Herefore

Hereford, home of Billie Crofford

93rd Year, Vol. No. 138 Deaf Smith County, Texas

Pages

25 Cents

Death count at 32 in L.A. quake



Early morning accident

Two vehicles collided at Kingwood and Park Avenue at about 8 a.m. this morning, sending this GMC Suburban, driven by Karen Sherrod, 43, careening into West Park Cemetery. According to preliminary reports, Mrs. Sherrod's car was eastbound on Park. The Chevy Lumina in the background was driven by Anastacio Mendez, 18, was westbound on Park, attempting to turn south on Kingwood, when it struck Mrs. Sherrod's car.

A third vehicle, a Ford pickup driven by John Brannon, was at a standstill in the eastbound lane on Park, attempting to turn north on Kingwood, when his truck was struck by debris. Mrs. Sherrod and Mendez were transported to Hereford Regional Medical Center, where they were treated and released. Brannon was uninjured. Police Cpl. Ed Toler said cemetery officials reported no damage to headstones.

LOS ANGELES (AP) - Commu- epicenter. ters confronted crumbled freeways, detours and frayed nerves today. Thousands of other people struggled to get by with no power, no water and in some cases - no place to live.

At least 32 people died in Monday's quake, which measured 6.6 on the Richter scale and was centered in the sprawling, densely populated San Fernando Valley, 20 miles northwest of downtown Los Angeles.

Giant chunks of the region's vital freeways lay smashed, foretelling months or years of traffic snarls in a city that lives in its cars.

Schools were closed, and Police Chief Willie Williams asked businesses to remain shut to reduce traffic. Motorists still streamed into Los Angeles, turning the valley's Newhall Pass into a jewel-like ribbon of headlights.

'The line starts here and it's a long line. It's a mess," said driver Alan Mendelson in Santa Clarita. Ann Diamond used the Metrolink

commuter train to reach her medical office job from Fontana, about 40 miles to the east.

"I was kind of leery about using the freeway today ... because of the quake," she said after stepping off the train at Union Station downtown.

Hundreds of aftershocks rolled through after the quake hit at 4:31 a.m. Monday, including one at 3:33 p.m. Monday measuring 5.3. The aftershocks were diminishing in intensity today, said Caltech scismologist Reily Geary, with one at 1:40 a.m. measuring 3.6.

The lingering threat kept many people from returning to their homes overnight, especially in Northridge, the neighborhood at the quake's

'We could sleep in the apartment tonight, but we're not taking the risk," said Juan Magallanes, who drove his van onto the baseball diamond at Reseda Park in Northridge. "This is the worst day of my

The state emergency agency sent about 300 search-and-rescue teams to find people - dead or alive - in the rubble. The teams were equipped with high-tech listening devices and cameras that can be lowered into crevices.

Crews today continued searching a Northridge apartment house that yielded 15 bodies on Monday. The two top floors of the three-story, wood-and-stucco building smashed the ground floor flat. There were no reports of anyone from the building missing.

"All the bodies we found were in bed. They didn't have a chance to wake up," city firefighter John Hanson said.

A dusk-to-dawn curfew was in effect as police and the National Guard patrolled to prevent looting. About 75 people were arrested in the first 24 hours for earthquake-related crimes, said Officer Don Cox, a police spokesman.

"It was very peaceful," Cox said. "We were prepared for a whole lot, but we didn't get it."

The arrests ranged from curfew violations to robbery, he said.

The California National Guard said by today it mobilized more than 2,000 soldiers, many awaiting orders at armories.

Overnight, firefighters battled another stubborn blaze that burned at (See QUAKE, Page 2)

City approves park plans, awards bids, contracts of over \$1 million

BY SPEEDY NIEMAN Editor-Publisher

Hereford City Commissioners seven contracts--totaling just over \$1 costs to be paid by the resident. million--for purchase of vehicles and

recreation department(PARD) in Dallas bidding \$683,792 conjunction with the Hereford Independent School District and Deaf Smith County.

prepare specifications on a recorder bid was \$124,638.50. for the police an fire departments.

-- Approved a request for extension Monday night accepted low bids on of water service outside the city, with

Largest item in the awarding of equipment and for construction of a contracts was for the construction of water reservoir, wells and supply a one-million gallon ground storage tank of prestressed concrete. Preload, In other action, the commission: Inc., of Dallas won the project with -- Approved park improvement a bid of \$662,387. Only one other bid plans, as well a concept for a park and was submitted, with Natgun, Inc., of

Big T Pump of Hereford was low bidder on construction of a Santa Rosa well at \$132,240.57. Wall & -- Authorized the mayor to execute Sons Drilling had a bid of \$135,134. a real estate option for the purpose of Supply lines for the project went to locating an incinerator in Hereford. Morton Irrigation of Plainview with

Big T Pump also was awarded the bid for construction of aa water well in Dameron Park at a cost of \$57,306.88. Wall & Sons bid Kan. bid \$87,220.

Low bid for four police cars went to Stevens Chevrolet of Hereford at a cost, with trade-in, of \$7,653 per vehicle(Caprice Classics). Cost of four cars was \$30,612. Western Ford of Hereford and John Chandler Ford of Amarillo had higher bids.

The purchase of four pickups was awarded to low bidder John Chandler Ford at a cost of \$11,748 each for two two-wheel drive and \$13,992 each for two four-wheel drive vehicles. Other -- Authorized the city staff to a bid of \$113,295. The next lowest bids were from Stevens, Western

Ford, and Hereford Auto Center.

Bids on a fairway mower for the city golf course went to Jacobsen Turf & Commercial of Carrollton at a cost of \$24,890 for a demo unit. \$59,884, and Layne, Inc., of Wichita, Three firms bid on new and demo

The option of land for an incinerator will be assigned to B&E Environmental when the company is ready to proceed with construction. The motion approved by the commission made the city responsible only for the option and a survey, with no other involvement until the incinerator is completed.

Ricky G. Pruitt, a representative (See CITY, Page 2)

ınman pulis name from defense bid

WASHINGTON (AP) - Bobby Ray Inman, a Texas businessman who held top national security jobs in both Republican and Democratic administrations, today abruptly withdrew as President Clinton's defense secretary. He cited "distortions of my record, my character and my reputation.'

Inman's withdrawal - which caught Washington by surprise was accepted by Clinton with

In a two-paragraph letter, Clinton told the retired Navy admiral: "While I understand the personal considerations that have led you to this decision, I am nevertheless saddened that our

nation will be denied your service."

Inman scheduled a news conference at noon CST in Austin, Texas, to announce his decision. The White House released an

exchange of letters between Inman and Clinton in advance of the news conference.

In his letter, Inman said the "precipitating event" behind his decision was what he claimed was a partisan attack on him led by Senate Republican Leader Bob Dole of Kansas.

It was not immediately clear what role Dole was playing in the confirmation process that upset

Richards says King holiday reminder his work goes on

AUSTIN (AP) - Gov. Ann sustains us yet." Richards says the holiday honoring Martin Luther King Jr. should serve won't stand for racial discrimination. Capitol to Huston-Tillotson College, as a reminder that the slain civil rights leader's work lives on.

dream continues to sustain and lift us Richards said. all to higher ground," she told a

Richards also said Texans today

"We want the world to know that in Texas, we will not tolerate bigotry 'We today know that Dr. King's nor hatred nor discrimination,'

"In Texas, we live the ideals that group of several hundred marchers this nation was founded on. And that Monday. "As we march, we want the is that all men and women were world to know that Dr. King's dream created equal and shall have equal

The Austin march, from the was one of a number of events held around the state to honor King.

A number of marchers carried signs, including one that read, "No More Vidors," a reference to the East Texas city where black residents have been driven out of a public housing

Hundreds gathered Monday morning in Dallas at a hotel for the 6th annual Martin Luther King Jr. Commemoration breakfast and scholarship award ceremony. Lerone Bennett Jr., executive editor of Ebony magazine, was the featured speaker.

That was followed by an address by Leonard Jeffries, chairman of the black studies department at New York's City College, at the 2nd annual Martin Luther King Jr. Conference Day at St. John Baptist Church in Oak Cliff.

'The legacy of King needs to be fully understood," Jeffries said. "The birth of King is important, but his death becomes his defining moment. We cannot have MLK Jr. on the steps of the Lincoln Memorial dreaming. You must move him into the struggle. There is no dream without the struggle."



Vegetable conference participants

Joe Teeters, left, and his brother-in-law, Don Montgomery of Israel, visit with exhibitors Jack and Norma Davis of Ropesville before the start of the High Plains Vegetable Conference here this morning. The annual conference was held in the Community Center from 9 a.m. to 4 p.m. and featured a variety of sessions dealing with chemicals, agriculture department regulations, marketing and other things. Montgomery, who moved to Israel after living in Levelland and Brownwood, was in the United States for a religious conference and stopped by Levelland in time to attend the one-day conference. He grows fruit trees and artichokes in Israel.

Area towns vote in sales tax for economic program

cent city sales tax Saturday designed to 37.9 cents. to fund economic development projects and reduce property taxes.

Voters passed the tax by a 549 to 306 vote, according to City Manager annually in Lamesa. David Landis.

A half-cent sales tax for economic development was also approved Saturday in Littlefield and Lamesa. Littlefield voters passed the measure by a 456 to 206 count, while voters in Lamesa backed the tax by a 578 to

The one-cent sales tax in Perryton is expected to generate about \$500,000 a year, with half going to economic development and half going toward reducing property taxes by

Voters in Perryton approved a one- 18.5 cents per \$100 valuation--down

City leaders expected the half-cent sales tax to raise about \$125,000 a year in Littlefield and about \$225,000

"We're happy about the vote because it will give us the tools to attract new business," said Littlefield Mayor Ray Keeling. The Saturday vote "will level the playing field in Wet Texas," said Lamesa's assistant city manager.

Many of Lamesa's and Littlefield's neighbors already have an economic development tax, including Big Spring, Sweetwater, Snyder, Brownfield, Muleshoe, Levelland and Dimmitt.

ocal Roundup

Hospital board meets today

Directors of Deaf Smith County Hospital District will meet in a regular monthly session at 6:30 p.m. today in the board room at Hereford Regional Medical Center. The board will discuss a bylaws amendment to provide for staggered terms of directors. Other agenda items include the usual reports on operations, financial statement, medical staff, personnel and quality management. Ron Rives, hospital CEO, will discuss proposed renovations at HRMC.

Temperature drops to 6 degrees

Hereford had a high of 54 Monday, but the temperature dropped to 6 degrees early this morning, reports KPAN. Tonight, clear with a low of 20-25. South wind 10-15 mph. Wednesday, sunny and warmer with a high around 55-60. Southwest wind 5-15 mph.

News Digest

State

AUSTIN - Gov. Ann Richards says the holiday honoring Martin Luther King Jr. should serve as a reminder that the slain civil rights leader's work

KYLE - U.S. Attorney General Janet Reno said she has not been called to testify but is very interested in the San Antonio trial of followers of cult leader David Koresh.

SAN ANTONIO - They've gone through the guns. Now prosecutors are moving on to the shooting. Government attorneys today prepared to call U.S. Bureau of Alcohol, Tobacco and Firearms agents to the witness stand in the federal murder and conspiracy trial of 11 followers of doomsday prophet David Koresh.

DALLAS - Beginning today, Southwest Airline is inaugurating a new service - passengers on 97 of the carrier's 157 airplanes will be able to transmit faxes or files from a laptop computer.

SAN CRISTOBAL DE LAS CASAS, Mexico - Rebels who staged an uprising in southern Mexico say they are willing to talk peace to the government, but are worried about the army's failure to abide by a cease-fire.

SAN CRISTOBAL DE LAS CASAS, Mexico - For now, the rebels have withdrawn and the shooting has subsided. But the poor people in whose name it all began wonder if their lives will ever really improve.

World/Nation

LOS ANGELES - Thousands of people - pushed into yards, tents and shelters by a devastating earthquake and rolling aftershocks - faced the prospect of days and perhaps weeks with little power, no water and no way to get to work. The death toll reached 27.

LOS ANGELES - John and Josephine Winans owe their lives to one random beam. Alan and Buffy Jo Fitch saved others by turning a firehose into a lifeline. The Northridge Meadows Apartments was the scene of the earthquake's greatest tragedy - as well as some of the most dramatic survival stories of the day.

PORTLAND, Ore. - Investigators are looking into whether money donated to Tonya Harding by U.S. figure skating's governing organization was used to pay for the attack on Nancy Kerrigan.

UNDATED - Another blast of North Pole air rushed in behind a storm that spread snow and ice in the East.

WASHINGTON - Hundreds of times a year, people conducting business in Social Security's field offices assault and abuse employees, fight with others waiting in line, attempt suicide or threaten to bomb the agency, according to federal records.

WASHINGTON - Less than 2 percent of the \$2.5 billion Congress approved last fall for the former Soviet states has started flowing there, even though President Clinton and lawmakers described it as urgently

QUAKE -

least a dozen units and damaged fearful. Many people bedded down many more at the North Gate in their cars and in parks. Emergency apartments in Mission Hills.

homes. "We couldn't get to them," said firefighter Rick Ortiz. "We tried, but it just escalated."

At least 500,000 homes remained without power and at least 200,000 it still wasn't the "Big One" had no water. Phone lines worked on expected to strike the San Andreas and off. Without power, many gas Fault in the desert to the east. stations were closed and cash machines didn't work.

be restored today. But water remained were untouched. a bigger question because of damage

A dusk-to-dawn curfew was in effect, officers patrolled to prevent ordered to assemble at their armories a year to repair some vital roads. today in case of trouble. In Hollycharged with looting.

Chief Willie Williams asked new earthquake standards and the businesses to shut down to reduce reinforcement of highway bridges.

Shelters opened throughout the was centered 8 miles away from region to house the homeless and the Monday's quake and killed 65 people.

officials had no immediate estimate Several cars burned with the of the damage or of how many people were left homeless.

The quake was felt from San Diego 125 miles to the south to Las Vegas 275 miles to the northeast. But Downtown skyscrapers were barely damaged and busy tourist spots like Officials said most power should Disneyland and Universal Studios

But in the valley, the ruins of more to key pipelines and aqueducts. than 40 houses smoldered from fires Residents in some areas were warned started by gas or oil main ruptures. to boil water in case of contamina- Dozens more houses crumbled after the first jolt.

The freeways alone could cost hundreds of millions to rebuild. And looting and National Guardsmen were Gov. Pete Wilson said it could take

Bill Iwan, chairman of the state wood, six people were arrested and Seismic Safety Commission, said the damage was disturbingly similar to Schools were closed, and Police that caused by a 1971 quake, despite The 1971 quake in the Sylmar area

Reno praises Texas prison system on tour with Richards

KYLE, Texas (AP) - U.S. Attorney General Janet Reno toured a drug treatment prison unit with Gov. Ann Richards Monday, praising Texas' criminal justice program as an example for the nation.

Reno cited Texas' efforts to put away "the really bad guys, the very violent criminals, the career criminals ... while at the same time providing appropriate treatment opportunities for those suffering from substance

At her news conference at the

facility south of Austin, Reno also was asked about the San Antonio trial of followers of cult leader David Koresh. She said she had not been asked to testify at that trial, and when asked what was at stake for federal law enforcement officials, she said "Justice."

Asked about federal law enforcement's reputation, she said "One doesn't worry about reputation. One worries about what is the right thing to do, and one tries to achieve



Afternoon traffic wreck

Neighborhood residents and family members congregate around a 1988 Mercury Tracer that was involved in a traffic accident at 5:13 p.m. Monday. The car was westbound on Bradley when a 1989 Chevrolet Citation driven by Joe Louis Torres, 16, of 420 Avenue H, entered the intersection at Knight Street headed north and the two vehicles collided. Here, rescue workers strap

Connie Villarreal, 13, of 120 Hereford Calle, onto a stretcher for transport to Hereford Regional Medical Center. Angie Villarreal, 15, also of 120 Hereford Calle, is shown at center with her shoulder bandaged, while another passenger in the car, Yolanda Rodriguez, 17, of 419 Bradley, leans on the hood of the car. All three young ladies were transported by ambulance to the hospital, where they were treated and released.

said it would employ approximately 60 persons at first, and perhaps up to 200 or more after operations move corporations.

The city has been discussing the approved by the commission included project for several months. Action was tabled at the Dec. 20 meeting of Park, Central Park and the 15th Street the commission. The commission Park. An outline of improvements approved the option on a 4-1 vote, planned at each park was presented

of B&E, said there would be about a with Dennis Hicks casting the 120-day time frame on permitting for opposing vote. He said he approved the project. He estimated the cost of of the project but was "uncomfortthe project at \$15 to \$20 million. He able" in dealing with one of the principals in the firm. Pruitt said ownership will be split between four

The park improvements plan work at four parks--Dameron, Jaycee

Salinas 20 years.

for approval. Cost was estimated to be \$35,000 or more. The work includes signs to be

installed to identify each park, replacing trash receptacles with more attractive units, more lighting to be installed, picnic tables and barbecue grills in some parks, establishing restrooms and portable aluminum stands at the 15th Street Park, install a screening fence at Central Park, and improve drainage at Dameron Park.

Mayor Bob Josserand said the PARD plan is designed to "save money and to better organize and utilize all park facilities." All three governmental entities will participate, and the Hereford YMCA had indicated a desire to be involved. the under way in Hereford and Amarillo. commission voted to move ahead with

the planning. An advisory board would be comments. responsible for supervising the department, but it would have no budget or operating duties. All facilities of the three entities would be included in PARD with the exception of Pitman Municipal Golf Course.

The board will be composed of one member appointed by each entity, one member appointed by the mayor, and one member from the YMCA board. Should the "Y" framework change, that member would be selected by the other three seated members.

Enrique Garcia, who lives just outside the city limits, north of Higginbotham-Bartlett, appeared at the meeting to request extension of city water service to his home. With his agreement to pay for extending the line and his knowledge the rate outside the city is 1.5 times the customary rate, the commission approved the request.

Present at the meeting were Mayor Josserand, commissioners Roger Eades, Dennis Hicks, Nancy Griego and Carey Black. Absent were commissioners Silvana Juarez and Wayne Winget.

No Lotto

winner on

Saturday

By The Associated Press

Texas Lotto correctly matched all six

numbers drawn for the twice-weekly

game, state lottery officials said

expected, the jackpot for Wednesday

night's drawing will be worth an

drawing was worth \$3 million. The

numbers drawn from a field of 50

tickets were sold with five of the six

winning numbers, with each worth

\$2,300. There were also 4,333 tickets

with four of six numbers, with each

AUSTIN (AP) - The Lotto Texas

Pick 3 winning numbers drawn

Monday by the Texas Lottery, in this

(seven, three, three)

were: 11, 15, 16, 24, 46, 48.

estimated \$8 million.

winning \$138.

an automatic \$3.

7-3-3

They said that if sales continue as

The jackpot for Saturday night's

The state lottery said that 72

No tickets purchased in the latest

Obituaries

EUNIE WEST Jan. 14, 1993

Eunie Verna West, 90, longtime Deaf Smith County resident, died Friday afternoon at Hereford Care Center. Her home was at 307 Sunset.

Funeral services were held Monday at 2 p.m. in First United Methodist Church with the Rev. Joe Wood, pastor, officiating. Burial was in West Park Cemetery under direction of Rix Funeral Directors.

Mrs. West was born Dec. 31, 1903 in Gillespie County. She married Lewis E. West Jan. 14, 1922 in Wheeler County. They moved to Hereford in 1948 from Post.

Mrs. West was a member of First United Methodist Church, Senior Citizens, and Deaf Smith County Home Demonstration Club. She was preceded in death by her husband in 1977; a son, Sammy, in 1971; and a daughter, Peggy Jo, in 1942.

Survivors include two daughters, Elsie Lloyd of Rt. 4, Hereford, and Odie Rohde of Las Vegas, Nev.; a son, Bill of Hereford; four sisters, Ruby Hickman and Ola Walcott of Hereford, Elsie Meason of Plainview, and Vohndell Burroughs of Reno, Nev.; one brother, Luther Lesly of Hereford; 13 grandchildren, 17 greatgrandchildren and one great-great grandchild.

Pallbearers were Jay West, Joe West, Johnny Clayborn, Jobey Clayborn, Ricky Lloyd, Billy Lloyd and Randy Lloyd.

ELISEO RAMIREZ JR. Jan. 17, 1994

Eliseo Ramirez, Jr., 49, of Salinas, Calif., and formerly of Hereford, died Monday following a lengthy illness. Among his survivors is a sister, Maria Ramirez of Hereford.

Services will be at 10 a.m. PST in

He grew up in Hereford and attended school here. He had lived in



ELISEO RAMIREZ JR.

of Irving and Eva Valdez of Salinas; three brothers, Albert of Amarillo, and Jessie and John, both of Salinas;

and five grandchildren.

Survivors include his wife

Carolina of Salinas; his father, Eliseo

Ramirez Sr., of Salinas; two

daughters, Elisa and Angie Ramirez,

both of Salinas; a son, Elisco

Lawrence Ramirez of Lubbock; five

sisters, Maria Ramirez of Hereford,

Juanita Suarez and Enedelia Ortiz.

both of Amarillo, Franses Arredondo

Billie W. Palmer, 62, of Amarillo died Monday in that city.

BILLIE W. PALMER

Jan. 17, 1994

Graveside services are set for II a.m. Wednesday in Amarillo's Memorial Park Cemetery. Officiating will be Rev. Alan Burkhalter of Chaparel Hills Baptist Church.

Mr. Palmer was born in Amarillo where he had been a life-long resident. He married Lou Mathews in 1956 in Tucumcari, N.M. He was a warehouse supervisor for 20 years and worked for Holly Sugar Corp. in Hereford until his retirement in 1984. He was a veteran of the United States Marines.

Survivors include his wife; a son, Greg Palmer of Amarillo; two brothers, Larry Dean Palmer and Sid Palmer, both of Cuchara, Colo.; and a sister, Arlene March Banks of Amarillo.

The family will be at 513 W. Colorado St. in Amarillo. Memorials can be made to the

Crown of Texas Hospice in Amarillo.

HUGH FAMBRO Jan. 15, 1994

Hugh Fambro, 76, of Happy died Saturday, Jan. 15, 1994, in Amarillo. Among his survivors is a son J.C. Malone of Hereford. Services will be held at 10:30 a.m.

Wednesday in Central Church of Christ at Tulia with Trey Morgan, minister, officiating. Burial will be in Rose Hill Cemetery at Tulia by Wallace Funeral Home.

Mr. Fambro, born in Hope, Ark., moved to Randall County in 1950. He served in the Army during World War II. He married Gladys George Malone in 1967 in Amarillo. He was a member of Central Church of Christ.

Survivors include his wife; a daughter, Freida White of Fort Worth; two sons, J.C. Malone of Hereford and Roger Malone of Dimmitt; three sisters, Hazel Fields of San Luis Obispo, Calif., and Agnes Stringer and Jean Bates, both of Tulia; 13 grandchildren and nine great-grandchildren.

City officer on TV show

Hereford DARE Officers Terry Brown will be one of the featured guests today on Amarillo station KACV-TV's Perspective.

The show will air at 9 p.m. and will feature Brown, Randall County Juvenile Probation Department representative Neal Edins and Pampa Police Liaison Officer Brian Hedrick.

The topic of discussion among the officers and host Cathy Teague will be juvenile crime problems, as well as behavior modification programs

Viewers will have the opportunity to call in with their own questions and

Brown said he was invited to be on the show because "I work in secondary schools directly and we're going to be talking about juvenile crime and how it affects the safety of campuses.

Brown said he plans to mention a variety of programs and services aimed at juvenile crime here, including the new county Juvenile Detention Center, the police department's "zero-tolerance" approach to fighting at school, the assessing of fines against fighters in Municipal Court and the fact that there he and Officer Robert Holberg are permanently stationed at the

The show can be seen on Channel 5 for Hereford Cablevision customers or on Channel 2 otherwise.

Hospital Notes

PATIENTS IN HOSPITAL Pita Cordova, Ramon Enriquez, Joel

Gaytan, Esperanza Gonzalez, Doris Hargrove, Regina April Jackson, Annie Johnson, Leota Knowlton, Roy Manning, Clarice McCaslin.

Jarrett Nolan, Sarah Payne, Gary Phipps, Robert Simpson, Yolanda Torres, Crezin Watkins, Bernadine Witthar.

Mr. and Mrs. Pedro Heredia are the parents of a boy Jesus Holguin Heredia born January 11, 1994. He weighed 6 pounds 1 1/2 ounces. Mr. and Mrs. Eduardo Martinez are

the parents of a girl Morgan D'Nae Martinez born January 13, 1994. He weighed 7 pounds 7 1/2 ounces.

Mr. and Mrs. Vincent Vasquez are the parents of a girl, Tiffany Nicole Vasquez born January 13, 1994. She weighed 7 pounds 9 1/2 ounces.

THE HEREFORD BRAND

Also, 93,035 tickets were sold with three of six numbers. Each was worth except Mondays, Saturdays, July 4, Thanksgiving Day, Christmas Day and New Year's Day by The Hereford Brand, Inc., 313 N. Lee, Hereford, TX. 79045. Second class postage paid at the post office in Hereford, Texas. POSTMASTER: Send address changes to the Hereford

Brand, P.O. Box 673, Hereford, TX. 79045. SUBSCRIPTION RATES: Home delivery by

\$47.75 a year.
The Brand is a member of the As s exclusively entitled to use for republication all dispatches in this newspaper and also local news perein. All rights reserved for republication of

ekly on July 4, 1976.

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Lifestyles

Ann Landers

husband's relationship with the female half of a recently divorced couple. She was concerned because the woman frequently asked her husband for help and advice. The husband insisted he was just "helping an old friend."

I have been in precisely the same situation, and I hope she will learn from my experience. When my friend "Carla" was going through her divorce, I talked to my husband about my suspicions and anxieties. I felt their friendship was too close, their conversations were too personal and she leaned on him too heavily. She phoned him at least five nights a week, usually during dinner time.

My husband said I was "crazy" and that my imagination was working overtime. When Carla's divorce was final, however, he announced that they had fallen in love and he wanted to marry her. So I gave him a divorce because I couldn't live with a man who loved another woman.

He telephoned me three months

Roundtable discussion held by club

A roundtable was discussion was held when members of the Hereford Chapter of the National Association of Retired Federal Employees met Jan. Il at the Hereford Senior Citizens

With Nolan Grady presiding, members discussed the health reform legislation which is pending and the

Also, during the business meeting, the minutes were read and approved and the treasurer's report was given.

Those attending included Frank Clements, Argen Draper, Ernest Flippo, Mary Alice Frye, Nolan Grady and Jean Jones.

The next meeting is scheduled Feb. 8 at the Senior Citizens Center. All federal retirees are invited to attend.

BLOOMINGTON, Ind. (AP) -John Mellencamp says MTV did him a favor by censoring portions of his new video, "When Jesus Left Birmingham.

The cable music station put computer generated video blocks over images it considered inappropriate, such as characters in black face and

white face and people using needles. Mellancamp publicist Jody Miller said the video was meant to highlight a deteriorating society and show the temptations that children face.

But the singer said the MTV changes might actually be for the

"Their standards and practices edict has brought more attention to the very issue I'm talking about in the song and the video, anyway," Mellencamp said.

DEAR ANN LANDERS: This is later and said he had made a big for the woman who wrote about her mistake. I refused to take him back. I was still paying the lawyer and was very bitter. Six months later, he married Carla.

If I had it to do over again, I would have stayed married. My two children were permanently scarred by our divorce. Even though they visited their father twice a month on weekends, they still suffered from not having him around. I hope you will print my letter. It may prevent other women from making the same mistake .-- Regrets in South Florida

DEAR REGRETS: Another case 20-20 hindsight. Thanks for sharing.

DEAR ANN LANDERS: When read the article about calling 911, I had to write. I also work an emergency switchboard and have two additional comments:

Teach everyone to say NINE ONE ONE instead of "nine-eleven." There is no 11 on the telephone. Laugh if you want to, but think about it for a minute. Not everyone is familiar with a phone. When you are in an emergency situation, you don't always think clearly.

Secondly, don't try to "educate" your child about what type of emergency is appropriate for a call to 911. Let US determine if it's an emergency or not. We would rather receive some trivial calls than have you die because your child wasn't sure this was the time to call us and he was too rattled to ask Dad, Mom, Gram or

Many children have saved the lived of their loved ones by calling 911. Even a child as young as 2 years of age can do it .-- North Port, Fla.

DEAR N. PORT: You will never know how many lives you may have saved by writing that letter. Neither will I, but I do thank you.

DEAR ANN LANDERS: I read with interest your column about the fancy weekend guests who ran up a big telephone bill and made no attempt to reimburse the host. My own modest income is \$30,000 a year. My friends and family have also visited and made calls. It wasn't much, but every one of them insisted that I accept reimburse-

Can it be that we poor folks have better manners?--Portland, Ore.

DEAR PORTLAND: It certainly can. Money has nothing to do with manners. Some people with lots of money behave like slobs while those who have very little can be very classy.

What can you give the person who has everything? Ann Landers' 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.



Shotgun presented

Loren Nixon of the Hereford AMBUCS presents a shotgun to Pam Miller who won the gun in a drawing held in December. The AMBUCS will use the proceeds from the raffle to benefit various local charities.

Test relationship for honesty

honest relationship? Can you rely on human behavior and shows you how your feelings? Will you be happy to choose people. It is available in together in the future or will you have to "let them go" because it was all a

The ability to find the right person is important in all your personal relations. Knowing whom to trust, work for and marry, and which groups to join and support can be the difference between successful survival and painful failure in life.

Making the wrong decisions about people can cause hurt. As one's confidence in judgement of character declines, so does the ability to hand

L. Ron Hubbard developed an

RADNOR, Pa. (AP) - Al Lewis says he can't bear to see himself on the

Lewis, who carned fame as Grandpa on "The Munsters" and as Officer Leo Schnauser in "Car 54, Where are You?," says he never watched either TV show.

"I've done about 400 TV episodes and I never saw a single one of them," the 83-year-old actor says in the Jan. Lewis says he will attend the

premiere of the movie version of "Car 4," where he returns to the Schnauser role, but he won't be there for long.

"The moment you start the picture, I'm gone," said Lewis, who gives a simple explanation for his boycotts: "I just don't want to see me.

Can you be sure that you have an emotion "tone scale" which plots the newly released book, What is

Scientology? Hubbard said, "This tone scale is also valid for groups. A business or nation can be examined as to its various standard reactions and these can be plotted. This chart can also be used employing people or in

choosing partners.' Hubbard's discoveries have now been provided in a simple test so you can find out where a person is at on the scale and predict how your relationship will work our or how long your new employee will stay with the company.

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Minchew, Griego tie for Toastmasters honor

Linda Minchew and Nancy Griego tied for best speaker when the Hereford Toastmasters Club met Jan.

13 at the Ranch House.

"Be Still and Listen" was the topic presented by Linda Minchew and evaluated by Sharon Cramer, and "Where Have All the Nurses Gone" was the topic given by Griego who was evaluated by Dee Hamilton.

Hamilton was named best evaluator and Joe Don Cummings was selected best topic speaker.

Margaret Del Toro led the pledge and Mike Harris gave the invocation. Rick Jackson presided over the business meeting.

Ralph Barndt served as Toastmaster; Pat Varner, timer; Bob Lohr, "ah" counter; Dave Kimmel, grammarian; Ed Gilbert, wordmaster; and the chosen word was "repartee."

Topic speakers included Dr. M.C. Adams, Joe Don Cummings, Joe

Weaver, Charles Minchew and Sharon Cramer. Jigger Rowland served as general evaluator and Clark Andrews told the joke.

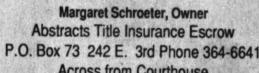
Joe Weaver was introduced as the official visitor as area governor and others attending included T.J. Danley, Chuck Danley and Ricky Backus.

PASADENA, Calif. (AP) - NBC is giving Jay Leno a vote of confi-

The network is extending Leno's contract, just a year after it appeared on the verge of dumping him to keep David Letterman from defecting to

'It's good to see you again," a vial Leno told reporters at the Television Critics Association annual winter press tour. "The last time I saw you, I was about to be fired."

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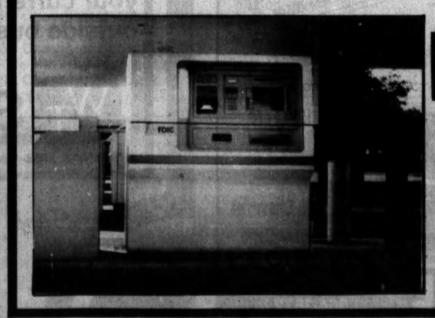


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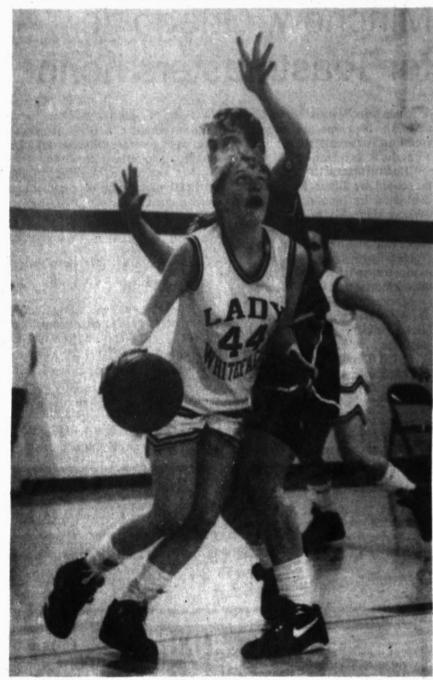
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Sports



Baseline move

Misti Davis of the Hereford eighth grade A basketball team looks up at the basket after getting past a Pampa defender. Hereford breezed to a 69-13 win.

Cowboys to meet 49ers in NFC Championship

By DENNIS GEORGATOS AP Sports Writer

SANTA CLARA, Calif. (AP) - All the San Francisco 49ers needed to bury their weak regular-season finish was a reason to play.

And in the playoffs, the incentives just keep piling up.

On Sunday at Dallas, the 49ers have a rematch with the Cowboys for the NFC championship. The Cowboys

National Football League Playoffs At A Glance By The Associated Press FIRST ROUND

Saturday, Jan. 8 Kansas City 27, Pittsburgh 24, OT Green Bay 28, Detroit 24< Sunday, Jan. 9 NY Giants 17, Minnesota 10 LA Raiders 42, Denver 24 SECOND ROUND

Saturday, Jan. 15 Buffalo 29, LA Raiders 23 San Francisco 44, NY Giants 3 Sunday, Jan. 16 Dallas 27, Green Bay 17 Kansas City 28, Houston 20

CONFERENCE CHAMPIONSHIPS

Sunday, Jan. 23 Kansas City at Buffalo, 11:30 p.m. (NBC) San Francisco at Dallas, 3 p.m. (CBS)

beat the 49ers 30-20 in last year's title game at Candlestick Park.

A victory would put the 49ers into the Super Bowl for the fifth time, possibly to face Joe Montana, the quarterback who took them to their first four. Montana, who lost his job to Steve Young, was traded in April to Kansas City, which plays at Buffalo on Sunday in the AFC championship.

"Everybody's kind of excited to see him play so well. A lot of us are still Joe Montana fans. We'd like to play him at the end," tackle Steve Wallace said.

"I don't want to get too far ahead of myself, but, boy, it's getting close, isn't it?" tight end Brent Jones said. "The country would want to see it, the league would want to see it, supposedly Joe and Steve would want to see it. But first things first. We've got such a big game right now."

San Francisco qualified for the conference championship by beating the New York Giants 44-3 Saturday. It was a dramatic form reversal for a

(See COWBOYS, Page 5)

HJH, 9th grade girls take four-of-six hoops games

Hereford girls won four out of six basketball games played Monday in

HJH girls won 3-of-4 against Pampa, including a 68-13 romp by the eighth grade A team. Catie Betzen and Julie Rampley scored 21 and 20 points, respectively, and Misti Davis added 10.

The eighth B team took a 33-15 win on the strength of 10 points from Jacque Bezner and 9 from Monica Castillo. The seventh White also won, 32-12, getting 10 from Kasey Torres and 8 from Kristin Fangman. The only HJH loss was the only close game, as the seventh Maroon team lost 31-26. Tara Mays and Amy Perrin each scored eight for Hereford.

Across the hall in Whiteface Gym, the ninth grade A team shut out Palo Duro in the second quarter en route to a 36-14 win. Cassie Abney led Hereford with 17, and J.J. Hill had 10. The Hereford B team lost to Tascosa, but Christy Haney had six points on two three-pointers.

LOS ANGELES (AP) - The "Big

A" sign inside the stadium is down.

The scoreboard and giant replay

Anaheim Stadium sustained about \$3.4 million in damages Monday from the earthquake that rocked Los

The stadium, home of the

California Angels and Los Angeles

Rams, is farther from the quake's

epicenter than most of the Los Angeles area's stadiums and arenas.

Yet, it was the only one to incur.

Bret Colson, an Anaheim city spokesman, said there will be a big bill to foot because the insurance

deductible is \$6.25 million, meaning the damages will not be covered. Anaheim is some 30 miles from downtown Los Angeles and about 50

miles from where the quake was

mile from Anaheim Stadium and

home of the NHL's Mighty Ducks,

well," said John Nicoletti,

spokesman for the arena. "The

building is built structurally sound.

which measured 6.6 on the Richter

scale, were Dodger Stadium, the Los

Angeles Coliseum and Sports Arena,

all near downtown Los Angeles, the

Rose Bowl in Pasadena and the

Forum in Inglewood. All apparently

The Sacramento Kings-Los

"It's the scariest feeling I've ever

"Two thoughts came to mind," said Kings coach Garry St. Jean.

Angeles Lakers game Monday

afternoon was postponed because of

had," Sacramento forward Wayman

Nearer the epicenter of the quake,

The new Anaheim Arena, about a

"We were able to weather it very

screen are in ruins.

significant damage.

centered in Northridge.

had no apparent damage.

Everything is fine."

had no major damage.

the mayhem.

Tisdale said.

Quake hits Big

The HJH boys went to Pampa, where they were ambushed. Hereford got one win there: a 42-33 win by the eighth grade A team in which Jeremy Urbanczyk scored 13 and Jeremy Scott and Bryant McNutt had eight

The seventh White team narrowly lost, 44-40, despite Gilbert Martinez' 14 points and Chris Cory's 10. The seventh Maroon lost 52-41, despite Chris Torres' 16 and Brent Berend's 13. The eighth B team fell 40-19; Freddie Escobal scored 6 for Hereford.

On Saturday, the ninth grade boys dropped two games in Hereford. The A team lost 64-31 to Amarillo High and the B lost 60-41 to Dimmitt. Cory Schumacher scored 10 and Trip Robison had 8 for the A team, and Curt Sherrod had 12 and Wes Blackwell 8 for the B team. The ninth grade boys were scheduled to play Monday, but no results were reported.

"One, is the building going to

collapse? Two, what about my

Herd goes to Dumas tonight

Hereford's basketball teams go to Dumas for District 1-4A games tonight. The girls play at 6, the boys at 7:30.

Both Hereford teams are coming off losses to Borger on Friday. The boys are 0-1 in district, 6-15 overall. The girls are 1-2 and 8-13.

Dumas' girls are 2-1 in district and 11-10 overall. Their one district

loss was to Borger by only one point. Dumas' boys are struggling at 3-16. They're coming off a 56-point loss to Pampa on Friday.

Hereford will come back home to face Pampa on Friday. The Harvesters, at 14-8, have their usual strong squad, while the Lady Harvesters have

struggled to a 2-16 mark. There will be no girls' JV game Friday because Pampa has canceled its girls' JV schedule. The sophomore boys will play at 4:30, and the JV boys will play at 6.

Netters scrimmage in Brownfield

team got its first action of the spring Saturday in Brownfield. Hereford played a scrimmage of sorts against

Brownfield and Lubbock High. Hereford won 17 out of the 26 matches with Brownfield and won 5 of the 18 matches with Lubbock times."

"(They looked) real good for the first one of the spring," coach Ed

The Hereford High School tennis Coplen said. "We got some new ones out that look good.

"It was just to give them all some varsity competition," he said. "It was kind of like the first football scrimmage, where we tried to play every kid we could a couple of

Hereford will host Canyon after school (about 4 p.m.) Jan. 27.

Y extends youth hoops deadline

The sign-up deadline for the players get to play in every game. Hereford YMCA's youth basketball leagues has been extended to Friday.

There are separate leagues for boys and girls in three different age groups: 1st and 2nd grades, 3rd and 4th, and 5th and 6th. All games are

supervised and refereed, and all

The registration fee for each player is \$18, but additional children from the same family cost only \$15. All players must be members of the YMCA. Youth memberships cost \$25 for a year.



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Robinson sits out of Spurs' win over Br

By CHRIS SHERIDAN **AP Sports Writer**

The San Antonio Spurs should have been thrilled after winning their sixth straight game. They weren't, and the Washington Bullets felt even

Both teams had plenty to fret over after losing their highest-scoring players to injuries Monday at a game won by San Antonio 100-87.

David Robinson, the Spurs center who is second in the league in scoring at 27.8 per game, hurt his knee in warmups and sat out, breaking a string of 119 consecutive games

Rex Chapman, leading the Bullets in scoring at 18.9 per game, dislocated his ankle and will be sidelined up to 10 weeks.

"I don't know what I did to it," Robinson said. "In the warmup before the game, I made a quick turn and felt an incredible pain.

"I feel bad about having to sit out the game, but I just want to make sure everything's all right and that there's no risk of damaging something any further."

Chapman was injured when he earthquake in Southern California. stepped on Dennis Rodman's foot while driving the lane. Doctors placed the ankle in a splint.

"He was having a great season, probably the best of his career," said Tom Gugliotta, Chapman's teammate. "We need the younger guys to step up now and fill in for

Dale Ellis scored 16 of his 20 points before halftime at Landover, Md., as San Antonio took control just before halftime and coasted in the second half.

Terry Cummings led the Spurs with 21 points, Negele Knight added 19 and Willie Anderson 15. Dennis Rodman had two points and 19 rebounds.

Gugliotta led Washington with 17 points, Don MacLean scored 16 and Calbert Cheaney added 14.

The Spurs held Washington to an all-time franchise low of 23 rebounds, three short of an all-time NBA record for fewest in a game.

Warriors 104, Suns 99

At Oakland, Calif., it came down to the final 12 seconds. Latrell Sprewell made two free throws with 11.8 seconds left to put the Warriors up by three points. Dan Majerle, with a chance to tie it, shot an airball from 3-point range five seconds later. Billy Owens added a dunk at the buzzer for the final margin.

Golden State won its fourth straight and ended a six-game losing streak to the Suns dating to Nov. 28,

Sprewell led Golden state with 23 points and Owens added 19. Danny Ainge had 18 for Phoenix, which was without Charles Barkley and Kevin Johnson.

Bulls 121, 76ers 91

At Chicago, the Bulls ran their home winning streak to 14 games, and they did it with Horace Grant on the bench with a sore knee.

The Sixers were down by 12 poinst The Sacramento-L.A. Lakers game at the half and Chicago buried them was postponed because of the in the third quarter. It was 92-66

entering the fourth. B.J. Armstrong Cavaliers 114, Magic 107 finished with 21 points.

Cavaliers 114, Magic 107 At Richfield, Ohio, the Cavaliers

Knicks 106, Timberwolves 94
At New York, the Knicks blew another big lead, but rallied behind

Patrick Ewing in the fourth quarter. Ewing scored 34 points - his fifth time in six games with 30 or more-and had 13 in the final quarter. New York led by 20 points at halftime, but Minnesota cut the lead to four in the fourth quarter. The Knicks regained Jazz 109, Pistons 94 control with an 11-2 run.

had a 13-point lead with 3:35 left, but Shaquille O'Neal led a 13-0 run that tied it. Mark Price sank a tie-breaking -pointer with a minute left and Gerald Wilkins made two foul shots as Cleveland escaped with the

Shaquille O'Neal had 31 points and Anfernee Hardaway added 23 for the Magic.

At Auburn Hills, Mich., Detroit lost 16 in the third period.

its 13th straight, one short of the franchise record.

Utah jumped out to leads of 10-0 and 16-2, and it only got worse for the Pistons after that. Karl Malone had 25 points and 11 rebounds and was one assist short of a triple-double.

Hawks 102, Bucks 98

At Atlanta, the Hawks gained a slight edge over Seattle (16-1) for best homecourt record in the NBA (17-1).

Dominique Wilkins matched his season-high with 38 points, including

No. 1 Kansas falls to K-State

LAWRENCE, Kan. (AP) - Playing its first game since being voted No. 1, Kansas proceeded to botch things

With its top scorer knocked out and its second-leading scorer in a shooting funk, the Jayhawks lost 68-64 Monday night to Kansas State

Kansas (16-2, 1-1 Big Eight) had won 12 in a row and was the fourth team this season to take the top spot

in one of college basketball's oldest

in the polls. "I could care less if we were number one or number 5,000," Jayhawks coach Roy Williams said. "There was no extra pressure. When I found out we were number one this morning, I told the team it was just an example of what you've done to

this point." The Jayhawks lost Richard Scott early after he was kneed in the forehead by a teammate. Scott, averaging 15.5 points a game and Kansas' main inside player, was taken to the hospital with a possible

Steve Woodberry, averaging 15.4

points, made just 2 of 11 shots and finished with eight points. Woodberry did not have a field goal in the first half and could not make a 3-pointer in seven tries.

"We made a big comeback on

them and they didn't get rattled," Williams said. "They needed this game. They were more intense than we were. We tied it twice, but we never did get over the hump. Kansas, which had been

outrebounding its opponents by an average of more than seven a game, was outrebounded 44-32. Greg Ostertag, the Jayhawks' 7-footer, had a weak game and did not play the last 17 minutes.

'In the past we've given up some leads," Kansas State coach Dana Altman said. "It was different tonight. Our seniors really stepped up and made the plays."

Kansas State (12-3, 1-2) went off on a 13-0 run at the end of the first half and the start of the second, going up 55-42 with 11 minutes left. Kansas clawed back to a 57-57 tie with about

64-64 with 43.6 seconds to go on a 3-pointer by Sean Pearson.

Wildcats point guard Anthony Beane then took the ball and dribbled off as much of the shot clock as he dared before driving to the middle of the lane and making a running shot over Calvin Rayford.

Patrick Richey missed in the lane for Kansas, which then was forced to foul Beane. He made two free throws for the final margin.

Askia Jones scored 26 for Kansas State and Beane had 18. Pearson led Kansas with 15 points.

In the only other game involving a ranked team, No. 10 Connecticut beat Hartford 88-62. Ray Allen scored 18 of his career-high 28 points in the second half to carry the Huskies.

Donyell Marshall finished with 23 points for Connecticut (15-1), which trailed by five points before taking a 47-37 lead at halftime.

Mike Bond finished with 16 points and Huran Ramey had 12 for Hartford (7-5), which came in with a six-game five minutes left, and tied it again at winning streak.

Oilers go through day-after routine

By MICHAEL A. LUTZ

AP Sports Writer HOUSTON (AP) - The Houston Oilers are painfully aware of what

happens after they're eliminated from the playoffs. They've been through the routine seven years in a row, the longest current string of any team in the NFL to qualify for the playoffs. And the

"We felt there was no way we'd be in this spot," safety Bo Orlando said. "There's really nothing you can

agony doesn't diminish as the years

say.' The Oilers returned to their practice facility early Monday, collected their belongings in large plastic bags and left, missing in action as they playoffs continue once

again. This time, Houston was kicked out by the Kansas City Chiefs 28-20 on Sunday in a game the Oilers led 13-7 in the fourth quarter.

On Monday, they faced another day-after experience they preferred to avoid. When pressed, they talked briefly and reluctantly.

All-Pro guard Mike Munchak, who may have played his final season because of chronically injured knees, said what the rest of the team felt.

"We should have been still playing," Munchak said. "It's hard to come over here today. This is when

it starts to sink in what has happened."

This was the year they were supposed to be more than just playoff overcoming a 1-4 start, were favorites

to reach the big show. Instead, for the third straight year, they blew an early lead in a playoff game and lost after teasing their fans once again with visions of advancing past the second round of the playoffs.

Coach Jack Pardee, as he's done all season, took the positive side.

"If you don't get into the playoffs, you don't have a chance," Pardee said. "We've blown our chances so far, but if we can get there enough, we will make it.'

As it slowly sank in that the Oilers were once again out of the playoffs, the questions returned.

Will feuding coordinators Buddy Ryan and Kevin Gilbride return? Will the run-and-shoot be altered? Will Warren Moon and his \$4.2 million salary be back?

As for the staff, Pardee said he expects it to remain intact.

"This was the first year worked together and the more chances we have to work together the better we'll be," he said. "The key is to get good coaches. I don't see a problem working together and getting the most out of everybody."

The run-and-shoot had another year among the top offenses in the

league and it also had its detractors. "I can't imagine anyone wanting also-rans. The Oilers, after to change an offense that's been as effective as the run-and-shoot,' Gilbride said. "There's always room for improvement but I see no reach for wholesale changes."

Moon, who survived the first benching in his 10-year NFL career earlier this season, wasn't trying to figure anything out on Monday.

"A lot of people are asking about my future, even my kids," Moon said. "I'm still under contract. At this point, I'm just going to take a few days off and then get ready for the Pro Bowl."

Ryan, completing a tumultuous first year as defensive coordinator, expects to return, unless a head coaching opportunity arises.

Asked about his future, he replied Future? I've got a great future."

Ryan's defense was the biggest improvement in the overall team this season but it didn't help in the fourth quarter on Sunday when Monday directed the Chiefs to two touchdowns in a 54-second span.

'Our defense played super," Ryan said. "But that other team is a playoff team and Montana is one of the best quarterbacks in the league. What happened was, they were fortunate and we were unfortunate."

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COWBOYS -

team that lost three of its last four regular-season games, including the final two for the first time since 1980.

"December was always the time we had that extra adrenaline when no one else did, and this year, somehow we lost it," linebacker Mike Walter

Just two weeks ago, coach George Seifert described the team as in a "sorry state" and the overall atmosphere as "a little bit chaotic." Then, the 49ers went out and handed the Giants their worst-ever postseason

The players never panicked over the season-ending losses to Houston and Philadelphia because the regulars were coming out early and the games were essentially meaningless, said 49ers center Jesse Sapolu, a veteran of three Super Bowls.

San Francisco already had clinched the NFC West crown and an opening playoff game at home with a 55-17 victory at Detroit on Dec. 19.

"I mean, when Steve Young, Jerry Rice and John Taylor come out of a game in the third quarter with the score tied at 24-24, what does that tell me?" Sapolu said, referring to the

49ers' 37-34 overtime loss to Philadelphia in the regular-season finale.

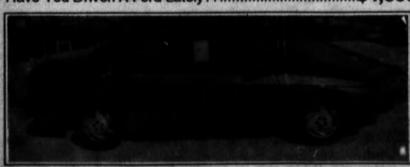
"What I think happens is there's desperation to football that you have to have to be at the top of your game," Young said.

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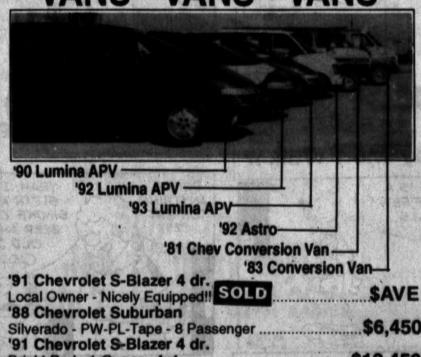
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- 26 A&E 27 Lifetime 28 HSE 29 TNT

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TUESDAY

JANUARY 18

	7 AM	7:30	8 AM	8:30	. 9 AM	, 9:30	10 AM	. 10:30	.11 AM	11:30	12 PM
0	Fraggle	Pooh Corner	Umbrella	Dumbo	Tracks	Care Bears	Gummi B.	Lunch Box	Fly With Von	Drake	Movie: And
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0	Garfield	Bozo		Andy Griffith	Can We Sho	the same of the sa	People Ct.	People Ct.	Geraldo		News
0	(6:00) This M	orning	Vickil		Ricki Lake	THE RESERVE OF THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN		rice is Right Young and the Restless		News	
0	Rangers	Melodies	Bonkers	Tale Spin	700 Club		K. Copeland	Paid Prog.	Cash-Flow	Paid Prog.	Hunter
•	Sportsctr.	Sportsctr.	Fitness Pros	The second second	In Motion	Bodyshåpe	Sportsctr.	Sportsctr.	Sportsctr.	Sportsctr.	Boxing
0	Babar	Rupert	Waltons		700 Club			Name-Tune	Make Deal	Pursuit	
0	Movie: Suburban Commando * 'PG' (:35) Movie: Inte					elvet Tatum C	'Neal. **1/2 'P	G'	Movie: Star 1	rek III: Search	n-Spock
9	White Fang	Tintin	Movie: 1492:	Conquest of P	aradise Gera	rd Depardieu.	*** 'PG-13'	Movie: Fugit	ive Family Rici	hard Crenna.	Movie:
9	Movie: None	but the Brave				loy Now Elizab		ren of Fate: Li	Movie:		
90	(Off Air)		VideoMorning						Crafts	Cookin'	:10 Seconds
8	Paid Prog.	Paid Prog.	How the Wes	t Was Lost	Home	Great Chefs	Cuisine	Graham K.	Cholesterol	Easy	Home
9	In Search Of		Columbo			Columbo			Police Story		Rockford
0	Workout	Gourmet	Your Child	Baby Knows	Movie: Julia	(1977) Jane Fo	onda. ***1/2		Gourmet	Ullman	Supermkt.
0	Get Fit	Drive	Swing Clinic	Work Out		World Team		Rodeo Buck	and Ball	Thorghbrd	One Light
9	Bugs Bunny	Colossal Carl	oon Club	Adventure	CHiPs		Charlie's And	els	Movie: Bonni	e Scotland (19	35) **1/2
0	Muppets	Gnome	Elephant	Dream Hour	Eureeka's C	astle	Muppets	Gnome	Cappelli	Briar Rose	Eureeka
69	Turtles	Ghostbust.	Ghostbust.	Scooby Doo	Ten of Us	MacGyver		Quantum Le		Murder, She	Wrote
0	Nos.los G.	El Chavo	Chespirito		Papa Solt.	Candido P.	Simplemente	Maria	Angeles Blan	cos	La Traidora
6	Magic Box	Kitty Cats	Bookmice	Join In!	Zoobilee	Iris the Prof.	Magic Box	Kitty Cats	Laurie	N. Dupree	Cooking
6	(5:00) Mornin	The same of the sa			Smurfs	Smurts	Snorks	Shirttales	Puppies	Richie Rich	Bear Bunch

TUESDAY

JANUARY 18

	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	
0	Movie: The H	obbit **1/2		Tooth Fairy	Movie: The	Final Days (19	989) Lane Smitt	h, Richard Kiley	y. ###	Movie: The G	rey Fox 'PG	
0	News	Cops	Charlie B.	Good Life	Larroquette	Cafe Ame.	Dateline		News	(:35) Tonight	Show	
0	MacNeil/Lehr	er Newshour	Nova		Frontline		Perspective	Arts	Thinking	MacNeil/Lehr	er Newshou	
0	Andy Griffith	B. Hillbillies	(:05) Movie:	The China Lai	ke Murders (1	1990) **1/2	(:05) Movie:	Blow Out (198	1) John Travol	ta. **V2	Movie: Bon	
0	News	Wh. Fortune	Full House	Edith Ann	Roseanne	Coach	Renegade		News	(:35) Cheers	Ent. Tonigh	
0	Life Choices	Spirit	Joy-Music	Sullivans	Keiko	医生物内 类	In Touch		Ground	CapNews	VISN	
0	Design. W.	Jeffersons	College Bas	ketball Massa	chusetts at De	ePaul	News		Night Court	Suspect	Court TV	
0	News	Married	Rescue 911		Movie: In th	ne Best of Fam	nilies: Marriage	Pride	News	Golden Girls	Late Show	
0	Roseanne	Murphy B.	Monty	Roc	America's f	Most Wanted	Star Trek: N	ext Gener.	Code 3	In Color	M'A'S'H	
0	Sportsctr.	College Bask	etball Indiana	Indiana at Purdue College Basketball Kentucky at Florida					Sportscen		enter	
0	Waltons Young Riders				Rescue 911	Rescue 911 700 Club			Bonanza		Stallion	
®	Movie: Suburban Com. Movie: Star Trek III: The S			earch for Spo	ock *** 'PG'	Movie: Child	's Play 3 Justin	n Whalin. 'R'	Movie: Bikini	Summer 2 #		
0	Movie: Heart	Like a Wheel	Movie: 1492:	Conquest of	Paradise Ger	ard Depardieu.	*** 'PG-13'	Movie: Full N	Metal Jacket A	fatthew Modine	. ***½ 'R'	
0	Movie: Young	Einstein	Movie: Trace	es of Red Jame	es Belushi, *	★½ 'B'	Movie: Silver	Bullet Gary B	Busey. ** 'R'	Movie: Johnn	y Suede 'R'	
a	Club Dance	News	American M	usic Shop	Music City	Tonight	137	Club Dance		News	Music Shop	
8	Beyond 2000		Terra X	Treasure	Invention	Next Step	How the We	st Was Lost	Terra X	Treasure	Invention	
0	In Search Of		Biography		Movie: Last	Bus to Woods	stock (1988) Jo	In Search Of		Biography		
a	Unsolved My	steries	Sisters		Movie: Outr	age! (1986) Be	au Bridges, Ro	***	Unsolved My			
a	T. Penders	NBA Action	Sportstalk	NBA Baskett	ball Boston C	eltics at Houst	on Rockets		Skiing Maga	zine	Basketball	
4	Bugs Bunny's	Bunny's All-Stars Movie: North by Northwest (1959) Cary Grant, Eva Marie Saint. ***			Don't Run (19	66) ***						
0	Looney	Bullwinkle	Partridge	Get Smart	Dragnet	Newhart	M.T. Moore	M.T. Moore	Van Dyke	Lucy Show	Hitchcock	
®	Major Dad	Wings	Murder, She	Wrote	Boxing Lion	el Butler vs. Ja	ames "Bonecru	sher" Smith	Wings	Wings	Quantum	
®	Dos Mujeres,	un Camino	Valentina	Alla Puente	Corazon Sa	Ivaje	Sensacionali	simo	Notici.Uni.	Pelicula		
63	Homebodies	Hometime	Universe	Furniture	Home Pro	Hometime	Science From	ntiers	Universe	Furniture	Home Pro	
_					Bugs & Daff							

TUESDAY

JANUARY 18

	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
0	Movie: And	You Thght	Pony Tales	Quack	Care Bears	Umbrella	Wonderland	Kids Incorp.	Mickey	C. Brown	Wild Swans
0	Our Lives	Another Wo	rld	Leeza	Leeza Oprah Wint		ey	Maury Povic	h	Cur. Affair	NBC News
6	Body Elec.	National Ge	ographic	Taste of La.	Sesame Str	pet	Reading	Sandiego	Sq. 1 TV	Deaf Mosaic	Deaf Mosaid
6	(12:05) Mov	e: The Ambus	h Murders	Bugs Bunny	Planet	Flintstones	Brady B.	Saved-Bell	Saved-Bell	Gro. Pains	Gro. Pains
0	Rush L. One Life to Live		General Hos	pital	Sally		Am.Journal	Family Feud	Jeopardy!	ABC News	
8	Families	Worship	God Squad	Nature of Th	ings	Everyman		Lightmusic	Lesters	Center St.	In Faith
9	News	Kojak		Design. W.	Hallo Sp.	Yogi	Dawgs	Flintstones	Saved-Bell	Saved-Bell	Wavelength
10	Bold-Beau	As the Work	Turns	Guiding Ligh	t	Design. W.	Family M.	Edition	Hard Copy	News	CBS News
(B)	Hunter	Matlock		People Ct.	Love Con.	Tom-Jerry	Tiny Toon	Animaniacs	Batman	Saved-Bell	Full House
0	Boxing: Hembrick vs. Toney Billiards: U.S.				Open 9-Ball	Max Out	Powerboats	Gauntlet	Max Out	NBA Today	SuperBowl
0	Triv. Purs.	Split Sec.	Make Deal	Heathcliff	Mario Bros.	Popeye	My Dog	Punky B.	Big Jake	Rin Tin Tin	New Lassie
B	Movie: Star	Movie: The N	fan in the Whi	te Suit ****	(:25) Movie: 1	The Guyver Ma	ohnny **1/2	Movie:			
20	(12:00) Movie	: Raiders of th	he Lost Ark	Movie: Beyon	d the Stars M	lartin Sheen.	Movie: Brain	Donors John	Turturro, 'PG'	Movie: Heart	Like a Wheel
a	Movie: Steali	ng Home	(:45) Movie: S	Stanley and Li	vingstone Spe	ncer Tracy.		Movie:			
a	News	Be a Star	On Stage	VideoPM				Prayers Joe		100	Club Dance
9	Home	Pet Con.		Cuisine	Graham K.	Cholesterol	Easy	Home	Home	Pet Con.	Animals
25	Rockford	McCloud				Ellery Queen		Police Story			8
Ð	Shop-Drop	Meonlighting		L.A. Law			illers (1988) M	-	*	Supermkt.	Shop-Drop
28	One Light	English Soco	er Coventry vs	Swindon	Soccer	Giovanine		M. Sharp	Barmore		W. Wilson
Ð		Merry Andrew				Movie: Stage	to Tucson (19		-	Adventure	Bear Bunch
a	Littl' Bits	Flipper	Lassie	Weinerville	Doug	Looney			Guts	You Do	Looney
B	Sale	Joker's Wild		Press Luck	Scrabble	Pyramid	Pyramid	MacGyver	GOLD	Turtles	Turtles
0	-	Alcanzar una		Lievatelo	Tociassic	Cristina	- yranna	Noticias y Ma		Papa Solt.	Notici.Uni.
0	Yan Cooks	Peasant	Madeleine	Laurie	Great Inns	Homebodies	Hometime	Peasant	Yan Cooks	N. Dupree	Laurie
-	Top Cat	Down Wit' D		Yogi Bear	Huck	Josie-Cats	Ban, Solits	Super Adven		Godzilla	Centurions

WEDNESDAY

JANUARY 19

1	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM
0	Fraggle	Pooh Corner	Umbrella	Dumbo	Tracks	Care Bears	Gummi B.	Lunch Box	Bear	Bear	Movie:
0	Today			Jenny Jones Geraldo		To Be Announced		unced	Our Lives		
6	Global Econ	omy	Dr. T. Berry	Brazelton	Lamb Chop	Barney	Sesame Stre	et	Mr Rogers	Station	Destinos
0	Gilligan	Bewitched	Happy Days	3's Co.	Little House	on the Prairie	(:05) Matloci		(:05) Perry N	lason	Movie: Thru
0	Good Morning America			Donahue		Regis & Kati	hie	Little House	on the Prairie	News	
8	Worship	Views	Songs	Joy-Music	Old Time G	ospel Hour	Cope		Close-Up	Missions	1 in Spirit
9	Garfield	Bozo		Andy Griffith	Can We Sh	ор	People Ct.	People Ct.	Geraldo	V 400 / 100	News
0	(6:00) This Morning Vicki!			Ricki Lake		Price Is Righ	ıt .	Young and t	he Restless	News	
B	Rangers	Melodies	Bonkers	Tale Spin	700 Club		K. Copeland	Pump-Seal	Cash Flow	Paid Prog.	Hunter
0	Sportsctr.	Sportsctr.	Fitness Pros	Getting Fit	In Motion	Bodyshape	Sportsctr.	Sportsctr.	Sportsctr.	Sportsctr.	Latin Futbo
0	Babar	Rupert	Waltons		700 Club	4.600			Name-Tune	Make Deal	Pursuit
18	Movie: Desig	ning Woman (Gregory Peck.	***	Movie: Asp	en Extreme (19	92) Paul Gross	s, Peter Berg.	Movie: Harry	and Son Paul	
20	White Fang	Name and Address of the Owner, where							Shift Goldie	Movie:	
a	Movie: Come	to Stable	(:15) Movie:	Bill Cosby H		THE RESERVE AND ADDRESS OF THE PARTY NAMED IN	The second name of the second				Lady 'PG'
a	(Off Air)		VideoMornin						Crafts	Cookin'	:10 Seconds
B	Paid Prog.	Paid Prog.	Once There	Was a Forest	Home	Great Chefs	Cuisine	Graham K.	Cholesterol		Home
a	In Search Of		McCloud				Ellery Queer				Rockford
a	Workout	Gourmet	Your Baby	Baby Knows	Movie: Acc	eptable Risks (Gourmet	Ullman	Supermkt.
28	Sportswriters	on TV	Paid Prog.	Work Out	One Light,		- CHARLESTON CONTRACTOR CONTRACTOR	ketball Texas	Tech at South	ern Methodist	Sportstalk
a	Bugs Bunny	Colossal Car	toon Club	Adventure	CHiPs		Charlie's An	A-T-	Movie: Hold On! (1966) **		
a	Muppets	Gnome	Elephant	Dream Hour	Eureeka's (Castle	Muppets	Gnome	Cappelli	Just Stories	
32	Turtles	Ghostbust.	Ghostbust.	Scooby Doo	Ten of Us	MacGyver		Quantum Le	And the second second	Murder, She	
B	Nos.los G.	El Chavo	Chespirito		Papa Solt.	Candido P.	Simplemente		Angeles Bla		La Traidora
65	Magic Box	Kitty Cats	Bookmice	Join In!	Zoobilee	Iris the Prof.		Kitty Cats	Laurie	N. Dupree	Cooking
6	(5:00) Mornin				Smurfs	Smurts	Snorks	Shirttales	Pupples	I THE REAL PROPERTY OF THE PARTY OF THE PART	Bear Bunch

Marvin

By Tom Armstrong









The Wizard of Id

By Brant Parker and Johnny Hart



®









BLONDIE

by Dean Young and Stan Drake











BEETLE BAILEY

By Mort Walker















Ask Dr. Lamb

DEAR DR. LAMB: Two years ago I As improbable as it may seem, a use human waste for fertilizer. But vas told I have fibroids. I started fibroid that weighed 140 pounds has you must be extra careful to have was told I have fibroids. I started reading and discovered fibroids are tumors. That threw me. When I questioned my doctor further he said the fibroids had been present for at least four years. My confidence in him was

A saw another doctor for a second opinion and he recommended surgery. The fibroids were not that large — the size of a 10-week pregnancy. My hemoglobin was 11.7, but that

was with taking a large dose of iron. A third doctor noted my uterus was slightly enlarged. He commented that he had just had one patient diagnosed with a cancerous fibroid.

I'm 44 and will soon have another appointment. Meanwhile I worry that the fibroids will grow and I'll have to have a hysterectomy. I am worried about the bad effects of a hysterec-

DEAR READER: Fibroids are benign tumors, meaning a plain fibroid does not become a cancer. In rare cases what appears to be a fibroid is really a different type, a malignant tumor. A hysterectomy because of possible malignancy is not usually done. The indications for a hysterectomy for a fibroid include those that are as large as a 12-week pregnancy and those that cause excessive bleeding. When they prevent pregnancy in a woman desiring to become pregnant, and who is still in the childbearing years, the fibroids alone may be excised leaving a major portion of the uterus. In a high percentage of these cases, a woman can still get pregnant.

Large fibroid tumors can cause pressure on the bowel and bladder. get the disease. Many countries do

been reported. Fibroids tend to shrink when a woman enters the menopause if she does not receive large doses of

The rest of your letter suggests an unreasonable fear about the consequences of a hysterectomy. To help you understand your situation, you should read Special Report 106, Fibroids, Vaginal Hernias and Hysterectomies. Others who want this report can send \$3 with a stamped (52 cents), self-addressed, No. 10 envelope for it to THE HEALTH LET-TER/106, P.O. Box 1589, Riverton, NJ 08077-5537. A lot of confusion exists because the response after a hysterectomy often depends on Trental three times a day before whether the ovaries were or were not also removed during surgery. Removing the ovaries is not part of a hyster-

DEARDR. LAMB: We have a friend who uses human waste to fertilize his garden. I heard you can get AIDS this way. We would like an answer

before next spring's garden season. DEAR READER: No, it is completely impossible to get AIDS from eating vegetables that have been fertilized by human waste. You do not get AIDS from anything you eat. That is also why food handlers with AIDS are not a danger.

One reason human waste is not used as fertilizer is the risk that it may want to try one of the calcium will contain parasites or infectious organisms. Many diseases are spread by the fecal-oral route - meaning help in about 50 percent of cases. the infectious organism, bacteria, viruses or parasites will be on the food - and when you ingest it, you will

Help young teeth stay healthy, cavity free

age 17 with cavities in their perma- and floss alone. nent teeth. Yet with proper oral thoroughly cleaned the harvest or healthcare, your children can develop only use items you can cook to elimiprimary teeth and then permanent

Actually human waste is an excel-

lent fertilizer if the health hazards

can be eliminated. You might think

DEAR DR. LAMB: I have

Raynaud's syndrome. I have always

turned white and went numb. After I

ran warm water over it, it went back

to normal. The doctor looked at my

DEAR READER: Spasm of the ar-

teries in response to cold is Raynaud's

syndrome. The decreased circulation,

commonly to the fingers, causes them

to become wax white, they become

blue as blood returns after the spasm

relaxes and then red - hence the

red, white and blue syndrome. It may

involve other parts of the body in

addition to the fingers. The best treat-

ment is complete avoidance of cold or

any cold objects, such as a glass of ice

water. If you smoke, don't. That

makes the spasms worse.

If you don't do better, your doctor

channel blockers such as Procardia

or Adalat which dilate arteries. They

of it as organic gardening.

thing else be done?

teeth that are healthy and cavity free. Good oral healthcare should begin in infancy, says the American Dental Hygienists' Association (ADHA), whose members--registered dental hygienists--specialize in preventive Fluoride also can be found in care. To get off to a good start, community drinking water, toothpaste ADHA advises thoroughly cleaning and mouth rinse. been a cold person, especially in the winter. One day my middle finger babies' gums after each feeding with pad to stimulate them and to remove

residue and plaque. hands, and since they sometimes turn And help prevent early tooth decay different colors, he said I have by not letting babies routinely fall Raynaud's syndrome. I'm taking asleep with a bottle of formula or other sugary liquids in their mouths. meals. It isn't any better. Can any-

The first visit to the dental hygienist or dentist should occur around age one, according to ADHA experts, to check for cavities in the primary teeth and for any early developmental problems.

Baby teeth are just as important as permanent teeth; young children need strong, healthy primary teeth to chew food properly, to learn to speak well and to help preserve space for permanent teeth.

Use a small, soft-bristled, roundend toothbrush to clean baby teeth. At age two or three, begin teaching your child proper brushing techniques. You should continue followchildren reach age seven or eight, or more.

Half of American children reach when they have the dexterity to brush

Fluoride and sealant applications also should be part of your oral

hygiene program for your children. Fluoride strengthens tooth enamel and supporting bones and helps prevent tooth decay. Depending on specific needs, fluorides can be applied directly to children's teeth.

Sealants are thin, clear plastic a water-soaked washcloth or gauze coatings that fill pits and fissures when dropped or brushed onto the clean biting surfaces of the teeth. Sealants should be applied by your dental hygienist or dentist shortly after the permanent first molars appear--around age six--and again after the permanent second molars come in around age 12. Single sealant applications should last several years and will shield the teeth from cavity-causing plaque.

> Beginning in the 1840s, commercial whalers hunted gray whales in their breeding lagoons along the Baja California coast and later in their northern range, reducing the eastern Pacific stock to a nearly fatal level.

A tornado that blasted towns in Ohio and Pennsylvania in May 1985 up brushing and gentle flossing until carried winds estimated at 260 mph

Hints from Heloise

Dear Heloise: Does parakeet see go bad? I recently got a parakee and a friend of mine whose bird die a couple of months ago gave me a fe boxes of seed she had.

It looks OK, but I don't know if is rancid and if it could harm my bird if it is. - Nancy Adams, Ft. Myer

According to the American Veter nary Medical Association, old bir seed can become rancid, and feeding it to your bird could make it ill.

Some bird breeders say that bak ing seeds in the oven on low for a few minutes can reduce bacteria if you want to try this.

Also, you can put the seed in th freezer for 24 hours, just in case there are any little buggies. This should be enough to kill anything. Seed can also be stored in the refrigerator to keep it fresh. -

Dear Heloise: I never had a prob lem getting my children to take nap. I would tell them it was time for Teddy Bear to take a nap. I would put Teddy Bear in the crib or bed and lay my child beside it. If the child stirred, I would say, "Shhh, Tedd

has to sleep."

The child would lie there quiet watching Teddy Bear and in a few minutes would fall asleep. Worked every time! All seven of them! -Grandma in Youngstown, Ohio

Ten tips for losing post-holiday pounds

If you're dieting because you Pyramid's five food groups: bread, gained weight during the holidays, you have a lot of company. In fact, surveyors at the Calorie Control Council in Atlanta estimated that in January 1993, as many as 5.4 million Americans began diets to lose postholiday pounds.

according to more than 90 percent of the consumers surveyed by the Council, are cutting down on highcalorie, high-fat foods; switching to low-fat foods and beverages; and exercising. The least popular method is diet pills.

As more people realize there is no quick fix for losing weight, the nature of dieting is changing. The key is to choose a plan you can realistically follow and to include foods you like. A healthful diet that tastes great is easier to stick with for excellent longterm results.

Here are some weight-loss tips for those who may have overindulged this holiday season:

1. Give away, freeze or toss leftovers. Snacking on those extra cookies or that last box of candy will undermine your best weight loss intentions. Better to keep leftover holiday goodies out of harm's way by delivering them to friends, neighbors or co-workers.

2. Start with a clean kitchen and a clean slate. Most kitchens need a top-to-bottom cleaning after the holidays. Take advantage of this chore by attacking your kitchen cabinets, too. Throw away open packages of potato chips and other calorie-, sodium-and fat-laden foods that can sabotage your weight loss

3. Pick a safe and sensible meal plan. The ideal meal plan has an average of 1,500 calories per day and no more than 50 grams of fat per day to stay within the 30 percent daily limit recommended by the USDA's Dietary Guidelines.

The plan also should include choices in recommended daily amounts from each of the Food Guide cereal, rice and pasta; vegetables; fruits; milk, yogurt, and cheese; and meat, poultry, fish, dry beans, eggs and nuts.

4. Eat a minimum of three meals every day. Eating meals at regular intervals stimulates your metabolism Skipping meals lowers metabolism and often leads to overeating.

5. Include snacks if meals are more than five hours apart. Keep an assortment of low-fat snacks handy to curb hunger between meals. Raw carrot sticks, low-fat yogurt, airpopped popcorn, pretzels, rice cakes gingersnaps and plain graham crackers are all good choices.

6. Remember that time is your best friend. Slow weight loss, from half a pound to two pounds per week, is healthier and more lasting than rapid weight loss. This means that if you have 10 pounds to lose, it may take anywhere from five weeks to five months, depending on your body chemistry. Be patient and you'll be less likely to gain back the weight.

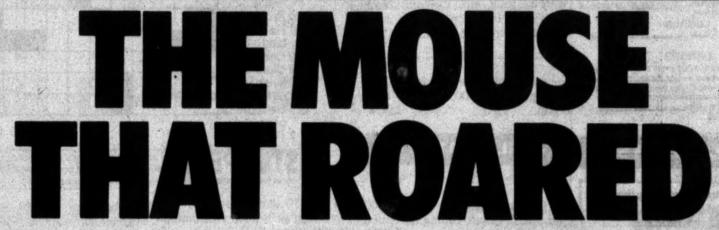
7. Hide the bathroom scale. Weighing yourself every day can not only be disheartening, but also inaccurate, since muscle weighs more than fat. Instead, gauge weight loss

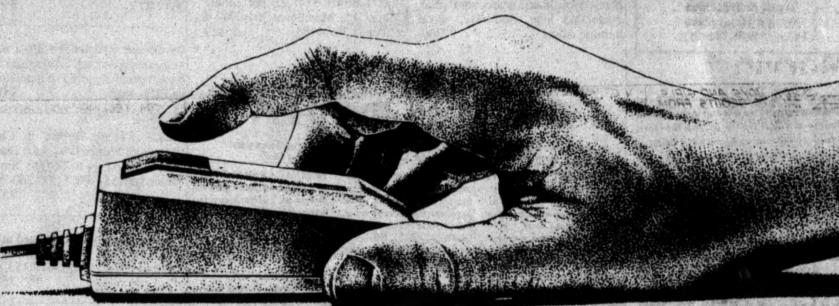
by how loosely your clothes fit.

8. Get off the couch! You've heard it before, and it's still true. Regular, moderate exercise is essential to losing weight. Whether you take a walk or scrub the bathroom floor--keep active and moving.

9. Know your trigger foods. Satisfy your craving for favorite foods with occasional treats to fend off a possible binge. Experiment with the variety of reduced-fat and reduced-calorie foods available today. If ice cram is a favorite, for example,

try low-fat frozen yogurt.
10. Reward yourself. Set weightloss milestones. When you reach them, reward yourself with a small indulgence, such as a new magazine or a professional manicure. Whatever reward you choose, enjoy it knowing that you're on your way to a better health and fitness.





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-Beginning January 31st.

Monday evenings 5pm - 7pm: Jan. 31 (play day), Feb. 7, 14, 21, and 28th. TOPICS COVERED IN THIS CLASS

Learn a little about using Windows, Word Processors, Spreadsheets, Personal Accounting, and other software.

Purchasing considerations - what is available and how to know what you want.

Computer Viruses - all about them and how to protect yourself.

Making Backups - the what, how, and why's. introduction to B.A.S.I.C.

Important Notes:

*Basic typing skills and being familiar with the mouse will help you get more out of the class. For this reason, we offer a "fun and games" night starting one week before each scheduled class. The PC's will be available for you to come in and play "Solitaire" in windows and experiment with the PC's. This is highly recommended if you don't have a PC that uses a mouse and /or programs like we will be using in the class (and there is no extra charge).

"All classes emphasize "hands on." There will be enough PC's available in the classroom so that there will be no more than 2 people on each PC. For this reason, class size is limited. You must pay in advance to reserve your space in class, and there are no refunds for cancellation (but you are welcome to send someone in your place). "All classes are taught using the most recent versions of the software - If you have an older version, the concepts will be the same (the program will just have improvements). Special upgrade offers will be available.

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1-18

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HO CHI MINH CITY, Vietnam (AP) - Bryan Adams said it didn't take much to get Ho Chi Minh City

"It's entertainment. They want it. They're starved for it," Adams, a Canadian, said after his concert. "You can tell by the reaction of the audience."

The concert Sunday was the first by a major Western entertainer since the end of the Vietnam War in 1975. At first, the audience clapped

politely. But by night's end, Adams had them on their feet.

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"But," some say, "our breaking faith with God is good, our sins serve a good purpose, for people will notice how good God is when they see how bad we are. Is it fair, then, for Him to punish us when our sins are helping Him?" (That is the way some people talk.)

God forbid! Then what kind of God would He be, to overlook sin? How could He ever condemn anyone? For He could not judge and condemn me as a sinner if my dishonesty brought Him glary by pointing up His honesty in contrast to my lies.

If you follow through with that idea you come to this: the worse we are, the better God likes it! But the damnation of those who say such things is just. Yet some claim that this is what I preach! Romans 3:1-8

The origin and purpose of the huge 2,000-year-old sandstone urns that lie on the Plain of Jara in central Laos remains uncertain.

The calves of gray whales are about 14 to 16 feet long at birth and weigh between 1,500 and 2,000 pounds.

Gray whales in the eastern Pacific Ocean complete a 10,000-mile round-trip migration in six to nine

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Heroism comes out in earthquake rescue efforts

By JEFF WILSON

Associated Press Writer LOS ANGELES (AP) - John and Josephine Winans owe their lives to one random beam. Alan and Buffy Jo Fitch saved their neighbors by turning a fire hose into a lifeline.

At the Northridge Meadows Apartments, in the blue-collar neighborhood at the epicenter of the Southern California earthquake, tragedy gave rise to both terror and heroism Monday.

When the earth rolled, the top two stories of the 164-unit wood-and-stucco complex sank into the ground floor, crushing it. At least 15 people were killed.

Rescue workers using dogs worked into the night, creeping about the ruins of more than 40 apartments, but the busiest person on the scene was the coroner.

The Winans made it.

There was a beam that saved us," Mrs. Winan said. "It made a

Earthquake hits Texas businesses

By The Associated Press

Several Texas businesses faced difficulties in the wake of the California earthquake that devastated the Los Angeles-area.

American Airlines canceled about 20 flights into and 20 flights out of Los Angeles International Airport Monday following the early morning earthquake that measured 6.6 on the Richter scale and killed at least two dozen people.

"We canceled some flights and put people on later flights," said John Hotard, a spokesman for Fort Worth-based American. "We haven't had anybody left at the airport who wanted to come out of LA. It may not have been at the hour they wanted, but at least they got out of there."

The LA airport, the country's fourth busiest, was closed for part of the morning, canceling flights while inspectors examined runways.

The shutdown and other problems forced the cancellation of only six Continental Airlines flights.

'We operate over 2,000 flights daily, so six earthquake cancellations didn't have much of an affect on our system," said Ned Walker, a spokesman for Houston-based Continental Airlines.

Many Texans had difficulty trying to reach friends and family in California by telephone as lines were either down or jammed by heavy use.

"Several switching offices are operating on back-up generators due to the loss of commercial power in many locations," said a statement from Irving-based GTE Telephone Operations. "Some communities are unavailable for incoming or outgoing long distance service, but we are working to restore this service as quickly as possible."

Past quakes that have hit California

By The Associated Press

Some major earthquakes in California: June 28, 1992: A 7.5-magnitude earthquake in Landers and a 6.6 aftershock at Big Bear Lake kill one toddler.

Oct. 17, 1989: A 7.1 quake in the San Francisco Bay area kills 63 people. Oct. 1, 1987: A 5.9 quake in Whittier and

a 5.3 aftershock kill eight people. Jan. 24, 1980: A 5.8 quake in the Livermore area east of San Francisco damages a nuclear weapons laboratory.

Feb. 9, 1971: A 6.5 quake in the Sylmar-San Fernando area leaves 65 people

July 21, 1952: A 7.7 quake in the Tehachapi-Bakersfield area 50 miles north of Los Angeles kills 12 people.

March 10, 1933: A 6.3 quake in Long Beach kills 115 people.

April 18-19, 1906: Earthquake and fires level San Prancisco, killing 700 people, a disputed number some historians argue is much higher. Scientists reckoning in retrospect estimate it would have registered 8.3 on the Richter scale, which was adopted in 1935.

NEWPORT, R.I. (AP) - Arnold Schwarzenegger can come to Newport with a bang. The city said

The City Council voted to allow Schwarzenegger's movie company to exceed noise limits for a chase scene with automatic weapons and an

Omega Sector Inc. is filming the action-comedy, tentatively titled "True Lies." It features Schwarzenegger, Jamie Lee Curtis and Tom Arnold and is scheduled to come out next summer.

little cubbyhole just big enough for

our bodies."

"It was a miracle," her husband said. "We're laying in that bed, then it sounded like hell opening up. It was rolling and rocking. We were flying everywhere. Then it stopped and I saw light and neighbors pulled us out about four minutes later."

Safe on the street, he realized he was naked. Neighbors gave him shoes and pants and a sweatshirt.

The Fitches woke to the sounds of the wrenched building groaning and trapped neighbors crying.

'What was really hard was when you could hear someone screaming and you couldn't help them," Mrs. Fitch said.

She and her husband, who climbs mountains as a hobby, made their way to the third floor, where they tied fire hoses around the waists of some 15 residents and lowered them to the courtyard.

On the first floor, Fitch found a woman trapped under what had been her bedroom wall. "She was completely helpless," Fitch said. "One of her legs wasn't working."

With her husband pushing from one side and Fitch on the other side pulling her arms, they managed to drag the woman from the rubble.

Apartment manager Pat Mekinski sat in a lawn chair clutching her Pekingese, Nicky, and trying not to cry. "Everyone was outside screaming," Mekinski said. "The babies were screaming, you couldn't see anything."

Erik Pearson, a resident of the complex and an emergency medical technician, said he had pronounced

five people dead.

Pearson walked about clutching a fire extinguisher. Finally, someone eased it out of his hands. He said he couldn't understand why the building collapsed when an identical one next

door was still standing.
A contingent of the Urban Search and Rescue Team, a national strike team supported by the federal government, pulled in with enough supplies to last them through 72 hours of exploration.

Stocked with their own water, food and sleeping quarters, the team

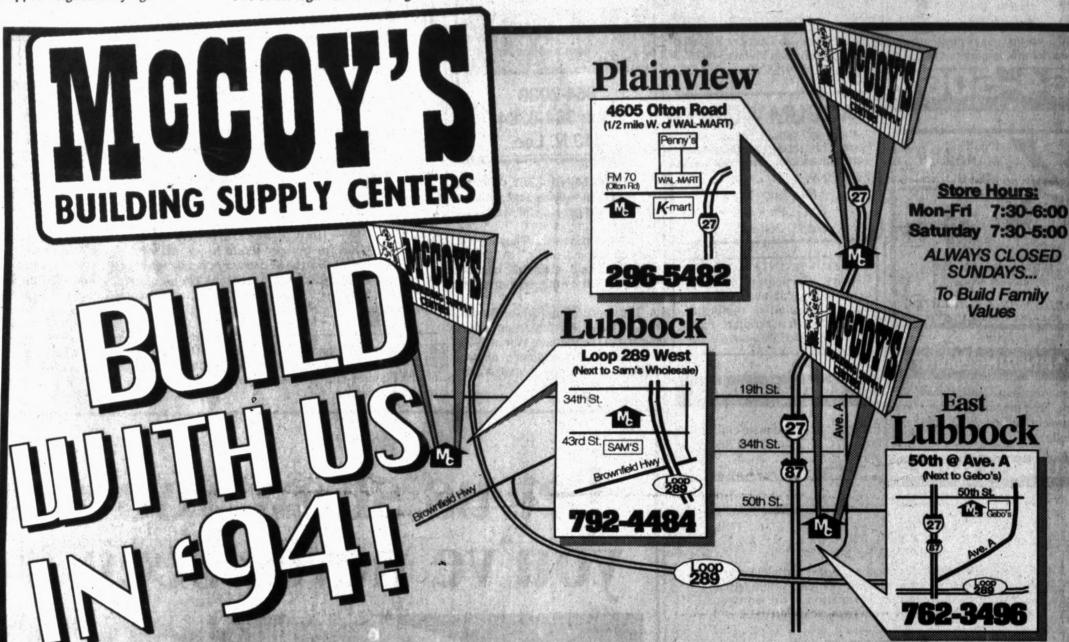
unpacked large air bags to lift rubble and spark-free radios to avert gas fires.

"There's always hope there are people in there," said Gregory

Gonzalez, hurrying off to work. Firefighters searched the building three times before dusk, using dogs trained to detect any humans - alive or dead - and super-sensitive listening

Swinging axes into walls and floors, crews knocked out holes and dropped in the devices, listening hard.

They heard only silence.



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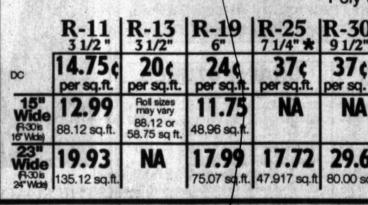
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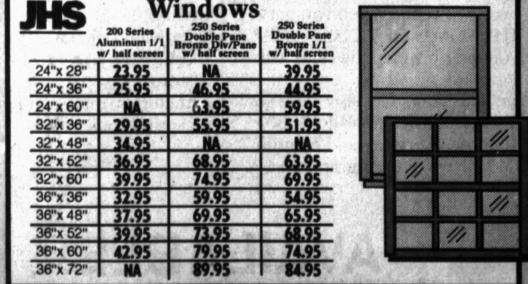
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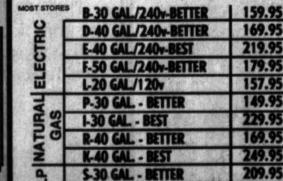
Service Saver Water Heater

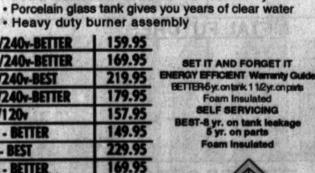
· Eliminates Lime build-up before it starts. Adjustable temperature-regulation controls

· Foam insulation "Overcoat" saves money

Now's The Time To INSULATE!









Comfortable to touch

Less itch and irritation



Store Hours: Mon-Fri 7:30am - 6:00pm Saturday 7:30am - 5:00pm BUILDING FAMILY VALUES... ALWAYS CLOSED SUNDAYS

