

Lifestyles

Serve spareribs at New Year's party

Those watching their salt intake can still have their baby-back spareribs, barbecued shrimp or chicken wings and a variety of Oriental dishes.

These finger-lickin' treats may be the basis for a New Year's party for a small group of friends who enjoy Oriental food.

Add a string bean-water chestnut stir-fry and rice to round out the menu.

The finger foods also make impressive party nibbles throughout the year.

(Reserve remaining sauce for another use.)

Add shrimp, coating well with sauce. Cover and refrigerate 2 to 6 hours, turning shrimp occasionally.

Preheat oven to 375 degrees. Place shrimp in a 2 1/2 quart shallow baking dish. Pour excess sauce into a small dish. Bake shrimp 15 minutes. Brush with reserved sauce. Bake 5 minutes longer, until shrimp are cooked through. This kitchen-tested recipe serves 4 as a main course, 8 as an appetizer.



New Year's nibbles

For holiday gatherings, spareribs make an excellent dish to please the palates of friends. For the health-conscious party-goer, no salt is needed if you use a special spice and herb blend to season baby-back spareribs, barbecued shrimp or chicken wings.

School Lunch Menus

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MONDAY-Ham and cheese sandwich, French fries, English peas, peach halves, milk.

TUESDAY-Pizza, tossed salad, buttered corn, ice cream, milk.

WEDNESDAY-Hamburger, lettuce leaf, tomato slice, French fries, chocolate chip cookies, milk.

THURSDAY-Steak fingers, gravy, green beans, black-eyed peas, brownies, milk.

FRIDAY-Toasted cheese sandwich, tater tots, carrot sticks, apple pie, milk.

HEREFORD PUBLIC SCHOOLS

TUESDAY-Blueberry muffin, fruit juice, milk.

WEDNESDAY-Sausage, biscuit and jelly, applesauce, milk.

THURSDAY-Breakfast burrito, diced fruit, milk.

FRIDAY-Hash browns, toast, fruit juice, milk.

Lunch

TUESDAY-Chicken strips with gravy, mashed potatoes, buttered broccoli, sliced peaches, peanut-butter cookie, hot rolls with honey butter, milk.

WEDNESDAY-Hamburger with cheese slice and mayonnaise or mustard, lettuce, tomato, pickle and onion, French fries with catsup, orange gelatin with pineapple and topping, oatmeal cookie, bun, milk.

THURSDAY-Lasagna, vegetable salad with ranch dressing, seasoned green beans, celery sticks, cherry cobbler, garlic toast, milk.

FRIDAY-Turkey pot pie, cabbage, apple salad, fried squash.

World War II began Sept. 1, 1939, when Nazi Germany invaded Poland. Great Britain and France declared war against Germany two days later.

Abundant Life

WE ARE NOT HOPELESS
By Bob Wear

According to all reports, we are living in difficult times and no one seems to know just how difficult.

There is an air of hopelessness about much that we read and hear. The spirit of hopelessness is the one thing we cannot afford to accept. We are not hopeless unless we want to be or unless we are not willing to pay the price to restore, restructure, revive and re-direct in whatever ways such may be needed.

Others who come before us worked their way through difficult days and perplexing situations because they refused to give up and were willing to pay the price. Surely we can do the same, we are surely worthy of our heritage. We can be.

There are surely solutions to existing problems. Of course, I would not be presumptuous to the extent of pretending that I know all of these solutions but surely all of working together can meet the challenges. There is one thing that seems obvious: If the home is what we have always accepted it to be—"The foundation of civilization, and the basic unit of our social structure"—let us work to make the American home, the family, strong,

united and everything it was intended to be. If this premise is correct, we are not likely to make much progress in any other area, school, church, or community until the home is functioning as it should.

Whatever we do we must find enough reason to maintain "our hope." "Hope of all passions, most befriends us here; joy has her tears, and transport has her death; hope like a cordial, innocent though strong man's heart at once inspirits and serenens, nor makes him opay his wisdom for his joys."—Young.

We must continue to try using all of the skill and wisdom and dedication of which we are capable and always with the view that the things which need to be done can and will be done.

This is certainly not the time to "give up" or "give in", but with confidence in the true and the good, move ahead in the light and strength of our hope.



James Garfield was the first U.S. president to use a telephone.

OVEN-BARBECUED BABY-BACK SPARERIBS

- 3/4 c. no-salt-added ketchup
- 2/3 c. salt-free steak sauce
- 2 Tbsp. cider vinegar
- 1 Tbsp. minced fresh ginger
- 1 Tbsp. salt-free herb and spice blend
- 3 cloves garlic, minced
- 1/4 tsp. tabasco sauce
- 1/8 tsp. cayenne pepper
- 4 lbs. baby-back spareribs, halved crosswise

In a small bowl, combine all ingredients except ribs. Place ribs in shallow roasting pan. Brush sauce over; let stand two hours. (cover and refrigerate if marinating longer).

Preheat oven to 375 degrees. On a large wire rack, set ribs right side up. (Some of the ribs may overlap a little.) Pour marinade from pan into a dish.

Brush ribs with the marinade. Pour 1/2 inch water into roasting pan. Set wire rack over pan. Bake 45 minutes, basting once with remaining marinade, until ribs are cooked through. This kitchen-tested recipe makes 4 servings for a main course; 8 as an appetizer.

VARIATIONS

Barbecued Shrimp: Shell 1 1/2 lbs. very large fresh shrimp, leaving tail and first section of shell intact. Cut down along center of shrimp, about 2/3 of the way through. Remove dark vein and discard. Rinse shrimp and pat dry with paper towels.

Prepare barbecue sauce as directed above. Put half of the sauce (about 3/4 c.) into a large bowl.

Barbecued Chicken Wings:

Remove wing tips from 3 lbs. of chicken wings. Prepare barbecue sauce as directed above. Put half of the sauce (about 3/4 c.) into a large bowl. Add chicken, tossing to coat. (Reserve remaining sauce for another use.)

Cover chicken and refrigerate 2 to 6 hours, turning chicken occasionally.

Preheat oven to 375 degrees. Place chicken, in one layer, in an aluminum foil-lined jelly roll pan. Pour excess sauce into a small dish. Bake chicken 20 minutes. Brush with reserved sauce. Bake 10 minutes longer, until cooked through. This kitchen-tested recipe makes 6 appetizer servings.

STRING BEAN-WATER CHESTNUT STIR-FRY

- 2 Tbsp. vegetable oil
- 1 lb. string beans, trimmed
- 1/2 tsp. minced fresh ginger
- 1 Tbsp. sherry
- 1/4 c. cold water
- 1 tsp. cornstarch
- 1 tsp. salt-free herb and spice blend
- 12 water chestnuts, quartered

Heat oil in a medium skillet until hot. Stir-fry string beans and ginger for 3 minutes. Add sherry; cover and cook 1 minute.

Meanwhile, in a small bowl, blend water, cornstarch and herb and spice blend. Pour half of the cornstarch mixture over string beans. Toss until thickened.

Remove to serving dish. Add water chestnuts and remaining cornstarch mixture to skillet. Toss until thickened. Arrange around string bean mixture. This kitchen-tested recipe makes 4 servings.

Hints from Heloise

DEAR READERS:

Well, it's that time again! Have you made your resolutions? Can you follow through with them? The new year is usually a time for celebration and with the celebration comes the ever-popular practice of shooting off fireworks. This can be fun, but it can also be very dangerous if precautions aren't taken.

The following are some good guidelines to follow if your family decides to use fireworks.

First and most important, is it legal to use fireworks in your area? Check. You may be surprised to learn that many cities have outlawed them in city limits.

The most important precaution you can take is to first carefully read all of the manufacturer's directions.

Children should always be supervised by a responsible adult. Never let a young child "play" with fireworks.

Some fireworks are made illegally and can be very dangerous. So, be very careful when purchasing them. A lot of times illegal ones won't include the name and address of the manufacturer or any instructions. That's a good clue that they aren't up to par.

Remember that fireworks were made to be set off outdoors only. When using them outdoors it is a good safety idea to have some water available, either the garden hose or maybe just a bucket of water. You

never know!

Always check all the fireworks before setting them off. If they are leaking powder, look old or just don't look right, then by all means don't use them.

For safety reasons never relight a firecracker that for some reason didn't go off.

Never point fireworks toward anyone, including yourself.

And, last, never light firecrackers in glass or metal receptacle. You are asking for trouble.

Every year mishaps occur when children play with fireworks. Please, if you must, use extreme caution and don't take any chances.

We hope everyone has a safe and happy new year, and may all your dreams come true! — Heloise

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The **Hereford Brand**

Sports

Hereford girls come back for 47-45 win

By JOHN BROOKS
Managing Editor

Hereford's Lady Whitefaces charged back from a 15-point halftime deficit to defeat the Clovis girls, 47-45, in a non-district game Thursday night at Whiteface Gym.

"I am very proud of the way we came back," said Hereford coach Frank Belcher. "We came out and did the only thing we could do. We scrapped, hustled and showed a lot of character."

Hereford was down 29-14 at halftime, and Belcher said he didn't say much in the dressing room at halftime.

"I just told them how poorly they were playing, and that I was a little embarrassed for us because we had a big crowd. We came back, played hard on defense, and finally started scoring."

Hereford outscored Clovis 33-16 in the second half, and 21-8 in the fourth quarter to grab the win.

Clovis still had a 13-point, 37-24 lead with 1:02 left in the third quarter before Hereford began its comeback.

The Lady Whiteface defense held Clovis to just two field goals in the last nine minutes, both coming in the game's last two minutes.

Hereford was helped by 8-of-9 shooting from the free-throw line,

hitting eight in a row in the last three minutes. Brandi Binder, Stacy White, Susan Bell and Carmen Brockman all hit both ends of one-and-one chances in the waning moments to lead to the win.

Hereford had cut the lead to six, 38-32, on a basket by Brockman, then a trapping defense forced a five-second call on the Lady Wildcats.

Hereford took advantage of that turnover with a three-point basket by Bell with 4:40 to play to cut the lead to 38-35.

After the teams traded turnovers, Binder was fouled with three minutes left, and hit both free shots to cut the lead to 38-37.

After another Clovis turnover, Cande Robbins canned a short jumper with 2:11 left to give Hereford its first lead of the game, 39-38.

Clovis regained the lead nine seconds later, but Brockman grabbed a deflected shot and scored to give Hereford the lead for good, 41-40, with 1:17 left.

White, Bell and Brockman hit all six of their free throws while Clovis answered with just one two-point as Hereford built a 47-42 lead with 18 seconds left.

Clovis hit a three-pointer with six seconds left to make it a 47-45

game and immediately called timeout.

Hereford in-bounded the ball but was whistled for walking, giving Clovis the ball with five seconds left. However, the Lady Wildcats couldn't get a shot.

"The kids came back plugging away in the second half, and that made all the difference," Belcher said. "That's something we didn't do at the first of the season, but we're doing it now."

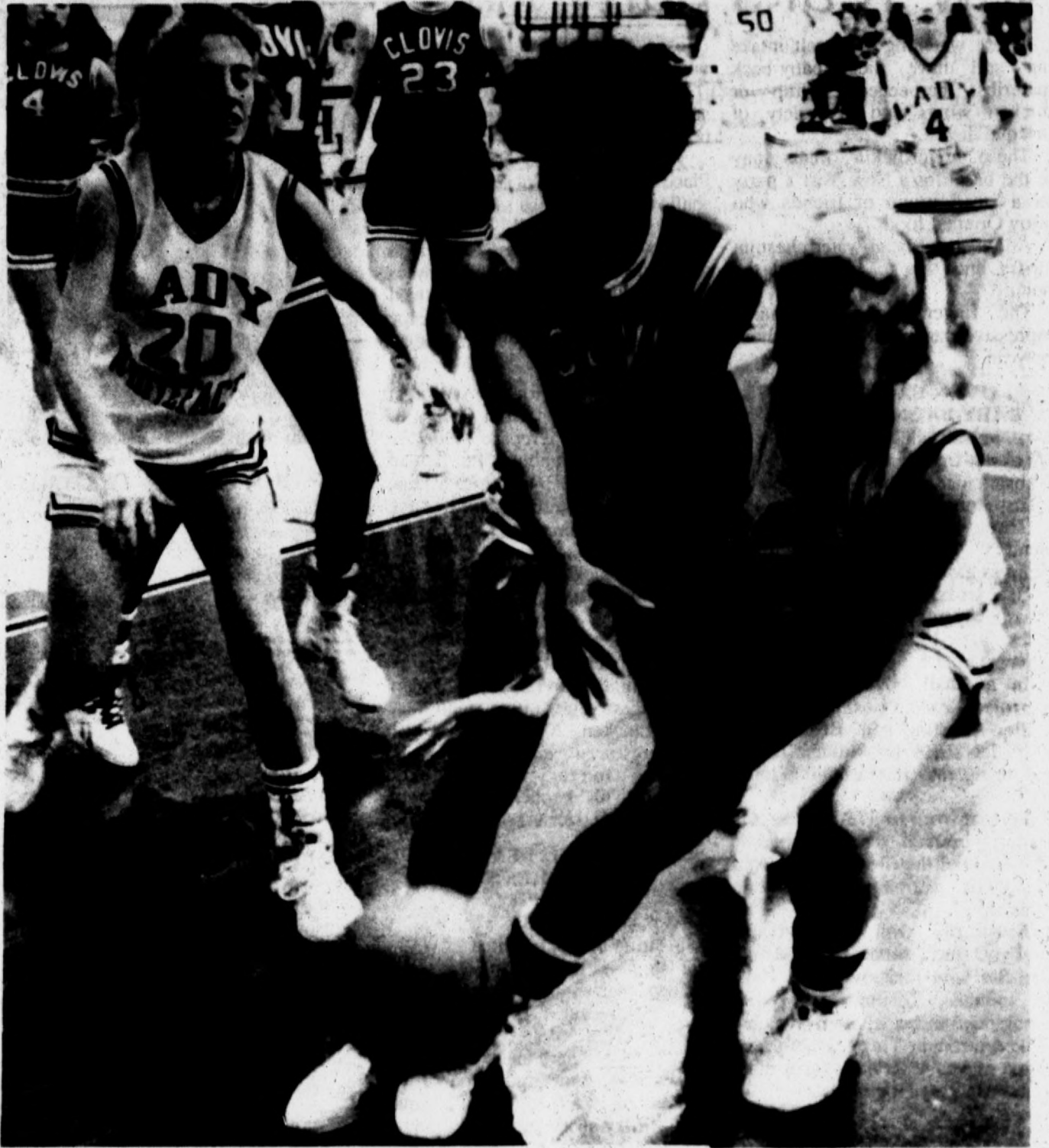
Hereford will resume District 1-4A play on Tuesday at Lubbock Dunbar.

"Dunbar's not playing real well right now, but we can't worry about them," Belcher said. "All we have to worry about is us, and we need to keep this momentum we've built. We played a super game at Pampa, and came back from way behind tonight. We need to play well down at Dunbar."

The Hereford JV girls suffered a cold shooting night in the preliminary, losing to the Clovis JV 46-25.

The Hereford JV was within 11-10 in the second period before Clovis leaped to a 26-12 lead at halftime.

Chandra Brown led Hereford with 8 points, while Nikki Self added 5 for the Hereford JV.



Battle for loose ball

Brienna Townsend, left, and Cande Robbins, right, of the Hereford Lady Whitefaces battle with a Clovis player for a loose ball during Thursday's basketball game at Whiteface Gym. Hereford battled back to take a 47-45 win.

Whitefaces win 5th in Clovis, beat Rattlers

By JOHN BROOKS
Managing Editor

The Hereford Whitefaces won the consolation championship in the

Scores

Varsity Boys
at Clovis Tournament

Thursday

Hereford 64, Tucumcari 63

Hereford 16 10 18 20-- 64

Tucumcari 15 13 12 17-- 63

Hereford--Pat Mercer 7-4-20; Jason Scott 4-5-15; Clint Cotten 7-2-16; Brad Smith 2-0-4; Kyle Andrews 2-0-4; Todd Schroeder 0-1-1. TOTALS: 24/60-12/26--64.

Three-point goals: Scott 2, Mercer 2.

Fouled out: Cotten.

Total fouls: Hereford 10, Tucumcari 19.

Varsity Girls

Hereford 47, Clovis 45

Clovis 14 15 8 8-- 45

Hereford 9 5 12 21-- 47

Hereford--Susan Bell 3-2-9; Stacy White 1-3-5; Brienna Townsend 1-0-2; Cande Robbins 2-0-4; Shantel Cornelius 2-0-4; Brandi Binder 3-2-8; Carmen Brockman 5-3-13; Shea McGinty 1-0-2. TOTALS: 18/43-10/15--47.

Three-point goals: Bell.

Total fouls: Clovis 17, Hereford 14.

Fouled out: None.

Junior Varsity Girls

Clovis 46, Hereford 25

Clovis 9 17 11 9-- 46

Hereford 5 7 4 9-- 25

Hereford--Billingsley 0-1-1; Souter 0-2-2; Reinauer 2-0-4; Martinez 1-0-2; Self 2-0-5; Grotegut 1-0-2; Brown 4-0-8; Hill 0-1-1. TOTALS: 10-4-25.

Three-point goals: Self.

Bill Walton of UCLA set a record for an NCAA title game in the post-season basketball tournament by making 21 shots from the field in 22 attempts against Memphis State in 1973.

Clovis Holiday Basketball tournament on Thursday with a 64-63 win over Tucumcari.

"We played pretty well tonight," said Hereford boys basketball coach Mike Fields. "We played most of the game without Brad Smith, and Clint Cotten fouled out, so we didn't have a lot of height in there."

Hereford held a 16-15 lead at the end of the first quarter as guard Jason Scott scored 10 points in the first period.

"Tucumcari ran a 1-3-1 zone at the first of the game, and they let Jason loose," Fields said. "They saw how much that was going to hurt them and they didn't run it the rest of the game."

Tucumcari came back to take a 10-point lead early in the third quarter before Hereford surged back to take the lead for good in the third quarter.

The Whitefaces outscored the Rattlers 38-29 in the second half.

"We really played a good tournament," Fields said. "We lost to Clovis and the Midland Lee, but we had chances to win both games against two real good teams."

"Tonight we won without some of our main players. Keith Brown was gone, too, because of illness in the family. To win without all of those folks is going to help our confidence."

Hereford resumes District 1-4A play on Tuesday night against a tough Lubbock Dunbar team.

"They have 6-4, 6-5 and 6-9 on the back line, and one of their guards was the Sophomore of the Year two years ago," Fields said. "The 6-9 kid plays forward and scores about 20 points a game. He's going to be tough."

"They've only lost one district game, and it's going to be tough for us to win down there. But if we can play hard, shoot the ball well and keep everybody in the game, we have a good chance. We're playing better ball."

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Drive by Grotegut

Donna Grotegut, a member of the Hereford JV girls basketball team, drives past a Clovis player in a lay-up attempt during their game Thursday at Whiteface Gym. Clovis took a 46-25 win.

Esiason is NFL's MVP

CINCINNATI (AP) — Boomer Esiason's value to the Cincinnati Bengals can't be measured by quarterback rankings. That's why receiver Cris Collinsworth thinks it's appropriate for Esiason to be named the NFL's Most Valuable Player.

"I don't think I've ever been around a more dynamic leader as a quarterback than what Boomer is," Collinsworth said. "And that probably is his biggest strength and his biggest asset for our football team, especially after last year."

Esiason, the triggerman in the league's top-ranked offense, was named Thursday as the league's MVP by The Associated Press. He won the award in a close three-way vote among sportswriters and broadcasters covering each of the NFL's 28 teams.

Esiason had 31 votes to 21 for quarterback Randall Cunningham of Philadelphia and 17 for running back Roger Craig of San Francisco, who was named the league's top offensive player. Mike Singletary of Chicago, the defensive player of the year, had six votes and quarterback Warren Moon of Houston, defensive tackle Keith Millard of Minnesota and running back Herschel Walker of Dallas got one vote each.

Esiason's personal statistics were impressive but not record-setting — 3,572 yards passing, 28 touchdowns, a 57 percent completion rate.

Another statistic is a better measure of his importance — the Bengals' turnaround from 4-11 to 12-4. The left-handed quarterback played a major role in turning the

Bengals into a team that believed it could win this year.

"Boomer's attitude coming in was, 'We're going to win, and we're going to win because we're going to outplay some people,'" Coach Sam Wyche said. "I think that's the mark of a Most Valuable Player."

Esiason also played a leading role in the turmoil last season. As the team's union representative, he led the Bengals' strike activities and traded harsh words with Wyche. He also bore the brunt of the fans' dissatisfaction when the strike ended, hearing frequent jeers and calls for his backup, Turk Schonert.

While he became a lightning rod for the public dissatisfaction, Esiason apparently endeared himself with teammates.

"He really took a lot of the heat last year on himself rather than putting the pressure on his teammates to really have to stand up for themselves," Collinsworth said. "And I think they really appreciated that this year."

His consistency at operating the offense helped it become the most effective in the league, averaging 379 yards per game. The offense set club records for points, touchdowns, rushing touchdowns and rushing yards.

Esiason says his supporting cast — and the coaching staff that made it fit together — must equally share the credit for this year's success.

"Individually I feel I can be one of the better players at my position, but I also realize that I can't accomplish that without the players around me," he said.

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Names in the News

NEW YORK (AP) — Robert Ulrich, who has played action heroes on "Vegas" and "Spenser: For Hire," expects to shift gears and play a Charles Kuralt-type character next season in an NBC series from the producers of "Family Ties."
The half-hour show, tentatively titled "American Dreamer," was inspired by an hour-long episode of "Family Ties" in which Michael J. Fox stood on a darkened soundstage and harked back to various incidents in his life.
"We're going to constantly break the fourth wall, and if I had to describe it briefly, it'd be 'Our Town' for television," Ulrich said in a recent interview.

LOS ANGELES (AP) — The National Enquirer says it stands by its report that the mother of singer Engelbert Humperdinck's daughter fears he is "battling the AIDS virus."
The newspaper issued its statement Wednesday, a day after Humperdinck filed a \$50 million-plus libel lawsuit against it, saying the story in this week's editions was

false and malicious.

"The article, written and researched with extreme care, was based on court papers filed in New York's Family Court," the tabloid said in a statement from its Lantana, Fla., headquarters.
"The headline, 'Mother of His Child Claims in Court ... Engelbert Has AIDS Virus,' is totally accurate," the statement said. "It was published only after being closely reviewed by our legal counsel."

The lawsuit filed in Los Angeles Superior Court says the entertainer doesn't have and never had acquired immune deficiency syndrome, and has never tested positive for the virus.

Kathy Jetter filed papers in New York City's Family Court demanding that Humperdinck, 52, provide for the financial future of her 12-year-old daughter, already ruled by a court to be his daughter.

The woman's unsubstantiated and false claims about the entertainer in a reply affidavit in the case were ultimately dismissed by the New York court, Humperdinck's lawsuit

said.

LOS ANGELES (AP) — Actress Lisa Bonet, who stars as the college-age daughter on "The Cosby Show," has given birth to a healthy baby girl, says a spokesman for her husband, musician Lenny Kravitz.

"All are well and are resting comfortably at home," publicist Stephen Smith said Thursday.

Zoe Kravitz, weighing 7 pounds, 2 ounces, was delivered at 2 a.m. Thursday at the couple's canal-front home in suburban Venice Beach, Smith said.

Miss Bonet rose to fame as Denise Huxtable on NBC's family-oriented "The Cosby Show." She gained notoriety by posing semi-nude for "Rolling Stone" and "Interview"

magazines, and for a torrid love scene in the film "Angel Heart."

She married Kravitz, a singer and musician also known as Romeo Blue, in Las Vegas in November 1987.

The episode will be broadcast Jan. 24, said 76ers spokesman Dave Coskey.

NASHVILLE, Tenn. (AP) — Despite continuing improvement in his condition, country music star Johnny Cash will spend another week or so at the hospital where he underwent double bypass surgery last week, a spokeswoman says.

The 56-year-old performer's condition was upgraded Wednesday from critical but stable to satisfactory, said Baptist Hospital spokeswoman Aileen Katcher.

"He will remain in the intensive care unit until next week for observation," Ms. Katcher said, and probably be released sometime next week.

Ask Dr. Lamb

DEAR DR. LAMB: I'm 27 years old and pregnant with my third child. I have a fibroid tumor in my uterus approximately the size of a small grapefruit. It causes no problem with my normal menstrual cycles or pregnancy. My doctor suggested that I have my uterus removed four to six months after I deliver the baby.

He points out that I would have no more monthly periods and never a problem with birth control again. Since we feel that three children are all we want, that appeals to me. He says that the tumor will not go away and will probably get larger. Another suggestion was to have the tumor removed, leaving the uterus, but there is a slim chance the tumor would continue to grow. Will I have vaginal dryness or hormone problems? If I don't have periods and don't have to worry about birth control, that sounds great. Tell me if I am overlooking anything. My ovaries are in excellent condition and my periods every 28 days.

DEAR READER: I would suggest a second opinion. I'm not enthusiastic about your having your uterus removed at your age. I have received numerous letters from individuals who have had their tubes ligated, thinking they didn't want any more children, then their life situations changed and they desperately wanted to be able to have another child. While some tubal ligations can be reversed, enabling a woman to get pregnant, you can't replace the uterus.

Removing your uterus without disturbing your ovaries will provide you with normal hormone support, and you should not have any of the problems that women have after removal of both the uterus and ovaries. You should not have vaginal dryness. If the blood supply to the ovaries is damaged during a hysterectomy, then you could have ovarian failure. If you need to have the tumor removed, I would favor just having the fibroid tumor shelled out, leaving the uterus intact. About 40

percent of women who just have the tumor removed do get pregnant again. And you should know that about 10 percent of women who have only the tumor removed develop other fibroid tumors in time.


While you are considering what you should do, you can read Special Report 56, Hysterectomy, Cystocele and Rectocele, which I'm sending you. Others who want this report can send \$1 with a long, stamped, self-addressed envelope for it to THE HEALTH LETTER/56, P.O. Box 19622, Irvine, CA 92713.

DEAR DR. LAMB: Recently, I miscarried, and the D and C lab report indicated a molar pregnancy. My physician advises against any future pregnancies for at least a year. Can you explain?

DEAR READER: Usually a hydatidiform mole is the result of a pregnancy that didn't quite happen. Instead of the early development of a fetus, tissues that look like large clusters of grapes form. But usually there is bleeding into the mole which passes into the vagina. The blood may be like prune juice or bright red. Passing any of the grape-like structures is diagnostic. The major concern is that these moles may progress to a malignancy. That is why there is such a careful follow-up after the mole has been removed. Any remaining mole tissue will usually degenerate, removing the threat of a malignancy. A pregnancy too soon, before complete regression of the mole, prolongs the chance of developing a malignancy. Incidentally, if there is a malignancy, most of these can be cured by chemotherapy today.

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

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CATTLE FUTURES <small>CATTLE-FEEDER (CME) 40,000 lbs., cents per lb.</small> <table border="1"> <tr><td>Jan</td><td>83.90</td><td>82.50</td><td>83.50</td><td>84.50</td><td>85.50</td><td>86.50</td><td>87.50</td></tr> <tr><td>Mar</td><td>83.90</td><td>82.50</td><td>83.50</td><td>84.50</td><td>85.50</td><td>86.50</td><td>87.50</td></tr> <tr><td>Apr</td><td>83.90</td><td>82.50</td><td>83.50</td><td>84.50</td><td>85.50</td><td>86.50</td><td>87.50</td></tr> <tr><td>May</td><td>83.90</td><td>82.50</td><td>83.50</td><td>84.50</td><td>85.50</td><td>86.50</td><td>87.50</td></tr> <tr><td>Aug</td><td>83.90</td><td>82.50</td><td>83.50</td><td>84.50</td><td>85.50</td><td>86.50</td><td>87.50</td></tr> </table> <small>EST. VOL. 1,000. WED. 1,200. OPEN INT. 13.70.</small>	Jan	83.90	82.50	83.50	84.50	85.50	86.50	87.50	Mar	83.90	82.50	83.50	84.50	85.50	86.50	87.50	Apr	83.90	82.50	83.50	84.50	85.50	86.50	87.50	May	83.90	82.50	83.50	84.50	85.50	86.50	87.50	Aug	83.90	82.50	83.50	84.50	85.50	86.50	87.50	GRAIN FUTURES <small>CORN (CBOT) 5,000 bu., cents per bu.</small> <table border="1"> <tr><td>Mar</td><td>280</td><td>281 1/2</td><td>283 1/2</td><td>285 1/2</td><td>287 1/2</td><td>289 1/2</td><td>291 1/2</td></tr> <tr><td>Apr</td><td>280</td><td>281 1/2</td><td>283 1/2</td><td>285 1/2</td><td>287 1/2</td><td>289 1/2</td><td>291 1/2</td></tr> <tr><td>May</td><td>280</td><td>281 1/2</td><td>283 1/2</td><td>285 1/2</td><td>287 1/2</td><td>289 1/2</td><td>291 1/2</td></tr> <tr><td>Jun</td><td>280</td><td>281 1/2</td><td>283 1/2</td><td>285 1/2</td><td>287 1/2</td><td>289 1/2</td><td>291 1/2</td></tr> <tr><td>Jul</td><td>280</td><td>281 1/2</td><td>283 1/2</td><td>285 1/2</td><td>287 1/2</td><td>289 1/2</td><td>291 1/2</td></tr> </table> <small>EST. VOL. 40,000. WED. 55,000. OPEN INT. 119.50.</small>	Mar	280	281 1/2	283 1/2	285 1/2	287 1/2	289 1/2	291 1/2	Apr	280	281 1/2	283 1/2	285 1/2	287 1/2	289 1/2	291 1/2	May	280	281 1/2	283 1/2	285 1/2	287 1/2	289 1/2	291 1/2	Jun	280	281 1/2	283 1/2	285 1/2	287 1/2	289 1/2	291 1/2	Jul	280	281 1/2	283 1/2	285 1/2	287 1/2	289 1/2	291 1/2	METAL FUTURES <small>GOLD (CMX) 100 Troy ounces, dollars per Troy ounce</small> <table border="1"> <tr><td>Mar</td><td>320</td><td>320 1/2</td><td>321 1/2</td><td>322 1/2</td><td>323 1/2</td><td>324 1/2</td><td>325 1/2</td></tr> <tr><td>Apr</td><td>320</td><td>320 1/2</td><td>321 1/2</td><td>322 1/2</td><td>323 1/2</td><td>324 1/2</td><td>325 1/2</td></tr> <tr><td>May</td><td>320</td><td>320 1/2</td><td>321 1/2</td><td>322 1/2</td><td>323 1/2</td><td>324 1/2</td><td>325 1/2</td></tr> <tr><td>Jun</td><td>320</td><td>320 1/2</td><td>321 1/2</td><td>322 1/2</td><td>323 1/2</td><td>324 1/2</td><td>325 1/2</td></tr> <tr><td>Jul</td><td>320</td><td>320 1/2</td><td>321 1/2</td><td>322 1/2</td><td>323 1/2</td><td>324 1/2</td><td>325 1/2</td></tr> </table> <small>EST. VOL. 3,000. WED. 3,700. OPEN INT. 3.233 puts.</small>	Mar	320	320 1/2	321 1/2	322 1/2	323 1/2	324 1/2	325 1/2	Apr	320	320 1/2	321 1/2	322 1/2	323 1/2	324 1/2	325 1/2	May	320	320 1/2	321 1/2	322 1/2	323 1/2	324 1/2	325 1/2	Jun	320	320 1/2	321 1/2	322 1/2	323 1/2	324 1/2	325 1/2	Jul	320	320 1/2	321 1/2	322 1/2	323 1/2	324 1/2	325 1/2	FUTURES OPTIONS <small>CATTLE-FEEDER (CME) 40,000 lbs., cents per lb.</small> <table border="1"> <tr><td>Jan</td><td>4.30</td><td>4.35</td><td>4.40</td><td>4.45</td><td>4.50</td><td>4.55</td><td>4.60</td></tr> <tr><td>Mar</td><td>4.30</td><td>4.35</td><td>4.40</td><td>4.45</td><td>4.50</td><td>4.55</td><td>4.60</td></tr> <tr><td>Apr</td><td>4.30</td><td>4.35</td><td>4.40</td><td>4.45</td><td>4.50</td><td>4.55</td><td>4.60</td></tr> <tr><td>May</td><td>4.30</td><td>4.35</td><td>4.40</td><td>4.45</td><td>4.50</td><td>4.55</td><td>4.60</td></tr> <tr><td>Jun</td><td>4.30</td><td>4.35</td><td>4.40</td><td>4.45</td><td>4.50</td><td>4.55</td><td>4.60</td></tr> </table> <small>EST. VOL. 200. WED. 240. OPEN INT. 1.800 calls, 1.717 puts.</small>	Jan	4.30	4.35	4.40	4.45	4.50	4.55	4.60	Mar	4.30	4.35	4.40	4.45	4.50	4.55	4.60	Apr	4.30	4.35	4.40	4.45	4.50	4.55	4.60	May	4.30	4.35	4.40	4.45	4.50	4.55	4.60	Jun	4.30	4.35	4.40	4.45	4.50	4.55	4.60
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Ann Landers

DEAR ANN LANDERS: Regarding your column about hotels that throw out perfectly good leftover food: We agree it's a shame and that's why we started "Kentucky Harvest" 17 months ago. It's now one of the largest all-volunteer organizations in the United States.

"Kentucky Harvest" has collected more than 1.2 million pounds of food from area hotels, restaurants, caterers and bakeries. We feed more than 2,700 people a day, serving 25 mission homes and soup kitchens in Kentucky and southern Indiana.

The major concern of restaurants and businesses who donate food is being sued if someone gets sick. Kentucky and Indiana both have Good Samaritan laws that protect food donors against liability, and, because we are classified as a non-profit organization, all food donated can be considered a tax deduction. So you see, Ann, donors benefit and the hungry get fed.

If your readers have any questions about this program they can phone 502-589-FOOD. Thanks for the forum, Ann.—Gary Bowman, Executive Committee, Kentucky Harvest.

DEAR GARY: Congratulations on doing a terrific job. And thanks, too, for giving me the opportunity to tell the world about you. Here's a Chicago letter on the same subject.

DEAR ANN LANDERS: I'm writing in response to a letter from

Choose the right diet

So you overdid it on the holiday eating and now it's time to hop on the diet bandwagon.

To help you fulfill your New Year's vow to lose weight, the magazines will be filled with diet plans and the commercial weight loss programs will advertise heavily in January. The question is, how to choose.

You may not need a "special diet" at all, according to Dr. Mary Kinney Sweeten, a registered dietitian and nutrition specialist with the Texas Agricultural Extension Service.

"People with an extra two to five pounds from overdoing it during the holidays can probably drop the weight just by cutting back on the extra calories and getting on an exercise program, such as walking a mile or two each day," she said.

"Following the low-fat recipes from a magazine diet plan may help some people do that. But if you're already 20 to 30 pounds overweight and have added even more over the holidays, it's time for a significant diet," said Sweeten.

Although a post-holiday fad diet may help in the short run, research indicates that 95 percent of the people who go on them regain the weight within a year, said the specialist.

Before choosing a diet book, class or plan in hopes that it will help you with significant and permanent weight loss, Sweeten suggests asking the following questions:

-What's the source of the diet? Is it a reliable health organization?

-How is the effectiveness of the diet documented? Be wary of testimonials by "successful" clients. Ask for figures on long-term maintenance as well.

-Are sensational claims made for the diet? Does it make sense that you can "lose 10 pounds overnight" or "eat all you want" and still lose weight?

-Is the program supervised by qualified personnel, such as a physician or a registered dietitian?

-Along with calorie reduction, does the diet include instruction in behavior and lifestyle modification to help maintain the weight loss?

-Is this a one-food diet or a liquid diet? In addition to being boring, these diets omit necessary nutrients and can be a danger to your health.

-Is the diet nutritionally balanced? It should include foods from the major food groups of meat, poultry and fish; fruits and vegetables; dairy products; and grains and cereals.

-What is the cost of the diet? If you have to buy special foods, devices, supplements or books will it be worth it?

a woman who was appalled at the way hotels and restaurants waste food by simply throwing away trays of pastries, cold cuts, fresh fruit, vegetables and cheeses—often straight from service tables and storage.

Please be aware that not all restaurants and hotels operate this way. The Perishable Foods Program in Chicago, under the guidance of the Greater Chicago Food Depository, does one terrific job of feeding the hungry.

Every week the depository delivers four 8x12 aluminum containers to Nick's Fishmarkets. We stick them in the freezer and then fill them up. This is not food that has been served to guests. This is food that never gets to the table. It's the last slice of fish that doesn't come out to a perfect 8 ounce filet or the steak that doesn't look as well-marbled as the rest. Every Friday the depository picks up the trays. Our restaurants are good for 60 to 70 pounds of food a week—enough to feed 200 people.

Many other Chicago restaurants and hotels are doing their part. The Levy Organization backs up a truck to Sears Tower and loads 150 pounds a week—a staggering amount when you consider that one pound of food can feed three people.

Eli's Steak House, Rich Melman of Lettuce Entertain You, Arnie Morton of Arnie's, Carson's Ribs, the Marshall Field Restaurants and the dining facilities of the Continental Bank are just a few of the

businesses that participate.

So, Ann, if you print this maybe even more restaurants and hotels will become involved in feeding the hungry—not just at Thanksgiving or at Christmas but all year around. Thanks for my turn.—Nick Nicholas of Nick's Fishmarkets

DEAR NICK: Thanks for a great day-brightener. I hope it will serve as an incentive for food servers both in Chicago and around the country to get on this band wagon.

How much more sensible and humane this is than throwing out food because some people don't wish to be bothered.

Planning a wedding? What's right? What's wrong? "The Ann Landers Guide for Brides" will relieve your anxiety. 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.

New Arrivals

Roy and Jenifer Newton of Hereford are the parents of a son, Brendan Jaret, born Dec. 16 at Northwest Texas Hospital in Amarillo. He weighed 8 lbs. 2 oz.

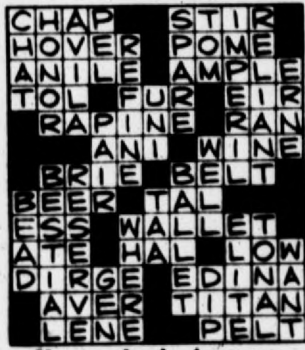
The couple also has a son, Brant. Grandparents are Oletha Hoffman and Mr. and Mrs. Lloyd Newton, all of Hereford. Great-grandmother is Thelma Goodin of Hereford.

Crossword

CROSSWORD

by THOMAS JOSEPH

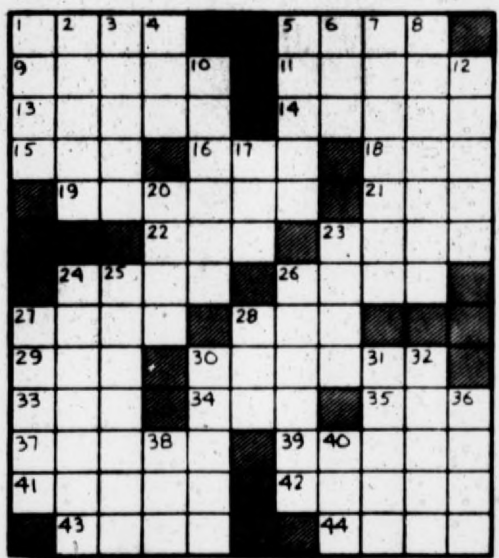
ACROSS
1 Monster or river
5 Theatrical piece
9 — to Live" (O'Hara novel)
11 Basic precept
13 Expert (Yiddish)
14 Penetrate
15 Parisian season
16 Tibetan gazelle
18 Spanish queen
19 Task
21 Aries symbol
22 In the past
23 Swine
24 Accept
26 Ancient Greek township
27 Boundary
28 Yellow ochre
29 Arab garment
30 Iniquitous
33 Cap
34 Place for
35 Tennis term
37 Summary of beliefs
39 Spread joy
41 Hebrew school



Yesterday's Answer

DOWN
1 Quarry
2 Seeing red
3 Tennis great
4 Mature
5 Place
6 Author
7 Meantime
8 Adolescent
10 Hire
12 Mine carts
17 — Yoko
20 Libertine
23 Riches

24 Silk fabric
25 City in Calif.
26 Repeat
27 Stitch together
28 You (Ger.)
30 Big spender
31 Custom
32 Pretend
33 Set of three
34 — Rosen-kavalier
40 Sassy reply



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Church News

FIRST CHRISTIAN CHURCH

Pastor Mack McCarter will teach the combined adult classes Sunday at 9:30 a.m. on "The Reality of the Enemy-How to Win."

His 10:45 a.m. Sunday sermon, based on Luke 4:16-30, will be "Deliverance to the Captives-Joining Jesus' Revolutionary Army."

The church office will be closed Jan. 2.

Jr. High Bible Study will begin at 6:30 p.m. Wednesday. Also scheduled for that day will be CYC parent meeting at 7 p.m. and adult choir, 8 p.m.

FIRST UNITED METHODIST CHURCH

To begin 1989, First United Methodist Church will hold regular services Sunday. Sunday School will begin at 9:45 a.m. with morning worship following at 10:55 a.m. All residents of the Hereford community are invited; the sermon will be by Dr. Steve McElroy, pastor.

Instead of Youth Fellowship meetings that evening, Youth Director Robin Roth invites Junior High, Senior High, and college students to visit her apartment and watch any of the bowl games.

Children's choirs will not have rehearsal next week, but the Sanctu-

ary Choir will meet as usual at 7:30 p.m. Wednesday. United Methodist Women will install new officers at a general meeting in Ward Parlor at 10 a.m. Wednesday, followed by a covered dish lunch.

The weekly Bible study meeting will be held in the Library at 9:30 a.m. Tuesday. Kids Day Out sessions will begin at 9 a.m. Tuesday and Thursday, after a holiday week.

The church office will be closed Monday for the New Year holiday.

FIRST PRESBYTERIAN CHURCH

On Sunday, Jan. 1, the worship service will be held at the regular 10:30 a.m. time and Sunday School will meet at the regular time.

Sunday's worship service will feature Communion under the

guidance of Rev. Lanny Wheeler, chaplain of Kings Manor Methodist Home.

Skiers should bring their money to the office for the upcoming ski trip as another payment is due. The total amount is due before Jan. 16.

On Sunday, Jan. 8, the Rev. Ann Carson will preach at the morning worship. She will also ordain and install all new church officers.

The Adult Sunday School Class is taking an offering each Sunday to help defray the medical expenses of Shannon Wolf, the Volkman's granddaughter. Shannon is attempting to be put on a waiting list for an organ transplant and needs a sizable sum of money to achieve this goal. To help with this project, checks may be left at the church office, brought to Sunday School, or given to Wes Owen or Sue Malamen.

New Year's Eve Party
Saturday, December 31.
9:00 p.m. to 1:00 a.m.
Special Music by
Sam's Place
FREE Breakfast FREE Party favors
Public Welcome Come join the FUN
\$10.00 per person
VFW

The One to See:
JERRY SHIPMAN, CLU
801 North Main Street
Off: 364-3161
State Farm Insurance Companies
Home Offices Bloomington, Illinois

Charlie's Tire & Service Center
Special
\$16.95
Quality Tires-Quality Service
Tractor-On Farm Track-On Road Passenger-On Road
Shocks Computer Spin Balancing Grease Jobs
Front End Alignment Bearing Pack
Oil Change Brake Repair
501 West 1st 364-5033

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