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Local Roundup

Threats investigated

One 17-year-old male reportedly threatened and kicked another 17-year-old male in a disturbance at Hereford High School on Tuesday. A second fight reported to the Hereford Police Department involved a man, 18, allegedly threatening several other young males with a knife in a disturbance in the 100 block of North 25 Mile Avenue.

Other incidents reported to city police were:

Harassing phone calls reported in the 400 block of Ave. H; a case of criminal non-support filed against an ex-husband; a complaint of trespassing and disturbing the peace reported in the 400 block of Barrett St.; and unauthorized use of a motor vehicle reported in the 800 block of East Park Avenue.

Incidents reported to the Deaf Smith County Sheriff's Office were:

Disorderly conduct reported in the 200 block of Baker; a request for a civil standby in the 200 block of Ave. A; and a report of a calf hit by a vehicle in the southeast part of the county.

City police issued 14 citations.

Four are arrested

Arrests made by the Hereford Police Department were:

A man, 27, on charges of no liability insurance (second offense) and several traffic violations; a man, 31, on a district warrant for criminal mischief; and a woman, 18, on a city warrant for no driver's license and no liability insurance.

County deputies arrested one man, 25, on charges of false identification and false registration with other charges pending.

Slight rain chance tonight

Tonight will see a less than 20 percent chance of isolated thunderstorms early, becoming fair with a low of 58. South winds will be 5-15 mph.

Thursday will be partly sunny and a little cooler with a high near 80. West winds will be 10-20 mph.

This morning's low at KPAN was 57 after a high Tuesday of 83.

News Digest

World/National

MIAMI - Disaster officials and coastal residents from the Florida Keys to Maine began preparing for Hurricane Hugo's expected assault in the wake of the storm's trail of death and destruction through the Caribbean.

WASHINGTON - Former Housing Secretary Samuel R. Pierce Jr. faces a subpoena today by House investigators seeking at least three appearances to testify about alleged mismanagement at his department.

PRETORIA, South Africa - F.W. de Klerk is sworn in as president and gives an inaugural address that may indicate how decisively he will move to fulfill his pledge of extending political rights to blacks.

GRAND TETON NATIONAL PARK, Wyo. - As long as the superpower rendezvous this week doesn't interfere with hunting season, scare off the cutthroat trout or block the view of the Tetons, local residents are more than willing to welcome the international entourage.

WASHINGTON - New U.S. efforts to stem the flow of Soviets - most of them Jews - into this country may leave evangelical Christians at the end of the line to face severe repression at home, an evangelical group says.

WASHINGTON - A House ethics task force is proposing to the leadership that congressional pay be raised 35 percent over two years while controversial honoraria payments are phased out over the same period, according to a congressional source.

WASHINGTON - Senate Democrats say they'll take another look at the size of a proposed anti-drug program in light of a Republican offer to boost it by \$800 million over the level President Bush has proposed.

HOUSTON - Two experimental vaccines protected laboratory animals against Legionnaires' disease, raising hopes for a vaccine to protect humans, a researcher says.

LOS ANGELES - The switch by one of the nation's most successful classical music stations to rock 'n' roll today underscores fears that high finance is silencing high class on the nation's radio waves.

State

HUNTSVILLE - A 44-year-old Texas inmate linked to five slayings was executed early today. James Paster was declared dead at 12:17 a.m., about seven minutes after the lethal drugs administered to him began flowing into veins in his arms.

TEXAS - Mounting concern among those who have relatives living in the path of Hurricane Hugo - including two Texas Rangers baseball players - has ignited relief efforts in Texas.

HOUSTON - Two experimental vaccines protected laboratory animals against Legionnaires' disease, raising hopes for a vaccine to protect humans, a researcher says.

EL PASO - The director of an abortion clinic who criticized a justice of the peace was shocked when the judicial official called the clinic a "slaughterhouse," she said.

HOUSTON - The FBI and federal banking officials are investigating a possible link between an organized crime syndicate and the takeover of at least one failing Texas bank, according to a broadcast report.

MCALLEN - Hard freezes and dry weather are being blamed for an expected drop in this year's Texas citrus harvest just getting under way, an industry official said.

EL PASO - Jewelry purchases, tax liabilities and thousands of dollars in cash transactions have dominated testimony in a tax hearing involving Jimmy and Elizabeth Chagra.

AUSTIN - State officials today were scheduled to post the first "DWI ... You Can't Afford It" sign to kick off a pilot project prompted by fears that the anti-driving-while-intoxicated effort of recent years was losing momentum.

BABBLING BROOKS

By John Brooks

It was an honor to get to visit with Barbara Bush, our First Lady, on Monday at Boys Ranch.

All of those nice things you've seen and heard about Barbara seem to be true. I love my Granny, but I wouldn't mind having Mrs. Bush as my grandmother. Since I'm short a grandmother, Barbara can be my surrogate paternal grandmother.

Or she can be my surrogate mother-in-law. I wouldn't mind having Mrs. Bush as my mother-in-law.

I can't see Barbara being hotsy-totsy, my red dress is better than your red dress like some previous First Lady. She doesn't put on any "airs." She seems to be a down-to-earth woman that's just doing her job of being the wife of the president.

Barbara doesn't seem to be the type that is going to get into a dressing war with Raisa Gorbachev. That's not to say that Barbara isn't well dressed, but she seems to be the type that would just love to put on an old shirt and some comfortable jeans at the first opportunity.

Of course, I really didn't get to "visit." I, with about 30 other media representatives, was herded into a small area commonly known as the bullpen. No Little League ballpark has a bullpen as small as the bullpen we were standing in at the front of the auditorium at Boys Ranch.

Mrs. Bush had answered a couple of rather powderpuff questions about how glad she was to visit Boys Ranch and to be back in Texas. I wanted to ask her a question about her role in her husband's drug strategy. I asked it, but was drowned out by another reporter.

Then I remembered Sam Donaldson. I have read Sam's book, and

he explained that he yelled his questions because he wanted to be sure the president (in that case, Ronald Reagan) heard them.

Well, I didn't yell. Like Sam said in his book, he wasn't yelling at the president because he wanted to yell at the president. He just wanted to be sure his question was heard.

I did not yell. I just piped up louder than anybody else. And Mrs. Bush answered my question. She didn't seem the least bit offended by my loud voice, and she didn't dodge the issue of her role in the drug war.

bb

Like anything else, Mrs. Bush was a little late. Her speech was supposed to start at 1:15 p.m., but 1:20 rolled by and no Mrs. Bush.

"How can we tell when she's fixing to be here?" someone in the press corps asked.

"Watch for the sunglasses," answered someone else.

Sure enough, about five minutes later here come about 10 guys, all of them wearing sunglasses. They walked out into the seating area, and Mrs. Bush walked onto the stage.

How else can you identify Secret Service people? Well, they all have wires running out of their ears. I don't know if the wires are actually attached to anything or if they just run out of their ears and into the back of their suits, but they all had these wires.

They all also had these little buttons on their lapels. I don't know for sure what the buttons said, because I didn't want to get too close to these guys. I was afraid someone would show me how they used to be a football star on defense and put the old form tackle on me.

Obituaries

BARNEY A. HEVERT
Sept. 18, 1989

Barney A. Hevert of 201 Lawton died Monday, Sept. 18, 1989, in the V.A. Hospital in Amarillo.

Graveside services are planned for 10:30 a.m. (MST) Friday in Tucumcari Memorial Park in Tucumcari, N.M. Officiating will be the Rev. Bill Bowman of Tucumcari, pastor of Imanuel Baptist Church, and the Rev. Dale Travis of Amarillo, pastor of Faith Baptist Church.

Mr. Hevert had been a Hereford resident since 1987 having moved here from Idaho. He was preceded in death by a brother, William F. Hevert Jr., who died in 1944 during World War II.

Survivors include four sisters, Edna J. Crow of Hereford, Ethel Wits of Lake Havasu City, Ariz., Frances Wits of Amarillo, and Jaunita Johnson of Alamogordo, N.M.



West Central Book Fair underway

A book fair is underway through Friday at West Central School in Hereford. Joseph Martinez, Carrie Noll and Jeff Kingster, sixth graders at the school, are looking through a wide variety of books available for students and parents in the West Central media center.

Fax machines changing world

COLLEGE STATION, Texas (AP) - A Texas A&M University historian says fax machines are revolutionizing culture with a sophistication unmatched by telephones and mail.

"Delicatessens are receiving fax orders; law enforcement can transfer crime records instantly; real estate agents in the field can get lists of available houses in their cars," said Johnathan Coopersmith.

"Repairmen drilling firms are using them in the field."

Coopersmith, a former U.S. Department of Energy consultant, specializes in the study of technology. He said the speed, reliability and permanence of fax reports are affording changes of global proportions.

During the recent pro-democracy demonstrations in China, friends and family in the United States faxed American news accounts to China. The practice continued until the government took control of the machines, Coopersmith said.

"Other applications will come with the next generation of fax machines that can input digital information," Coopersmith said. "Fax dating is already growing, and

we're waiting for the first fax art."

The machines already are simplifying the way scientists communicate their experience and results, Coopersmith said. Researchers in the field can have a miniature office with a portable computer, fax machine and cellular phone.

International business has been simplified with the machines, especially in countries with poor postal services or ponderous bureaucracies.

Drawbacks to the fax revolution include the ease with which fax phone lines can be tapped and how faxes add to the information glut, Coopersmith said. Laws and technological adaptations to deal with "junk fax" also have been necessary, he added.

"Once digital faxes are developed, we will see fax fraud as photos and data can be altered digitally," Coopersmith said. "If people can figure out a way to control faxes, they will."

Today in history

By The Associated Press

Today is Wednesday, Sept. 20, the 263rd day of 1989. There are 102 days left in the year.

Today's highlight in history:

On Sept. 20, 1519, Portuguese navigator Ferdinand Magellan set out from Spain on a voyage to find a western passage to the Indies. Magellan was killed en route, but one of his ships eventually circled the globe.

On this date:

In 1870, Italian troops took control of the Papal States, leading to the unification of Italy.

In 1873, panic swept the floor of the New York Stock Exchange in the wake of railroad bond defaults and bank failures.

In 1881, Chester A. Arthur was sworn in as the 21st president of the United States, succeeding James A. Garfield, who was assassinated.

In 1884, the Equal Rights Party was formed during a convention of suffragists in San Francisco. The convention nominated Belva Ann Bennett Lockwood of Washington, D.C., for president.

In 1947, former New York City Mayor Fiorello LaGuardia died.

In 1958, civil rights leader Martin Luther King Jr. was seriously wounded at a New York City department store when an apparently deranged black woman stabbed him in the chest.

In 1962, James Meredith, a black, was blocked from enrolling in the University of Mississippi by Gov. Ross R. Barnett. Meredith was later admitted.

In 1963, President John F. Kennedy proposed a joint U.S.-Soviet expedition to the moon in a speech to the U.N. General Assembly.

In 1973, in their so-called "battle of the sexes," tennis star Billie Jean King defeated Bobby Riggs in straight sets, 6-4, 6-3, 6-3, at the Houston Astrodome.

In 1976, Playboy magazine released an interview in which Democratic presidential nominee Jimmy Carter admitted he'd "looked on a lot of women with lust."

In 1977, the first wave of Southeast Asian "boat people" arrived in San Francisco under a new U.S. resettlement program.

In 1978, John Vorster, prime minister of white-ruled South Africa since 1966, announced his resignation, saying he would seek the ceremonial position of president.

Ten years ago: Jean-Bedel Bokassa, the self-styled head of the Central African Empire, was overthrown in a French-supported coup while on a visit to Libya.

Five years ago: A suicide car bomber attacked the U.S. Embassy annex in north Beirut, killing a dozen people. Pope John Paul II wrapped up his 12-day tour of Canada in Ottawa, appealing for action against the nuclear arms race, economic injustice and abortion.

One year ago: Greg Louganis of the United States won the gold medal in springboard diving at the Summer Olympics in Seoul, South Korea, one day after he struck and injured his head on the board in the preliminary round.

Today's birthdays: Boston Celtics President Red Auerbach is 72. Singer Gogi Grant is 65. Psychologist Dr. Joyce Brothers is 61. Actress-comedian Anne Meara is 60. Actress Sophia Loren is 55. Hockey player Guy Lafleur is 38.

Thought for today: "Envy is more irreconcilable than hatred." - Duc Francois de la Rochefoucauld, French author (1613-1680).

HOSPITAL

administrator. The decisions he makes effect his job, but we have an evaluation to see how he is doing. ...If the administrator doesn't make the day-to-day decisions, should we have a board meeting every day? If you know of a grievance, then bring it before the board." Detten said that others who have problems with decisions should seek to be placed on the board's agenda to discuss problems.

"He (Moore) has got charge of running this institution, of making a go of it. He has to make it a viable operation. He needs to make the decisions if he's going to be responsible day-to-day. If we (the board) are going to be responsible then we need to make decisions day-to-day, and that's not our job."

"I don't have a problem with Gary, but I have a problem on who should make some decisions and who shouldn't."

The board approved a resolution to borrow up to \$100,000 to be placed in an escrow account in the district's attempt to settle, out-of-court, a breach of contract lawsuit filed by New Concepts, which was providing respiratory and physical therapy services.

The board also approved emergency room privileges for two physicians and approved an amended contract for leasing of offices on the west side of the Plains Insurance building at Ave. A and Park Ave. in Hereford.

Hospital Notes

Mr. and Mrs. David Gonzales are the parents of a boy, David Riley, born September 18, 1989.

PATIENTS IN HOSPITAL

Recta Agee, Gertrude Allen, Lottie Anderson, R.L. Blakely, Maria T. Cantu, Priscilla A. Casarez, Carmen R. Covarrubia, Infant Girl Covarrubia, J.E. Cupell.

Sylvia Dickenson, John Fornby, Ronnie D. Johnston, Infant Boy Lane, Mary Alice Lane, Samuel Lopez.

Gloria Mendoza, Amelia Murillo, Mary Helen Murillo, Dennis Newton, Nellie Nydah, Katie Price, Hector Solano, Alfredo Suarez, Tanisha Jo Walker.

THE HEREFORD BRAND

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O.D. Wynn Publisher

John Bonds Managing Editor

Muel Montgomery Advertising Mgr.

Charles Reverend Christian Mgr.

Pot-Shots

BY ASHLEIGH
BRILLIANT

HOW CAN I RESPECT YOUR JUDGMENT, IF YOU TRUST PEOPLE LIKE ME?

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Lifestyles

Calendar of Events

THURSDAY

Ladies exercise class, First Baptist Church Family Life Center, 7:30 p.m.
Immunizations against childhood diseases, Texas Department of Health office, 914 E. Park, 9-11:30 a.m. and 1-4 p.m.
San Jose prayer group, 735 Brevard, 8 p.m.
Weight Watchers, Community Church, 6:30 p.m.
Kids Day Out, First United Methodist Church, 9 a.m. until 4 p.m.
Ladies exercise class, Church of the Nazarene, 5:30 p.m.
Kiwanis Club, Community Center, noon.
TOPS Club No. 941, Community Center, 9 a.m.
Amateur Radio Operators, north biology building of high school, 7:30 p.m.
Story hour at library, 10 a.m.
Bud to Blossom Garden Club, 9:30 a.m.
Elkette, 8 p.m.
L'Allegria Study Club, 10 a.m.
Alpha Iota Mu Chapter of Beta Sigma Phi Sorority, 8 p.m.
North Hereford Extension Homemakers Club, 2:30 p.m.
Wyche Textension Homemakers Club, 2:30 p.m.
Bay View Study Club, 2 p.m.
Merry Mixers Square Dance Club, Community Center, 8 p.m.
Red Cross Uniformed Volunteers, noon luncheon.
VFW, VFW clubhouse in Veterans Park, 7:30 p.m.
BPOE Lodge in Elks Hall, 8:30 p.m.
Hereford Study Club, 7:30 p.m.

FRIDAY

Kiwanis Whiteface Breakfast Club, Caison House, 6:30 a.m.
Community Duplicate Bridge Club, Community Center, 7:30 p.m.
Ladies exercise class, Nazarene Church, 5:30 p.m.

SATURDAY

Open gym for all teens, noon to 6 p.m. on Saturdays and 2-5 p.m. Sundays at First Church of the Nazarene.
AA, 406 W. Fourth St. meets at 8 p.m. on Saturdays and 11 a.m. on Sundays.

Study club meets for brunch

Seventeen members of El Llano Study Club began their 43rd year with a Saturday morning brunch in the home of Elizabeth Caesar.

Serving as co-hostesses were members of the program committee: Helen Eades, Sue Amstutz and Jane Coplen.

1989-90 officers include Alice Eades, president; Helen Eades, vice president; Zula Arney, treasurer; Roberta Caviness, historian; Karen Abney, reporter.

Others present included Diane Hoelscher, Leona Kimball, Jean Dowell, Avis White and Jean Ballard.

GROWING IN THE JOB

KNOXVILLE Tenn. (AP) — For people to flourish and grow in their jobs, an environment with special elements is needed, says Charlie Bowerman of Phillips Petroleum.

They are:
— Everyone must know how his or her job fits into the overall mission of the company.

— Employees need to know how they are doing on a consistent basis.

— They need to know if their work is valued.

MONDAY

AA meets Monday through Friday, 406 W. Fourth, noon, 5:30 p.m. and 8 p.m. For more information call 364-9620.
Spanish speaking AA meetings each Monday, 406 W. Fourth St., 8 p.m.
Ladies exercise class, First Baptist Church Family Life Center, 7:30 p.m.
Odd Fellows Lodge, IOOF Hall, 7:30 p.m.
TOPS Chapter No. 1011, Community Center, 5:30-6:30 p.m.
Rotary Club, Community Center, noon.
Planned Parenthood Clinic, open Monday through Friday, 711 25 Mile Ave., 8:30 a.m. until 4:30 p.m.
Ladies exercise class, Nazarene Church, 5:30 p.m.
Civil Air Patrol-U.S. Air Force Auxiliary, Community Center, 7 p.m.
Veleda Study Club, 8 p.m.
Easter Lions Club, Easter clubhouse, 8 p.m.
Deaf Smith County Extension Homemakers Council, Library Heritage Room, 1:30 p.m.
Deaf Smith County Lapidary Club, Energas Flame Room, 7:30 p.m.
Band-Orchestra Booster Club, Hereford High band hall, 7 p.m.
Deaf Smith County Historical Museum: Regular museum hours Monday through Saturday 10 a.m. to 5 p.m. and Sunday by appointment only.

TUESDAY

TOPS Chapter No. 576, Community Center, 9 a.m.
Ladies exercise class, Church of the Nazarene, 5:30 p.m.
Whiteface Booster Club, HHS auditorium, 7:30 p.m.
Kids Day Out, First United Methodist Church, 9 a.m. until 4 p.m.
Free women's exercise class, aerobics and floorwork, Community Church, 7:30 p.m.
South Plains Health Providers Clinic, 603 Park Ave., 8:30 a.m. to 5 p.m.
Hereford AMBUCCS Club, Ranch House, noon.
Social Security representative at courthouse, 9:15 a.m. to 11:30 a.m.
Kiwanis Club of Hereford-Golden K, Senior Citizens Center, noon.
Alateens and Al-Anon, 406 W. Fourth St., 8 p.m.
Hereford Rebekah Lodge No. 228, IOOF Hall, 7:30 p.m.
Problem Pregnancy Center, 505 E. Park Ave., open Tuesday through Friday. Free and confidential pregnancy testing. Call 364-2027 or 364-7626 for appointment.
Pilot Club, Community Center, 7 a.m.

"Texas Trends Benefit Style Show", Community Center, 7:30 p.m. Tickets \$3 per person. Proceeds to benefit the Domestic Violence/Rape Crisis Center and the local Lifeline program.

WEDNESDAY

Noon Lions Club, Community Center, noon.
Young at heart program, YMCA, 9 a.m. until noon.
Play school day nursery, 201 Country Club Drive, 9 a.m. until 4 p.m. Call 364-0040 for reservations.
Cultural Extension Homemakers Club, 2 p.m.

When soup or stock recipes call for a bouquet garni, save time and trouble by putting the spices in a tea ball instead of making a cheesecloth bag.

FALL HOURS!
MON-FRI 6:30-5pm
SATURDAY 6am-NOON
TROY'S Sweet Shop
1003 E. Park - 364-0570

"Love Extended" topic of program

Loleta Vinson presented the mission study program, "Love Extended", when the Loyal Baptist Women of First Baptist church met Wednesday, Sept. 13, in Fellowship Hall for a general meeting and lunch.

The program concerned missions in Texas, with emphasis on volunteer missionaries and the mission service corp. Vinson was assisted by Clovis Seago, Sara Cook, Leatrus Clark, Eades and youth minister Bryan Cooper.

The prayer calander for missionaries was presented by Lillie Stagner.

Costaline Lee, mission action chairman, asked for donations for bibles for seamen. She read a letter from Chaplin Don Wells, thanking the W.M.U. for its support in this project. Lee also read a note of appreciation for the ice cream supper at King's Manor Methodist Home. She announced the W.M.U.

luncheon will be in Amarillo on Oct. 8.

Helen Eades, director, reported the W.M.U. Kick-off Banquet is set for Oct. 2 at 6:30 p.m. at K-Bob's Steak House.

Marie Stringer and Eunice Boyer

were hostess to 23 members and guests. They included Sublett, Grace Covington, Clark, Eades, Lee, Gladys Miller, Vinson, Seago, Mildred Drake, Jennie Terrell, Stagner, Alice Christman, Ella Oglesby, Frances Crume, Dorothy

Mercer, Jerre Jackson, Lucy Kirks-ey, Ella Caudle, Cook, Annie DeLozier, Merle Mills, Dr. Ron Cook and Bryan Cooper.

The meeting closed with the song, "A Story To Tell To the Nations".

Senior Citizens

LUNCH MENUS

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

FRIDAY-Breaded fish, corn grits with cheese, brussel sprouts, jellied vegetable salad, peach cobbler, french bread.

MONDAY-Pocket sandwiches with chicken fillet, steamed cabbage wedge, baked beans, fried vegetable plate with dressing, pineapple cake.

TUESDAY-Chicken fried steak with cream gravy, oven-fried potatoes, Italian green beans, tossed salad, fruited vanilla pudding, bread.

WEDNESDAY-Chicken breast strips, giblet gravy, mashed potatoes, baby lima beans, pear-cottage cheese on lettuce, ice cream with topping.

ACTIVITIES

THURSDAY-Knitting 9:30 a.m., oil painting 9:30-11:30 a.m., choir 1 p.m.

FRIDAY-Advanced line dance 10 a.m., beginners line dance 1:15 p.m.

MONDAY-Advanced line dance 10 a.m., devotional 12:45 p.m., beginners line dance 1:15 p.m.

TUESDAY-Stretch and flexibility 10-10:45 a.m., liquid embroidery 1:30 p.m.

WEDNESDAY-Stretch and flexibility 10-10:45 a.m., ceramics 1:30 p.m.

Of 200 or more known species of oak trees, about 75 are native to the U.S.

Fall Wardrobe Sale

JCPenney

LAST WEEK TO SAVE FOR YOU, YOUR HOME & FAMILY!



YOUR CHOICE **19.99**

Worthington® traditionals

Reg. \$28 ea. Crepe de chine pleat-front blouse and French canvas pleated slacks make career dressing a breeze. Both, polyester for misses.



25% OFF

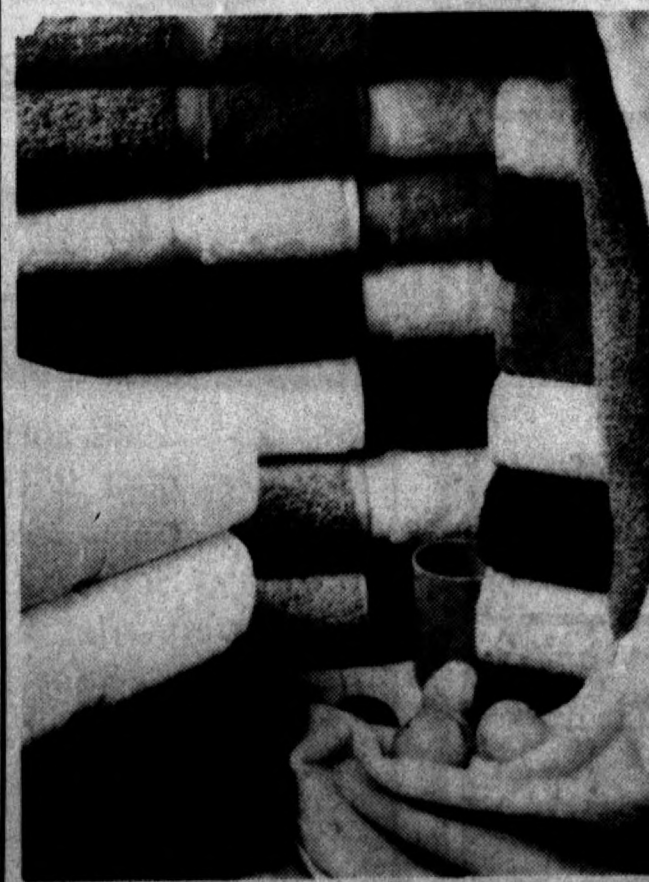
All* Cabin Creek® for misses

Sale 16.50 Reg. \$22. Classic cotton camp shirt. Sale 13.99 Reg. 18.99. Polyester/cotton twill pants with front pleats. Both for misses' sizes.



25% OFF

Men's Par Four® Fox® and Towncraft Slacks. Men's sizes



SALE 4.99 BATH

The JCPenney Towel®

Reg. \$8. Cotton terry bath towel in 15 colors. Cotton terry hand towel, Reg. \$6 Sale 3.99 Matching terry washcloth, Reg. \$3 Sale 1.99

20% OFF

All Sheer Caress® pantihose

Sale 2.00 Reg. 3.50. Sheer Caress® Control Top. Nylon/Lycra® spandex. S.A.L. sizes. Queen sizes, Reg. \$4 Sale 3.20

25% OFF

All Misses' - Petite Sportswear

25% OFF

All Women's Size Sportswear

25% OFF

All Nice'N Spicy® Lingerie

25% OFF

All Vinyl Handbags

25% OFF

All Men's Ties

40% OFF

Men's Short Sleeve Dress Shirts

SALE 14.99

Men's Stonewash Plain Pockets® Jean Orig. \$26.

40% OFF

Girls' Back To School Dresses

40% OFF

Girls' Lightweight Sleepwear

Card of Thanks

We would like to express our sincerest and deepest appreciation to everyone who has been so loving and caring during the recent loss of our loved one. Thanks to everyone who brought food, sent flowers and cards, the phone calls and for your prayers. We would like to thank Dr. Johnson, Dr. Birdsong and Dr. Revell, the nursing staff of Deaf Smith General Hospital and Golden Plains Care Center. A special thanks to Gary Phipps, Rix Funeral Home, Roy Shave and Larry Cothrin for the service and everyone who sang in the choir. May God bless each of you.

Evelyn Crofford
Dean Crofford Family
Roy Crofford Family

Bobbie Craig,
Peggy Wade &
Annie Wood

OPEN DAILY

9:30 TO 7:00

SUN 1:00 TO 5:00

You're looking smarter than ever at JCPenney

Sugarland Mall

Sale prices effective through Saturday, September 23rd, unless otherwise noted. Intermediate merchandise may have been taken on original priced merchandise effective until stock is depleted. Percentages off represent savings on regular priced merchandise. Sale excludes JCPenney Smart Values.

Sports

Herd drops Estacado in two games

The Hereford Whiteface volleyballers maintained a share of the District 1-4A lead Tuesday with a 15-8, 15-5 win over Estacado at the HHS Gym.

The Herd remained tied with Randall, who beat Pampa, with a 3-0 record in loop play. The win upped Hereford's season mark to 15-3.

In the junior varsity match Hereford took a 15-1, 15-1 win.

Estacado jumped out to a 3-1 lead in the first game and led at 6-5 before Cande Robbins scored four straight points to give the Herd a 9-6 lead.

Nikki Self and Jill West raised the score to 11-7 and Poppy Richardson brought Hereford to game point before Robbins served for the win.

In the second game the Matadors opened another quick lead at 5-0 before Libby Kosub put the Herd on the board. West then ran off nine straight points to give Hereford the lead for good.

Richardson added a point on her next service before Self put the match away with three scoring serves.

For the match, West led with 10 service points including three aces, Robbins had eight kills and five points on serve while Shantel Cornelius posted six digs.

Self and Richardson served for six points each and Robbins added five.

Three players -- Kosub, Cornelius and Robbins -- recorded five

successful serve receptions while Richardson had four.

"We've got to break out of our coming off of a good match and playing flat," Coach Brenda Reeh said of the Herd's play. "We must learn to compare our play against our best and not the other team's performance."

Overall, our kill percentage was pretty high -- 45 percent. Most of what we hit in scored for us. We had a couple of long service runs which really helped us grasp the momentum.

Herd JV vs. Estacado

The Whitefaces wasted little time in raising their season record to 13-2, beating Estacado 15-1, 15-1 in less than 20 minutes.

Jennifer Bullard reeled off 12 consecutive points to start the first game and Sarita Romero served up the final nine points of the match.

Hereford lost serve only twice during the match.

"We played real well," JV coach Lynn Gilbreath said. "The play was really crisp for us. We didn't get sloppy at the end."

The spikers return to the floor at 2 p.m. Saturday when they host Randall in a showdown for sole possession of the district lead. The junior varsity match is slated to start at 1 p.m.

"If we'll get three good workouts in before playing Randall," Reeh said, "we'll be in good shape. Randall has been playing very well lately."



Fair dink-um

Shantel Cornelius (15) tips the ball across the net during the Hereford's win over Estacado at the HHS Gym as Cande Robbins (8) looks on.

New Class 5A rushing, passing records highlight second week of prep grid season

By MICHAEL A. LUTZ

AP Sports Writer

Rushing records seem to follow El Paso Jefferson coach Carlos Lowenberg, and San Antonio Jay's Rusty Dowling has the same phenomenon with passing records.

Jefferson running back Andre Session and Jay quarterback Kyle Allen each wrote themselves into the state Class 5A record book last weekend and earned spots on The Associated Press Schoolboy Honor Roll with the help of their coaches.

Allen passed for 493 yards in a 37-14 victory over San Antonio Fox Tech, breaking the 5A record of 489 yards established last season by Houston Forest Brook's Chris Bias against LaPorte.

Dowling formerly was head coach at Mission, where he tutored former state single-game record holders Lupe Rodriguez and Andy de la Garza.

Dowling arrived at Jay in February and changed Jay's offense from the wing-T to his one-back, four-wide receiver system.

Jay was blanked 37-0 by top-ranked Converse Judson in the season opener, but the new offense clicked last week.

"He's got the strongest arm for a quarterback that I've ever coached," Dowling said of Allen. "He made some glaring mistakes but he's just going to get better."

"We made quite a transition. It's a radical difference from what they were doing."

Session rushed for 426 yards against El Paso Del Valle, breaking the state Class 5A single game record of 422 yards by El Paso Austin's Steve Lee against El Paso Jefferson in 1985.

Lowenberg was Lee's coach at Austin when he set his record.

Session got his yards on 21 carries and scored five touchdowns in a 58-28 victory.

Jefferson runs the wing-T and it's well-suited to Session's style, Lowenberg said.

"We've got a big, strong line and we run a lot of sweeps with him," Lowenberg said. "He broke a lot of tackles."

Lowenberg was surprised by the record.

"He had 126 yards at the half but it didn't seem like he was near a record," Lowenberg said. "When Steve set his record, I had no idea how many yards he was getting."

East Chambers quarterback Robert Denton passed and ran his team to a 38-8 victory over West Hardin.

Denton completed 11 of 22 passes for 300 yards and three touchdowns and rushed 104 yards on 14 carries and two more touchdowns.

He also returned a punt 81 yards for a touchdown.

Odessa defensive back James Villalobos had a hot interception streak going against Monahans, picking off three consecutive passes in a 35-14 Odessa victory. Villalobos deflected two other passes and added six tackles.

Houston Sterling's pass-catch combination of quarterback Steven Savoy and receiver Allen Woodard helped Sterling beat Forest Brook 34-32.

Savoy completed 22 of 34 passes for 385 yards and four touchdowns, all to Woodard, who caught 11 passes for 255 yards.

Savoy now has 4,993 career passing yards, moving into seventh place on the Texas all-time list.

Albany offensive and defensive lineman-kicker Pete Moberley was the central figure in his team's 9-2 victory over Baird.

Moberley had 13 tackles, two sacks and two fumble recoveries on defense and kicked field goals of

27, 28 and 39 yards for all of his team's points.

Wichita Falls' Jayson Lavender, the Class 5A record holder in the pole vault, rushed 271 yards on 26 carries and scored on runs of 58, 17, 7, 80 and 7 yards in a 30-27 victory over San Angelo Central.

Lubbock Cooper's Jimmy Martinez rushed 231 yards on 13 carries and scored on runs of 62, 65, 31 and 5 yards. Three of his first five carries went for touchdowns.

As a defensive back, he had 10 tackles, blocked one punt and had one sack.

In other outstanding performances:

- Fredrick Woodberry of Somerville gained 251 yards on 19 carries and scored on runs of 31 and 68 yards in a 27-14 victory over Salado.

- Houston Sharpstown running back Carlos Wyche gained 248 yards on 31 carries and scored on runs of 29, 6 and 53 yards, leading the Apollos to a 27-6 victory over Houston Milby. Wyche has rushed 474 yards and scored 48 points in two games.

- Clear Lake's Kevin Goins had 244 total yards, 115 yards rushing and 129 passing and scored three touchdowns in a 41-7 victory over Pasadena Bayburn.

- Langham Creek's Chad Lucas led his team to a 36-28 victory over Conroe McCullough with 269 total yards, 45 rushing and 224 passing. He scored five touchdowns and kicked a 30-yard field goal.

- Huntsville's James Houston caught nine passes for 166 yards and two touchdowns in a 28-3 victory over Jersey Village.

- Freer's Mario Moreno rushed 223 yards on 15 carries and scored

Ryan has shot at 300 K's

ARLINGTON, Texas (AP) - Nolan Ryan will get two more shots at becoming the first American League pitcher in 12 years to record 300 strikeouts in a season.

But with only two scheduled starts left this season, the Texas Rangers ace has to stick close to his season average of 11.9 strikeouts per game if he is to register a record sixth season with 300 strikeouts.

Ryan fell well below that pace Monday night.

"It was the worst stuff I've had all year," Ryan said. He said he lacked control and power.

Ryan fanned only two batters, his lowest strikeout total of the season, in 7 and 1-3 innings in a 5-2 win over Seattle Monday.

The game marked only the second time in 674 Major League starts that Ryan has pitched more

than seven innings and had fewer than three strikeouts.

His next starts will be against Chicago on Sunday and against Oakland next week.

If Ryan reaches the 300-strikeout

mark, he will match an achievement he accomplished in 1977, when he fanned 341 batters for the California Angels. His 383 strikeouts for California in 1973 is the most in modern history.

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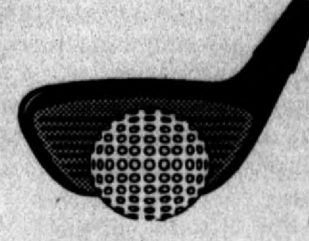
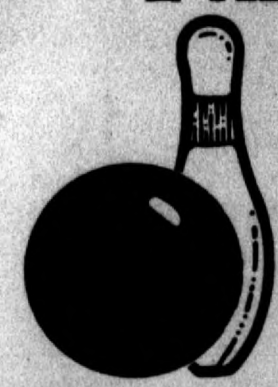
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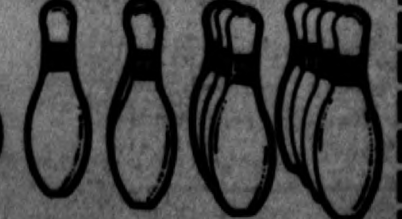
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Monday - Sept. 25th.....	Sr. Citizen Mixed.....	1:00 pm
Monday - Sept. 25th.....	Ladies Trio.....	6:30 pm
Monday - Sept. 25th.....	Mon. Nite Mixed.....	9:00 pm
Tuesday - Sept. 26th.....	Ladies Coffee.....	9:30 am
Tuesday - Sept. 26th.....	Tues. Nite Ladies.....	7:30 pm
Wednesday - Sept. 27th.....	Wed. Nite Ladies.....	6:30 pm
Wednesday - Sept. 27th.....	Wed. Nite Mens.....	9:00 pm
Thursday - Sept. 28th.....	Thurs. Nite Mens.....	6:30 pm
Thursday - Sept. 28th.....	Beginners Plus Mixed.....	9:00 pm
Friday - Sept. 29th.....	TGIF Ladies.....	9:30 am
Friday - Sept. 29th.....	Fri. Nite Mixed.....	7:00 pm
Saturday - Sept. 30th.....	Youth.....	11:00 am
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Atlanta rookies blank Astros, 3-0

ATLANTA (AP) - Gary Eave and two other rookie Atlanta pitchers held Houston to just four hits as the Braves put a dent in the Astros' divisional title hopes with a 3-0 defeat.

Eave, in his first major league start Tuesday, received a pair of home runs from two former teammates on the Braves' Class AAA Richmond club - Ron Gant and Dave Justice - and an off-the-wall RBI by left fielder Lonnie Smith as he outpitched 20-game winner Mike Scott.

The Astros, who had won five straight games, fell to six games behind front-running San Francisco in the National League West as the Giants defeated Los Angeles 6-2 later Tuesday night.

The performance of the Braves' young players proved Manager Russ Nixon correct in his assessment of the lineup in response to a complaint relayed to him in a pre-game telephone call from National League President Bill White.

"He said he had received a complaint and I asked him what the

problem was. He said it was my lineup. I said I thought it was a good one," Nixon said.

Nixon said he presumed the complaint had come from San Francisco Manager Roger Craig.

"They are the only ones who would be complaining," Nixon said of the Giants. "You can bet it wasn't San Diego, Houston or Cincinnati."

Craig was quoted in Tuesday's editions of The Atlanta Journal-Constitution as saying, "It's not fair" for the Braves to start three

rookie pitchers against the Astros.

"I did my best," Eave said. "I tried to keep them in the strike zone. My fast ball was most effective but I mixed it up, in and out. I wasn't trying to fool anybody."

"He had a good slider and fastball, the usual, had good command," said Astros catcher Craig Biggio. "Actually, we hit a lot of balls hard. But he just pitched a very good game."

Eave, 1-0, who had a 13-3 record at Richmond before being called up last week, allowed two hits in 7 2-3

innings. He walked six and struck out four.

"Eave did a good job for sure," said Houston Manager Art Howe. "Any time you take a one-hitter into the eighth, you've done good."

Glenn Davis, who had the only hit of Eave in the first seven innings, also praised Dwayne Henry, who relieved Eave with the bases loaded in the eighth and struck out Davis to end the inning.

"That kid had good stuff," Davis said.

Gant and Justice hit solo homers

for the Braves in the fourth inning against Scott, 20-9. The homer was Gant's seventh. Justice hit the first of his major-league career.

Mike Stanton, the third Atlanta pitcher, worked the ninth for his fifth save. He gave up two hits.

Atlanta added a run in the sixth when Justice hit a two-out single and scored on Lonnie Smith's double to left.

Scott, who had beaten the Braves six straight times, allowed five hits in seven innings. He walked one and struck out five.

Homers spark Texas past Mariners

ARLINGTON (AP) - Ruben Sierra played a pivotal part in the Texas Rangers' 17-5 start. But the Rangers have cooled while Sierra stayed hot.

Sierra hit his 27th homer and his league-leading 14th triple Tuesday night and, for a change, his supporting cast came through as Texas beat the Seattle Mariners 5-3.

If only the Rangers were contenders - they were eliminated from the American League West race Tuesday - Sierra might be a shoe-in for Most Valuable Player award.

"Obviously, if we were in first

he'd be talked about as the runaway MVP," said Texas manager Bobby Valentine. "He'd be the only guy mentioned. But we're not."

The Rangers have gone 60-68 since their fast start. But two elements that led the Rangers' downfall - long relief and clutch hitting - keyed Tuesday's victory.

Pete Incaviglia's sixth-inning solo homer broke a 3-all tie.

Brad Arnsberg, 2-0, gave up two hits in 5 2-3 innings of shutout relief and Jeff Russell pitched a scoreless ninth for his 35th save.

"Arnie was throwing strikes.

You can't ask for anything more than that," Valentine said. "It's been a void for us this season, a long man to get us to the closers."

It also was another big night for Sierra, who went 3-for-4. His 112 RBIs and 14 triples are tops in the AL, good enough to contend for MVP honors.

"If the team were close, I'd have a good chance," Sierra said. "But it's hard. I'm just got to keep putting up good numbers and finish strong."

Incaviglia's 19th homer came off reliever Jerry Reed, 6-7. Inca-

viglia's shot came off Reed's first pitch and hit the top of the wall in left-center.

Sierra led off the eighth with a solo shot to right off Reed.

Arnsberg extended his string of scoreless innings to 11 1-3 in relief of starter Charlie Hough, who lasted only two outs. Arnsberg has allowed only one earned run in his last 17 innings.

He has allowed four hits in four outings since his Sept. 2 call-up from Class AAA Oklahoma City. He missed the entire 1988 season

with an elbow injury.

The Rangers came back from a 3-0 first-inning deficit, tying the score on Jeff Kunkel's two-out solo homer in the fifth off rookie starter Clint Zavaras.

"He (Zavaras) didn't pitch with a lot of confidence," said Mariners manager Jim Lefebvre.

Hough got only two outs in the first before he was replaced by Arnsberg with a 3-0 count on Darnell Coles. Coles' single drove in the inning's third run before Arnsberg got a strikeout to retire the

side.

Hough was visibly upset when Valentine came to the mound, flipping the ball to Arnsberg when the reliever was 15 feet away after an animated discussion with Valentine.

"I didn't want to come out but it worked out good," Hough said. "The ball was moving good but I just couldn't get it over the plate. It was just one of those innings."

The 2-3 of a inning that he lasted matched the shortest start in Hough's 20-year career.

Giants edge LA, 3-2, lead at five

By DICK BRINSTER
AP Sports Writer

Orel Hersher usually has a right to complain about the lack of hitting by the Los Angeles Dodgers.

This time, the Dodgers fooled the 1988 Cy Young Award winner by banging out 15 hits.

Now all Hersher can complain is the lack of runs. The Dodgers scored only two for him Tuesday night in a 3-2 loss to the San Francisco Giants, who moved closer to winning the National League West.

The Dodgers stranded 10 base-runners - it could have been 14 but four were thrown out - to bring their league-leading total for the season to 1,119.

Hersher, 14-14, lost a career-high sixth straight decision and his first in five starts against the Giants, against whom he is 15-5 lifetime. The Dodgers have scored a total of 17 runs in his losses. The two runs were the most scored in his last seven starts.

"I wouldn't want to go through something like this in a pennant race," Hersher said.

A bases-loaded double by pinch-hitter Mike Laga in his first career at-bat against Hersher accounted for the San Francisco runs with two out in the fifth inning.

Mike LaCoss, 8-10, allowed 11 hits in five innings. Steve Bedrosian got his 22nd save.

The victory left San Francisco

five games ahead of surging San Diego. The Padres broke a second-place tie with Houston by beating Cincinnati 5-1 while the Astros fell to Atlanta 3-0.

The Giants' magic number is seven, meaning any combination of San Francisco victories and San Diego defeats totalling seven would give the Giants the division title.

The race tightened in the East when New York beat Chicago 5-2 and St. Louis blanked Montreal 5-0. Chicago's lead over St. Louis was reduced to four games. The Cubs' magic number is eight.

The Mets trail the Cubs by 5 1/2 games with the Expos seven back.

In a game with no bearing on the

standings, Pittsburgh beat Philadelphia 4-2.

Padres 5, Reds 1

Tony Gwynn drove in three runs and Benito Santiago hit a two-run homer for San Diego, which beat Scott Scudder, 4-7.

Andy Benes, 5-2, allowed five hits in 6 2-3 innings, struck out nine to match a career high and walked none. Mark Davis got his 40th save, tops in the majors.

The Reds, 9-15 under interim manager Tommy Helms, ended a streak of 26 consecutive scoreless innings when Jeff Reed hit a sacrifice fly in the seventh.

Mets 5, Cubs 2

Gary Carter's first home run in five months and Dwight Gooden's first major-league save enabled New York to keep its slim hopes alive.

Carter hit a three-run homer, the 304th of his career, off Steve

Wilson, 5-4, in the second inning.

Gooden, who came off the disabled list two weeks ago, bailed Bob Ojeda out of a jam in the sixth as the Mets broke a three-game losing streak.

Cardinals 5, Expos 0

Bob Tewksbury, recalled from the minors Sept. 2, made a dream come true by pitching his first major-league shutout.

"I was dreaming," Tewksbury said after stopping the fading Expos on four hits.

The 29-year-old Tewksbury struck out four and walked two in pitching the third complete game of his career.

Pedro Guerrero gave the Cardinals a 1-0 lead in the fourth inning when he hit his 17th homer off rookie Mark Gardner, 0-2.

Pirates 4, Phillies 2

Pittsburgh won for the ninth time in 10 games as Jose Lind and Gary

Redus led the way with three hits each.

Lind had two RBIs and Redus scored two runs in support of Jeff Robinson, 7-11. Bill Landrum, the fourth Pittsburgh pitcher, got his 24th save.

Jeff King doubled to tie the game at 2-2 in the third against Bruce Ruffin, 5-10.

Jays nip BoSox in 13th

By BEN WALKER
AP Baseball Writer

If the Toronto Blue Jays wind up winning the American League East, they will say this was the game that sent them on their way.

The Blue Jays, twice trailing in extra innings, rallied in the 13th Tuesday night when Nelson Liriano's two-out, two-run double beat the Boston Red Sox 6-5 before another sellout crowd at the SkyDome.

Toronto, having seen Baltimore defeat Detroit 6-2 earlier in the evening, scored the tying run in the 10th on Ernie Whitt's two-out RBI single.

Liriano hit an 0-2 pitch in the 13th to keep the Blue Jays two games ahead of the Orioles.

"This team just won't quit," winning pitcher Tom Henke said. "It's a little difficult when you see the Orioles final up on the board. But we can't be worrying about what the other guys are doing. If we go out and win our games, it's not going to matter either way what they do."

Not since Aug. 20 has Toronto lost on a day that Baltimore has won. And it didn't happen this time, either.

The standings on top of the AL West stayed the same, too. Oakland beat Cleveland 5-1 and remained 2 1/2 games ahead of California, which defeated Minnesota 7-3. Kansas City kept within 3 1/2 games by beating Chicago 5-3.

Texas stopped Seattle 5-3 and the Milwaukee-at-New York game was rained out.

Boston had its four-game winning streak stopped and fell 9 1/2 games behind. Toronto's good fortune left the Red Sox in a bad mood.

"How could they possibly win that game as inept as they were?" Boston manager Joe Morgan said.

Wade Boggs, mired in a 2-for-28

slump, hit a sacrifice fly in the 13th that put Boston ahead 5-4. But Rance Mulliniks drew a leadoff walk in the Toronto 13th from Greg Harris, and Tony Fernandez singled with one out.

Harris' wild pitch put the runners into scoring position and Kelly Gruber hit a grounder to third baseman Boggs, who threw out pinch runner Rob Ducey at the plate. Lee Mazzilli walked to load the bases and Liriano doubled off the right-field wall, just beyond the reach of Danny Heep.

Henke, 7-3, got the victory and Harris, 2-2, took the loss.

Orioles 6, Tigers 2

Craig Worthington and Tim Lulett hit home runs and Bob Milacki won for the third time in four starts.

Lulett broke out of a 1-for-14 slump with an RBI single in the second and a solo home run in the fifth. Worthington, in a 2-for-16 skid, homered in the fourth.

Athletics 5, Indians 1

For the 11th time in 33 starts, Mike Moore did not allow an earned run as Oakland won in

Cleveland.

Rod Nichols, 4-5, retired the first 10 batters before Carney Lansford singled. Jose Canseco and Dave Parker followed with RBI doubles and Dave Henderson singled for a 3-0 lead.

Angels 7, Twins 3

Chuck Finley gave up three hits in six innings.

Finley, 16-8, won for the ninth time in 11 starts. Bryan Harvey got his 24th save.

Claudell Washington hit a solo home run and RBI single for the Angels. Chili Davis singled home a run in the third for a 4-1 lead.

Kevin Tapani, 2-1, allowed 10 hits in 3 2-3 innings.

Royals 5, White Sox 3

Danny Tartabull and Willie Wilson each drove in two runs and Kansas City took advantage of four errors.

The Royals scored five times in the second inning against Richard Dotson, 4-11.

Larry McWilliams, 2-0, allowed three runs on six hits in seven innings. Steve Farr got his 18th save.

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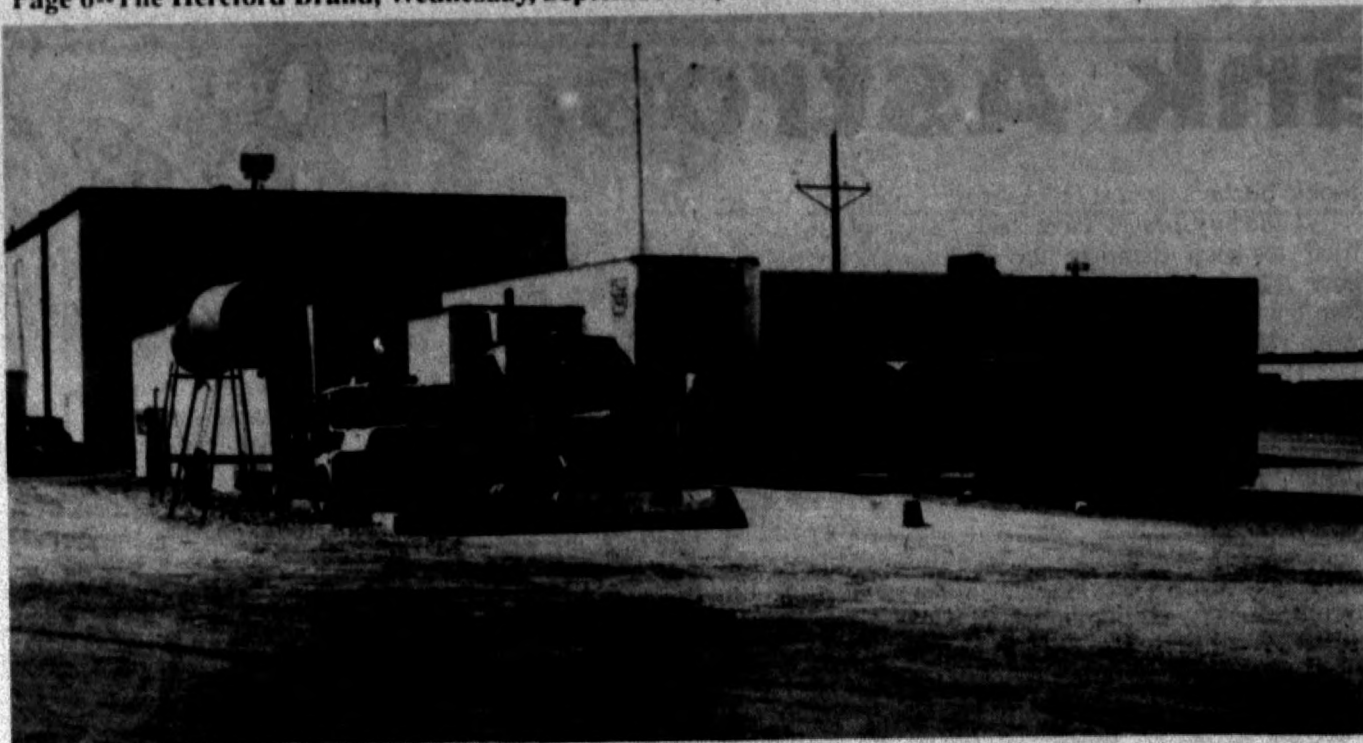
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The headquarters for the Caviness operations is Caviness Packing Co. in Hereford.

Caviness Packing: lean meats for food industry

By ORVILLE HOWARD
Special Feature Writer

Terry and Brent Caviness process some of the leanest beef in town--any town in America.

And in pork lines of the meat industry, the Caviness brothers market the leanest bacon in any store, in any town in any state from the Mississippi to the Rocky Mountains of the Southwest. Not by a marginal margin, but by 38 percent.

What many meat packers call specialty health foods is routine production policy at the Caviness processing plants. Quality lean meat has been the back-bone of Caviness Packing Co. for more than a decade as trends in the beef business have gradually moved to the Caviness side of the street.

"We're producing 100 percent visual lean beef from our Hereford and Amarillo plants," said Terry Caviness, president of Caviness Packing. "Nearly all of our beef processing is going to the fast-food markets which demand high-quality lean beef, but we were doing this five years ago."

Marketed under the label of Farmer Dale Kitchens, Caviness smoke-cured bacon is 35 percent leaner than any other bacon on the counter. And every sizzling slice is cured and packaged at one of their Amarillo plants where several lines of red meat products are processed under rigid quality controls. Their cured pork products are now being marketed in six Southwestern states, with their lean beef going nationwide through the national food chains.

Their customers include such food chains as McDonald's, Beef Burger, Arby's and Hardee's. With corporate headquarters of the family-owned business in Hereford, Caviness Packing Co. has a slaughtering and processing plant in Hereford, a meat processing and distribution plant in Amarillo that operates under the name of Palo Duro Meats, Inc., and a second Amarillo plant where pork products are processed under the label of Farmer Dale Kitchens.

"Our Farmer Dale products have been accepted very well throughout the Southwest," Caviness added. "We also process several varieties of meat products for other companies under other labels."

The Caviness expansion into the mainstream of national competition took tight-fisted marketing strategies from these young Westerners who had more faith than money--two brothers who staked every dime of cash and credit on a family tradition in the beef business. And this long-shot didn't come on a high roll. Their expansion in the beef business came at a point in time when agribusiness was moving toward the worst years of Depression since the 1930s.

With no contracts in hand or promises in the bank, the Caviness brothers in 1982 purchased Palo Duro Meats in Amarillo, along with a distribution center in Bonham, and a plant in El Paso that handled both wholesale and retail meats. Three years later, the Caviness company purchased the old Amarillo Packing Co., that was started as a creamery more than 30 years ago. This landmark in the Panhandle meat industry was completely renovated into the Farmer Dale Kitchens headquarters for regional and national distribution.

Palo Duro was used initially as a full-line slaughtering plant, but since the spring of 1988 the plant has been revamped into carcass processing and distribution. "We bring in carcass beef for boning and manufacturing boneless beef and other cuts at the Palo Duro plant," said Caviness.

Carcass beef from all points of the High Plains Beef Belt is funneled into the Caviness operations where the end product is some of the highest quality lean beef in the business. About 2,000 head of cattle a week are boned at Palo Duro. Other than a small amount of beef earmarked for the retail markets, all of the Caviness production goes to the fast-food chains.

"Our 100 percent lean beef is going largely to Arby's and Hardee's where it goes into their roast beef sandwiches," said Caviness, as he simplified the Caviness marketing schedules. "We also do quite a lot business with McDonald's, Burger King and Jack-In-The-Box."

The Palo Duro payroll runs about 110 people six days a week, with the Farmer Dale staff totaling about 20. Farmer Dale packaged production is now predominately smoke-cured bacon distributed by the leading retail grocery chains, with bulk bacon distributed to the general food

industry. All of the curing is handled by the Caviness staff at the Amarillo plant. Both Farmer Dale and Palo Duro Meats are under the corporate umbrella of Caviness Packing Co. of Hereford.

"We've been producing our labeled premium bacon now several years but we have not yet gone into the branded beef end of the business," said Caviness. "We're going to sit back and watch awhile."

Production at Farmer Dale's will run between 80,000 and 100,000 pounds of cured meats a week, mostly Farmer Dale bacon and Longhorn Brand hot-links. "We sometimes don't make the profit we feel we should considering our investments, but we've done alright...we've made a good living," Caviness added, while projecting trends of the family business.

In a partnership deal with outside investors, Terry and Brent last year bought the Olton Feed Yard near Olton, and the old Prefeeder's feedyard near Summerfield. They later sold Olton and now operates the other 28,000-head unit as Seven X Cattle Co., with Bill Holland as manager.

"We handle about everything here at Hereford," said Brent Caviness, a younger brother of Terry, who is headquartered at the Hereford plant and is vice president of the Caviness firm. "We slaughter between 400 and 500 cows and bulls a day and a few finished cattle from the feedyards during the course of a week."

The 38-year-old executive pointed out that the majority of the cow and bull meat is used in grinding and generally purchased by the large fast-food chains.

"We don't do any meat processing here in Hereford," said Brent. "We ship carcasses out of here on the rail in trucks, with about half of it boned in Amarillo and the other half sold as far east as Chicago and as far west as Los Angeles. About 90 percent of our kill is cows and 5 percent bulls."

Tom Jessup of Dalhart is one of the company cow-bull buyers for Caviness on the North Plains, with commissioned order buyers also handling purchases in a 500-mile radius of Hereford.

"We buy cows and bulls at all of the local auctions of the Texas Panhandle region and at other points such as Dodge City and Brush, Colo., to the north and San Angelo, Junction, and Mason, Texas, to the south. We also buy out of Socorro and Deming, N.M., and at certain times

HUSTLE HEREFORD

of the year get some cattle out of Arizona. We go east to Oklahoma City."

The Hereford plant, located along U.S. 60 on the west edge of town, employs about 60 workers and has an annual payroll of about \$2 million.

Working on a six-day week schedule the Hereford plant ships out about 115,000 head of slaughtered animals a year.

The Hereford plant has an 800-head holding capacity, complete with a modernized assembly-line type of system that keeps the beeves moving from pens to the chill floor.

As president of Caviness, the 43-year-old Terry Caviness manages the Amarillo operations and Brent is vice president and manager of the Hereford operations. Brent is also chairman of the board of the Seven X Cattle Co.

"Brent and I own equal shares in each company," said Terry Caviness, while explaining the family roles. Their mother, Roberta, is a shareholder in the company. Terry has been in family management since 1969 and Brent has held key family positions since 1975.

The Cavinesses operate on a 1 percent margin of profit, showing where the packing industry is a highly competitive business. "When there's a slump in the live beef market, the ripple goes all the way through the packing industry."

"We continuously see more and more demand for the leaner meats," Terry noted, as he projected some points in marketing for the 1990s. "We believe that people will be eating out even more so in the future...and more and more demand for the leaner meats."

On the marketing end, Terry said he believed that the retail price of beef has reached a price plateau. "You might say something of a saturation point in customer buying. I think we'll (beef industry) start losing customers if the price of beef keeps going up."

"For the average working man with a family, beef is sure plenty high," he added.

In addition to carcass processing, the Caviness plants also handle boxed beef, buying from such national chains as Excel and Iowa Beef Processors, then job it out to the retail food outlets. The Palo Duro facility processes about 2 million pounds of beef a week, with the Hereford plant handling about 1 million pounds a week.

"We don't have any plant to expand at this time," said Brent Caviness as he paused for a moment to talk to a packer-buyer somewhere to the East. "This plant will handle about all the cows and bulls that we can buy here out of the Southwest."

He pointed out that the largest supply of cows and bulls is in the fall when the market generally dips a little.

"The cow market is generally a little stronger in the spring when the supply is short, but it all hinges on supply and demand-weather conditions have a lot to do with the cow market."

"For example, a few years ago when South Texas had that severe drought, we didn't have a good spring market--people were just selling too many cows."

The Caviness Packing Co. was opened in 1962 at its present site when Terry and Brent's father, Pete, purchased a custom locker plant owned by John Douglas Pitman of Hereford.

Born in Chillicothe, Tx., in 1918, Pete Caviness had been a livestock order buyer for the old Glover Packing Co., headquartered at Roswell, N.M., for 17 years when he moved to Hereford. He and his wife, Roberta, had moved to Amarillo in 1957 when Glover bought a plant at Third and Grant. The Caviness family then moved to Hereford in 1962 with the purchase of the Hereford operation and began renovating and expanding the old locker service into a commercial cow-bull slaughtering plant.

"Pete spent a lot of time and money streamlining that plant," said Terry Caviness in recalling the early years of his family's move to the packing plant business. "Brent and I both worked through our high school years in the Hereford plant--I guess we touched about every segment of the meat packing business."

Brent graduated from the Hereford High School in 1970 and went on to get a degree in business from Texas Tech University in 1974. Terry graduated from Hereford High School in 1964, and received a degree in industrial management from Texas Tech in 1969. With the two brothers at the helm of the Caviness firm by the late 1970s they made their first major expansion when they purchased Palo Duro in 1982. About a month later, their father died unexpectedly at his home in Hereford.



TERRY CAVINESS



BRENT CAVINESS

"We've spent a full year renovating and bringing in new equipment for our smoked meat operation," Terry Caviness said as he inspected stacks of processed meats in cooler rooms. "Our cost in the new business was somewhere around \$2 million, but we really have an excellent plant in this building."

The Caviness brothers didn't stop with just remodeling the interior of old packing plant, but moved to the exterior where the front got a complete face-lift, including colorful farmyard scenes and "Farmer Dale Kitchens" emblazoned across an entire section of the block-long building.

The five-pronged operation of the Caviness brothers now takes in every segment of the beef packing industry, such as processing, slaughter, boning, fabricating and carcass shipments. In the distribution end, which blankets the entire Southwest, the family-owned company owns 60 refrigerated trailers and leases tractors.

"I guess we're the only smoke meat processing plant in the Panhandle region," said Terry Caviness from his

Amarillo offices. Other than one in Vernon, the Caviness firm has the only major commercial smoke meat processing plant between Denver and Dallas.

"We don't handle any slaughtering at our Farmer Dale Kitchens plant, it is used solely for processed meats such as hickory smoked bacon, bologna, wieners, pork sausage, hot-links and a pretty full line of processed meats."

The Hereford operation is unique in that the plant is the only commercial meat packing plant in the Texas Panhandle region that specializes in only the slaughter of cows and bulls.

Terry and his wife, Janette, have two sons, Trevor and Regan. Brent and his wife, Kay Lynn, have a daughter, Lauren, and a son, Spencer. The Caviness brothers have a sister, Kay.

The Caviness brothers have not only exhibited much faith in a family heritage, but also have built some new foundations of their own. "We think it's pretty obvious what we think of the Texas Panhandle...Everything we have is rooted right here."



The Caviness' facilities in Amarillo include Farmer Dale Kitchens, above, and Palo Duro Meat, Inc.



Altering mortgages may prove to be expensive

NEW YORK (AP) - Indications from around the country show many homeowners still anxious to exchange variable rate mortgages for fixed-rate loans, even if the numbers might not add up.

For many people, they really don't.

Is it worthwhile for you to dump your existing mortgage in order to save two percentage points? Even if the lower rate cuts your monthly payments by enough to allow you to put money in the bank or go out once or twice a month?

Maybe not, even if your friends, financial counselor, neighbors and spouse say go ahead. If you do, be sure you know the cost, the length of time you'll be keeping the mortgage, and a lot about your local market.

1. To refinance usually means a fee of 1 percent or 2 percent of the total mortgage, and sometimes as much as 3 percent. These are points, but seldom are they the only charge.

The additional charges might include origination, application, appraisal, legal and other fees. In some instances they can add another 1.5 percent of the mortgage amount. If so, your upfront total is then 3.5 percent.

The cost of these fees should make you think again, especially if you are refinancing to lower your interest charges by just one or two percentage points. The charges might be heavier than the savings.

Sears Mortgage Corp. offers this formula to clarify your thinking:

-Add the points being charged by the lender to the total amount of fees, expressed in points. Two points plus another 1.5 points for fees is your total upfront cost.

-Determine the difference between the interest rate you are now paying and the rate being offered. If you are paying 11.5 percent currently and have the opportunity for a new rate of 9.5 percent (unlikely), your answer is 2.

-Divide that 2, or whatever number applies, into the total points.

The answer will be the number of years required for you to break even - that is, to pay off the points. Thereafter, you are ahead of the game. But up to that point you are behind.

If you were saving just one percentage point of interest, and your total points was 3.5, it would take you 3.5 years to break even. If you were paying 4.5 points, it would take you about 4.5 years to break even.

2. These factors have special meanings, depending on the owner's age and likelihood of remaining in the house. Relatively few people pay off mortgages. At times, the average mortgage has had a life span of just seven years.

3. All this should be considered in relation to what's happening in your local market, not just on what you hear about national averages. Prices vary from one neighborhood to another, interest rates from one city to another.

Never forget that real estate markets are cyclical. More so than almost any other segment of the economy, they have ups and downs.

If your area is down and likely to fall further, then interest rates might also fall, even if only by a fraction of a point. More importantly, your lender might become friendlier, perhaps even knocking off one full point.

Try to get a feel for what might happen nationally too. If you think rates will fall, you might consider delaying your refinancing. The opposite, of course, also applies: Act quickly if you're not likely to get better terms.



Ribbon cutting held

The ribbon was cut Tuesday for Sam's, a new package store on North 25 Mile Avenue in Hereford. Pictured in the front, from left, are Lana Sossaman, Marta Williams, Sam Sossaman and T.H. Sossaman. The ribbon cutting was held by the Hereford Hustlers, a goodwill ambassador group from the Deaf Smith County Chamber of Commerce.

1989 TEC audits could be extensive

Dear Commissioner Nabers,
Can you tell me exactly why the TEC audits employer records and what specific records are subject to being audited.

— G.H.
Dallas, Tx.

COMMISSIONER
Mary Scott
Nabers



TEXAS BUSINESS TODAY

Dear G.H., The TEC audits employer records to be sure that employers are reporting and paying proper unemployment insurance taxes on the wages of their employees.

Because employers often incorrectly designate some services as "contract labor" when such services would, in fact, constitute employment, it is necessary for the tax department to audit more than just acknowledged payroll records such as federal forms 940, 941, 942, 943, W-2, or the employer's payroll journal. Other records subject to review are check stubs/cancelled checks, petty cash vouchers, disbursement journals, time clock cards, general ledgers, check registers, 1099's, balance sheets, minute books, income tax returns, P&L statements, and other reports required by the state.

Texas employers are subject to being randomly audited by the TEC tax department. An audit will also be triggered if a worker for whom wages have not been reported to TEC files a claim for unemployment insurance benefits. If the worker maintains that he was not really an independent contractor but rather an employee, then the TEC must investigate that working relationship to determine whether the individual was truly self-employed and free from the direction and control of the business for which he provided services.

Dear Commissioner Nabers, I have been told that I am supposed to have a poster up at my office on the polygraph law. Where do I get one and what does it say?

— M.S.
Harlingen, Tx.

Dear M.S., I would first suggest that you contact the Texas area office of the Wage and Hour Division of the U.S.

Department of Labor, Employment Standards Administration. Look in your telephone directory under U.S. Government, Department of Labor. You could also write directly to U.S. Department of Labor, Employment Standards Administration, Wage and Hour Division, Washington, D.C., 20210.

The poster gives basic information on the Employee Poly-

graph Protection Act and is supposed to be displayed prominently at the work site. Employers are generally prohibited from requiring or requesting any employee or job applicant to take a lie detector test, and from discharging, disciplining, or discriminating against an employee or prospective employee for refusing to take a test.

Dear Commissioner Nabers, Does an employer always have to give a warning before firing someone? If not, under what circumstances can someone be fired on the spot?

— P.Y.
Plano, Tx.

Dear P.Y.: There is no general law that says an employer ever has to give warnings. However, because unemployment insurance law requires that an employer show work connected misconduct on the part of an ex-employee if the ex-employee is to be denied unemployment benefits, it is wise for employers to have some procedure for dealing with and documenting employee problems. Such a procedure will definitely help an employer prove its case for misconduct, but it is strictly up to the company whether to have such a procedure.

The Texas Unemployment Compensation Act does not distinguish between misconduct and gross misconduct, but common sense dictates that there are situations which can call for immediate termination. Theft, intentional destruction of company property, intolerable insubordination, use of alcohol or drugs on the job, and criminal activity are some examples. An employer is not expected to keep a thief on the job while giving him a warning not to do it again, but an employer must still prove its allegations if the terminated employee is to be disqualified from receiving benefits. Proving serious charges is sometimes more difficult than proving minor ones, so be sure that you have firsthand evidence of the outrageous behavior.



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Dinner, dance planned

Father Richard Scully and Pattie Urbanczyk are preparing for the stuffed potato feast and dance Saturday. The events are being sponsored by the St. Anthony's Women's Organization. The dinner, which will feature stuffed potatoes with choices of assorted toppings, salad, peach cobbler, cakes, iced tea and coffee, will be served from 6-8 p.m. Saturday in St. Anthony's School cafeteria in conjunction with a bake sale. The dance, with music provided by Digital Jams, will be held from 8:30 p.m. to midnight at the Knights of Columbus Hall. Refreshments will be served at the dance. All proceeds from the two benefits will be used for various community and parish projects. Tickets for the autumn fling are priced at \$4 for adults and \$2 for children 10 years of age and under. For further information, call Duane Artho, 364-5653; Thomas Kemp, 364-7620; or Reta Reinart, 276-5691.

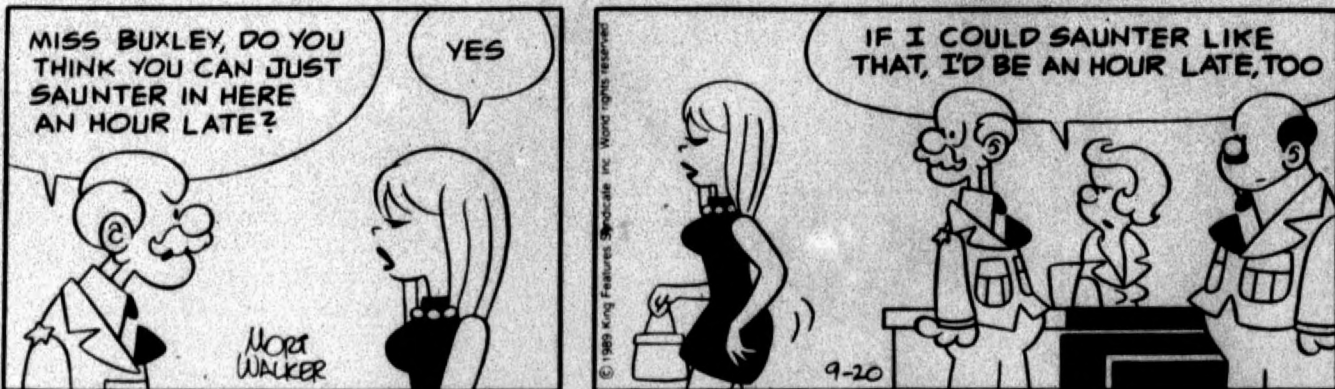
People believe if your eyebrows grow together or your arms are hairy you will be very rich.

Comics

BLONDIE by Dean Young and Stan Drake



BEETLE BAILEY By Mort Walker



Marvin By Tom Armstrong



The Wizard of Id By Brant Parker and Johnny Hart



Barney Google and Snuffy Smith By Fred Lasswell



Television

WEDNESDAY

EVENING

6:00 **A Pocket for Corduroy** Tellie Johnson, Ted Meja (1986) NR
News
MacNeil/Lehrer NewsHour
Our House
Andy Griffith
Night Court
SportsCenter
Mr. Belvedere
Inspector Gadget
Miami Vice
VideoCountry
World Monitor
Chronicle
HeartBeat
James Robinson
Senora Carlos Mats, Maria del Carmen Reguero

6:05 **Jeffersons**
6:30 **Winnie The Pooh And Tigger Too** (1977)
Cosby Show
Wheel Of Fortune
Benson
Night Court
Scholarship Sports America
Major League Baseball
Looney Tunes
MOVIE: Trading Hearts
Top Card
Celebrate
World Of Survival NR
Morris Cerullo

6:35 **Major League Baseball**
7:00 **Super Senses: Sixth Sense** (1988)
Unsolved Mysteries Robert Stack
Live From Lincoln Center Zubin Mehta, Jessye Norman
Growing Pains Kirk Cameron, Joanna Kerns
MOVIE: The Kid From Left Field **

MOVIE: Duet For One **

Peaceable Kingdom Lindsay Wagner
1989 World Water Skiing
Bewitched
Murder, She Wrote
(HBO) MOVIE: Betrayed **

(MAX) MOVIE: The Heavenly Kid *
Ukiahoma Centennial Celebration
Equinox
Battleline
Spenser: For Hire
Dr. D. James Kennedy
Rebelle Grecia Colmenares, Ricardo Darin

7:30 **Danger Bay Donnelly Rhodes, Ocean Hellman**
Young Riders Ty Miller, Josh Broin
Mr. Ed
Crook & Chase

Twentieth Century Walter Cronkite
8:00 **Conversation With George Burns** George Burns (1988) **Nutt House Cloris Leachman, Harvey Korman**

Jake And The Fatman William Conrad, Joe Penny
Billiards
Patty Duke
MOVIE: The Annihilators *
MOVIE: The Emerald Forest ***

Rebelle Grecia Colmenares, Ricardo Darin
Arthur Clarke's World Of Strange Powers
Battle For Berlin
MOVIE: Deadly Enemies A deadly unknown virus is unleashed on the men and women who live and work aboard the naval aircraft carrier U.S.S. Georgetown, Robert Hooks, Richard Jaeckel (1988)

Heritage Today
Dulce Desafio Adela Noriega, Eduardo Vanez
Doogie Howser, M.D. Neil Patrick Harris, James B. Sikking
Car 54 Where Are You?
(MAX) MOVIE: Just One Of The Guys
Centenary Of The Motor Car
MOVIE: The Sunshine Boys ***
Quantum Leap Scott Bakula, Dean Cain
Emperor's Eye: Art & Power In Imperial China
China Beach Nan Woods, Dana Delany
700 Club With Pat Robertson
News
WiseGuy Ken Wahl, Jonathan Banks
Ladies Pro Bowling Tour
Saturday Night Live
Secrets Of Nature
The Vietnam War With Walter Cronkite Walter Cronkite
Richard Roberts
El Show Del Loco Valdez
(HBO) MOVIE: Wall Street ***

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Saturday Night Live
Secrets Of Nature
The Vietnam War With Walter Cronkite Walter Cronkite
Richard Roberts
El Show Del Loco Valdez
(HBO) MOVIE: Wall Street ***

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THURSDAY

EVENING

6:00 **News**
MacNeil/Lehrer NewsHour
Our House
Andy Griffith
Night Court
SportsCenter
Mr. Belvedere
Inspector Gadget
Miami Vice
VideoCountry
World Monitor
Chronicle
HeartBeat
James Robinson
Senora Carlos Mats, Maria del Carmen Reguero

6:05 **Jeffersons**
6:30 **Legend Of Firefly Marsh Matthew Heston, Alex MacNeil**
Cosby Show
Wheel Of Fortune
Benson
Night Court
Speedweek
Mama's Family
Looney Tunes
Top Card
Global Village
World Of Survival NR
Morris Cerullo

6:35 **Sanford & Son**
7:00 **Best Of Walt Disney Presents**
Cosby Show Bill Cosby, Lisa Bonet
This Old House
Mission: Impossible Peter Graves, Phil Morris
MOVIE: Ten Gentlemen From West Point ***
MOVIE: Eddie Macdon's Hun **

48 Hours
College Football
Simon & Simon
Bewitched
Murder, She Wrote
Conversation With Dinah
Safari
Durrell In Russia
Spenser: For Hire
Dwight Thompson

Rebelle Grecia Colmenares, Ricardo Darin

7:05 **MOVIE: Man In The Wilderness *****

7:30 **Sister Kate Stephanie Beacham, Hannah Cultrana**
Made In Texas
Mr. Ed
Crook & Chase
Wild World Of The East

7:50 **Disney Salutes The American Teacher Barbara Bush (1989)**

8:00 **MOVIE: Stand Up And Cheer *****
Cheers Ted Danson, Kirstie Alley
Mystery
Young Riders Josh Broin, Melissa Leo

Top Of The Hill William, Katt, Dick O'Neill

MOVIE: Smokey & The Bandit III **
Patty Duke
Thursday Night Fights
MOVIE: P.I. Private Investigations A young architect finds himself the target of both the mob and corrupt policemen. Clayton Rohner, Ray Sharkey R Profanity, Violence.
(HBO) MOVIE: Crocodile Dundee II

(MAX) MOVIE: Manic Cop A New York cop goes berserk and begins to slaughter innocent people. Can he be stopped? Tom Atkins, Bruce Campbell (1988) R Profanity, Nudity, Violence, Adult Situation.

Nashville Now
Beyond 2000
L'Enfant Et Les Sortilages Mary Knoblen, Roslyn Anderson (1986) NR
MOVIE: Blue Lightning ** San Francisco's toughest detective heads down under to challenge Australia's cruellest criminal for an incredibly valuable opal. Sam Elliott, Robert Culp (1986)

Heritage Today
Dulce Desafio Adela Noriega, Eduardo Vanez

8:30 **Herdell John Ashton, Richard Tyson**

Car 54 Where Are You?
Struggles For Poland
Primetime Live
700 Club With Pat Robertson

Crossword

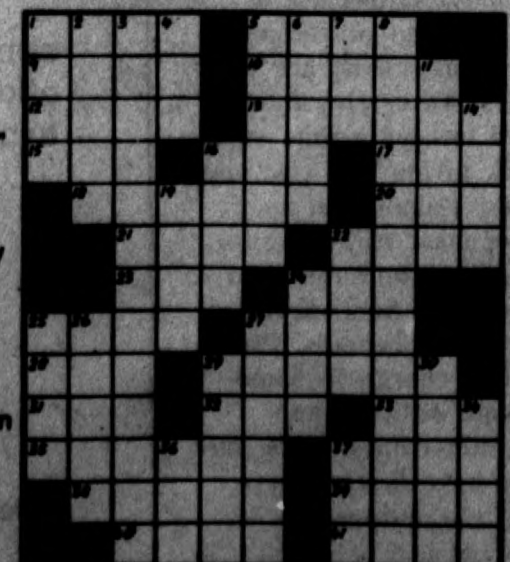
CROSSWORD by THOMAS JOSEPH

ACROSS 40 Segment
1 Polish
5 Failure
9 Italian
10 Tennis
12 Boemirch
13 Servile
15 Terminate
16 Editorial
17 Actress
18 Self-centered
20 Republican
21 Different
22 Alot
23 Successor
24 O Sole
25 Wilander
27 Riches
28 Russian city
29 Showing
31 Consumed
32 Dweller
33 Author Levin
35 Get lost
37 Seaweed
38 Plunder
39 Iota



Yesterday's Answer

16 French
19 Car make
22 Distance
24 Iranian's
25 Lot's son
26 Michaelmas
27 Mighty
29 Clementine's
30 Characteristic
34 Commedia
37 Wonder



News
Saturday Night Live
Profiles Of Nature
From The New World
Richard Roberts
America

8:20 **MOVIE: Triumphs Of A Man Called Horse ****

8:30 **The Swan Lake Story Captain Mike Gordon, Bettina Rae (1987) NR**

SCV
(MAX) MOVIE: The Stranger *

On Stage
World Of The Sea
Noticiero Univision

9:35 **MOVIE: Porky's Revenge ***

10:00 **Adventures Of Ozzie And Harriet Ozzie Nelson, Harriet Nelson**
News
Tony Brown's Journal
Saturday Night Live
Motorweek Illustrated
Newhart
Laugh In
Miami Vice
(HBO) Inside The NFL
VideoCountry
Sporting Life
Improv Tonight
Spenser: For Hire
To Be Announced
Aqui Esta

10:30 **Going Hollywood: The War Years (1986)**
Tonight Show
MacNeil/Lehrer NewsHour
Batman
Magnum, P.I.
Pat Sajak Show
SportsCenter
After Hours
My Three Sons
Crook & Chase
Sporting Life
French & Saunders Dawn French, Jennifer Saunders

10:35 **Cheers**

11:00 **MOVIE: Ten Gentlemen From West Point ***** After surviving the grueling rigors instituted by a cruel commandant, a group of cadets prove themselves in battle with Tecumseh's Indians. George Montgomery, Maureen O'Hara (1942) R Profanity, Violence, Adult Themes.

Domna Reed
Ryder Cup Preview
(HBO) MOVIE: Beach Balls Sexy shenanigans abound on the beach when a rockin' dude and his gorgeous sister go after a beautiful babe and her hunky lifeguard brother. R Profanity, Nudity, Adult Situation.
Nashville Now
World Showcase
Durrell In Russia
HeartBeat
Fletcher Brothers
Aqui Esta

11:05 **Entertainment Tonight**

11:15 **MOVIE: Broadcast News ***** A driven, high strung network news producer finds herself falling for the good looking, empty-headed anchorman the network has recently hired. William Hurt, Holly Hunter (1987) R Profanity, Mature Themes.

11:20 **MOVIE: Planet Of The Apes ***** U.S. space ship lands on desolate looking planet, stranding men in a world dominated by apes 2,000 years into the future. Charlton Heston, Roddy McDowall (1968) G

11:30 **Late Night With David Letterman**
MOVIE: The Deadly Trap * A crime syndicate plans a series of mishaps to convince a woman, whose husband had shady connections, that she is going mad. Faye Dunaway, Frank Langella (1971) PG

Red Men TNT All-American Punting Series
Make Room For Daddy
New Mike Hammer
Focus On Britain
Wild World Of The East
Jonny Lee Miller

11:35 **Negative**

12:30 **Backstage At Disney: Main Street Electrical Parade (1986) NR**
News
NHRA Drag Racing
Bewitched
World Monitor

Beware of false claims

Beware of advice linking nutrients and behavior. General statements and recommendations linking these two could be premature, said Dr. Mary Kinney Sweeten, Texas Agricultural Extension Service nutrition specialist.

The relationship between nutrition and behavior has received a lot of publicity lately, and some of these guides and paperback advisors may be fiction, Sweeten said.

Recent research, cited in the spring edition of Nutrition and Food Sciences, indicates that changes in diet may not be directly responsible for changes in an individual's behavior, she said.

"Actually, different people may

have varying sensitivities to nutritional factors," she said.

The brain comprises two percent of the body's weight and consumes up to 30 percent of the energy that the body produces at rest. "You would assume that the brain, and therefore behavior, is affected by the food we eat," she said.

The total number of neurons -- 100 billion to be exact -- is equal to the number of stars in this galaxy. Each of these cells is connected to thousands of others and it's estimated that some cells receive direct signals from 100,000 other cells.

However, the cells aren't physically connected to each other, but can transmit minute electrical signals across a gap that is less than a millionth of an inch across, Sweeten said. Neurotransmitters, complex chemicals, assist the signal transfer.

Research presented by a University of Toronto, Ontario professor indicates that amino acids, the building blocks of proteins, have many uses in the body. For example, an amino acid called tryptophan is eventually metabolized into serotonin, a neurotransmitter. At elevated concentrations, tryptophan decreases food intake and produces drowsiness and sedation, according to Nutrition and Food Sciences.

Additionally, some vitamins have the potential to affect brain function at levels that are considered "normal," according to the publication.

"Many factors are present and many factors could be affecting behavior," Sweeten said.

"Therefore it would be premature to assume that changes in an individual's behavior are directly linked to diet," she said.

IN OLD NEW ENGLAND

NEWTON, Mass. (AP) - Newton, located on the Charles River seven miles west of Boston, often is called "The Garden City."

Settlers first came here in 1639 and the community was called New Cambridge until 1692.

Newton is the home of Boston College, Andover-Newton Theological School and Newton College of the Sacred Heart. Noted residents have included educator Horace Mann and authors Nathaniel Hawthorne and Ralph Waldo Emerson. The city received its charter in 1873.

Ann Landers

DEAR ANN LANDERS: I've read a great many letters in your column about the dangers of drinking and driving. I am a strong supporter of MADD (Mothers Against Drunk Drivers) and SADD (Students Against Drunk Driving). But I wonder how many of your readers realize how hazardous it is to eat while driving. Frankly, I didn't give it a thought until yesterday, when I stopped at a fast-food place and picked up some fried chicken for lunch.

As usual, the smell got to me and I couldn't wait till I got to the office. I took a chicken leg out of the bag and started to chomp away (all this while driving). A piece of chicken got caught in my throat and there I was, one hand on the wheel, the other trying to dislodge the chunk. I was choking and veering all over the road. Thank God I got the chunk out and didn't have an accident.

Afterward, I pulled over to the shoulder and shook for five minutes. How fortunate I was that the other drivers were alert enough to keep from running into me. I was

luckier than I deserved.

Please, Ann, print this and maybe save some lives.--San Juan

DEAR SAN: Thanks for an excellent letter. I can't tell you how many times I have seen drivers eating hot dogs, French fries, sandwiches, ice cream cones, or drinking soda pop or coffee. Then, of course, there are idiots who put on make-up, apply nail polish and read newspapers and paperbacks while driving.

Let this letter be a warning to all who are guilty of having done any of the above. You have been spared -- so far. Don't push your luck.

DEAR ANN LANDERS: One of the best things about your column is that you let people have their say, even when they don't agree with you. I'd like to comment on which generation has it rougher.

For every young couple who will have it as good as their parents, I can show you dozens of older couples who will never have it as good as their children.

Today's elderly were almost all poor children. They grew up before

food stamps, school lunches, Medicaid and government student loans.

Go to any high school parking lot in the Atlanta suburbs and you will see Camaros, Thunderbirds and BMWs. These kids must have a new car when they turn 16. They also have designer jeans and designer sneakers and more spending money than any generation before them ever dreamed of.

The proms in luxury hotels are unbelievable. These 17- and 18-year-olds spend hundreds of dollars on evening gowns and rented tuxes. They would never settle for a decorated gymnasium like their parents.

Poverty is not a matter of age. It exists among the old and the young. But one had better not end up poor today because it's hell.--Georgia.

DEAR GEORGIA: I cannot argue with a word you have written. Thanks for making some excellent points for the other side.

DEAR ANN LANDERS: What is so magical about a size 10? I

bought my sister a beautiful sweater for her birthday. She tried it on and loved it. When she noticed that it was a size 12, she said, "I'm a size 10. Do you mind if I take this back and exchange it?"

I said, "Of course not." But I was upset. What's with these people anyway?--Mpls.

DEAR Mpls.: Size means very little, but some women think that if they can squeeze into a size 10, they will look like a size 10. Actually, if a garment is too tight it will make the wearer look heavier.

What can you give the person who has everything? Ann Landers' new booklet, "Gems," is ideal for a nightstand or coffee table. "Gems" is a collection of Ann Landers' most requested poems and essays. Send a self-addressed, long, business-size envelope and a check or money order for \$4.85 (this includes postage and handling) to: Gems, c/o Ann Landers, P.O. Box 11562, Chicago, Ill. 60611-0562. (In Canada send \$5.87.)

Garden club assembles Thursday

Pat Robinson served as hostess to Bud to Blossom Garden Club for its first meeting of the fall Thursday, Sept. 14, at the Hereford Garden Center.

During the business session, new yearbooks and the program for the year were discussed. Robinson distributed the flower show schedule which will be held from 2:30-4:30 p.m. Oct. 5 at the Hereford Garden Center. The event will be open to the public free of charge.

It was announced that members will meet at the center Oct. 4 for workshops on design and horticulture in preparation for the flower show.

Robinson was elected delegate to the State Fall Convention Oct. 31-Nov. 2 in Corpus Christi. Ursalee Jacobsen was elected as alternate.

The next meeting will be Oct. 12 in the home of Mildred Fuhrmann.

Members present were Phyllis Brown, Robinson, Jacobsen, Naomi Hare, Marie Escamilla, Billee Johnson and Fuhrmann.

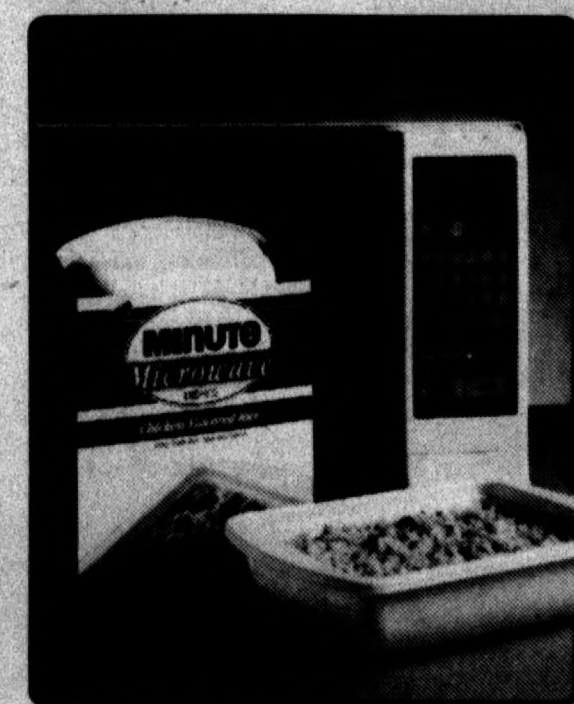


High-quality buttons are perhaps the quickest tip-off about the quality of clothes. Good buttons are bone, leather, pearl or metal.

the Sunflower Group

MONEY SAVING COUPONS

the Sunflower Group



NEW
MINUTE™
Microwave
DISHES

Just add water and in one easy step you can make quick, delicious side dishes like Noodles Alfredo and Chicken Flavored Rice.

- Two convenient sizes, Single Serve and Family.
- Eight terrific flavors, 4 rice dishes and 4 pasta dishes.
- Complete with microwave dish.

Eight Delicious Pasta & Rice Dishes

MANUFACTURER'S COUPON EXPIRES 10/31/89

SAVE \$1.00 ON
ONE FAMILY SIZE OR
TWO SINGLE SIZE

MINUTE™
MICROWAVE
DISHES

This coupon good only on purchase of product indicated. Any other use constitutes fraud. COUPON NOT TRANSFERABLE. LIMIT ONE COUPON PER PURCHASE. To the retailer: GFC will reimburse you for the face value of this coupon plus 8¢ if submitted in compliance with GFC Redemption Policy C-1, incorporated herein by reference. Valid only if redeemed by retail distributors of our merchandise or anyone specifically authorized by GFC. Cash value 1/10¢. Mail to: General Foods Corporation, P.O. Box 103, Kansas City, MO 64102. GENERAL FOODS CORPORATION

SF C2RJ420



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BABY-YOUR-BABY SALE

NOW THROUGH
SEPT. 23RD

JCPenney



20% TO 40% OFF

EVERY ITEM IN OUR
INFANTS' DEPARTMENT.

25% OFF

All* socks, underwear, shoes
Sale 2.02 Reg. 2.69. One piece underwear
of all cotton. Snap leg opening.
Newborn size XL.

25% OFF

All* bedding coordinates
Spruce up the nursery with 25% savings
on all regular priced bedding coordinates.



SALE 5.99

Infants' footed pajamas

Reg. 7.99. The print top sleeper makes it big this year in Trevira® Comfort Fiber polyester. Also in an all-over print. With skid-resistant soles. Sizes 1/2 to 6.

smarter than ever at JCPenney

JCPenney

Sugarland Mall

Store Hours 9:30 am to 7:00

Mon. thru Sat.

Sun. 1 pm to 5 pm

CLASSIFIEDS

364-2030

THE HEREFORD BRAND Since 1901
Want Ads Do It All!

**YOU WANT IT,
YOU GOT IT
CLASSIFIED**

**364-2030
313 N. Lee**

CLASSIFIED ADS

Classified advertising rates are based on 14 cents a word for first insertion (\$2.00 minimum), and 10 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	.14	2.00
2 days per word	.24	4.00
3 days per word	.34	6.00
4 days per word	.44	8.00

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 \$3.95 per column inch; \$3.25 an inch for additional insertions.

LEGALIS

Ad rates for legal notices are 14 cents per word first insertion, 10 cents per word for additional insertions.

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 case of errors by the publishers, an additional insertion will be published.

1-Articles For Sale

**YOCUM UPHOLSTERY
AND DRAPERIES**
Open for business once again.
20% discount on all materials
603 South 25 Mile Avenue
Monday-Saturday
10-6
364-4908 1-244-222

PIANO FOR SALE
Wanted: Responsible party to take on small monthly payments on piano. See locally. Call Manager at 800-635-7611 anytime.

MAXWELL ORCHARDS
Now has boxed tree-ripened apples. Pick your own tomatoes, jalapenos, chiles & bell peppers. 10 a.m. - 8 p.m. everyday. 6 miles N. of Dimmitt on Hwy. 385.
647-4613

PUBLIC NOTICE
Ben's Appliance buys and sells used furniture and appliances. We pay top dollar. Call 364-4041 or come by 212 N. Main, Hereford.

Concrete construction B.L. "Lynn" Jones. Driveways, walks, patios, foundations, slabs. Free estimates. Over 20 yrs. experience. 364-6617.
40

TAM 200 wheat seed. 1st year from certified. \$5.50 bushel. Cleaned, in bulk. Hereford area. 352-8248. 120

Repossessed Kirby. Other name brands used and rebuilt \$39.00 and up. Sales and service on all makes. 364-4288. 1200

Houses to be moved: 3 B/R \$3600, 2 B/R \$2500, 1 room \$750. Big 2 room \$1750, 352-8248, 647-2231. Price includes moving. 3960

For sale tomatoes, bell pepper & okra. On 84 By-pass in Littlefield. B.E. Turner, 385-5980. 5210

For sale AKC Toy Poodle-Apricot 18 months old house broken, well-mindred, 364-6441. 6310

CFA reg. Persian kittens. White, black & blue cream. Champion sired. Shots complete. Call Clovis 505-762-1507. 6340

Radio Shack TRS 80 Computer with Disk and Manuals for \$150. See at Charlie's Tire. 6410

Flat beds for pickups & one-ton trucks, mounted or take out. Call Clarence Calvit at 364-3115. 6430

For sale: roll-top desk, like new \$150. Call 364-5473. 6490

For sale - Piano in good shape - See at 614 Ave. J or call any day except Sun. 364-1287 or 364-8504. 6610

For Sale: Camper, will fit small pickup with long bed. 25" color TV; Chest type freezer. Call after 5 p.m. or at noon 364-3716. 6730

Bunny Rabbits for sale. Call 276-5269. 6810

For sale: Delicious and Winesap apples and grapes. \$1.00 gal. 364-2284. 1201 South Main. 6960

Cribs, car seats, changing tables, dressers, full & twin beds, dinettes, coffee tables, toys & lots more. Maldonados, 1001 W. Park, 364-5829. 6820

Gloria's: Custom Sewing, alterations, tailoring, drapes & curtains, fabric samples available for drapes. 1:30-6:30 p.m. - 364-5475. 6840

Piano For Sale: Wanted, responsible party to assume small monthly payments on piano. See locally. Call credit manager 1-800-447-4266

1A-Garage Sales

Lions Club Garage Sale October 7, 7:30 a.m. - ? Proceeds to benefit Holly King. If you would like to donate to it, call Lester Wagner, 364-0602/680

Fishing equipment, camping equipment, home interior, bedspreads, dishes, pots & pans, lamps, pictures, shoes, clothes all sizes, Thursday, Friday & Saturday, 10 a.m. til 7-227 Ave F. 6970

Back yard sale, Thursday and Friday, 9-5. 432 Ave. D. Camper for pickup.

2-Farm Equipment

For Sale Sucrose haygrazer round baled approximately 70 bales. 4 miles S.W. on 60. Call 276-5291 days; 364-4113 nights. 3800

For sale: Tam 105 Wheat Seed. Second year certification. Cleaned and bagged. 364-2838. 6200

Bulk Seed Wheat TAM 105, TAM 200, Vona, \$6.00/bu. Russian Beardless, \$6.50/bu. Certified TAM 200, cleaned, bagged, & treated \$7.50/bu.; Turnip seed, \$7.5 cents lb; Bruegel & Sons, 647-3138. 6420

Silage trucks needed at Stratford, Texas. 806-396-5574, Bill Fleming 6440

For sale: 150 bushels TAM 105. Phone 357-2665. 6510

For sale: 1977 Kenworth with 350 Big Cam Cummins Engine. 1978 Peterbilt with 400 big Cam Cummins Engine and Jake brakes. 1973 White with a 290 Cummins. Can be seen at Hereford Diesel. 6540

22 ft. John Deere Rotary Hoe. \$850. Cattle squeeze chute \$350. 355-0711; 276-5389; 276-5343. 6800

3-Cars For Sale

Low prices on cars everyday. Milburn Motor Co., 364-0077, 136 Sampson. 3970

1986 Pontiac 6000 LE. Excellent condition \$4700 364-1070 or 578-4352. 6560

For Sale: 1965 IHC-TRK-TR-5 tons, 220 Cummins with turbo, 15speed transmission, twin screw, good condition, 364-5877 or 364-6422

1985 Isuzu Pup. Low mileage-Real Clean-\$5,500, Days 364-0412-Night 364-3903. 6660

For Sale 1981 Honda Civic Wagon 4-Door, Hatchback, 77,500 miles-\$2800. See at 104 N. Douglas. Call 364-3803 after 7 p.m. 6670

For sale: 1976 BUick LaSabre, Runs Good. Call 364-4013 after 6 p.m. 6870

**MILBURN MOTOR
COMPANY**
We pay cash for
Used Cars
136 Sampson
Phone 364-0077

NEW & USED
Now for sale at
STAGNER-ORSBORN
BUICK-PONTIAC-GMC
1st & Miles

4-Real Estate

Money paid for houses, notes, mortgages. Call 364-2660. 790

Nice country home on approx. 3 acres. Many trees. Price reduced to \$40,000. Call HCR Real Estate, 364-4670

Owner finance, large home with basement. Only \$28,000. Call HCR-364-4670. 3900

AXYDLBAAXR LONGFELLOW

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

CRYPTOQUOTE

9-20
JTVAV TVHXVA XR ROEIEUV
IHV BOQV ZVIMA XE I
AJHOEP - NTVE XEV ABODA
XRR. IBB JTV HVAJ RXBBXN

- OZAVE
Yesterday's Cryptoquote: PEOPLE WHO HAVE NO WEAKNESSES ARE TERRIBLE; THERE IS NO WAY OF TAKING ADVANTAGE OF THEM. — ANATOLE FRANCE

Two houses and two separate corner lots near San Jose Church, one house at 237 Catalpa, 1/2 block, 140x300, that has been cleared on corner of Gracey & Sampson. Call 364-8842. 5470

House in the country on 10 acres of grass. Domestic well, lots of trees, only \$35,000. 364-4670. 350

1 1/2 year old brick house, 3-2-2; 10' ceilings; whirlpool bath; fireplace; extra large closets; window seats; auto sprinkler system with fenced in yard & trees and many extras. 364-6450 after 10:00 a.m. 6050

For Sale two bedroom mobile home and lot. 312 Ave. A. \$1500 down. Price \$6,500. Please call after 3 p.m. 364-0084. 6370

880 Acres - 8 mi. S.W. of Canyon on pavement. 640 in grass 240 cultivator. CRP in effect on cultivated land. Call 364-3739 after 5:30. 6460

For sale by owner: 3 bedroom, 1 bath, fireplace, storm windows, new water heater, ceiling fans. Nice home, priced to sell. Call 276-5394. 6580

No equity. Closing costs only. 323 Hickory; 1600 ft., huge master; fireplace; 2 baths. Assume FHA loan or new loan. 817-551-9380. 6690

Desirable highway frontage (750'). South of the overpass-S. Hwy. 385. Approx. 15.5 acres. Small house with full basement, garage and 1 bdrm. rental. Don Tardy Co. 364-4561

12 mi. N. Hwy 385, 30'x60' steel bldg. and 3 acres. Domestic well-pressure system. Bldg. leased, income for payments. Don Tardy Co. 364-4561. 6710

Will trade large 4 bedroom home on Texas for a smaller home. Very low down payment on a nice 3 bedroom home, completely remodeled. Call Realtor, 364-0153. 6980

5-Homes For Rent

**DIAMOND VALLEY
MOBILE HOME PARK**
Lots located Sioux,
Cherokee Sts., Ave. G&H.
Doug Bartlett, 415 N. Main
364-3937
364-1483

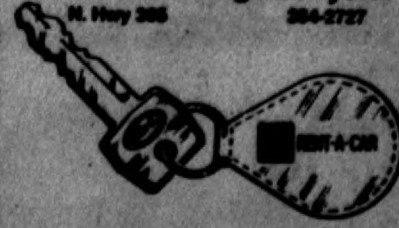
RENT-A-CAR RIGHT IN YOUR NEIGHBORHOOD



**Drop in.
Rent a car for a
day, a weekend
or longer at
neighborhood
rates.**

**★
Rent-a-Car**

Whiteface Dodge/Chrysler
11 Hwy 385 364-2727



Nice two bedroom house in N.W. hereford. Also two bedroom apartment, downtown Hereford, 276-5604. 6230

3 bedroom house, fenced back yard, stove, after 6 and weekends call 364-6326. 6320

Large house for rent or lease: 5 bedrooms, two bath, living room, dining room, utility, and office. \$500/monthly. Call 364-0986. 6450

For rent: 2 bedroom 810 S. Texas \$150.00 mo., 1 bdrm., furnished duplex apt. 115 Campbell, \$220 mo. bills paid, 1-bdrm. efficiency apt. \$175.00 per mo. bills paid at 303 W. 2nd. 364-3566. 6520

14'x80' Lancer Mobile Home. 2 bedrooms, 2 baths, Very clean. 364-7861-days; 364-6788 evenings. 6850

For lease: 3 bedroom, 1 1/2 bath, garage, washer/dryer connection. Call 364-2926. 6990

For rent or sale, nice 3 bedroom house on Big Daddy's cutoff, \$250 monthly. Call 276-5541 Leave message on recorder 7000

For rent: Two bedroom house unfurnished, recently remodeled; Also have two bedroom trailer house, 364-2131. 7030

For rent: Two bedroom house unfurnished, recently remodeled; Also two bedroom trailer house, 364-2131. 7050

6-Wanted

Needing trucks during corn harvest. Call 289-5360 or 364-6316. 7090

7A-Situations Wanted

I will do tree removal. Call Bill Devers for free estimates. 364-4053 after 5 p.m. 810

8-Help Wanted

Excel-DPM Foods, 900-B Millard, Friona, Texas. Due to expansion is now taking applications for full-time production workers on Wednesdays, 1:30-3:30 CST. Located on West end of Millard Warehouse in Friona 4930

Now taking applications for part-time & full-time employment. Apply at Town & Country, 100 S. 25 Mile Ave. Starting pay is \$4.00. 5140

Wanted: Route salesperson. Apply in person or phone the Pepsi Cola Company area 505-769-1965, 400 N. Prince St., Clovis, N.M. 5250

Needed full-time and part-time LVNs for 11 p.m. - 7 a.m. and 3 p.m. - 11 p.m. shifts. Contact Jo Blackwell, administrator or Mary Johnston, director of nursing, Prairie Acres Nursing Home 201 E. 15th, Friona, 79035 806-247-3922. 5430

Now taking applications for welder/fabricator with mechanical experience. Place your application with Oswalt Livestock Products, Box 551, East Hwy. 60, Hereford, Texas 79045 EOE/M/F 6210

Help Wanted. Now taking applications for Welder/Fabricator with mechanic experience. Place your application with: Oswalt Livestock Products, Box 551 East Hwy. 60, Hereford, Tx. 790 45. An Equal Opportunity Employer Male/Female 6350

Experienced cook wanted. St. Anthony's School. Call Ann Lueb, 364-1952. 6390

Truck drivers, grain and cattle. Apply in person Bar G Feedyard. 6590

Need part-time plumber's helper. Call 364-1818 for information. 6890

Wanted to hire lightweight person experienced in galloping racehorses. Permanent job. 276-5541 and leave message on recorder. Jack Bradley

Wanted: Truck drivers for corn harvest: Call 364-6316 or 289-5360 7080

9-Child Care

Experienced child care for children of all ages. Call Bonnie Cole, 364-6664. 6000

HEREFORD DAY CARE
State Licensed
Excellent program
by trained staff.
Children 0-12 years

215 Norton 364-3151 248 E. 10th 364-5082
8-800-40

Will do baby sitting in my home. For more information call Karma Rogers, 364-4794. 6860

KING'S MANOR METHODIST Child Care

State Licensed Monday - Friday 8:00 a.m. Qualified Staff Drop-ins Welcome with Two Hours Notice.

MARILYN BELL

Director

364-0661

400 Ranger

10-Announcements

Notice! Good Shepherd Clothes Closet, 625 East Hwy. 60 will be open Tuesdays and Fridays until further notice from 9 to 11:30 a.m. and 1:30 to 3:30 p.m. For low and limited income people. Most everything under \$1.00. 890

10A-Personals

Drinking a problem? Alcoholic Anonymous. Monday through Friday, 12-5:30-8 p.m.; Saturday 8 p.m.; Sunday 11 a.m.; 406 West 4th. 364-9620/60

Problem Pregnancy Center. 505 East Park Avenue, 364-2027. Free pregnancy tests. Confidential. After hours hot line 364-7626, ask for "Janie." 1290

11-Business Service

Lawn mower repair. Tune-ups, overhaul. Complete small engine service. Also will do lawn mowing. Harvey, 364-8413. 705 S. Main St. 600

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

Overhead door repair and adjustment. All types. Call Robert Betzen, Call 289-5500. 750

Stan Fry Aluminum Products. Storm doors, screen repair. Office 364-0404; home 364-1196. 860

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

Custom swathing, round baling, round bale hauling. Don Kimbrell, 764-3328. 1190

Residential/Commercial telephone and communications wiring, installation, repair, rearrangements. Also telephones installed, moved and extension outlets added. 13 years experience. 364-1093. 1250

We are now doing CRP shredding. Call Joe Ward, 289-5394. 1340

Custom plowing, large acres. Discing, deep chisel, sweeps, bladeplow and sowing. Call Marvin Welty 364-8255 nights. 1350

Hauling dirt, sand, gravel, trash, yardwork, tilling, levelling. Flower beds, tree planting, trimming. 364-0553; 364-1123. 5570

Forrest Insulation & Const. We insulate attics, sidewalls; metal buildings. We build storage buildings & do remodeling. Free estimates. 364-5477 day and night. 6020

Swathing, round baling and delivering 276-5239 or 276-5258, also round bales for sale. 6080

Save money on insurance claims. Windshields installed, repaired. Bodywork, painting, welding and mechanical repair. Sue ve's Paint-Body Shop. 258-7744. 6400

Hay service, cutting, baling and hauling. Contact Larry Coggin, 364-3427. 6570

Chimney cleaning. Call Perry Ray, 364-9671; 364-1065 nights. Reasonable price. Grave markers. Call Perry Ray. Reasonable prices. 364-9671; 364-1065 nights. 6880

Custom CRP mowing, Kenneth Williams, Box 433, Vega, Texas, 79092, 267-2474. Call after 5 p.m.

JOHNNY GALLAGHER PORTABLE WELDING

CLASSIFIEDS

364-2030

HAY SWATHING AND BALING
Round or square bales
Bill West 578-4382
Hawk Kreig 364-2297
11-29-20p

HANDY MAN
House and barn repairs,
custom built cabinets,
odd jobs. Free estimates
Call David 364-0495
20p

CUSTOM HAY HAULING
SQUARE BALES
Leon Vogler, 578-4433
Tim Vogler 358-7766
11-32-40p

WINDMILL & DOMESTIC
Sales, Repair, Service,
Gerald Parker,
258-7722; 578-4646
11-161-dc

ROUND-UP APPLICATOR
Pipe-Wick applicator
Pipe-Wick mounted on
Hi-Boy, Row crop, CRP,
volunteer corn, 30" or 40"
rows. Call Roy O'Brien
265-3247
11-227-dc

Prices Effective
Tuesday, September 19, 1989

**Schlabs
Hysinger**



The Recorded Commodity Update
Phone Number has changed to 364-1286

1500 West Park Ave.

COMMODITY SERVICES

364-1281

Richard Schlabs Steve Hysinger Brenda Yosten

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

CATTLE FUTURES

GRAIN FUTURES

METAL FUTURES

CATTLE - FEEDER (CME) 44,000 lbs., cents per lb.										CORN (CBT) 5,000 bu., cents per bu.										SILVER (CME) - 5000 oz., \$ per Troy oz.									
Sept	82.57	82.57	82.57	82.57	82.57	82.57	82.57	82.57	82.57	2234	2234	2234	2234	2234	2234	2234	2234	2234	2234	362.50	362.50	362.50	362.50	362.50	362.50	362.50	362.50		
Oct	82.80	82.80	82.80	82.80	82.80	82.80	82.80	82.80	82.80	2235	2235	2235	2235	2235	2235	2235	2235	2235	2235	363.00	363.00	363.00	363.00	363.00	363.00	363.00	363.00		
Nov	83.00	83.00	83.00	83.00	83.00	83.00	83.00	83.00	83.00	2236	2236	2236	2236	2236	2236	2236	2236	2236	2236	363.50	363.50	363.50	363.50	363.50	363.50	363.50	363.50		
Dec	83.20	83.20	83.20	83.20	83.20	83.20	83.20	83.20	83.20	2237	2237	2237	2237	2237	2237	2237	2237	2237	2237	364.00	364.00	364.00	364.00	364.00	364.00	364.00	364.00		
Jan	83.40	83.40	83.40	83.40	83.40	83.40	83.40	83.40	83.40	2238	2238	2238	2238	2238	2238	2238	2238	2238	2238	364.50	364.50	364.50	364.50	364.50	364.50	364.50	364.50		
Feb	83.60	83.60	83.60	83.60	83.60	83.60	83.60	83.60	83.60	2239	2239	2239	2239	2239	2239	2239	2239	2239	2239	365.00	365.00	365.00	365.00	365.00	365.00	365.00	365.00		
Mar	83.80	83.80	83.80	83.80	83.80	83.80	83.80	83.80	83.80	2240	2240	2240	2240	2240	2240	2240	2240	2240	2240	365.50	365.50	365.50	365.50	365.50	365.50	365.50	365.50		
Apr	84.00	84.00	84.00	84.00	84.00	84.00	84.00	84.00	84.00	2241	2241	2241	2241	2241	2241	2241	2241	2241	2241	366.00	366.00	366.00	366.00	366.00	366.00	366.00	366.00		
May	84.20	84.20	84.20	84.20	84.20	84.20	84.20	84.20	84.20	2242	2242	2242	2242	2242	2242	2242	2242	2242	2242	366.50	366.50	366.50	366.50	366.50	366.50	366.50	366.50		
June	84.40	84.40	84.40	84.40	84.40	84.40	84.40	84.40	84.40	2243	2243	2243	2243	2243	2243	2243	2243	2243	2243	367.00	367.00	367.00	367.00	367.00	367.00	367.00	367.00		
July	84.60	84.60	84.60	84.60	84.60	84.60	84.60	84.60	84.60	2244	2244	2244	2244	2244	2244	2244	2244	2244	2244	367.50	367.50	367.50	367.50	367.50	367.50	367.50	367.50		
Aug	84.80	84.80	84.80	84.80	84.80	84.80	84.80	84.80	84.80	2245	2245	2245	2245	2245	2245	2245	2245	2245	2245	368.00	368.00	368.00	368.00	368.00	368.00	368.00	368.00		
Sept	85.00	85.00	85.00	85.00	85.00	85.00	85.00	85.00	85.00	2246	2246	2246	2246	2246	2246	2246	2246	2246	2246	368.50	368.50	368.50	368.50	368.50	368.50	368.50	368.50		
Oct	85.20	85.20	85.20	85.20	85.20	85.20	85.20	85.20	85.20	2247	2247	2247	2247	2247	2247	2247	2247	2247	2247	369.00	369.00	369.00	369.00	369.00	369.00	369.00	369.00		
Nov	85.40	85.40	85.40	85.40	85.40	85.40	85.40	85.40	85.40	2248	2248	2248	2248	2248	2248	2248	2248	2248	2248	369.50	369.50	369.50	369.50	369.50	369.50	369.50	369.50		
Dec	85.60	85.60	85.60	85.60	85.60	85.60	85.60	85.60	85.60	2249	2249	2249	2249	2249	2249	2249	2249	2249	2249	370.00	370.00	370.00	370.00	370.00	370.00	370.00	370.00		
Jan	85.80	85.80	85.80	85.80	85.80	85.80	85.80	85.80	85.80	2250	2250	2250	2250	2250	2250	2250	2250	2250	2250	370.50	370.50	370.50	370.50	370.50	370.50	370.50	370.50		
Feb	86.00	86.00	86.00	86.00	86.00	86.00	86.00	86.00	86.00	2251	2251	2251	2251	2251	2251	2251	2251	2251	2251	371.00	371.00	371.00	371.00	371.00	371.00	371.00	371.00		
Mar	86.20	86.20	86.20	86.20	86.20	86.20	86.20	86.20	86.20	2252	2252	2252	2252	2252	2252	2252	2252	2252	2252	371.50	371.50	371.50	371.50	371.50	371.50	371.50	371.50		
Apr	86.40	86.40	86.40	86.40	86.40	86.40	86.40	86.40	86.40	2253	2253	2253	2253	2253	2253	2253	2253	2253	2253	372.00	372.00	372.00	372.00	372.00	372.00	372.00	372.00		
May	86.60	86.60	86.60	86.60	86.60	86.60	86.60	86.60	86.60	2254	2254	2254	2254	2254	2254	2254	2254	2254	2254	372.50	372.50	372.50	372.50	372.50	372.50	372.50	372.50		
June	86.80	86.80	86.80	86.80	86.80	86.80	86.80	86.80	86.80	2255	2255	2255	2255	2255	2255	2255	2255	2255	2255	373.00	373.00	373.00	373.00	373.00	373.00	373.00	373.00		
July	87.00	87.00	87.00	87.00	87.00	87.00	87.00	87.00	87.00	2256	2256	2256	2256	2256	2256	2256	2256	2256	2256	373.50	373.50	373.50	373.50	373.50	373.50	373.50	373.50		
Aug	87.20	87.20	87.20	87.20	87.20	87.20	87.20	87.20	87.20	2257	2257	2257	2257	2257	2257	2257	2257	2257	2257	374.00	374.00	374.00	374.00	374.00	374.00	374.00	374.00		
Sept	87.40	87.40	87.40	87.40	87.40	87.40	87.40	87.40	87.40	2258	2258	2258	2258	2258	2258	2258	2258	2258	2258	374.50	374.50	374.50	374.50	374.50	374.50	374.50	374.50		
Oct	87.60	87.60	87.60	87.60	87.60	87.60	87.60	87.60	87.60	2259	2259	2259	2259	2259	2259	2259	2259	2259	2259	375.00	375.00	375.00	375.00	375.00	375.00	375.00	375.00		
Nov	87.80	87.80	87.80	87.80	87.80	87.80	87.80	87.80	87.80	2260	2260	2260	2260	2260	2260	2260	2260	2260	2260	375.50	375.50	375.50	375.50	375.50	375.50	375.50	375.50		
Dec	88.00	88.00	88.00	88.00	88.00	88.00	88.00	88.00	88.00	2261	2261	2261	2261	2261	2261	2261	2261	2261	2261	376.00	376.00	376.00	376.00	376.00	376.00	376.00	376.00		
Jan	88.20	88.20	88.20	88.20	88.20	88.20	88.20	88.20	88.20	2262	2262	2262	2262	2262	2262	2262	2262	2262	2262	376.50	376.50	376.50	376.50	376.50	376.50	376.50	376.50		
Feb	88.40	88.40	88.40	88.40	88.40	88.40	88.40	88.40	88.40	2263	2263	2263	2263	2263	2263	2263	2263	2263	2263	377.00	377.00	377.00	377.00	377.00	377.00	377.00	377.00		
Mar	88.60	88.60	88.60	88.60	88.60	88.60	88.60	88.60	88.60	2264	2264	2264	2264	2264	2264	2264	2264	2264	2264	377.50	377.50	377.50	377.50	377.50	377.50	377.50	377.50		
Apr	88.80	88.80	88.80	88.80	88.80	88.80	88.80	88.80	88.80	2265	2265	2265	2265	2265	2265	2265	2265	2265	2265	378.00	378.00	378.00	378.00	378.00	378.00	378.00	378.00		
May	89.00	89.00	89.00	89.00	89.00	89.00	89.00	89.00	89.00	2266	2266	2266	2266	2266	2266	2266	2266	2266	2266	378.50	378.50	378.50	378.50	378.50	378.50	378.50	378.50		
June	89.20	89.20	89.20	89.20	89.20	89.20	89.20	89.20	89.20	2267	2267	2267	2267	2267	2267	2267	2267	2267	2267	379.00	379.00	379.00	379.00	379.00	379.00	379.00	379.00		
July	89.40	89.40	89.40	89.40	89.40	89.40	89.40	89.40	89.40	2268	2268	2268	2268	2268	2268	2268	2268	2268	2268	379.50	379.50	379.50	379.50	379.50	379.50	379.50	379.50		
Aug	89.60	89.60	89.60	89.60	89.60	89.60	89.60	89.60	89.60	2269	2269	2269	2269	2269	2269	2269	2269	2269	2269	380.00	380.00	380.00	380.00	380.00	380.00	380.00	380.00		
Sept	89.80	89.80	89.80	89.80	89.80	89.80	89.80	89.80	89.80	2270	2270	2270	2270	2270	2270	2270	2270	2270	2270	380.50	380.50	380.50	380.50	380.50	380.50	380.50	380.50		
Oct	90.00	90.00	90.00	90.00	90.00	90.00	90.00	90.00	90.00	2271	2271	2271	2271	2271	2271	2271	2271	2271	2271	381.00	381.00	381.00	381.00	381.00	381.00	381.00	381.00		
Nov	90.20	90.20	90.20	90.20	90.20	90.20	90.20	90.20	90.20	2272	2272	2272	2272	2272	2272	2272	2272	2272	2272	381.50	381.50	381.50	381.50	381.50	381.50	381.50	381.50		
Dec	90.40	90.40	90.40	90.40	90.40	90.40	90.40	90.40	90.40	2273	2273	2273	2273	2273	2273	2273	2273	2273	2273	382.00	382.00	382.00	382.00	382.00	382.00	382.00	382.00		
Jan	90.60	90.60	90.60	90.60	90.60	90.60	90.60	90.60	90.60	2274	2274	2274	2274	2274	2274	2274	2274	2274	2274	382.50	382.50	382.50	382.50	382.50	382.50	382.50	382.50		
Feb	90.80	90.80	90.80	90.80	90.80	90.80	90.80	90.80	90.80	2275	2275	2275	2275	2275	2275	2275	2275	2275	2275	383.00	383.00	383.00	383.00	383.00	383.00	383.00	383.00		
Mar	91.00	91.00	91.00	91.00	91.00	91.00	91.00	91.00	91.00	2276	2276	2276	2276	2276	2276	2276	2276	2276	2276	383.50	383.50	383.50	383.50	383.50	383.50	383.50	383.50		
Apr	91.20	91.20	91.20	91.20	91.20	91.20	91.20	91.20	91.20	2277	2277	2277	2277	2277	2277	2277	2277	2277	2277	384.00	384.00	384.00	384.00	384.00	384.00	384.00	384.00		
May	91.40	91.40	91.40	91.40	91.40	9																							

Eating fish proves good way to lower cholesterol

When Erv Sandlin's blood cholesterol tested 310 and his saturated fat level climbed "dangerously high," his doctor gave him the bad news.

Sharply curtail the consumption of red meat, eggs and dairy products.

Sandlin, who loved red meat, saw the great buffet of life pass before his eyes and disappear. Eating, he feared, could become so boring he might not even want to do it.

"At first I thought, 'How do I live without this?'" he recalled. "To me breakfast typically was ham and eggs and potatoes, and if it wasn't ham, it was bacon. I found that I was going to have to eat mostly seafood and poultry."

Either that, his doctor said, or anticipate serious health problems down the road.

Evidence indicates that the risk of coronary heart disease, the number one killer in the United States, can be reduced by modifying diets to include less saturated fat and cholesterol. Fish ranks prominently among low-fat protein sources recommended for heart patients by doctors and dietitians.

"A lot of information shows that the fatty acids in fish lower triglyceride and cholesterol levels in the blood," said Dr. Carolyn Moore, supervisor of Clinical Nutrition at Methodist Hospital in Houston. "They make the blood less likely to clot, which has the greatest effect on reducing heart disease."

Moore and Dr. Denton Cooley, the renowned heart surgeon, co-authored the 1987 cookbook, *Eat Smart for a Healthy Heart*. Thirty-four of the book's 74 entree recipes are for fish, followed by 16 for poultry. "The difference between fish and chicken," Moore said, "is that chicken with the skin contains

more saturated fat. Fish has more polyunsaturated fat."

The health-giving properties of fish received official sanction in 1985. That year the New England Journal of Medicine announced, "It seems justifiable to include a recommendation for one or two fish dishes a week in dietary guidelines for the prevention of coronary heart disease."

Sandlin decided to do more. He began eating seafood five or six times a week. Within 90 days his cholesterol level had dropped to 200. "My doctor told me it was a remarkable turn-around caused by a combination of diet and medication," he said.

A marketing specialist at the Texas Department of Agriculture, Sandlin already knew a lot about Texas seafood, but at the time he got his diagnosis, he rarely cooked it. Like a lot of people, he felt intimidated by a lack of experience preparing fish. Today, with more than 100 mostly homecooked seafood meals under his belt, he sees no reason for anyone to be afraid of cooking fish.

"There are hundreds of recipes available for preparing fish at home," he said. "Most of them are no more difficult than preparing pot roast and grilling steaks." So many people have become so health-conscious that there's no shortage of seafood recipes. Whole books are devoted to them. "Seafood does tend to be more expensive, but there's practically no waste or shrinkage with fish fillets," he continued. "And as you become more familiar with it, you don't have to buy redfish at \$10 or \$12 a pound. You can buy most any fish fillet available that day. It may be something you've never tried before, but as long as it's a white fish fillet you can use it in almost any recipe."

Sandlin's tastes lean toward dishes that sound difficult but are easy to make, for example, grilled fillets with mandarin sauce and snapper Veracruzana. So far his only failure has been swordfish steaks that turned out to be less than fresh.

"Freshness is important," he said. "That's not to say the fish can't be fresh frozen. Look for a retailer you can trust and who will give you information on how to cook the seafood you buy."

He also has tips for people who eat out a lot: "Be on the alert for restaurants that have some good seafood on the menu, places that always use fresh ingredients and prepare seafood in a healthy way. Deep-fat fried catfish doesn't qualify. If the dish you choose comes with a sauce, ask the waiter to serve it on the side."

These two recipes are fail-proof. Try either when time is short or you've had a hard day at the office.

1/4 C. shredded part-skim mozzarella cheese

Heat oil in heavy skillet. Add onion and mushrooms and saute over medium heat 2-3 minutes, stirring frequently. Add tomatoes, salt and pepper and continue cooking 3-5 minutes or until vegetables are almost soft. Pour boiling water into bottom of broiler pan and turn broiler on. Place fillets close together on rack. Cover with vegetable mixture and sprinkle cheese on top. Place rack in broiler pan and broil 5-7 minutes or until cheese is melted and fish flakes when tested with a fork. If cheese browns before fish is done, turn heat off. Hot steam will finish the cooking. Makes 4 servings.

NOTE: Substitute any combination of cooked or partially cooked vegetables you like for those used in the recipe.

AFTER WORK FISH FILLETS

1 lb. lean, white fish fillets
1 1/2 T. melted margarine
1/4 C. seasoned dry bread crumbs
1 T. Parmesan cheese
1 T. chopped parsley
1/8 tsp. black pepper
1/8 tsp. paprika
Lemon wedges

Microwave Method:

Cut fillets into serving-sized pieces. Coat on all sides with margarine. Place in microwave-proof dish. Combine bread crumbs, Parmesan cheese, parsley and seasonings. Sprinkle crumb mixture over fillets. Cover with plastic wrap; microwave on High 2 minutes. Rotate dish 1/4 turn; microwave on High 1-2 minutes longer or until fish flakes when tested with fork. Serve with lemon wedges. Makes 4 servings.

Oven Method

Cut fillets into serving-sized pieces. Coat on all sides with margarine. Combine bread crumbs, Parmesan cheese, parsley and seasonings. Dip fillets in crumb mixture. Place on broiling pan. Broil for 10 minutes or until fish flakes when tested with a fork. Serve with lemon wedges. Makes 4 servings.

Ask Dr. Lamb

DEAR DR. LAMB: I am not sure whether I am diagnosed as having had anything but a seizure disorder after having two back-to-back seizures within an hour once in my life — at age 38. I have been on Dilantin for a year and a half with no problems since then.

Also, I take 20 mg of Inderal twice a day for migraine prevention. I wonder if the Inderal set this off, as I had just started taking it when the seizures occurred.

A CAT scan and MRI showed nothing, but the neurologist thought eventually an angiogram could be done. Since I have no family history of seizures and having had no problems until this point in my life, I'm confused regarding what could be wrong with me. I'm searching for any reading material and hope you can send me any information you have.

DEAR READER: I know from the rest of your letter that you wonder if you have epilepsy. People are scared of that word — usually because of misinformation — but it simply means seizure. The cause of seizures is often difficult to establish. It sounds like you have had a rather thorough evaluation. And Inderal does not cause seizures.

Whether you call it epilepsy or a seizure disorder, the seizures are caused by spontaneous abnormal discharges of cells in the brain that cause the physical response or convulsion. In older people a frequent cause of the brain damage that leads to seizures is a previous stroke. In many other instances it is because of brain damage from an accident such as an automobile accident. In still others, it is because of some illness that has damaged an area of the brain.

The abnormal brain cell discharge has nothing to do with mental ability. Other causes that are looked for include a brain tumor and various abnormalities of the arteries in the brain. But in many instances, the reason for the abnormal electrical behavior of the brain cells that cause the seizure is never found.

I am sending you Special Report 55, *The Many Faces of Epilepsy*, as you requested. Others who want this report can send \$1 with a long,

stamped, self-addressed envelope for it to THE HEALTH LETTER/55, P.O. Box 19622, Irvine, CA 92713.

There is a mistaken idea that you inherit epilepsy. In some cases there is some family history, but in most cases there is not.

DEAR DR. LAMB: I have carpal tunnel syndrome. Tests show I have very little electrical impulses in either hand. Would surgery be advisable? My thumb and fingers are numb and the ends so sensitive and sore. Occasionally I have electrical shocks through them. At times they tingle, burn and pain so badly I can hardly stand it, especially at night. I also have osteoarthritis in both hands with bony spurs. Could this cause my problem?

DEAR READER: The carpal tunnel syndrome is caused by pressure on the nerves passing through the wrist to the hands. The ligaments around the bony wrist are like a watchband. And when the bony tunnel space is limited, or if the tissues swell, the pressure on the nerves results. Osteoarthritis involving the wrist can cause it. So can inflammations of the structures in the wrist as may occur with rheumatoid arthritis.

If there is no inflammatory process to cause swelling, it may be necessary to cut the wristband of tendons to open the tunnel space. Inflamed tendons may recover by limiting the movements of the hands. A wrist splint may be needed, especially at night. Injections of prednisone helps sometimes. But bony spurs and arthritic changes are not likely to respond to these measures.

DEAR DR. LAMB: Is there any place you know of that sells psyllium seed? After having used it for 40 years, I am now unable to get any from the store. They say it is no longer available.

DEAR READER: Psyllium seed is used for most of the bulk formers on today's market. You could check with your local health food store. But if you can't find what you want, you can always buy one of the bulk formers at most large supermarkets. These

include Metamucil, Correctol, Effer-Syllium Natural Fiber Bulking Agent, Fiberall, Hydrocil Instant, Konsyl and Perdiem Plain Granules.

All of these bulk formers are made from a dietary fiber derived from the husk of the psyllium seed.

While most people use these preparations to improve regular bowel function, recent studies have shown that they will help to reduce the total cholesterol levels. Presumably this is by binding bile salts that are made from cholesterol and causing them to be eliminated through the bowel.

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

EUROPEAN DRAWINGS

ST. LOUIS (AP) - A fine collection of European 4th- to 20th century drawings is on view in an exhibition, "Master Drawings From the Nelson-Atkins Museum of Art," at Washington University in St. Louis, Sept. 22 through Dec. 3.

The drawings, which have never before been displayed as a group outside Kansas City, reflect the development of European drawing through the centuries and include works by Rembrandt, Degas, Boucher, Durer, Gainsborough and others. The exhibition will not tour.

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Film to be shown Sunday

The public is invited to a showing of a new motion picture, "His Last Days", at 7 p.m. Sunday at Frio Baptist Church located seven miles south of Hereford on Farm Road 1055.

This musical-drama was filmed on location in the Middle East and retraces the steps of Jesus in a new way.

Hosted by Dallas Holm, the film features the all-time classic, "Rise Again", and has universal appeal to children, teenagers and adults.

Sassafras oil from the tree's roots also has been used to flavor medicines and candies as well as to perfume soaps.

Planning a wedding?

Engagements should be announced at least **SIX WEEKS BEFORE** the wedding date to ensure publication. Couples submitting engagement announcements after the deadline must choose to have either the engagement or the wedding photo published. The engagement announcement must include the date of the wedding.

Wedding and anniversary information should be submitted to **The Brand** the Monday before the next Sunday publication date. Wedding information submitted eight days or later after the wedding date will be shortened.

Black and white photos are preferred for engagements, weddings, and anniversaries but color photos may be used if suitable for reproduction. Lifestyles reporters do not take photos for engagements, weddings, anniversaries, or showers.

Shower forms are available at **The Brand**, as are engagement and wedding forms. This information will not be taken by phone.

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1 C. sliced fresh mushrooms
1 C. chopped ripe tomatoes
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1 lb. lean, white fish fillets

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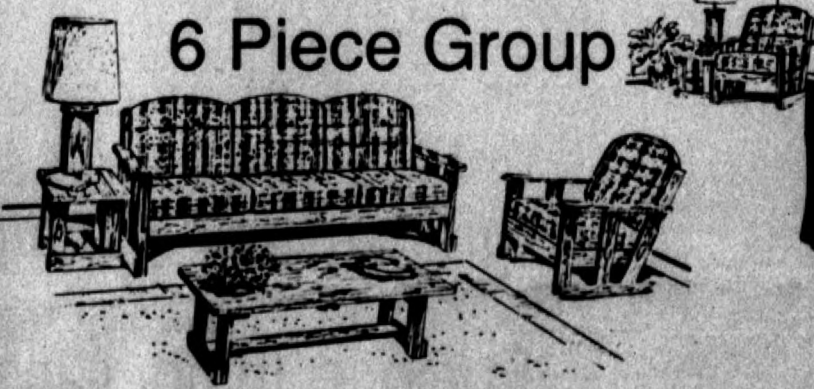
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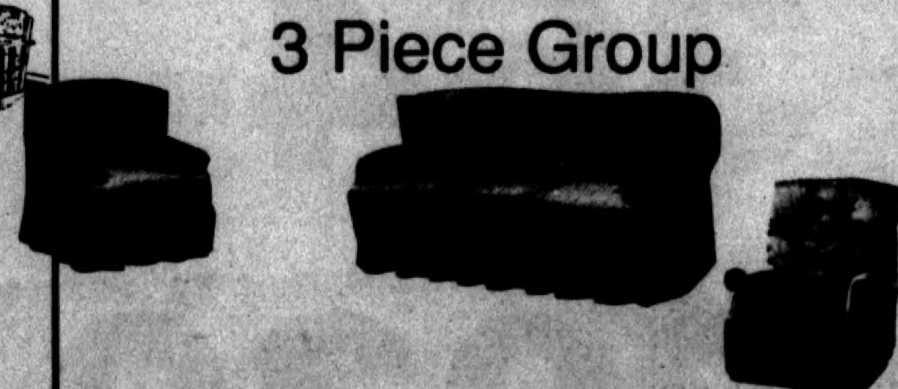
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