

The Hereford Brand

Hustlin' Hereford, home of David Burns

92nd Year, Vol. No. 159 Deaf Smith County, Texas

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Fire scene

Firefighters from Hereford and Dimmitt responded to this house fire on Monday afternoon, where they fought to save the home of Terry and Barbara Rice. The blaze, firefighters said, began in the kitchen. Firefighters fought freezing temperatures and stiff winds as they battled the blaze. The house sustain heavy damage and the family's belongings were destroyed.

Castro family loses all when fire destroys house

By GARRY WESNER
Managing Editor

A young Castro County family lost their home and its contents on Monday when fire swept through the rural farmhouse during the bitter cold afternoon.

Fire units from Hereford responded to the blaze at the house, located half a mile north of FM 2397 and two miles west of FM 1055 12 miles south of Hereford.

They were joined at the scene by Dimmitt firefighters.

The fire was reported by Barbara Rice, who had to walk more than half

a mile in freezing temperatures with two small children to call 911 when the blaze broke out in her kitchen stove.

Firefighters were called out at 2:04 p.m., from Hereford, and arrived at the scene within 20 minutes.

Hereford Fire Marshal Jay Spain said two booster trucks, a 5,000-gallon tanker and rescue vehicle responded from here.

Firefighters were able to spot smoke from the blaze as they left town, Spain said, and flames were rising 10 feet above the house when he arrived in the first unit.

Ivan Block, who owns the house where Mrs. Rice, her husband, Terry, and three children were living, said the family lost all their personal belongings.

He said he has set up funds at First National Bank, Hereford State Bank and First State Bank of Dimmitt to receive contributions to aid the family.

In addition, Block said, donations of clothing, household goods and other items can be made to the Red Cross.

Spain said there were no injuries reported. Rice was at work at Friona Feedyards when the fire began.

City Commission rejects sidewalk variance request

By GEORGIA TYLER
Staff Writer

Requests for variances on sidewalk provisions of city ordinances drew opposite responses from the Hereford City Commission during a Monday evening meeting.

On a split vote, a request from the Fellowship of Believers for a variance that would relieve the church of installing some sidewalks was denied.

But, a similar request from Scott and Lori Hall at their new home in the 1900 block of Plains was approved by the commission.

In other business on the agenda, the commission:

- Authorized city staff to prepare specifications for purchase of a utility vehicle for use at the John Pitman Golf Course; for purchase of a heavy-duty parks tractor, and for purchase of trees for the city park at Sixth and Ross.

- Directed the city manager to advertise for sale of a 1958 fire truck no longer used by the city and for a Suburban that has been replaced.

- Approved a contract with McMorris and Associates, Inc., for design and engineering for a pavilion

in Dameron Park.

- Appointed members of the Panhandle Plains Higher Education Authority.

- Agreed to join with other cities in a rate case initiated by the Public Utilities Commission on charges made by Southwestern Public Service to customers.

- Named Jerrye Jackson to serve as election judge in the May 1 city election and Bonnie Duke to serve as alternate judge.

- The two requests for sidewalk variances attracted the most attention at the meeting.

- City Manager Chester Nolen recommended that the Halls' request be approved because "there are no front sidewalks in the 1900 block of Plains."

- After a motion by Commissioner Roger Eades and second by Commissioner James McDowell, the vote was unanimous to approve the variance.

- Joining in the vote were Commissioners Irene Cantu and Wayne Winget as well as Mayor Tom LeGate. Commissioners Silvana Juarez and Carey Black were not present for the meeting.

- Discussion on the Fellowship of

Believers church's request was more extended. Appearing on behalf of the church was Mary Sue Hull, church administrator.

She remarked that the church "worked very closely" on ordinance requirements with the city and "we have tried to comply."

However, the location of the sidewalks required by ordinance interferes with a lawn irrigation system already installed, the commission was told. The area stretches along Kingwood.

City Manager Nolen recommended that the variance not be approved because of a need for continuity of sidewalks with a new nursing home under construction near the church.

"The nursing home has installed sidewalks along Kingwood and plans to run a sidewalk across the alleyway between the church and the nursing home," Nolen reported.

He said "pedestrian traffic" would be interrupted without the sidewalks on the church property. A total of about 50 feet of sidewalks will be required of the church.

After a motion by Winget, seconded by McDowell, LeGate (See CITY, Page 2)

President talks to nation about taxes

By TOM RAUM
Associated Press Writer

WASHINGTON (AP) - President Clinton is working to build momentum for a \$500 billion package of tax increases and spending cuts, warning the price of standing still "is far higher than the price of change." The White House said today all Americans making above \$30,000 a year are likely to feel the pinch.

Republicans offered to cooperate on slashing the deficit after Clinton's first prime-time address to the nation Monday night, but were skeptical about his approach. "What the president has proposed so far is not 'shared sacrifice' but raw punishment," said Sen. Phil Gramm, R-Texas.

White House communications director George Stephanopoulos said today higher taxes would likely be required of all Americans except those making less than \$30,000.

"Under the president's plan, people making under \$30,000 are very likely to have no increase at all in their taxes," Stephanopoulos said on CBS' This Morning. "He was not more specific, saying Clinton was still working on some details of the plan to be unveiled Wednesday night."

Stephanopoulos also said Clinton hoped to have his entire economic plan enacted by the end of the year.

Clinton today was meeting with Democratic congressional leaders and visiting a road construction project in town to demonstrate the kind of public works projects the economic stimulus portion of his plan would finance.

Clinton said the short-term stimulus part of his plan - \$16 billion in spending on public works projects and \$15 billion in tax breaks for businesses - would create as many as 500,000 jobs.

But most of his 11-minute nationally broadcast address was an effort to explain his decisions to raise taxes and cut government services and programs.

"This is nothing less than a call to arms, to restore the vitality of the American dream," he said.

School funding in hands of state voters

By PEGGY FIKAC
Associated Press Writer

AUSTIN (AP) - The fate of a share-the-wealth school funding proposal is up to Texas voters now that lawmakers have approved putting it on a May 1 state ballot.

"This is only fair, and it's only just," Lt. Gov. Bob Bullock said of the proposed constitutional amendment to allow some local property tax money to be transferred from property-rich to poor school districts.

The proposal also will permit voters to decide separately on exempting school districts from future education mandates that are imposed but not funded by the state, with some exceptions.

The Senate voted 27-4 Monday to concur in the House version of the measure, forwarding the issue to Texas voters.

The so-called Robin Hood property tax proposal is meant to meet a Texas Supreme Court order for lawmakers to pass a constitutional plan to equalize funding available to property-rich and poor school districts.

"If a plan isn't passed by a June 1 court deadline, school districts face a cutoff of state public education money. Leaders have warned that would mean school closings, because public education relies on state aid and local property taxes."

Asked about a likely contingency plan if voters turn down the proposed constitutional amendment, Bullock said, "Suicide."

Several members of the Senate, which had earlier passed its own proposed property tax amendment, said they were concerned about the House provision on unfunded education mandates and other items.

But supporters said they voted for the package because they didn't believe the House would accept more changes.

"The price of doing the same old thing is far higher than the price of change."

Clinton will formally unveil the four-year plan - which will include a new tax on fuels and sources of energy and an increase in the top individual and corporate income tax rate - in a Wednesday night address to a joint House-Senate session.

And while the proposed energy tax - to be based on heat content of various fuels - will proportionately hit middle-income Americans the hardest, Clinton said 70 percent "of the taxes I will propose fall on the shoulders of those who make more than \$100,000."

A White House official said Clinton's comments did not address total revenues to be generated, but rather that seven out of 10 tax increases would be aimed at the wealthy.

In the past, Clinton only has said he would raise the income tax rate from the current ceiling of 31 percent to 36 percent on households earning more than \$200,000 and individuals earning more than \$150,000, and impose an additional surcharge, probably 10 percent, on incomes over \$1 million.

Monday night's address was the first time Clinton has used the \$100,000 figure.

White House press secretary Dee Dee Myers said today some Americans making in the upper \$100,000 range likely would also see an income tax increase.

"The top marginal rate will go up somewhere below \$200,000, but it's significantly above \$100,000," she said. She did not specify whether the threshold would be for taxable income after deductions or on gross income.

Stephanopoulos said those making between \$30,000 and \$100,000 would see "modest increases across the board" in their taxes.

Gauging likely public opinion to the increases, Stephanopoulos said "people are wary at first but they are also willing to pay their fair share." As for Republican opposition, he said Clinton "hopes if they listen to his plan, look at it, examine the specific they'll join him."

Senate Minority Leader Bob Dole, R-Kan., in a televised GOP response, questioned whether Clinton would make deep enough cuts in government spending before asking for more taxes.

Dallas paper calls Hereford 'flat, smelly' town in story

Just because Hereford and Deaf Smith County have more cattle than people, a writer from Dallas has grabbed the opportunity to take a cheap shot at the community.

In the Dallas Morning News Monday edition, Jonathan Eig describes Hereford as a "flat, smelly economically troubled town 45 miles southwest of Amarillo." He further observes that Hereford "is home to about 350,000 head of cattle and 16,000 people."

The writer seems to have some trouble describing landscapes because he continues, "The cattle are so numerous and so densely packed that in some pastures, they blot out the hillside and blend into the horizon." If the country is as flat as he said, where did he get a hillside?

Purpose of the article in the News apparently was to call attention to state budget cuts that would leave intact funds for cattle vaccinations but reduce money provided for health care for the poor and indigent citizens of the state.

Eig apparently interviewed clients of what he describes as a "free health clinic" but does not name and compared the health care facilities in rural areas to cities.

The article admits that there is a considerable difference between the budget cuts proposed for animal health and human health. Cost of the cattle vaccination program is about \$75,000 per year. The human health care cut is projected at approximately \$4.6 million.

Josserand files for mayoral race here

Bob Josserand, president and owner of AzTx Cattle Co., filed Monday as a candidate for mayor of Hereford. He is seeking to succeed Tom LeGate, who announced he will not run for reelection.

Josserand, 61, has been a resident of Hereford since 1971. He served as president of the Texas Cattle Feeders Association in 1985 and was president of the National Cattlemen's Association in 1989. He was named as Progressive Livestock magazine's Man of the Year in 1990.

"I've operated a successful business here for over 20 years and raised my family here, and I feel a person needs to give something back to his community," said Josserand. If the people choose to elect me as their mayor, I think this is a way I could be of service."

Josserand said he thought Hereford "is a very lucky community in having the capable and cost-effective city government that we have. It is probably one of the best around for our size. I would like to help continue that tradition and have Hereford recognized as one of the outstanding city governments in the Panhandle."

Josserand and his wife, Nancy, have two sons, both employed with AzTx Cattle, and one daughter. John lives in Hereford; Barry lives in Canyon; and Joan lives in Amarillo. Another son, Doug, who was a banker and 1990 president of Deaf Smith County Chamber of Commerce, died in a boating accident.

The Hereford businessman is the first announced candidate for any of three elections to be held on May 1.

Two city commissioners, for Place One, now held by Silvana Juarez, and Place Three, held by James McDow-

ell, will be elected on May 1.

Hereford Independent School District voters will choose two at-large board members and District

Two will elect a representative. John Fuston and Dennis Newton are incumbents in the at-large seats and Raul Valdez holds the District Two position.

Three places on the Deaf Smith General Hospital board will be filled in voting on May 1, also. Prospective candidates for the board must file petitions, bearing names of at least 25 registered voters, to be listed on the ballot. Petitions are available in the Deaf Smith County clerk's office or the hospital executive offices.

Neither petitions nor filing fees will be required from candidates in city and school elections. Filing for city commissioner is open at City Hall and for school board in the administrative offices.



BOB JOSSERAND

FEB 16 1993

Local Roundup

Weekend police activity summarized

Hereford police were involved in numerous incidents over the President's Day weekend, although only one arrest was reported in department reports of Saturday and Sunday activities.

On Saturday, a 24-year-old male was arrested at Highway 60 and Lawton on a warrant for theft of check. Four citations were issued and no accidents were reported, although the fire department was dispatched to a major wreck five miles south on U.S. 385. An incident was reported in the 1100 block of West Park Avenue where someone was accused of theft. A large crowd gathered on West Highway 60 for a fight, but was dispersed when officers arrived. Theft was reported in the 900 block of East Park Avenue. A possible burglary was reported in the 300 block of Avenue B. Officers checked the area and found a female carrying a microwave oven, which was found to belong to her. Criminal trespass was reported in the 100 block of Avenue H. A domestic disturbance was reported in the 100 block of West Second, but no charges were filed. Class A assault was reported in the 1400 block of West First. Charges were filed. Class C assault was reported in the 1400 block of West First. Charges were filed. Class C assault (domestic violence) was reported in the 900 block of Union Street, but no charges were filed. Class A assault was reported in the 400 block of North Main, but no charges were filed. Class C assault (domestic violence) was reported in the 100 block of Avenue H, but no charges were filed.

Monday's police report notes three citations were issued, there was a minor accident with no injuries and there was a fire call to the 200 block of Kibbe. In incident reports, Class C assault charges were filed in the 200 block of Avenue B. A domestic disturbance was reported in the 600 block of Irving, but no charges were filed. Harassment by phone was reported in the 100 block of 16th Street. Burglary of a motor vehicle was reported in the 200 block of West James. Criminal trespass was reported in the 1200 block of West First and the 200 block of Avenue A.

The department's activity report released this morning showed three citations were issued, a structure fire was reported two miles west of FM 1055 on FM 2397, and there was a vehicle fire at the Gerald Hamby residence. There were no accidents reported. In incident reports, theft was reported in the 300 block of Miller. Two jackets valued at \$400 were taken. Theft was reported in the 100 block of West Park and juveniles were arrested. Criminal mischief was reported in the 200 block of Avenue A, with reported damage of \$2,227. Criminal trespass/criminal mischief was reported in the 500 block of Irving. Criminal trespass was reported in the 400 block of Blevins. Unauthorized use of a motor vehicle was reported in the 1500 block of East Highway 60 and charges were filed.

College aid workshop set Thursday

Hereford Independent School District has rescheduled the College Financial Aid workshop for Thursday in the high school auditorium. The workshop starts at 7:30 p.m. and all interested parents and students are invited to attend. A college financial aid official will be on hand to discuss the topic and applications will be available.

News digest

MINNEAPOLIS - A man was caught in the act of killing a dying relative in the hospice ward of a hospital, police said.

MOGADISHU, Somalia - An American soldier injured when his supply truck overturned has died after being hospitalized for eight days, the Army said today. It was the first U.S. non-combat death in Operation Restore Hope. Pvt. David J. Connor, 19, died Monday night at a U.S. military hospital in Mombasa, Kenya.

ATLANTA - Jimmy Carter has come up with a way to encourage children to get their vaccinations - offer them a chance to see Michael Jackson. Jackson will give a free concert in May for children and families who participate in the Atlanta Project immunization program, the former president said Monday. The goal is for 54,000 children to get their shots by May 1.

ST. PAUL - A 16-month-old boy who was sleeping in a chair after a birthday party apparently suffocated when a drunk cousin passed out on top of him, police said.

PALM SPRINGS, Calif. - Three hikers were swept to their deaths over a rain-swollen waterfall. The victims were part of a group of five people who had climbed up into Murray Canyon. Some apparently tried to swim in the stream Sunday.

ZANESVILLE, Ohio - A teen-ager was arrested on charges he killed and disemboweled a 5-year-old girl he was baby-sitting.

PATIENTS IN HOSPITAL

Leta B. Curtisinger, Teresa Garcia, Janie Griego, Henry Jackson, Bessie Mae Mathews, Emily Ruth Maxwell, Amado Benjamin Medeles, Francisca Mirelez.

Virgil Owens, Virginia Palmer, Inf. Boy Ramirez, Veronica Ramirez, Inf. Girl Rincon, Vickie Rincon, Francisca G. Rivera.

Elicie Sealy, Amber Shedeed, Infant Girl Shedeed, Mary Ann Shipley.

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O.G. Nieman

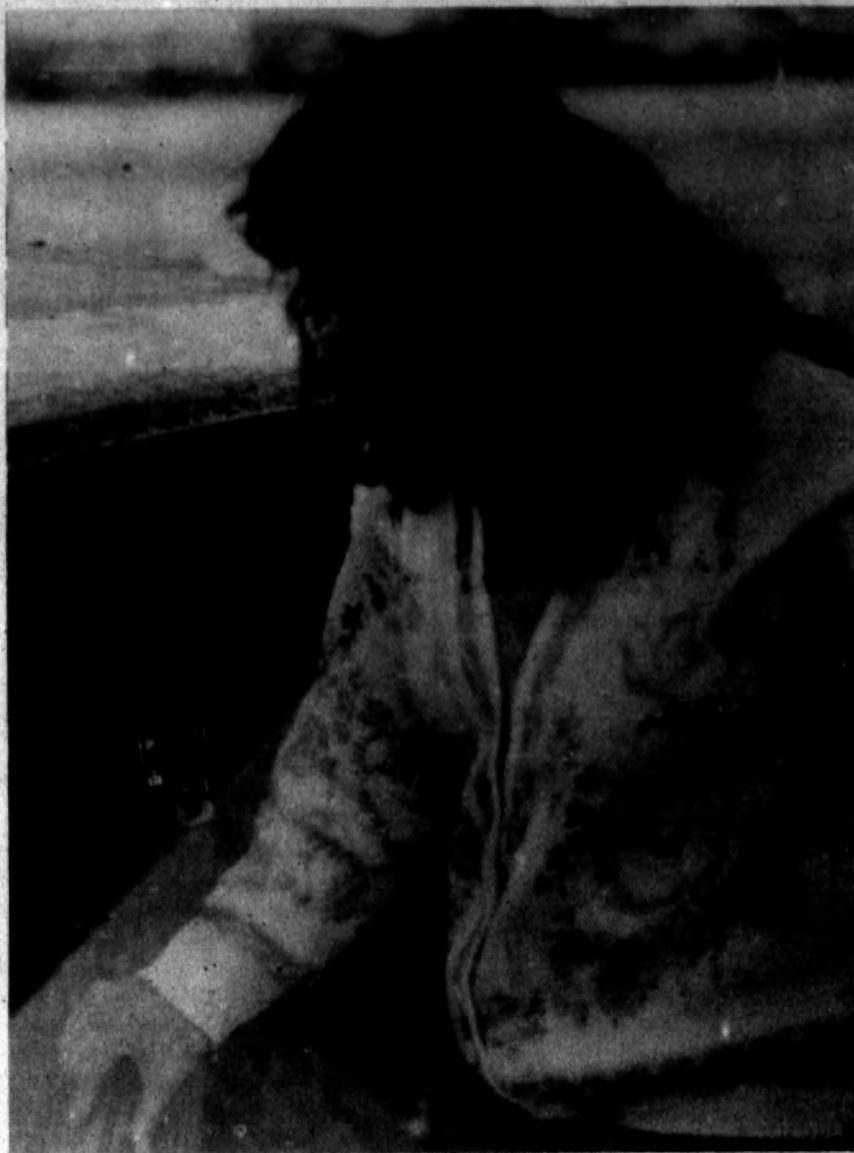
Mount Montgomery

Charlene Brownlow

Publisher

A.S. Mgr.

Circulation Mgr.



Bitter cold morning

Irene Silerio rushes to get into her car at Hereford Junior High School after dropping her daughter off on Tuesday. A winter storm brought snow to Hereford, along with temperatures in the low teens and wind chills well below zero degrees.

Session set at center

Area school board candidates will have the opportunity to learn more about the challenges of board service at a school board candidate workshop Feb. 22 in the Region XVI Education Service Center, 1601 S. Cleveland in Amarillo.

The session will be held from 6:30 p.m. to 8 p.m.

It will provide candidates and other interested participants with an understanding of what is involved in being elected and serving as a trustee.

An experienced school board member and a representative of the Texas Association of School Boards will

explain board members' key responsibilities and outline qualities necessary for effective service.

Topics to be covered include the role of a board member, ethics in board service, campaigning for office and the importance of board membership in community service. Participants will also view "A Call to Service," a new video highlighting many aspects of board service and featuring several experienced school trustees.

For more information on the workshop call TASB Leadership Team Services at 1-800-580-8272.

Bushes settle in among old friends

By SUSAN FAHLGREN
Associated Press Writer
HOUSTON (AP) - George Bush appears to be settling easily into private life and so far is sticking to his promise to maintain a low profile.

But that hasn't stopped tourists from cruising through his neighborhood to get a glimpse of his house. And he still can cause a stir by showing up unannounced for lunch. "He didn't give us a warning," said Fannie Coleman, who works at Otto's Barbecue. "We'd been looking for him to come by soon. We're always glad to see him when he comes."

Otto's was decked out in yellow ribbons on Jan. 20 for the former president's return. But when Bush showed up earlier this month to pick up a "half order of links, half beef, beans and a diet Coke," he came with only two other men, Ms. Coleman said.

Bush has made a few semi-public appearances, joining son Neil at a Houston Rockets-Chicago Bulls basketball game. And his staff scheduled a brief photo opportunity outside his office when Turkish President Turgut Ozal showed up for a visit.

His spokesman Andrew Maner fends off calls from reporters and those seeking luncheon speakers, saying Bush wants his privacy. But Maner reports the former president still receives about 1,500 pieces of mail each day, mostly from well-wishers.

"He has basically been just going

over the mounds of mail that we've received," Maner said. "We've just received so many speaking requests, appearances at promotional things, charity things - I think more than any of us expected - hundreds and hundreds. He's trying to attend to as much of that as we can."

Bush also has been "meeting with lots of people," formulating ideas for his and Barbara's future, and spending time on his presidential library to be built at Texas A&M University, about 100 miles northwest of Houston.

Maner said Bush normally is at his office by 8 a.m. and stays until 6 p.m., about the same hours he kept at the White House.

But he has declined to comment on political moves by the Clinton administration or his former cabinet members, emphasizing he wants to remain a private citizen.

"I'm not giving interviews," Bush reminded reporters who showed up for his photo session with Ozal.

Secret Service agents accompany Bush in his silver Cadillac to his office at the Park Laureate, a nine-story building where he occupies the penthouse, a few blocks from the two-story colonial home the couple is renting.

At home, the Bushes are staying next door to longtime friend Jack Fitch on the quiet, horseshoe drive of about 30 homes in west Houston. On a late afternoon, the Bushes' dogs can be heard barking just over the din of construction noises a few doors away.

Appointments are major headache for new president

WASHINGTON (AP) - President Clinton's appointment headaches are far from over even though he apparently has completed his Cabinet. There still are hundreds of top-level positions waiting to be filled.

Clinton aides once hoped the new president would have 200-300 appointments ready to go within a week of Inauguration Day. One month after taking office, about 30 nominees have been announced and another 100 likely appointees are undergoing background checks.

That's not to say Clinton's situation is unique.

A report by congressional Democrats issued seven months into President Bush's term found that 60 percent of the top 400 jobs had not been filled.

Bush was presiding over a "Swiss cheese" government, the House Democratic Study Group reported, with many portions flying on "automatic pilot."

Chase Untermeyer, who handled personnel for the Bush administration in its opening days, said Clinton's pace is just the latest evidence of how difficult it is to make 650 or more top-level appointments in short order.

"It's hard to make 650 hamburgers," he said. "It's hard to find 650 qualified people who also meet whatever political tests they're making at the time."

With last week's appointment of Janet Reno as attorney general, Clinton filled all Cabinet-level posts, assuming that Reno is confirmed by the Senate.

But the leadership ranks beneath many Cabinet secretaries are largely bare.

At the Department of Health and Human Services, for example, no one has been nominated for any of 21 presidential appointments below Cabinet secretary.

At Agriculture, Secretary Mike Espy is holding off on department reorganization plans until he has top aides in place.

"I want to slow up just a bit and wait until the process has been completed for the naming of these undersecretaries and assistants and then work with them to change the operation," he said last week.

At Interior, career employees are filling in temporarily for the undersecretary and assistant secretaries. "They understand that they're there to keep the seat warm," said agency spokesman Robert Walker.

Overall, there are about 1,500 appointed positions spread throughout the government.

So who's minding the store until they're all filled?

Cabinet secretaries, that's who, aided by a few Bush administration holdovers and a large cadre of career civil servants.

"That is the particular role of the career federal executive, to keep operations going at precisely times like this," said Carol Bonosaro, president of the Senior Executives Association.

But career employees aren't likely to propel the government forward on the bold course of change promised by Clinton.

James Pfiffner, a professor of government at George Mason University, said timely appointments are essential if a new president is to move ahead with his agenda in the important first year.

White House officials say the pace of presidential appointments should pick up now as candidates emerge from FBI background checks. Aides deny that any unusual delay was caused by adding questions about nominees' hiring practices after two attorney general candidates were torpedoed because they had employed illegal aliens.

"It's speeding up and we'll have a lot of announcements coming out next week," spokesman George Stephanopoulos said last week.

Massive Arctic cold front plunges into state

By The Associated Press
Cold Arctic air pushed into West Texas and another cold front has brought colder temperatures to most of the rest of the state.

The front was located along the Southeast Texas coast early today. Temperatures at 5 a.m. ranged from a bone-chilling 9 at Dalhart in the

northern Panhandle to 71 at Brownsville.

Light snow fell at Dalhart and Amarillo and freezing drizzle was reported at Lubbock early today.

Wind chill factors plunged below zero across a vast area of West Texas and in the teens across North Texas. Forecasts called for mostly cloudy

skies across West Texas with a few flurries and some freezing drizzle in the Permian Basin through tonight.

In North Texas, forecasts called for partly cloudy skies and cool temperatures tonight and Wednesday.

It will be partly cloudy and cool across South Texas.

Lows tonight will be in the teens

and 20s in the Panhandle and in the 20s and 30s across the rest of West Texas, the 20s and 30s in North Texas and in the 30s and 40s in South Texas.

Highs Wednesday will be in the 40s and 50s over most of West Texas, ranging from the 30s in the Panhandle to the 60s in the Big Bend area, in the 40s and 50s in North Texas and in the 50s in the Hill Country and in the 60s and 70s elsewhere across South Texas.

Temperatures plunged about 30 degrees across North Texas as a cold front brought high winds, flash-flood producing rainfall and severe thunderstorms across the area on Monday.

Early morning temperatures were in the single digits and teens in the Panhandle and in the 20s and 30s elsewhere in West Texas, in the 20s and 30s in North Texas and in the 50s and 60s in South Texas.

CITY

joined them in approving a motion to deny the variance. Opposing the motion were Cantu and Eades.

Bids on trees for the park at Sixth and Ross will be taken by the city. Funding for the purchase will come from a grant of \$5,000 provided by the Small Business Administration through the Texas Forest Service.

The city will contribute an equal amount, or more, in kind and cash for the park improvements. Money for the project will come from the park fund instituted about a 1 1/2 years ago

through a voluntary utility assessment program.

Another project to be financed through the fund is the pavilion at Dameron Park. The architectural contract with McMorries and Associates moves that project to a new level.

Construction of the pavilion is planned in the northwest corner of Dameron Park.

Commissioners heard a report that the park fund stands at approximately

\$75,482 and grows by about \$3,500 per month. Utility customers pay the voluntary \$1 per month assessment.

The SPS rate case was initiated by the PUC, Nolen told the commission, adding that "SPS has not asked for a rate increase but we need to be in a position to protect the city's interests in the case."

Re-appointed to the Panhandle-Plains Higher Education Authority board were Duane Howard, Ronny Barnes, Waldo Baxter, Charles Bassett and Don Graham.

Life!

Appreciation Luncheon discussed

The Annual Appreciation Luncheon was discussed when members of the Cultural Extension Homemakers Club met Friday at the Hereford Senior Citizens Center.

During the special luncheon which is scheduled Monday, Feb. 22, at the Hereford Community Center, a representative from The Hereford Brand will be announcing the Extension Homemakers Club Woman of the Year.

With President Perry Keyes presiding, roll call was answered with "a new food I have tried." Wilma Goettsch gave the opening exercise entitled "Words from Abraham Lincoln."

It was announced that the district meeting will be held in the dining room of West Texas State University.

Jewell Hargrave gave the council report.

"Food Trends" was the program presented by Deaf Smith County Extension Agent Beverly Harder. She explained how to keep foods fresher longer, what foods are healthy for you and the variety of food packaging available.

Those attending were Carrie Mae Doak, Byrdie Fellers, Naomi Hare, Edna Marnell, Vernis Parsons, Nell Pope, Jewell Rogers, Daisy Steele, Marie Thames, Sarah Walton, Goettsch, Hargrave and Keyes.

Club meets at nursery

The Bud to Blossom Garden Club met Thursday at McClain Nursery for the regular monthly meeting.

Members toured the nursery and owner Marcella McClain explained the types of care plants and yards need this time of year.

In a short business meeting, plans were made for the November Zone meeting, to be held in Hereford.

Members adjourned to Sugarland Mall, where they visited Tommie Savage's new flower and gift shop.

Those present were: Patricia Robinson, Ursalee Jacobsen, Wilma Bryan and Phyllis Brown.

Landscape can help you survive fire

To minimize losses in a wildfire, your best defense is planning ahead. Select fire-resistant construction materials and build your home with survival in mind. The National Fire Protection Association (NFPA) says you can also landscape for fire survival.

While no plant is completely firesafe, vegetation with high resin or oil content, such as the eucalyptus, is more volatile than some succulent varieties. Consider selecting plants that retain their moisture and do not drop dried leaves, needles or other materials.

Avoid "nestling" your home, say the experts. Keep highly flammable vegetation at least 30 feet from structures and don't plant shrubs or trees in front of windows. Carefully manage "ladder fuels," grass, bushes, low tree, limbs, etc., which, when ignited, let flames move swiftly to tree tops. Create a "safety zone" for fire fighters to use in case they need to protect your residence from fire.

Clear roofs, eaves and gutters of dried limbs and debris. Don't let branches overhang your roof. Check shrubs and plants for dried leaves and other fuel often and pick up any downed limbs. Leave ample room between trees and other plants. Keep all vegetation adequately watered and well-maintained. Check with local nurseries or landscaping firms for more information.

The National Aeronautics and Space Administration (NASA) will see its budget reduced in real terms by about eight percent over the next four years. NASA will, however, purchase more high tech electronic systems.

The test of a vocation is the love of the drudgery it involves.

Do not stand in a place of danger trusting in miracles.



Weather program presented

Steve McCauley from Channel 4 News in Amarillo recently gave a weather program to second grade students at Aikman Elementary School.

Magnetic fields of brain can be detected, measured

The human brain is alive with pulsating magnetic fields.

A law of physics holds that magnetic fields are produced whenever an electrical current passes through a conductor. The brain's nerve cells, called neurons, are triggered by small electrical currents. This has been known for decades and doctors routinely record the intensity and patterns of these electrical brain waves. Until recently, however, the magnetic fields that accompany these electrical currents couldn't be measured. In fact, they couldn't even be detected.

"The magnetic fields produced by neurons and other nerve cells are extremely weak. The entire magnetic field of the brain is a mere one hundred billionth of those magnets used to hold notes to refrigerator door," explains physicist Samuel Williamson of NYU's Neuromagnetism Laboratory.

Today, highly sensitive detectors can spot even these faint magnetic fields and Williamson, a member of the American Physical Society, and his colleagues are busy mapping the brain's magnetic activity. Every brain function, from imagining a pay raise to lifting a forefinger, uses the neurons of a specific location. Detecting magnetic fields can pinpoint these geographical areas. In one instance, Williamson discovered which part of the brain generated a magnetic field when a subject moved a forefinger. Moving the thumb produced fields from a slightly different spot.

"Our sensory and motor systems are tied to highly specific brain areas," says Williamson. "In one experiment, we passed a brush over the tip, center,

and base of a person's finger. We found that this produced magnetic fields from three distinct areas of the brain."

Magnetic research of the brain is of great interest to surgeons, doctors, and psychologists. With this tool, specific brain locations are being linked to specific body activities. In the area of psychology, monitoring the brain's magnetic activity is helping determine the nature of imagination and thought processes. Magnetic fields of the brain, states Williamson, are a helpful window into the workings of our mind.

Degrees received

More than 1,300 students at Texas Tech University received degrees during the December commencement exercises.

Among those from Hereford awarded degrees were Stacy Lea Lesley, bachelor of arts degree, and Raymond Chavarria Romo, bachelor of business administration degree.

To help reduce paper use, one junior high class will do all its homework on computer and submit it on floppy disks.

Garlic-in natural or supplement forms such as KYOLIC odorless aged garlic extract may be able to help ward off a modern day monster: cancer.

Local student wins scholastic honor

John C. McBride, who attended Hereford High School, recently was named "Student of the Phase" in automotive powertrains, at Universal Technical Institute in Phoenix, Ariz. The course is part of UTI's auto-diesel technology.

The award is given to the student who has the best record of academic achievement, lab performance and

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SPORTS

Herd closes hoop season at Randall

The Whitefaces close out the basketball season at 7:30 tonight at Randall High School. The Herd stands at 1-8 in District 1-4A play and 7-20 overall.

The Raiders (5-4, 17-13) made the playoffs last year but won't this year, as Pampa and Caprock have already clinched playoff berths. Pampa (8-1, 22-5) can claim the No. 1 seed by beating Borger tonight in Borger. The Harvesters are ranked sixth in Class 4A by the Texas Association of Basketball Coaches.

If Pampa loses, Caprock (7-2, 19-11) could claim a share of the district title by winning at Dumas. That would force a one-game playoff between Caprock and Pampa to determine the No. 1 seed.

The Hereford tennis team's dual match against Canyon which was scheduled for today in Hereford has been canceled.

Hereford to host playoff

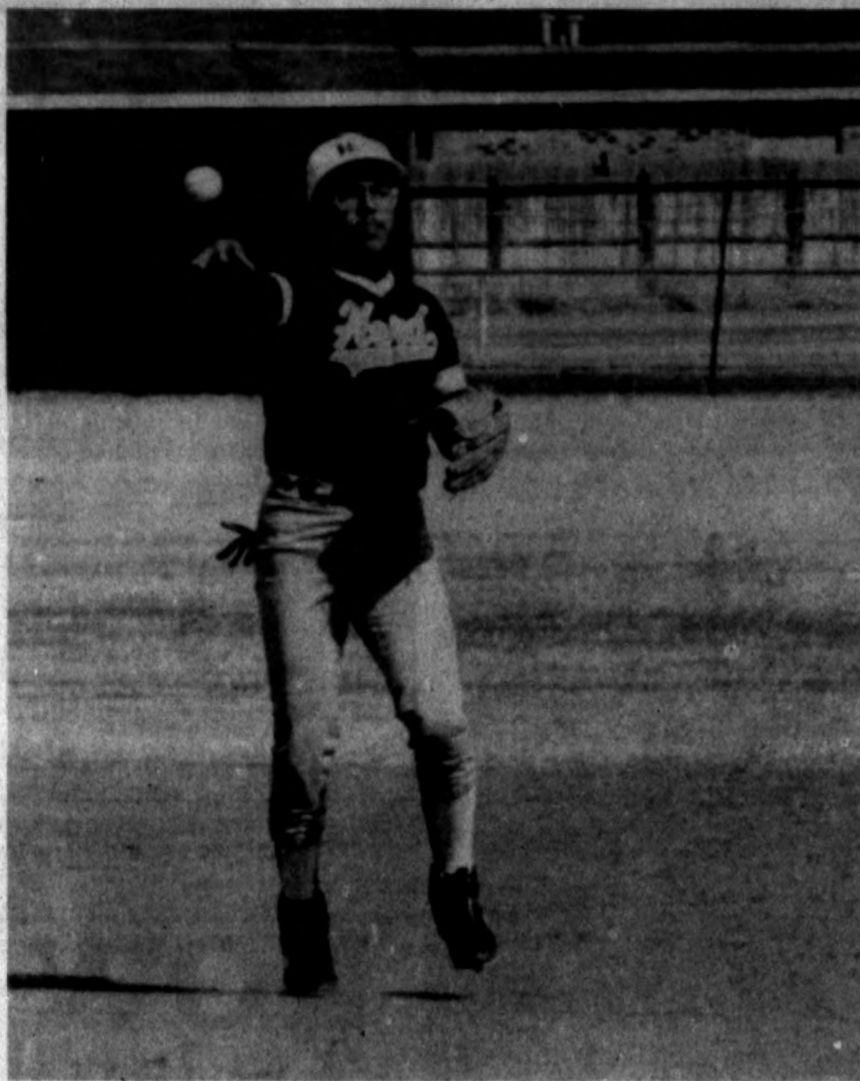
Hereford will host a girls' basketball bi-district playoff game between Canyon and Muleshoe at 7:30 p.m. Thursday in Whiteface Gymnasium.

Canyon, the champion of District 1-3A at 24-4, is ranked No. 1 in Class 3A by the Texas Association of Basketball Coaches (TABC). Canyon won the state 3A championship last year.

Muleshoe, 22-7, was the runner-up to Dimmitt in District 2-3A.

District 1-4A's playoff representatives in the girls' bracket have been reduced by one in bi-district games Monday. District champ Randall, the defending state champion and currently ranked No. 2 in 4A by TABC, beat Plainview 50-39 in Plainview and will advance to meet Andrews Saturday in Lubbock.

Borger, the 1-4A runner-up, was blown out 43-21 by No. 1 ranked Levelland in the West Texas State Fieldhouse. Levelland goes on to face Big Spring Saturday in Lamesa.



Routine 4-3

Hereford second baseman Ralph Holguin fires the baseball to first base for another putout during the Herd's scrimmage with Plainview Saturday at Whiteface Field. Hereford opens the baseball season by hosting Tascosa at 4 p.m. Feb. 23.

Royals, Montgomery agree

By The Associated Press

The Kansas City Royals have secured a stopper in the bullpen by signing Jeff Montgomery for the next three years.

Montgomery, who led the Royals with 39 saves in 1992, agreed Monday to an \$11 million deal with an option year.

He will get a \$500,000 signing bonus, \$3.5 million in 1993, \$3 million in 1994 and \$4 million in 1995. If the Royals pick up the option in '96, he can make an additional \$4 million.

Montgomery, 31, received \$2.46 million last season. He had asked for \$4.3 million a year and the Royals had offered \$3.25 million.

Montgomery recorded 39 saves in

46 opportunities with a 2.18 ERA last year. His 39 saves were the third highest in club history - trailing Dan Quisenberry's 45 saves in 1983 and 44 in 1984.

Pitcher Mark Portugal, who spent part of last season on the injury list, avoided arbitration by signing a one-year contract Monday with the Houston Astros for \$1,875,000.

Portugal was asking for \$2,225,000 and the Astros offered \$1.5 million.

He was 5-2 with a 2.74 ERA in his first 11 starts last season, but he was 0-1 in his next four starts and went on the disabled list on July 17. He underwent surgery July 24 to remove bone chips and a spur from his right elbow.

In an arbitration case held before Harold Bloch on Monday, Chicago Cubs first baseman Mark Grace asked for \$4.1 million and the Cubs offered 3.1 million. Grace hit .307 last season with nine homers and 79 RBIs when he made \$2,312,500.

The Cincinnati Reds went to a salary arbitration hearing Monday with All-Star infielder Bip Roberts.

At the hearing in Chicago, Roberts asked for \$3.9 million, up from his \$1.55 million of last season. The Reds offered \$2.7 million.

Several Hereford track girls place indoors in LCU meet

The Hereford High School girls' track team sent a skeleton crew to Saturday's Lubbock Christian University Indoor Track Meet, but some of those who went did pretty well.

No Hereford girl won any of the 14 events, but Hereford girls took second in the shot put and the 1,600-meter run. Hereford's April Roddy put the shot 33 feet and 1/2 inch, second only to the 34-11 toss of Cole

of Abilene Cooper. Belinda Murillo's time of 6 minutes, 16.78 seconds, in the 1,600 was second only to the 6:05.09 turned in by Casas of Odessa Permian.

Two Hereford girls earned place in jumping events: Jeannie Barrientez in the long jump (15 feet, 4 3/4 inches) and Crystal Kelley in the triple jump (30-1 1/2). Barrientez also took fourth in the triple jump with an effort of 29-4.

Linda Martinez placed fifth in the 800-meter run with a time of 2:48.25, and Krista West took sixth in the 200 dash in 28.12 seconds.

Team points were not kept at the meet.

"I think it was a good practice meet for us, and it's good conditioning," coach Martha Emerson said. "I think it'll help us get ready for Fort Stockton (Comanche Relays, Feb. 26-27). It's good to get something under your belt before you go outdoors."

The team was short a few girls because some went skiing--it was a ski weekend for Hereford schools--and because some hadn't come out of basketball yet. The team should be at full force for the Comanche Relays.

Tyson's attorneys appeal for new trial

INDIANAPOLIS (AP) - Mike Tyson is expected to spend at least two more months in jail before an Indiana Court of Appeals panel rules on the appeal of his rape conviction.

The three-judge panel heard more than two hours of arguments Monday from Tyson defense lawyers, who said he deserves a new trial, and from state's attorneys, who said his conviction should stand.

"We want a new trial in which all the evidence can be presented to a jury," Tyson attorney Alan Dershowitz told a group of law students after two hours of argument before a three-judge appeals panel.

Inside the state Supreme Court chamber, where the hearing was moved to accommodate scores of reporters and spectators, Dershowitz headed a defense team that criticized Marion Superior Court Judge Patricia J. Gifford's handling of the case.

Gifford denied a jury the necessary tools of evidence by blocking testimony from three defense witnesses and refusing jurors a chance to consider whether his accuser had consented to sex, the former heavyweight boxing champion's lawyers said.

"It is obvious if they had these tools, they would have acquitted Mike Tyson," said Nathan Dershowitz, another defense attorney and the brother of Alan.

But prosecutor Lawrence M. Reuben said there wasn't a legal basis for an appeal.

"This appeal is not about re-weighing evidence, as the defense would have you do," he said.

Neither Tyson, who is serving a six-year prison term, nor his accuser, Desiree Washington, attended the hearing.

Tyson, 26, was convicted last year of raping Washington in his Indianapolis hotel room in July 1991. She was a contestant in the Miss Black America beauty pageant, and Tyson was in town to promote the event.

In a separate but related appeal, Tyson's lawyers said Gifford also

should have granted a new trial after discovering evidence that Washington had signed an agreement with a lawyer who later left the case.

That's proof, Nathan Dershowitz argued, that Washington made up the rape story to get rich by suing and selling the rights to her story.

"It's for money," he said, calling the document a "smoking gun" proving Washington's alleged scheme. "That's the only reason you

(See TYSON, Page 5)

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Heat breaks through in OT against Nuggets

By The Associated Press

The Miami Heat's inability to win in overtime was overshadowed by the Denver Nuggets' inability to win on the road.

The Nuggets, taking the road after winning their 10th consecutive game at home, got a break at the end of regulation to force overtime at Miami on Monday night.

Glen Rice, however, scored nine of his 18 points in two extra periods as the Heat, after six consecutive overtime losses this season, won 130-129 and handed Denver its 22nd defeat in 25 road games.

Rice scored five of his seven points in the second overtime on free throws, including two with 11 seconds left that gave Miami a

130-129 lead.

"I told myself that I needed to be more aggressive," Rice said. "I was mad at myself. I started taking it to the hole and making them foul me."

Miami had a two-point lead and the ball with 1.8 seconds left in regulation, but a turnover and a buzzer shot by Denver's Dikembe Mutombo forced the overtime.

"We just wanted to win one in overtime," Heat coach Kevin Loughery said. "We just had to get the monkey off our back."

Steve Smith had 21 points, 12 assists and 10 rebounds for the Heat - joining Rory Sparrow as the only Miami players with a triple-double in franchise history.

Four points by Rice gave Miami

a 127-121 lead, but two free throws each by Reggie Williams and LaPhonso Ellis made it 127-125 with 1:01 left in the second overtime.

Williams, who scored 25 points for the Nuggets, then stole the ball and scored to tie the game with 54 seconds to go.

Chris Jackson, who finished with 27 for Denver, followed a free throw by Rice with a layup, giving the Nuggets a 129-128 lead with 29 seconds left.

After Rice's go-ahead free throws, the only shot Denver could manage was an off-balance 3-point try by Williams.

Spurs 102, Clippers 99

San Antonio continued its

spectacular record under coach John Lucas with a victory at Los Angeles.

David Robinson and Dale Ellis scored 22 points each for the Spurs, who survived a 14-point fourth quarter for their eighth straight victory, their 16th win in 17 games and their 23rd in 26 outings under Lucas.

Bucks 128, Hornets 122

Frank Brickowski scored 20 points and Milwaukee's reserves, led by rookie Jon Barry, held off a late rally against Charlotte.

Barry, playing 17 minutes because of an elbow injury to Todd Day, scored a career-high 18 points, including 12 in the fourth quarter.

Alonzo Mourning had 29 points,

12 rebounds and six blocked shots, while Dell Curry scored 24 points for the Hornets.

Jazz 112, Timberwolves 91

Karl Malone scored 16 points on 7-for-7 shooting in the third quarter and finished with 38 points and 12 rebounds for Utah at Minnesota.

Malone made 16 of 20 shots in the game for Utah, while Jeff Malone scored 19 points and John Stockton had 12 assists.

Chuck Person had 26 points for the Wolves.

Bulls 119, Kings 101

Chicago snapped a three-game home losing streak and pulled into a first-place tie with New York in the Eastern Conference, beating Sacramento behind Michael Jordan's

32 points and Scottie Pippen's 26 points and seven steals.

Pippen's three-point play capped a 9-0 run at the start of the fourth quarter, putting the Bulls ahead 94-78. Jordan scored 20 points in the second quarter, helping Chicago take a 61-46 halftime advantage.

Cavaliers 110, Pacers 105

Cleveland handed Indiana its seventh consecutive loss as Mark Price celebrated his 29th birthday with 25 points and John Williams scored four of his 23 in a four-second span late in the game.

Indiana pulled to 104-102 with 36 seconds to play, but Williams sank two free throws with 23 seconds left, then stole the ensuing inbound pass and made a layup with 19 seconds remaining, sealing the outcome.

Hoops spotlight falls on bayou country

By CHRIS SHERIDAN

AP Sports Writer

With Mardi Gras going at full speed, it only seemed fitting that the best action in college basketball Monday night took place in Louisiana.

The nation's longest winning streak came to an end at 16 games as Jackson State dropped an 87-74 decision at Baton Rouge, La., and the only two Top 25 teams in action - No. 18 Tulane and No. 21 New Orleans

- both won at New Orleans.

Jackson State's loss cost it an honor that was held at different times this season by UNLV (29 games), Duke (23), Virginia (16), Niagara (11) and New Orleans (10).

Southern ended the streak, thanks to a 17-0 second-half run that broke a 52-52 tie with 11:18 left.

"A few of their players were not thinking of us as a threat," said Vincent Jones, a guard for Southern. "They were thinking about their 17th

win. After that, we got pumped up and ready to play."

Southern (14-8, 7-4 in the Southwestern Athletic Conference) held a 59-33 rebounding edge, and senior center Jervaughn Scales had a career-high 29 points and 22 of the rebounds.

"We are disappointed, but this is not the end of the season," said Jackson State's Lindsay Hunter, fifth in the nation in scoring at 27.8 points per game. "Everybody knows the streak has to end. They played on that other level. They wore us down and beat us."

"I know something positive is going to come out of this negative," said Jackson State coach Andy Stoglin, Southern's head coach from 1982 to 1984. "Our main focus now is on the (SWAC) tournament. We'll take this loss and get refocused. I don't worry about this bunch. I don't think we'll roll over and die."

The longest winning streak in the country now belongs to Arizona, winners of 15 straight.

Arizona, ranked fourth, plays host to No. 8 Cincinnati on Sunday.

No. 18 Tulane 63, Canisius 41

Tulane knocked off Canisius despite turning the ball over 18 times and hitting only 28 of 66 field goal attempts, including 2 of 15 3-pointers.

Carlin Hartman was Tulane's high scorer with 15 points.

The Green Wave (18-4) fell behind 10-2 as they failed to score a basket in the opening 5:55, but came back to take a 33-19 halftime lead and were comfortably ahead throughout the second half.

No. 21 New Orleans 69,

Louisiana Tech 41

New Orleans held Louisiana Tech to 13 points in the first half and took control with a 26-6 run after the score was tied 4-4.

Melvin Simon led New Orleans with 19 points.

New Orleans (19-2, 13-0 in the Sun Belt Conference) has won 16 of its last 17 games and is tied with No. 8 Cincinnati for the second-best record in the Top 25.

The Bulldogs' 41 points were the fewest allowed by the Privateers this season.

TYSON

have a contingency fee agreement."

Among those at Monday's hearing was boxing promoter Don King, who said he planned to visit Tyson with news of the hearing.

"I'm going to see him now and I'm going to give him the good news that from my gut feeling he was innocent from the beginning," said King, who sat behind the defense table.


Two seats away from King sat Camille Ewald, companion to the late Cus D'Amato, the boxing trainer who shaped Tyson into a champion, and

the woman Tyson called "Mom" after his own mother died. She left without commenting.

Following the appeals hearing, Alan Dershowitz met privately with Tyson at the Indiana Youth Center near Indianapolis where the boxer is imprisoned.

"I just reported to him how the case had gone," said Alan Dershowitz.

Tyson was encouraged, the lawyer said. "He's very anxious to have a new trial. He would like to prove his innocence."



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Top concerns of teens

Drug and alcohol abuse is the top concern among today's young teenagers, followed by the environment, pregnancy and education.

The ranking of concerns is derived from 11,000 letters written by seventh and eighth graders to their U.S. representatives through the RespecTeen "Speak For Yourself" social studies curriculum. The curriculum, distributed nationwide in 1991, encourages students to examine issues that affect their lives and teaches them how to play role in government policy-making.

"When you read through these letters, it becomes obvious that most kids today are deeply concerned about major issues, but not discouraged by them," said Barbara Glass, author of the "Speak For Yourself" curriculum. "They're convinced that these problems can be solved and many of them offer practical, insightful solutions."

Here are the top ten issues raised

in the students' letters and the number of letters written about each issue.

- 1) Drug/alcohol abuse 1,693
- 2) Environment 1,547
- 3) Pregnancy 1,458
- 4) Education 760
- 5) AIDS 675
- 6) Hopelessness 601
- 7) Gun control 421
- 8) Child abuse 413
- 9) Suicide/depression 339
- 10) Gang violence 272

While the top issues have been fairly consistent since the program began in 1989, some have become a higher priority for teens this year. Education, which did not make the top ten list in 1991, jumped to the fourth slot in 1992. "Education issues have received quite a bit of attention this year, but few people have stopped to ask the kids who are impacted by this issue every day what they think," said Glass. "According to the letters in this category, kids believe more funding needs to be allocated toward education. As the marketplace continues to become more global, education is more important than ever."

The other newcomer to the top ten list in 1992 was gang violence. In addition, AIDS and gun control both moved up three spots, to fifth and seventh, respectively.

"Speak For Yourself" is part of a nationwide initiative sponsored by Lutheran Brotherhood called "RespecTeen: Helping Parents and Teens Respect Each Other and Themselves." RespecTeen has two primary components: 1) needs assessment research and programs to address youth needs at the community level; and 2) public service announcements, the national Youth Forum and the "Straight To parents" program, all addressing youth issues at the national level.

Lutheran Brotherhood is a fraternal benefit society with one million members nationwide. It offers a broad range of financial products and services to Lutherans. Through its fraternal (charitable and benevolent) resources, it aids its members and their communities.

First aid topic of 4-H program

Betty Henson, executive director of the Deaf Smith County Chapter of the American Red Cross, presented a program on basic first aid for babysitters when members of the Little Peppers 4-H Club met recently at the Hereford Community Center.

During the business meeting, Betsy Weaver reported on the recent council meeting.

The next meeting is scheduled at 4:15 p.m. March 8 at the Community Center.

Spotlight on health

Many couch potatoes may be getting up on their feet and back into shape in the weeks to come, thanks to a new lineup of television programming focused on fitness in a very entertaining way.

The two-hour weekday block of fitness programming on ESPN, the largest cable network, features this exciting lineup:

ESPN Fitness Pros (11 a.m. EST)—An ensemble cast of six accomplished aerobics and fitness professionals using the latest in aerobics trends and dance moves, such as step aerobics, lo-hi workouts, cardio-funk and hip-hop. The cast includes 1990 World Aerobic Champion Jeff Vandiver, fitness trainer and choreographer Pepper Von and international consultant/speakers Joel Grecco, Donna Richardson, Tamilee Webb and Tracy York.

Getting Fit With Denise Austin (11:30 a.m. EST)—A low-impact aerobics workout with health, diet and fitness tips. The program visits a different vacation resort each week. Host Austin's videos have sold more than a million copies and she's a consultant to the President's Council on Physical Fitness and Sports.

Bodies in Motion (12 p.m. EST)—ESPN's first fitness program, which debuted in 1985. It's a low to mid-impact aerobics workout hosted by Gilad Janklowicz, former Israeli decathlon champion. Janklowicz directed fitness programs for soldiers while in the Israeli army and taught aerobics at Los Angeles-area fitness establishments while training several entertainment personalities. Taped in Hawaii.

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Ann Landers

DEAR ANN LANDERS: May I respond to "Cheverly, Md." who refused to go home for the holidays because he couldn't stand his family?

I am one of five children. We all live in different states. We've had our problems, and I have always managed to stay away from most family get-togethers because, frankly, they are a pain in the neck. Well, from now on, I'm going to every one of them, and here's why.

This past Thanksgiving, a reunion was planned at my parents' house. It would be the first time in 13 years that all of the siblings would be under the same roof. To make the situation even more frightening, we would be together for four days, 22 people in all, including grandchildren ages 8 to 15. Two of my brothers had not spoken to each other for years. We were all dreading this get-together but agreed to show up to please our parents.

When the last sibling arrived, having suffered through all the hugs, kisses, lies and phoniness. I looked up and saw the most wonderful sight. There, at the edge of this snarling mob scene, were my parents. My mom was tugging at Dad's sleeve, and there were tears streaming down her face. She kept repeating, "They're all here. Dad. Isn't this just wonderful! They are really all here!" They both looked happier than I had seen them in years.

After witnessing the joy that resulted from the unselfish gift we had given our parents, I decided that from now on I will show up at every family occasion no matter what. It's the least I can do for my parents. Life is too short to do otherwise.—Love from Anne Marie in Texas

DEAR ANNE MARIE: The message is clear. Siblings who aren't

Degree is awarded

Michelle Solomon was among 3,300 Texas A&M University graduates to receive diplomas during the December commencement ceremonies.

The degrees were presented at three separate ceremonies. Featured speakers at the ceremonies were Joshua I. Smith, one of the nation's top entrepreneurs and civil leaders; Marvin Runyon, U.S. Postmaster General; and Dr. E. Dean Gage, Texas A&M's senior vice president and provost.

To concede is harder than to be enthusiastic.

No man who is occupied in doing a very difficult thing, and doing it very well, ever loses his self-respect.

Day Care topic of program

Bettie Dickson, administrator of Hereford Day Care, presented a program entitled "Exploring New Ideas In Day Care" when members of Valeda Study Club met recently at the day care center.

Dickson noted the changes in the minimum standard guidelines for day care facilities in Texas and explained the opportunity of offering child care in Hereford for working parents and students going to school. A tour of the center was taken by the members.

During the business meeting conducted by President Joyce Ritter, roll call was answered by "fun times with grandchildren."

Members present were Marcella Bradley, Juanita Brown, Juanita Coker, Frances Crume, Dickson, Mary Dziuk, Ruth Fish, Betty Gilbert, Della Hutchins, Betty Olson, Ritter, Betty Roberts, Clovis Seago, DeAnn Sisson and Margaret Zinsler.

It is one thing to praise discipline, and another to submit to it.

fond of each other would be wise to put aside their differences at holiday time for the sake of their parents.

Having said that, I'm sure to be blasted by readers recounting the rotten things a brother or sister did. They will ask, "You expect me to overlook THAT?" My answer to all of you is YES. It could be the best (and last) gift you will ever give your parents. Go back and read Anne Marie's letter again.

DEAR ANN LANDERS: My husband, "Lou," and I are having an argument. Will you please settle it?

When dining with another couple recently, we got stuck paying for part of their dinners, since what we ordered was much less expensive.

When the bill came, I put enough money on the table to cover our dinners, plus tax and a 15 percent tip. After several dirty looks from the other couple AND from Lou, I added an extra \$4 to cover our friends' share of the tip since they failed to figure it in with their cost.

Lou tells me, "Don't be petty. It's no big deal." If that's the case, I'm ordering lobster next time.

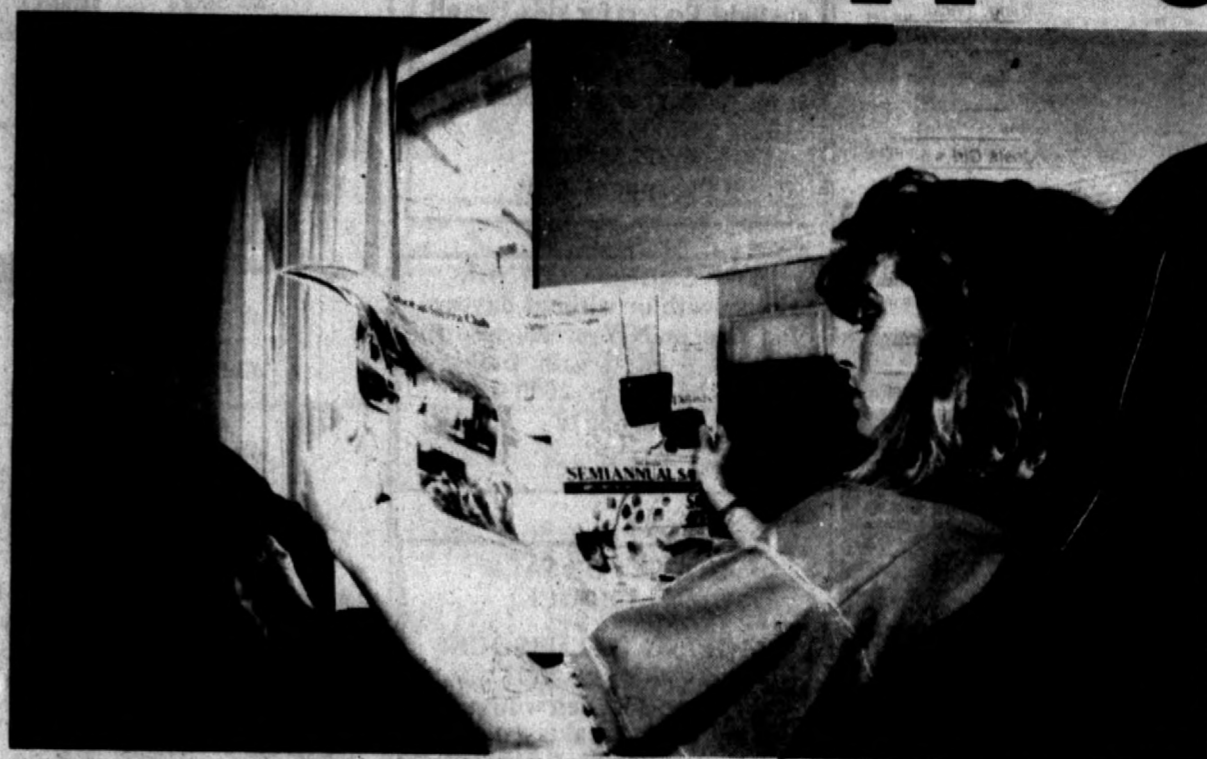
Lou and the other man are longtime buddies. Short of avoiding dinner with them again, which is darn near impossible, how would you handle this?—Sick of Being Stuffed in Denver

DEAR STIFFED: You can insist on separate checks or accept the fact that in the interest of peace on the home front, you're going to take the hit and be gracious about it.

Gem of the Day: Sign posted in a small business: If you think the deal never come back to life, you should come around at quitting time.

Is life passing you by? Want to improve your social skills? Write for Ann Landers' new booklet, "How to Make Friends and Stop Being Lonely." Send a self-addressed, long, business-size envelope and a check or money order for \$4.15 (this includes postage and handling) to: Friends, c/o Ann Landers, P.O. Box 11562, Chicago, Ill. 60611-0562.

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Each time you read the newspaper, you get to browse through all the stores in town...without leaving your favorite chair.

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- (1) Quality steel siding backed by manufacturer's warranty
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Hereford is my home and your satisfaction is an investment in my future

Please, call TODAY for references to my work or a FREE estimate!

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Call day or night

Home - 2765579

Answering Machine - 276-3386

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"We Reach Thousands Every Day."

313 N. Lee

364-2030

DON'T FORGET!

PRIORITY!

SAVINGS!

CLASSIFIEDS

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

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

CLASSIFIED ADS
 Classified advertising rates are based on 15 cents a word for first insertion (\$3.00 minimum), and 11 cents for second publication and thereafter. Rates below are based on consecutive issues, no copy change, straight word ads.

TIMES	RATE	MIN
1 day per word	.15	3.00
2 days per word	.26	5.20
3 days per word	.37	7.40
4 days per word	.48	9.60
5 days per word	.59	11.80

CLASSIFIED DISPLAY
 Classified display rates apply to all other ads not set in solid word lines—those with captions, bold or larger type, special paragraphing, all capital letters. Rates are \$4.15 per column inch; \$3.45 an inch for consecutive additional insertions.

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

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

1. ARTICLES FOR SALE

PARK AVE. BOWL & CLUB
 Hosting:
 Slow Motion Band.
 Friday, Feb. 19th
 9:00 to 12:00 P.M.
 All the Dancing & Bowling you can do for one price. \$10.00 per person at the door. Come Roll in the Fun.
364-2604

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

Will pay cash for used furniture & appliances, one piece or house full. 364-3552. 20460

Would like to purchase used wooden book shelves. Call 364-2030 or 364-6957 22928

Queen size water bed, 364-3326. 23061

Big Sale - PVT (Previously Viewed Tapes), all categories; classics, children, documentary, fitness, spanish, drama, suspense, sports & Nintendo games \$1.00 off with each rental at time of purchase, Silver Screen Video 515 N. 25 Mile Ave.

2-Farm Equipment
 For sale 300 C.I.D. Ind. Ford Irrig. Engines-Vertex Mag. included, exc. cond. \$1750. Also 8" by 6" surge valves- nearly new, \$750. 364-7316 or 346-1030. 23090

3. CARS FOR SALE
MUST SELL! '92 Ford Crown Victoria LX, 4-door sedan, air bag, am/fm stereo cassette, power windows, power door locks, power seat, cruise control, tilt steering wheel. Rear window defroster, no old contract to assume, no back payments to make, just need responsible party to make reasonable monthly payments, call Doug Huldeman in The Credit Department, Friona Motors, 806/247-2701

MUFFLER SHOP
CROFFORD AUTOMOTIVE
 Free Estimates
 For All Your Exhaust Needs
 Call: 364-7880

1988 Suburban, Wrangler Cowboy Conversion, 53,000 miles, \$11,500.00. 364-5929 after 6 p.m. 23016

'76 Blazer, approx. 4,000 miles on 350 motor, new A/T. Call 364-1933, LeRoy Williamson. 23074

1985 Chev 1/2 ton 4 w/d pickup, 1986 G.M.C. 1/2 ton pickup, new tires. See at 100 Cherokee, 806-364-2948. 23075

4. REAL ESTATE

Commercial Property Zoned Heavy Industrial. Dock High, 14,995 square foot building plus 825 square foot office space, cool storage room, on railroad siding. Call Don C. Tardy Company, 364-4561 or 1-800-658-6006. 23080

FOR SALE BY OWNER
 2 brm downstairs, one full bath, large kitchen with bar; large livingroom, attic has been turned into large upstairs bdrm, with skylight. Perfect for kids. Has all been remodeled. Also house comes with 2 rental apartments in the back, great neighborhood, asking \$39,500.00. Call 655-0092 for appointment

FOR SALE BY OWNER
 House with or without daycare for sale in NW area, close to schools. 4 bd/ 2 bath, builtins, central heat & air. 2500 sq.ft., 364-5610

HOUSE FOR SALE IN LUBBOCK
MOVING TO LUBBOCK?
 Consider this beautiful custom built home-3bd, den w/fireplace dining area, breakfast nook, 2 baths, 3 ceiling fans, new carpet & new floor covering in kitchen & guest bath. 1942 sq. ft. living space, double garage, on 1/2 acre lot with water well located outside city limits in North Terra Estates in the Frenship School District. No city taxes. 12'x16' storage bldg, built-in shelves, overhead lights, power outlets. Assumable VA loan, non-qualifying at 9% fixed rate.
 For Information Call 1-793-9223

5. HOMES FOR RENT

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

Best deal in town, furnished 1 bedroom efficiency apartments. \$175.00 per month bills paid, red brick apartments 300 block West 2nd Street. 364-3566. 920

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

Self-lock storage. 364-6110. 1360

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

Moving Special. 2 bedroom, stove, fridge, water paid. 364-4370. 22671

Large 2 bedroom at 301 E. 6th, \$250 + deposit. 364-4049 22992

2 bedroom mobile home, stove & fridge, w/d hookup, fenced yard, \$210/monthly, 364-4370. 23027

One bedroom apartment and a two bedroom house for rent. 364-1736 23037

CROSSWORD

by THOMAS JOSEPH

- ACROSS**
 1 Boards, as a train item
 7 Locomotive fuel
 11 "The Graduate" girl
 12 Stir up
 13 "The Mary Tyler Moore Show" setting
 15 Richt-hofen, for one
 16 Fling
 18 Goldfish and gerbils
 21 Supply with money
 22 Occupied (oneself)
 24 Epoch
 25 Recipe amount
 26 — culpa
 27 Imps
 29 "The Yearling" boy
 30 Secretarial goof
 31 Babies in blue
 32 Europe's "boot"
 34 One of a class of German lyric poets
 40 Buffalo's lake
 41 Old cold period
 42 Cry from the crow's nest
 43 Sunday
- DOWN**
 1 Jeweler's item
 2 Yale supporter
 3 Stocking color
 4 Fabled sailor
 5 "Love Story" costar
 6 Close
 7 Hags
 8 Gusher stuff
 9 — Baba
 10 Guitarist Paul
 14 Like 3-D books
 16 Sound of Washington
 17 Foe
 19 Shake-



2-16

STUMPED? For answers to today's crossword, call 1-900-454-7377 (99¢ per minute, touch-tone / rotary phones. (18+ only.) A King Features service, NYC.

Two bedroom trailer house, central heat, air conditioning, fenced yard, \$225/monthly, \$100 deposit. 364-6420. 23040

One bedroom apartment 406 Ave. "B" Apt. "C" Rent \$190/mo; Deposit \$150. All bills paid except electricity. Call 372-9993 Amarillo. 23057

For rent 2 bedroom, 1 bath, garage, w/d hookup, fenced, storage room, 608 Bleivins, \$225/monthly + deposit, 364-4908. 23060

For rent 3 bedroom trailer 1 1/2 bath, 7 miles SW of Hereford, \$100/deposit; \$200/ rent. 357-2504. 23082

Large 2 bedroom house, w/d hookup, 364-4370. 23087

Furnished apartment efficiency apartment for working gentleman. Good area. All utilities paid. 364-1371 23092

6. WANTED

Would like to purchase used wooden book shelves. Call 364-2030 or 364-6957. 22929

Want to buy a good 1066 or 1086 International Tractor. Phone 806-364-3877 23083

American Benefits Plus is endorsed by Dr. Pat Robertson. Family business can be yours. Be your own boss and earn income for your family's needs. No investment necessary. Great opportunity for others to save while you earn. Call collect - 806-655-0103-Canyon.

8. HELP WANTED

Positions unlimited. Russia, Germany, Saudi, Mexico. Paid Housing/Benefits. Supervisors, Engineers, Medical, Bookkeepers, Teachers, needed. Call 1-800-995-8996 ext. R5621 23078

Positions for RN, LVN & CNA. Generous benefit package with competitive salary. King's Manor Methodist Home, Inc. 400 Ranger Drive, Hereford, Texas. 23079

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TINCT VALUE
OMAHA EXUDE
REWORD MID
ETA TENANTS
SOY ONEDAY
AVOWS
ROGETS IRK
REVERES NEE
APE STAPLE
SERIF AGAIN
PADRE NERVE
SLOAN DETER

Saturday's Answer

- 31 Pizzeria serving
 33 Without repair
 34 Blanc or Brooks
 35 Lyricist Gershwin
 36 Diarist Anais
 37 Whale school
 38 Concipt
 39 Stamp's pal

MECHANIC NEEDED
 for truck/tractor and refrigerated trailer maintenance work. Individual must have experience w/Transport Mechanical Refrigeration System & have own hand tools. This position is an excellent opportunity for the right individual. Apply in person to Jerry Carlton, CAR,LTD. at the Excel facility in Friona Texas.

9. CHILD CARE

KING'S MANOR METHODIST CHILD CARE
 *State Licensed
 *Qualified Staff
 Monday-Friday 6:00 am - 6:00 pm
 Drop-ins Welcome with advance notice
MARILYN BELL / DIRECTOR
 364-0661 • 400 RANGER

HEREFORD DAY CARE
 Offering an excellent program of learning and care for your children 0-12! State Licensed

Also - SPECIAL AFTER-HOURS pick-up for Kindergarten Children!
364-5062
 248 E. 16th

Wanted girl playmate for energetic 3 1/2 year old daughter. Lots of TLC, large playroom, good meals, great rates, Christian atmosphere. Call Nyla at 364-6701.

Be a good neighbor. Be alert for vandalism or break-ins. If you see anything unusual around a residence or business, call the police. Let's all be involved in policing our neighborhoods.

Use The Classifieds And Consider It

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

CLASSIFIEDS

10. ANNOUNCEMENTS

Problem Pregnancy Center Center, 801 E. 4th. Free pregnancy testing. For appointment call 364-2027. 364-5299 (Michelle) 1290

11. BUSINESS SERVICE

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

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

Garage Doors & Openers Repaired. Call Robert Betzen Mobile 364-1120; Nights Call 289-5500. 14237

Manley Portable Buildings, top quality construction, custom build any size. 364-1736. 22625

Window Cleaning, commercial, residential, Michigan window cleaner, 12 years experience. Deadline, March 10th, free estimate. Call Jose-364-1527 22986

Tree trimming, tree removal & regular lawn cleaning-Ryder Lawn & Yard. 364-3356. 22995

Income tax preparation service. Will pick up and deliver within city limits. Call James Gamez, 364-4642. 22997

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

WINDMILL & DOMESTIC
Sales, Repair, Service
Gerold Parker,
258-7722
578-4646

12. LIVESTOCK

Wanted: Graze out wheat pasture for approximately 30-90 head stockers. Immediate possession or near future. Call 364-2500 23000

Oats! Oats! Oats! Great variety of seed oats & feed oats. Gayland Ward Seed, 258-7394. 23017

Round & Square bales Graze all oat hay and wheat straw, 3-bales cattle feeder on trailer, Power River Calf Cradle, 76 Blazer, approx. 4,000 miles on 350 motor, new a/t. 364-1933 LeRoy Williamson 23056

LEGALS

The Deaf Smith County Commissioners will open bids to sell a 10 foot V type snow plow with attachments at 9 am on February 22, 1993. The items for sale may be seen at the Precinct 4 Barn.

Be a good neighbor. Be alert for vandals or break-ins. If you see anything unusual around a residence or business, call the police. Let's all be involved in policing our neighborhoods.

Accent on Health

During their childbearing years, many women develop ovarian cysts, fluid-filled growths on the ovary. Often, these cysts are small and disappear on their own. But, sometimes, cysts can become greatly enlarged, requiring surgical treatment.

The most common type of ovarian cyst is a "functional cyst," which occurs as a result of the normal process of ovulation. Each time the ovary releases an egg, a small cyst-like structure is formed. Usually this structure dissolves. Occasionally, however, it doesn't dissolve and a functional cyst is formed. These cysts, which rarely cause symptoms, normally shrink and disappear after several menstrual cycles.

Other types of cysts can be more troublesome. Although most are usually benign (non-cancerous), they can grow quite large and sometimes rupture or become infected. Polycystic ovarian disease (multiple cysts covering the ovaries) may interfere with ovulation.

Ovarian cysts often don't cause any symptoms. When symptoms do occur, they may include a dull ache or feeling of pressure in the abdomen, swelling of the abdomen, or unusually heavy or painful menstruation.

Generally, ovarian cysts are first detected during a pelvic exam by a doctor. Sometimes other tests, such as ultrasound and laparoscopy, are used to confirm the diagnosis. Ultrasound, which uses sound waves to create a picture of the internal organs, can help determine the size of an ovarian growth and whether it is filled with fluid or solid matter. Laparoscopy is a surgical procedure involving the use of a slender telescope-like instrument inserted through a small cut below the navel to view the inside of the pelvis.

If a cyst is small and is not causing any symptoms, the doctor may wait several menstrual periods before treating it to see if it has shrunk or disappeared. Sometimes oral contraceptives, which contain hormones which can help shrink cysts, are prescribed.

Large cysts or those that cause symptoms may require surgery. Depending on the type of cyst and a woman's age and overall health, the doctor may recommend either removing the cyst keeping the ovary intact or removing one or both ovaries. In some cases, the uterus may also need to be removed.

Because it is not likely that you will notice any symptoms of an ovarian cyst, it is important to get regular pelvic exams. Most women should have a gynecologic exam including a Pap test and pelvic exam each year.

Give something back

Volunteers make a difference. They're the backbone of many organizations. Billions of dollars worth of work are performed annually by volunteers throughout North America. This work—often overlooked—is not recognized as part of a nation's economic output, but the benefits to charities and local communities are immeasurable.

Within Shriners Hospitals for Crippled Children (19 pediatric orthopaedic hospitals and the three Shriners Burns Institute), volunteers play an important role in the hospitals' daily operations. It is done by people who seek no "attaboys." It's simply their way of giving something back to the community.

One-third of the people who could benefit from medical rehabilitation are not getting the care they need.

We Sell FRESH FOOD EVERY WEEK!

SAVE Shopping Time
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Each week, these local supermarkets feature added-value advertisements and circulars **HERE** for your shopping convenience.

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Brand

B&R THRIFTWAY

406 E. 7TH &

1105 W. PARK AVE.

Sunday
Brand



BAG

THE SAVINGS EVERY WEEK IN THE HEREFORD BRAND!

AXYDLBAAXR is 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.

2-16 CRYPTOQUOTE

P Z N J M K B R ' U V Q -
I P S Q W U Y Q F P Q P R
U Y Q C T N N J M F W J O P C Q V,
N J M ' V E Q U U Q W W Q -
V Q Z P R Q U Y Q F P Q.

- F B M I B C B O M Q I C J R
Yesterday's Cryptoquote: DON'T TAKE A BUTCHER'S ADVICE ON HOW TO COOK MEAT. IF HE KNEW HE'D BE A CHEF. — ANDY ROONEY

Schlabs Hysinger



SERVING
HEREFORD
SINCE 1979

COMMODITY SERVICES

1500 West Park Ave.

364-1281

Richard Schlabs

Steve Hysinger

Prices effective Friday, February 12, 1993.

CATTLE FUTURES

Month	High	Low	Open	Close	Settle
Mar	52.50	52.50	52.50	52.50	52.50
Apr	52.50	52.50	52.50	52.50	52.50
May	52.50	52.50	52.50	52.50	52.50
Jun	52.50	52.50	52.50	52.50	52.50
Jul	52.50	52.50	52.50	52.50	52.50
Aug	52.50	52.50	52.50	52.50	52.50
Sep	52.50	52.50	52.50	52.50	52.50
Oct	52.50	52.50	52.50	52.50	52.50
Nov	52.50	52.50	52.50	52.50	52.50
Dec	52.50	52.50	52.50	52.50	52.50

GRAIN FUTURES

Month	High	Low	Open	Close	Settle
Mar	217 1/4	217 1/4	217 1/4	217 1/4	217 1/4
Apr	217 1/4	217 1/4	217 1/4	217 1/4	217 1/4
May	217 1/4	217 1/4	217 1/4	217 1/4	217 1/4
Jun	217 1/4	217 1/4	217 1/4	217 1/4	217 1/4
Jul	217 1/4	217 1/4	217 1/4	217 1/4	217 1/4
Aug	217 1/4	217 1/4	217 1/4	217 1/4	217 1/4
Sep	217 1/4	217 1/4	217 1/4	217 1/4	217 1/4
Oct	217 1/4	217 1/4	217 1/4	217 1/4	217 1/4
Nov	217 1/4	217 1/4	217 1/4	217 1/4	217 1/4
Dec	217 1/4	217 1/4	217 1/4	217 1/4	217 1/4

METAL FUTURES

Month	High	Low	Open	Close	Settle
Mar	331.00	331.00	331.00	331.00	331.00
Apr	331.00	331.00	331.00	331.00	331.00
May	331.00	331.00	331.00	331.00	331.00
Jun	331.00	331.00	331.00	331.00	331.00
Jul	331.00	331.00	331.00	331.00	331.00
Aug	331.00	331.00	331.00	331.00	331.00
Sep	331.00	331.00	331.00	331.00	331.00
Oct	331.00	331.00	331.00	331.00	331.00
Nov	331.00	331.00	331.00	331.00	331.00
Dec	331.00	331.00	331.00	331.00	331.00

Month	High	Low	Open	Close	Settle
Mar	374.00	374.00	374.00	374.00	374.00
Apr	374.00	374.00	374.00	374.00	374.00
May	374.00	374.00	374.00	374.00	374.00
Jun	374.00	374.00	374.00	374.00	374.00
Jul	374.00	374.00	374.00	374.00	374.00
Aug	374.00	374.00	374.00	374.00	374.00
Sep	374.00	374.00	374.00	374.00	374.00
Oct	374.00	374.00	374.00	374.00	374.00
Nov	374.00	374.00	374.00	374.00	374.00
Dec	374.00	374.00	374.00	374.00	374.00

FUTURES OPTIONS

Month	High	Low	Open	Close	Settle
Mar	1.00	1.00	1.00	1.00	1.00
Apr	1.00	1.00	1.00	1.00	1.00
May	1.00	1.00	1.00	1.00	1.00
Jun	1.00	1.00	1.00	1.00	1.00
Jul	1.00	1.00	1.00	1.00	1.00
Aug	1.00	1.00	1.00	1.00	1.00
Sep	1.00	1.00	1.00	1.00	1.00
Oct	1.00	1.00	1.00	1.00	1.00
Nov	1.00	1.00	1.00	1.00	1.00
Dec	1.00	1.00	1.00	1.00	1.00

Month	High	Low	Open	Close	Settle
Mar	1.00	1.00	1.00	1.00	1.00
Apr	1.00	1.00	1.00	1.00	1.00
May	1.00	1.00	1.00	1.00	1.00
Jun	1.00	1.00	1.00	1.00	1.00
Jul	1.00	1.00	1.00	1.00	1.00
Aug	1.00	1.00	1.00	1.00	1.00
Sep	1.00	1.00	1.00	1.00	1.00
Oct	1.00	1.00	1.00	1.00	1.00
Nov	1.00	1.00	1.00	1.00	1.00
Dec	1.00	1.00	1.00	1.00	1.00

Ask Dr. Lamb

DEAR DR. LAMB: Recently I read an article that said a combination of papaverine, phentolamine and prostaglandin injected about 10 minutes before sex helps to cure impotency. Would you please comment on this claim. The article said the drugs were available by prescription at any pharmacy. Is there such a product, and if so, does it have a name? Or is there any product that can be taken or can be injected that you would recommend to help impotency?

DEAR READER: Yes, those are the three drugs that have been used to evaluate and also to treat impotency. Papaverine is the most frequently used one. It dilates the blood vessels in the arterial system to the penis. That is also why it is used in testing the cause of impotency. When the arterial system is clogged from fatty-cholesterol deposits, preventing an inflow of blood, the injection does not produce the desired result. It is given by a hypodermic needle injection at the base of the penis. Regitine (phentolamine) and prostaglandin E may also be used.

You can't use these injections every day. In some cases, when a man has lost confidence, using the injections once a week until he regains his confidence will do the trick. If the injections are abused by frequent use, they can cause fibrous changes inside the penis with deformity of the penis as another cause for impotency.

Sometimes these injections can cause prolonged painful erections, and if the erection is not relieved, it may cause permanent damage to the penis. To avoid this, medical help must be obtained to drain the blood out of the penis. Injections should not be used more than once a week and no longer than for 18 months.

But before a man has any treatment, he needs a proper evaluation to determine the cause of impotency. I have discussed the various tests that are used to determine the real cause in my new Special Report 125, Impotence, Premature Ejaculation and Peyronie's Disease, which I am sending you so you will know what has to be done. Others who want this report can send \$3 with a long, stamped (52 cents), self-addressed envelope for it to THE HEALTH LETTER/125, P.O. Box 5537, Riverton, NJ 08077.

There are other ways of managing impotency. These include flexible and inflatable implants which are discussed in the report I am sending you.

DEAR DR. LAMB: I have been following a low-fat diet. After eating fruits and vegetables for either meals or snacks, I become really hungry soon afterward. The foods include apples, oranges, salad, broccoli and also pasta. I am a healthy 22-year-old, who is not trying to lose weight. I'm just trying to keep off the inches and tone up with diet, weight lifting and cardiovascular training. A friend has the same problem and said it is the carbohydrates in food that make the hunger come on so strong. Why do these "good for you" foods do this? What other low-fat or no-fat snacks or meals that won't cause this hunger could you suggest?

DEAR READER: Sweets may cause an excess amount of insulin release and cause rebound hunger. The foods you mention should not. Hunger is a complex thing, dependent on a full stomach, your blood glucose level and even habit, such as being hungry at a specific time. Add some low-fat meat to your diet. Skinned baked chicken breast is very low in fat and may provide more diet satisfaction. Broiled or steamed low-fat fish may also help. Or your body may be telling you that you need more calories.

DEAR DR. LAMB: I am a 71-year-old woman. My daughter insists that I should get a flu shot. I didn't get one last year and I did not get the flu. Also, I do know of people who have

had the shot and did get the flu. I have heard that the shots can actually be dangerous. I am in good health and don't see why I should get a flu shot under these circumstances. Is it really necessary to get a shot every year like my daughter says?

DEAR READER: Better listen to your daughter. Anyone over 65 years of age should be immunized against influenza. That would normally include residents of nursing homes and chronic-care facilities.

The immunization is not always effective. Estimates are that about 80 percent of those immunized will be protected against the flu. If everyone of all ages would get immunized, it would be almost impossible for a community to have a flu epidemic because there would not be enough cases to allow the disease to spread.

Is immunization dangerous? No. There is an occasional bad reaction. Several years ago, during a national immunization drive because of a serious influenza epidemic, several individuals did develop a type of neurological disorder, but that is rare and is not a significant risk now. Keep in mind that in 1985, 70,000 people died from influenza and pneumonia in the United States. In years of a serious epidemic, the death toll is much higher. So your risk is much greater from not being immunized than any possible risk from the vaccine.

The influenza virus is able to undergo change, and usually does on an annual basis. That means a new vaccine needs to be made for the changed virus. The vaccine for the old strain is no longer effective.

There are two types of influenza— influenza A and influenza B. You can take medicine, amantadine (Symmetrel), to treat influenza A if you take it at once when you first have symptoms. You can also take it for two weeks in the middle of a flu epidemic while waiting for your immunization to take effect. It is not too late to be immunized.

To help you with your important decision, I am sending you Special Issue 34-08, Colds, Flu and Pneumonia. Others who want this issue can send \$3 with a long, stamped (52 cents), self-addressed envelope for it to THE HEALTH LETTER/34-08, P.O. Box 5537, Riverton, NJ 08077.

DEAR DR. LAMB: I am 38 years old and have noticed a swelling on my testicle. I have reason to believe it is cancer. However, I am in no pain and have no weight loss. Could it possibly be a hernia or excess fluid build up? Is a biopsy the only way to diagnose this type of cancer? I am concerned the cancer will spread to my lungs.

DEAR READER: It is unbelievable that you would think you have a cancer and do nothing about it. Go see your doctor. You will need a physical examination to help define what the swelling is. Any unexplained swelling or lump of the testicle should be examined at once. Incidentally, the cure rate for most forms of testicular cancer is rather good these days, if treated early.

It could be a hernia, and if so it may be important to have that corrected before it gets strangulated. Again an examination is essential. Or it could be a spermatocele, a cyst full of sperm cells, or a hydrocele, a sac of fluid. The doctor can tell if it is these or a hernia when he does a physical examination.

Dr. Lamb welcomes letters from readers with health questions. You can write to him at P.O. Box 5537, Riverton, NJ 08077. Although Dr. Lamb cannot reply to all letters personally, he will respond to selected questions in future columns.

One of the advantages of being disorderly is that one is constantly making exciting discoveries.

"Body parts" models often in great demand

By FRANCINE PARNES
For AP Special Features

Trisha Webster's face you've seldom seen. But her hands, legs and feet are among the most photographed.

Webster is a body parts model, commanding upwards of \$300 an hour for exposing her extremities to the worlds of fashion, film and commerce. Her lips, ears, neck, shoulders, waist and hips are also in demand.

She has parts in countless commercials and print ads, selling countless products from wedding bands to pantyhose, nail enamel to shoes. She's even been the body parts double of some true American beauties, including Geena Davis, Susan Sarandon, Christie Brinkley and Farrah Fawcett.

"Farrah's forte is her hair and smile," Webster says. "Mine is my hands. We both did our jobs."

Webster, with her long, tapered fingers, racehorse legs and fabulous feet, is the top in her field at the Wilhelmina Agency in New York. At 5 feet 7 and 105 pounds, she's a perfect size 7 - size 7 gloves and size 7 shoes, though she can squeeze into a sample size 6 when the job calls for it. She and her husband, Michael Wickes, a pastel artist and daytime TV and off-Broadway actor, live in Brooklyn, N.Y., with their beagle, Bett.

Webster's hands, legs and feet are insured, yet she's a prisoner of her beauty. She limits activity to 30-minute walks and taking the stairs - in sneakers with lots of room because corns and callouses would be calamitous. She owns 10 types of gloves and wears them at least 12 hours a day. She even sleeps in them. The rubber gloves are for emergencies because routine housework and cooking are verboten.

"If I even look at a knife, I'm afraid I'll get cut," she says. "I stay out of the kitchen as much as possible

and am very lucky to have a husband who likes to cook."

Soft cotton gloves are a must for opening the mail - no paper cuts, please - and for sleeping. Leather gloves are for potting plants.

"And I have my gardening gloves in case I'm really pressed into vacuuming or walking the dog or opening a window," she says.

Webster shuns soap and the sun as too harsh on her skin.

"A long time ago I stopped going out in the sun because it dries and ages hands just as it does your face," she says.

If sun is unavoidable, she pulls crocheted gloves up to her elbows.

"It definitely looks a little odd," she says. "People ask me strange questions, like 'Do you have athlete's hand?' and 'Are you the president of Michael Jackson's fan club?'"

For diversion, she plays word games like Scrabble and Boggle with her husband, watches videos and reads mysteries. When she's out, her handbag is organized with small zippered purses so everything is at her fingertips and there's no need to dig.

Webster, a spokesman for Revlon nail care, gives herself a manicure daily and has become quite adept at it.

"For emergency situations, like bookings where they pay me by the hour, I've got the whole manicure system down to 10 minutes," she says. "That really counts when the top going rate is \$312.50 per hour."

Webster, of Brooklyn, N.Y., got her well-turned foot in the door more than 20 years ago when she practically stumbled into her career.

"People would look at my portfolio and say, 'What's really photogenic about you is your hands.' ... the next thing I knew, I was a hand and leg model," she says. "People recognized it before I did. And it kept snowballing."

Hints from Heloise

Q. We are planning to ship our dog cross-country by plane. Will we be allowed to ship the dog in the crate we use to take the dog to the veterinarian? — A Reader, Memphis, Tenn.

A. According to our friends at the American Veterinary Medical Association, your crate may be inadequate.

Contact the airline that you plan to use, well in advance, for: specific kennel regulations, the best time to ship a pet, their preferred mode of identification as well as feeding instructions.

Try to get a non-stop or direct flight. Be sure to put identification on the dog as well as on the crate.

Also, some dogs may do better with a tranquilizer before flight. Check with your veterinarian, who is familiar with your dog.

Give that dog a hug from me. — Heloise

CAR REMINDER

Dear Heloise: When I'm trying to unlock my car and my arms are loaded with packages, I place the packages on the hood of the car, in front of the windshield.

This way, I can't forget any of the packages since they are evident through the windshield.—Geraldine Johnson, Big Spring, Texas

BEACH TOWELS

Dear Heloise: We wanted to buy seat cover for our car, but nothing seemed to match our maroon interior except covers that were very expensive.

While wandering through the store one day, I spotted some maroon beach

towels on sale. An idea hit me!

Why not pull some string or elastic through the narrow hem on the towel? I tried it with a needlepoint needle, pulling the ends together, tying and placing it on the headrest of both front car seats (further tightening may be necessary). Then tuck the towel all around the bottom of the seats.

It worked! Looks great and the color matches perfectly.

I also used this idea on a rattan chairpad with a pastel green towel.—Jessie T. Hult, Naples, Fla.

FAMILY DINNER

Dear Heloise: Evening mealtime is usually hectic around our home. With my husband and myself working and the teen-agers busy with after-school activities, dinner can be a hassle.

To make it a little easier, I tape the week's menu on the refrigerator. It includes recipes and the cookbooks the recipes came from.

Whoever gets home first starts dinner. Since everyone gets home at different times every day, it works out just about evenly.—Sonya Thomas, Colorado Springs, Colo.

That man is truly free who desires what he is able to perform, and does what he desires.

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