢**  
12 Oz.



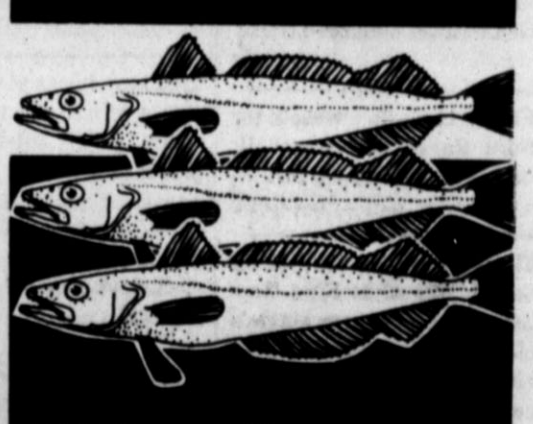
**Borden's American Cheese Slices**

**\$1.99**  
16 Oz.



**Orange Roughy Fillets**

**\$3.99**  
Lb.



**Whiting Fillets**

**\$1.19**  
Lb.



**Beef Brisket**  
Market Trimmed

**\$1.68**  
Lb.



**Cube Steak**  
For Chicken Fry

**\$2.29**  
Lb.



**Peyton Franks**  
All Meat

**69¢**  
12 Oz.



**Peyton Pork Sausage**

**79¢**  
16 Oz.



**Food Club Longhorn Cheese**

**1.29**  
10 Oz.



**Lean Ground Beef**  
Fresh Daily

**\$1.25**  
Lb.



**Stew Meat**  
Lean Cubes

**\$1.59**  
Lb.



**Beef Skirt Steaks**  
Great For Fajitas

**\$1.99**  
Lb.



**Kraft Mozzarella Shredded**

**\$1.29**  
8 Oz.

**9 AM - 10 PM**  
**7 DAYS A WEEK!**

**THE FRESHNESS**  
**GIANT**

**IN HEREFORD**  
**535 N. 25 MILE AVE.**

Effective dates Wednesday, July 30 through Saturday, August 2, 1986.





# Calendar of Events

## THURSDAY

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

## FRIDAY

Kiwanis Whiteface Breakfast Club, Savage's Hickory Pit, 6:30 a.m.  
 Community Duplicate Bridge Club, Community Center, 7:30 p.m.  
 Hereford Senior Citizens govern-

ing board 2 p.m. and business meeting 3 p.m. at Senior Citizens Center.

Patriarchs Militant and Ladies Auxiliary, IOOF Hall, 8 p.m.  
 Good Timers Square Dance Club, Community Center 8 p.m.

## SATURDAY

AA open meeting, 406 W. Fourth St., 8 p.m.

## MONDAY

AA and Al-Anon Spanish Speaking meeting, 406 W. Fourth St., 8 p.m.  
 Odd Fellows Lodge, IOOF Hall, 7:30 p.m.  
 TOPS Chapter No. 1011, Community Center, 5:30 p.m.  
 Rotary Club, Community Center, non.

Planned Parenthood Clinic open Monday through Friday, 711 25 Mile Ave., 8:30 a.m. to 4:30 p.m.  
 Dawn Lions Club, Dawn Community Center, 8:30 p.m.

Ladies Christian Endeavors, 7 p.m. in members' homes.  
 Hospital Auxiliary, hospital board room, 11:45 a.m.  
 Women's American G.I. Forum, Community Center, 6 p.m.  
 Evening Lions Club, K-Bob's Steak House, 7:30 p.m.  
 Order of Rainbow for Girls,

Masonic Temple, 7:15 p.m.  
 VFW Auxiliary, post home, 6:30 a.m.

## TUESDAY

Free blood pressure screening, Tuesday through Friday, South Plains Health Providers Clinic, 603 Park Ave., 8:30 a.m. until 5 p.m.  
 Hereford AMBUCS Club, Ranch House, noon.

Social Security representative at courthouse, 9:15 a.m. until noon.  
 Problem Pregnancy Center, 505 E. Park Ave., open Tuesday through Saturday. Free and confidential pregnancy testing. Call 364-2027 for appointment.

Women's Golf Association Play Day, City Golf Course, 5:45 p.m.  
 Hereford Rebekah Lodge No. 228, IOOF Hall, 8 p.m.

Kiwanis Club of Hereford-Golden K Senior Citizens Center, noon.  
 AA and Al-Anon meeting, 406 W. Fourth St., 8 p.m.

Deaf Smith County Historical Museum: Regular museum hours Tuesday through Saturday 10 a.m. to 5 p.m. and Sunday by appointment only. Museum closed Monday.

TOPS Chapter No. 576, Community Center, 9 a.m.  
 Ladies exercise class, Church of the Nazarene, 6:30 p.m.

St. Anthony's Women's Organization, Antonian Room, 8 p.m.  
 Deaf Smith County Board of American Heart Association, Hereford State Bank Community Room, 7 p.m.

Hereford Riders Club, 8 p.m.  
 Advisory Board of Hereford Satellite Work and Training Center, Caisson House, noon.

San Jose Women's Organization, San Jose Catholic Church, 7 p.m.  
 American Legion and Auxiliary, Legion Hall, 8 p.m.

Baptist Women of Summerfield Baptist Church to meet at the church, 9 a.m.

WEDNESDAY  
 AA discussion meeting, 406 W. Fourth St., 8 p.m.  
 Noon Lions Club, Community Center, noon.

Young at heart program, YMCA, 9 a.m. until noon.

United Methodist Women of First United Methodist Church, executive meeting at 10 a.m. in church library, followed by general meeting in Ward Parlor at 10:30 a.m. and covered dish luncheon at noon in fellowship hall.

United Presbyterian Women's Association, lunch at church.  
 Knights of Columbus at KC Hall, 9 p.m.

## Octoberfest sessions slated in Brownwood

Where can a person over 55 "get-away" for:

-Three days and nights of fun-filled activities.

-Learning opportunities.

-Fantastic food and special events in.

-Natural lakeside surroundings—with all the modern conveniences?

There may be other places in Texas that offer such fare, but not many can match "Octoberfest", an

Extension Camp for People 55 and Over, says Beverly Harder, Deaf Smith County Extension Agent - (Home Economics). Five sessions are scheduled for this fall: Sept. 30 - Oct. 3, Oct. 7-10, Oct. 14-17, Oct. 21-24, Oct. 28-31 in Brownwood, Texas.

Some of the featured educational presentations will include: insurance options, cooking demonstrations, family life, gardening, health, wardrobe coordination, food and nutri-

tion, and plant survival tips.

Although each camp is different, they all offer a variety of learning centers to give "hands-on" experience in areas such as oil painting, wind chime making, archery, needlecrafts and chair caning.

Participants will also have opportunities to go for boat rides, nature hikes, or fish on the waters of Lake Brownwood. Card and table games, tennis, horseshoes, billiards, and

volleyball will be available at all times.

Evenings will be filled with such special social events as dances, a special theme party and games.

Each camp is limited to the first 100 participants and cost is only \$85 per person for 3 days of activity, so contact your county Extension agent for details now!

## Senior Citizens Opportunities

Activities scheduled this week (July 31 through Aug. 6) at the Hereford Senior Citizens Center include the following:

EVERY WEEKDAY - Quilting 8 a.m. to 5 p.m.

THURSDAY - Stretch and flexibility 10-10:45 a.m., choir 1 p.m.

FRIDAY - Line dance 1 p.m.

MONDAY - Devotional 1 p.m., line dance 1 p.m.

TUESDAY - Stretch and flexibility 10-10:45 a.m., style show 11:30 a.m. until 12:30 p.m. Beltone hearing aid 1-4 p.m.

WEDNESDAY - Ceramics 1:30 p.m.

### Lunch Menus

THURSDAY - Salisbury steak, baked potato, spinach, perfection salad, roll, oleo, banana split cake.

FRIDAY - Catfish strips, corn grits with cheese, brussel sprouts or mixed vegetables, tomato aspic, peach cobbler.

MONDAY - Beef stew, salad, sliced peaches, cake, cornbread, oleo.

TUESDAY - Stuffed baked potato day, smothered steak, seasoned green beans, fresh fruit, rolls, oleo.

WEDNESDAY - Barbecued chicken, pinto beans, potato salad, coleslaw, onion slice, dill pickles, Texas toast, fresh fruit.

## DR. GOTT



Peter Gott, M.D.

### Surgery shouldn't cause weakness

DEAR DR. GOTT - Two years ago I had carpal tunnel surgery of the right wrist, and I developed a staph infection before the stitches were removed. Since then I've had progressive motor neuron disease involving the entire right side. There's increasing weakness, and I can't do anything that requires dexterity. A neurologist suggests it might be muscular dystrophy. Could the surgery have triggered this? Do you have any other suggestions?

DEAR READER - Carpal tunnel syndrome is a form of nerve entrapment. The nerves to the hand become pinched by an overlying fibrous band that encircles the wrist. Surgery releases the band. Neither the surgery nor the carpal tunnel syndrome is, in my opinion, the cause of your present right-sided weakness. There are many possible causes for your problem. Seek a second opinion from another neurologist.

DEAR DR. GOTT - I have had epilepsy for 22 years, but feel as if I'm getting out of it. Can an EEG test really tell if this is so?

DEAR READER - Often an encephalogram (EEG), which measures electrical activity in the brain, can be abnormal without the person having seizures or epilepsy. Conversely, in a small percentage of epileptics, the EEG may be normal. Therefore, the brain-wave test is not always a reliable indicator as to whether a person has outgrown the condition. Obviously, it can help. In a situation where the epileptic has a distinctly abnormal EEG, discontinuation of therapy is probably ill-advised. Your neurologist is the best judge of the state of your epilepsy.

To give you more information, I'm sending you a free copy of my new Health Report on EPILEPSY. Others who would like a copy should send \$1 and their name and address to P.O. Box 91428, Cleveland, OH 44101-3428. Be sure to mention the title.

The World War II Battle of Guadalcanal ended Feb. 9, 1943, with an American victory.

# Earlybird Sale

Monday, July 28th **8 AM**



**SALE PRICE**

Take an extra

# 25% OFF!

All our Yellow Ticket Spring and Summer merchandise

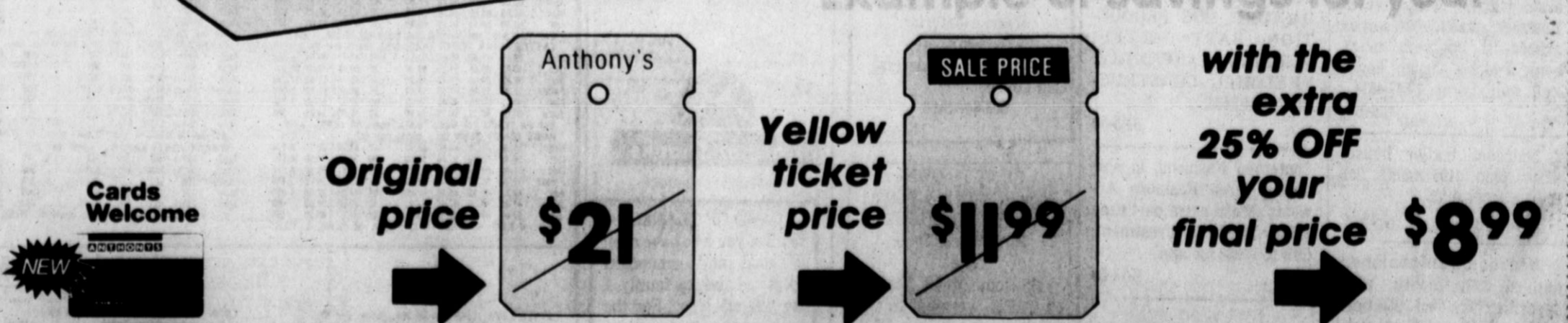
25% OFF

all our previously yellow-ticketed Spring and Summer marked-down merchandise\*

\*Applies only to Spring and Summer yellow ticketed or tagged merchandise. Does not apply to our white ticketed merchandise which has not been reduced.

Does not include entire stock.

Example of savings for you!



# ANTHONY'S

Sugarland Mall  
 364-4547