





# Lifestyles



SETH PIETSEK, TOMMY ROSSON

## Big Brothers-Big Sisters

We are pleased to honor Little Brother Seth Pietsek and his Big Brother Tommy Rosson as our "Match of the Month". These two celebrate their first year anniversary this month.

Seth is the son of Charlene Pietsek, and is a first grader at Northwest Elementary.

Seth and Tommy enjoy many ac-

tivities together including outdoor fun and wood working projects.

Tommy's weekly visits are the highlight of Seth's week. He looks forward to seeing Tommy regardless of what activity they share.

Big Brothers/Big Sisters is honored to have these two "special people" participate in the program. BB/BS is a United Way Agency.

## DAR chapter garners awards, hears reports

Los Ciboleros Chapter of DAR met in the home of Mrs. Joe Reinauer, Sr. on Thursday afternoon. Hostesses were Mrs. Gid Brown and Mrs. Robert Sheffy.

Regent Violet Reinauer opened the meeting with the ritual assisted by Chaplain Lois Gilliland. Mary Williamson led the Pledge of Allegiance followed by recitation of the Preamble of the Constitution. Helen Rose led the group in the American's Creed followed by the group's singing of the National Anthem.

The President General's Message was read by Charlotte Clark. Following other business, Rose, who is chairman of National Defense for the chapter, gave the program, "In Defense of Liberty and Justice." The importance of educating youth was stressed. Rose noted that one's awareness of history should be increased since understanding will enhance each individual's sense of liberty and justice in our country.

Margaret Bell, who along with Patricia Robinson and Violet Reinauer attended a joint meeting held Oct. 7 in Amarillo of Sons of American Revolution and Daughters of American Revolution reported on the dinner meeting and program. Dr. Charles Townsend, West Texas State University faculty member, was the guest speaker who focused on "The Constitution: Its 200th Anniversary."

Other committee reports included Robinson, Genealogical Records; Mildred Drake, Constitution Week Activities; Williamson, Veterans Services; and Robinson, American History Month.

Reinauer announced that the chapter had been awarded several certificates at the Continental Congress in Washington, D.C. These awards included: a certificate of award for DAR Service for Veterans-Patient Committee and making the honor roll (honorable mention) in the

## 14th Annual Country Music Jubilee set Thursday night

The Top of Texas Cloggers will be among the performers featured at the 14th Annual Country Music Jubilee set at 8 p.m. Thursday in Hereford High School auditorium.

The Top of Texas Cloggers were formed in 1980 under the direction of Allen Zion and boasts 50 dancers which meet weekly. The group has performed around the Texas Panhandle and in Amarillo for benefits, fund raisers, and several city functions.

Over 60 trophies most of which are first place awards, have been earned by the groups since they began entering competition in 1985. The Top of Texas Cloggers were grand champions in Silver Dollar City in Branson, Mo. in 1986-87 and 1988 and were named grand champions of Mid South Fair in Memphis, Tenn. in 1986-87.

The group has won the Star Search contest in Pampa and has competed in the Discover television contest. The group is currently raising funds for entry into the Southern States Competition in Daytona, Fla. set in January 1989.

Also scheduled to appear at the Jubilee will be Wally Fowler, The

Pilgrim's Quartet, Jeanette Lunsford, and Hereford's own "Now and Then Bluegrass Band."

Tickets to the benefit show, sponsored by Sheriff Joe C. Brown, Jr. and the Deaf Smith County Sheriff's Department, are priced at \$7.50 per person and are available at the Sheriff's Department, Gibson's, La Tienda Thriftway, and both Mr. Burger locations. A door prize will be given during the evening.

## Scout leaders to meet Thursday

All Boy Scout and Cub Scout leaders are to meet Thursday in the Community Center Lounge at 7:30 p.m.

Purpose of the meeting is distribution of popcorn sales packets. If unable to attend the meeting, call Carolyn Evers at 364-4739.

The Eastman Dry Plate and Film Company of Rochester, N.Y., manufactured the first commercial motion-picture film in 1885.

## Abundant Life

THE COMMON GOOD  
By Bob Wear

It is becoming increasingly essential that all of us be interested in the "common good", because there are more of us, we are more closely related, we are becoming more and more interdependent, and the things we do and the things which happen to us affect others. Of course, all of us like our independence and we do not want to relinquish it. We can be sufficiently independent without trying to deny our interdependence, we can be justifiably independent and, at the same time, be wholesomely and wisely concerned about the "common good".

We must maintain a justified wholesome self-interest, but not get lost in it. We can, and we must recognize and maintain the self-interest in the best possible relationship to our interest in the "common good". If we neglect either one of these, we hurt ourselves and others. It has been said, "There is a destiny that makes us all brothers, none goes his way alone; the things we send into the lives of others come back into our own." We may not see this observation as wholly true, but it is entitled to our consideration.

There is a growing view that is be-

ing expressed more and more, the view that people must begin to do more to help themselves and others cope with the growing social ills. More and more is being said about the "public sector", and what it can and should be doing to help. This is just a way to speak of the "common good", and its importance to all of us.

We can work together, in many ways; we can encourage one another, we can build up one another, we can, in a variety of ways, share burdens and make them a little lighter. There are many ways to brighten the climate of mutual concern, and in doing this there is a sense in which each person actually receives strength from the corporate strength.

Each person counts, and we will all profit to the extent we can develop and maintain a wholesome concern for the "common good."



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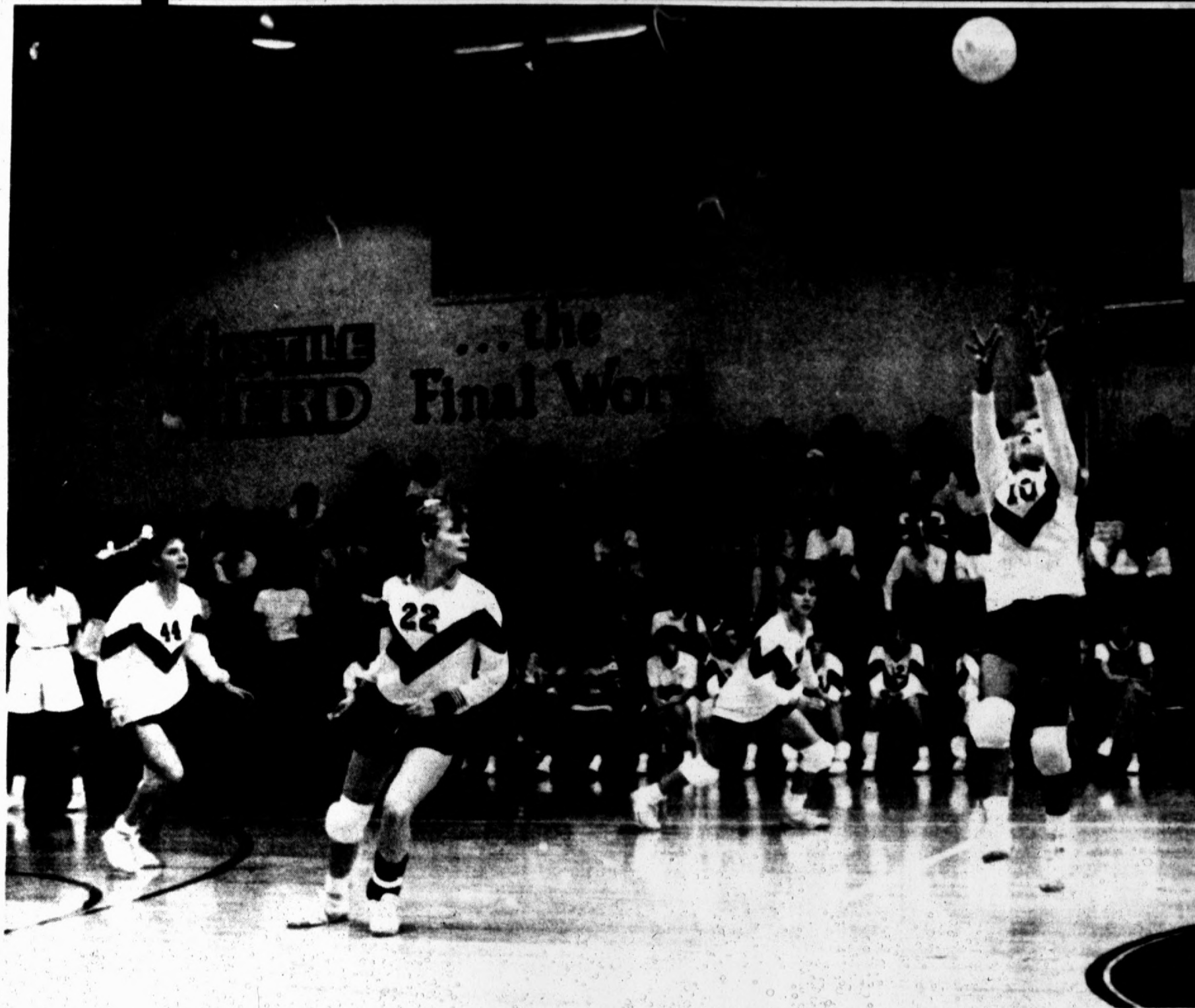
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# Sports



## Setting up the offense

Nikki Self (10) of the Hereford High School volleyball team sets the ball as Poppy Richardson (44), Shantel Cornelius (22) and Jill West move into position. The

Herd clinched a playoff spot with a 15-1, 5-15, 15-6 win on Saturday against Pampa.

## HHS grabs playoff spot

By JOHN BROOKS  
Managing Editor

The Hereford Whiteface volleyball team clinched a playoff spot last Saturday at the HHS gym with a three-game, 15-1, 5-15, 15-6 win against Pampa.

The Herd will travel to Levelland on Thursday for matches beginning with the junior varsity at 6:30 p.m. HHS will end its regular season on Saturday by hosting Borger.

Hereford's bi-district match will be at 5 p.m. on Nov. 5 at Seminole High School. The Whitefaces will probably meet Pecos, the team with the inside track for first place in District 4-4A.

"It's nice that we finally have second place in concrete," said Hereford coach Brenda Reeh. "Now we can use our next two matches to prepare us for Pecos. We need to perfect our skills as much as we can against Levelland and Borger."

Hereford jumped to an 11-0 lead in the first game before taking the 15-1 win, and held a 4-3 lead in the second game before Pampa surged back to take a 15-5 win.

"When you beat someone 15-1 in the first game you tend to ease up in the second game," Reeh said. "Pampa started playing better in the second game, and we eased up too much."

"On the other had, it's not really that bad to have to play some catch-up ball. We haven't had too many

games in district when we've had to come from behind. It would be nice if every game were like the first game, but it teaches you patience and teamwork when you have to come back."

Pampa took a quick 2-0 lead in the third game before Hereford came back to take a 4-2 lead. Pampa later closed the gap to 6-5 before the Whitefaces iced the Harvesters. Shantel Cornelius served three aces in the six-point run to put the match away, serving six straight points to run the Hereford lead to 11-5.

We needed someone to come in and take charge, and it's nice to have a freshman (Cornelius) come in and do that," Reeh said. "I also thought Cande Robbins had a good offensive game for us."

Robbins had nine kills and five blocks. Poppy Richardson had five blocks and four kills. Libby Kosub added five kills and three aces, and Jill West had eight service points and three aces.

The Hereford JV posted an impressive 15-7, 15-7 win against the Pampa JV on Saturday.

"We're starting to play like a team," said JV coach Lynn Gilbreath. "They've worked hard and they're coming together. We're earning points and playing extreme-

ly well. They're right where they need to be as a JV, and we're proud of them."

Hereford fans should note the change in schedule on Thursday's game in Levelland. On some schedules, the game is listed for Tuesday.

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- All of Sec. 91, Blk. B-5, H&GN Survey; approx. 640 acres.
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# Carrasco first at Dalhart

Hereford's Benny Carrasco won first place to pace the Hereford boys' cross-country team to a third-place finish last Saturday at the Dalhart Invitational Cross-Country Meet. Carrasco ran the three-mile course in 15:46.

The Hereford boys finished with 82 points. Boys Ranch edged Canyon, 36-37, to win team honors.

"This was a good meet for these young men," said HHS cross-country coach Martha Emerson. "They competed extremely well and are optimistic about their chances to get out of district on Saturday and advance to the regional meet on Nov. 5."

"Randall is the top team in the area, and not just in 4A, but Hereford, Pampa and Dumas all have the potential to take second place."

The District 1-4A meet will be held Saturday at 10:30 a.m. at Mae Simmons Park in Lubbock, just after the 5A race.

The Hereford girls also placed third on Saturday at Dalhart with 95 points, behind Perryton (34) and Spearman (70). Heading the Hereford girls was Alina Benitez with a time of 13:19.

"The girls also competed well," Emerson said. "We still have a couple of minor injuries. We have not lost to anyone in our district yet, but when you line up with just the district teams, sometimes it's different."

"The girls have an excellent chance to repeat as district champs if we are healthy and run well on Saturday."

Here are the results of Hereford runners in last Saturday's meet:

**VARSITY BOYS**  
Team totals: 1. Boys Ranch, 36; 2. Canyon, 37; 3. Hereford, 82; 4. Dumas, 97; 5. Perryton, 137; 6. Pampa, 157; 7. Texline, 166; 8. River Road, 232; 9. West Texas High, 254. Hereford runners: 1. Benny Carrasco, 15:46; 2. Jimmy Leinen, 17:29; 3. Ricky Montelongo, 17:36; 4. Tim Stagner, 17:43; 5. Armando Garza, 18:01; 6. Juan Martinez, 18:20; 7. Brook Perkins, 20:00.

**VARSITY GIRLS**  
Team totals: 1. Perryton, 34; 2. Spearman, 70; 3. Hereford, 95; 4. Dalhart, 114; 5. Pampa, 123; 6. Sanford-Fritch, 147; 7. Berger, 157; 8. River Road, 187. Hereford runners: 5. Alina Benitez, 13:19; 12. Lisa Zepeda, 13:40; 22. Teresa Castillo, 14:14; 25. Sally Garza, 14:24; 33. Denise Davila, 14:54.

**JV Girls:** 11. Aracely Nava, 15:30; 25. Chelli Cummings, 16:57.

**JV Boys:** 16. Scott Robinson, 21:15; 20. Eric Davis, 22:41; 21. Chris Hart, 22:51.

# Bears beat 49ers, 10-9

CHICAGO (AP) — "Next time I'm going to keep my mouth shut," said linebacker Mike Singletary, "but our defense was so fired up it didn't make any difference."

It was in the closing minutes of Monday night's game and the

Chicago Bears had a fourth-and-one on the San Francisco 45-yard line. Singletary insisted the Bears go for it. They tried and failed.

That gave the 49ers another chance. But once again the mighty defense held and the Bears came off

with a narrow 10-9 victory.

It marked the fifth straight game the Bears, 7-1, had held an opponent to less than 10 points, and the 49ers, who came into the game with the top-rated offense in the NFL, limped away with a 5-3 record.

"We weren't in sync," said 49er coach Bill Walsh, "and I'll tell you why. We played a great a football team. The Bears are the best defensive team in football. I think we're a good football team and a viable playoff contender."

The Bear defense limited the 49ers, who were averaging 415.7 yards a game, to a total of 213 yards.

"Give the credit to Mike Singletary, Steve McMichael, Dan Hampton, Richard Dent and everybody," Bear coach Mike Ditka said. "But Vince Tobin is the leader of our defense and he has done an outstanding job."

Tobin, the Bears' defensive coordinator, was surrounded by television cameras and members of the media.

"I'm extra proud of what they did," Tobin said. "When we needed the big play, someone came forward and made that big play."

But the two biggest plays came in the second quarter with the Bears trailing 7-0. McMichael sacked quarterback Joe Montana for a 14-yard loss and Hampton followed with a 9-yard sack, forcing a 49er punt.

The series of plays gave the Bears field position on the 49er 37, and the

Bears struck quickly. Jim McMahon hit Neal Anderson with a 32-yard pass and McMahon sneaked over from the 1-yard line with the tying touchdown.

"Those two sacks didn't give our offense a lift," said McMichael. "They gave our defensive backs a lift. They knew they could play the receivers tight, and not have the quarterback bomb them to death."

Moments later, a Montana pass was picked off by Dave Duerson at the San Francisco 36. The Bears moved to the 1-yard line but had to settle for an 18-yard field goal by Kevin Butler for a 10-7 halftime lead.

That closed out the scoring except for a safety by the 49ers in the third quarter when Larry Roberts sacked McMahon in the end zone.

But it put the 49ers in position to win the game with a field goal, and a 51-yard attempt by Mike Cofer with 6:28 left in the game fell short.

The 49ers were not to threaten again except when the Bears failed on the fourth-and-one at Singletary's insistence. That gave them new life.

By then Montana, who had been sacked four times and punished unmercifully, was spent and Walsh brought in Steve Young. But the Bear defense was unyielding.

# Willowridge still top team

By MICHAEL A. LUTZ  
AP Sports Writer

Sugar Land Willowridge returned to its dominating role on the football field and in The Associated Press Schoolboy Football Poll.

Willowridge, one week after a narrow 15-14 victory over Houston Madison, trounced Kempner 55-6 to maintain a 7-0 season record and 5-0 in District 18-5A.

The Eagles built a 28-0 lead midway through the second quarter and pulled its starters.

Willowridge held its top billing in Class 5A along with Sweetwater in 4A, Daingerfield in 3A, Refugio in 2A and Bartlett in A.

Willowridge received 20 of the 28 first place votes and 269 points in balloting by The AP's panel of sports writers and sportscasters.

Runnerup Houston Yates received five first place votes and 240 points.

Dallas Carter, ranked No. 4 last week, was tied 24-24 by Dist. 11-5A rival Duncanville and dropped to No. 7 this week.

Sweetwater rolled to a 7-0 record with a 55-6 victory over Snyder in 4A but two other ranked teams suffered

blotches on their records.

Seventh ranked Brownwood was tied by Stephenville 7-7 and No. 10 Lubbock Estacado took its first loss of the season in a 19-14 setback against Frenship.

Estacado dropped out of the top 10 and Brownwood fell to No. 9.

Daingerfield blanked Pittsburg 47-0 and had no trouble holding onto its 3A lead over No. 2 Springtown, which defeated Aledo 21-7.

Brookshire-Royal, which moved into the No. 10 spot last week, lost to Navasota 33-6. Littlefield, 7-1, replaced Brookshire-Royal at No. 10.

All 10 ranked teams from last week won their games in 2A, led by No. 1 Refugio with a 55-0 victory over Kenedy.

Second ranked Hughes Springs also kept pace with a 12-7 victory over Paul Pewitt.

with a narrow 10-9 victory.

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## Quick set by Brooks

Amber Brooks (21) of the Hereford High School junior varsity volleyball team quick-sets the ball over the net as Brooke Seiver (6) and Annie Torres (10) watch. The Hereford JV won its match Saturday against Pampa, 15-7, 15-7.

## Rodeo team competes

The Hereford High School Rodeo Team competed last weekend at Wellington.

The team will complete its fall schedule on Saturday at Canadian.

Here are the results from last weekend:

Barrel racing: 1. Regina Lewis, 16.505.  
Pole bending: 2. Marcie Smith, 21.192.  
Goat tying: 3. Marcie Smith, 12.779.  
Breakaway roping: 4. Allison Lookingbill, 6.417; 8. Marcie Smith, 29.280.  
Ribbon roping: 6. Toby Hill, 12.528.  
Steer wrestling: 2. Kirby Kaul, 25.990.  
Team roping: Burt Noland, Hereford-Steve Lookingbill, Dumas, 17.988.

## Golf results

**HEREFORD BOYS**  
Oct. 16 Triangular Meet at Huber Golf Course, Berger  
1. Randall, 225; 2. Hereford, 342; 3. Caprock, 399.  
Hereford: Anthony Gale, 81; Brad Hargness, 85; Todd Schroeder, 88; Keith Kelso, 89; Robert Jones, 91.

Oct. 23 Triangular Meet at Plainview Country Club  
1. Palo Duro, 246; 2. Randall, 301; 3. Hereford, 398.  
Hereford: Mikel Waiser, 91; Anthony Gale, 86; Brad Hargness, 99; Darren Waddell, 100; Robert Jones, 108.

**HEREFORD GIRLS**  
Oct. 16 Dual Meet at Phillip Country Club, Berger  
1. Pampa, 382; 2. Hereford, 399.  
Hereford: Naomi Grijalva, 89; Melissa Grijalva, 90; Brenda Allen, 99; Penni Hargrove, 121.

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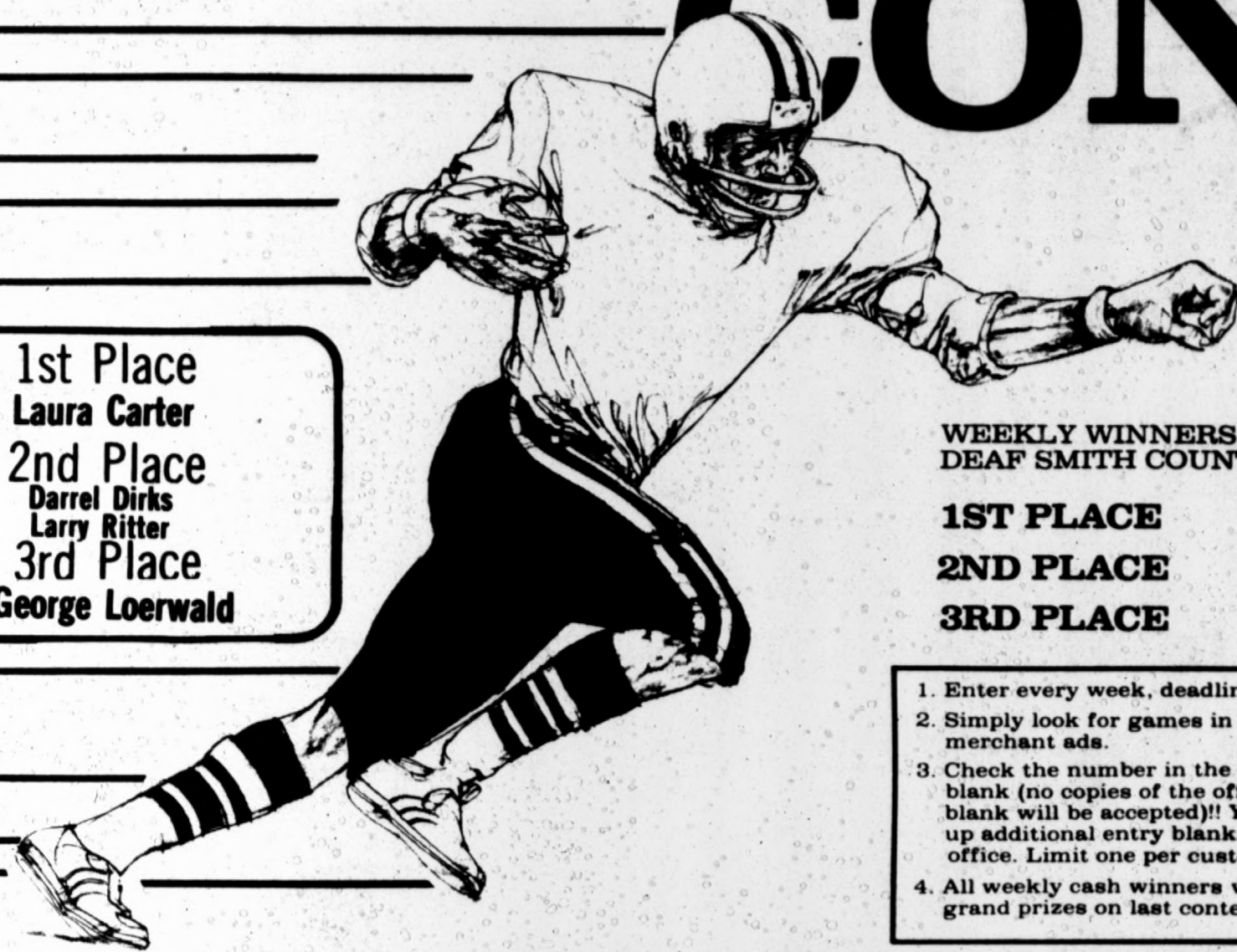


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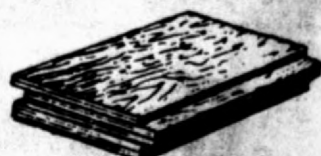
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5. <input type="checkbox"/>	6. <input type="checkbox"/>	17. <input type="checkbox"/>	18. <input type="checkbox"/>	29. <input type="checkbox"/>	30. <input type="checkbox"/>	41. <input type="checkbox"/>	42. <input type="checkbox"/>	Guess the score of this game. Ties will be determined by winner, total score and point margin.	
7. <input type="checkbox"/>	8. <input type="checkbox"/>	19. <input type="checkbox"/>	20. <input type="checkbox"/>	31. <input type="checkbox"/>	32. <input type="checkbox"/>	43. <input type="checkbox"/>	44. <input type="checkbox"/>	Tiebreaker: Penalty at Hereford TO	
9. <input type="checkbox"/>	10. <input type="checkbox"/>	21. <input type="checkbox"/>	22. <input type="checkbox"/>	33. <input type="checkbox"/>	34. <input type="checkbox"/>	45. <input type="checkbox"/>	46. <input type="checkbox"/>	Mail to Box 672 or bring by office at 315 N. Lee	
11. <input type="checkbox"/>	12. <input type="checkbox"/>	23. <input type="checkbox"/>	24. <input type="checkbox"/>	35. <input type="checkbox"/>	36. <input type="checkbox"/>	47. <input type="checkbox"/>	48. <input type="checkbox"/>		

Teams are numbered in ads; check games and mark box number of team selected as winner. Use official entry blank (no copies of the official form will be accepted). Entries must be deposited at Brand office before 5 p.m. Friday. All mail entries must be post-marked no later than Thursday or received late will be disqualified. Only one entry is allowed per person. All entrants must be at least 5 years of age to be eligible. Prize winners residing in Deaf Smith County MUST appear IN PERSON prior to the next week's contest to claim award. Prizes not claimed within 5 working days become null and void. Entrants outside the county can appear in person or enclose a self-addressed envelope with entry. Be sure to guess total score in the tie-breaker game. Members of the Brand staff or their families are not eligible. Decisions of the judges is final.

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
PHONE \_\_\_\_\_

11. Dimmitt at 12. Floydada

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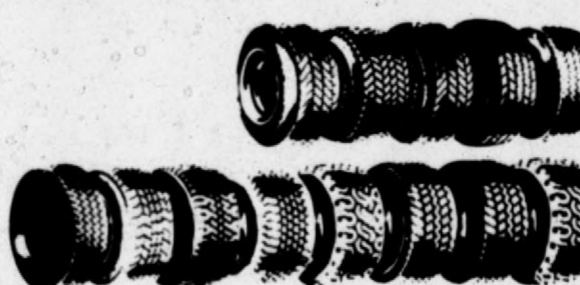
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## Choose best pumpkin for carving, eating

The Texas pumpkin crop may be small, but it offers just what you need for Halloween carving, fall decorations or eating.

The word "pumpkin" is derived from the Greek word "pepon" which means "cooked by the sun."

This summer's drought in the midwest cooked the pumpkin crop a little too much, and both the size and number of pumpkins coming from that part of the country was reduced by half.

All this is good news for the producers in Texas who raise the fall vegetable in irrigated fields. With only about 1500 acres of pumpkins, grown mostly in the south plains area, Texas wasn't exactly a giant in the pumpkin market—until this year.

"This is the height of the harvest and producers are getting good yields and excellent quality pumpkins," said Dr. Roland Roberts, a vegetable specialist with the Texas Agricultural Extension Service in Lubbock.

"Where in past years the market for Texas pumpkins was primarily within the state, this year they're being purchased by buyers as far east as New York state and in the southern states," he said.

For consumers, the reduced supply of pumpkins means prices may be a little higher and the selection a little smaller.

Choose your pumpkin based on its intended use. The Howden variety are the large pumpkins used mostly

for carving.

The miniature Jack Be Little and Munchkin variety pumpkins make excellent fall decorations. They work well for party favors, carving contests or painting on jack o'lantern faces.

If you're a pumpkin pie purist with an urge to make one from scratch, look for a high quality sugar pumpkin.

Roberts said the best pie pumpkins are in the 5 to 8 pound range, very deep orange, firm and heavy. Some brown flecking on the skin is also sign of good quality in these pumpkins.

According to Extension nutrition specialist Dr. Dymple Cooksey, a microwave oven can make fresh pumpkin pie preparation easier. Cut the pie pumpkin in half vertically. Scoop out the seeds and membranes. Place on half, cut side down, in a glass baking dish.

Microwave on high uncovered, 10 to 15 minutes or until tender, rotating the dish once or twice. Repeat cooking the other half. Cool the pumpkin halves until they're easy to handle and scoop out the pulp. Then process the pulp in a blender or food processor until smooth.

Cooksey said both fresh and canned pumpkin are high in vitamin A and low in calories; 50 calories per cup for cooked, fresh pumpkin and 85 calories per cup for canned pumpkin. But that's before you add the sugar, milk, egg and pie crust for the pie.

## Names In The News

LOS ANGELES (AP) — Performer-record executive Herb Alpert acted as a tour guide when he escorted eight young Soviet composers through the studios of A&M Records, which Alpert founded with Jerry Moss.

The group was in Hollywood as part of the U.S.-U.S.S.R. Young Composers Exchange, started in 1986 to allow composers from both countries to share ideas.

Alpert, a trumpeter and composer who has won six Grammys, played the "Three Movement Suite for Trumpet and Orchestra" from his "Under A Spanish Moon" album.

He spoke with the composers about his plans for a tour of the Soviet Union next year in which he hopes to perform with Soviet symphony orchestras, said publicist Michael Jensen.

PARIS (AP) — Jack Nicholson, director Roman Polanski and Rudolf Nureyev were in the first-night audience for Mikhail Baryshnikov's American Ballet Theater and the European premiere of "Gaiete Parisienne."

Mayor Jacques Chirac praised the New York ballet company, which is on its first European tour in more than a decade, at a party Wednesday at City Hall.

The troupe romped through its opening night Tuesday, wowing the high-society audience with an effervescent can-can and costumes by Christian Lacroix, the toast of French fashion design.

"I'm very pleased," Baryshnikov,

the company's artistic director, said after the ballet. "Gala audiences are known for being very conservative and we were very enthusiastically received."

LONDON (AP) — Prime Minister Margaret Thatcher visited Greek Prime Minister Andreas Papandreu at the hotel where he is recovering from heart surgery.

"They talked about international affairs, the forthcoming European Economic Community summit in Greece in early December and other matters," a Greek Embassy official said after Wednesday's 30-minute meeting at the Grosvenor Hotel.

The 69-year-old Greek prime minister, who underwent surgery to replace an aortic valve Sept. 30, was "doing fine," said the official, who refused to be identified.

Papandreu flew to Britain Aug. 25, accompanied by his 34-year-old companion, airline stewardess Dimitra Liani. After his arrival in Britain, the Greek government announced he would divorce his American-born wife of 37 years, Margaret. Papandreu has said he will marry Ms. Liani.

PHILADELPHIA (AP) — Actresses Jean Stapleton and Carol Arthur DeLuise will receive the 1988 Pearl S. Buck Woman's Awards at ceremonies Nov. 4 marking the 50th anniversary of the late author's Nobel Prize for Literature.

Buck, who spent half of her life in China, is the only American woman to receive the Nobel Prize for Literature. The woman's award has been presented annually since 1979 by the Pearl S. Buck Foundation to women who emulate her professional success.

Stapleton and DeLuise are supporters of the foundation, which Buck established in 1964 to aid children abandoned in Asia by American fathers.

LOS ANGELES (AP) — Actor Nick Nolte and his wife, Rebecca, are expecting the birth of their second child, his publicist said.

The baby is due in March, spokesman Paul Bloch said Monday. The couple, who live in Malibu, married in 1984 and their son, Brawley King Nolte, was born two years later.

Nolte, whose films include "48 Hours," "North Dallas Forty" and "Cannery Row," is currently working on the Martin Scorsese film "New York Stories."

## Prepare lawn now for winter season

Fall in the air and the sounds of football throughout the area signal the need for a close look at your game plan to help your lawn go into the winter season, says a specialist with the Texas Agricultural Extension Service.

Fall is a critical period for both warm and cool season turf, but treatment that is good for one type may be bad for the other, said Dr. Michael Hickey, Extension Soil chemist at Lubbock.

Fall may reduce the curb appeal of bermuda grass and zoysia, but it allows the turf to get ready for winter, Hickey said. "Such warm season grasses require a three-to-four-week hardening period to prepare for winter. In our area, this occurs at the end of September and into October."

During this period, shoot growth will decrease and the essential carbohydrates necessary to carry the turf through dormancy accumulate. Practices that promote lush growth prevent the hardening process and increase susceptibility to low temperature injury or possible winter-kill, the extension specialist said.

"Application of nitrogen-containing fertilizer and mowing too closely are two practices to avoid at this time of year," Hickey said.

Cool season grasses, such as fescue and Kentucky bluegrass, tend

to suffer from heat stress during High Plains summers, Hickey said. "As fall approaches, their growth will increase through November."

"These grasses will respond nicely to a nitrogen fertilizer application in late September," Hickey said. He cautioned that care should be taken to apply no more than five pounds of ammonium sulfate per 1,000 square feet. Applying higher amounts will leave the grass susceptible to damage by very cold weather.

Both warm and cool season turf will benefit from an application of potassium in late September, the Extension specialist said. Potassium can improve winter-hardiness, wear tolerance and disease resistance in turf.

For bermuda and zoysia, the suggested rate is one to two pounds of potassium per 1,000 square feet. This should be applied as a potassium-only fertilizer, and no nitrogen or phosphorus should be applied, Hickey said.

Fescue and Kentucky bluegrass will benefit from a two-to-four-pound application of potassium, he said.

"For the cool season grasses in West Texas, a complete fertilizer such as 10-10-10, containing nitrogen, phosphorus and potassium, can be used only if a soil test suggests the application of phosphorus. Otherwise, the individual elements are best," Hickey said.

## Comics

### BLONDIE

by Dean Young and Stan Drake



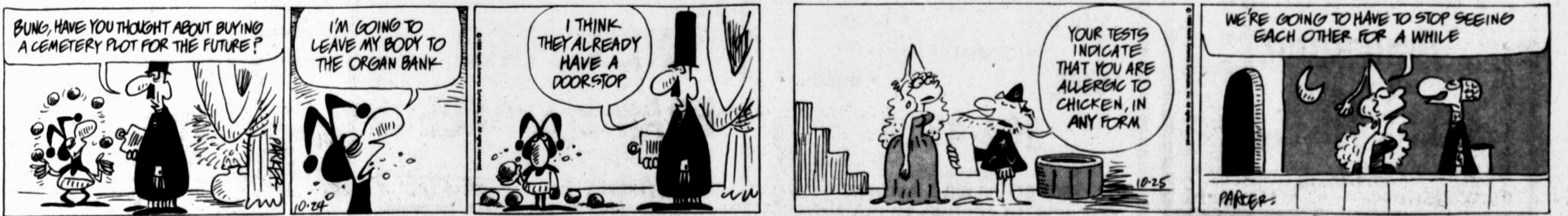
### Marvin

By Tom Armstrong



### The Wizard of Id

By Brant Parker and Johnny Hart



### Barney Google and Snuffy Smith

By Fred Lasswell



### BEETLE BAILEY

By Mort Walker











# Ann Landers

**DEAR READERS:** Letters are coming in from all over the country telling me that local merchants are still slicing slightly defective shoes, purses, blouses, shirts, books, etc., etc. and tossing these articles in dumpsters behind the store.

I have written about this repeatedly and received many letters from retailers saying, "We don't do this" and "We have stopped doing this since your column appeared."

But still it continues. I am furious that perfectly good merchandise is being ripped up when there are people who are unable to apply for a job because they don't have decent shoes to wear.

Some merchants have written to say, "We will continue to do this because if we give the stuff to charities some people will bring it back in and demand a 'refund.'"

I know there are crooks who would try to return items they receive for nothing and merchants must protect themselves, so here's the solution: Get an indelible stamp and mark all defective merchandise (in an inconspicuous place) so that it cannot be returned. This will protect the merchant and enable needy people to have things they otherwise cannot afford. After this column runs I don't want to see any more letters telling me that merchants are ripping merchandise and throwing it out.

**DEAR ANN LANDERS:** I am 52 years old and have been bald since I was 38. When I say bald I mean like a billiard ball.

Yesterday my wife told me that the husband of a lady she plays bridge with is all excited about a new drug that grows hair. She said the woman's husband is thrilled with the results and that I should try it right away.

I asked my wife the name of the drug and she didn't know. I asked how much it costs and she didn't know that either. I asked if the stuff can be purchased in the store or must you get it from a doctor. She wasn't sure. In fact she doesn't know anything about it except that her friend's husband thinks it's terrific.

Will you please do some checking around and tell me (and millions of others) about this miracle stuff?—Mason City, Iowa

**DEAR MASON:** The "miracle stuff" is called Rogaine. The good news is that the Federal Drug Administration has approved it (after years of waiting). The bad news is that it will not work for everybody. In fact, only about one out of four males is an ideal candidate. Half of the men who use it will get no results at all.

Local druggists say they don't know yet how much the drug will cost, but in Canada the price is \$50 for a bottle that will last a month.

The men who can expect the best results are between 20 and 40 years of age and have just begun to notice the hair thinning, especially at the crown. If the balding is at the hair line or around the temples, the drug won't help.

It must be applied twice a day and requires faithful application. If the user stops, the newly grown hair will fall out.

Although this so-called miracle

drug does well for only a select group, the men for whom it has worked have flipped their wigs over it.

A word of consolation for those destined to be bald: It's neat, inexpensive and you don't have to worry about dandruff.

Do you have questions about sex, but nobody you can talk to about them? Ann Landers' newly revised booklet, "Sex and the Teenager," will give you the answers you need. To receive a copy, send \$3 plus a self-addressed, stamped business-size envelope (45 cents postage) to Ann Landers, P.O. Box 11562, Chicago, Ill. 60611-0562.

## Legion's meeting tonight

A zone meeting of American Legion Posts will commence today at 7 p.m. in Dimmitt at the City Hall Community Room, 203 S.E. 2nd St.

Dinner will be provided as Legion and Auxiliary members are welcome. Posts to be represented will be Hereford, Nazareth, Tulia, Vega, Bovina, Dimmitt, Friona and Happy.

In 1953, Oveta Culp Hobby became the first Secretary of Health, Education and Welfare.



## Golden Heart Run winners

Despite cold, overcast, windy conditions Saturday, 15 participants braved the elements to participate in the Golden Heart Run which began at 9 a.m. Participants walked or ran the one-mile course near Golden Plains Care Center and received T-shirts for their efforts; winners of each division also received trophies. Julian Griego, top photo at left, won the child's run with a time of 8:39 while Barbara Townsend, timed at 8:40, won the women's run. Rhonda Lee and Mary Jane Anvik of Golden Plains Care Center, sponsors of the event, shown in background, timed and recorded the winners. In left photo, John Ambold is shown winning the men's run in a time of 7:12. Other winners included Linda Fitzgerald, 14:26 in the women's walk; David Fitzgerald, 14:27 in the men's walk; Zoila Gutierrez captured the "E for Effort" trophy with a time of 19:06.



## Health Fair '88 today

Health Fair '88, which began today at 10 a.m., will continue until 6 p.m. today in the Hereford Community Center.

The community service, sponsored for area citizens, will feature various testings, information, and demonstrations.

The public is invited to attend the Health Fair and take part in information or screenings.

# Sheriff Joe C. Brown Jr. and The Deaf Smith County Sheriffs Dept. Proudly Presents The 14th Annual

## The WALLY FOWLER Benefit SHOW

Country, Gospel, Bluegrass, Western Comedy & Clogging.

starring



Wally Fowler

Oct. 27th Thursday Night 8:00 p.m. Hereford High School Auditorium

Also

Plus

And



Jeanette Lunsford The Queen Of Gospel Music.



The Pilgrims Quartet, 11 yrs. with Archie Campbell.



Deaf Smith County Now & Then Bluegrass Band.

And Special Guest From Amarillo The Championship, Award Winning

# Top Of Texas Cloggers

Tickets Available at: Gibson's, Thriftway, Mr. Burger East & West, Sheriff's Dept. & at the door. Fill out stubs for Door Prize Drawing.

Stars Stay At The Best Motel In Hereford Sutter's Inn.

## Trim fat to cut cholesterol

By News USA—"Let's Trim the Fat to Cut Blood Cholesterol for Life!" is the theme of this year's American Heart Association's Food Festival.

How can you cut your blood cholesterol level? One of the best ways is to trim the fat in your diet. Too much fat, especially saturated fat, will increase your blood cholesterol level. Too many calories may have the same effect.

Many people confuse dietary cholesterol with saturated fat. While they sometimes occur in the same food, they are different nutrients, with saturated fat being the major dietary factor in raising blood cholesterol levels.

These tips will help you reduce the total fat and saturated fat in your diet. Begin by reading your food labels—if the list of ingredients begins with butter, cream, lard, hydrogenated vegetable fats, palm oil, palm kernel oil, coconut oil, or cocoa butter, don't make it a regular part of your diet. These are all highly saturated fats. Saturated fats are often hidden in processed foods like cereals, crackers, cookies, snack foods, non-dairy creamers, and non-dairy milkshakes.

Other things you can do: -Use less butter, margarine, mayonnaise and salad dressing. You don't have to cut it out, just trim it down!

-Try lemon juice on salads, instead of oil-based and creamy salad dressings.

-Substitute plain low fat yogurt, blender-whipped low fat cottage cheese, or buttermilk for sour cream or mayonnaise.

-Steam or bake vegetables, or stir-fry them in a small amount of vegetable oil.

-Season vegetables with herbs and

spices rather than with sauces, butter, and margarine.

-Replace shortening with vegetable oil. Liquid oils are usually less saturated than solid fats.

-Try oils high in mono-unsaturated fat, such as olive, peanut, or canola oil.

-Trim fat from meat and remove skin from poultry before cooking.

-Roast, bake, broil or simmer meat, poultry and fish. Cook on a rack so the fat will drain off.

-Use a non-stick pan to cook without adding fats and oils.

With a few simple switches and easy substitutions, you can trim the fat and cut blood cholesterol for a healthier life!

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## Note of Thanks

Thanks to each of you for your prayers, cards, calls, visits, flowers & love during my recent illness.

Peggy Lemons