

The Hereford Brand



Hustlin' Hereford, home of Emilio Fuentes 94th Year, Vol. No. 37, Deaf Smith County, Texas 10 Pages 25 Cents



Hospital board

With newly-appointed Scott Keeling being administered the oath of office from County Judge Tom Simons (bottom right), the Deaf Smith County Hospital Board has seven members again. The board includes, left to right above: Steve Cortez, Mal Manchee, Jo Beth Shackelford; and standing--Boyd Foster, Larry Watts, Dean Crofford and Keeling.



Keeling sworn onto board, directors interview for job

Scott Keeling, newly-appointed director, took the oath of office and officially joined the Deaf Smith County Hospital District Board Tuesday night during a special meeting.

County Judge Tom Simons, who administered the oath to Keeling, took the opportunity to wish the board well "as you handle the all-important business of keeping our hospital functioning as a vital part of the health care community."

The only other business in open session was the appointment of a bylaws committee by board president Mal Manchee. Named to the

committee were Dean Crofford, Keeling and Steve Cortez.

The board went into executive session to interview two candidates for the position of hospital administrator, and to discuss contractual agreements with physicians recruited by the hospital. Alan Rhodes, hospital attorney from Amarillo, was present for the meeting.

Manchee said no action was taken on the closed-session matters, adding that the interviews were part of a "screening process." He reported the board also wanted the candidates to spend some time visiting with doctors

and staff members.

Directors spent about an hour each with candidates Jim Robinson, interim administrator, and Michael Reppart, vice president of human resources for University Medical Center in Lubbock. Reppart will visit the hospital Thursday.

Manchee said the board has scheduled another special meeting next Tuesday to discuss filling the administrator's post.

Jim Wurts, Lubbock Methodist vice president for regional services, is assisting the board in screening applicants for the administrator's job.

HISD trustees approve \$170,000 in contracts

By GARRY WESNER
Managing Editor

School trustees on Tuesday voted to spend more than \$170,000 on three bids for two projects, with more than \$100,000 of that money going to local vendors.

Trustees were asked during their regular monthly meeting to approve bids for a new CCC lab at West Central Intermediate School and a new fuel tank with monitoring and dispensing systems.

Total cost of the fuel system will be \$50,000. Assistant superintendent Don Cumpston said the only bid was received from Brownlow Brothers Inc. of Hereford.

That bid was for \$49,000, with an optional \$1,000 extra to substitute the steel tanks with fiberglass ones.

The board voted unanimously on a motion by Trustee Jim Marsh to award the bid to Brownlow Brothers, including the extra money for the fiberglass tank.

Cumpston said the warranty on the steel tank was 25 years, but he recommended the fiberglass, because even with anti-corrosion protection, the steel tank would eventually corrode.

The monitoring system that will be on the tank, he said, will make it possible for the district to avoid \$500 inspections of the ground and water around the tank.

Finally, the fuel will be dispensed through a card-based fuel management system in which bus drivers and other authorized district employees put a plastic card in the dispenser, which records who is pumping how much fuel.

The new tank will be a split tank to hold both gasoline and diesel and will enable the district to purchase both products by the tanker load.

Cumpston said the project should take 10 weeks to complete.

For the CCC lab, assistant superintendent Corky Lockmillier explained that the entire cost would be paid by federal Chapter 1 funds.

The 20-work station system will replace a 10-unit Atari system that will be relocated to another campus that currently only has 10 CCC lab units.

Two bids were submitted for the project, one for the hardware and one for the software.

The hardware bid was from Foster Electronics of Hereford, which was approved by the board.

That bid was for \$57,990 to provide the work stations, file server, sound cards, headphones, microphones, printer, modem and other

equipment.

The software bid went to Computer Curriculum Corp., which is the same vendor for all the other CCC labs in the district, making them compatible with one another.

The software will cost \$63,298.90, which includes the software, support, training, installation and other items.

Federal funds also will cover second-year software costs of \$8,400 and third-year costs of \$7,400.

The motion to accept that bid was made by Trustee Raul Valdez and passed unanimously.

All seven trustees -- Steve Wright, Ron Weishaar, Randy Tooley, Raul Valdez, Mike Veazey, Jim Marsh and Joe Flood -- were at the meeting.

In other action Tuesday:

-- Trustees approved a waiver application from Bluebonnet Intermediate School that requests six full-day staff development days this school year.

Principal Darla Underwood-Baggett said the days were needed for a variety of development courses involving the entire staff.

With the board approval, the school will ask the Texas Education Agency to approve the six days, which are Oct. 20 and 21, Nov. 7, Jan. 20, Feb. 21 and April 18.

If approved by the state agency, students at Bluebonnet would have those days off. One of the requested

days, April 18, comes just after the Easter weekend of April 14-17. However, April 17 is an inclement weather day and would be a regular day of school if classes are canceled due to weather during the winter.

Mrs. Baggett said if that happens, then they will move their staff development day to the 17th.

The school will have speakers from the Amarillo Education Services Center and out of state come in to talk about a variety of subjects relating to campus improvement.

-- Trustees tabled a decision on changing first-grade reporting standards after questions arose about the use of different-colored report cards for at-risk students and about what switching to a letter-based grading system would accomplish.

They will debate the issue again at a special meeting next Tuesday, Aug. 30, at 6 p.m.

-- While trustees approved the budget and minutes, Greenawalt asked them to hold off on approval of budget amendments until a special meeting next Wednesday, Aug. 31.

At that meeting, trustees will hold a public hearing on the 1994-95 budget and will take action on that budget.

The budget amendments move funds from one line item to another and must have board approval. They will be approved to balance the 1993-94 budget.

School enrollment up from first of '93

Enrollment in the Hereford Independent School District has increased by more than 100 students over the first day of classes last year, according to figures released on Tuesday.

For the first day of classes, there were 4,203 students in the district, as compared with 4,074 at the first of the 1993-94 school year.

Assistant Superintendent Nena Veazey said the first day of classes went well.

Increases in the number of students enrolled were noted at several grade levels: kindergarten, second grade, fifth grade, sixth grade, ninth grade and 10th grade.

In addition, special education and SOAR High saw rises in the number of students at the Stanton Special Populations Center.

Overall, there are 46 more elementary students than last year, 26 fewer in junior high and 91

more at Hereford High School.

Pre-kindergarten enrollment as of the first day of school year down four students, which Early Childhood Education was down five students.

But, SOAR junior high was up five students, to 10, and SOAR high school was up to 34 from 20 a year ago.

The largest grade increases came at the high school level.

This year, 341 freshmen were enrolled on the first day, up 41 students from last year. The sophomore class had 308 students, up 63 from a year ago.

The last report of the 1993-94 school year was made on May 23. At that time there were 4,302 students enrolled in the district.

Typically, there are some students who do not get registered and into classes until after Labor Day.

Campfire Park site of latest meeting

By GEORGIA TYLER
Staff Writer

A city park with high use was the focus Tuesday evening of the City Commission's continuing project to collect input from Hereford residents on park development and improvements.

Neighbors of Campfire Park gathered to make a wish list of improvements they'd like to see implemented.

A few complaints also surfaced about problems with watering grass and keeping the park litter-free.

A resident suggested that police be given authority to check on "those who make a mess."

City Manager Chester Nolen admitted that police personnel often are spread too thin to take on that responsibility.

"Well, can we report it when we see it?" asked the resident. Nolen responded with an emphatic "yes."

Addressing the group of about two dozen residents of the area, Mayor Bob Jossereand reminded that priority lists from all neighborhood parks will be used as the city plans improvements.

"We probably can't do it all in one year," he said, "but we can continue in coming years."

Youth football and softball, soccer games and other youth activities are centered in Campfire Park. Nolen reported that soccer teams are being encouraged to conduct practice sessions at another location and use the Campfire field for games only.

"We're having a tough time keeping the grass because of the high use," he said.

Improvements in place in the park include tennis courts, soccer field, bleachers and new restrooms nearing completion.

The northwest corner of the park is the site of a monument dedicated to veterans of Operation Desert Storm in 1991.

Participants in the meeting listed their ideas for improvements and prioritized the items, including:

-- Lighting.

- Playground equipment.
- Sidewalks on the north side and a walking path.
- Better parking with emphasis on child safety.
- Basketball court.
- Volleyball court.
- Bleachers.
- Picnic tables.
- Horseshoe pits.

Bob Hughes asked for measures to help keep children out of the streets

adjoining the park.

"Fencing and better parking would help that situation," Hughes said.

Neighbors of Campfire Park were complimentary of city efforts to improve the park system.

"Anything we can do to keep kids occupied is well worth the money," said Wayne Keeter.

Another park neighborhood meeting will be held next Monday in Veterans Park, beginning at 7 p.m.

Espy claims trip to Super Bowl was work to promote Smokey

By ROBERT GREENE
AP Farm Writer

WASHINGTON (AP) - Agriculture Secretary Mike Espy was the guest of an Atlanta museum at this year's Super Bowl game - a two-day trip he characterized as official because half time at the pro football contest included a salute to Smokey Bear.

Smokey is the mascot of the U.S. Forest Service, which is under Espy's jurisdiction.

The secretary received four game tickets worth \$350 from the Fernbank Museum of Natural History, which was preparing to open an exhibit to mark Smokey's 50th birthday.

Espy's travel, hotel and daily expenses were paid by the government, according to travel documents obtained by The Associated Press under the Freedom of Information Act.

Espy has been investigated by the

department's Office of Inspector General and the Justice Department for violating a ban on accepting sports tickets and travel from companies regulated by his department. The museum gift was exempt from the ban.

On Aug. 9, Attorney General Janet Reno asked a three-judge panel to appoint an independent counsel to investigate Espy. That request is still pending. The White House also is seeking an ethics investigation.

Espy denies any wrongdoing and says he will be cleared.

Espy listed the four Super Bowl tickets on the financial disclosure form he filed June 30, a month and a half after it was due.

USDA spokeswoman Ali Webb said Tuesday that Espy considered the Jan. 30 game an official function because of the Smokey tribute. She also said Espy attended a couple of meetings that weekend, but she could

not say who the meetings were with or what they were about.

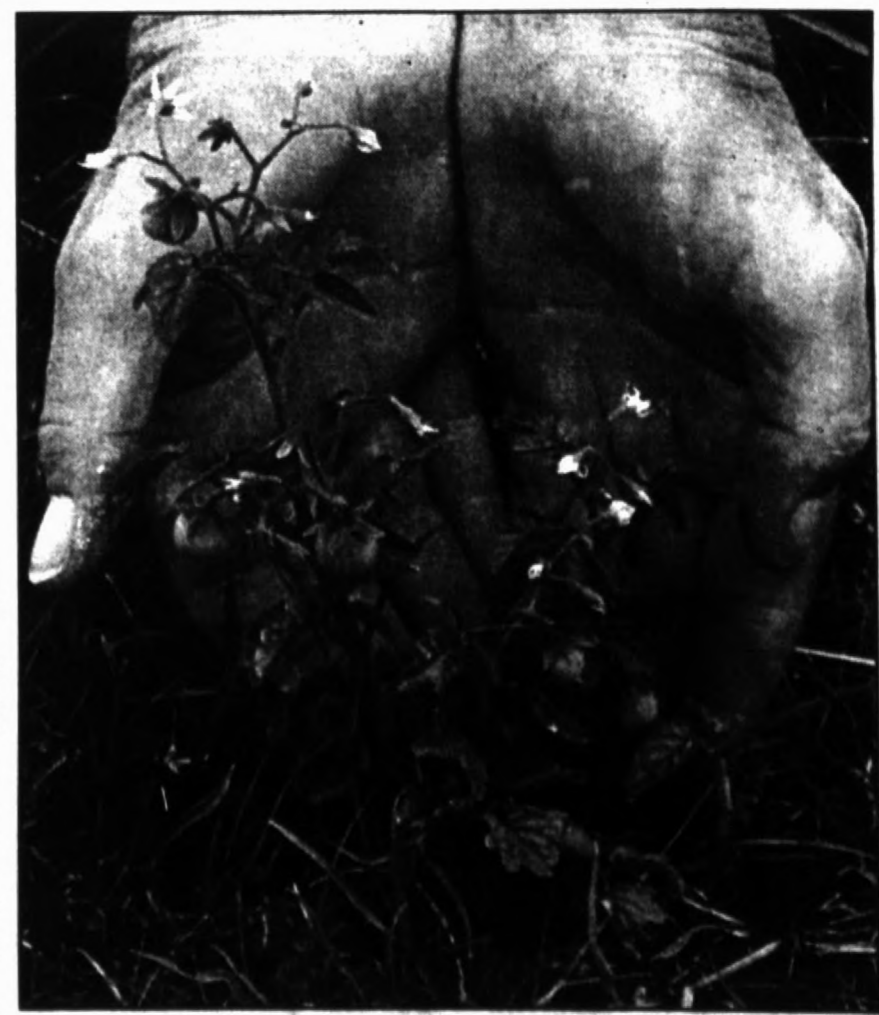
Espy's expense accounts do not include the specifics of his schedule, which his office repeatedly has refused to release.

Assistant Agriculture Secretary James R. Lyons, in charge of Forest Service activities, said more extensive Smokey activities, including pre-game interviews with Espy, had been planned but were canceled.

"The thing changed rapidly in the last moments," he said.

What fans saw were a couple of 30-second, animated public service announcements on the stadium's giant video screen, called the Jumbotron, just before half time, Lyons said.

Espy was invited to the game on Dec. 8, 1993, by Rankin M. Smith Sr., owner of the Atlanta Falcons and a trustee of the Fernbank museum.



Itty bitty tomatoes

This tomato plant, which measures 6-1/4 inches tall, is an oddity to J.G. and Mary Black of Easter Community. The couple planted several large red cherry tomato plants this spring and all but this one are some two feet tall. While the couple said they figured the plant would die, it shocked them last week by sprouting six actual tomatoes, plus eight blossoms.

AUG 24 94

Local Roundup

Sunny, windy Thursday forecast

Hereford had a high of 96 Tuesday and a low of 67 this morning, according to KPAN Weather. Tonight, fair with a low in the mid 60s. South to southwest wind 10-15 mph. Thursday, mostly sunny with a high in the mid 90s. South wind 10-20 mph.

Rebekah Lodge sets meal

The Hereford Rebekah Lodge will host a fundraising supper on Saturday in the Oddfellows Lodge, 205 E. Sixth. The menu will be tacos, beans and rice and will be served from 5:30 p.m. to 8 p.m. Tickets are \$3.50 for adults and \$1.50 for children under age 10. Tickets are available at the door.

HHS parents meeting planned

The parents of all Hereford High School seniors will meet at 7:30 p.m. on Thursday, Aug. 25, to begin planning for the Senior Dinner, which will be held Sept. 16. The meeting will be in the HISD administration building banquet hall, 601 N. 25 Mile Avenue. All senior parents are urged to attend.

Immunization schedule noted

The Texas Department of Health has announced its August immunization clinic schedule for Hereford. Vaccines against polio, diphtheria, lockjaw (tetanus), whooping cough (pertussis), measles, rubella, mumps and HIB (hemophilus influenzae type B) will be offered. The Texas Department of Health charges to help with the cost of keeping the clinic open. Charges are based on family income and size and the ability to pay. Regular clinics will be held from 7 a.m. to 11:30 a.m. and 1 p.m. to 5:45 p.m. The clinic will be on Thursday, August 25 in the Health Department offices, 205 W. Fourth St., Suite B.

News Digest

World/Nation

KEY WEST - The U.S. Coast Guard called in another 10 ships to help rescue an unabating tide of Cuban refugees as Cuba formally announced it had loosened its migration policy.

By late Tuesday, the Coast Guard had picked up 2,886 Cubans, a single-day record since the 1980 Mariel boatlift brought 125,000 Cubans to U.S. shores.

WASHINGTON - In a campaign-season power play, Senate Republicans are demanding changes in crime legislation that's one short step from President Clinton's desk. But it isn't certain which side has the votes to prevail in a final showdown.

WASHINGTON - House Speaker Thomas Foley, perhaps reading the political writing on the wall, says health reform doesn't have to be comprehensive to be worthwhile - and it doesn't necessarily have to be done this year at all.

WASHINGTON - President Clinton is a favorite target of political cartoonists, often depicted with an elongated chin and a vacant stare. But as a waffle? Of all the caricatures of Clinton, Garry Trudeau may have come up with the one that slashes the deepest.

State

AUSTIN - Republican George W. Bush put his gubernatorial campaign on radio today in advertisements that depict Gov. Ann Richards as anti-property rights.

AUSTIN - Environmentalists are complaining that the "property rights" movement is being orchestrated by industries wanting to weaken environmental laws for profit. Agribusiness leaders deny the allegation, saying that the government is attacking landowners' rights to own and manage their property. Twenty-nine groups have joined a coalition called the Farmers and Ranchers for Property Rights.

AUSTIN - A special legislative committee is backing proposals to give school districts more control over their academic programs and more strength against violence in the classroom.

MEXICO CITY - The opposition's last hopes to weaken the ruling party's hold on power collapsed today, with official returns showing the party winning the presidency and an overwhelming congressional majority. The nearly completed vote count showed that the Institutional Revolutionary Party, or PRI, had won an unprecedented gamble - keeping its 65-years-old hold on power while cleaning up the worst excesses of the electoral system.



Park meetings continue

Campfire Park was the focus of this group of citizens Tuesday evening when the City of Hereford hosted a meeting to determine needs of the park. During the meeting, neighbors listed about 10 improvements they hope will be made in facilities in the park and along the streets.

Casino gambling is up to voters, attorney general's opinion says

By CHIP BROWN

Associated Press Writer
AUSTIN (AP) - If casino gambling is ever to reach Texas, the final hand will be played by Texas voters.

Texas Attorney General Dan Morales said in a legal opinion Tuesday that voter approval is needed before casino gambling is allowed in the state.

The 1995 Legislature is expected to face a strong push from casino interests to legalize gambling.

Morales said state lawmakers alone can't decide the issue. Instead, he said a constitutional amendment is needed. An amendment requires a two-thirds vote of the House and Senate, plus voter approval in a statewide referendum.

"On issues of this magnitude ... the citizens legally and rightfully have the deciding voice," Morales said. "The state may not allow such

gambling without the permission of the voters."

The opinion followed inquiries by state Sen. John Montford, D-Lubbock, and state Rep. Senfronia Thompson, D-Houston, about whether legalizing slot-machine gambling requires a constitutional amendment.

Morales said such gambling is a form of lottery still prohibited by the Texas Constitution. He said lotteries are defined as games of chance that offer a prize.

People on both side of the issue said a constitutional amendment will make it more difficult to get casino gambling approved in Texas.

State Republican Party Chairman Tom Pauken said Morales' opinion "effectively kills casino gambling in Texas for the foreseeable future. And I'm glad that's happened."

Lloyd Criss, chairman of the Texas Association for Casino Entertainment, called the opinion a "roadblock" because a constitutional amendment requires a two-thirds majority of lawmakers. Without an amendment, lawmakers could have approved casino gambling with a simple majority vote and without a statewide referendum.

But Criss said, "We will find a way around, through or over the roadblock. The statewide polls we have seen show 60 percent of the registered voters are for casino gambling."

Criss said casino gambling would bring \$500 million to the state annually while creating 70,000 jobs that pay between \$23,000 and \$28,000 a year.

"We wanted the people to vote on this because we think everyone will see this is good business for Texas," Criss said.

Mark Bell, a spokesman for Secretary of State John Hannah, said if the Legislature approved a constitutional amendment on casino gambling, Texans could vote on the matter sometime next year.

Morales, a Democrat, was criticized by Republican opponent Don Wittig for not releasing the opinion sooner.

The requests for the opinion were made last December. Since then, Morales has received \$75,000 in campaign contributions from Houston businessman James McIngvale, who says he wants to open a casino.

Wittig said Morales should return the contribution. Morales has returned some money from casino interests but says he will keep McIngvale's gift because McIngvale "is an exemplary citizen and business owner who has supported criminal justice projects."

Democratic Gov. Ann Richards, GOP gubernatorial candidate George W. Bush, Democratic Lt. Gov. Bob Bullock and GOP candidate for lieutenant governor Tex Lezar said they have long supported having voters decide the casino gambling issue.

Although voters in 1991 authorized a constitutional amendment allowing a state lottery, in which scratch-off and lotto tickets are sold, Morales said it is "abundantly clear that the voters ... did not intend to legalize the operation of slot machines."

Morales noted that the Texas Legislature in 1971 amended criminal statutes in an effort to permit charitable organizations to conduct bingo games and raffles. Those also are considered lotteries because they are games of chance.

HPD slates new session for citizens

The Hereford Police Department will sponsor its third Citizens Police Academy beginning Sept. 1 and running through Nov. 10.

The academy will meet every Thursday from 7 p.m. to 10 p.m. in the HISD administration building, 601 North 25 Mile Avenue.

The academy is designed to give the public a working knowledge of the department, said Capt. Pat Michael.

Several officers from the department teach the course, which covers such topics as Texas law, drugs, gangs, street survival for the police officer and criminal investigations.

Interested people must be 21 years old and reside or work in the Hereford city limits.

A short application must be filled out and returned to the police department. They are available at the department or city hall, 212 N. Lee.

For more information, call Michael at 364-2323.

The Citizens Police Academy is a public information program and not a recruitment program for police officers or reserve police officers.

Obituaries

ERNESTO MOYA PEREZ

Aug. 20, 1994

Ernesto Moya Perez, 54, former Hereford resident, died in Oklahoma City, Okla., where he had made his home for several years.

Services were held Wednesday afternoon in Bill Merritt Funeral Home in Oklahoma City with burial in Wittland Cemetery.

Mr. Perez was a Hereford native. Survivors are three sons, Ernesto Perez Jr., Eddie Perez and Elroy Perez, all of Oklahoma City; two daughters, Esmeralda Perez Campolla of Muleshoe and Estella Perez Cantu of Houston; his mother, Lorena Perez of Hereford; five brothers, Untimio Moya Perez of Lubbock, Felipe Moya Perez, Marcello Moya Perez and Francisco Moya Perez, all of Hereford, and Nicolas Moya Perez of Amarillo, and 12 grandchildren.

Police, Sheriff, Fire, Emergency Reports

Wednesday's emergency services reports contained the following information:

HEREFORD POLICE

- A 17-year-old female was arrested in the 1100 block of West Park Avenue for theft.
- A 21-year-old female was arrested in the 1100 block of West Park Avenue for theft.
- An 18-year-old male was arrested in the 400 block of Long for assault and evading arrest.
- Criminal trespass was reported in the 400 block of Avenue B, in the 100 block of Avenue B and in the 400 block of Avenue C.
- Criminal mischief was reported in the 100 block of Lake, where a window on a vehicle was broken.
- Domestic disturbance was reported in the 500 block of George.
- A 12-speed bicycle was reported found in the 800 block of Irving.
- A report was filed in reference to a 911 hang-up in the 400 block of Avenue B. Officers investigated and discovered no problems.
- Officers issued 14 citations.

DEAF SMITH SHERIFF

- A 24-year-old male was arrested on a warrant for violation of probation.
- A 19-year-old female was arrested on a Justice of the Peace warrant for past due traffic violations.

-- A 31-year-old male was arrested on two counts of delivery of marijuana over one-half ounce/under four ounces.

-- A 38-year-old male was arrested on a warrant for indecency with a child.

-- A 22-year-old male was arrested on a warrant for DWI.

-- Theft was reported that had occurred around the first of the month, where someone removed a door from a pickup on the complainant's property.

FIRE DEPARTMENT

-- Firefighters were called out at 5:26 p.m. to a car fire at Main and U.S. 60.

EMS

-- Ambulances ran on three transfers to Amarillo and one medical run.

PATIENTS IN HOSPITAL

Inf. Girl Alcocer, Martha Nancy Alcocer, Joyce Cupp, Reigna Alejandr Dorado, James Gandy, Maria F. Guerra, Jewell Hargrave, Taylor Holland, Robert Jimenez, Sr., Inman Larson.
Gladys Miller, Samuel Molinar, Jose Perez, Dora Pesqueda, Jose Ramirez, Gustavo Ramos, Florina San Miguel, Magdalena Torres, Bernadine Withar.

Students gaining on ACT, overall

AUSTIN (AP) - Texas students did better overall on the ACT college entrance exam this year, but Hispanic students' scores went down, according to figures announced by the Texas Education Agency.

The average composite score in Texas on the American College Testing program assessment was 20.2, up from 20.1 in 1993.

The national average was 20.8, on a 36-point scale.

For Mexican-American and Chicano students, the average composite score in Texas dropped from 18.1 to 18. For Puerto Rican, Cuban and Hispanic students, the average went from 18.5 to 18.3.

Black students' composite score remained at 17.2 in Texas, the same as last year.

White students' score rose from 21.3 to 21.4 in the state, and Asian-American students' composite score went from 21.5 to 21.7.

A record 56,735 students who graduated in 1994 took the ACT, making it the fifth consecutive year that the number of test-takers increased, according to TEA.

"The rising scores on the ACT are yet another sign that the hard work of educators in the field and students in the classroom is paying off," said Education Commissioner Lionel "Skip" Meno.

"The continued boost in the numbers of students taking the college-entrance exam is encouraging news, as well as the increase in students opting for more rigorous academic courses," he said.

The ACT recommends a core program of four years or more of English and three years of social studies, three years of natural sciences, and three years of algebra and higher mathematics.

ACT data shows that students who take such a core program score higher than those who don't, the Texas agency said.

This year, Texas students who took a core program received a composite score of 21.3, compared with 17.9 for students who didn't, TEA said.

The agency said 63 percent of ACT test-takers, or 35,913, took a core program.

Rain storms are feature in weather

By The Associated Press

Thunderstorms were on today's weather menu in Texas after a day of hot temperatures in most places.

The day began with temperatures in the 70s across South Texas, except for the lows 80s along the coast and along the Rio Grande from Laredo to Dal Rio.

The National Weather Service said highs mostly in the 90s would dominate the state weather picture, with late-afternoon and early evening thunderstorms.

Isolated thunderstorms rumbled into the northeastern panhandles early this morning as clear to partly cloudy skies prevailed over most of the region. Temperatures at 5 a.m. were mainly in the 60s and 70s.

Extremes ranged from 61 at Marfa to 80 at El Paso. Winds across the region were from the southeast to south at 5 to 15 mph.

In the Panhandle, fair to partly cloudy skies are expected through Thursday. The weather service held out a slight chance for afternoon thunderstorms through Thursday over the southwest mountains and Big Bend.

Highs through Thursday should be mostly in the 90s except for 100 to 105 along the Rio Grande.

High pressure in the Gulf resulted in a flow of moisture into North Texas early today.



PICK 3
TEXAS LOTTERY
AUSTIN (AP) - The Pick 3 winning numbers draw Tuesday by the Texas Lottery, in order: 9-5-8 (nine, five, eight)

THE HEREFORD BRAND

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O.G. Humes
Publisher
Mauri Montgomery
Adm. Mgr.
Garry Wanser
Editor
Craig Nissen
Circulation Mgr.



Donation to youth home activities

A donation from the Kiwanis Club for the Deaf Smith County Youth Home is presented to Romeo Ramirez, left, by Club President-Elect Dave Kimmel. The contribution by the club will be used for a camping trip planned by the youth facility and to offset expenses of other activities.

Lifestyles

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Ann Landers

DEAR ANN LANDERS: I am on vacation, but I have left behind some of my favorite columns that you may have missed the first time around. I hope you enjoy them.—Ann Landers

DEAR ANN LANDERS: This is for the Canadian who was upset because so many ignoramuses in the United States knew nothing about Canada. (He said people in Alabama thought Canadians were almost the same as Eskimos).

We live in Des Moines. When we traveled east a few years ago, we were appalled at the number of people who had never heard of Iowa. They didn't know that Iowa is a great agricultural state, that Herbert Hoover was born there or that George Washington Carver, the great African-American scientist, was educated there.

A New England woman asked my wife where we were from. When my wife said, "Iowa," the Connecticut Yankee replied crisply, "We pronounce it Ohio in this part of the country."

How do you like that, Ann?—Cornfield Readers

DEAR CORN: I love it! And by the way, when you compile your list of Iowans, don't forget Dear Abby and me. We were born in Sioux City.

DEAR ANN LANDERS: You've printed a lot of letters about rude salespeople. Having been a clerk in a supermarket for 10 years, I have drawn up a list of "helpful hints" to make shopping more enjoyable for everyone.

1. Don't use a basket. Rush to the checkout line with your arms loaded with groceries and ask if you can go ahead of the others because you are dropping things. They will feel sorry for you and say yes.

2. When there's a big order just ahead of you, put your few items on the belt and get them mixed in with the other order. The checker won't mind

refiguring after she's rung them all up together. It breaks up the monotony of her day.

3. After your bag is packed full with all the cans on the bottom, ask the checker if she'd mind fishing out that can of coffee at the bottom and putting it in a separate bag because it's for your sister.

4. Wait until the checker has 97 cents' worth of change and a few bills in her hand and then tell her you just happen to have a load of pennies you want to get rid of.

5. Wait until all the groceries are rung up, and then start digging in your purse for your checkbook and pen. When you can't find your pen, ask if anyone in the line can lend you theirs. People love to do these small favors. It makes them feel useful.

6. Wait till the busiest hours of the day and telephone the meat department and ask if they have pickled herring. It will give the butcher an opportunity to walk the length of the store and back. He'll love it. Everyone needs exercise.

7. When you are shocked senseless by the high prices of some of the items, complain loud and clear to the checker. After all, you can't get to the people who set the prices, but the checker is right there, a perfect target—so let her have it with both barrels.—Veteran of Supermarket Tangles

DEAR VET: While your letter might be amusing to many, I can see why checkout people grow old before their time. I marvel at their saintly patience. Thanks for writing.

Forget to save some of your favorite Ann Landers columns? "Nuggets and Doozies" is the answer. Send a self-addressed, long, business-size envelope and a check or money order for \$5 (this includes postage and handling) to: Nuggets, c/o Ann Landers, P.O. Box 11562, Chicago, Ill. 60611-0562.

Plan escape routes to prevent tragedies

Planning and practicing a home emergency fire prevention and escape plan can save your life since most deaths from fire happen in the home when victims are sleeping, according to the National Fire Protection Association.

Statistics show that 78 percent of deaths from fire occur in the home, and most of these fatal fires occur between 2 a.m. and 4 a.m., the nonprofit organization said.

To help families react quickly in a fire emergency, fire prevention officers in the Northwest community of Lake Oswego, Ore., work with schoolchildren to encourage families to design home fire escape plans.

"The first thing in your home fire escape plan is having a working smoke detector," says Larry Goff, fire prevention officer for the Lake Oswego Fire Department.

"Most fire victims never even see flames. They die from smoke inhalation. If they don't have a working smoke detector, a lot of people never even wake up."

Schoolchildren in Lake Oswego take home yellow sheets of paper with space to map out their own home floor plans with escape routes. Included are instructions on emergency procedures. If they successfully complete the plan, they get coupon tickets for an ice-cream cone, Goff said.

At various grade levels, children learn about flammable liquid safety and how to take safety audits in their home, checking for hazards like faulty wiring or combustible materials.

Goff encourages families to contact the local fire department for tips on designing a plan, fire safety and prevention. In some communities, inspectors come to your home for a safety inspection.

To create your personal escape plan, fire officials say:

-Install smoke detectors on every level, outside the bedroom, near the kitchen and garage. Keep clean and dust-free. Check batteries and smoke sensors monthly. (Some fire departments say weekly.) Replace

batteries yearly and detectors every 10 years.

-Draw a floor plan of all levels of your home with normal and emergency exits, including two from each bedroom. Designate a safe meeting place outside and someone to call 911 from a neighbor's home or to rescue small children from outside the building, if inside entrances are blocked.

-Practice the plan including crawling out with eyes closed (heavy smoke impairs breathing and sight; staying close to the floor increases chances of escape). If need, practice using escape ladders.

-Small children unable to escape can learn to open their windows and wave an article of clothing to attract attention. Instruct them to wait at the window until someone comes and never hide from the fire. Discuss with a fire marshal whether an escape ladder would be appropriate.

-Sleep with doors closed. If children are frightened, parents can close doors after the children fall asleep and use a room monitor to hear them in the night.

-If awakened by a smoke detector or a fire, instruct family members to feel the door for heat and check air at bottom. If you don't smell smoke and the air is cool, kneel and open the door slowly, turning your face away from the opening. If smoke is present or the door is hot, use another exit.

-Purchase an A-B-C-rated fire extinguisher and learn how to use it by remembering the word PASS. Pull the pin, Aim the extinguisher, Squeeze or press the handle, Sweep side to side at the base of the fire. (The rating is based on the fire. 'A' is a wood or paper fire; 'B' is caused by flammable liquids; 'C' is an electrical fire.)

Educators warn parents not to frighten children about fires. Reassure them that emergency planning is a way of being prepared and does not mean a fire will occur.

Says Goff: "Most fire fatalities are needless. It just takes a little bit of time to protect yourself from fire."

Senior Citizens

LUNCH MENUS

THURSDAY—Beef stroganoff on rice, green beans, stewed tomatoes or carrots, tapioca pudding.

FRIDAY—Salmon loaf, scalloped potatoes, seasoned mixed greens or blackeyed peas, raspberry gelatin salad, pineapple upside-down cake.

MONDAY—Polish sausage with kraut, baked sliced potatoes, fried okra, tossed salad, peaches and cookies.

TUESDAY—Roast beef with gravy, mashed potatoes, buttered carrots, jellied fruit and cottage cheese, salad, fruit cobbler.

WEDNESDAY—Chicken breast fillet with sour cream sauce, rice pilaf, green beans, coleslaw, cake.

ACTIVITIES

THURSDAY—Stretch and flex 10:45 a.m., oil painting 9-11 a.m. and 1 p.m., choir 1 p.m., water exercises, birthday social 6:30 p.m.

FRIDAY—Line dance 9-11 a.m., water exercises, garage sale 8 a.m. until 5 p.m.

SATURDAY—Games noon until 4 p.m., garage sale 8 a.m. until 1 p.m.

MONDAY—Line dance 9-11 a.m., water exercises.

TUESDAY—Stretch and flex 10:45 a.m., water exercises.

WEDNESDAY—Stretch and flex 10:45 a.m., water exercises, ceramics 1:30 p.m.

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How to create low-fat, good tasting brownies

By **NANCY BYAL**, Food Editor
Better Homes and Gardens Magazine

For AP Special Features

Be ready to win brownie points with these chocolate wonders. Kids love them because they taste great; parents love their low-fat score. The fat-lowering tricks include using less sugar, switching to skim milk, substituting egg whites for eggs, relying on cocoa powder for chocolatey flavor and adding fewer nuts. Drizzle with a nonfat icing and watch them disappear.

Cake Brownies

Nonstick spray coating
1/4 cup unsalted margarine
2/3 cup sugar
1/4 cup unsweetened cocoa powder

1 egg white
1/2 teaspoon vanilla
3/4 cup all-purpose flour
1/3 cup skim milk
1/4 teaspoon baking powder
1/4 teaspoon baking soda
1/3 cup chopped walnuts or pecans
1 teaspoon powdered sugar
Chocolate Icing (recipe below)
Spray a 9-by-9-by-2-inch baking pan with nonstick coating; set pan aside.

In a medium saucepan melt the margarine. Remove from the heat. Stir in the sugar and cocoa powder until combined.

Add egg white and vanilla to saucepan. Using a wooden spoon, lightly beat just until combined. Add flour, milk, baking powder and baking soda. Beat with the spoon until combined. Stir in walnuts or pecans. Spread the batter into the

prepared baking pan.

Bake in a 350-degree F oven for 16 to 18 minutes or until a wooden toothpick inserted near the center comes out clean. Cool in pan on a wire rack. Sprinkle with the powdered sugar. Drizzle with Chocolate Icing; let stand for 30 minutes or until icing is set. Cut into bars. Makes 24 bars.

Chocolate Icing: In a small mixing bowl stir together 1/2 cup sifted powdered sugar, 1 tablespoon unsweetened cocoa powder, 1/4 teaspoon vanilla and enough skim milk (1 to 2 tablespoons) to make an icing of drizzling consistency.

Nutrition information per brownie: 74 cal., 3 g fat, 0 mg chol., 1 g pro., 11 g carbo., 17 mg sodium, 0 g fiber. RDA: 3 percent vit. A, 0 percent vit. C, 1 percent calcium, 4 percent iron.

The United States leads the world in waste production, generating some 200 million tons a year, enough to fill a convoy of garbage trucks stretching eight times around the globe, according to National Geographic.

Hints from Heloise

Dear Readers: Everyone uses some type of math during the course of every day. It is an important skill that is necessary for almost all phases of life, whether at home, work or at play.

"Helping Your Child Learn Math" is one of the booklets of the "Helping Your Child" series. It contains alternatives to flashcards, like fun activities to help your child solve math problems. It also has a wonderful resource list of math materials for parents, and books, magazines and periodicals for children.

To order, send your request along with 50 cents and your name and complete address to: Consumer Information Center, Dept. H-374A, Pueblo CO 81009. Please allow three to five weeks for delivery.

Here is a quote from the booklet that sums it all up: "It is important for home and school to join hands. By fostering a positive attitude about

math at home, we can help our children learn math at school."

I was lucky to have wonderful math teachers at an early age as well as my dear father, who always helped and encouraged me to do my homework. Math can be fun. — Heloise

STOLEN PURSE

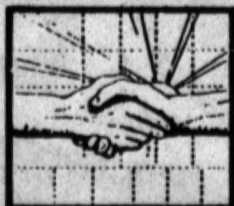
Dear Heloise: My purse was stolen recently and the contents, other than money, were thrown in a dumpster.

I had 26 cards among those items. Some were found, but fortunately I had made a copy of all of them and could easily take inventory, see the numbers on the cards and immediately notify the various companies.

It certainly saved a lot of time. Your hints are always read. Thank you! — Charlyne Creger, Shreveport, La.

It's always nice to hear how a hint from my column has saved a reader's day! Thanks for writing. — Heloise

Panhandle Community Services



Helping People Help Themselves

Dear Hereford!

We couldn't have done it without you! Panhandle Community Services was proud to be a part of the Town & Country Jubilee this year. We wish to express our appreciation to the landlords, merchants and individuals that helped to make our efforts successful!

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Sports

Herd to scrimmage AHS

Hereford's football teams will scrimmage against Amarillo High this week, with all sub-varsity teams scrimmaging on Thursday. The two schools' freshmen teams will meet at 5:30 p.m. at Amarillo High, while the sophomore and junior varsity teams will meet at 5:30 at Bonham Junior High in Amarillo. The varsity squads will meet at 6:45 p.m. Friday at Whiteface Stadium in Hereford. Hereford opens the regular season Sept. 1—that's a Thursday—against Tascosa in Amarillo. The Herd and the Rebels will meet at 7:30 p.m. in Dick Bivins Stadium.

Lady Whitefaces raise record to 7-1

The Lady Whitefaces volleyball team picked up two more wins at a dual match Tuesday in Brownfield, improving the team's record to 7-1. Hereford beat Brownfield 15-6, 15-5, then beat Lubbock Monterey 15-12, 15-8, both at Brownfield. The Hereford team has been busy over the past six days. Counting pool play matches in the Lubbock

Invitational held Friday and Saturday, Hereford has played 10 matches in six days. Brownfield's and Monterey's schedules also have been full. Both were semifinalists in the Lubbock tourney; Hereford beat Monterey and Dumas dispatched Brownfield before beating Hereford for the tourney title. The strain showed in the play of all

three Tuesday, Hereford coach Brenda Reeh said. "All three were a little sluggish, a little slow," she said. "Under the circumstances, we did a good enough job to get out of there with two wins, and that's what counts." Danielle Cornelius led the offense with seven kills against each opponent, and Heather Hodges was

right behind her with 13 kills for the evening. Jessica Evers served well, recording three aces against Brownfield and two aces against Monterey. She had an impressive total of 28 good serves in the two matches.

Tennis team's match canceled

The Hereford High School tennis team was scheduled to play a match against Tascosa Tuesday in Amarillo, but when the Herd got there, Tascosa officials canceled the match, assistant coach Pam Dean said.

Ray Wersching of San Francisco kicked a record five field goals in Super Bowl competition.

Franco Harris of Pittsburgh carried the ball 101 times in Super Bowl Games, a record for the event.

Owners, players aren't close to settling

By RONALD BLUM
AP Sports Writer
NEW YORK (AP) - When baseball labor talks resume today, the odds are better for raised voices than a settlement. "Maybe we need a little shouting," Kansas City Royals pitcher David Cone said Tuesday. "I know that there are fans all over America who would like to shout right now." With the strike in its 13th day, there's no sign owners will alter their demand for a salary cap or that players will ever accept one. "If they stick with a salary cap, players are going to play a lot of golf," Los Angeles Dodgers outfielder Brett Butler said after the union delegation met with federal mediators for about two hours. Owners will be at the bargaining

table for the first time in nearly 4 years. Jerry Reinsdorf of the Chicago White Sox, Jerry McMorris of the Colorado Rockies and Drayton McLane of the Houston Astros will be joined by eight or nine other management officials. The management team met with the mediators for about 3-1/2 hours Tuesday. "Everyone had a different way of articulating their concerns for the economics of the game," said Boston Red Sox chief executive office John Harrington, the spokesman for the group. "But the unanimity of the final message was that we have to bring about some fundamental change to the player compensation system in order to ensure the future viability of the game." Today's session is the first since Aug. 12, when baseball's eighth work

stoppage since 1972 began. The strike canceled 14 more games Tuesday, raising the total to 155. "There's not that much optimism right now," said Cone, one of 18 players who met the mediators. "There's no reason to expect anything substantial tomorrow." Owners, by their own choice, had refused to attend bargaining sessions. But they changed their stance after federal mediators asked last week. "It is very much a step in the right direction that the stakes holders - as they have been referred to - the owners and the players, will sit down with each other and have a dialogue," management negotiator Richard Ravitch said. Ravitch said owners will stick to their salary-cap proposal. He repeated that owners want to have a fixed

figure or percentage of revenue assigned to player compensation. Players made clear that no progress is possible as long as owners insist on a cap. "Once you take the salary cap off the table, we're willing to talk about all aspects of the game," Butler said. "But that's got to come first." Harrington said the 12-member management delegation has the authority to enter into a tentative agreement, subject to ratification by at least 21 of the 28 clubs. But no one on either side expects that will happen any time soon. With players standing behind him during a news conference, union head Donald Fehr continued to attack management, saying "all of their public statements are choreographed."

Ravitch and Fehr continued their public debate later Tuesday night on CNN, appearing jointly with Labor Secretary Robert Reich. "You've got to allow the collective bargaining process to go on," Reich said, adding that if there is no settlement, baseball's antitrust exemption could be reexamined by Congress. Players, who have lost about \$53 million in salary since the strike began, said the money wasn't the issue. "We like the idea of in a free agent year not worrying about what a salary cap looks like," Jay Bell of the Pittsburgh Pirates said. "We want to go to the teams where we want to go to." Atlanta Braves pitcher Tom Glavine said if owners don't remove their demand for a cap, the World Series is doomed. "If that's the way they're thinking," he said, "tell us now because we'll take our vacations and take the rest of the year off."

Little League World Series goes on

By KELLY P. KISSEL
Associated Press Writer
WILLIAMSPORT, Pa. (AP) - Can you keep a secret? Springfield, Va., has virtually locked up a spot in the Little League World Series semifinals, but manager Jim Hamilton doesn't want to tell his team. His only mistake Tuesday night was telling two dozen reporters about his plan. By the start of tonight's last round-robin game of the Series, everyone in Williamsport should know Springfield advances automatically if it gives up six runs or less to Northridge, Calif. "As far as I'm concerned, they'll never know any different," Hamilton said. Springfield practically sewed up the semifinal berth by beating Brooklyn Center, Minn. 4-1 Tuesday night. Even if it were to lose tonight and fall into a three-way tiebreaker, it's nearly a shoo-in because it's only given up two runs in 14 innings.

All United States teams are still alive for the semifinals and finals. Even Middleboro, Mass., which fell to Northridge 6-4 Tuesday and dropped to 0-2, could advance if it and Springfield win - depending on the scores. Venezuela on Tuesday clinched one international semifinal berth, beating Taiwan 4-1. Taiwan and Saudi Arabia play today to determine which will play Venezuela on Thursday. Saudi Arabia beat Glace Bay, Nova Scotia 6-3 on Tuesday to knock out the Canadians. Ethan Lare, who hit the game-winning home run in Springfield's victory over Middleboro Monday night, hit another homer Tuesday night and on the mound limited Brooklyn Center to three hits. Springfield also turned two double plays behind Lare, one when Jermar Larkins lined to second baseman Mike Fratoe, who flipped to shortstop Paul Weishar to double off Eric

Tauscheck. "Major leaguers don't execute any better than that," Springfield coach George Lare said. "Both times, the Central (Minnesota) had an excellent chance to get some runs and we stopped them cold." Brooklyn Center scored its only run in the fifth when Jason Erklouts singled, moved to third on a passed ball and a wild pitch, and scored on Dwayne Erickson's grounder back to the mound. "It's disappointing. We hit a couple of balls hard, but we got a couple of pitches too high and they capitalized on them," Brooklyn Center manager Larry Wendell said. Middleboro, playing in a league which allows only fastballs, never saw a curve ball until it reached tournament play. Failure to handle it Tuesday night cost Middleboro its second defeat. Northridge manager Larry Baca said he had pitcher Peter Tuber throw

more curve balls to keep Middleboro off balance. Tuber struck out 13. "We play a 22-game schedule without curve balls. They do not allow curve balls in our league," Middleboro manager Steve McKenna said. "They feel that throwing them too early tends to destroy a kid's arm." Taiwan had trouble hitting any Venezuela pitch. Cesar Hidalgo struck out the first 12 batters he faced and finished with 15 strikeouts. Saudi Arabia scored five runs on wild pitches in its victory.

Cowboys' Smith needs work

By DENNE H. FREEMAN
AP Sports Writer
IRVING, Texas (AP) - Even a Super Bowl MVP needs to fine tune his skills once in a while. "I need a few more snaps to get my timing down," Cowboys running back Emmitt Smith says. "There are still some things I can work on." With that in mind, coach Barry Switzer will let Smith and Troy

Aikman play briefly against New Orleans Thursday night in the Super Bowl. It's the final preseason game for the defending Super Bowl champions. "Emmitt still feels a little rusty and wants to play," Switzer said. "He won't play long. He sure elevated our play the other night. I was shocked to see he carried the ball 21 times in just 2-1/2 quarters. It didn't seem like that many." Smith, who scored a touchdown and rushed for 110 yards on Sunday

in his first outing since the Super Bowl, will play some along with wide receivers Alvin Harper and Michael Irvin. "We need to play some plays to keep sharp," Irvin said. "We'll probably play a couple of series." Also, center Mark Stepnoski, who suffered a damaging knee injury last December against the Minnesota Vikings, was expected to play in his first game since surgery.

(See COWBOYS, Page 6)

The Ballpark in Arlington to host minors

ARLINGTON, Texas (AP) - The Texas Rangers have found a way to bring fans to their ballpark, even during the major league strike. The Oklahoma City 89ers, the Rangers' top farm team, will play the Omaha Royals at The Ballpark on Sept. 3. Tickets will range from \$2 to \$8. The American Association game will start at 8:35 p.m. EDT. "The Rangers are very pleased to take part in this event," Rangers president Tom Schieffer said. "It will give our fans the opportunity to watch our top minor leaguers in action while affording the 89ers' fans a chance to see our beautiful ballpark." The 89ers have never played in Arlington. The last minor league game in the city was on July 22, 1985, when Bobby Witt started for Tulsa, the Rangers' Double-A team, against El Paso in a Texas League game prior to the Cleveland-Texas meeting at Arlington Stadium. The Omaha-Oklahoma City game originally was to be played at All Sports Stadium in Oklahoma City. The 89ers and Omaha, Kansas City's Triple-A team, will play in Oklahoma City on Friday, then travel to Arlington. The game will be played, even if the strike is settled. The Rangers are scheduled to play in Milwaukee that weekend.

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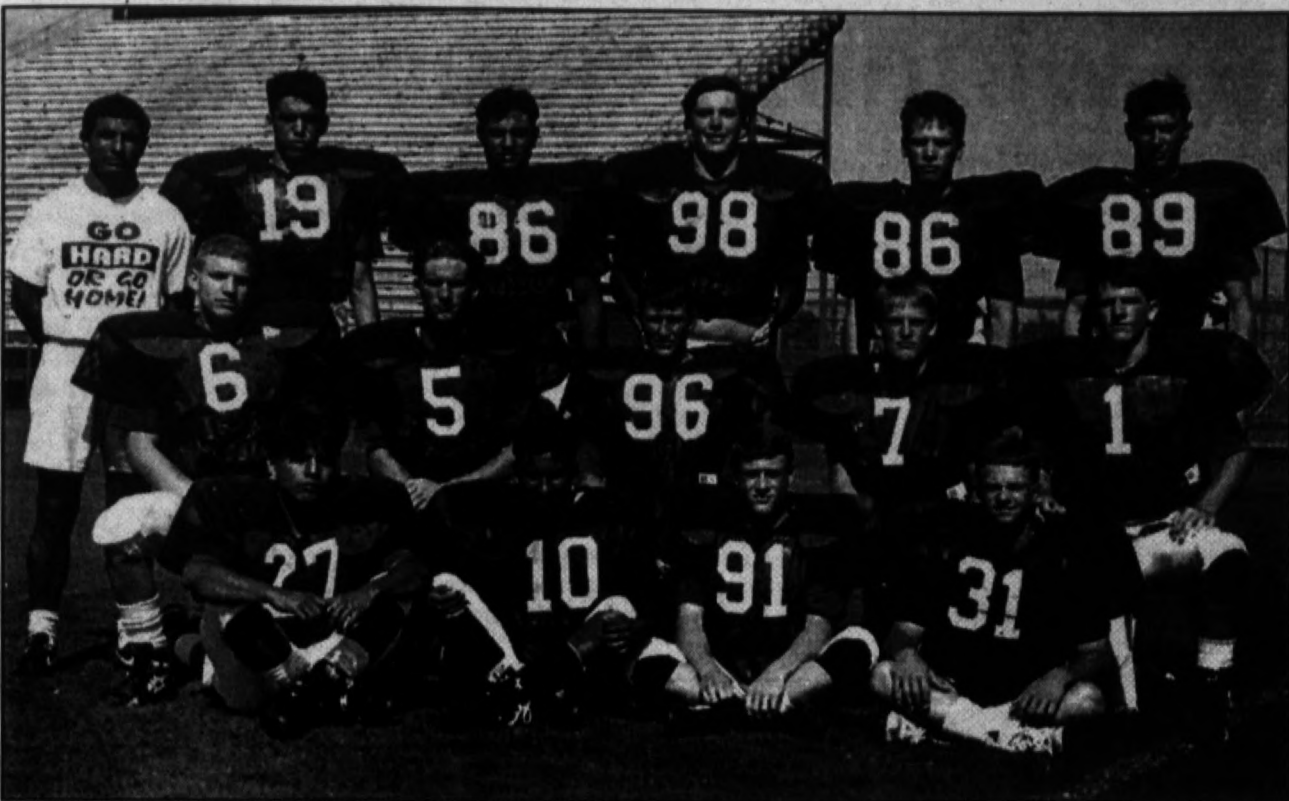
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Herd receivers

The Herd's senior and junior prospects for receivers are: (front row, left to right) Harvey Martinez, Ronald Torres, Jeb Skiles, Steven Wright, (middle row) Jared Artho, Marc Haney, Kip Smith, Wade Backus, Homer Hamilton, (back row) coach Joe Cabezuela, Johnny Garza, Raymond Gonzales, Michael Kriegshauser, J.P. Villarreal and Scott Parker.



Herd offensive backs

The Herd's senior and junior prospects for quarterbacks and running backs are: (front row, left to right) Josh Urbanczyk, John Emerson, Marquise Brown, Joe Ricanbaw, Anthony Cervantez, Todd Dudley, Michael Brown, Dwayne Thomas and Armando Zambrano, with offensive coordinator Craig Yenzler.



Herd offensive linemen

The Herd's senior and junior prospects for offensive linemen and tight ends this year are: (front row, left to right) Ted Peabody, Michael Davis, John Messer, Keith Flood, Johnny Delgado, Samuel Berryman, (middle row) Steven Romo, Gabriel Guererro,

Terance High, J.P. Villarreal, Scott Parker, Raymond Gonzales, Michael Kriegshauser, (back row) coach Stan Carter, Brack Bryant, Lorenzo Martinez, Joe De La Cruz, Michael Medina, Josh Gamboa and Joseph Martinez.

Oilers waive Williams

HOUSTON (AP) - The Houston Oilers may be robbing the defense to pay the offense.

They got rid of defensive end Lee Williams and his \$1.125 million salary on Tuesday, waiving Williams after he failed his physical in his continuing battle to recover from off-season knee surgery.

The Oilers hope to resign Williams at a lower salary and possibly use some of the extra money to sign holdout running back Lorenzo White, the Oilers leading rusher two years ago.

White, who earned \$1.5 million last year, was unable to get another team to pay him at his 1993 rate.

Williams says he'll listen to the Oilers plans for a reduced contract. "If they came to me and asked me to take a pay cut, I'd talk to them


about it," Williams said. "My knee's getting better daily. I've made progress but I still don't know where it is so far as me being able to play."

The move with Williams could give the Oilers more room under the NFL's salary cap and could help them sign running back Lorenzo White, who tested free agency without success this preseason.

White was the Oilers' leading rusher (1,226 yards) two seasons ago before a contract holdout and Gary Brown's emergence last season put him on the bench.

White has missed all of the preseason and historically has been slow to respond after a holdout. But he would still be welcomed as a part of the Oilers' expanded offense that includes new emphasis on the running game.

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Bears sign 2 wide receivers who were released by Rams

By ADAM NAZIMOWITZ
AP Sports Writer

So it goes in the NFL. One minute you're no longer needed by a team, the next you're snatched up by another and back in the NFL.

Such was the case with wide receivers Nate Lewis and Greg McMurtry, both released by the Los Angeles Rams over the past two days, and picked up together by the Chicago Bears on Tuesday night.

On Tuesday, teams had to make cuts to get down to the NFL roster limit of 60. There are usually a few well-known players given their early walking papers, but not many this year.

Lewis, acquired from the San Diego Chargers in the offseason and used as a kick returner and starter in the first three exhibition games, became an expensive victim of the Rams' depth at wide receiver.

The Rams decided to go with a younger set of wide receivers, some of whom earn considerably less than Lewis' \$600,000 salary.

"We've just got some younger receivers we decided to go with," coach Chuck Knox said. "We thought this would give Nate a chance to catch on with another team. I'm sure it was a bit of shock for Nate, but these days there's economics in

anything you do."

Knox probably had no idea how fast his statement would come to fruition. Lewis, who finished with 38 catches for 463 yards and four touchdowns and returned 33 kickoffs for 684 yards for the Chargers last season, agreed to terms with the Bears hours later. Chicago also came to terms with McMurtry, released Monday by the Rams.

McMurtry, who spent the last four years with New England, caught 22 passes for 241 yards with one touchdown with the Pats last season.

"We've tried to address a need for us," Bears coach Dave Wannstedt said. "It's ironic because Greg visited us during the free agent market. ... We were talking five months ago about Nate being a possibility for us at that time. We've investigated these guys. We're excited to see if they can help us in some way."

The Rams also placed quarterback T.J. Rubley on injured reserve. Rubley, who started seven games in 1993, is expected to have elbow surgery and isn't expected to play again this year.

Also cut were veteran defensive backs Terry Taylor and Cliff Hicks, center Brad Fichtel, rookie defensive

linemen Kevin Patrick and Maa Tanuvasa and free-agent rookie linebacker Andy Mason.

The Bears will be without receiver and punt returner Terry Obee, out for the season with a broken leg and dislocated ankle. He was placed on injured reserve, along with linebacker Robert Bass, who will have knee surgery today.

Jets
Tony Meola, the goalkeeper for the U.S. soccer team who played well during the recent World Cup, was waived.

While several of his former teammates were signing lucrative contracts to continue playing soccer overseas, Meola was trying to catch on as an NFL kicker.

Browns
Antonio Langham, the Browns' No. 1 draft pick, will be the starting left cornerback over Donald Frank, acquired in a trade with San Diego.

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HOMELAND

Bills want another shot at winning Super Bowl

By BARRY WILNER
AP Football Writer

America doesn't want to read about the Buffalo Bills in the Super Bowl. The attitude is, "Enough already!"

Except in Buffalo, where the Drive for Five is in full gear and the Bills are confident of winning their sixth division title in seven years and fifth straight AFC championship.

"Can we get there again? Why not?" quarterback Jim Kelly says.

Perhaps. But with the free agency departures of Pro Bowl players Howard Ballard and Nate Odomes and the aging process working against Kelly, Thurman Thomas, Bruce Smith and Kent Hull, the Bills enter this season with more question marks than at any time during Marv Levy's superb coaching reign.

One thing there can be no doubts about is their resolve.

"There's not that sense of letting up, or goofing around, or complacency," general manager John Butler says. "I see the exact same intensity, desire and talk amongst the players that I've seen the past years."

What he might not see from most of the recent past is the Bills atop the AFC East when the playoffs begin. Not that finishing as a wild card - which it should manage - precludes Buffalo from another Super Bowl trip.

Two years ago, Miami won the

division, but the Bills beat the Dolphins in the AFC title game. The Dolphins, barring the injuries that ravaged them last year, are good enough to beat out Buffalo again.

The rest of the division will trail far behind. New England will be better, but not nearly improved enough to have a bandwagon worth jumping on. The New York Jets have the experience of a champion, with Ronnie Lott, Boomer Esiason, Art Monk and Nick Lowery. Those players are well past their primes, though. The Indianapolis Colts will go as far as Marshall Faulk can carry them, without much help from the rest of the team. That won't be far enough to escape last place.

The Bills will rely on untested youngsters - Jerry Crafts for Ballard at tackle, Thomas Smith for Odomes at cornerback - to go with the time-tested nucleus of stars. They'll need continued improvement from defensive end Phil Hansen opposite All-Pro Smith and linebackers Mark Maddox and Marcus Patton flanking the terrific Darryl Talley and Cornelius Bennett.

The Dolphins lost their way last season after Leon Lett handed them that incredible Thanksgiving present in the snow at Dallas. That lifted Miami to 9-2, the NFL's best record; the Dolphins didn't win again.

When a team loses such headlines as Dan Marino, Troy Vincent, John

Offerdahl, Keith Jackson and Louis Oliver, at some point that will be destructive.

"The injuries, especially defensively, in the last part of the year pinpointed how important quality depth is," says coach Don Shula, who needs 10 victories to set the career record for regular-season wins. He already has the overall mark including playoffs.

The starters, except for Oliver, are back. Oliver left as a free agent and Shula signed two safeties, Michael Stewart and Gene Atkins, to replace him and provide some depth.

Miami's defense ranked just 20th in the league and had only 29 sacks. Healthy, it can be stingy enough to provide the potent offense an opportunity to win games. Miami is better-equipped to handle injuries in the secondary and at linebacker, but top pick Tim Bowers must contribute quickly on the line.

Marino made the Super Bowl in his second season and hasn't returned. Now, even his durability is in question as he comes off a torn Achilles tendon.

"I don't see it as being a problem," Marino says. "I'm ready to go."

His anxiety is palpable. Marino has an excellent cast to work with. He can spread his sharp passes among tight end Jackson, wide receivers Irving

Fryar, Mark Ingram and O.J. McDuffie and the strongest backfield in the league, featuring Terry Kirby and Mark Higgs.

The fashionable darkhorse pick for playoff contender this year is New England. Don't bet the mortgage.

Certainly, the Patriots should continue their improvement under Bill Parcells, who has taken a machete to the roster he inherited when he took over the NFL's most-maligned franchise in 1993. They did win their last four in '93 after going 1-11, with six of the defeats by four or fewer points.

But they beat Cincinnati, Cleveland, Indianapolis and undermanned Miami

in that stretch. Let's see how they do in their first two September games, against a healthy Miami and Buffalo.

"People walk up and say, 'If you can just pick up where you left off,'" Parcells says. "I tell them, 'Get that idea out of your head.' Picking up where you left off never works."

At least the Pats aren't picking up the pieces from another disaster and, with quarterback Drew Bledsoe, running back Marion Butts, receiver Vincent Brisby, tackle Bruce Armstrong, linebackers Vincent Brown, Todd Collins and rookie Willie McGinest and a strong crop of free agents, they have enough to break even this season.

The Jets also could be around .500, which isn't nearly enough for a team so loaded with guys nearing the end of their careers.

But the Jets have the look of a well-worn also-ran. At least they finally have a popular coach in Pete Carroll.

The Colts have one of those, too, in Ted Marchibroda. How long he remains in that position depends on how fast Faulk becomes a star - and he will be a star - and how much better the defense can be.

Prediction: 1. Miami (11-5); 2. Buffalo (10-6); 3. New England (8-8); 4. New York (8-8); 5. Indianapolis (4-12).

COWBOYS

"This is an important game for me to see how the knee responds," Stepnoski said. "Then I have 10 days to recover before the regular season opener."

Dallas beat Denver 34-10 Sunday night to even its preseason record at 2-2 under rookie coach Switzer.

Fullback Daryl Johnston, who sprained a foot against the Broncos,

will be held out.

Veteran Tommie Agee and Robert Wilson are in a battle for the second fullback spot.

"It's close," Switzer said. "Tommie knows the position. Wilson is a step ahead as an athlete."

Switzer wants a final long look at tailback Lincoln Coleman, who lost two fumbles against the Broncos.

Dallas lost Derrick Lassic for the season with an injury in its exhibition opener.

"Lincoln needs to step up," Switzer said. "He has to quit fumbling the ball. He got dog-cussed by (running backs coach) Joe Brodsky for his game against Denver."

Television

WEDNESDAY AUGUST 24											
6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	
Adventures in Fantasy	Movie: Willow (1988) Val Kilmer, Warwick Davis. PG	(-05) Movie: The Day of the Jackal (1973) Edward Fox, Alan Badel.									
News	Cops	Unsubod Mysteries	Now	Law & Order						(-35) Tonight Show	
MacNeil/Lehrer Newshour	National Geographic	Movie: Long Shadows (1994) Funi Dan.	Robert Post	Tony Brown	Charlie Rose						
B. Hibbles	Sanford	(-05) Clash of the Champions Wrestling				(-35) Movie: Used Cars (1980) Kurt Russell. +1/2					
News	Wh. Fortune	Thunder	Phenom	Home Imp	Grace	Turning Point	News	(-35) Cheers	H. Patrol		
Jesuit	Prism	Joy-Music	HumanFct	Everyman		Power Point	Missions	Homeland	Cap. News	Common S	
Night Court	Jeffersons	Movie: Hellfighters (1968) John Wayne. +1/2				News	Night Court	Renegade	Golden Girls	Late Show	
News	Married...	Nanny	Muddling	Christy		48 Hours					
Roseanne	M*A*S*H	Beverly Hills, 90210	Tina Turner What's Love?	Star Trek: Next Gener.	M*A*S*H	Bonanza					
Sportstr.	Major League Baseball Teams to Be Announced					Major League Baseball Teams to Be Announced					
Waltons	Young Riders	Rescue 911				700 Club	Bonanza			Big Jake	
Ready-Not	Depressed J.	Movie: Son-in-Law Pauly Shore. PG-13	(-35) Movie: Encino Man Sean Astin. +1/2	(-05) Movie: Night Eyes 3 +1/2 'R'							
Movie: Moving Violations	Movie: Beverly Hills Cop II Eddie Murphy. +1/2 'R'										
(-5:30) Movie: The Experts	Movie: Bad Behaviour Stephen Rea. +1/2 'R'					Movie: Benefits of the Doubt +1/2 'R'					
Club Dance	News	Proudheart		Music City Tonight			Club Dance			News	Proudheart
Beyond 2000	Sancturaries	Arctic		Portrait of a People			Sancturaries	Arctic		Proudheart	
In Search Of		Biography		Civil War Journal			David L. Wolper Presents	Biography			
China Beach		Lifetime Magazine		Movie: Desert Bloom (1995) Jon Voight. +1/2				Unsolved Mysteries		Mysteries	
Speed	Sportstalk	Major League Baseball New York Mets at Houston Astros						Major League Baseball			
Kung Fu		Movie: Hangman's Knot (1952) +1/2	(-05) Movie: Ten Wanted Men (1955) +1/2							Movie: Santa Fe (1951)	
Doug	Muppets	Bewitched	Bewitched	Bewitched	Bewitched	M.T. Moore	Van Dyke	Newhart			
Wings	Wings	Murder, She Wrote		Movie: Stella (1990) Bette Midler, John Goodman. +1/2			Wings	Quantum			
Buscando el Paraiso		Agujetas de Color de Rosa		Sensacionalismo			Notic. Unt.	Movie: Ensayo Noche			
Home Pro	Hometime	Connections		Conn. 2	Mysteries of	Operation	Connections			Conn. 2	
Jonny Quest	Scoby Doo	Flintstones	Jetsons	Bugs & Daffy			Toon Heads	Jesse-Cats		Top Cat	

Comics

The Wizard of Id By Brant Parker and Johnny Hart

Marvin By Tom Armstrong

BLONDIE by Dean Young and Stan Drake

Barney Google and Snuffy Smith By Fred Lasswell

BEETLE BAILEY By Mort Walker

THURSDAY AUGUST 25											
7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	
Fraggle	Pooh Corner	Umbrella	Dumbo	Tracks	Care Bears	Gummi B.	Jump	Danger Bay	Zorro	Movie: New	
Today				Jenny Jones		Geraldo		Jane Whitney		Our Lives	
Long Walk Home	Ghostwriter	Ghostwriter	Lamb Chop	Barney	Storytime	Kidsongs	Mr Rogers	Stallion	Painting		
Gilligan	Bewitched	Happy Days	S's Co.	Little House on the Prairie	(-05) Melbook			Movie: Striped and the Eye of the Tiger			
Good Morning America				Regis & Kathie		Donahue		Little House on the Prairie		News	
Worship	Parapet.	Choir	Daily Mass		Close-Up			Baywatch		Worship	
Garfield	Bozo		Danga	Andy Griffith	Andy Griffith	People Ct.	People Ct.	Geraldo		News	
(-6:00) This Morning	Vicki			Ricki Lake		Price Is Right		Young and the Restless		News	
Rangers	Melodies	Benkers	Tale Spin	700 Club		K. Copeland	Paid Prog.	Paid Prog.	Paid Prog.	Hunter	
Sportstr.	Sportstr.	In Motion	Getting Fit	Step	Bodyshape	Sportstr.	Sportstr.	Sportstr.	Sportstr.	Hockey	
Babar	Gadget	Life Goes On		700 Club				Health Club	Make Deal	Jumble	Triv. Purs.
Movie: Avalon (1990) Armin Mueller-Stahl, Aidan Quinn. +1/2 PG				Movie: The Russians Are Coming-Coming!				Movie: Adventure-Nite		Movie: Blankman	Movie:
Movie: Smoguel! Encyclopd.	Movie: Little Sister Jonathan Silverman.			Movie: Rookie of the Year Thomas Ian Nicholas. PG				Movie: Airborne +1/2 PG			
Movie: Let's Make Love Marilyn Monroe. +1/2				Movie: 1492: Conquest of Paradise Gerard Depardieu. +1/2 PG-13				Movie: Airborne +1/2 PG			
(01 Air)		VideoMorning									
Paid Prog.	Paid Prog.	World	World	Home	Great Chefs	Cuisine	Graham K.	Cholesterol	Easy	Home	
In Search Of		McMillan and Wife					City of Angels	Police Story		Rockford	
Workout	Your Baby	Sisters		Our Home			Gourmet	Marriage	Supernat.	Shop-Drop	Queens
MuscleSport USA	Cable Health Club			Major League Baseball New York Mets at Houston Astros						NBA's Great	
Bugs Bunny	Pink P.	Pink P.	Pink P.	Jetsons	Bugs Bunny	Knots Landing		Charlie's Angels		CHiPs	
Looney	Doug	Rugrats	Alvin Show	Muppets	Muppets	Elephant	Gnomes	Eureka!	Wren-Bear	Dennis	
Turtles	Ghostbust.	Ghostbust.	Scoby Doo	American Gladiators		American Gladiators		Parker L.	Two Dads	Facts-Life	
Nos. Jos G.	El Chevo	Cheespito		Papa Solt.	Candido P.	Ulavatelo		Muchachitas		Dos Diana	
Movie: Magic Box	Kitty Cats	Bookmice	Join Int	Zoobilee	Iris the Prot.	Movie: Magic Box	Kitty Cats	Cookbook	Kitchen	Laurie	
(-5:00) Morning Crew				Tom-Jerry	Jetsons	Jesse-Cats	P. Pitstop	Smurfs	Smurfs	Snorks	

12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30	
Movie: New Adventures of Pippi	Quack	Care Bears	Avonlea				Kids Incomp.	Mickey	Teen Angel	Eerie Ind.	
Our Lives	Another World	Leza		Oprah Winfrey			Mary Perch		Cur. Affair	NBC News	
Body Elec.	Keeping Up	Merci	Dupree	Sesame Street		Reading	C. Santiago	Sq. 1 TV	Imagination	Horse	
Movie: (-15) Major League Baseball Atlanta Braves at Chicago Cubs							Tom of Fun	Saved-Bell	Gro. Pains	Andy Griffith	
Rush L.	One Life to Live	General Hospital		Sally Jessy Raphael			Family Feud	Am. Journal	Jeopardy!	ABC News	
Illuminations	Life Choices	Spirit	Faces	Joy-Music	VISN Agenda		Lightmusic	Jessy Dizon	Common Sense	Religion	
News	(-10) Major League Baseball Atlanta Braves at Chicago Cubs						Tenth Inning	Saved-Bell	Saved-Bell	Design. W.	
Bold & B.	As the World Turns	Guiding Light		Design. W.	Family M.	Edith	Hard Copy	News		CBS News	
Hunter	Metlock	People Ct.	Love Con.	Droopy	Tiny Toon	Animaniacs	Batman	Saved-Bell		Full House	
Roller Hockey International: Playoff	Little League World Series: Foreign Ch.	Little League World Series: American Championship								Sportstr.	
Name-Tune	Boggle	Make Deal	Heroes	Marlo Bros.	Popeye	My Dog	Punky B.	Stallion	Rin Tin Tin	New Lease	
Movie: Adv. Movie: A Night to Remember Kenneth Mora. +1/2	(-05) Movie: Avalon (1990) Armin Mueller-Stahl, Aidan Quinn. PG									Movie:	
(-12:00) Movie: Leap of Faith PG-13	Movie: Robot Joe Gary Graham. PG	Mr. Bean	Movie: Last Action Hero Arnold Schwarzenegger. +1/2								
Movie: Our Man Flint James Coburn. +1/2		Movie: Family Prayers Joe Mantegna. +1/2 PG								Movie: Dave Kevin Kline.	
News	VideoPM						VideoPM			Club Dance	
Home	Pet Con.	Great Chefs	Cuisine	Graham K.	Cholesterol	Easy	Home	Home	Pet Con.	Animals	
Rockford	Columbo			Mrs. Columbo			Police Story			Rockford Files	
Queens	Our Home	Thirtysomething		Movie: Flood! (1978) Robert Cup. Martin Miller. +1/2			Supernat.	Shop-Drop			
NBA's Great	Motorcycle Racing	MotorSports Hour		Race Report	Advent	Hurling: All-Ireland Semis		Americana		Outdoors	
CHiPs	Movie: The Neverending Story (1984) +1/2			Movie: Jubal (1956) Glenn Ford, Ernest Borgnine. +1/2			Bugs Bunny's All-Stars				
Lesale	Gummy	Bulwinkle	Looney	Wetnville	Beetlejuice	Crazy Kids	Salute	Temple	Hay Duds	Looney	
Scrabble	Pyramid	Free 4 All	Press Luck	Outcast	PGA Golf World Series					Turtles	
Dos Diana	Marina Clara			Conitasa y	Cristina		Primer Impacto			Candido P.	Notic. Unt.
Cooking	H. Dupree	Great Inns	Cookbook	Kitchen	Laurie	Cooking	Pasant	Yan Cooks	Homebodies	Furniture	
Shirttails	Down WI'	Droopy D	Back-Badro	Flintstones	Plastic Man	Valley-Dino.	Super Adventures			Dark Water	Centurions

6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	
Young Musicians	Technology Awards			Preview		Fly In to the Moon		One Small Step			
News	Cops	Mad-You	Wings	Sinfeld	Fresator	Dateline		News	(-35) Tonight Show		
MacNeil/Lehrer Newshour	New Explorers			Mystery!		Mystery!		Computer	Charlie Rose		
B. Hibbles	Sanford	(-05) Movie: The Valachi Papers (1972) Charles Bronson. +1/2				(-35) Movie: Guns of Diablo (1964) +1/2				Movie:	
News	Wh. Fortune	Sly So-Called Life	Behind Closed Doors	Primetime Live				News	(-35) Cheers	H. Patrol	
Lifestyle	Take 2	Joy-Music	Compells	VISN Showcase		Invitation to Life		Stager Door	Cap. News	Heart-Heals	
Night Court	Jeffersons	Major League Baseball Toronto Blue Jays at Chicago White Sox						News	Highlander: The Series		
News	Married...	One West Walkin'	Eye to Eye	Hotel Malibu				News	Golden Girls	Late Show	
Roseanne	M*A*S*H	Martin	Single	In Color	Beharfield	Star Trek: Next Gen.	M*A*S*H	Bonanza			
Sportstr.	Calendar	NFL Preseason Football Dallas Cowboys at New Orleans Saints						Sportscenter		Baseball	
Waltons	Young Riders	Rescue 911				700 Club	Bonanza			Big Jake	
Movie: Brain Smeaser	Movie: Girls in Prison Missy Crider.	Movie: Trouble Bound Michael Madson.						Movie: Candyman Virginia Madsen. 'R'			
(-15) Movie: Rookie of the Year Thomas Ian Nicholas.	Movie: Blown Away Corey Helm. 'NR'	Comedy	Movie: Tropical Heat Rick Rossovich. 'R'					(-15) Movie: Best of the Best II +1/2 'R'			
(-05) Movie: Dave PG-13	Movie: South Central Glenn Plummer.	(-05) Movie: Nemesis Oliver Gruner. 'R'									
Club Dance	News	Barb. Mandrell		Music City Tonight			Club Dance			News	Mandrell
Beyond 2000		Powers	Prates	Movie	Machine	Beyond 2000		Powers	Prates	Movie</	

To Your Good Health

Paint color tips offered



DEAR DR. DONOHUE: Please inform me as to Barrett's esophagus. Is there a cure for it? My doctor says I have a mild case of it. The esophagus lining tissue is eroded, he says. Can this be cancerous? My doctor tells me that has not happened in my case. What can be done? How does it begin? I also have terrible heartburn, which seems to be part of the problem. What will the future hold for me? — Mrs. B.K.L.

ANSWER: Barrett's metaplasia involves the lining of the lower section of the esophagus. Indeed, it can occur in people who have abnormal stomach acid excess, resulting in heartburn. The esophagus lining is not accustomed to such acid exposure, so it becomes altered in time. A normal esophagus lining has what might be described as a wool-like consistency. Chronic acid reflux exposure causes gradual erosion, which in time makes the lining silky smooth.

The dangers are twofold for Barrett's patients. The affected area can become prone to ulceration. And yes, in some instances, cancerous changes can occur in such tissue.

You treat the esophagus problem by eliminating the stomach disturbance — the excess acid production and reflux. That calls for neutralizing antacids or medicines to lower acid production. The therapy does not necessarily reverse the problem, but it does keep it from worsening.

So your future probably will include continued antacid therapies, as well as frequent office visits to follow the course of this somewhat common disorder.

For more on the reflux aspects, see the "Heartburn and Hiatal Hernia" report I'm sending you. Others can order it by writing: Dr. Donohue — No. 18, Box 5539, Riverton, NJ 08077-5539. Enclose \$3 and a self-addressed, stamped (52 cents) No. 10 envelope.

DEAR DR. DONOHUE: I am considering having a heart pacer implanted. What do I need to know — about airports, electric appliances, etc.? — K.G.

ANSWER: Most of the inconveniences in early pacemaker use have been eliminated because of the modern state-of-the-art devices.

Today's tiny batteries generate current for from five to 10 years or more. Replacement requires but a brief hospitalization.

The pacing rate itself is set at the time of installation, and can be adjusted later as needed.

Pacemakers have protective shields against most interference, but the user is advised to keep drills, mixers and other appliances away from the body.

You would need to report your pacemaker at airports, for it can trigger scanning alarms. You should carry a

card identifying the pacemaker by type, setting and other data.

Pacemakers can affect tests, such as magnetic imaging, as well as laser or radiation use.

DEAR DR. DONOHUE: I am told my heart pacemaker implantation won't interfere with future physical activity. True? How is the device "wired in"? Will it be a cosmetic problem afterward? — M.S.H.

ANSWER: The pacemaker is connected to the heart by way of leads threaded through available veins. The pacemaker should not alter normal activity.

The only physical sign of its presence might be a slight bulge in the skin.

The implant wearer should report any obvious swelling or redness of the area. That can indicate inflammation. It is rare, but it can happen.

Never try to manipulate a pacemaker position with your fingers. Some who have tried that have disturbed the wiring.

DEAR DR. DONOHUE: I am 59, a woman of average build and fairly good health. My problem is that I wake up at night and my right arm and shoulder feel like a block of ice. When I try to move the arm, it is painful. Recently, I read that this ice-cold feeling might be a heart attack happening. I was just wondering if that was happening to me. — A.A.

ANSWER: You're asking me to walk out onto some pretty thin ice here, A.A.

I can offer general observations only. One is that most heart pain results from physical activity at the time. Further, such pain tends to subside as the activity stops. That generally describes what is called "angina pectoris" or "chest pain."

Now, it is true that there is a special form of the problem, called "nocturnal angina." That occurs when the person is still, perhaps in bed sleeping. But nocturnal angina is not that common, so you can't leap to such a conclusion.

Nor is the coldness you report a common feature in a heart attack, no matter what you have read.

The symptoms you experience on awakening and moving your arm are more typical of either nerve or muscle compression. Perhaps it results from your sleeping posture. Do you sleep on the symptom side?

No matter what is going on, I cannot allow you to rely on such fragile guesswork. Remove your doubts by getting a firsthand examination to rule out the more ominous causes.

To learn more about heart attacks, readers can write for a copy of the Health Letter special report on the subject. Send \$3 and a self-addressed, stamped (52 cents) No. 10 envelope to Dr. Donohue — SR 79, Box 5539, Riverton, NJ 08077-5539.

DEAR DR. DONOHUE: Are sarcoidosis and amyloidosis related? Do they occur together? — J.N.

ANSWER: Sarcoidosis is a heap-up of white cells — granuloma — in specific body locations, commonly in lymph nodes, the liver, skin and eyes, but most notably in lungs. In fact, coughing and other respiratory signs predominate.

Sarcoidosis can be quite mild and hardly noticeable, or it can develop into a serious illness that requires use of cortisone drugs. Nevertheless, the outcome for the patient is usually good. About 80 percent of the time, the patient pulls through with no permanent damage.

Amyloidosis is entirely different, from its protein makeup and its glue-like appearance to its generally less pleasant prognosis.

An amyloid, like a sarcoid, is a deposit. Amyloids can form in body organs, joints and the digestive tract, with symptoms matching the area of involvement. But lungs are not usually targets.

You might encounter amyloidosis in patients with chronic illnesses, such as rheumatoid arthritis or bone infections.

There is no specific treatment for amyloidosis.

There is, then, no connection between the two ailments, and I am not aware of them occurring together, although I suppose that is possible.

DEAR DR. DONOHUE: I am a senior citizen. I have started having cramps in my calves when I walk half a block. I cannot do my dancing and aerobics without pain. Is there medicine I can take? — D.R.

ANSWER: First of all, have your leg circulation checked. Pain and cramps that come on with exercise suggest a circulation deficit in the painful limb. If the pain stops right away when you stop the exercise, the circulation connection is even more likely.

Your doctor can settle matters quickly by checking the pulses in your legs. There are medicines to improve leg circulation.

Dr. Donohue regrets that he is unable to answer individual letters, but he will incorporate them in his column whenever possible. Readers may write him at P.O. Box 5539, Riverton, NJ 08077-5539.

DETROIT (AP) — Stevie Nicks says music will always be her first love — and there's little room for anything else.

"I've pretty much given up my life for it — my relationships, my friends, my parents in a lot of ways," Nicks told the Detroit Free Press. "I'm probably not going to settle down and have children now; I gave all that up."

By **BARBARA MAYER**
For AP Features

"Most people prefer light warm neutral paint colors for walls," says Donald Kaufman, color authority and author of "Color: Natural Palettes for Painted Rooms" (Clarkson Potter).

Favorite shades are ecru, cream, antique white, bone, ivory, champagne, or in slightly deeper tones, tan, beige and sand. These produce a luminous environment that highlights objects within the room, and does not fight them.

Many neutral color schemes can become more vivid if two shades are used and each contains a bit of a complementary color. A red-cast beige for walls looks better if the trim has a bit of a green tinge, he says.

For more vitality, mix in small amounts of different colors to the paint to give a slight color cast. Instead of painting a room the same shade of white, make the walls yellow white, the trim blue white and the ceiling a pale pink white.

"You suddenly have a full spectral range, which makes every surface look better than it would if the other two weren't there," says Kaufman.

Here are some more paint color tips from Kaufman:

Select colors based on the quality of light the room offers. The more light there is, the more flexibility you have.

In an exceptionally large or bright room, you can use brighter and/or darker colors. In a room with less natural light, choose lighter shades.

Alternate warm and cool colors in connecting rooms to create a richer home environment.

Dark walls work well in rooms used mainly at night and in homes where other rooms with lighter-colored walls are adjacent. Typically, libraries and dens are given a dark treatment.

"If you put gray in a blue room, the blue doesn't work as well because they gray offers no foil," says Kaufman. "A blue room becomes more appealing if something yellow is added to it."

And last Kaufman says, "Don't be a slave to fashion. Take your own color preferences much more seriously."

The Children's Rehabilitation Center is a locally operated and funded facility caring for the disabled children in the Panhandle Community.

The Center serves 37 children in the Hereford community by providing physical and occupational therapy in the school setting and center based.

The Center also offers specialty clinics by volunteer physicians who give their time at no cost to the child, community or government.

The executive director of

Children's Rehabilitation Center is Richard Balke who has been the director for 33 years.

"We give these children long-term support, not a quick-fix. I like to think that we, along with their families, are raising these children, not treating them," he said.

Without the support of the Hereford community and the Deaf Smith United Way, helping children with disabilities would be an impossible task.

Short cuts make dinner preparation much easier

Simple short cuts in the kitchen can get dinner on the table in less time without changing the flavor or the appeal of the dish. Three-cheese lasagna takes only 15 minutes to prepare and about 35 minutes to cook in the microwave oven.

In most lasagna recipes, noodles are cooked first in boiling water, then cooled, layered with other ingredients and finally baked in the oven. In this recipe, the noodles are not precooked. The lasagna is assembled in a baking dish and then cooked in the microwave oven. The lasagna noodles cook in the liquid from the tomatoes, a timesaving twist that eliminates one step from traditional lasagna recipes. Serve with a green salad and breadsticks.

Three-Cheese Lasagna
16-ounce can whole peeled tomatoes and juice
26- to 30-ounce jar meatless spaghetti sauce
1/2 teaspoon salt
1/2 teaspoon pepper
16-ounce carton cottage cheese
10-ounce package frozen chopped spinach, thawed and squeezed dry
1/3 cup chopped fresh basil or 2 tablespoons dried basil leaves
Eight 2-inch wide uncooked lasagna noodles
3 cups (12 ounces) shredded mozzarella cheese
1/2 cup freshly grated Parmesan cheese

In a bowl, break up the whole peeled tomatoes into small bits; mix tomatoes and their juice from the can

with spaghetti sauce, salt and pepper. In a separate bowl, stir together the cottage cheese, spinach and basil.

Spread one-third of the tomato sauce mixture on the bottom of a microwave-safe 2-1/2-quart rectangular baking dish, about 8-by-12-inches. Top with four noodles; half the cottage cheese mixture, half the mozzarella cheese and another third of the tomato sauce. Repeat layers, ending with the tomato sauce.

Cover dish with plastic wrap; vent corner. Cook on 100 percent power (high) for 10 minutes. Rotate dish. Cook on 50 percent power (medium) power 25 to 35 minutes or until pasta is tender, rotating the dish after 15 minutes. Uncover; top with freshly grated Parmesan cheese.



If you're over 40 and have difficulty reading the dinner menu, you may have presbyopia.

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One Month \$4.20

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Six Months \$23.90

One Year \$45.70

Mail to: The Hereford Brand, Attention Circulation Dept., P.O. Box 673, Hereford, Texas 79045 or come by 315 N. Lee St. This offer is valid only in the Deaf Smith County area only.

Classifieds

Call Janey Allmon at the Hereford Brand, 364-2030, or come by 313 N. Lee, to place your classified advertising. We reach thousands every day!

The Hereford Brand
 Since 1901
Want Ads Do It All!
 You Want It,
 You Got It!
CLASSIFIEDS
 364-2030
 Fax: 364-8364
 313 N. Lee

CLASSIFIED ADS
 Classified advertising rates are based on 15 cents a word for first insertion (\$5.00 minimum), and 11 cents for second publication and thereafter. Rates below are based on consecutive issues, no copy change, straight word ads.

TIMES	RATE	MIN
1 day per word	.16	3.00
2 days per word	.28	5.00
3 days per word	.37	7.40
4 days per word	.48	8.80
5 days per word	.58	11.80

CLASSIFIED DISPLAY
 Classified display rates apply to all other ads not set in solid word lines--those with captions, bold or larger type, special paragraphing, all capital letters. Rates are 4.35 per column inch; 3.65 an inch for consecutive additional insertions.

LEGALS
 Ad rates for legal notices are same as for classified display.

ERRORS
 Every effort is made to avoid errors in word ads and legal notices. Advertisers should call attention to any errors immediately after the first insertion. We will not be responsible for more than one incorrect insertion. In cases of errors by the publishers an additional insertion will be published.

1. ARTICLES FOR SALE

For Sale
 Fresh sweet corn, black-eyed peas, green beans.
Andrews Produce,
 276-5240

TRASH & TREASURES
 Don't pay rent to own prices, finance or layaway with us for great deals on furniture and other miscellaneous items.
 143 N. Main
 Hereford, Texas
 364-8022

For Sale
 Electrolux carpet shampooer, used one time, excellent condition. \$250.00
Call 364-4263
 after 5 p.m.

A Great Gift!!! Texas Country Reporter Cookbook -- the cookbook everyone is talking about. 256 pages featuring quotes on recipes ranging from 1944 War Worker rolls to a creative concoction using Texas tumbleweeds, \$13.95 at Hereford Brand. 17961

Repossessed Kirby & Compact Vacuum. Other name brands \$39 & up. Sales & repair on all makes in your home. 364-4288. 18874

The Roads of Texas and The Roads of New Mexico are for sale at The Hereford Brand in book form. \$12.95 each, plus tax. Discover roads you never knew were there. Hereford Brand, 313 N. Lee. 24757

PARK AVE. BOWL
Fall Leagues Now Forming.
 For more information Call 364-2604
 Mon. Ladies Trio 6:30 - Sept. 12
 Mon. Mixed 8:30 - Sept. 12
 Tues. Beginners 7:00 - Sept. 6th
 Wed. Ladies 6:30 - Sept. 7th
 Wed. Men's 9:00 - Sept. 7th
 Thurs. Men's 7:30 - Sept. 8th
 Fri. Mix Couples 8:00 - Sept. 9th
 125 W. Park Ave. 364-2604

Interiors, 1001 W. Park, offers Waverly Products, lamps, pictures, flooring at discounted prices. Custom fabrication, Design services, visual coordination. 26799

Flute for sale. 267-2811. 27549

For sale Reg. Pit Bull Pups. Responsible owners only. Call for appt. 806-364-0319. 27552

Drill Team members: Buy three Merle Norman products and receive 10% discount. Merle Norman Cosmetics, 220 N. Main. 27558

Couch, dark blue print, large office desk, Oak Pedestal Table with 2 leaves, 3 chairs. 364-4189. 27561

Fruit jars for sale, pint and quart. Call 289-5972 or 364-0884. 27562

1A. GARAGE SALES

Garage Sale 239 Centre, Wednesday, Thursday & Friday. New car top luggage carrier, craft items, good winter coats, clothes & misc. 27553

Garage Sale 231 Centre Friday Only. 9-5. Acetylene Cutting torch, mans bike, aluminum wheels for Chevy, Stereo, lots of mens & womens clothes, lots of misc. 27567

Garage Sale 618 Star Thursday, Friday & Saturday 8:30-6. Levis, boys shirts, girls dresses, portable bar, TVs 27572

2. FARM EQUIPMENT

SEED WHEAT CLEANING
 And Treating, Bagged or Bulk, Storage Available
 Gayland Ward Seed
 258-7394

1976 Mack Truck with grain trailer. 237 Mack engine, 5-speed, long frame, twin screw, trailer is 38' Tempte, 9-hole Hopper bottom, good condition, \$14,500.00 for complete rig. 647-2698. 27440

3. VEHICLES FOR SALE

1984 Ford Tempo, 55,000 miles, original owner, good school car with great stereo system. 364-8245 or 364-1127. 26672

FOR SALE 1986 SUBURBAN. New tires, front & rear air & heat. Good condition. Call 364-6880 27483

1987 Chevy Astro Van CL, 4 captain chairs, electric windows, excellent condition, JVC AM/FM stereo cassette 364-1058 after 6. 27494

For sale: My Cadillac, 1984 Coupe DeVille. Always garaged, one driver, 75,000 miles, loaded, white w/burgandy interior, all elec. seat & windows, Call 364-1443. 27499

For Sale: 1988 Dodge 4-door, new tires, tags, safety sticker, good school or work car. 364-0773. 27537

For sale: '75 Ford pickup with overhead camper, excellent fishing wagon, \$1500.00. 364-3297 or 364-3450 27546

1981 Ford Ranger F150 pickup, \$1850.00. Can be seen at 801 N. Main. 27551

Glaston boat 17 1/2 ft. 140 Hp Mercury Motor, excellent condition, new seats, carpet & canopy. Call 364-4189 or 364-1070. 27560

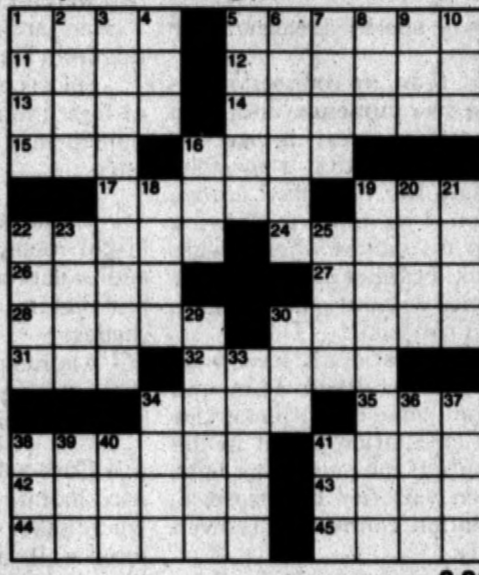
MUST SELL! 1993 Ford Aerostar XLT, extended van 7 passenger seating, power windows, power door locks, automatic transmission, tilt steering, am/fm cassette, front & rear air conditioning, and much more, no old contract to assume, no back payments to make, just need responsible party to make reasonable monthly payments, Call Ismael Rocha in The Credit Department, Friona Motors, 806/247-2701, ¡Se Habla Español!

CROSSWORD

by THOMAS JOSEPH

ACROSS
 1 Green stone
 5 Spoke
 11 Sign of ill
 12 Experience over
 13 One of Taylor's husbands
 14 Evolutionary links
 15 Take to Stowe
 16 Linen source
 17 School group
 19 Cartographer's work
 22 Iberian nation
 24 Motif
 28 Tardy
 27 Brainstorm
 28 Capsize
 30 Team in a playground game
 31 Loony
 32 Early Mexican
 34 Victim
 38 Actor
 39 Perm places
 41 Tiny bit
 42 Egg dish
 43 Time in office
 44 Swift
 45 Nervous

DOWN
 1 Takes notes
 2 Frenzied
 3 Wholly committed
 4 Terminus
 5 Some tests
 6 Meal
 7 Writer
 8 "Home Improvement" character
 9 Actress
 10 Lair
 16 Bleachers occupant
 18 Legal claim
 19 Sedated
 20 Hymn
 21 Shooter
 22 Run-down region
 23 Hemingway
 25 Rural walk
 29 Fixed socks
 30 Pig place
 33 With zing
 34 Arctic point
 36 Tennis star Björn
 37 TV award
 38 Mayday call
 39 Guitarist's aid
 40 Grant's foe
 41 Had a bite



STUMPED? For answers to today's crossword, call 1-800-454-7377! 99¢ per minute, touch-tone / rotary phones. (18+ only.) A King Features service, NYC.

MUFFLER SHOP
CROFFORD AUTOMOTIVE
 Free Estimates
 For All Your Exhaust Needs
 Call: 364-7650

MUST SELL! 1994 Mercury Cougar XR7, V-8, automatic with overdrive, power windows, power locks, power mirrors, 6-way power drivers seat, tilt, cruise, air conditioning, am/fm cassette, dual airbags, rear defrost, aluminum wheels & more! No old contract to assume, no back payments to make, just need responsible party to make reasonable monthly payments, contact Kim Humphrey in The Credit Department, Friona Motors, 806/247-2701

Muffler Masters
 at Hereford Auto Center
 Bring us your exhaust problems, whether foreign or domestic vehicles. 142 Miles • 364-0990

4. REAL ESTATE

DIAMOND VALLEY MOBILE HOME PARK
 Lots Located on Sloux, Cherokee Sts., G&H Office Space-415 N. Main w/Janitor service & utilities Store Front Building for lease, 3500 sq. ft. 421 N. Main Doug-Bartlett - 415 N. Main 364-1483 - Office 364-3937 - Home

Before you buy a mobile home, Give Backus Classic Homes A Look. You might be surprised! 1-800-260-7481 25878

For sale 4 plex, 406 Ave. B. Steady Income. Call 806-353-6228 or 806-372-9993. 27201

Bailout owner, transferred to Houston, save a fortune, get on the phone. 800-372-1491. 27332

Zero Down Payment on new mobile homes to qualified land owners. Call or come in Oakwood Homes 5300 Amarillo Blvd E Amarillo, Texas. 1-800-372-1491. 27437

204 Grand, large 2 bedroom, carpet, owner finance, price \$21,500.00 or make cash offer. Gerald Hamby, Broker. 364-3566. 27548

BACH MAMAS
 ABOUT AVAST
 BOBBY CLARKE
 ADA ROT CIA
 RELYON RINK
 STUNS HAGS
 METOO
 BRAM ARDOR
 LEVY BEANED
 AGE ALL SPA
 MARKMESSIER
 ELSIE EATAT
 DEEDS GELS

Yesterday's Answer

close
 21 Shooter ammo
 22 Run-down region
 23 Hemingway
 25 Rural walk
 29 Fixed socks
 30 Pig place
 33 With zing
 34 Arctic point
 36 Tennis star Björn
 37 TV award
 38 Mayday call
 39 Guitarist's aid
 40 Grant's foe
 41 Had a bite

LEASE
NORTH GATE PLAZA SHOPPING CENTER
352-8656

Spacious, 3bd, 2 1/2, 2 car att, Formal Living/Dining, Fireplace, Separate large Utility, Landscaped Children's backyard, Great Closets, Corner Lot. HA Cavness Broker 364-4465

Double Wides - 95 Models, 3 bed, 2 bath, only 264.05 per month, FREE delivery & setup, FREE skirting with home purchased this month, Bell Mobil Homes 806-894-7212, 10% DN*10.75 APR*240 Months.

5. HOMES FOR RENT

1,2,3 and 4 bedroom apartments available. Stove and refrigerator furnished. Blue Water Garden Apts., Bills paid. Call 364-6661. Equal Housing Opportunity 770

Best deal in town, furnished 1 bedroom efficiency apartments. \$185.00 per month bills paid, red brick apartments 300 block West 2nd Street. 364-3566. 920

Nice, large, unfurnished apartments. Refrigerated air, two bedrooms. You pay only electric-we pay the rest. \$305.00 month. 364-8421. 1320

Self-lock storage. 364-6110. 1360

Eldorado Arms Apts, 1 & 2 bedroom furnished apts, refrigerated air, laundry, free cable, water, & gas. 364-4332. 18873

Two and three bedroom mobile homes for rent, furnished or unfurnished. Call 364-0064 or mobile, 344-2456. 26702

Fully equipped laundry space for lease, North Gate Plaza. 806-352-8656. 27101

Town & Country Mobile Home lots for rent, \$60.00 per month, cable TV, electricity, gas and water available. Call 364-0011. 27311

2 bedroom apartment, stove, fridge, water paid. 364-4370. 27394

One bedroom, stove and refrigerator furnished, \$175/monthly, water paid. 364-6489. 212 Ave. J 27439

2 bedroom apartment, stove, fridge, dishwasher, disposal, fireplace, fenced patio, water & gas paid, Northwest Area. 364-4370 27540

For lease 3 bedroom 1 bath with garage, fenced yard, 364-2926. 27559

Furnished efficiency apartment, all bills paid, \$225.00 a month or \$60.00 a week. 364-4912 or 364-3876. 27563

8. HELP WANTED

Progressive 120 bed long term care facility, needs weekend RN, LVN charge nurses, full and part time, CNAs all shifts. Salary and benefits vary with position. Contact Coleen Seright, RN, DON, at Hereford Care Center. 364-7113. 26556

Wildlife/Conservation Jobs, Game wardens, security, maintenance, etc. No exp. necessary. Now Hiring. For Info. Call (219)794-0010 ext. 8306. 27267

Postal Jobs--Start \$11.41/hr. + benefits. For application & info, call 1-(216)324-2102 7a, to 10 pm 7 days. 27556

Call in clerk needed at Photo Kwik. Come by the Photo Kwik Hut to apply at Sugarland Mall. 27565

Full time year round, wages and benefits, will train right person. Elevator help, 265-3286. 27566

Asap. Need Horseman with experience working cattle, steady income, Call Key Personnel, Amarillo, 359-1539.

CUSTOM CLEANERS
 Need person for front counters & bagging area. Must be able to deal with public. Some heavy lifting required. Apply in person.
 208 W. 9th
 No phone calls please
 Apply between (9:00-4:30)

ADMISSIONS COORDINATOR
 Nonprofit Seventy Four Bed Nursing Facility Is Seeking An Experience Admissions Coordinator. Excellent pay and benefits. Please send resume to:
KING'S MANOR METHODIST HOME
 P.O. BOX 1999
 HEREFORD, TEXAS 79045-1999
 ATTN: MR. GREG LONSWAY, ADM.

Drivers needed for new equipment. Booker Transportation needs to staff 2 1994 Air Ride Conventioneals with 3406E multi torque cats. We operate in 10 midwestern states with majority of miles being in Texas, Oklahoma, Kansas and Colorado. We are a refrigerated carrier that offers a competitive wage plus a \$10,000 longevity bonus. Our biggest haul is "meat to Texas." If you like the short haul & plenty of miles, this is for you. We have never lost a driver due to "not enough miles." Give us a call at 800-569-4633, Booker, Tx.

Classifieds.
 They're just for you, everyday,
 in the Hereford Brand.
 Call Janey Allmon today at 364-2030 and get a classified to work for you.

Classifieds

For Sale
The Commissioners Court of Deaf Smith County, Texas will open bids to sell 1 Yates-American Wood cutting band saw that has a 36 inch throat and 3 phase 825 RPM motor and 11 1/2 foot cord. The bids will be opened at 9AM September 12, 1994 in the Courthouse. Equipment may be seen at Precinct 4 Barn. Normal reservations apply.

For Sale
The Commissioners Court of Deaf Smith County, Texas will open bids to sell an American Pace Maker hydraulic shaft duplicating lathe with 20 inch 4 jaw chuck and 48 inch between centers and has 3 phase electric motor. May be seen at Precinct 4 Barn. Bid to be opened at 9am September 12, 1994 in the Courthouse. Normal reservations apply.

9. CHILD CARE

Experienced Christian Childcare for fall. 2 openings, girls age 2-5; \$60 weekly. References gladly given. Nyla, 364-6701 27158

Birthdays, special days, a year-around remembrance? Send them The Hereford Brand, a gift that reminds the recipient of your love and concern about 255 times a year!

HEREFORD DAY CARE

Offering an excellent program of learning and care for your children 0-12!

State Licensed

Also - SPECIAL AFTER-HOURS pick-up for Kindergarten Children!

364-5062

248 E. 16th

KING'S MANOR METHODIST CHILD CARE

*State Licensed
*Qualified Staff

Monday - Friday
6:00 am - 6:00 pm
Drop-ins Welcome

MARILYN BELL / DIRECTOR
364-0661 • 400 RANGER

10. ANNOUNCEMENTS

FREE
Pregnancy Test
Confidential Counseling
Problem Pregnancy Center
505 E. Park Ave.
Call 364-2027 or 364-5299 (Michelle)

11. BUSINESS SERVICE

ROUND-UP
Pipe-Wick Applicator- Pipe-Wick Mounted On Hi-Boy. Row Crop, Volunteer Corn 30" or 40" Rows
Call Roy O'Brien 265-3247

HOME MAINTENANCE
Repairs, Carpentry, painting, ceramic tile, cabinet tops, attic and wall insulation, roofing & fencing. For free estimates call
TIM RILEY-364-6761

Defensive Driving Course is now being offered nights and Saturdays. Will include ticket dismissal and insurance discount. For more information, call 364-6578. 700

Will pick up junk cars free. We buy scrap iron and metal, aluminum cans. 364-3350. 970

Garage Door and Opener Repair & Replacement. Call Robert Betzen, 289-5500. If No answer Call Mobil, 344-2960. 14237

Harvey's Lawn Mower Repair, tune ups, oil change, blade sharpening, etc. pickup-deliver, mow lawns, 705 South Main. 364-8413. 26118

House painting, interior and exterior, free estimates. N.D. Kelso, 364-6489. 26187

Remodeling & General Repair
Interior & exterior painting, finish & trim carpentry, installation of kitchen & bathroom fixtures, linoleum, drywall. 6 years experience. Labor rate: 15.00/hr. Bonded. References.
Jerry Seight. 364-5955.

NOTICE TO ALL PERSONS HAVING CLAIMS AGAINST THE ESTATE OF BEVERLY STRICKLIN BROOKE DECEASED


Notice is hereby given that original Letters Testamentary upon the Estate of BEVERLY STRICKLIN BROOKE, Deceased, were issued to me, the undersigned, on the 22nd day of August, 1994, in the proceeding below my signature hereto, which proceeding is still pending, and that I now hold such letters. All persons who may have claims against said estate which is being administered in the County below named, are hereby required to present same to me at my residence address in Deaf Smith County, Texas, and with my post office address being: 240 Centre, Hereford, Texas 79045, before suit upon same is barred by the Statutes of Limitation, and within the time prescribed by law.

DATED this 22nd day of August, 1994.
/s/ DUARD COURTNEY BROOKE
Independent Executor of the Estate of BEVERLY STRICKLIN BROOKE, Deceased No. PR 4113 in the County Court of Deaf Smith County, Texas

ST. JUDE
Novena
May The Sacred Heart of Jesus be Adored, Glorified, Loved and Preserved throughout the world, Now and Forever, Sacred Heart of Jesus Pray for us. St. Jude worker of miracles, pray for us. St. Jude Help the Hopeless, Pray for us. Say this prayer 9 times a day. By the 8th day your prayer will be answered. Say it for 9 days. It has never been known to fail. Publication must be promised.
Thank You St. Jude

GIGANTIC SADDLE & TACK AUCTION
Inventory Reduction Sale - Monday, August 29, 1994
Cowboy Tuff Saddles & Tack of San Antonio, Tx. is way overstocked and needs to move a large amount of inventory. Name brand saddles & tack to be sold at public auction. Saddles by Circle Y, Billy Cook, Cowboy Tuff, Texas Saddlery, Dakota and Blue Ridge. Also Pony and English saddles & tack. Silver show equipment, nylon halters, leads, pads, blankets, headstalls, reins, girths, breast collars, and too many other items to list. This sale includes just about anything used on or about a horse. TERMS OF SALE: Cash, MC/VISA, and Check with proper I.D.
Drawing for FREE Silver Headstall
Don't Miss This Summer Sale!
Will Rogers Range Riders • Recreation Hall
Intersection of Bell Ave. & Amarillo Blvd.
Amarillo, Texas • Viewing: 6:30 pm Auction: 7:30 pm
Bart Hutton TXS-11423

Real estate discrimination policy
All real estate advertising herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or intention to make any such preferences, limitations or discrimination. State laws forbid discrimination in the sale, rental or advertising of real estate based on factors in addition to those protected under federal law. We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

Schlabs Hysinger  **SERVING HEREFORD SINCE 1979**

COMMODITY SERVICES

1500 West Park Ave. 364-1281

Richard Schlabs Steve Hysinger

Phone 364-1286 Each Trading Day After 5:30 P.M. for Recorded Commodity Update

Prices effective Tuesday, August 23, 1994

CATTLE FUTURES		GRAIN FUTURES	
Aug 24	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Aug 25	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Aug 26	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Aug 27	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
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Sept 17	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Sept 18	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Sept 19	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
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Nov 15	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Nov 16	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Nov 17	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Nov 18	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Nov 19	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Nov 20	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Nov 21	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Nov 22	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Nov 23	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Nov 24	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Nov 25	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Nov 26	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Nov 27	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Nov 28	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Nov 29	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Nov 30	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Dec 1	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Dec 2	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Dec 3	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Dec 4	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Dec 5	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Dec 6	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Dec 7	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Dec 8	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Dec 9	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Dec 10	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Dec 11	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Dec 12	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Dec 13	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Dec 14	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Dec 15	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Dec 16	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Dec 17	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Dec 18	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Dec 19	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Dec 20	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Dec 21	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Dec 22	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Dec 23	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
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Dec 26	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Dec 27	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Dec 28	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Dec 29	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Dec 30	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2
Dec 31	72.50	COB (CBT) 5,000 bu. / ctns per bu.	227 1/2

METAL FUTURES

Aug 24	Aug 25	Aug 26	Aug 27	Aug 28	Aug 29	Aug 30	Aug 31	Sept 1	Sept 2	Sept 3	Sept 4	Sept 5	Sept 6	Sept 7	Sept 8	Sept 9	Sept 10	Sept 11	Sept 12	Sept 13	Sept 14	Sept 15	Sept 16	Sept 17	Sept 18	Sept 19	Sept 20	Sept 21	Sept 22	Sept 23	Sept 24	Sept 25	Sept 26	Sept 27	Sept 28	Sept 29	Sept 30	Oct 1	Oct 2	Oct 3	Oct 4	Oct 5	Oct 6	Oct 7	Oct 8	Oct 9	Oct 10	Oct 11	Oct 12	Oct 13	Oct 14	Oct 15	Oct 16	Oct 17	Oct 18	Oct 19	Oct 20	Oct 21	Oct 22	Oct 23	Oct 24	Oct 25	Oct 26	Oct 27	Oct 28	Oct 29
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Usefulness of rains to be assessed

Benefits to cotton crop may not be seen for two weeks

COLLEGE STATION, Texas (AP) - While recent showers across Texas benefited many drought-stricken crops, the next two weeks will tell whether the rains were enough to help the cotton crop, the Texas Agricultural Extension Service reports.

Dr. Carl Anderson, Extension economist at Texas A&M, said the next two weeks will determine how seriously the summer's drought affected Texas producers.

"Last year, Texas cotton farmers harvested an average of 484 pounds per acre," Anderson said. "This year's harvest is estimated at 471 pounds per acre, but many think this may be too high."

"Things are up in the air because we are still harvesting," he said. "But, producers ahead of the harvest schedule are taking high dollar losses due to the lower yields."

Anderson said cotton producers around Lubbock have already lost 500,000 acres because of the dry weather.

"This is quite a blow because it means around one-third of their cotton is gone," he said. "They are also discovering that the irrigated cotton may not be doing as well as hoped."

"The harvesting producers do within the next two weeks will give them a glimpse at the big picture," Anderson said. "Many are afraid their 1994 cotton harvest will become as a lesson in damage assessment instead of a profitable year."

Kater Hake, Extension agronomist in Lubbock, said fields planted in late May or early June are in better shape

than those planted earlier. Some of the later-planted dryland fields are just beginning to bloom and didn't suffer as much during June and July.

Robert Scott, Extension assistant agent in Taylor County, said the cotton planted in early May is beyond help in many parts of his West Texas region.

"It got hit from all sides," Scott said. "Between the intense heat, dry conditions and problems with boll weevils, the cotton didn't really get much of a chance."

"The cotton we planted in early June looks great and we expect to see high yields," he said.

Dr. Kamal El-Zik, Texas A&M soil and crop professor, said even with the low yields, Texas will still be considered a top-producer in the cotton market.

"We may lose half a million acres, but we have six to seven million acres of cotton in Texas," El-Zik said.

Jose Pena, Extension economist in Uvalde, said the recent rain proved beneficial to Southwest Texas.

"Our peanuts and sesame are progressing on schedule," Pena said. "Cabbage and cucumbers are doing well with ample irrigation and rain."

"If we could just get a little more rain, everything would be right on schedule," he said.

Jon Zeitler, meteorologist at the National Weather Service Agricultural Service Center in College Station, said a front moving through the south part of Texas will bring rain for the eastern half of the state.

"Texas will experience high temperatures in the low to mid-90s,

and lows should stay in the mid-70s," he said. "Rain and high temperatures can be expected for the weekend and will continue into next week."

The following specific livestock, crop and weather conditions were reported by district Extension directors:

PANHANDLE: Soil moisture short. Showers benefiting pastures, ranges. Irrigated cotton progressing. Sorghum turning color, heading. Corn drying down, pests becoming a problem. Baling hay.

SOUTH PLAINS: Soil moisture short. Dry conditions damaged pastures, ranges. Sorghum turning color. Corn maturing. Irrigating cotton. Harvesting potatoes, onions.

ROLLING PLAINS: Soil moisture short to adequate. Pastures, ranges need rain. Dryland cotton maturing. Irrigated peanuts, pecans progressing. Harvesting watermelons. Cattle in good condition.

NORTH TEXAS: Soil moisture adequate to short. Pastures, ranges showing drought stress. Sorghum turning color. Cotton setting bolls. Planting fall gardens. Harvesting sweet potatoes. Peaches in fair to good condition.

EAST TEXAS: Soil moisture short to adequate. Pastures, ranges in fair to good condition. Corn, sorghum harvests near completion. Cotton progressing. Planting fall gardens. Disease affecting pecans.

FAR WEST TEXAS: Soil moisture very short to adequate. Dry conditions

damaging pastures, ranges. Cotton progressing. Sorghum in good condition. Harvesting melons, green chilies, onions. Cutting, baling hay.

WEST CENTRAL TEXAS: Soil moisture very short to short. Pastures, ranges need rain. Cotton dropping blooms, wilting. Harvesting grain sorghum. Dry conditions damaging dryland peanuts. Spraying for pecan pests.

CENTRAL TEXAS: Soil moisture short to very short. Hot, dry conditions deteriorating pastures, ranges. Harvesting cotton. Hay harvest completed. Preparing land for grain planting. Spraying for pecan pests.

SOUTHEAST TEXAS: Soil moisture adequate to surplus. Pastures, ranges improved with rain. Harvesting cotton, corn, rice. Fall gardening under way. Peanuts pegging, setting nuts. Soybeans progressing.

SOUTHWEST TEXAS: Soil moisture short to adequate. Pastures, ranges benefiting from rains. Corn harvest near completion. Peanuts, sesame progressing. Cabbage, cucumbers growing under irrigation. Pecans showing stress; dropping nuts.

COASTAL BEND: Soil moisture adequate. Pastures, ranges improved with rain. Harvesting cotton. Preparing land for fall gardens. Pecans showing pest problems. Cattle in good to fair condition.

SOUTH TEXAS: Soil moisture short. Pastures, ranges improved with rain. Harvesting cotton. Preparing land for fall vegetable planting. Planting melons, onions.

Movie house converted for community theatre

By JEAN PAGEL
Associated Press Writer
DALHART, Texas (AP) - Dalhart Community Theatre Inc. needed a home.

The group had meandered show-to-show from the Chamber of Commerce auditorium, to a restaurant and even a coliseum that serves as a bull barn.

Then they got their hands on an old movie house downtown.

Now - after a thorough gutting, a bout with asbestos and thousands of hours of volunteer labor - the LaRita Performing Arts Theatre is almost dressed for curtain time.

"I think because it's such a different project and something that our community is going to be proud of, it'll be a showplace," said board member Kevin Caddell.

"It's a thing that caught the imagination of our community," Caddell said. "Even people who never had anything to do with theater, or that part of culture, have kind of been taken by this project."

The LaRita opened in 1923 and became a popular hangout for movie buffs. Board member Susan Clay recalled watching Roy Rogers and Gene Autry matinees there.

But in 1957, after Dalhart's post-World War II population dropped off and TV sets were rooting firmly in most living rooms, the theater closed. The building was used temporarily as a warehouse.

The 200-member community theater group paid \$15,000 for the building in 1989.

"There's a lot of history in these walls ... a lot of memories here," board President Carol Hendrix mused during a recent tour.

Sawhorses, boards and a ladder cluttered the stage. Bare light bulbs dangled from exposed wires. Fine dust coated the folding chairs.

But signs of elegance emerged through the mess.

The balcony and box seats overlooked a proscenium arch of colored tiles. The paint job was fresh, the roof was new and some of the original love seats were ready for re-installment.

Ms. Hendrix said the theater group was aiming for the feel of a turn-of-the-century opera house.

If it hadn't been for their intervention, she said, "the prettiest building in downtown Dalhart would have fallen in, and we would have lost part of our heritage."

Plans for the finished product include a costume room, guest director's suite and space to seat about 300 people. Workers still need to put up handrails and other trim; the box office and lobby aren't ready either.

But Ms. Hendrix hopes to finish this year.

She said she expects to spend about \$500,000 - money raised mostly through donations, grants and the sale of box seats. Volunteers gave up their nights and weekends to handle about 70 percent of the remodeling, she said.

Truck deregulation to have major effect on industry in Texas

WASHINGTON (AP) - Companies in Texas metropolitan areas should pay less to transport their goods by truck once federal trucking deregulation legislation takes effect in January, industry and state officials say.

But even as deregulation spells gains for firms that ship goods and potentially their consumers, it is expected to pinch small trucking ventures that currently are insulated against competition from bigger carriers.

The turmoil sparked by a wide-open trucking market could cost jobs in a sector that employs more than half a million Texans, industry officials say.

President Clinton on Tuesday signed into law legislation that would deregulate intrastate trucking nationwide. The measure will have a profound effect in Texas, which has one of the most-regulated trucking markets in the nation.

"The lesson of deregulation is that the big get bigger and the small get eaten," said Hampton Rogers, acting executive director of the Texas Motor Transportation Association, which represents both large and small carriers.

When deregulation kicks in on New Year's Day, it will spark a shakeout in rates, routes and services.

"What this means is anybody can haul anything for any rate over any route in Texas, absent safety regulations obviously," Rogers said.

That's a big departure from the current system under which the Texas Railroad Commission regulates who can carry freight for hire. The commission also oversees the rates, routes and services that the state's almost 3,000 carriers for hire can offer.

The Railroad Commission will maintain its authority over trucking safety and insurance regulations and continue to oversee the operations of moving companies as well as the

movement of hazardous materials.

Otherwise, the deregulation is near total, which advocates contend will result in billions of dollars of savings for consumers in the form of lower prices.

"Trucking companies are going to have to look at their competitive posture vis-a-vis other companies more closely," said Railroad Commission spokesman Brian Schaible.

Where shippers now know that carriers will offer virtually identical rates for hauling cargo from one location to another, deregulation will mean a free-for-all in prices in the competitive marketplace.

"The shipper is going to have some homework to do," Schaible said.

Rogers, whose organization represents some 750 motor carriers, said deregulation will mean lower rates for shippers in the Golden Triangle - between Dallas, Houston and San Antonio. But it also will translate into higher rates in rural areas.

Some 19,000 trucking companies operate in Texas. While only 3,000 of those currently carry freight for hire, the number is likely to explode under deregulation, Rogers said.

"The consequences will be both good and bad for the trucking industry," he said. "You'll see large trucking companies take advantage of a free market, but I think you'll see smaller companies have a very difficult time surviving in an unregulated trucking market."

The Railroad Commission is studying ways to make the transition to full deregulation as painless as possible, Schaible said.

"The trucking industry in Texas is a major employer, it's a major revenue source for state and local governments," he said. "We naturally want to help it in the transition process so we can preserve the health of that industry."

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Keeping an eye on Texas

Texas anglers, hunters shell out cash

Anglers spent nearly \$1.5 billion, an average of \$567 each, on fishing in 1991. Hunters each pumped an average of \$993 into the Texas economy for a total of more than \$1 billion. Besides land leasing and ownership costs, both groups spent the bulk of their sports dollars on special vehicles, boats and campers.

Average spending per year	Anglers	Hunters
Vehicles, boats, campers	\$200	\$300
Equipment	\$207	\$397
Food and lodging	\$170	\$147
Transportation	\$102	\$109
Other trip costs	\$124	\$215
Licenses, stamps, tags and permits	\$20	\$32
Magazines	\$20	\$23

SOURCES: John Sharp, Texas Comptroller of Public Accounts, U.S. Fish and Wildlife Service, U.S. Department of Commerce, Economics and Statistics Administration.

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THRU SATURDAY, AUGUST 27

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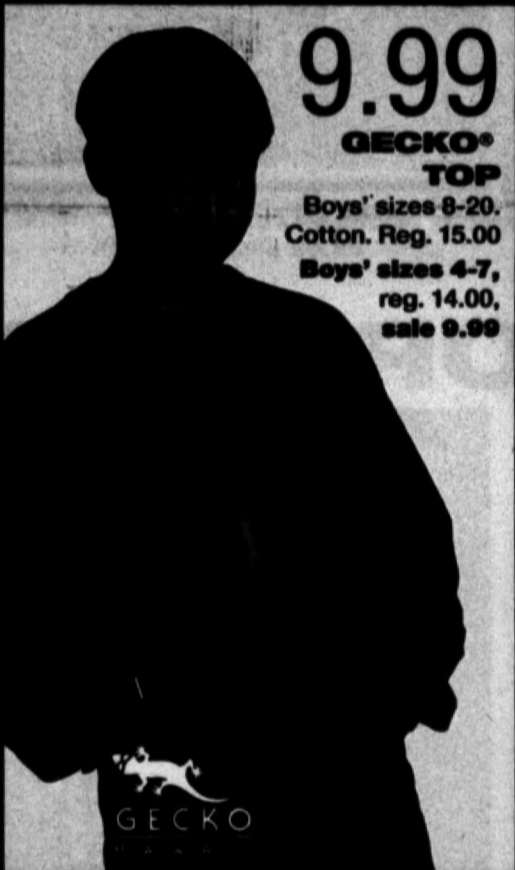
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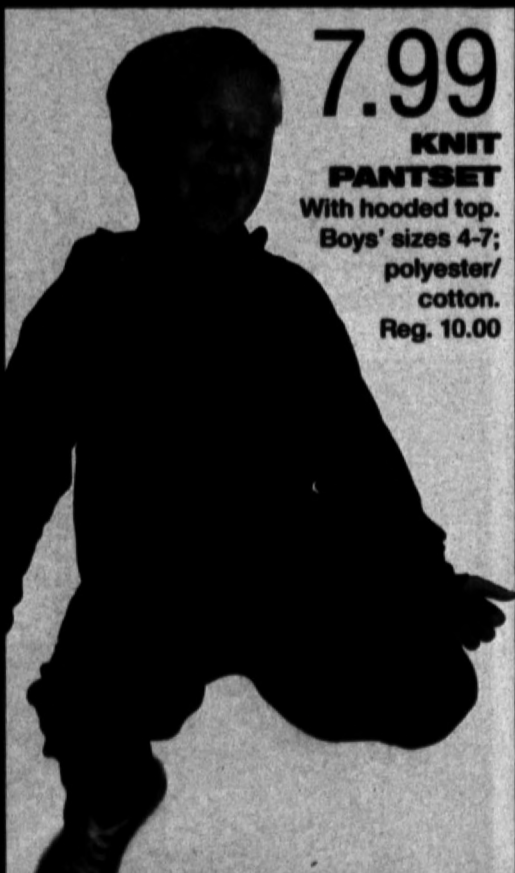
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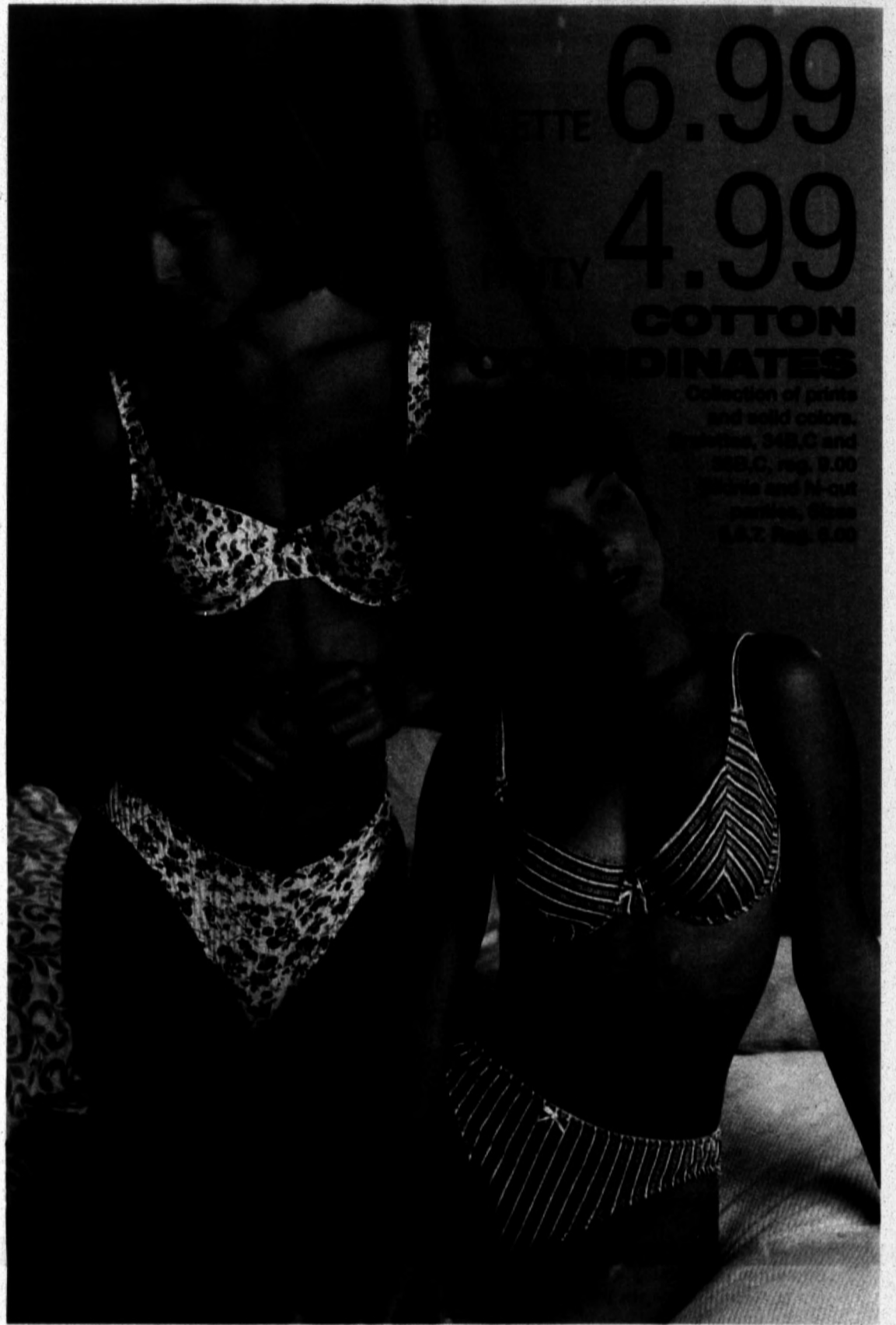
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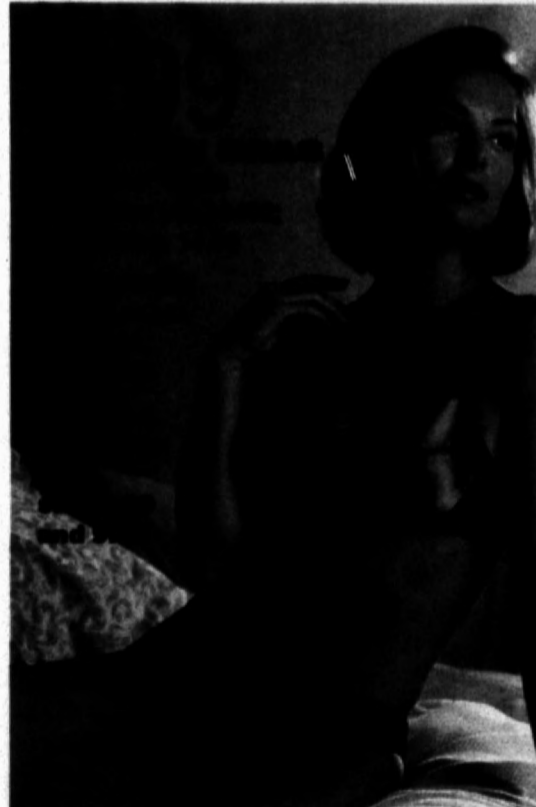
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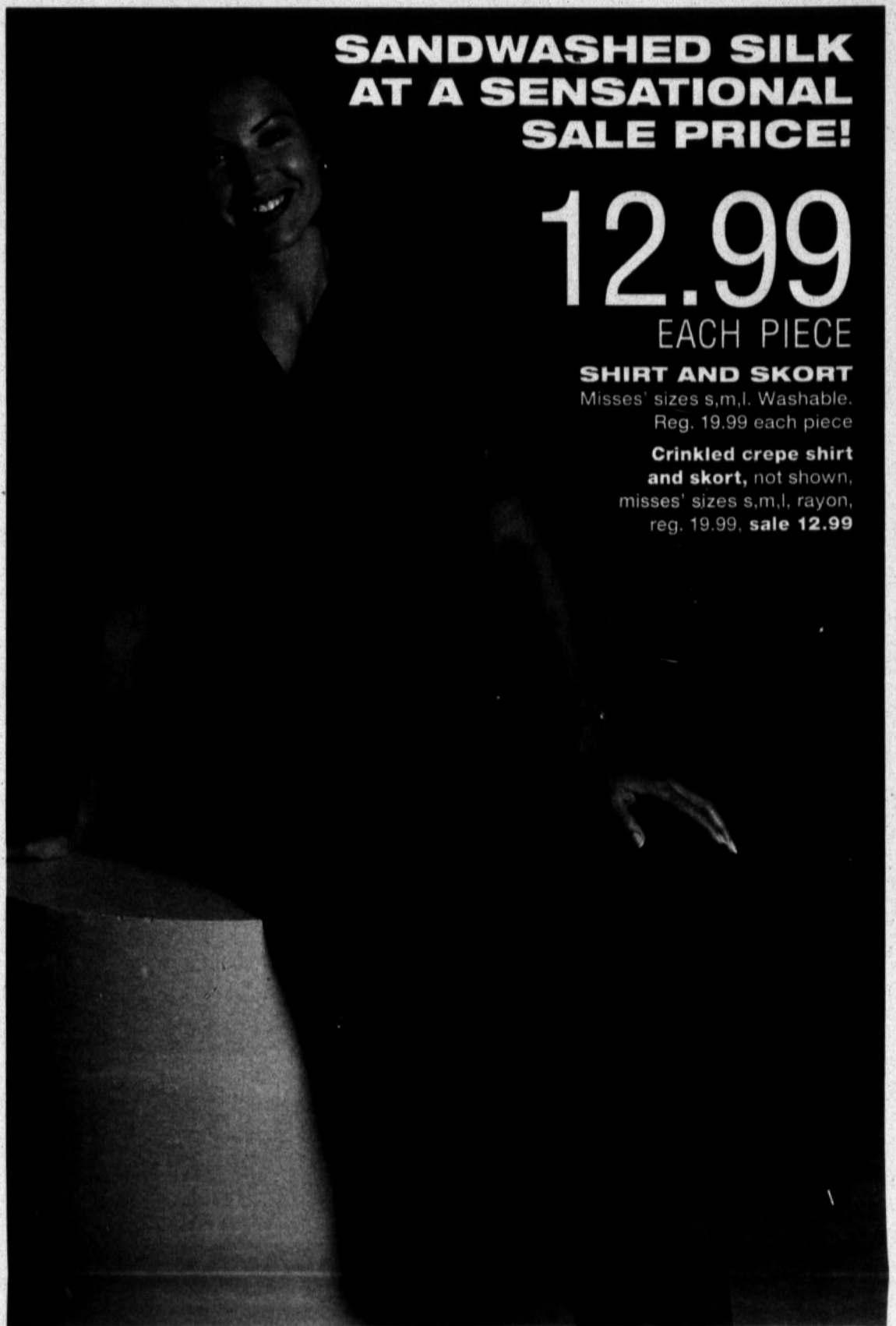
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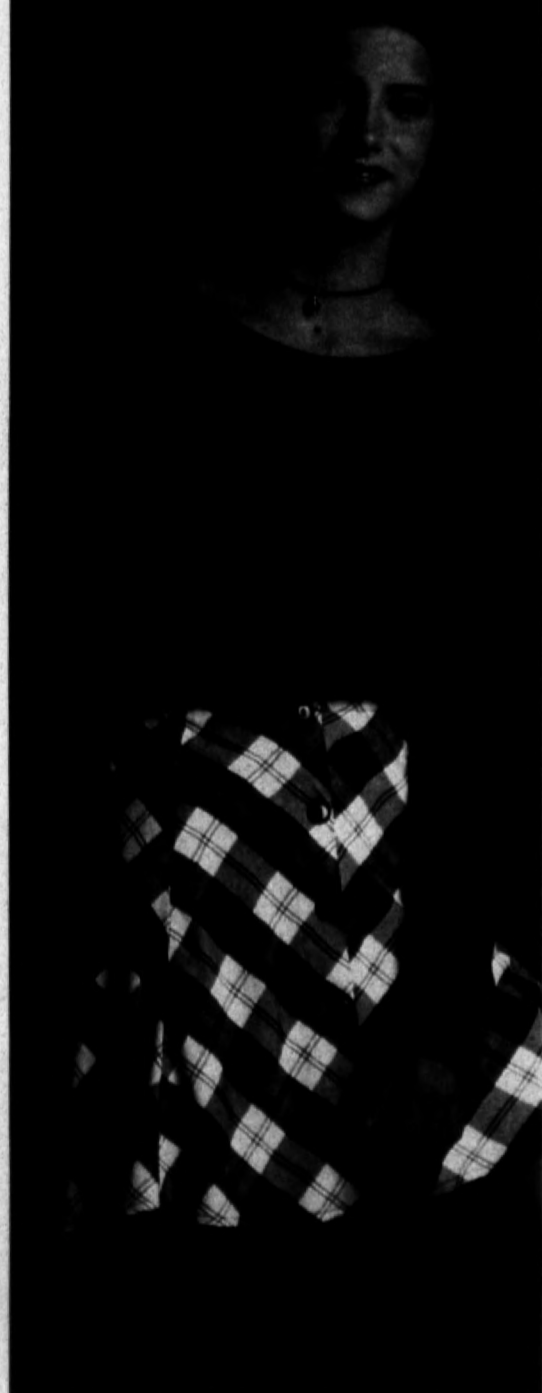


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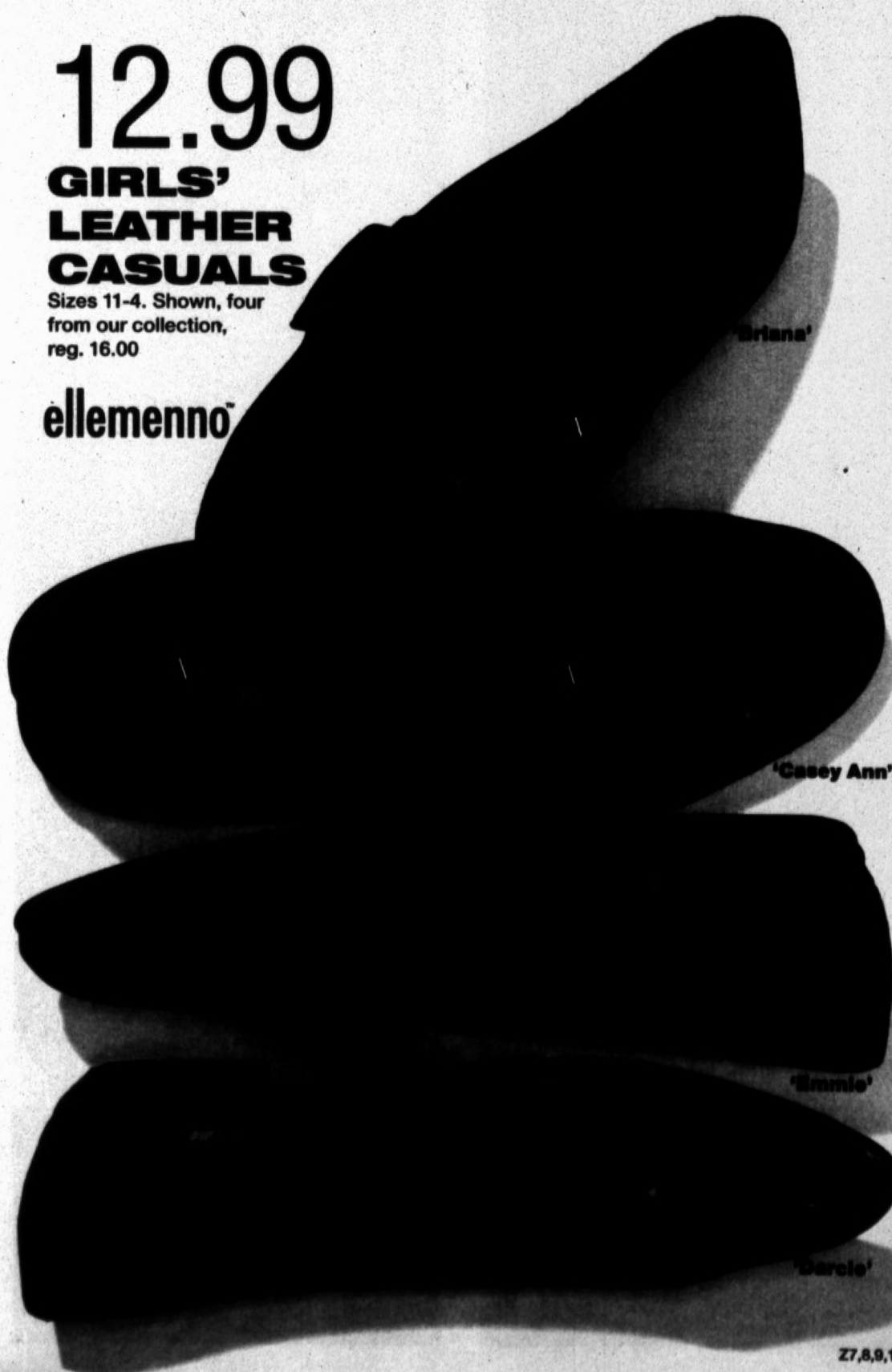
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SALE

THURSDAY, AUGUST 25 THRU SATURDAY, AUGUST 27



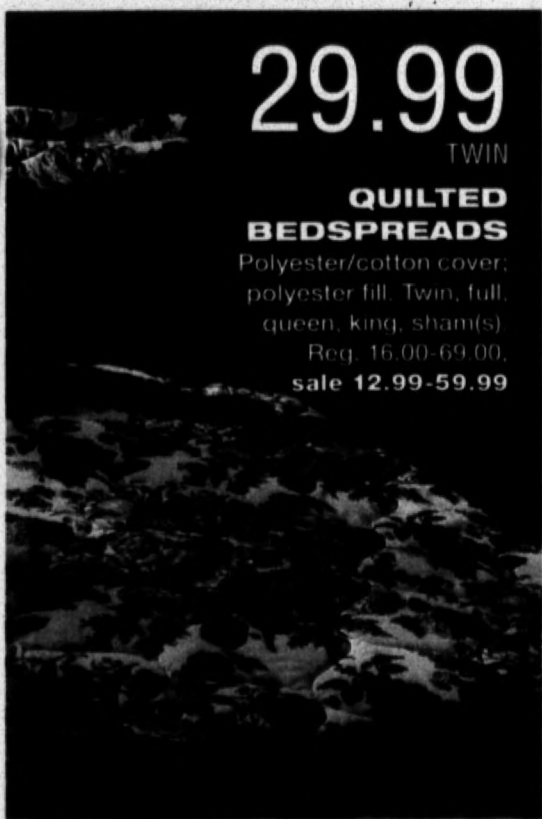
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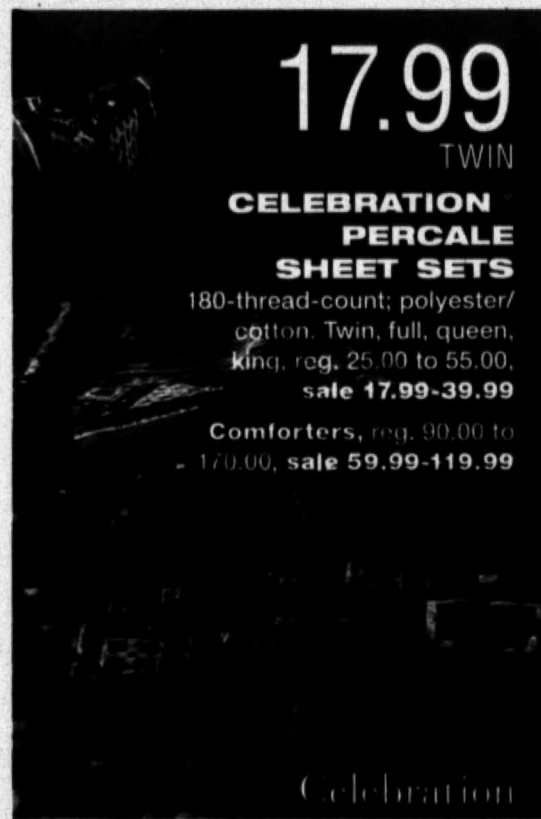


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HOME IDEAS AT GREAT PRICES!



29.99
TWIN
QUILTED BEDSPREADS
Polyester/cotton cover, polyester fill. Twin, full, queen, king, sham(s). Reg. 16.00-69.00, sale 12.99-59.99



17.99
TWIN
CELEBRATION PERCALE SHEET SETS
180-thread-count; polyester/cotton. Twin, full, queen, king, reg. 25.00 to 55.00, sale 17.99-39.99
Comforters, reg. 90.00 to 170.00, sale 59.99-119.99

Celebration



13.99
ONEIDA® 20-PC. FLATWARE SETS
Sets include four each: knife, dinner fork, salad fork, spoon and teaspoon. Reg. 16.00
All 20-piece flatware sets, reg. 16.00-30.00, sale 13.99-24.99

'Daydream'
'Reliance'
'American Ballad'
ONEIDA

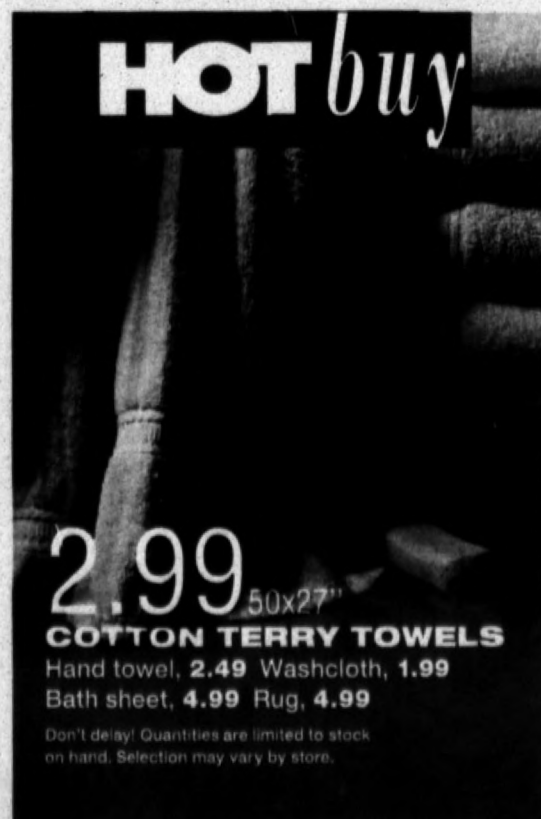


19.99
20-PC.
DINNERWARE SET
Four each: dinner plate, salad plate, bowl, cup and saucer. Reg. 20.00-50.00
All 20-piece dinnerware sets, reg. 20.00-50.00, sale 14.99-39.99

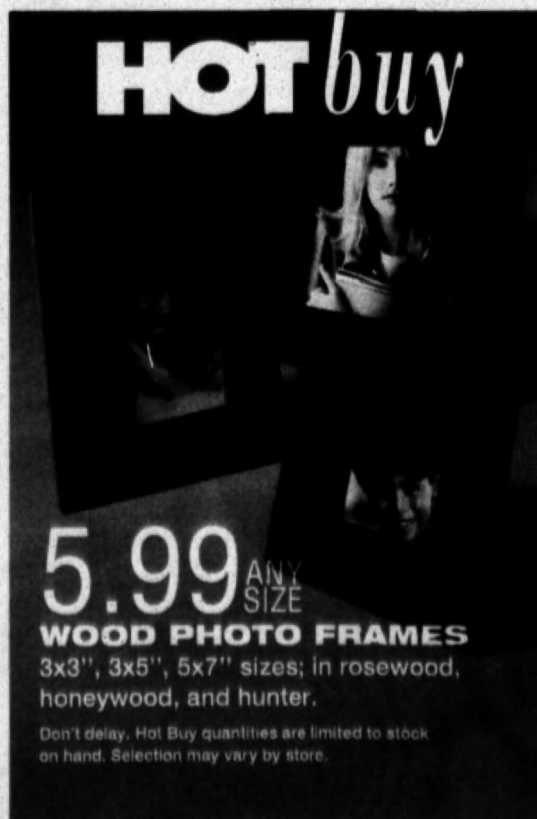
'Imperial'



7.99 STD
EXTRA-FIRM PILLOW
By Du Pont™ Quilted polyester/cotton cover, polyester fill. 3 sizes, reg. 12.00-20.00, sale 7.99-12.99
Fitted pad, Polyester/cotton cover, reg. 15.00-30.00, sale 9.99-18.99



HOT buy
2.99 50x27"
COTTON TERRY TOWELS
Hand towel, 2.49 Washcloth, 1.99 Bath sheet, 4.99 Rug, 4.99
Don't delay! Quantities are limited to stock on hand. Selection may vary by store.



HOT buy
5.99 ANY SIZE
WOOD PHOTO FRAMES
3x3", 3x5", 5x7" sizes; in rosewood, honeywood, and hunter.
Don't delay. Hot Buy quantities are limited to stock on hand. Selection may vary by store.



10.99 SMALL
BERBER AREA RUGS
Cotton and polyester blends, machine washable. Reg. 15.00
All area rugs on sale, reg. 10.00-40.00, sale 6.99-27.99

3 day MERVY sale

THURSDAY, AUGUST 25
THRU SATURDAY, AUGUST 27

19.99

THE
NEWEST
KNITS
AT A
GREAT
SALE
PRICE!

One and two-piece dresses.
Polyester/cotton; juniors'
sizes s.m.l. Reg. 28.00 each



ENTIRE STOCK OF FINE JEWELRY

50% OFF

Items shown available in limited quantities. Selection may vary by store. Price reduction does not apply to discontinued jewelry. Photos enlarged to show detail.

62.49

14KT. GOLD
Reg. 125.00

149.99

1/8 CT. T.W. DIAMONDS
In 14kt. gold. Reg. 300.00

174.99

14KT. GOLD
17" chain. Reg. 350.00

187.49

1/8 CT. T.W. DIAMONDS
In 14kt. gold. Reg. 375.00

PLUS, AN EXTRA 20% OFF SAPPHIRES, SEPTEMBER'S BIRTHSTONE

Sale prices for jewelry below reflect extra 20% savings.

59.99

BLUE SAPPHIRES
In 14kt. gold. Reg. 150.00

79.99

BLUE SAPPHIRE
In 10kt. gold. Reg. 200.00

EXAMPLE:

Blue sapphire in 10kt. gold
Reg. price 375.00
Sale price 187.49
Extra 20% off 149.99

79.99

WHITE SAPPHIRE
In 10kt. gold. Reg. 200.00

99.99

BLUE SAPPHIRE
In 14kt. gold. Reg. 250.00

99.99

BLUE SAPPHIRE
In 10kt. gold. Reg. 250.00

99.99

WHITE SAPPHIRES
In 10kt. gold. Reg. 250.00

119.99

BLUE SAPPHIRES
In 14kt. gold. Reg. 300.00

159.99

WHITE SAPPHIRES
In 14kt. gold. Reg. 400.00

239.99

WHITE SAPPHIRES
In 14kt. gold. Reg. 600.00

mervyn's™



3 DAYS ONLY! THURSDAY THRU SATURDAY, AUGUST 25-27.
Shop Thursday-Saturday, 9:30 am-9:30 pm. For store locations call 1-800-M-E-R-V-Y-N-S, anytime.

ANTHONY'S[®] DENIM SALE

Levi's



Wrangler
BRAND



H.I.S.[®]
JEANS THAT FIT YOUR LIFE

Chic[®]

Stuffed Shirt[®]



Sale Prices
Effective
through
Sunday
Aug. 28th



MEN'S

LEVI'S[®] 501[®] PREWASHED JEANS IN BLUE 100% cotton, original button-fly, five-pockets, straight leg. Sizes 29-42, limit 6 pair per customer	23.99
LEVI'S[®] 501[®] PREWASHED JEANS IN BLACK 100% cotton, original button-fly, five-pockets, straight leg. Sizes 29-42, limit 6 pair per customer	25.99
LEVI'S[®] 501[®] STONWASHED JEANS 100% cotton, original button-fly, five-pockets, assorted colors. Sizes 29-38, limit 6 pair per customer	29.99
LEVI'S[®] 550[™] RELAXED FIT 100% cotton, zipper-fly, five-pockets, tapered leg, assorted colors. Sizes 29-38, limit 6 pair per customer	29.99
LEVI'S[®] 505[™] ZIPPER-FLY JEANS 100% cotton, five-pockets, straight leg, blue. Sizes 29-38, limit 6 pair per customer	23.99
WRANGLER[®] 13MWZ[®] JEANS IN BLUE 100% cotton, western styling, straight leg that fits over boots. Sizes 29-42	17.99
WRANGLER[®] 936[®] SLIM FIT JEANS IN BLUE 100% cotton, western styling, straight leg that fits over boots. Sizes 29-38	17.99
WRANGLER[®] 13MWZ[®] JEANS IN COLORS 100% cotton, western styling, straight leg that fits over boots. Sizes 29-38	21.99
WRANGLER[®] 936[®] SLIM FIT JEANS IN BLACK 100% cotton, western styling, straight leg that fits over boots. Sizes 29-38	21.99
WRANGLER[®] 22MWZ[®] RELAXED FIT JEANS 100% cotton, western styling, straight leg that fits over boots. Sizes 29-38	25.99
LEE[®] PREWASHED JEANS REG. 23.99. 100% cotton, five-pockets, regular fit, straight leg. Sizes 30-42	18.99
LEE[®] RELAXED FIT JEANS REG. 29.99. 100% cotton, five-pockets, assorted colors. Sizes 30-42	22.99
H.I.S.[®] STONWASHED JEANS REG. 19.99 & 23. 100% cotton, relaxed fit, assorted colors. Sizes 29-38	17.99

MISSES' & JUNIORS'

JUNIORS' LEVI'S[®] 501[®] JEANS REG. \$45. 100% cotton, original button-fly, straight leg. Sizes 3-13, limit 6 pair per customer	34.99
LEVI'S[®] 550[™] RELAXED FIT JEANS REG. \$45. 100% cotton, five-pockets, straight leg. Sizes 3-13, limit 6 pair per customer	34.99
MISSES' AND JUNIORS' LEE[®] JEANS REG. 29.99. 100% cotton, five-pockets. Sizes 8-18 and 3-13	23.99
MISSES' AND JUNIORS' LEE[®] JEANS REG. \$32 TO \$38. 100% cotton, five-pockets. Sizes 8-18 and 3-13	26.99
MISSES' AND JUNIORS' CHIC[®] JEANS REG. \$25. 100% cotton, five-pockets, tapered leg. Sizes 8-18 and 3-13	16.99
JUNIORS' STUFFED SHIRT[®] JEANS REG. 22.99. 100% cotton, five-pockets, tapered leg. Sizes 3-13	16.99
MISSES' GLORIA VANDERBILT[®] JEANS REG. 22.99. 100% cotton, five-pockets, tapered leg. Sizes 6-16	16.99
PLUS SIZES CHIC[®] JEANS REG. \$25. 100% cotton, five-pockets, tapered leg. Sizes 18-26	16.99
PLUS SIZES LEE[®] JEANS REG. \$1.99. 100% cotton, five-pockets, tapered leg, elastic waist. Sizes 18-26	24.99
MISSES' AND JUNIORS' LEE[®] SHORTS REG. \$25. 100% cotton, five-pockets. Sizes 8-18 and 3-13	18.99
MISSES' AND JUNIORS' CHIC[®] SHORTS REG. 19.99. 100% cotton, five-pockets. Sizes 8-18 and 3-13	14.99
JUNIORS' STUFFED SHIRT[®] SHORTS REG. 19.99. 100% cotton, five-pockets. Sizes 3-13	14.99
MISSES' GLORIA VANDERBILT[®] SHORTS REG. 19.99. 100% cotton, five-pockets. Sizes 6-16	14.99

BOYS'

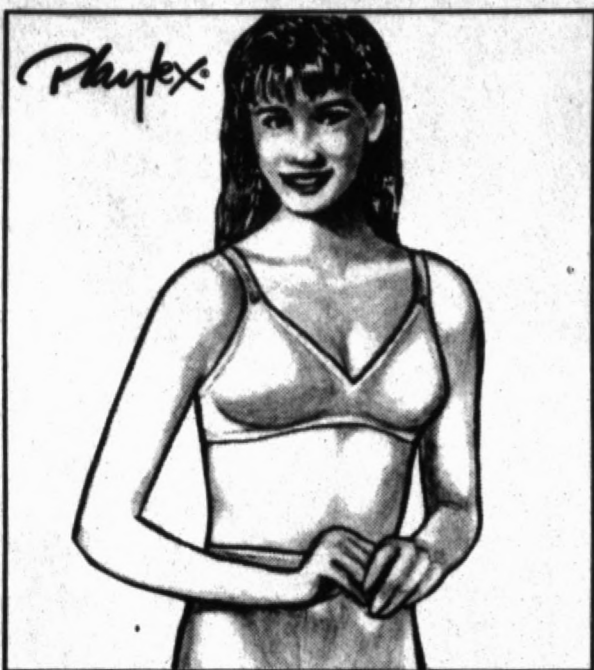
BOYS' 4-7 LEVI'S[®] 550[™] JEANS REG. \$22. 100% cotton, relaxed fit, tapered leg, limit 6 pair per customer	15.99
BOYS' 8-14 & 26-30 LEVI'S[®] 550[™] JEANS REG. \$25 & 27. 100% cotton, relaxed fit, tapered leg, limit 6 pair per customer	19.99
BOYS' 8-14 WRANGLER[®] COWBOY CUT[®] JEANS REG. \$18. 100% cotton, western styling, blue or black denim SIZES 4-7, REG. \$16	14.99 12.99
BOYS' 25-30 WRANGLER[®] JEANS IN BLUE REG. \$20. 100% cotton, western styling, blue or black denim BLACK DENIM, REG. \$22	17.99 19.99
BOYS' 4-7 H.I.S.[®] JEANS REG. 16.99. 100% cotton, five-pockets, straight leg TODDLERS' 2-4T, REG. 14.99	12.99 10.99
BOYS' 8-16 H.I.S.[®] JEANS REG. 19.99. 100% cotton, five-pockets, straight leg	14.99
BOYS' 4-7 H.I.S.[®] SHORTS REG. 13.99. 100% cotton, five-pockets, solids and stripes REG. 15.99	10.99 12.99
BOYS' 8-16 H.I.S.[®] SHORTS REG. 14.99. 100% cotton, five-pockets, solids and stripes REG. 17.99	11.99 13.99

GIRLS'

TODDLERS' 2-4T LEE[®] JEANS REG. 17.99. 100% cotton, elastic waistband, boys' and girls' sizes	13.99
GIRLS' 4-6X LEE[®] JEANS REG. 21.99. 100% cotton, five-pockets, tapered leg	17.99
GIRLS' 7-14 LEE[®] JEANS REG. 25.99. 100% cotton, five-pockets, tapered leg	19.99
TODDLERS' 2-4T CHIC[®] JEANS REG. 14.99. 100% cotton, elastic waistband	10.99
GIRLS' 4-6X CHIC[®] JEANS REG. 17.99. 100% cotton, five-pockets, tapered leg	13.99
GIRLS' 7-14 CHIC[®] JEANS REG. 19.99. 100% cotton, five-pockets, tapered leg	14.99
GIRLS' 4-6X LEE[®] SHORTS REG. 17.99. 100% cotton, five-pockets, assorted colors	14.99
GIRLS' 7-14 LEE[®] SHORTS REG. 21.99. 100% cotton, five-pockets, assorted colors	16.99

Look Inside for More Back to School Savings!

ANTHONY'S® Back



10.99 **PLAYTEX® BRAS**
 • Assorted styles and colors
 • Sizes 32-36A, 34-40B,C,D,DD
 Reg. 16.50 to \$19 **12.99**
 REG. \$14 to \$16
 Reg. 19.50 to 24.50 **15.99**



7.99 **BRA WITH FREE MATCHING PANTY**
 • Buy bra at regular price, get matching panty, 2.99 value **FREE**
 • Fashion colors, sizes 34-38A,B,C
 • Selection will vary by store



2/\$5 **LORRAINE® PANTIES**
 • Nylon with cotton inset
 • White or blush
 • Sizes 5-7
SIZES 8-10 2/\$6
 REG. \$4 PAIR
 Reg. 4.50 Pair



9.99 **ENTIRE STOCK SLEEPSHIRTS**
 • Selection will vary by store
 Reg. 14.99 **12.99**
 REG. 12.99
 Reg. 17.99 & 19.99 **14.99**



30% off **ENTIRE STOCK HANDBAGS**
 • Popular shapes
 • Leathers, vinyls and fabrics
 • Selection will vary by store
 REG. 12.99 TO 39.99



Buy 2, Get 1 FREE **HANES® CLASSIC COMFORT® HOSIERY**
 • Sheer and control top styles
 • Fashion shades
 • Selection will vary by store
 • Free pair must be of equal or less value
 REG. 2.99 TO 3.99

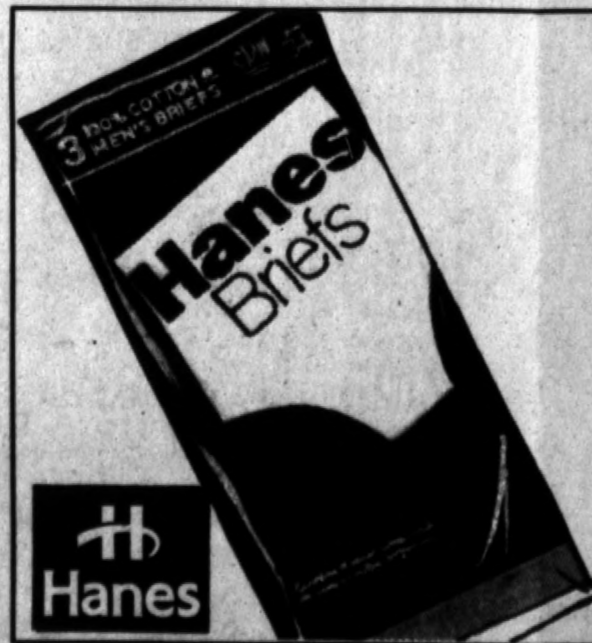
MEN'S LICENSED & ATHLETIC SPORTSWEAR
20% to 40% off

MEN'S LICENSED AND ATHLETIC SPORTSWEAR
 • Styles by Nike®, Reebok®, Salem®, Boa®, Bike®, Chalkline® and more
 • Short sleeve T-shirts
 • Pull-on shorts
 • Assorted prints and logos
 • Sizes M,L,XL
 • Selection will vary by store

BOYS' 4-20 LICENSED T-SHIRTS
7.99 9.99
SIZES 4-7, Reg. 8.99 to 9.99
SIZES 8-20, Reg. 11.99 to 13.99
 • Short sleeves
 • Assorted prints and logos
 • Selection will vary by store
SIZES 4-7 Reg. 14.99 11.99



5.99 **MEN'S 6-PACK SOCKS**
 • Cotton-nylon blend
 • Tube or crew top, white
 Le-cut, Reg. 5.99 **4.99**
 Nike® 1/4 Top **3/\$10**
 REG. 7.49 & 7.99
 Nike® Crew **3/\$11**
 Nike® 3/4 Top or crew **4.75 Pr.**



4.99 **MEN'S HANES® 3-PACK UNDERWEAR**
 • 100% preshrunk cotton
 • White
 • Briefs sizes 28-44
 Crewneck or V-neck, Reg. 7.99 **8.99**
 Briefs, REG. 6.99
 Bill Glass® Briefs, Reg. 8.99 **7.99**



19.99 **MEN'S WINDSUIT SEPARATES**
 • Nylon shell
 • Fashion colors, sizes M,L,XL
 • Selection will vary by store
Jacket REG. 24.99
 Pants, Reg. 19.99 **17.99**



13.99 **BOYS' 8-20 DENIM SHIRTS**
 • 100% cotton
 • Long sleeves
 • Assorted colors
 • Selection will vary by store
 REG. 17.99
Sizes 4-7, Reg. 16.99 12.99

Back to School SALE



19.99 ENTIRE STOCK SWEATER VESTS
 • 100% cotton
 • Novelty stitching
 • Assorted colors, sizes S,M,L
 • Selection will vary by store
 Solids, Reg. 19.99 **15.99**
 Patterns REG. 24.99



15.99 THERMAL KNIT TUNICS
 • Polyester-cotton
 • Long sleeves
 • V-neck with lace trim
 • Assorted solids, S,M,L
 • Selection will vary by store
 REG. 19.99



24.99 TWO-PIECE TEXTURED SETS
 • Cotton blends
 • Short and long sleeve tops
 • Pull-on bottoms
 • Sizes S,M,L
 • Selection will vary by store
 REG. 29.99



29.99 THE MISSES' AND JRS' DRESSES
 • Knit and woven styles
 • Assorted colors
 • Fashion prints
 • Selection will vary by store
 REG. 39.99

ENTIRE STOCK MEN'S KNIT AND WOVEN SPORT SHIRTS
 • Cotton and cotton blends
 • Short sleeve and long sleeve styles
 • Fashion colors
 • Assorted solids, stripes and plaids
 • Sizes M,L,XL
 • Selection will vary by store
 • Second shirt must be of equal or less value

MEN'S KNIT OR WOVEN SPORT SHIRTS
 Buy 1 at Regular Price,
 Get the 2nd for
1/2 Price
 Second shirt must be of equal or less value

Anthonyms Credit Card ...
 the Smart Shopper's Choice!



12.99 LONG SLEEVE TWILL CAMP SHIRTS
 • 100% cotton
 • Assorted solids and prints
 • Pull-on bottoms
 • Sizes S,M,L
 • Selection will vary by store
 REG. 17.99



13.99 PLUS SIZES RAYON SHIRTS
 • Long sleeves
 • Button-front
 • Assorted solids
 • Sizes 18-24
 • Selection will vary by store
 REG. 17.99



9.99 GIRLS' 4-14 KIKOMO® DENIM SHIRTS
 • Long sleeves
 • 100% cotton denim
 • Assorted solids
 • Sizes 4-6x and 7-14
 • Selection will vary by store
 REG. 13.99



11.99 GIRLS' 7-14 KNIT TOPS
 • Polyester-cotton
 • Assorted styles
 • Fashion colors
 • Selection will vary by store
 REG. 15.99



17.99 GIRLS' 7-14 2-PIECE SETS
 • Cotton blends
 • Long sleeve tops
 • Pull-on bottoms
 • Selection will vary by store
 SIZES 4-6X
 Reg. 19.99 **14.99**
 REG. 21.99



13.99 INFANT & TODDLER 2-PIECE SETS
 • Polyester-cotton blends
 • Long sleeve tops
 • Pull-on bottoms
 • Infants 12-24 months
 • Toddlers' 2-4T
 • Selection will vary by store
 REG. 17.99

ANTHONY'S®

ENTIRE STOCK ATHLETIC SHOES



Riddell

NIKE

\$5 Off

Reg. 24.99 to 38.99

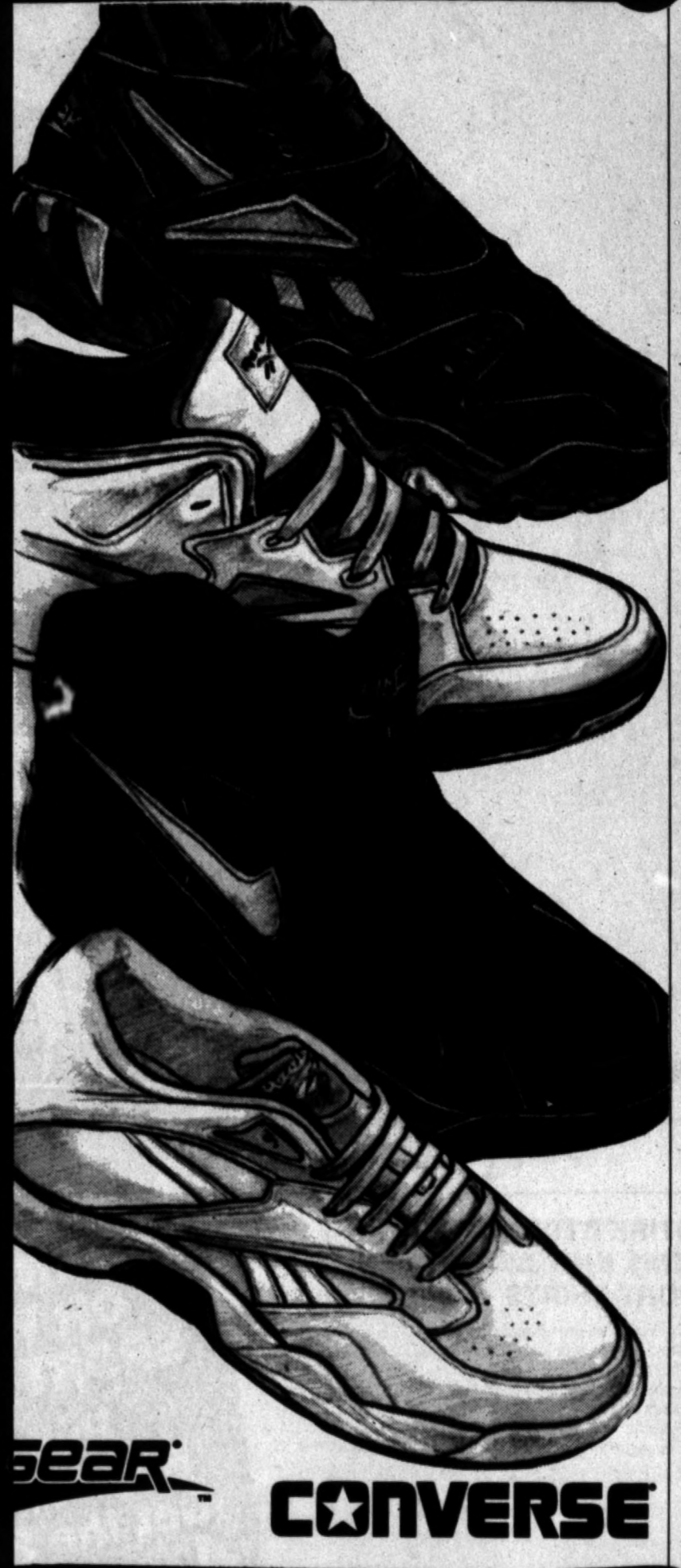
\$10 Off

Reg. 39.99 to 58.99

\$15 Off

Reg. 59.99 to 99.99

- Leather uppers
- Assorted styles and colors
- Men's 8-12, women's 6-10, boys' 1-6, girls' 12 1/2-3



GEAR

CONVERSE

Save on Casual Shoes for Men, Women & Girls

<p>29.99 WOMEN'S</p>	<p>49.99</p> <p>Dexter</p>	<p>19.99</p>	<p>15.99</p> <p>Keds</p>	<p>19.99</p>
<p>DROVER BAY BOOTS FOR WOMEN & MEN</p> <ul style="list-style-type: none"> • REG. \$35 • Leather upper • Lace-up styling • Brown • Sizes 6-10 <p>MEN'S SIZES 6-12 Reg. \$45</p> <p>24.99</p>	<p>DEXTER CASUAL SHOES FOR WOMEN</p> <ul style="list-style-type: none"> • REG. \$62 • Leather upper, slip-on styling • Assorted styles and colors, sizes 6-10 <p>MEN'S SIZES 6-12 Reg. \$70</p> <p>59.99 64.99</p> <p>Reg. 79.99</p>	<p>MOOTSIES TOOTSIES SHOES FOR WOMEN</p> <ul style="list-style-type: none"> • REG. \$26 • Leather upper • Slip-on styling • Assorted fall colors • Sizes 6-10 	<p>KEDS SNEAKERS FOR WOMEN & GIRLS'</p> <ul style="list-style-type: none"> • WOMEN'S, Reg. 23.99; GIRLS', Reg. \$22 • Cotton canvas upper, assorted colors • Women's 5-10, girls' 12 1/2-3 <p>WOMEN'S LEATHER SNEAKERS OR WALKERS Reg. 39.99</p> <p>29.99</p>	<p>GIRLS' LEATHER CASUAL SHOES</p> <ul style="list-style-type: none"> • REG. 24.99 • Soft leather upper • Assorted styles • Tan • Sizes 11-3

Look Inside for Great Back to School Savings!

Sale prices effective through August 28th

AUGUST STOPS

SUPER TOUGH
IGAS
ON PRICES



ASSORTED Hi-C
FRUIT DRINKS
GALLON JUG **2⁹⁹**

ASSORTED MARQUEE
PREMIUM RAIN
1 LITER BTL. **5⁹⁹ FOR 4**

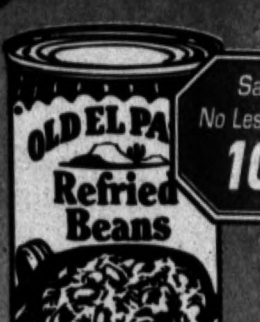


HERSHEY
CANDY BARS
ASSORTED SINGLES
3 FOR 99^c



LA CHOY
SOY SAUCE
10 Oz. BTL. **1¹⁹**

LA CHOY
CHOW MEIN NOODLES
ASST. 5 Oz. CAN **89^c**



OLD EL PASO
REFRIED BEANS
31 Oz. CAN **1³⁹**



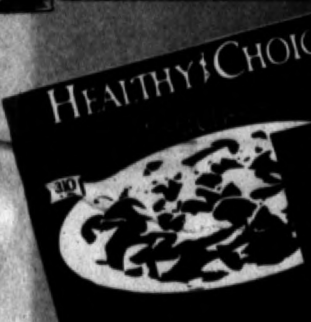
OLD EL PASO
TACO SHELLS
18 CT. PKG. **1⁹⁹**



ASST. PATIO
BURRITOS
5 Oz. PKG. **5 FOR 2⁰⁰**



BLUE BONNET
MARGARINE
REGULAR OR LIGHT QTRS
3 FOR 1⁸⁹



ASST. HEALTHY CHOICE
DINNERS OR CLASSICS
9.95 - 12.75 Oz. PKG.
2 FOR 5⁰⁰



PILLSBURY
TOASTER STRUEDELS
11.5 Oz. **1⁷⁹**



PILLSBURY
COOKIES
ASST. 20 Oz. TUBE **2⁴⁹**



WILSON
SMOKED SAUSAGE
REGULAR OR POLISH
1⁷⁹ LB.

KRAFT
BBQ SAUCE
SMOKED OR PLAIN
28 Oz. BTL. **2 FOR 3⁰⁰**



TOTINO'S
PARTY PIZZAS
ASST. 9 - 10 Oz. **2 FOR 3⁰⁰**



WILSON
MEAT JUMBO FRANKS
16 Oz. PKG. **99^c**



CHARMIN
BATH TISSUE
ASST. 9 ROLL PKG. **4⁶⁹**



ULTRA TIDE
DETERGENT
ASST. 42 - 47 Oz. BOX **2⁹⁹**

STOP

YOU MAY BE PAYING TOO MUCH
IF YOU SHOP ELSEWHERE!



**BRIGHT & EARLY
ORANGE DRINK**
12 Oz. CAN

3 FOR \$1

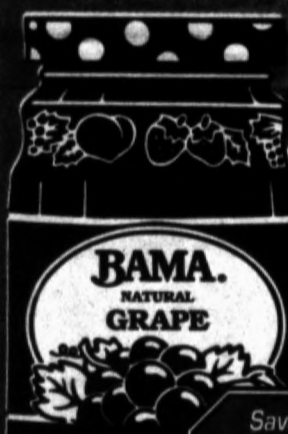
Save
No Less Than
107
on 3



**SHOWBOAT
PORK & BEANS**
15 Oz. CAN

Save
No Less Than
47c
on 3

3 FOR \$1



**BAMA JAM
OR JELLY**
APPLE OR GRAPE
16 Oz. JAR

Save
No Less Than
20c

139



**FRITO LAY
SANDWICH CRACKERS**
ASST. 8 CT. PKG.

2 FOR \$3

Save No
Less Than
98c
on 2



**MINUTE MAID
ORANGE JUICE**
ASST. PREMIUM CHOICE
64 Oz. CTN

Save
No Less Than
86c

199

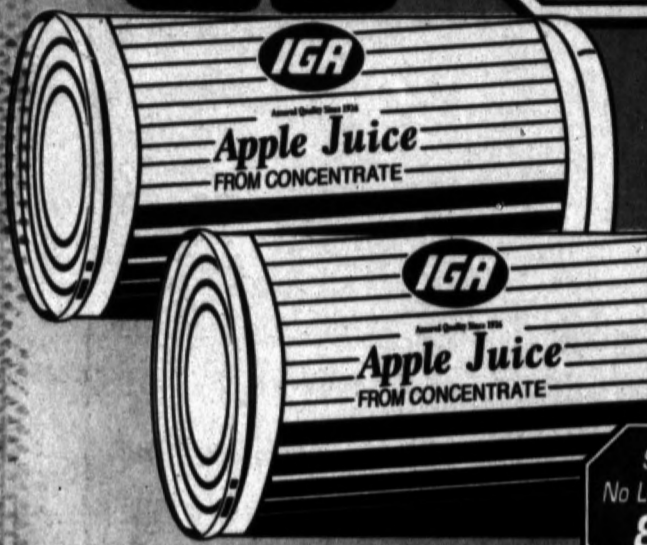
IGA

AUGUST SPECIALS

SUPER TOUGH

STOP

ON PRICES



**IGA BRAND
APPLE JUICE**
12 Oz. CAN

59c

Save
No Less Than
86c

**DECKER MEAT
BOLOGNA**
16 Oz. PKG.

99c

Save
No Less Than
74c

**ASSORTED
PATIO DINNERS**
12 - 13.25 Oz.

99c

Save
No Less Than
80c

**CHUNK LIGHT IN OIL OR WATER
STARKIST TUNA**
6.12 Oz. CAN

3 FOR 189

Save
No Less Than
78c
on 3

**ASSORTED
BANQUET DINNERS**
6 - 12 Oz. PKG.

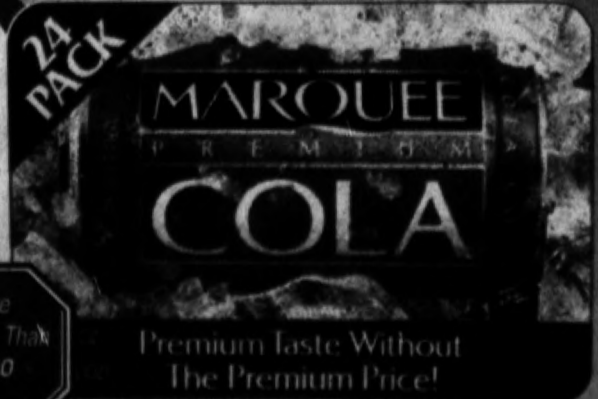
4 FOR \$5

Save
No Less Than
96c
on 4

**MARQUEE PREMIUM
COLA**
24 PACK - 12 Oz. CAN

399

Save
No Less Than
\$1.00



Premium Taste Without
The Premium Price!



**HOMETOWN
PROUD**

America



Taylor & Sons

•Canyon
•Hereford



**IGA TABLERITE
BONELESS**

CHUCK ROAST

1/29
LB.



PRICES GOOD AUGUST '94						
S	M	T	W	T	F	S
			24	25	26	27
28	29	30				



NEW CROP COLORADO

**RUSSET
POTATOES**

1/19
10 LB.
BAG



**CHICKEN OF THE SEA
CHUNK LIGHT TUNA**
IN OIL OR WATER
6.13 Oz.

59¢



**IGA
BACON
SLICED
12 Oz. PKG.**

89¢



**JENO'S
PIZZA
ASSORTED
7.6 - 8.1 Oz.**

89¢



**PAPER
TOWELS**
RAINBOW
SINGLE ROLL

3 \$1
FOR



**BLUE BONNET
SPREAD**
3 LB. TUB

1/49



**SEASON'S BEST
JUICE**
TROPICANA
ASSORTED 64 Oz.

99¢



**MACARONI &
CHEESE**
IGA
7.25 Oz. Box

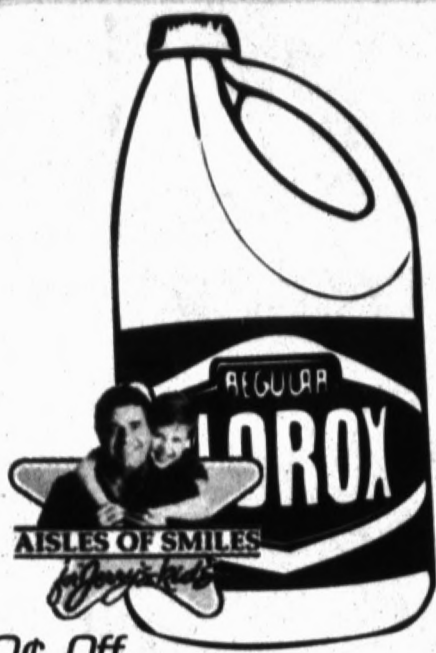
5 99¢
FOR

WE RESERVE THE RIGHT TO LIMIT QUANTITIES. NO SALES TO DEALERS PLEASE

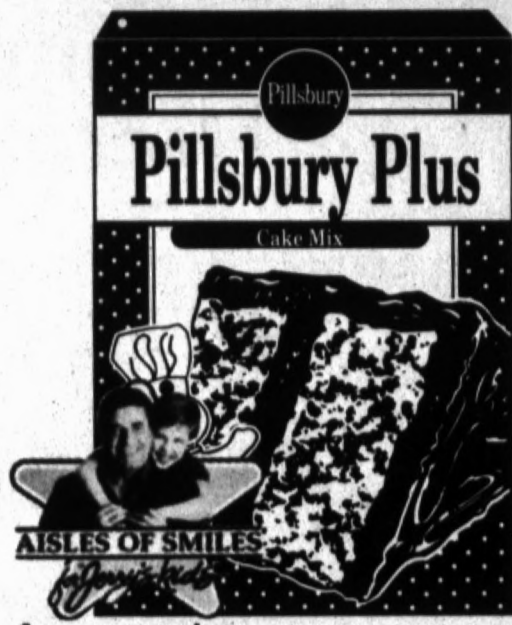
IGA



BUY THESE PRODUCTS



10¢ Off
Clorox Bleach
1 Gallon



Assorted
Pillsbury Cake Mix
18.25 - 19.7 Oz.

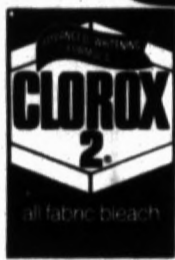


Pet
Evaporated Milk
12 Oz.

99¢

89¢

59¢



Lemon or Color Bright 40 Oz.
Clorox 2 Bleach

2⁶⁹



Quart or Gallon 15 - 25 Ct
Gladlock Storage or Freezer Bags

1⁹⁹



Gladlock 50 Ct.
Sandwich Bags

1⁴⁹



Pint 30 Ct.
Gladlock Storage Bags

2 For \$3



Help Fight Muscular Dystrophy

BY BUYING THE PRODUCTS ABOVE, YOU WILL PROVIDE MDA THE ESSENTIAL FUNDS TO CONTINUE VITAL RESEARCH PROGRAMS AND PATIENT CARE ACTIVITIES.



A Baking Must!
Rainbow Shortening
42 Oz.

99¢



Assorted Flavors
IGA Soft Drinks
6 Pack - 12 Oz. Cans

99¢

Assorted
Nestea Tea
3 - 4.23 Oz.

2²⁹

BACK TO SCHOOL! - BACK TO SAVINGS!

Asst. Reg., Whipped, Salt Free & Smart Choice
Peter Pan Peanut Butter
14 - 18 Oz.

1⁶⁹



Assorted
Doritos Tortilla Chips
9 Oz.

2 For \$3

Assorted including Swirls
Hunt's Snack Packs
4 Pack 20 Oz.

1¹⁹



Sunshine
Lemon Coolers
12 Oz.

1⁶⁹

Handi Snack
Cheese & Crackers
8 Ct.

2³⁹



Chocolate or Strawberry
Nestle Quik
32 Oz.

2⁹⁹



Assorted Schilling
Chicken Seasonings
1.37 - 1.62 Oz.

99¢



Fajita or Carribean Jerk
Schilling Seasonings
3 - 3.25 Oz.

2 For \$3

& HELP "JERRY'S KIDS®" IGA



Squeezable
**Heinz
Ketchup**
28 Oz. Btl.

169



Assorted Ragù
**Spaghetti
Sauce**
27.5 - 30.5 Oz. Jar

179



- Choose From:
- Mixed Vegetables
 - Cauliflower Florets
 - Leaf Spinach
 - Sweet Select Corn
 - Broccoli Cuts
 - Sweet Peas
 - Green Beans
 - Niblets Corn

**Green Giant
Vegetables**
16 Oz.

99¢



Bold or Original 10 Oz.
**A-1
Steak Sauce**

329

Assorted 20 Oz.
**Dole
Pineapple**

89¢



Assorted
**Brach's Pik-A-Mix
Candies** Lb. **199**

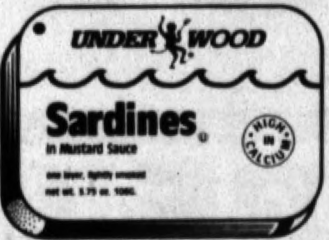
Assorted Reduced Calorie 24 Oz.
**Hidden Valley
Dressings** **399**

Help "Jerry's Kids®" Smile

MDA IS CONTINUOUSLY SEARCHING FOR A CURE FOR MUSCULAR DYSTROPHY. THEY NEED YOUR HELP TO CONTINUE THE FIGHT.



In Oil, Mustard or Tomatoes
**Underwood
Sardines**
3.75 Oz.



139

Assorted
**Underwood
Spreads**
4.25 Oz.



129

Assorted Pre-priced 4/1.19
**Pillsbury
Biscuits**
7.5 Oz.

4 For 99¢

Mild, Medium or Hot
**Clemente Jacques
Picante**
13.75 Oz.



119

Assorted
**Clemente Jacques
Salsa**
13.75 Oz.



149

Apple Jelly or Grape Jam or Jelly
**Bama
Spreads**
2 Lb. Jar



129

OLD EL PASO



**Old El Paso
Refried Beans**
31 Oz. Can **139**



Old El Paso
**Taco
Shells**
18 ct. **199**



Mild, Medium or Hot
**Thick & Chunky
Picante**
16 Oz. **189**



Hot or Mild
**Enchilada
Sauce**
14 Oz. **109**



Mild, Medium or Hot
**Chopped
Green
Chilies**
7 Oz. **119**

MEAT MARKET MEATS



**IGA TABLERITE
BONELESS
CHUCK
ROAST** **1.29**
LB.



**IGA TABLERITE
EXTRA LEAN
PORK
STEAK** **1.39**
LB.



**SLICED
IGA BACON**
89¢
12 Oz.



**VALUE PACK
FRYER THIGHS
OR DRUMSTICKS**
69¢
LB.



**REGULAR OR HOT
IGA PORK
SAUSAGE**1 Lb. **1.49**



**A GRILL FAVORITE
IGA MEAT
FRANKS**12 Oz. **69¢**



**MEAT BOLOGNA, PICKLE LOAF, SALAMI
OR SPICED LUNCHEON
IGA SLICED
LUNCHMEATS**..12 Oz. **99¢**



**BEEF, CHICKEN, TURKEY OR HAM
IGA WAFER THIN
LUNCHMEATS** 2.5 Oz. **3\$1**
FOR



**SLICED 4x6
IGA COOKED
HAM**8 Oz. **1.89**

**SLICED
IGA CHOPPED
HAM**12 Oz. **1.99**

**FIRE UP
IT'S COOK**

IF YOU'RE IN THE MARKET FOR A DEPARTMENT! WHETHER YOU'RE PEAN MEATY RIBS, SMOKED SAUSAGE, BURGER BEST SELECTION IN TOWN! PLUS ALL HERE - SO THERE'S JUST ONE STOP BE

RAINBOW VALUE PACK Big Size Big Savings Big Value
NOT AVAILABLE AT ALL STORES

**RAINBOW HEAT & EAT
CHICKEN FRIED BREADED
PATTIES OR FINGERS** **1.19**
LB.

**PEPPERONI OR COMBO
RAINBOW PIZZAS**
4 Pack - 14 Oz. **4.99**

**RAINBOW IQF
BONELESS SKINLESS
CHICKEN BREAST**
4 Lb. PKG **11.99**

Captain's Cove

**CAPTAIN'S COVE IQF
COD FILLETS**
16 Oz. PKG. **3.99**

**MILD CHEDDAR
IGA LONGHORN
CHEESE**
8 Oz. **2 FOR \$3**

**YOUR P
HEADQU
FOR THE
BEST T
CANTON
WATER**

THE FINEST

RED ALERT!

NEW CROP COLORADO
RUSSET POTATOES

10 LB. BAG **1.19**

CALIFORNIA
BROCCOLI

59¢ LB.



RED ROMA
TOMATOES

59¢ LB.

LONG GREEN
CHILIES

39¢ LB.

SUMMERTIME FRUIT SALAD

- 1/2 Cup orange juice
- 1/4 Cup honey
- 1 Pint basket strawberries, stemmed and halved
- 1 half-pint basket raspberries
- 1 half pint basket blueberries
- 2 oranges, peeled and cut into sections
- 1 Cup cantaloupe or honeydew melon balls
- 3 Tbsp. fresh mint leaves

In medium bowl whisk juice and honey; add remaining ingredients. Toss gently to combine; chill 1 hour. Spoon salad into 4 individual bowls, dividing equally. Makes 4 servings.

Nutritional Analysis Per Serving: Calories 194; Fat 1 g; Cholesterol 0 mg; Fiber 5 g; Sodium 5 mg; percent calories from fat 4%. This is an official 5 A Day recipe.

RED
RASPBERRIES

99¢ PINT



THE GRILL COOKOUT TIME

A DELICIOUS COOK-OUT, START IN OUR MEAT SPANNING THICK STEAKS, SUCCULENT CHICKEN, BURGERS OR HOT DOGS, WE HAVE THE FRESHEST, ALL THE TRIMMINGS! EVERYTHING YOU NEED IS BETWEEN YOU AND THE PICNIC TABLE - IGA

TROPICAL
MANGOES

3 FOR \$1



PICNIC QUARTERS THE FRESHEST, TASTING

YELLOW
ONIONS

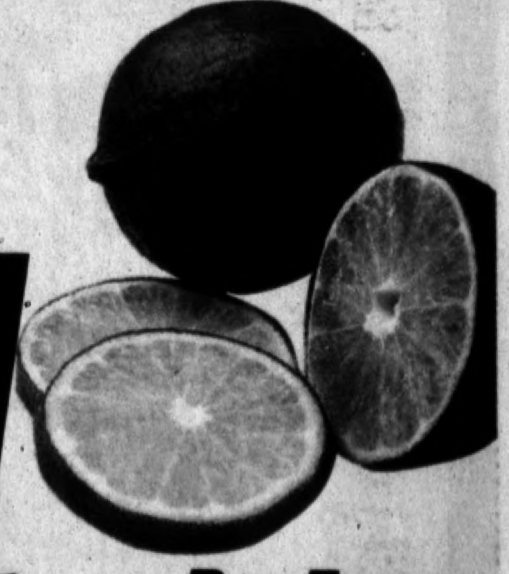
4 LBS. \$1

RED
RADISHES

2 BUNCHES \$1

TANGY
LIMES

10 FOR \$1



RED FLAME

GRAPES

89¢ LB.



IGA FROZEN FAVORITES



Assorted
Patio Dinners
12 - 13.25 Oz.

99¢



Deluxe Chicken & Veg. Pie, Sirloin Tip W/
Noodles, Lasagna W/ Meat Sauce, Fried
Chicken, Salisbury Steak, Turkey & Dressing

Swanson Entrees
7 - 10.25 Oz.

2 \$ 3
For



Swanson
Macaroni & Cheese
10 Oz.

1¹⁹



Assorted
Green Giant Pasta Accents
16 Oz.

1⁸⁹



Breaded
Stilwell Mushrooms
8 Oz.

1⁷⁹



Assorted
Hawaii's Own Juices
12 Oz.

1⁰⁹



Assorted Breaded
Stilwell Vegetables
9 - 16 Oz.

2 For \$ 3

•Veg. Sticks,
•Zucchini,
•Onion Rings,
•Corn Nuggets

Sign of the Times

Concerned manufacturers and retailers now label products and shelves to help consumers choose products that are GOOD for the environment. Look for symbols or copy advising which boxes and bags are made from "recycled" paper. Other packages may say "recyclable". These use new raw materials, but at least they are suitable for recycling. So-called "biodegradable" plastics never really break down to more than smaller plastic bits under the ideal conditions. Other bags and bottles may use plastics reclaimed through recycling, consuming no new petroleum products.

DAIRY



Assorted
Minute Maid Fruit Punches
Gallon Jug

2⁷⁹



Assorted
TCBY Yogurt
8 Oz.

2 For \$ 1

PAPER



Assorted
Northern Bath Tissue
9 Roll Pkg.

3⁹⁹



Assorted
Fitti Diapers
18 - 30 Ct.

4⁷⁹

Clip & Save

EFFECTIVE 8/24/94 - 8/30/94

Save \$1.85 WITH THIS COUPON
on ONE Post® Fruity or Cocoa PEBBLES®
13 Oz. size ONLY either variety.

RCOBBT3410

1-50 OFF ANY
20 - 21 Oz.
CAP'N CRUNCH CEREAL

IN-AD COUPON

Value
CAP'N CRUNCH CRUNCH BERRIES

RETAILER: MAIL TO QUAKER OATS COMPANY
948 SPRINGER DRIVE, LOMBARD ILLINOIS 60148

Good Week of 8/24/94 - 8/30/94
Only at Participating IGA Stores

GOOD ONLY AT PARTICIPATING IGA STORES

43000 11611

43000 22079

HOMETOWN PROUD! IGA

GENERAL MERCHANDISE



Assorted
**Irish Spring
Deodorant**
1.7 Oz.

179



Caplets or Tablets
**Advil
Cold N Sinus**
20 Ct.

379



Compare to Johnson & Johnson
**Marquee
Baby Powder**
14 Oz.
With
Cornstarch

149



**Mr. Coffee
Filters**
90 Ct.

2 For \$1



Compare to Arm & Hammer
**Marquee Toothpaste
with Baking Soda**
5 Oz.

169



Assorted
**Tums
Antacid**
60 Ct.

389

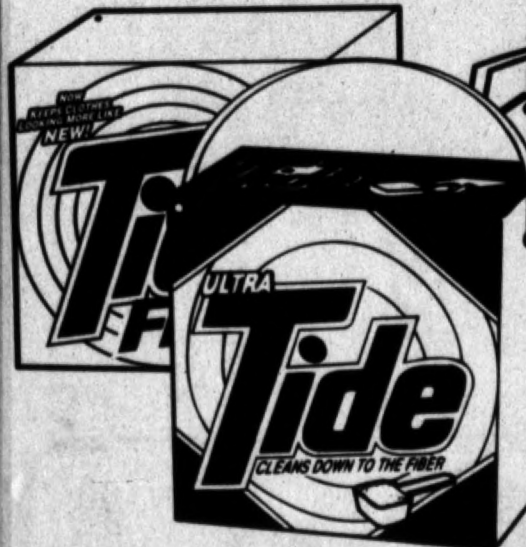


Metal
**Bic
Shavers**
5 Ct.

139



MONEY BACK GUARANTEE
We're so proud & confident about the quality of our store brands that we offer you a **DOUBLE YOUR MONEY BACK GUARANTEE**. If for any reason you are dissatisfied with any IGA, Rainbow, TV or Marquee brand, just return it, along with your name, address & phone number, and we'll give you cash-DOUBLE the retail value of the purchase price.



Regular, Free or With Bleach
**Ultra Tide
Detergent**
42 - 47 Oz.

329

CLEANING



Free, Scented or With Bleach
**Tide Liquid
Detergent**
50 Oz.

339



Assorted
**Bounce or Downy
Fabric Softner Sheets**
18 - 20 Ct.

119



White, Pink or Unscented
**Dove
Bath Bar**
2 Pk - 9.5 Oz.

199

PETS



Ration
**Field Trial
Dog Food**
20 Lb. Bag

399



Assorted
**Ken-L-Ration
Dog Food**
13.2 Oz.

3 for \$1



Assorted
**Kozy Kitten
Cat Food**
13 Oz.

3 for \$1



**Rainbow
Cat Litter**
10 Lb. Bag

139



**HOMETOWN YOUR HOMETOWN
PROUD SAVINGS PLACE!**

**FAST, FRIENDLY,
& COURTEOUS
CHECK-OUT!**

SAVE SAVE SAVE



**COKE, 7UP
& DR PEPPER**
3 LITER

139

**LARGE
EGGS**
30 COUNT
159

**Dried
PINTO
BEANS**
3\$1
LBS.



**COKE, 7UP
& DR PEPPER**
6 PACK CNS

139



**FOR A
LIMITED
TIME ONLY!**

**DOUBLE
COUPONS**

UP TO \$1

FOR A LIMITED TIME ONLY!

SEE STORE FOR DETAILS



Taylor & Sons

•Canyon •Hereford

