SPORTSTennis, girls track have a GREAT weekend--Page 4

WhanSlight chance of rain, little cooler -Forecast, Page 2


## By CINDY POTTORFF

 Staff WriterA public discussion of the proposed A pubic discussion of the proposed
half cent economic development tax
was held by the was held by the City Commission on Monday night. Mayor Wes Fisher told those present that he has asked the Chamber
of Commerce to support the proposed tax and will ask the school board and the county for suppor by the end of the month. Joe Kerr asked commissioners if the
money generated could be used as, "a loan to an institution. Commissioner Tom LeGate responded that one use for the money
could be a revolving loan fund. Also, " 10 percent of your money can be used for promotion. We don't know what the word 'promotion' means
exactly." is no brain child of the city", said is no brain child of the citty" said
Fisher. "The legislature passed this and we're puting it before the people to vote on so they can decide."
In unrelated business, the city In unrelated business, the city
adopted a tax rate of 42 cents per 100 adopted a tax rate
of taxable value.
While in the process of adopting the
1990-1991 buddet 1990-1991 budget, the city granted City Manager Darwin McGill a raise.
Bill Allen asked the commission to fund the golf course at a higher level before approving the new budget. Hc pointed out that the playing area needs upkeep, mentioning that the playing
area neceds mounds in the fairway. "One of the main industries in our communities is retirement," said Allen. foster the retirement industry. People pasture."
Commissioners passed the new
budget without increasing any budget without increasing any arca
besides McGill's pay. Fisher pointed besides McGill's pay. Fisher pointed
out that the city has a $\$ 50,000$ out that the city has a $\$ 50,000$
contingency fund to use at its discretion for needs that arise
throughout the upcoming year, "so throughout the upcoming year," "so
we're protected by the budget." we're protected by the budget." Kerr asked the commission: "Have
you appointed a golf advisory
commituee yet? We asked Darwin commiuee yet? We asked Darwin
about it a couple of months ago and he


The commission had non yel pponined a comniuce, but Fisher Coll season is sow under way ynd procrastination hurs," responded Kerr. A small but concerned group of
citizens questioned commissioners citizens questioned commissioners The Kiwanis Club was mentioned as The Kiwanis Club was mentioned as y has done to beautify Hereford. However, commissioners were criticized for not taking responsibility or the parks.
Fisher res
Fisher responded, "The way I see
i, the parks are a whole community project. Sure, we're responsible for city parks. But the final decision res
with the people. We need input" Mauri Montgomery was praised by the commission as someone who is trying to give the city concrete,
workable proposals verkable propo
Hereford's parks.
Permanent restrooms_are not an option,", in Hereford's parks, said
Fisher. Putting them in isher. Putting them in would be a
mistake because of vandalism and also because "the police department has because "the police department has
problems with perverts" in permanent public restrooms, according to Fisher. "You're more worried about omething being torn down than in
making improvements," said Ron Weishaar.
At one point, McGill complained
about Sunday's parks articce ic in the
Brand. He pointed out that Plainvew Brand. He pointed out that Plainview
is a larger city with more people, a larger budget, and a higher tax rate than Hereford has. For that reason, he
felt the comparison between Hereford ell the comparison between Hereford and Plainview made in the article
McGill also mentioned a number of positive aspects of Hereford's parks that the article overlooked. For xample, the YMCA co-sponsored a occer program. In addition, nine
picnic tables, eight grills, and one swingset have been moved to Veteran's Park.
Fisher mentione
Fisher mentioned the tennis courts and Kids Incorporated as two positive
aspects of the parks system that were averlooked.
Water
Water f. were turned off last summer due to (See CITY, Page 2)

## Congratulations, Mike!

 competition in Washington, D.C. in June. First place in the area division of the Citizen Bec on Saturday at Amarillo College.Manchee and other students in the Citizen Bee were questioned about
their knowledge in social studies

Mike Manchee, left, of Hereford, accepts the congratulations of Hereford High School teacher Ne. Kelso after Manchee won first place in the area division of the Texas Panhandle Citizen Bee on Saturday. Manchee will compete in the state contest in April for a shot at the national

## Manchee wins area Bee

Mike Manchee of Hereford won including American history, culture,

## Hobby wants more tax

 on cigarettes for schoolsAill $\operatorname{AUSTIN}$ (AP) - Although LL Gov. the cigarete tax to Medicare and other cigarette tax increase would pass the egislature "in a minute," Gov. Bill Clements again vowed to veto any new struggling to reform the public school finance system.
I haven't seen any bill, but 1 guarantee you if there are any taxes
hat are in there, I will veto it," Clements said Monday after Hobby proposed the cigarette tax increase,
which would raise an estimated $\$ 150$ which would ra
million a year.
Hobby said the state could get
federal matching funds if it dedicated
health care services, freeing up othe state funds for education. The
Department of Human Services has reported a funding shorffall. dollars out there, just lying on the table, to be raked in," Hobby said. The current cigarette tax of 26 cents
a pack yields $\$ 374$ million annually said John Bell, director of cash-flow forecast for the state Treasury, which administers the cigarete tax. A 14 -cent increase would yield
about $\$ 150$ million in additional about $\$ 150$ million in additiona
money over a year's time, Bell said. That monery would not be enough
to solve the state's financial problems,
but it would help Hobby said but it would help, Hobby said. He said at a Texas Cancer Council luncheon he attended in Houston with Clements and House Speaker Gib Lewis. Sen. Carl Parker, chairman. of the
Senate Education Committee, said Senate Education Committee, said
Clements might be privately less Clements might be privately less
averse to increasing cigareute or liquor averse to increasing cigarcue or
taxes for school finance reform, but the
governor said that's governor said that's not true.
Parker, D-Port Arthur, said, "T'm
hearing talk about ali kinds of hearing talk about all kinds of
schemes. I've heard that the governor schemes. TVe heard war he govenor
may no be as opposed to so-called sin
taxes as his public poster taxes as his pubbic posture indicates." Clements responded: "I don't think
Parker really knows very much about Parker really knows very m
me. "one way or the other."
"There is not going to be any tax bill, as far as I'm concermed," "he said. A Senate subcommithee on Monday
discussed school finance reforms discussed school finance reforms
proposals, including a bill coproposals, including a bill co-
sponsored by Parker, Hobby and Sen. Kent Caperion, D -Bryan, hat would
cost the cost the state an estimated $\$ 783$
million the first year. million the first year. 27, two wecels before the March 13
primary, was called by Ceb primary weces called by Clements for
lawmakers to address the Sureme lawmakers to address the Supreme federal court ruling that calls for the state to change the way state judges are

The education ruling has been the focus of the session, with legislative raising the sales tax rate one-half cent 6.5 cents on the dollar, to fun The Supreme Court, which found laring disparities between property rich and property-poor districts, gave
lawmakers a May 1 deadline for reform. The school finance system relies on a combination of state and federal aid and local property taxes. Lewis, D-Fort Worth, has said that
opposition from Clements would make lawmakers reluctant to pass an increase that would be vetoed in an election that wo
year.

County spellers compete this week
The Deaf Smith County Spelling
Bee, sponsored by The Hereford Brand, will be conducted Thursday
and Friday in the Heritage Room a Deaf Smith County Library. The Bee starts at 3 p.m. each day,
with the junior division being held with the junior division being held
Thursday for 4th and Sth graders. The Friday when sixth through eighth grade spellers enter the compecition The Junior Bee winner also advance
to the county bee. to the county bec. $\$ 100$ in cash awards- $\$ 50$ from Firs National Bank and $\$ 50$ from The Hereford Brand. The runnerup will b presented with a $\$ 50$ bond fro
AmWest Savings. In the junior be Thursday, the winner earns a $\$ 50$ bond Trom Hereford State Bank and the runnerup gets a $\$ 25$ share account at
Hereford Texas Federal Credit Union. Hereford Texas Federal Credit Union
The county champion advances to the Regional Bee at West Texas Statc University on April 7. Each county champion and junior champion receiv The winner of the Regional Be ceives an all-expense paid trip to the national finals in Washington, D.C.,
sponsored by The Amarillo Globe sponsored by The
News and WTSU.
Participants in the county spellin bee are delermined by school a titests. The number of eligible spellers from each school is based on enrollment in the different grades.
Those qualifying for the senior bee
Hereford Junior Hereford Junior- High-Chris Lyle,
Richard Drager, Jessica Polk8(8th graders), and Josh Liscano, Sue An Sanford and Shawn Lance(74 graners), Bluebonnet Rene Valdez; West Central 6th--Natalie McWhorier and Heather Hodges: Shirley 6hh--Andrea Cepeda; SL. Anthony's 6th--Aimee Alley Nazarene Christian Academy 6 th Tyler Merrick.
Clay Brown, Tabith: BluebonnetMejia, Yadi Tena; IVest Cenchel Kelly Thompson, Anna Witkowski, Summer Lee, Crystal Loper; Shirley, Damian Esquivel, Jace West, $T$ orenz Hernandez; St. Anthony's--Suphen

## Who is Hereford's

 Citizen of the Year for 1989? Find out at the Chamber banquet Thursday!STUDENTS!
This is Newspaper in Education Week. Your newspaper can help you learn in many interesting ways. Tr one of these ideas with the news pages of your paper

Elementary - Find the names of three foreign countries in today's newspaper. Locate each country on a map or globe. Wite a short paragraph telling something you know about each country, and why you would or would not like to visit there.
econdary - The U.S. Constitution guarantees freedom of the press. Clip articles from your newspaper that could not be
printed in newspapers in a nation that forbids this freedom Design a poster on the theme, "Freedom of the Press."
wowncurnents
Oknowecge Unimined inc 1990


## Page Two

## Local Roundup <br> Nine arrested over weekend

 24 , for theft by check.
Hereford police arrested six persons, including a man, 20 , for driving while
intoxicated, no liability insurance, and no driver's license. a man 36 , for intoxicated, no liability insurance, and no driver's licenses; a man, 36, fo
driving while intoxicated; a man , 1 , for driving while license suspended driving while intoxicated; a man, 21 , for driving while license suspende
and running a stop sign: a man, 33 , for no liability insurance (second offense) a man, 31 , for no liability insurance (second offense); and a man, 21 , for disorderly conduct.
Reports included burglary of a residence in the 700 block of Ave. F. with
several items valued at a total of $\$ 900$ missing: criminal nonsupport burglary several items valued at a total of $\$ 900$ missing: criminal nonsupport; burglary
of a building in the 100 block of Ave. F with a cassette player and tape player of a building in the 100 block of Ave. F with a cassette player and tape player
taken; burglary of a motor vehicle with a radar detector taken; Colortyme rentals has filed charges against a man for renting a home entertainment center
and never retuming it; a woman in the 300 block of Lake complained that and never retuming it; a woman in the 300 block of Lake complained that the man she had sold a car to had skipped town without making the last payment;
theft in the 400 block of North 25 Mile Ave. with money taken from a cash thegister at a gas station; theft of a purse containing \$130 cash out of a car register at a gas station; theft of a purse containing $\$ 130$ cash out of a car
parked in the 400 block of Ave. D; theft of a briefcase valued at $\$ 70$ from
a car parked at the First Christian Chuch a car parked at the First Christian Church; theft of one rooster and five hens; theft of a bike from the Nazarene Church; theft of S18 worth of gas from
the Fast Stop in the 300 block of North 25 Mile Ave.; theft of beer from the the Fast Stop in the 300 block of North 25 Mile Ave.; theft of beer from the
Allsup's store on South Main; stolen license plate;; three mailboxes southeast of town were knocked down; report of a possible hit and run accident with
car parked in a parking lot on West Park Ave. dented; criminal mischief in car parkecin a a parking lot on West Park Ave. dented; criminal mischief in
the 10 block of Ave. H with the back window broken out of a car, criminal the 100 block of Ave. H with the back window broken out of a car; criminal
mischief with the hood of a car scratched in the 1300 block of East First; criminal mischief with stop signs pulled down at 13 th and Blevins; two street signs knocked over at 800 Blevins and the 1300 block of 13 hi; criminal mischief
with a basketball goal broken in the 300 block of Hickory; criminal mischief with a basketball goal broken in the 300 block of Hickory; criminal mischief
with beer boules broken in a driveway in the 200 block of Northwest Drive; a man evading arrest for reckless driving ran a stop sign at Ave. D and Union but charges were filed anyway; assault; assault in the 600 block of Irving with charges filed; assault; assault in the 100 block of Ave. H; terroristic
threat in the 500 block of Mable; a 16 year old girl was reported as a runaway; threat in the 500 block of Mable; a 16 year old girl was reported as a runaway; a man suspected of violating a protective order was stopped by police in the
700 block of Irving but released after he showed officers where he had been getuing his income tax return worked on by a person on that street; disorderly conduct in the 200 block of Ave. $D$; a woman told police she is being followed
around town by another woman who want to fight her but nocres around $\mathbf{o w n}$ by anocher woman who wants to fight her, but no charges were
filed; suspicious person reported in the 500 block of Ave. G; prowler reported filed; suspicious person reported in the 500 bock or Ave. G; prowler reported
in the 300 bock of Star; dog running loose in the 200 block of Ave. G; in the 300 block of Star; dog running loose in the 200 block of
and harassing telephone calls in the 900 block of South Schley.
Firefighters responded to sii fires over the weekend, including one at
New York and Virginia, as well as another at 111 Star on Saturday. The New York and Virginia, as well as another at 111 Star, on Saturday. The
vehicles of two coote hunters were destroyed in a grass fire nine miles west vehicles of two coyote hunters were destroyed in a grass fire nine miles west
and six miles north of town Sunday evening. Fire fighters fought two grass and six miles north of town Sunday evening. Fire fighterrs fought two grass
fires along Santa Fe's right-of-way at the same time on Sunday evening, one three miles west of town on U.S. Highway 60 and another six miles west of town on U.S. Highway 60. A grass fire on south Ave. K and Rabbit Road was also put out on Sunday.

## Hereford poince over the weekend.

## Shower chance tonight

 and gusty.
Wednesday will be partly sunny and cooler with a high of 55 . West-
southwest winds will be $10-20 \mathrm{mph}$ and gusty. southwest winds will be $10-20 \mathrm{mph}$ and gusty.
otherwise mild Thursday and Friday and cooler on Saturday. Highs will range otherwwise mild Thursday and Friday and cooler on Saturday. Highs will rang
from 66 on Friday to 58 on Saturday, with lows from 35 to 40 . from 66 on Friday in low at KPAN was 40 after a high Monday of 64.

## News Digest

## World/National

Wrocess of adten - The U.S. Postal Scrvice is about to launch the complex process of adding a nickel to the price of mailing a letter. WASHINGTON - It is time for the United States to begin providing
direct aid to the Soviet Union to encourage political and economic change direct add to the Soviet Union to encourage political and economic chang
and to abandon President Bush's "timid posture," Rep. Richard Gephard said today.
WASHIN
WASHINGTON - Italy carries its pitch for a larger role in shaping
Germany's future to the White House today as the Bush administration tries to reassure the smaller European countries tha their views coult MOSCOW - Official results are expected in elections for local and republic-wide offices in the Slavic hearland, where advocates of swift democratization appear to have scored kcy victories. Leaders of nationalis movements in the Ukraine and Byelorussia are among apparent winners
WASHINGTON - John Poindexter's low public profile compared with that of Oliver North is making it a relatively simple task to select a jury for the former national security adviser's Iran-Contra trial. WASHINGTON - If you really want to know that your cheeseburger soon be easier to find out.
soon be easier to find out.
HONOLULU - Under different circumstances, Rosalinda Caoili would have been cleaning hotel rooms for tourists who provide Hawaii with its No. 1 industry and help sustain her family of six. Instead she walked picket line.
CAMBRID
CAMBRIDGE, Mass. - College students prefer periodic tests or term papers to big final exams and say they learn more when they take part in
small study groups, according to a three-year study by Harvard University

## Texas

DALLAS - A request that Greyhound Lines Inc. reopen negotiation with its striking bus drivers union apparently hinges on whether a telephone AUSTIN - Law enforcement officials would not speculate on the circumstances of the weekend deaths of a Texas Racing Commission official
and his family, whose bodies were found in the family's Austin-area home
Monday. WASINGTON - Energy Secretary James A. Waldins says he's committoe to building the super collider as originally envisioned, but won't know until June how much the design changes would add to the overall cost HUNTSVILLE - The death sentences of two Texas prison inmates on a similar ruling in a Texas death penalty case last year.
AUSTIN - Texans in the agriculture business are reaping the benefits of a new openness in the Mexican economy that has boosted direct trad said. EVERMAN - A court hearing was scheduled today to decide the fa of a 2 -year-old boy whose mother was charged Monday in the alcoho poisoning death of the boy's 5 -ycear-old brother.
AUSTIN - State Treasurer Ann Richards' decision to atuck Democratic gubernatorial rivals over ethics - rather than simply say "yes or no" to
whether she's ever used illegal drugs- shows her campaign is sinking, her leading opponents say.
AUSIIN-With onev
spending by major candidetes for govemore has mached 13 primery eloction, $\$ 25$ million. AUSTIN-Condidaces for the Sive Bond of Educution sarly implementing the newly elected panel.
AUSTIN - Most of the major candidates for govemor in both parties say state laws guarantecing public access to officill meetings and record


St. Anthony's Spelling Bee winners
Stephen Cloud, left, in the junior division, and Aimee Alley, second from left, in the senior division, are the representatives from St. Anthony's School in this week's county spelling bees. The alternates are Stacy Betzen and Nathan Diller. The students will compete in the county bees on Thursday and Friday sponsored by the Hereford Brand.


Shirley spelling bee winners
Winners were named recently in the spelling bee at Shirley School in Hereford. Andrea Cepeda, left, a sixth grader, will participate in the county senior bee. Lorena Hernandez, a fourth grader, left, a sixth grader, will paracipate in tie county senior bec. Lorena Hernandez, a fourt, grader, county spelling bees will be held this Thursday and Friday. The county bee is sponsored by county speling bees

CITY vandalism, McGill said. The unpainted
slide is in that condition because the city has two other pieces of playground equipment on order. The unpainted
slide will be moved to Veteran's Park, repaired, and painted, according to repaired, and paind
McGill
The city reuses its worn out The city reuses its worn out
playground equipment by moving it
p McGill. In this way, the city tries to limit damage from vandalism while staying within its budget.
A $\$ 91,000$ bid for the City of Hereford's annual sealcoat program was awarded to High Plains of
Plainview, about $\$ 4,000$ less than the next lowest bid. Commissioners also accepted a bid of $\$ 29,409$ from
Professional Sandblasting topaint the Professional Sandblasting to paint the
water tower at the old Swift site. water tower at the oid swift site. to
The commisssion decided to
condemn two properties, located at 319 condemn two properties, located at 319
Avenue C and also at the northeast corner of Progressive Road and Dairy Road. City Auorney Earnest Laugley
will file these cases in court for abatement. opposition to allowing the DOE to restricting air travel in a five square
mile area over the Pantex facility in mile area over the Pancex by the commis
Amarillo was passed Amar
sion.

## Obituaries

## BRANDY CAMPOS

March 4,1990 Mr. and Mrs. Baldomen Campos Ir was stillborn Sunday, March 4,1990 in Amarillo.
today in services were at 1 p.m today in St. Anthony's Catholic
Cemetery with the Rev. Darrell Birkenfeld, associate pastor of S. Jose Catholic, Church, officiating Arrangements were by Rix Funera Directors.
Survivors other than her parents
include a sister, Vanessa Campos of incluce a sister, Vanessa Campos of Raul Murillo of Hereford and Mrs.

Hospital Notes
Gloria Aguilar, infant boy Aguilar Maria Aguilar, infant boy Aguilar,
Mary Behrends, Johnny Richard
Beltran, Calvin Black, Pauline Blasingame, Mildred Bradley MinnibelCollier, Marie O.Comelius,
Belinda Garza, Anna K. Huckert, Belinda Garza, Anna K. Huckert
Clinton Jackon, Darla Jane Lee, infant girl Lee, Wayne Allen Milam, Maria Pina, infant girl Pina, Bobby Ratiff, Graciela Rojas, Jadan Sudderth, Janette Thom, infant girl Thom,
Minerva Vasquez, W.H. Walser, and Agnes Wilhelm.

##  

DISTRICT COURT
PROCEEDINGS Deaf Smith County vs. Natividad
R.Chavez, order for partial dismissal R.Chave
Feb. 21.

State of Texas vs. Alfredo Gonzales Jr., order to reimburse the state for the
support of a child, repay $\$ 679$, Feb.
Melvin Lewis vs. Garrison Seed \& Company, order of dismissal, Feeb. 21 . State of Texas vs. Jose Limon State of Texas vs. Jose Limon burglary of a motor vehicle (third degree felony), pleaded guilty, eight years in Texas Dept. of Corrections probated for eight years, $\$ 1,000$ fine,
$\$ 2,207.55$ restitution, random urinalysis, jointly responsible with courinaysis, joinily responsible with co-
defendant for restitution owed, Feb.
22. State of Texas vs. Alvin Green, guilty, credit for 82 days jail time served, 10 years in Texas Dept. of Corrections, $\$ 1,000$ fine, $\$ 8,586.22$ restitution, Feb. 22.
State of Texas ve.
escape (class "A". misdemeanor),
pleaded guilty, one year
County Jaill, Feb. 22 .
Michelle
Michelle Green vs. Atex Gas Inc
order of dismissal, Feb. 22
State of Texas vs. Cecil Corcoran also known as Bubba Wilcox,
appointing attomey, Feb. 22 .
In the matter of the marriage of Sylvia Guadalupe Guerrero and Joe pay $\$ 871.54$ in child supportdue, Feb.
State of Texas vs. George Tjerina because defendant paid restitution, Villarreel of Texas vs. Alfredo

Feb. 22.
Delacerda, felony vs. Israel Jacob pleaded guilty, four years in Texas Dept. of Corrections, given credit for 93 days served, driver's license
suspended for 180 days, Feb. 23 . suspended for 180 days, Feb. 23. Blaylock, partial order of dismissal,
Feb. 26. Blaylock,
Feb. 26 .
State o
State of Texas vs. Jose E. Garcia,
order to reimburse the order to reimburse the state for the
support of a child, repay $\$ 2,000$, Feb.

DeLosSantos, agreed order modifying probation, extended probation for a year, Alcoholics Anvonymous meetings, attend Alcoholics Anonymous meetings, attend
Substance Abuse Progran, pay $\$ 3,813$. Motion to dismiss motion to revoke
probation, granted, Feb. 26 . probation, granted, Feb. 26.
State of Texas vs. Rigoverto Mendr order appointing attomey, Feb. 26. order appointing attomey, Feb. 26 .
State of Texas vs. Armando Castro,
order appointing atomey order appointing atumemey, Feb. 26 .
State of Texas vs. Jeryy Saucedo, State of Texas vs. Jerry Saucedo,
order appointing attomey, Feb. 26.

$$
\begin{aligned}
& \text { COUNTY COURT } \\
& \text { PROCEEDING }
\end{aligned}
$$

State of Texas vs. Jessie Cantu,
order enforcing child
order enforcing child suppori
 order to reimburse the state for the
support of a child, repay $\$ 9,337$, Feb.


# Lifestyles 

Consumers given quiz
NEW YORK (AP) - The American calories, lean ham has 34 percent fat
Dietetic Association in Chicago has
devised the following nutrition quiz devised the following nutrition quiz to est consumers' nutrition savvy.
Q: Peanut butter should be avoicd True or false.
A:. False. Although 1 tablespoon
of peanut butter has 8.2 grams of fat of peanut butter has 8.2 grams of fat
and 95 calories, it is free of cholesterol and low in saturated fat, and therefore can be used in moderation. Q: Exercise is one of the best ways $t 0$ increase your HDL (good cholester-
ol) level. Tue or false ol) level. True or false. usually are found in people who exercise regularly. People who exercise, don't smoke, and stay at a levels. Therefore, quitting smoking. exercising regularly, and losing weigh excrcising regularty, and losing weight
(if overweight) are ways to raise HDL
levels. levels.

Q: Which oil is higher in monounsaturates? (a) canola oil (b) olive oil (c) sunflower oil.

A: (b) Olive oil has the highest
percentage of monounsaturates percent. Canola oil is close at 77 percent monounsaturates, while sunflower oil has only 20 percent monounsaturates. It is currently recommended that 10 to 15 percent of monounsaturated fat.
Q: Ounce for ounce, meat, poultry amount of cholesterol. True or false. A: True. But, cheeses, for the most part, have much more saturated fat. Therefore, subsulue low-fat and for natural, processed and hard checses. Choose low-fat cheeses that have between 2 and 6 grams of fat per Q: All fruits and vegetables are low in fat and calories. True or false. A: False. Avocados and olives are high in fat and calories. Q: Which has more fat? (a) 1 ounce ham (c) 1 ounce of turkey frank. A: (c) The turkey frank has more fat. Turkey breast has 12 percent fat

## Hicks attends 4-H Congress

Jennifer Hicks told members of the
Wyche Extension Homemakers Club Wyche Extension Homemakers Club
about her trip to Chicago where she attended the 4-H Congress meeting recently.
Hicks was awarded $\$ 1,500$ for her

## Hints from Heloise

calories, lcan ham has 34 percent fat
calories and turkey franks have 7 percent fat calories.
O: Most high fib high in calories. True or false.
A: False, Most fibe A: False. Most fiber-rich foods are low in calories, take longer to chew Q: Oat bran is the longer. will lower blood cholesterol. True or false. False. Although studies show that oat bran can lower blood cholestere in some people, it is the soluble fiber
in the oat bran that lowers blood cholesterol brevels. Other sources of soluble fiber include barley, kidney
beans and other dried beans and some fruits and vegetables.
Q: 2 percent milk contains how much fat? (a) 2 percent fat calories (b) 17 percent fat calories (c) 37 percen
fat calories. fat calories.
A: (c) 37

A: (c) 37 percent fat calories.
O: It is better to eat buter hydrogenated margarine. True or false A: False. Allhought the hydrogenation process does increase the degree o margarine is still less saturated than buter. One tablespoon of buter has 7 . grams of saturated fatty acids and 1 tablespoon of stick margarine of saturated fatty acids. In other words butter is more than 3 times more saturated than stick (hydrogenated) margarine. "Light" on a food label means: (a) less fat (b) low calories (c) less salt (d) any of the above.

A: (d) "Light" on a food label can mean anything.
Q: Which is
Q: Which is the healthisst fast-
food lunch? (a) 6 chicken nuggets wit hot mustard sauce (b) chef salad with 1 ounce of vinaigrette dressing (c) small plain hamburger.
A:
(c) The small hamb A: (c) The small hamburger is the milligrams cholesterol and 38 percen fat calories. Next is the chicken nuggets with 389 calories, 70 milligrams cholesterol and 46 percent fat calories. Last is the chef salad with 325 caloriss,
107 milligrams cholesterol and 49 percent fat calories.

DEAR HELOISE:
You recently asked to hear from
readers who have readers who have different type pets,
so I thought you would be interested so I thought you would be interested
in cavies. Commonly known as guinea pigs, they make interesting pets and companions that may be eept in a pen
without a top because they dont climb. These intelligent little communica tors make at least a dozen differen
sounds. They have adorable babies which are born with their bright eyes wide open. Many people don't know they are also a popplar show animal.
A great many shows are held each A great many shows are held each
year all over the United States where year all over the United States where
10 breeds in 23 color varieties compete for trophies and ribbons. Betty Schultz, Dalton, Ga- dyslexia. will give a program on
You're so right. and make good pets. Thanks for Rusher, Draper, Coreen Odom, Clara remindine good of thes. Thanks for Trowbridge, Dorthy Lundry, Ginn,
animals. - Heloise little Odom, Ethel Logan, Duncan, Louise
Axe, Ot and Rusher. THE JANUARY WHITE SALE



## Helping with drive

Four local Boy Scouts troops participated in a door-to-door food drive Saturday. The troops collected 304 sacks of food and delivered them to the local Red Cross office. The food will be donated to San Jose Catholic Church food bank, Operation Good Shepherd, Country Road Church of God food program and the Red Cross. Sorting out the canned food are, from left, Betty Henson, executive director of the Deaf Smith County Chapter of the American Red Cross; Tommy Denton, Kyle Moody, Jeremy Lomas and Andrew McElroy, members of the Boy Scouts Troop \#55; and George Denton, troop leader. Also assisting with the drive were Boy Scouts from Troops \#55, \#50 and \#51. Red Cross Uniformed Volunteers served punch and cookies during the campaign drive.

## Wildflowers topic

## of study club program

## "The Wildflowers of Texas" was County. A question and answer tim

 he topic presented by Art Stoy when allowed club members to participate Country Club recently. Mmes J.A. Wildnowers Across America wer Burran, WJ. Gililland, and M.M. books recommended by Stoy for Momownwere hostesses for the persons to lean more about themeeting. Using slides to illustrate his remarks, Stoy explained that all variecties of flowers were uncultivated at one time but have been hybridized and grown under controlled conditions
to produce the kinds of plants which are used by Stoy and his wife, Mary on various travels across the state as well as in nearby sites in Deaf Smith

ASPEN, Colo. (AP) - Gonzo journalist Hunter S. Thompson has cen charged with sexually assaulting o interview him.
Thompson, 52 , surrendered to the istrict attorney's office Monday and was freed on $\$ 2,600$ bail.
He is charged with sexual assault He is charged with sexual assaun's
or allegedy grabbing the woman's breast and simple assault for allegedly punching her during an argument about whether the interview should take
place in a hot tub place in a hot tub.
Thompson,
Thompson, whose "gonzo" references and wild hypertole, said he
is innocent and believes the woman is innocent and believes the woman wants publicity for her new venture lingerie. Officers from the district attomey's ffice said they searched Thompson' uantity of suspected caccine ama marijuana.

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## VCTE $-{ }^{-1}$ Candidato For Tax Assassor - Colloctor

Pol. Ad Paid for by Jo Ann Hill, Campalgon Treas. Rt. 5 - Box 29A. Heretord, Texas 79045

Meeting
date changed

The Dear Smith County Genealogy
Society will meet a week later this Society will meet a week later this month at 7:30 p.m. on March 15 in the
room behind the Heritage Room at the room behind the Herilage ${ }^{\text {Dear }}$ Smith County Library. The program will be given by Jack
Walser on "Family Research: How Wc Did IL." Walser will be accompanied by family members, Guy Walser, W.H
Walser, Leatrus Clark, and possibly by their father, Charlie Walser, who will be 102 years old on March 20 . Three generations of the same family
will explain how they gathered and will explain how they gathered and
organized information on the Walser organize
family.
Visitors are welcome to the
genealogy meetings. The Society genealogy meetings. The Sociect
regularly mets on the second regulariy meets on the second
Thursday of each month except for June, July, August, and December. Membership is open to all who arc
interested in learning how interested in learning how to do family
research.

Plummer receives degree
Paul Mathew Plummer of Hereford State University students who were candidates for degrees awarded in fal comme
1989.
R. Plummer, son of Mr. and Mrs. Ben R. Plummer of 122 Ave. B, received a bachelor of science in technology technology-manufacturing technology.
While at SWT, Plummer was certified as a manufacturing technologist and was on the dean's list.

Symbol of Soviet power since the 1917 Revolution, the Kremlin derives its name from "kreml," Russian fo
citadel, says National Geographic.

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## Netters come

 up aces at Odessa tourney
## Eades in the quartinals. Rlanview. <br> Girls pace Angelo field

The Hereford Whiteface tennis team
sailed through the B Division of the Salessa. Invitational held Friday and Saturday in Odessa to claim the team
titte by 30 points. title by 30 points. Kristie Allison and the doubles
teams of Gina Alley-Misty Reed and Torey Sellers-Eric Cortez all claimed championships as the Herd amassed 46 points in the team standings. Aingles bracket unscathed, defeating Gracie Lara of Dunbar in the championship match. Brenna Reinauer added to the Herd's point total by reaching the
quarterfinals in girls singles before quartertinals in girls singles before
falling to Abilene Cooper's Lisa Holloway, 6-2, 6-1.

In. boys singles, Greg Coplen
reached the semifinals where he was racwed by semirinals where he was
downed by Silvas of Fort Stockton, 6-3, 6-3.
Cortez and Sellers never dropped a set in taking the boys doubles cpown
with a $6-4,6-1$ decision over Mority and Liles of Abilene Cooper. The Cooper pair had knocked off
Hereford's Randy Robbins and Jeff Eades in the quarterfinals.



## Trip winner

Patsy Hoffman, past president of the Hereford Country Club Tennis Association, presents Raymond White with a roudtrip ticket for two to Las Vegas as grand prize in the association's drawing from entries in the 1989 summer tournaments. Hoffman announced that plans for the 1990 tournaments are being made and that another year-eand drawing with a similarly attractive prize will be held. For more information about the HCCTA, contact Hoffman through Hereford Country Club.

The Hereford Lady Whitefaces ran effor. away with the Division II team title aturday at the Concho Belle Reloys points, field event girls scored 54 in San Angolo, racking up 183 points also scored well with 41 points in the to easily outdistance second-place Fort Stockton.
Hereford scored points in 14 of the 16 evenis, being shut out only in the brought home gold medals in nine. "This was a great meet for us," Coach Martha Emerson said. "All of these young ladiescompeted well. The
girls were excited and put out a lot of

Cause of Gathers' death still unknown
LOS ANGELES (AP) - The cause defemed pending the competion LOS ANGELES (AP) - The cause defented pending the completion
of Hank Gathers' death apparently -toxicology and tissue studices. won't be kanown for a week or more. won t be known for a week or more.
Meanwhile, officials at Loyola
Marymount declined to answer Marymount declined to answer questions about Gathers medical
history during a news conference
Monday, less than 24 hours after one of college basketball's brightest stars collapsed on the court and died.
Gathers, who had fainted during a game less than three months ago, went down again early in Sunday night's West Coast Conference tourmament
game against Portand at Gersten game against Portland at Gersten
Pavilion. The 23 -year-old senior center was
taken from the court in full cardiac arrest and, less than two hours later, was pronounced dead at nearby Daniel resuscitation efforts failed. When he fainted during the second
half of a game against UC Santa half of a game against UC Santa Barbara on Dec. 9, Gathers, was mia, an irregular heartbeat. care for the condition. He had complained that prescritiod medication made him feel sluggish and that, with the dosages. Gathers said the reduced dosages made him feel his strength was retuming.
Bob Dambecher of the Los Angeles coroner's office said Monday that coroner's office said Monday that he dil something pout of charncter. He
results of an autopsy have been took anun around the track at Loyola.

also teamed to win the $4 \times 200$ Three Hereford athletes also set (1:48.19) and $4 \times 400$ relays (4:13.59). entries place in in three races, including a 1-2-3 sweep of the 400, and also placed in all three relay races. "This is the first time we've won twor elays cariy in the season in a long uime, "Emerson said. "The time in the
800 relay is probably the best we've run in at least five years. And the time in the mile relay is good, especially since we weren't pushed. We were
seconds ahead of second place."

Three Hereford athletes also set persona. Ieymers at he meet to score
points. Jayme Ment $14-111 / 2$ in the long jump for fourth place while triple jumper Lindsay Radford leaped $31-2$ and miler Lisa Zepeda ran a
5:57.52 for a pair of second-place 5:57.52 for a pair of second-place
finishes.

The Lady Whitefaces will nun at the Raider Relays at Randall on Saturday before hosting the Deaf Smith County Chamber of
March 17.

## Lady Whiteface golf 3rd at Hobbs <br> The Hereford Whiteface golf teams Jennifer Prater posted a 134.

 played in the Hobbs Invitational at For the A boys, Jayson Mines shot Hobbs, N.M. Onts of success.varying amount
the medalist race, three shors back of varying amounts of success. The Lady Whitefaces finished third a three-way tie for the lead Other scores in a five-ccam field at 416. 28 strokes for the Herd were Anthony Gale, 87 behind winner Roswell, N.M. Goddard Robert Jones, 92 ; Clay Cantrell, 94 10 teams at 352, 37 strokes back of In the B division, Kevin Kelso sho Goddard while the B team placed sixth 87 for a three-way for eighth, seven in a nine-ceam field at 35619 shots strokes back of the lead, while Keith
behind Hobbs. behind Hobbs. Kelso and David MoCarter went around
in 89 shots. David Bone added a 91 and Paula Briten paced the Lady Sandy Hacker a 106 for the Herd. Whicfaces with a round of96, 14 strokes Both boys and girls teams will play back of the lead, to finish fourth in the on their home course Fiday and Saturday
medalist standings. Naomi Grijalva and when they host the Deaf Smith County medalist standings. Naomi Grijalva and when they host the Deaf Smith County
Krysta Sims soht shot 101 for the day Chamber of Commerce Invitational at Krystal Soms bytal added a 118 and Pitman Municipal Golf Course.
while JoJo Lytar

## Mason, Betzen win

 at Lubbock meetPole vaulter Brad Mason and discus and Chuck Lemons followed in 53.10 Poie vauier Brat
thrower Phillip Betzen posted wins in for sixth. their specialties Saturday as the The pair teamed with Leo Brown Hereford Whiteface track team scored and Tate Smith to finish sixth in the

35 points to finish sixth the Lubbock 4400 elay in 3.37 . The 35 points to finish sixth at the Lubbock 4 X 400 relay in $3: 37.07$. The sprint relay | $\begin{array}{l}\text { Invitational. } \\ \text { Betzen hurled the platuer } 132 \mathrm{feet}, \\ \text { team } \\ 46.09 .\end{array}$ |
| :--- | :--- | $\begin{array}{ll}\text { Betzen hurled the plater } 132 \text { feet, } & 46.09 \text {. } \\ \text { five inches while Mason cleared } 12 & \text { In he J Division, Hereford finished }\end{array}$ 6 for their first wins of the year. High jumpers Tate Smith and Sean in the mile relay (3:55.02) while Noah High jumpers Tate Smith and Sean Garcia ran the open quarer

Smith both cleared 6-0 with to finish for a fourth-place finish.
Oourth and sixth.
On Saturday, the Herd will host the fourth and sixth.
The Herd also picked up points in Deaf Smitichay, the Herd will host the the 400 -meter dash as Blas cantu ran Commerce Invitational at Whiteface the lap in 52.56 seconds for fifth place Stadium.

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## Herd stumbles to 0-3 start at AIT



Stepping into spring
Tab Hathaway of the Hereford Whiteface $J V$ steps into a pitch game wes season opener for the Herd JV while the varsity will during Monday's $12-5$ win over Randall at Whiteface Field. The $\quad \begin{aligned} & \text { game wes season opener for the Herd } \\ & \text { make its } \\ & 1990\end{aligned}$ home debut March 13 against Amarillo High,

The Hereford Whicfaces got the his first loss afer giving up a fourstaras as iney dropped itree gamesocker run first to the Bobcals. the weckend apthe Abilene ginviestional The night-hander allowed the first Toumment. before geting out of the inning The Herd dopped ise Fiday opener 10 Estrcacto, 8 -4, and added Eubbock High, 9.5 . Herd Coach TR, Sartor said inconsistecncy was the major problem plaguing ehe Herd in the rainthashes of what he hopes to see on a

regular basis. At imes weplayed extremely well ondecense, he seaid, but our picching yee.:- Sartor said indoor workouts forced by inclememt wearher the past two | wecks has slowed dhe ceam' sprogress |
| :--- |
| There's | in the erem., 'h hest soid. We We neeed to get out on the field and play." Estacano 8, Herd 4 ,

Hereford jumped out on top with Mhree-run first inning, but the Backus for four runs in the second to
take the lead for god take the lead for good.
Leadoff man ceached after being hat by Bromlow third pitch he saw. Bromiow came home on Jim Andrews' 'single. The Herd added runs from Backus and Andrews on hits by George Jowell and Cody Page.
The Mats used three hits and an error in plating their first four runs. three more runs in the fours, gave up San Angelo Central 7, Herd O Jason Walterscheid was hung with

## A.O. THOMPSON ABSTRACT

 COMPANYMargaret Schroeter, Owner Abstracts Title Insurance Escrow P.O. Box 73242 E. 3rd Phone 364-6641 Across from Courthouse
before geting out of the inning. ingles by Jo suly offense came on fourch and another by Man Smin in the fifth. by Matt Smith in Hereford advanced only two base Lubbock High 9 , Herd 5

## Five uncearned runs proved to be the

 fifference as junior Chad BrummetI ocame the third Hereford pitcher to start the season 0-1.The Westemers scored four runs in the fifth, all uncamed, to take After two Lubbbock runs in the top of first inning, the Herd came up with one in theirfalf as Jowell drove home The Herd
The Herd went ahead in the second as Brummett and Jim Anima dre Two errors and a pair of passed bails in the Lubbock half of the fifth
set up the Westemers' outburst
The Hend returns to the diamo at 4 p.m. today when they take on the Caprock Longhorns at Potter County
Memorial Stadium in Amarillo. The Herd will play in the Dumas Invitational Tournament Friday and Saturday before playing its home
opener at 4 p.m. March 13 against opener at 4 p.m. March 13 against
Amarillo High.

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The Hereford Whiteface junior thirds of an inning. mound as the game was called becal varsity finally got their season started The Herd cent its 12 th batuer to the of darkness after the sixth. lost time with a nine and made up for plate before Andy Kalka drove in three The Herd JV will travel to Pampa en route to a $12-5$ win over Randall at runs with a triple for the first hit. Whiteface Field. The Herd's first four batters drew earning the win. gave up nine free passes in only two- split the last three innings on the

## Opening Day's fate to be decided soon

NEW YORK (AP) - Both sides in will be affected," Commissioner Fay baseball's labor negotiations agree that if a setulement is not reached this
week, opening day will just have to
Negotiators for the owners and playegrs met Monday to discuss thei positions, but said nothing was accomplished.
They'll try again today, the 20th day of the spring training lockout. Opening day is scheduled for April 2- less than a month away -and the "I would suspect if we don't an agreement by the end of this week opening day is wholly at risk," Chuck O'Connor, the owners' chief egotiator, said. for all relates to whether the season

## vincent said.

Realizing that time is running out, he owners have even changed som their plans for the rest of the weel Olayer Relations Committee and the American and National Leagues that were to have been held Wednesday have the PRC convene today in New "There's no way we can work ou ag agreement if the PRC isn't goin ense is that we're going to make determined effor to get this done, and we would have been wasting two days by going to Dallas on Tuesday,"
The owners will, however, have joint meeting in Texas on Thursday.

beginning at 11 a.m. The squad's next
home appearance will at 4:30 p.m.
March 19 against Dumas.


# Spring Sports Scoreboard 



BLONDIE
by Dean Young and Stan Drake

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By Mort Walker

Barney Google and Snuffy Smith ${ }^{\text {© }}$ By Fred Lasswell

The Wizard of Id By Erant Parker and Johnny Hant



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| Compatible. $364-4117$ | Reduce: Burn off fat while you $\begin{array}{ll}\text { Sleep, Take Opal. } & \text { Available al } \\ \text { Edwards Pharmacy. } \\ & 12345\end{array}$ 1988 GMC pickup seat. Blue. Call

aftemoon after 6 p.m. $364-1831$.

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bedroom set, shelves, rockers, cribs,
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| $\mathbf{3 6 4 - 5 0 4 8}$. | 12544 |


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AIRLINES NOW HIRING! Flig Attendants, many other positions
$\$ 17,500-\$ 58,240$ Call. (1) 602-838-8885 Ext. X-1488. 12449 Make approximately $\$ 200 /$ day. $N$ 21 or older, club/civic group to operate a Family Fireworks Cente
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Help Wanted: Waitress and delivery drivers. Apply in person Pizza Hut,
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| Golden Plains Care | Center. 420 |
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| Ranger, $364-6511$. | 12499 |


| MEDICAL |
| :---: |
| RN-LVN-Medical |
| Assistant |
| or Phlebotomist |
| Need oxaminer to do mobile in- | Need oxaminer to do moblle in-

surances phyalcal in Horeford and Dimmitit. Part-ime, flox hours. Must bo a proficlont blood drawor. Call 1-000-548-3193, Ext.
265. Ad 506 Ext. 265.

## 9 -Chili Care

Experienced child care for children
of all of all ages. Call Bonnie Cole
$364-6664$.

## KING'S MANO CHILD CARE State $V$ icented Oualificd Staft

 Sonday-Prday 6.00 a.m. - 6 : p.m. Drop-Ins Welcome withTwo Houra Notice.

MARILYN BELL Director
$364-0661$

| HEREFORD DAY CARE Stato Licenced Excoliont program by trained staft. Childron 0-12 yoars |  |
| :---: | :---: |
| 215 Norton 364-3151 | 248 E. $16 t$ $364-5062$ |

10-Announcements Notice! Good Shepherd Clothe
Closet, 625 East Hwy 60 will b open Tuesdays and Fridays unti further notice from 9 to 11:30 a.m and 1:30 to $3: 00$ p.m. For low and limited

everything under $\$ 1.00$ | Problem Pregnancy Center. |
| :--- |
| East Park Avenue, 364 2027. | East Park Avenue, 364 -2027. Free

pregnancy tests. C pregnancy tests. Confidential. After

hours hot tine $364-7626$, ask fo "Janie." 1290 Adoption: Love \& hugs await the child we hope to adopt. Contac | Paula \& P Phil, collect anytime |
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| 215-277-1926. |
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children, eager to adopt. Legal, children, eager to adopt. Legal,
confidential. Expenses paid. Call collect Wendy \& Daniel
$212-912-1829$.
11-Business Service
Deferisive Driving Course is now being offered nights and Saturdays.

Will include ticket dismissal an | insurance |  |
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| information, call 364.-6578. | 700 |

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Call Ryders Lawn \& Garden 364-3356.
Urbanczyk Lawn Care. Thatching acrating. Mowing, shrub trimming, ferrilizing. Call Chad or Connic,
$\mathbf{3 6 4 - 5 3 5 1}$.

## JOHNNY GALLAGHER PORTABLE WELDING

364-2030

## Ask Dr. Lamb


 12570



## BID NOTICE

 ware requited to nun the gyatiom raro pondont School District. Bide muse bo reosved by Corky Lookmillior at





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|  | \% |
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## AXYDLBAAXR

 One letter stands for another. In this sample $A$ is usedfor the three L's. X for the two O's, tec. Single letters.
apostrophes, the lengith and formation of the words are ali hints. Each day the code letters are different.

## CMyTOQUOTE

OFRL OC TRAA JRVAQPC VD HNL LFC JRAAVHE YNOH. SQL LFC DLRUVHE YNOH. - BRPU WVTIJNPY
Yeoterdey'e Ccyptognote: IF YOU HAVE MADE MISTAKES, EVEN SERIOUS ONES. THERE IS
ALWAYS ANOTHER CHANCE. MARY PICKFORD

DEAR DR. LAMB: We were from me that which can never be the lower part of the stomach have formed that sleeping with an returned. Hack-hack-hack, Goes the been done. These procedures can
electric blanket can cause cancer. quack-quack-quack, Making all that help a person lose weight because he he electric coils in the blanket cause loot, Violating the boyss birthday suit. eats sess. You are really back to the
DEAR REDER: Your motivation is basic truth that weight loss depends
The cancer. We do put a sheet under DEAR READER: Your motivation is basic truth that weight loss depends
he cancer. We do put a sheet under the blanket before it touches the excellent, but there are pros and cons on consuming fewer calories than
body. Is there any scientific medical on the subject. In the past it was your body uses. If you could restrict
evidence that sleeping with an believed that the foreskin protected your calories just as much without body. Is there any scientific medical on the subject. In the past it was your body uses. If you could restrict
evidence that sleeping with an believed that the foreskin protected your calories just as much without
electric blanket can cause cancer? the baby from urinary tract infections. the operation, you would have the electric blanket can cause cancer? the baby from urinary tract infections. the operation,
DEAR READER: There is a possi- More recent controlled studies of same results. DEAR READER: There is a possi- More recent controlled studies of same results.
bility that electric currents may marge populations have proved just $\begin{aligned} & \text { There are complications. Initially } \\ & \text { increase a person's risk of cancer. the opposite, and the uncircumcised there may be problems }\end{aligned}$ wither increase a person's risk of cancer. the opposite, and he the uncrircumcised just there are complications. Initially
ine may be problems with nausea
There simply is not enough informa- baby has a much greater risk of such and vomiting. Others There simply is not enough informa- baby has a much greater risk of such and vomiting. Others have the
tion right now to say if a minor irsk an infection. Nature didn't plan on "dumping" syndrome. The small stotion right now to say if it a minor risk an infection. Nature didn't plan on "dumping" syndrome. The small sto-
or no risk at all. The whole idea about
soiled diapers either. $\begin{aligned} & \text { or no risk at all. The whole idea about } \\ & \text { electricity causing cancer got started }\end{aligned} \begin{aligned} & \text { soiled diapers either. } \\ & \text { Circumcision was advocated also }\end{aligned}$ mach means that whatever you
consume is immediately dumped into with concern about the big power because it was believed a woman who the small intestine. This may cause
lines. Now it looks like the problem, if have sexual relations with uncircum- attacks of flushing, rapid heart beat lines. Now it looks like the problem, if have sexual relations with uncircum- attacks of fushing, rapid heart beat
any, is closer to home. The wiring to cosed males were more likely to and even fainting. Doctors who have any, is closer to home. The wiring to cised males were more likely to and even fainting. Doctors who have
the house itself may generate as much develop cancer of the cervix - which removed a major part of the stomach $\begin{aligned} & \text { or more of a problem as power lines. } \\ & \text { Then household appliances, from the } \\ & \text { has been proved to be untrue. } \\ & \text { Another reason advocated for cir- }\end{aligned}$ in the treatment of peptic ulcers are familiar with this complication kitchen to the bedroom are part of the cumcision is that the uncircumcised picture. If there is a problem, it is true male is more likely to develop cancer that an electric blanket creates as
much as five times the electrical field that a perso
power lines. Flowing electricity Hagning electricity does produce a is no greater in uncircumcised males for postage and mailing for it to THE
manetic field around it and it than crircumcised males if adequate HEALTH LETERRDept. B, P.O. Box
alternates because of alternating hygiene has been practiced.

 late that change in cell function to trying to lose weight for years. Im a
cancer has not bear-old man. I met someone while cancer has not been established.
Much research is now being done on the problem.
$I$ have disc
I have discussed the concepts of he had his stomach staplede. Do you
have some information about getting
electricity in the home and cancer electricity in the home and cancer have some information about getting
risk in Does Electricity Cause benefits and stisadvantages what the risk in Does Electricity Cause
Cancer? in THE HEALTH LETTER $35-03$, which Fm sending you. Others who want this issue can send $\$ 2$ with
a long, stamped, self-addressed envea long, stamped, self-addressed enve-
lope for it to THE HEALTH LETTER/35-03, P.O. Box 19622,
Irvine, CA 92713. A hineet under the blanket will have
no effect on the electromagnetic field no effect on the electromagnetic field
DEAR DR. LAMB: If you are a human that cares about children and
the human rights they dearve to the human rights they deserve to have
protected, then Im hopeful you will help eliminate all circumcisions at heit
birt and at any other time, unless
there is a definite chance of death
ber because of an infection. Every child
born has a genital protection that's born has a genital protection that's
there for a physiological reason.
Those who thraigh
 disguise behind a surgical mask,
combined with their own dictatorial arrogance, vindictiveness and ima-
gined self-importance have taken benefits and disadvantages are? What
longterm problems can a person have from tris procedure?
DEAR READER: Stomach stapling has a checkered history. At first the operation was done simply by sta-
pling a row of staples across the stomach, making the upper stomach a
small pouch. The row of staples small pouch. The row of staples was
interrupted in the center area to allow ood to pass slowly through the
opening opening into the lower stomach
chamber created by the row staples.
There There were some glowing reports,
but this procedure was really not very good. The staples often came out and
there were many complications. to segment the stomach and actually
closing the top chamber of the
stomach completely while rerouting closing the top chamber of the
stomach completely while rerouting
the small intestine to bypass most of

MOTIC EY PUBLICATON
STATE OF TEXAS TO: EARL FORD,
OREEINOS: OROU ARE MEREBY COMMANDED To appear and ancuer beloro to

 otelock Aly. of the Mondey nopt ance the ouppration of torty-iwo (ha)
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## \section*{$\begin{aligned} & \text { Schlabs } \\ & \text { Hysinger }\end{aligned}=$} <br> Hysinger Park Ave. Racherd Schlobs Stove Hysingemess Phone $364-1286$ Each Trading Day After 5:30 P.M. <br> Hysinger Park Ave. Richord schlobs Steve Hysocoringemezs Phone 364 (1286 Each Trasing Day After 5:30 P.M. for Recorded Commodity Update.



Ann Landers
DEAR ANN LANDERS: Look decafficinated tea, and you will see that
 sammord, Conn, have scchoscopes
dangling from their necks. In my opinion, they wear these instruments
to make the statement, "Hey! Look at to make the statement, "Hey! Look at
me. I'm a professional." Lose stethoscopes can be
dangerous. I wonder how many babies dangerous. I wonder how many babies
in that Stamford hospital have been hit in the head by dangling stethoscopes. instruments in their pocketsor at their station until they need them? How many times during the day does a
nurse use a stethoscope anyway? hurse use a stechoscope anyway?
Please see what you can do to get these dames to put away their stethoscopes until they need them. If they want to look like professionals, - A Virginia Reader

DEAR VIRGINIA: I thought that
after 34 years of writing this column, after 34 years of writing hiss column,
one. Ihave never heard of anyone being injured by a nurse's stethoscope. If 1
have missed something, I hope the have missed something, I hope the readers will let me know.

DEAR ANN LANDERS: Three months ago our 21-year-old daughter was abducted by two men as she was
walking from the library to her college walking from the library to her coillege
dormitory late at night. She was blindfolded, tied up and driven to a wooded area where she was beaten an

NEW YORK (AP) - President Bush has found a rich vein of joke material: the divorce battle between Donald and vana Trump
On a fund-raiser for a Republican sional election, Bush said his visit to New York had put him in the midst of "one of the greatest contests of 1990," a battle with "a lot at stake, a lot of press attention."
Pause.
"But I'm not here to talk about the
Trumps." The president, who received a good deal of positive press when the first
dog. Millie, had a White House liter dog, Millie, had a White House litter, candidate Susan Molinari:
"Puppies: worth 10 points easy."



MR. AND MRS. HARLAN BARBER ...with son, Virgil Barber

## Barbers honored

recently in Lubbock
Lubbock named Harlan and Helen a driving a h handicapped person for
Barber of Hereford as Paul Harris Farber of Hereford as Paul Harris medical treatment; giving toa mission
The award The award was presented by their son, their farm workers terminally 1 ilc child;
Virgi. The award is the highest or caring for a dying friend in Virgil. The award is the highest
Rotary honor given for community service and humanitarianism.
In 1979, the Rotary Foundation In 1979, the Rotary Foundation
within the Lubbock Rotary Club
instituted a campaign within the Lubbock Rotary Club
instituted a campaign to encourage insuituted a campaign to encourage
members to become Paul Harris
Fellows by investing financially int Fellows by investing financially in the
programs of the Rotary Foundation or programs of the Rotary Foundation or
by contributing monctarily in honor of by contribuuting monctarily in honor of a partucular person for their service to
the community, city, or to Rotary.
Virgit Barber explained Virgil Barber explained that 10 years ago he began giving to the
Rotary Foundation in order to honor Rotary Foundation in order to honor
the couple he loved and respected
more than anyone else in the world. more than anyone else in the world.
He spoke of his parents as a
Christian Christian couple who began their
married lives 50 years ago and from that day forward they began a bond together that has touched the lives of hundreds of individuals around the world.
"Afew
two ind ew examples of the ways these two individuals are always helping in ume of need are by laking food to
someone sick or in sorrow; harvesting

The Brooklyn Bridge, linking Brooklyn and Man
to traffic in 1883 . Hospice," Virgil Barber said.
"Wherever they go, from childre in church to senior citizens in a rest home, eyes lightit up when they walk in. They are always there doing what or any restrictions without reservations or religion. They are truly the objective of Rotary and that being
service about the service about self, which is thoughtuul
ness of and helpuliness to others,"
Virgil added

It is always great to go back to
Hereford and be able to go anywherc Hereford and be able to go anywher
with these two people and see the love wiun these two people and see the love
and admiration that everyone has for

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

Labels on food may be misleading buyers


#### Abstract

get when it comes to convenience Americans are including more than 30 percent fat in every meal, every day. percent fat in every meal, every day. more casily reduce the saturated fat, which will reduce blood cholesterol in which wir reduce boodch. most people," Flood said. Another important factor in reading product labels is to note the type of fa used in the product. If safflower sunflower, corn and partially sunflower, corn and partially hydrogenated soybean oils are listed hydrogenated soybean oils are listed in the ingredients, you are making a beter choice. These oils contain primarily polyunsaturated fat, cone kind that tends to lower cholesterol. If lard or animal shortening is used in the or animal shortening is used in the product, animal fat is part of the ingredients. This ingredients. This type of fat contains both cholesterol a and saturated fat. Daily cholesterol intake should be no more than 300 milligrams. "Smart shoppers know it only takes a few extra seconds to read product labels to find nutritious convenience foods that are truly "lean'. By scanning ohe labels, you can save more from adding unnecessary fat. cholesterol and sodium to your diet," The American Heart Associatio is the nation's largest voluntary health organization dedicated to the reduction of disability and death from heart and blood vesseldiseases, which annually kill almost one million Americans. Last year the AHA spent more than $\$ 150$ million for research support and public and professional community programs.  foods. Some popular products are labeled in ways to make you think labeled in ways to make you think yourre buying healthy, low-calorie you're buying heaithy, low-calorie meals. In reality, some of these products may contain large amounts of fat, cholesterol or sodium, or a of fat, cholesterol combination of all. "Although there are nutritious and low-fat, low-cholesterol conveniencc foodson the market, it pays to read the labels carefully to determine if that labels carefully to determine if that 'lite' or 'lean' frozen dinner is really Tite or "lean frozen dinner is reall the best choice for you," advises Karen Flood of Flood of the Deaf Smith County Chapter of the American Heart Association. "There's entrees are a great timesaver since you can put the frozen dinner in the microwave or the oven and have a ho, tasty meal in minutes," Flood says. tasty meal in minutes," Flood says. "And since the labels on products may indicate the product contains fewer than 300 calories per serving thest than 300 calories per serving, these items often have great appeal to leday's weight-conscious shoppers." The American Heart Association cautions consumers about the bottomfoods. Many have hi convenience especially the saturated kind. High blood cholesterol, a major risk facto forcoronary heart disease, is attributed to excessive intake of saturated fats. Many of the 300 calorie convenience Many of the 300-calorie convenience meals contain much more fat than meals contain much more fat tha recommended by the AHA. Reading recommended by the AHA. Reading food labels is especially useful if you are on a fat-controlled diec. "If the fat content of the 12 "If the fat content of the dinner is 12 grams, for example, you'll be eating 108 calories of fat from a 300 caloric meal ( 1 gm . fat equals 9 calories) This 'lean' dinner contains more than 30 percent fat," Flood said. The American Heart Association recommends that total fat in the diet be limited to 30 percent of daily calories. Unfortunately, many

America's first aerial pho America's first aerial photograph was taken from balloon over Bos. ton in 1860 . Taken by J.W. Riat calories. Unfortunately, many was entitled "Boston as the Eild Goose See It."


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