

Wednesday  
August 20, 1986

# The HEREFORD BRAND

86th Year, No. 34, Deaf Smith County, Hereford, Tx.

25 Cents

14 Pages

## White allows sales tax bill into session

### Nixes wagering, lottery

AUSTIN (AP) — Gov. Mark White today opened the Legislature's special session to consider his proposal for a temporary increase in the state sales tax rate.

White also agreed to allow lawmakers to debate bills that would permit out-of-state banks to purchase Texas banking institutions and to impose a constitutional prohibition against a corporate or personal income tax.

In Texas, special legislative sessions can only consider those topics permitted by the governor.

During a brief news conference, White said his order will be specifically limited to his proposal to increase the sales tax rate from 4½ percent to 5¼ percent for one year, beginning Sept. 1.

White said he has no plans to open the call to bills to legalize parimutuel wagering on horse racing or creation

of a state lottery.

The governor said he doesn't believe that either horse racing or a lottery would generate sufficient money quickly enough to help solve the state's estimated \$3.5 billion deficit.

"I want to focus the attention of the Legislature on the very serious problem we have for additional revenues that will be effective in dealing with our problem," he said. Aides to White said the one-year sales tax increase would raise about

\$810 million. Combined with \$1.4 billion in spending cuts he has recommended, White said that would balance the state's budget.

Comptroller Bob Bullock estimates that the state faces a \$3.5 billion deficit, but White has said that

total includes some contingencies, such as the outcome of various lawsuits, which aren't in effect now.

Asked whether he would veto any other tax bill should the House and Senate send him one, White replied, "I'll just have to wait and see."

## Texas crime rate up for first six months of year

AUSTIN (AP) — Statistics compiled for the first half of 1986 showed an increase in both the crime rate and the total number of crimes committed in Texas, the Department of Public Safety said today.

Col. Jim Adams, DPS director, said the crime rate for the first six

months of the year was up 15.8 percent to 3,604 crimes per 100,000 people.

The volume of crimes for the same period was 589,985, an increase of 18.6 percent compared to the first half of 1985, Adams said.

Adams said all seven major crime categories saw increases — murder, rape, robbery, aggravated assault, burglary, theft and motor vehicle theft.

"Robbery showed the largest increase in the violent crime listings, increasing 34.6 percent," Adams said.

The number of aggravated assault cases increased 30.1 percent, while rape and murder posted increases of 13.6 percent and 1.1 percent respectively.

"Motor vehicle theft led the three property crime categories, showing a 21.2 percent increase," Adams said.

Burglary was up 20.5 percent and thefts were up 15.6 percent.

The estimated total value of property stolen was more than \$705 million, with \$281 million in property recovered by law enforcement officers.

Twenty percent of the crimes reported were cleared by arrests in the first half of 1986, the DPS said.

"There were two Texas law enforcement officers killed in the line of duty by criminal action in the first six months of this year. One officer died in a duty-related accident," Adams said. In addition, 2,192 assaults on officers were reported.

Drunken driving arrests were down 9.2 percent, totaling 62,404. Drug-related arrests also decreased, down 7.4 percent to 29,551, the DPS said.

The crime statistics were derived from reports submitted by 797 law enforcement agencies.

## G-R cuts could hit price benefits

WASHINGTON (AP) — American farmers may soon incur another cut-back in their federal price support benefits, courtesy of a revived Gramm-Rudman budget-balancing law.

If the law's sweeping powers to impose across-the-board spending cuts are restored and if those cuts are applied equally to eligible federal programs, it could mean slashing \$2 billion out of the Agriculture Department's budget, agency officials said Tuesday.

And if the cuts are imposed within the department the same way similar reductions were distributed this year, about 60 percent of the cut-backs would come from farm programs financed by the department's Commodity Credit Corp., the same proportion as this year, said Robert E. Sherman, deputy director of USDA's office of budget and program analysis.

That will mean another round of

(See CUTS, Page 2)

## Local Roundup

### Grand jury indicts five

A Deaf Smith County grand jury indicted five individuals Tuesday. Their names, ages, and charges are:

Nicolasa Garcia, 33, charged with forgery and passing.  
Luis Juquez, aka Isaih Cruz Martinez, 30, indicted on charges of attempted burglary of a habitation.  
Pedro Cervantez, 49, charged with aggravated assault with a deadly weapon.

Raymon Regalado Nanez, 45, charged with indecency to a child.  
And, Gary Leon Owens, 34, indicted on charges of aggravated assault with a deadly weapon.

### Two thefts reported

City police heard a report of the theft of grease gun from 812 South Texas and a water bucket and extension cord valued at \$50 were reported stolen from Brooks Pipe Co.

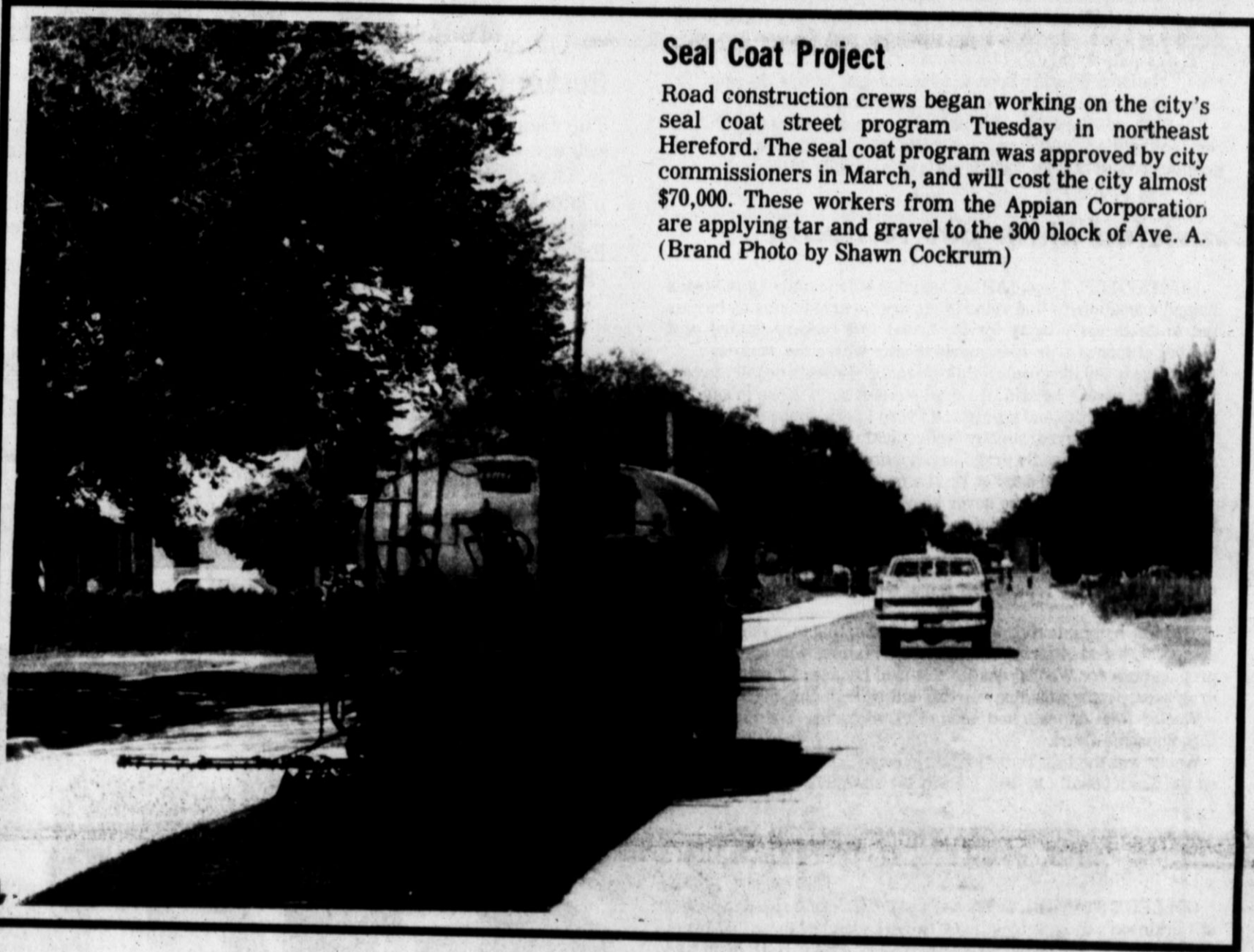
Also reported was criminal mischief at Allsup's on South Main. Apparently a juvenile shot out an automobile window with a BB gun. One assault was reported at Save-N-Gain. Police issued four citations and there was one minor accident.

### Weather

TUESDAY'S HIGH: 99 LOW: 63

OUTLOOK: Tonight will be partly cloudy with a 30 percent chance of thunderstorms, some being severe. Lows will be in the mid 60s. Wind south to southeast 5 to 10 mph.

Thursday, partly cloudy with a 20 percent chance of afternoon thunderstorms and a high near 90. Wind south 5 to 15 mph.



### Seal Coat Project

Road construction crews began working on the city's seal coat street program Tuesday in northeast Hereford. The seal coat program was approved by city commissioners in March, and will cost the city almost \$70,000. These workers from the Appian Corporation are applying tar and gravel to the 300 block of Ave. A. (Brand Photo by Shawn Cockrum)

## Postal worker kills self, 14 others

EDMOND, Okla. (AP) — A part-time postal worker facing dismissal opened fire in a post office this morning, killing 14 people and wounding at least four before taking his own life, police said.

The gunman, identified by police as Pat Sherrill, 44, was hired last year and was about to be fired, said postal officials in Washington.

Sherrill's body and those of 14 others were found inside the post office and in the back parking lot of the post office after police moved into the one-story brick building about 9 a.m.

It was the nation's worst attack by a lone gunman since a rampage at a McDonald's restaurant in San Ysidro, Calif., on July 18, 1984, left 21 people dead.

Four of the injured were taken to hospitals, where two were listed in

critical condition and undergoing surgery.

Police said Sherrill was carrying at least three handguns when he entered the post office through an employees entrance around 6:45 a.m. and opened fire.

Normally, there would be 90 postal workers in the building at that hour, officials said.

Vince Furlong, an eight-year employee of the post office, said he was working at a postal tray at his station when he heard a noise like a firecracker.

"I looked down under my tray and saw one of my good friends hit the floor with blood coming out of him," Furlong said.

Furlong said the gunman had locked some of the doors to the post office.

Ron Blackwell, a carrier, said the

shots sounded like postal trays falling.

"My first thought was that someone had dropped a tray. Then somebody said, 'He's got a gun' and everyone started running out," Blackwell said.

Blackwell said there were about 80 people in the Post Office when the shooting began and people "just started running."

Hostage negotiators tried to talk to the gunman, but he refused to answer the telephone.

District Attorney Bob Macy said bodies, spent cartridges and empty bullet clips were scattered throughout the building. "I've never seen a crime scene like this. I've never seen this volume," he said.

Macy, who described Sherrill as an expert marksman, said the man used at least two guns, but could not say what kind they were.

"There were people shot all through that building," Macy said, "which would indicate that he was going through the entire area."

He said most of the dead were found close to what appeared to be their work stations.

Mercy Health Center spokeswoman Jill McDonald identified the two critically wounded men as Gene Bray, 54, of Oklahoma City, and Steve Vick, 24, of Edmond. Ms. McDonald said Bray was shot in the left flank and Vick has been shot in the abdomen. Michael Bigler, 36, of Choctaw suffered superficial wounds but was being kept at the hospital for observation, she said.

At Edmond Memorial Hospital, spokeswoman Deniece Cunningham said William Nimmo, 40, of Edmond was in surgery for a stomach wound and was in stable condition.

Postal employees who came out of the building told reporters that a man entered the post office and began firing at people in line.

Edmond is a city of 34,000 people about 15 miles north of Oklahoma City.

In the San Ysidro massacre, 21 people died and 20 were wounded when unemployed security guard James Oliver Huberty entered the restaurant with three weapons and a bag of ammunition and fired indiscriminately for 77 minutes before he was killed by a police sharpshooter.

## Verdict not guilty in dog cruelty case

After less than an hour of deliberation, a jury in the Deaf Smith County Court returned with a verdict of not guilty in the animal abuse trial of Richard Jackson.

Jackson was charged with dog abuse and failure to provide reasonable food and care to three dogs after neighbors reported to police that Jackson's dogs had been chained to a tree for almost a month.

The trial, which began Monday, ended Tuesday morning as the jurors returned with the not-guilty verdict.

"The verdict surprised everybody in the room," said assistant district attorney Dino Barela. "This is just speculation, but the jury may have felt that he did not feel he was mistreating the dogs."

Defense attorney R.C. Hoelscher said that his clients were pleased with the outcome. "I appreciate the

careful attention the jurors gave to the case," said Hoelscher. "I know this was very time consuming and I appreciate their effort and consideration."

The trial stemmed from a report of animal abuse reported to the Hereford Police Department in January of this year. Police were dispatched to 307 Ave. B where they found three dogs. The dogs were confiscated and taken to the animal shelter. A veterinarian examined the dogs the next day.

The veterinarian, Jeff Sarchet, testified Monday that one dog, a setter, had a neck injury possibly caused by the chain being too tight. He also said the dog was extremely thin.

The other dogs, a German shepherd cross and a cocker cross, were moderate condition, Sarchet said.

### San Jose board to meet

The San Jose Water District has slated a meeting at 7:30 p.m. Friday in the Texas Migrant Council building for all residents of the Labor Camp.

### Firefighters douse trash truck

The Hereford Fire Department responded to what they thought was a dumpster fire Tuesday in the 100 block of Ave. K, but upon arrival found a city trash truck fully engulfed in flames.

The fire took about 40 minutes to contain. The truck had considerable damages, but there were no injuries.

Firemen said a gas leak started the blaze.

### City praises weed program

Hereford City Manager Darwin McGill said Tuesday that the city organized weed control effort went surprisingly well for a first year project.

"So far we have collected about 40 percent of what we have billed," said McGill. "We feel it was very successful for the first year."

The weed control program was implemented in April, taking effect in May. The city hired a college student to patrol the city for unsightly areas and notify owners that if they did not clean up the area or mow the weeds, the city would force them to take action. If residents failed to mow the weeds, the city would do it and charge \$30 to \$40.

"We have had very good cooperation from the people," said McGill. "We have had a few problems since it was a new project, but I am pleased with the outcome."



# Lifestyles

## Ann Landers Go ahead and use caution

**DEAR ANN LANDERS:** "Thunderstorm Time in Texas" has prompted me to write this letter. I do not use or answer my phone during a thunderstorm.

My friends, and even my husband, tell me that I am misinformed, and that there is no danger. Am I being silly about this? I would like to know what your experts say.

If I am correct in my thinking then I want others to know of the danger. There must be a lot of people who would appreciate the truth.—Caution in Austin

**DEAR AUSTIN:** I went to the top for an answer. This is what Charles L. Brown, chairman of the Board of AT&T, had to say:

Telephone companies install a "protector" between the outside lines and the wires inside residences. This "protector" is intended to bleed off any lightning that strikes the outside wire and send it harmlessly into the ground. Although something could go wrong with the arrangement it is a very good protective scheme.

But anyone who thinks he can predict 100 percent of the time what lightning will do is foolish. Caution is best unless there is some real need to use the phone during a thunderstorm.

**DEAR ANN LANDERS:** I am replying to "Judy in Carbondale," who commented on accepting compliments graciously.

Years ago I read a funny book written by Dan Greenberg entitled "How to Make Yourself Miserable." It is a satirical approach to how we live our daily lives. I cannot tell your how much I learned from that book.

One chapter discusses "How to Create a Reject-Me Image." It gives instructions on how to negate what another person says until he or she becomes totally exhausted from trying to give a compliment. Example: "Oh, this old rag, I got it at a second-hand store. There's a rip in the seam back here."

After I read that book, I learned to laugh at myself and vowed to keep it simple and say "thank you."

A friend pointed out that when peo-

ple say things like that, they are fishing for another compliment or, in a very real sense, putting the "complimentor" down by saying in effect, "You're not too bright or you would have noticed that this is an old thing" or "For Lord's sake! Can't you see the rip?" which translates to "You dumb clod."

So, folks, it's like Ann says, when you get a compliment, don't get involved in game-playing, psychoanalyzing or self-deprecation. Just say, "Thank you," and let it go at that.—Reader In Santa Cruz

**DEAR SANTA:** Thanks for the backup. You are right on the money.

**DEAR ANN LANDERS:** I'm always surprised when I read about women who get into big arguments trying to wrest the car keys away from a drunken spouse. The solution

is so obvious.

I had a duplicate set of keys to his car made and I keep them with me always. When he gets intoxicated at a party I inform the host that I'm slipping out and ask that he please see that someone drive "Elmer" home. It has been the ideal solution and Elmer has never once complained. Share it, please—Toots in Tacoma

**DEAR TOOTS:** Beautiful! Thanks for cutting us in.

How much do you know about pot, cocaine, LSD, speed, PCP, uppers and downers, glue and pills. Are all these drugs dangerous? Get Ann Landers' all-new booklet, "The Lowdown on Dope." For each booklet ordered, send \$2.00 plus a long, self-addressed envelope (39 cents postage) to Ann Landers, P.O. Box 11995, Chicago, Illinois 60611.

## Friendship night set Sept. 9

Order of Eastern Star, Hereford Chapter No. 312, met in regular session recently in the Masonic Temple.

Ludie Greeson, Worthy Matron, and Courtney Brooke, Worthy Patron, presided. Opal Roberson gave the program on symbols of the Order and honored the founder of Eastern Star, Rob Morris.

Friendship night and a salad supper were planned at 6 p.m. Sept. 9. Betty Phillips, member of the Founder's Day committee, Grand Chapter of Texas, will be a special guest.

Recognized as guests at the meeting were Bill and Coza Shelley of California.

Serving as hostesses were Courtney and Beverly Brooke and Ludie Greeson.

A nuclear non-proliferation treaty went into effect in 1970 after 43 countries had ratified it.



JASON BRADSHAW

## Bradshaw honored with award

Jason Bradshaw, son of Ted and Lois Richardson of Wildorado, has been named the United States Achievement Academy's National Award winner in history and government.

Jason attends Stanton Junior High School and was nominated by Paul Samples, history teacher. His name will appear in the United States Achievement Academy Official Yearbook.

A New Yorker named Walter Hunt is responsible for the invention of the safety pin. He received the patent in 1849 and sold those rights for \$100.



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**Not shown:** Hardwear western style jeans with reinforced knees. In cotton polyester denim, boys' 4-7. Reg. \$14 Sale 11.99

## DATE BOOK

August 20, 1986

Today is the 232nd day of 1986 and the 61st day of summer.

S	M	T	W	T	F	S

**TODAY'S HISTORY:** On this day in 1969, Warsaw Pact troops invaded and occupied Czechoslovakia, preventing further liberalization of the country's government.

On this day in 1980, the first solo ascent of Mt. Everest was successfully completed by Reinhold Messner of Italy.

**TODAY'S BIRTHDAYS:** Benjamin Harrison (1833); Salvatore Quasimodo (1901); Van Johnson (1916); Jacqueline Susann (1921); Wilt Chamberlain (1936).

**TODAY'S QUOTE:** "Poetry is the revelation of a feeling that the poet believes to be interior and personal, but which the reader recognizes as his own." — Salvatore Quasimodo.

**TODAY'S MOON:** Day after full moon (Aug. 19).

**TODAY'S TRIVIA:** Benjamin Harrison defeated and was defeated by what other U.S. president at the polls? (a) Grover Cleveland (b) Theodore Roosevelt (c) William McKinley

**TODAY'S BARBS BY PHIL PASTORET**

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SUGARLAND MALL

SHOP SUNDAY  
1PM TO 5PM







**Special Recognition**

Members of the Order of Eastern Star honored Ms. A'Della S. Drew with a tea Sunday afternoon at King's Manor Retirement Home. Mrs. Drew was presented a plaque for 75 years of service in the organization. Pictured with the honoree is her cousin, Eloise McDougal of Hereford.

**Order of Eastern Star honors A'Della Drew**

Mrs. A'Della S. Drew was honored by the Order of Eastern Star, Hereford Chapter No. 312, and Plainview Chapter No. 37, Sunday afternoon in the Lamar Room of King's Manor Methodist Retirement Home.

Organization members presented Mrs. Drew with a plaque in recognition for 75 years of service. She has been awarded a life membership in the Plainview Chapter and in December of 1960, she was awarded a 50-year certificate.

Eighty guests were in attendance including 11 members from the Muleshoe Chapter No. 792.

Hostesses at the refreshment table included Ludie Greeson, Worthy Matron of Hereford No. 312; Susan Felty, Worthy Matron of Plainview No. 37; and Argen Draper, Beatrice Hutson, Eunice Peterson and Beatrice Noland.

The table was centered with a spring bouquet of carnations and daisies, a gift from an old friend, Jack Holden from McMurray College in Abilene. Punch was served as well as a cake made in the shape of the Eastern Star emblem.

Mrs. Drew greeted guests at the registration table where a bouquet of

white spider mums, yellow mums, marigolds and white roses was the centerpiece, a gift from Arch keys, a florist in Plainview. Mrs. Drew's corsage was a silk orchid with streamers indicating 75 years, a gift from the Hereford Chapter No. 312.

A'Della Shaw was initiated into the Lubbock Chapter Dec. 10, 1910 and transferred her membership to Plainview in 1920.

Muleshoe Chapter No. 792 was instituted by Mrs. Drew in 1925 and as the custom, they had dinner on the ground. She served as assistant deputy Grand Matron in 1925 and in

1938. During those years, she traveled throughout the state. She served as Worthy Matron of the Plainview Chapter in 1922.

Mrs. Drew lived in Plainview for over 60 years and has worked in banks, served as a public secretary, and as manager of the credit bureau for many years. She has served as state treasurer of the B.&P.W. Club and was active in Altrusa Club. She moved to Westgate Nursing Home in 1984 from Plainview.

The language spoken in the capital of Upper Volta is Ouagadougoune.

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**Monosodium glutamate adds flavor, sodium**

Consumers should probably be more concerned about the sodium in monosodium glutamate (MSG) than the possible symptoms of "Chinese Restaurant Syndrome" says a Texas A&M University Agricultural Service nutritionist.

"Chinest Restaurant Syndrome" is a phrase used to describe symptoms some people experience after eating Chinese food, which commonly contains MSG as a flavor enhancer, explains Mary K. Sweeten. The symptoms associated with the syndrome include burning and tightness or numbness in the chest, neck or face.

However, a study recently published in "Food and Chemical Toxicology," concludes that clinical testing of individuals who identify themselves as suffering from the syndrome failed to confirm the role of MSG in causing their symptoms, she reports.

The study also notes that certain susceptible individuals may be sensitive to MSG, just as some people are sensitive to a particular food or ingredient. But MSG sensitivity has not been documented in controlled clinical studies.

MSG may not produce the adverse

symptoms some people think it does, but the condiment does add sodium to the diet, says Sweeten. One-teaspoon of MSG contains about the same amount of sodium as one-fourth teaspoon of salt.

The flavor enhancer is found in many flavored salts and seasonings, as well as processed foods.

The nutritionist advises people who are trying to cut down on sodium to read the ingredient labels on food products to see if MSG is in their diet, she says, but can then balance it out by also consuming other low-sodium or sodium-free foods for a total reduction in sodium intake.

Aramaic was used as the international language throughout the Middle East for over 1,000 years. The Aramaic language was spoken by Jesus Christ and used in many Christian and Jewish religious writings.



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### Class Reunion Held

The 1944 graduating class of Hereford High School met Saturday for its 42nd reunion. Those in attendance included (front row, from left) Juanita Roberts, Gertrude Renner, Arline Williams, Kathryn Ruga,

La Nell Cornelius, Norma Hendon, Fern Minter and Rosalie Johns. In back row are Bob Jennings, Carl Johnson, Lloyd Olson, Ted Higgins, L.H. Lookingbill and Vernon Wilson.

## HHS class of 1944 meets here

The Hereford High School graduating class of 1944 held its 42nd reunion Saturday at the Veterans of Foreign Wars clubhouse. Members spent the afternoon visiting and attending a dinner and dance that evening.

Reunion chairman was Gertrude Worley Renner. Special arrangements committee included Vernon Wilson, Norma Harmon Hendon and L.H. Lookingbill. Publicity chairman was Kathryn Acker Ruga; music chairman, Ted Higgins; and invitations chairman, LaNelle Parmer Cornelius.

Awards were presented to Bob Jennings of Daytona Beach, Fla. for traveling the longest distance; Lloyd Olson for "Our Sport Hero," Ted Hig-

gins for "Most Hair Left"; Kathryn Acker Ruga for "Smallest Waistline After 42 years"; and LaNelle Parmer for "Class Sweetheart."

Honored guests recognized were teachers, Decimae Ramey Beene and Lois McCaslin Gilliland, Marcheta and Carolyn Hutcheson; Sona Schultz of Hereford; and Letha Amerson of Amarillo.

Class members attending were Mr. and Mrs. Carl Johnson of Amarillo, Mr. and Mrs. Murray Hall of Hart, Arline Millard Williams of Opelika, Ala., Fern Pittman Minter of Buchanan Dam, Texas, Mr. and Mrs. Eugene Johns (Rosalee Powelson) of Portales, N.M., Juanita Wiseman Roberts of Amarillo, Mr. and Mrs. Bob Jennings of Daytona

Beach, Lanelle Parmer Cornelius of Amarillo, Mr. and Mrs. Vernon Wilson of Hereford.

Also, Kathryn Ruga of Hereford, Mr. and Mrs. Nolan Grady of Hereford, Mr. and Mrs. Gene Hendon (Norma Harmon) of Hereford, Mr. and Mrs. Ted Higgins of Hereford, Mr. and Mrs. L.H. Lookingbill of Hereford, Mr. and Mrs. Lloyd Olson of Hereford and Gertrude Worley Renner of Friona.

The next class reunion will be on Pioneers Days in 1989. Co-chairmen will be Bob Jennings and Ted Higgins. Special arrangements will be handled by Lloyd Olson. Kathryn Ruga will serve as invitation chairman; Carl Johnson, music chairman; and Norma Hendon, decorations chairman.

## Texas Championship Cook-out set

(AUSTIN) - All over Texas cooks are firing up their charcoal grills in preparation for the Texas Championship Cook-Out, a contest with first prizes in four categories—beef, lamb, poultry and seafood.

Twenty-four finalists, six in each category, will compete Oct. 4 on open charcoal grills outside the Texas Department of Agriculture (TDA) Food and Fiber Pavilion at the State Fair of Texas in Dallas. First place winners will each receive \$500 and two Southwest Airlines tickets to any one of the airline's destinations. Cooks placing second will be awarded \$250.

Any cut of beef, lamb, chicken or turkey and any type of fish swimming in Texas Gulf waters are potential winners providing preparation and cooking time do not exceed five hours. Recipe ingredients must be produced or packaged in-state. That means shark or shrimp but no salmon or bluefish, wine marinades made with Texas wine and only fruits and vegetables grown somewhere in the state. (No kiwis or

pineapples, please.)

Deadline for contest entries is Sept. 5. Recipes should be mailed on 3x5 or 5x7 cards and should include the entrant's name, address and daytime telephone number. Recipes must include the number of servings and total preparation and cooking time.

Contest sponsors are TDA, Texas Beef Industry Council, Texas Sheep Council and American Sheep Producers Council, Texas Poultry Industry, Texas Seafood Marketing Advisory Council, KKDA Radio and Southwest Airlines.

TDA home economists and representatives of the sponsoring commodity groups will select six finalists in each category. Finalists must supply their own ingredients including meat or seafood, charcoal

grills and other cooking equipment.

Mail recipes to Texas Championship Cook-Out, Marketing Division, Texas Department of Agriculture, P.O. Box 12847, Austin, Tx. 78711. For further information call (512)463-7624.

According to one of civilization's earliest medical records, licorice was recommended as a tonic for aging men concerned about their virility. Religious manuscripts indicate that the Brahman caste of India applied licorice as a skin-nourishing agent.

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## Abundant Life

**PROGRESSIVE LIVING**  
By Bob Wear

WE MUST NOT give up on the living process. Of course, there will be some rough spots. It is admitted that there are enough problems and difficulties, both personal and in our environment, to cause discouragement. We hasten to say, however, that we are capable of controlling the workings of our mind so that we do not become discouraged with life. We cannot afford to become discouraged and disheartened. This does not mean that we are naive, or gullible, or unrealistic, or dishonest; but realistic and able to cope successfully.

PROGRESSIVE LIVING requires us to be constantly planning and working to improve ourselves and our environment. We may not make rapid progress, but this is no reason to give up. It is very important for us to realize that this kind of ac-

complishment is relatively slow. This understanding will enable us to be properly encouraged and motivated to continued the good work.

WE MUST WORK at our own pace, not permitting others to become the standard for us. There may be some good examples, but we must always make allowances for individual differences and differences in circumstances. We, however, must do our best with what we have.

EACH IMPROVEMENT, though it may seem small, is the progress we desire. What we accomplish, much or little, will gradually become the accumulation which will supplement our strength; the strength to sustain our on-going efforts. We may not accomplish everything that we think we should accomplish, but we can still be successful in 'progressive living'.

ALL OF OUR GOALS must be

reasonable, and all of our expectations must be honest, in harmony with reality. Then, we must learn to be happy with what we are able to do; and make sure that we are always moving in the right direction. Thus, 'progressive living', with all of its blessings, becomes a reality for us.

**WOMEN IN SPORTS**  
NEW YORK (AP) — A survey by the Woman's Sports Foundation, in partnership with Miller Lite, has explored the attitudes and behavior of women in athletics.

Some conclusions: Athletic women who participated in sports with mixed gender groups as children are more likely to sustain a lifetime interest in those games than women who competed only with girls. Women under 25 today are more comfortable participating in sports with men than females over 25. Women are often forced to make a difficult choice between being athletic and competing with men or being purely feminine.

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**Group To Perform**

The public is invited free of charge to attend an old fashioned gospel concert at 7:30 p.m. Saturday at the Hereford Community Center. Performers include (in top photo) A.J. Langford; former Hereford resident, Gleema Hudson Langford; and Jeff Langford. Those pictured in bottom photo are Pearl and Arvie Kennedy. Not pictured is Charlene Holmes, lead singer.



**Senior Citizens Opportunities**

Activities scheduled this week (Aug. 21 through Aug. 27) 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., birthday social 6:30 p.m.  
 FRIDAY - Line dance 1 p.m.

**Aquarium show slated**

The Aquarium Hobbyist's of Amarillo and the Tri-State Fair will be presenting the 21st annual aquarium show Sept. 15-20 from 11 a.m. until 10 p.m.  
 A list of sponsors will be displayed with aquarium exhibits during the entire week of the fair.  
 There are over 8,000 people who attend the exhibit each day.  
 For more information, please contact Sharon Gilliam 1-353-7569 or Karen Tanner 1-258-7585.

MONDAY - Devotional 1 p.m., line dance 1 p.m.  
 TUESDAY - Stretch and flexibility 10-10:45 a.m.  
 WEDNESDAY - Ceramics 1:30 p.m.  
**Lunch Menus**  
 THURSDAY - Chicken fried steak, hash brown potatoes, buttered beets, broccoli spears, sliced pineapple-cheese, chocolate cake.  
 FRIDAY - Salmon loaf with celery sauce, scalloped potatoes, seasoned mixed green beans, pineapple upside-down cake, orange juice.  
 MONDAY - Polish sausage, kraut, oven broiled potatoes, spinach salad, peach cobbler.  
 TUESDAY - Beef brisket, pinto beans, fried okra, jellied tomato salad, baked apples.  
 WEDNESDAY - Baked chicken breasts with lemon pepper, baked potato, buttered asparagus or green peas, orange honey ambrosia, pumpkin custard with topping.  
**FALL JEWELRY FORECAST**  
 NEW YORK (AP) - It's off to the races this fall for jewelry that follows the current European trend to an equestrian theme, reports Kae McCulloch.

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**School belles' sweaters and vests**  
 The fashion report card: Acrylic vests over the classic cotton/polyester shirt. Or handsome shaker knit sweaters. A + tops in first-rate stripes, solids and patterns for her.  
 Little girls' sweater vest and shirt set, Reg. \$15 Sale 11.25  
 Big girls' sweater vest and shirt set, Reg. \$20 Sale \$15  
 Big girls' striped shaker sweater, Reg. 12.00 Sale 8.99



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**Fall chill chasers for him**  
 Here's schoolwear that keeps up with his busy days in style! Tops with a vested interest in his appearance! Acrylic sweaters and vests patterned after classics, plus polyester cotton shirts to match.  
 Little boys' sweater vest and shirt set, Reg. \$15 Sale 11.25  
 Big boys' striped sweater, Smart Value 9.99  
 Big boys' sweater vest and shirt set, Reg. \$17 Sale 12.75

**POLLY'S POINTERS** Calcium comes in many forms

By Polly Fisher  
 DEAR POLLY - I know I should get more calcium in my diet, but I don't like to drink milk. Are there other good sources of calcium? - MARTHA  
 DEAR MARTHA - Dairy products are some of the best sources of calcium. Even if you don't like to drink milk just like that, perhaps you'll enjoy using it in cooking and baking. That will add calcium to your diet. Don't forget other dairy products, such as cheese and yogurt; choose low-fat products (low-fat cottage cheese, low-fat yogurt) to get the most calcium at the lowest cost in calories and fat.  
 Other foods have calcium. Canned sardines and salmon, because they are often eaten with the bones, are good calcium sources. However, you must eat the bones to get the calcium; mash them up if you don't like them as is. Cooked dried beans, turnip greens, kale, dandelion greens and some vegetables, such as broccoli and cabbage, contain moderate amounts that will add calcium to your diet. However, you'll have to eat fairly large amounts of such foods to get a significant amount of calcium from them.  
 Some authorities recommend supplementation, while others contend that it has not been proven that calcium supplements help solve the problems associated with calcium deficiency. I'd say your best bet would be to incorporate as many low-fat dairy products as well as canned fish with bones into your diet as possible. If you feel you might need a supplement, check with your doctor for his advice on what type you should take. - POLLY  
 DEAR POLLY - When I cut out a new blouse or dress, I leave a piece of fabric with the pattern. This helps me to remember which patterns I like and which garments were made with that pattern. - MRS. L.H.  
 If you'd like information on how best to meet federal dietary guidelines, including recipes for healthful foods, order Polly's newsletter "Cooking for Health." Send \$1 for each copy to POLLY'S POINTERS, in care of this newspaper, P.O. Box 1216, Cincinnati, OH 45201. Be sure to include the title.  
 Polly will send you a Polly Dollar (\$1) if she uses your favorite Pointer, Peavee or Problem in her column. Write POLLY'S POINTERS in care of this newspaper.  
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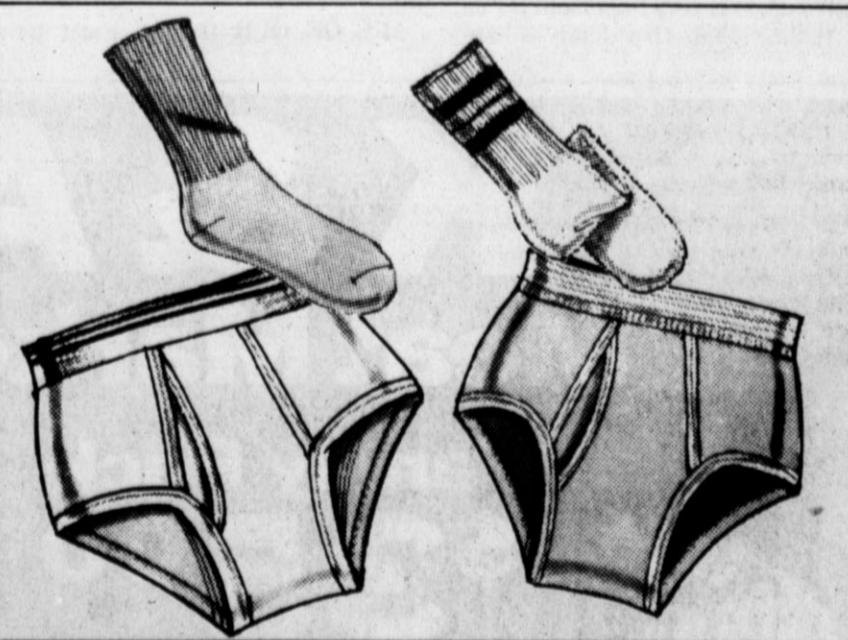
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## After school activities encourage responsibility

Participation in band, 4-H clubs, athletics and other after-school activities is more than just a "good time" for teenagers.

After-school activities encourage responsible behavior and help teenagers avoid delinquent behaviors, such as vandalism, says Diane T. Welch, a family life education specialist.

Vandalism is commonly thought of as an urban problem, notes Welch, a home economist with the Texas A&M University Agricultural Extension Service.

According to studies reported by Pennsylvania State University researchers, however, over half the students in rural high schools had committed at least one act of vandalism. Nearly 75 percent of those students repeated their behaviors 3 or more times.

The reports also show that young people who participated in organized youth activities were not as involved in vandalism as those young people who did not have after-school hour activities.

"Of course, not all youngsters who participate in youth activities are perfect, reminds Welch. "But the studies show that teenagers involved in youth activities tend to commit

more of the Halloween-type pranks as opposed to more malicious acts."

The specialist says that young people commit acts of vandalism in order to gain status and prestige, or they see vandalism as a "game" or "contest."

She points out that by participating in extra-curricular activities, teenagers have a chance to learn new skills, to gain status and to develop good feelings about themselves.

In such an environment, Welch says, a youth can grow into a responsible person who does not have the need to vandalize property.

Participating in after-school activities takes time for both the students and the parents who may have to drive them to meetings and practices or serve as chaperones or volunteer leaders.

Some after-school activities may also involve extra costs or interfere with the family schedule, acknowledges the specialist.

But the inconveniences seem less important when parents recognize the importance of after-school activities in encouraging their teenagers' positive self-development, Welch maintains.



Sears, Roebuck has gone from being purely a catalog store to America's No. 1 retailer. After its acquisition of Associated, May will move to No. 5.

## Student send-off scheduled

The Panhandle Baylor Club will hold a student send-off for new and current Baylor University students Thursday at 7:30 p.m. at 6008 Devon

in Amarillo.

For more information, contact Cliff Creighton at (806) 353-1666 or (806) 373-4271.

## DR. GOTT The ins and outs of medical records

By Peter H. Gott, M.D.

DEAR DR. GOTT — Twenty years ago I got in a tussle with the county medical society over "ownership" of my medical records. My old doctor retired and turned over his practice — and my records — to a physician with whom I did not feel secure. He refused to send my records to the doctor I selected, although he did offer to let me transcribe them.

The medical society likened my records to a "professional tool ... in much the same respect as the stethoscope" and said it was not incumbent on a doctor to transfer the files. A column of yours said that, nowadays, this was not normal practice and was unethical. So what has changed doctors' minds in 20 years?

DEAR READER — To my knowledge, doctors haven't changed their minds. We always have believed that it is unethical to refuse transfer of medical records to another doctor.

Many doctors prefer not to send original records, however, because of a legal consideration: If brought to court in a malpractice action, the doctor would need the records as evidence to defend himself. As a result, doctors usually will send copies of their records. This is entirely appropriate and provides all the information that a new doctor would require.

I think it's important to remember the distinction between "records" and "information." The actual records are the doctor's property; they constitute proof of diagnosis and treatment. However, the information contained in the records should be promptly available to the patient's physician of choice. I'm sorry if I confused you when I referred to "records" in a previous column; I meant either the original or its facsimile.

DEAR DR. GOTT — My 4-year-old has a habit of twirling the hair on the top of his head with his thumb and forefinger. The problem is that the hair in that area has become loose and falls out. We keep him in crewcuts now, but the minute the hair gets long enough, he starts all over again. His pediatrician says he'll outgrow the habit. Is this a common habit in children? How can we handle it?

DEAR READER — Hair twirling is usually a sign of anxiety. Repeated manipulation of the hair can cause thinning and breakage. Once the behavior is stopped, the hair returns to its normal condition. Although your son probably will outgrow the habit — as his pediatrician predicts — you might want to address the possible causes of tension and stress that could be contributing to the problem.

DEAR DR. GOTT — Two years ago I started to have pain in the right bicep. The pain is constant and nagging, and it has progressed to the tricep and deltoid muscles. One doctor says it's arthritis, but my joints don't hurt. Na-

prosyn did help. I'm a 63-year-old female and would appreciate your advice.

DEAR READER — You might have developed a low-grade tendon or muscle inflammation from overuse. As we get older, these tissues tend not to heal as quickly as they do when we're young. I doubt that your pain is from arthritis. Check with an orthopedic specialist for confirmation.

DEAR DR. GOTT — I have a lot of neck and facial pain, ringing ears, gaunt-looking face, my hair has not grown in two years and my neck structure is slipping forward. Doctors have told me there's a possibility that I have a ruptured or slipped disc around C-6 or C-7. What is causing my symptoms and where do I go for diagnostic work?

DEAR READER — A ruptured disc could cause some of your symptoms, such as pain and an alteration in the shape of your neck. The ringing ears, gauntness and lack of hair growth are more difficult to explain, however. I think that your problems should be investigated by a neurologist, who can coordinate an evaluation that may include X-rays and examinations by a dermatologist and otolaryngologist.

DEAR DR. GOTT — I know that salpingitis is an infection of the female organs, but how does one get it? Can it be cured? What are its lasting effects?

DEAR READER — Salpingitis means inflammation of one or both Fallopian tubes — the structures through which ova pass each month on the way to the uterus. Salpingitis usually is due to ascending infection — that is, an infection that works its way into the Fallopian tubes from the lower reproductive tract. Many sexually transmitted diseases cause Fallopian-tube blockage (and infertility) in this way. This type of infection also can be an unfortunate consequence of intrauterine devices (IUDs) for contraception.

Acute salpingitis usually can be cured by antibiotics. However, many women may not know they have such an infection until chronic inflammation and scarring have affected the tubes and the women discover that they are infertile. Microsurgery may be necessary to open a Fallopian tube that has been blocked by chronic salpingitis.

DEAR DR. GOTT — After a difficult delivery, my newborn son was thought to have Erb's palsy. What is this? Also: What causes birthmarks?

DEAR READER — Erb's palsy, a complication of childbirth, is a traumatic paralysis of the infant's shoulder and arm nerves (brachial plexus). Physical therapy and splinting may be necessary to improve the function of damaged muscles and to prevent contractures (frozen elbow).

## Military Muster

Rick L. Durmon, son of Ron Durmon of Amarillo, has been promoted in the U.S. Air Force to the rank of staff sergeant.

Durmon is a metrology instructor at Lowry Air Force Base, Colo., with the 3450th Technical Training Group.



Popcorn was one of the treats enjoyed by the American colonists at their first Thanksgiving dinner. It was offered by Quadequina, brother of the Indian Massasoit.

## Dr. C.E. Rush Announces the closing of his General and Thoracic Surgical Practice.

Effective August 18th, 1986.



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**HARMAN'S**



## Plans finalized for district convention

The Ladies Auxiliary to VFW Post 4818 met Monday evening for a work session and to finalize plans for the District 13 Convention to be held in Hereford Saturday and Sunday.

Members filled bags and decorated a toy fire truck for the Buddy Poppy toy parade to be held during the convention. Also, a new bulletin board was completed with various awards the auxiliary has won.

Following the work session, a short informal business meeting was held to pay bills, vote on activities and finalize plans for the meals to be served this weekend.

Also, it was announced that Tommy E. Bratton of Abilene, state representative for the District 13 Convention, will be holding a school of instruction at 4 p.m. Saturday.

Bratton, a life member of Clayton M. Leach Post 2012, is serving as department area coordinator of Area IV for VFW Districts 1, 2, 4, 17 and 19, having been appointed by Alan G. Grice.

A V.F.W. member since 1950, Bratton has served in many positions within his Post and District 8, including VFW Post 2012 Canteen Manager for more than 15 years and as District 8 Commander during 1979-80.

Comrade Bratton served in the U.S. Army from May 1943 to January 1946 seeing combat duty with the 1784th Combat Engineers and earning the Europe-Africa-Middle

Eastern Campaign Medal. He also has the American Campaign Medal, World War II Victory Medal, two Bronze Stars, and a Purple Heart for wounds received during the Battle of the Bulge in Germany. He was discharged as a Staff Sergeant.

Born July 10, 1919 in Ranger, Bratton is well known for his outstanding efforts in recruiting and collecting VFW membership which has exceeded 200 members a year several times.

Don Brewer, State VFW service officer with the mobile unit, will be in Hereford Friday, Saturday, and Sunday to answer any questions area veterans or their wives have. He will be parked on Smith's parking lot.

On Sunday afternoon from 1-4 p.m., he will be holding a meeting at the VFW Post Home in connection with the District 13 Convention.

Members present at the work session included Betty Boggs, Leone Buckley, Doris Coffin, Martha Bridges, Lillie Muller, Erma Murphy and Marie Goheen.

The next meeting was planned for Sept. 15.

### ARTS GRANTS

NEW YORK (AP) — Grants of \$3.3 million to 199 arts and related organizations in 29 states recently were announced by the Shubert Foundation and the Shubert Organization.

The grants ranged from \$250,000 to the New York Shakespeare Festival to \$5,000 to the Perseverance Theatre in Douglas, Alaska.



### Benefit Garage Sale

Two employees of the Child Protective Services, Barbara Geiger and Judy Aycock, sort and price items for Saturday's garage sale which will benefit the Golden Spread Foster Care Association. The Child Protective Services pro-

vides essentials for children in protective care, but is helping the foster organization to provide some extras for the youths, such as hair accessories, make-up for the teens and gifts. The sale will be at 216 25-Mile Ave. from 8:30 a.m. until 5 p.m.

### New program links homeowners, tenants

Matching homeowners and potential housemates is the goal of a new program initiated by the Retired Senior Volunteer Program (RSVP) at Texas Tech University.

RSVP, operated out of the College of Home Economics, has helped organize the Lubbock Shared Homes project which links homeowners with tenants. Either the tenant or homeowner must be over age 60 to qualify.

The goal of the program, according to RSVP director Peggy A. Forgason, is for people to pool personal and financial resources.

"We think colleges will be where most of the tenants come from," she said. "And, homeowners may be people like elderly women who cannot keep up a house on their own."

The concept is one that is new to Lubbock and is one of seven shared housing projects started about a year ago. Other projects are being conducted elsewhere in Texas and in Maryland, Georgia, Ohio and Colorado. The Texas Department on Aging provided seed money for the Lubbock project.

The program is sponsored by St. John's United Methodist Church and St. Paul's Episcopal Church in Lubbock. The governing boards of the two churches establish policies and help with referrals and marketing of the project.

Interested homeowners and tenant may apply for a match by calling Amanda Spikes at 762-0123 or writing to St. John's United Methodist Church, 1501 University Ave., Lubbock, 79401.

After application is made, a counselor searches for a possible match.

"Many matches are made through an exchange of services for room and board," Forgason said.

Those persons chosen for a potential match first meet on neutral ground, and each later tells the counselor individually whether seems feasible.

"They have every opportunity to back out," Forgason said. "The arrangement also is backed up by a signed lease agreement that contains every detail, and the lease can be terminated in 30 days."

Follow-up counseling is done to determine if both parties are satisfied with the arrangement, and further help is provided if necessary.

The fees are \$5 upon application and \$20 when a match is made.

RSVP currently is working in conjunction with the Dean of Students Office at Texas Tech to make matches with students.

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# TEAMWORK

**TEAMWORK** noun a joint action by a group of people in which each person subordinates his individual interests and opinions for the unity of the group.

When the word "teamwork" is mentioned, the most obvious thought is that of football or another sport. While it is true that a football team must have unity, teamwork also applies to business.

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# Teachers show students new way to learn better

By **KIM ESTES** Sherman Democrat  
SHERMAN, Texas (AP) — Educators Susan Rolfe and Nancy Benzon tell students to cook breakfast in an iron skillet on mornings before big tests.

It may sound odd, but it's one tip Ms. Rolfe and Ms. Benzon include in their study skills seminars. They also advise youngsters on methods of note-taking, listening skills and how to study.

Iron stimulates the memory and recall abilities, said Ms. Rolfe, a Sherman native. "They may not cook in an iron skillet, but they'll remember they need iron."

For the creative student, the web method of note-taking relieves classroom doldrums. The web method maps out the notes instead of ordering them in, say, an outline fashion.

The advice of Ms. Rolfe and Ms. Benzon is unconventional, but results show that it works.

They describe students with learning disabilities and poor self-images who have found success through the study skills course.

Ms. Rolfe, a reading teacher, and Ms. Benzon, an English teacher, left their positions with the Richardson Independent School District last year to open Learning Unlimited, a school to teach study skills. They also have written a book, *Learning How To Learn*, outlining their curriculum.

The course is their answer to House Bill 72. "Texas did not mandate a study skills course, which we think was wrong because they did mandate no-pass, no-play," Ms. Benzon said.

"Everyone, at sometime, is not going to do well in a subject," Ms. Benzon said, "and to say all right you cannot run track, you cannot play basketball, you cannot do this because you've had a bad six weeks in one subject, well ... there's no room for being a human being, and it just puts that much more pressure on the kids, which is why they need to know how to study."

Ms. Rolfe added, "There are some people who cannot, no matter what, do math, but they can run like the wind. And if they make a 68 in math, they can't get out on that track and that's where they get their strokes."

A variety of students attend Learn-

ing Unlimited. Some are gifted students and others are disabled students, but Ms. Benzon noted, "All the kids start at the same point, which is zero; because they don't know how to study."

Simple, logical tips such as scheduling study time when you feel the best and using flashcards as aids are new ideas to students. Ms. Benzon and Ms. Rolfe also talk to students about test anxiety, student-teacher personality conflicts and laziness.

Self-image is another important aspect for being a successful student, they said.

Ms. Benzon said, "We teach the self-fulfilling prophecy and that is you program yourself to what you're going to be ... you have to start with that and if you can convince a child that 'yes, indeed I can do that' and the child believes it, all they have to figure out is 'okay, now how,' and we teach them the skills."

Since Learning Unlimited opened in June of last year, Ms. Benzon said, "We have touched more lives out of the classroom than we did when we were in the classroom."

"We are not psychiatrists or psychologists," she added, "but we have worked with kids for so long you kind of know how they function."

Several hundred students have learned how to get more for their study time at Learning Unlimited, according to the teachers.

"Studying can be very manageable," noted Ms. Benzon. "We find that kids study too much ... they shut their door and come out two hours later and think they've done their part."

"What they really should be doing," she added, "is shortening their time to 20-minute segments."

A maximum of 12 students are permitted in each 7½-hour Learning Unlimited class at their school in Richardson. The class extends over five days. Their traveling seminars, such as one conducted recently in Sherman, are condensed into a single session of about three hours.

Topics covered include basic organizational skills, scheduling study time, getting along with teachers, how to read and study a textbook, memory aids, and test anxiety.

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# Emergency docs blast seat belt study

DALLAS (AP) — The president of an emergency physicians' group said Tuesday that a government agency's study indicating lap safety belts sometimes contribute to injuries was ill-advised and sends the public mixed signals.

Dr. Richard Stennes, president of the American College of Emergency Physicians, said the National Transportation Safety Board acted hastily in releasing a report this month that indicated lap safety belts worn by back-seat passengers contribute to injuries in automobile accidents.

"Our concern now is that the NTSB has come out with a suggestion that lap belts in the back seats of the cars may make things worse rather than better," Stennes said.

Stennes said the board drew conclusions from sparse research and gave the public mixed signals on whether to wear the lap safety belts.

NTSB officials contend the report resulted from more than a year's worth of study and included extensive study of available literature on crash victims who wore lap safety belts.

The report does not recommend that people stop wearing the rear-seat lap safety belts. The study only looked at frontal collisions and did not gauge the safety value of lap

belts in other types of crashes.

"We said there was a better way and that would be to go with the three-point belt," said Barry Sweedler, director of the board's bureau of safety program in Washington, D.C.

However, Stennes said the board's study will most likely be used by passengers as an excuse not to wear the belts.

"I have many specific incidences in my own practice in San Diego where we've seen people who have been wearing (lap) seat belts and have had their lives saved," said Stennes, who was in Dallas on Tuesday.

Stennes said that shoulder belts are better, but that back-seat passengers have better safety odds wearing the lap belts.

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