

Rural hospitals suffer plight; local hospital faring well

by Jean Ann Behney

Texas led the nation in the number of hospital closures in 1988, with 19 hospitals closing, including Golden Plains Hospital in Borger. Since 1984, Texas has lost 72 hospitals, and more than half of these were located in rural areas, according to the Texas Hospital Association (THA), the industry's trade association. (see map)

The THA defines a rural hospital as one which is located in a county that is "not part of a metropolitan statistical area." Hansford Hospital in Spearman is one such hospital. Of the nation's estimated 6,000 hospitals, 2,638 are considered "rural" based on the population levels at their locations.

In this era of hospital closings, it is important for a community to understand the problems forcing hospitals to shut their doors permanently. The following article investigates the plight being experienced by rural hospitals and reveals how Hansford Hospital is managing to remain open and in "sound health" financially. The editorial on page 2 of this issue explores what the closure of a rural hospital means in health care and economic terms to its community.

Key factor to closings

The key factor to rural hospital closings, claim the experts, is inadequate payment for services rendered to the elderly and the poor under the Medicare and Medicaid programs. In 1983, our federal government began a new policy based on what was termed DRG's, or Diagnostic Related Groups. These are groups of codes identifying specific patient problems (such as pneumonia, appendicitis, and myocardial infarction) upon which payments are based. Using average treatment costs for the various diagnoses, Medicare developed its new system of reimbursement to hospitals, nursing homes, physicians and patients. This, the Prospective Payment

System, is currently the system used nationally.

When the Prospective Payment System was implemented, Medicare used "average costs" rather than "individual costs" to determine how much money to reimburse hospitals. Since rural hospitals have historically incurred lower average costs than city hospitals, Medicare does not reimburse rural and urban facilities equally. Therefore, a city hospital and a rural hospital provide the same services to Medicare patients in many cases but the city hospital will collect anywhere from 12 to 40 percent more money than its rural counterpart.

Rural hospitals penalized

"Hypothetically," Al LaRochelle, Hansford Hospital administrator explained, "we can have a gall bladder extraction surgery on a Medicare patient here in our hospital and be reimbursed \$2,500 by the system. That same patient's gall bladder could be removed in an Amarillo hospital and the hospital would be reimbursed anywhere up to \$5,000, simply because the urban hospital's costs are supposedly higher. It doesn't matter that it is the identical surgery."

The rationale for this inequitous system of reimbursement is that it costs more money to run a metropolitan hospital than a rural one. Metropolitan hospitals are said to cost more because their capital expenditures are higher (more specialized equipment), their patients more seriously ill, and their employee salaries and benefits more expensive. In other words, higher urban hospital costs are said to reflect the expensive, high-tech practice of specialist physicians.

This system assumes that hospitals have an "average" number of Medicare and non-Medicare patients and volume of admissions. In truth, rural hospitals have much

lower patient volumes in general and a higher proportion of Medicare patients than their urban counterparts, and Medicare's own researchers do not find that patients admitted to rural hospitals are less severely ill than those admitted to urban hospitals.

DRG's "killing" rural hospitals

"The DRG's are killing rural hospitals," LaRochelle said. "In this first quarter of the fiscal year, Hansford Hospital has not been reimbursed for \$39,000 of our Medicare charges. This means we have to absorb this lost revenue through tax dollars and in higher costs to our patients." He said Hansford Hospital receives up to 20 percent less on Medicare patient cases than it would were it not in the "rural" classification of hospitals. "We don't want to make a profit on Medicare cases at all," LaRochelle said. "We just need to break even!"

"We are expected to provide the same service at lower costs," he explained. "We can keep our daily room rate somewhat below the Amarillo hospitals, but we can't cut corners anywhere else and still provide quality care." He noted that Hansford Hospital's insurance rates are not cheaper than a typical urban hospital's rates and that he has to stay highly competitive in professional employees' salaries and benefits in order to lure these

individuals to the hospital and then keep them here. Hansford Hospital employees are offered a health insurance plan, which many neighboring rural hospitals cannot afford to offer, and a pension plan is being devised for future implementation here.

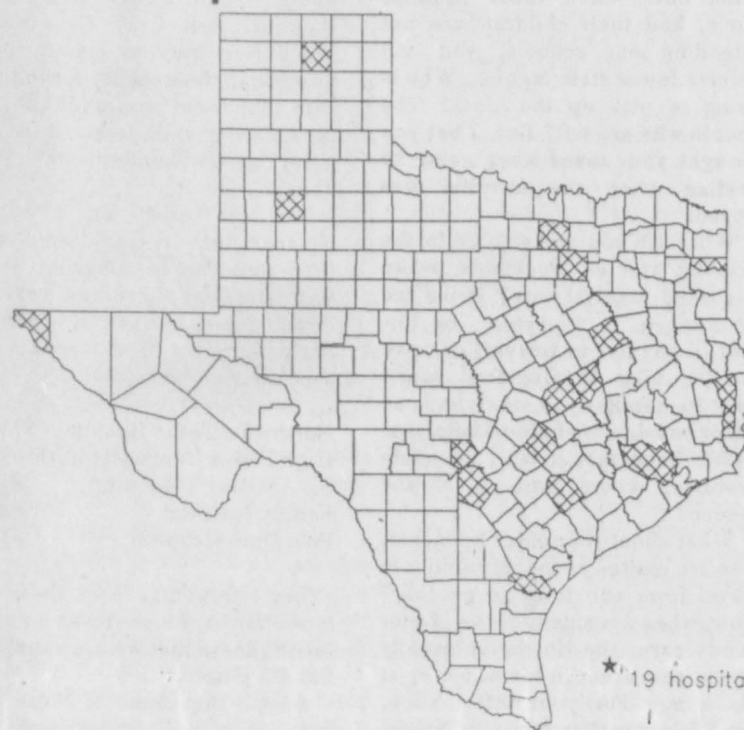
The rural hospitals which have

closed in the past few years were not breaking even and did not have the money to absorb their losses and stay in operation. The number of closures among rural hospitals has increased significantly for each of the six years that the Medicare Prospective Payment System has been in force. In a **Federation of**

American Health Systems Review article titled "Court Battle Looms Over Urban/Rural Differential" (Nov/Dec 1988), Robert Van Hook states that 1983 saw seven rural hospitals closing, 1984 had 18, 1985 had 21, 1986 had 38 and 1987

see PLIGHT, p.5

1988 hospital closures -- Texas counties



Legend

County of Hospital Closure

County Names

Bastrop	Jasper
Bexar	Kendall
Denton	Lavaca
Dallas	Lubbock
El Paso	Marion
Freestone	Milam
Harris	Robertson
Hutchinson	San Patricio

* 19 hospitals closed in 16 counties

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YOUR HOMETOWN NEWSPAPER

Sunday, February 5, 1989



Gene Cudd [center] was honored at a special John Deere program and dinner last Thursday night at the Hansford Implement Building for his 35 years of being with Hansford Implement in

Spearman. Presenting him with the honor was Robert Gonzales, territory manager for John Deere. Frances Cudd, Gene's wife is standing beside him.

Antalek gets "Firefighter of the Year" award

The Spearman Volunteer Fire Department met Thursday evening, Feb. 2 for their regular business meeting to award one member with the "Firefighter of the Year" honor.

On hand for the special occasion was Mayor of Spearman, Bob Pearson. Pearson was there to present the award to the fireman who had been voted "Firefighter of the Year" by fellow firefighters. Ron Antalek was chosen from the four nominations for the award.

Antalek was unable to attend the meeting due to illnesses in his family, but accepting the plaque on his behalf was his son, John, who is a cadette member of the SVFD. About 15 people were present for the event.

Antalek has been with the fire department fifteen years. He has completed basic training courses and only needs about two to three hours of special firefighting training to be qualified as an advanced firefighter.

While presenting the award, Mayor Pearson remarked, "Firefighters have a 'thankless job'. No one thinks of them until they need one. But on behalf of the City of Spearman and its citizens, I would like to express our appreciation to Ron and all of the Spearman Volunteer Fire Department members." He went on to say, "You have an extremely difficult job and it takes a special type of person to be able to do it."

Other names that were submitted for nominations for the award included Bruce Duncan, Johnny Ring and Dale Moyer. Fire chief, Bill Porter remarked, "Everyone down here deserves an award," referring to the time and effort that all the volunteers put into response to fire calls and upkeep of the firetrucks and the paperwork that is involved in the reports they turn in to the city, county, and state.

The Spearman Volunteer Fire Department, the city council and Public Service Director, Joe Raper are all working on ways to increase the membership of the SVFD. Raper has been surveying other area fire departments, and the city

council took a survey of the local volunteer firemen. On the survey, questions were asked as to what complaints the firemen might have and suggestions they might have for improving the department and gaining new memberships. The firemen were asked not to sign their names on these so they could feel free to say anything they

wanted. Results of the survey are not complete yet, but it is hoped in the next city council meeting these will be presented and suggestions made in response to it.

The SVFD currently has 18 active members. Anyone interested in becoming a member may contact Fire Chief, Bill Porter or another member of the SVFD.

Extension office announces "Spring Fling" for over 55

"The center of attention! That's what mature adults 55 and over will be at the Texas 4-H Center on Lake Brownwood when hundreds will enthusiastically participate in the Ninth Annual Spring Fling during April and May," says Karen Babitzke, Hansford County Extension Agent of Home Economics.

Sponsored by the Texas Agricultural Extension Service, five consecutive weeks are offered from which men and women alike may choose:

The following dates are available: Spring Fling I - April 4-7; Spring Fling II - April 11-14; Spring Fling III - April 18-21; Spring Fling IV - April 25-28; and Spring Fling VI - May 2-5.

Featured educational programs and activities offer a wide variety of topics to fulfill highest expectations of all who attend. Topics include exploring insurance options, cooking demonstrations, new tax laws, floriculture, and more. Energizing and relaxing recreational opportunities will stimulate enthusiasm while all will welcome fellowship

and new friends. Learning Centers will offer "hands-on" experience in a variety of areas such as oil painting, wind chime making, needlecrafts, antique restoration, country crafts, collectibles, and more.

Boat rides, guided nature tours, and fishing on Lake Brownwood add popularity to your stay. Swimming in the olympic-sized pool, lighted tennis courts, horseshoes, billiards, volleyball, shuffleboard, dominoes, and card and table games round out the event.

A special theme of "Spring Roundup" will provide a festive atmosphere to the newly expanded facilities. Thursday night's theme party will feature "The Wild, Wild West!"

If you are 55 or older, the Spring Fling might be just right for you. Each weekly event is limited to the first 125 participants at the nominal cost of \$89 per person. Call your county extension office today at 659-2030 or 733-2901 for more details or to make arrangements for a "Spring Fling."

Immunization clinic set

An immunization clinic offering vaccines that give protection against several childhood diseases is scheduled for Monday, Feb. 6 from 11 a.m. to 1 p.m. at the Spearman Elementary School.

Vaccines protect against polio, diphtheria, lock jaw (tetanus), whooping cough (pertussis),

measles, rubella, and mumps. Influenza vaccine will be available at area clinics.

The Texas Department of Health is charging money to help with the cost of keeping the clinic open. The amount of money charged will be based on family income and size, and the ability to pay.

Local PTA receives 62 entries in National PTA Reflections contest

Spearman children participated in their first National PTA Reflections program. Reflections was designed to encourage children to explore the cultural arts by expressing their thoughts and feelings through the visual arts, music and literature. The 1988-89 theme was "Proud Experiences" and thousands of children across the country worked to reflect that theme through their art.

Spearman PTA Cultural Arts Chairperson, Candy Boxwell, received 62 entries from 31 local children. Within four arts categories - visual arts, literature, music and photography - four age divisions are recognized by National PTA - Primary (grades K-3), Intermediate (grades 4-6), Junior High (grades 7-9) and Senior High (grades 10-12). Spearman PTA chose to include a fifth division -

Pre-school. Local PTA's are allowed a maximum of three district entries per age group from each of the four arts categories.

Selection committees, made up of qualified and interested members of the community, were appointed and given the task of making those selections which would be forwarded to the district level. (Spearman is in District 8 PTA which covers the Northern Panhandle, including Amarillo.)

The following is a list of all children who submitted entries to the Reflections program.

Those who had work selected for district-wide competition are represented with stars beside their names.

PHOTOGRAPHY

Lena Harbour *

MUSIC

- Kathryn Murphy *
- Ben Queener *
- LITERATURE**
- Chelsea Nollner *
- Janna Brock *
- Kathryn Murphy *
- Tom Kirk *
- Regan Boxwell *
- VISUAL ARTS**
- Darcy McGee *
- Erin Boxwell *
- Derek George
- Chelsea Nollner *
- Janna Brock
- Kasey Dunning
- Jennifer Schnell *
- Dib Kirk
- Jordan Brock
- Texana Clyburn
- Brandon Clyburn
- Dawn Loomis

see CONTEST, p.3

Guest Editorial

The cost of not using your own local hospital

by Albert LaRoche

Editor's Note: The following is Hansford Hospital Administrator Al LaRoche's answer to the question, "What if underutilization forced this county's hospital to close?" Although Hansford Hospital is currently in no such danger [see cover story in this issue], the majority of small rural hospitals in the United States today face this harsh reality due to declining census figures and Medicare reimbursements which are lower than their charges. LaRoche's response to this purely hypothetical situation provides the general public with a greater understanding of and appreciation for the important role Hansford Hospital plays in the health care and economic well-being of our community.

The times are changing and many small towns that used to have a community hospital no longer do so. The old saying, "Use it or lose it" is coming back to haunt many of those people who chose to ignore these words in the past.

Ask McClean, Groom, Paducah, Crowell and Slates. Then ask the people of Muleshoe or Knox City how hard it was to try reopening after having the doors closed on their local hospital.

Whenever a community loses its hospital, moreover, it often also loses its doctors. Some of the doctors, who have been around for years, usually practice for awhile. But try to recruit a new or young doctor into a town without a hospital. In fact, try to get any major business to move into your town or area without a hospital. Oh, you might be able to get a physician, part-time, to run a day clinic here, if you are lucky and it is profitable for those involved, but most of these monies aren't going to stay in your county.

What are you going to do with the loss of salaries, which were \$603,410.00 in Hansford Hospital for the last fiscal year. If these dollars turn 3 times in the local

area, which is Hansford County, we are taking about \$1,810,230.00 out of our local economy. The Hospital employs 110 full and part-time employees, making it the county's second largest employer.

Most of these employees represent two-parent income families. Are they going to be able to stay here with only one income? I think not. When these families move, and their children are not attending our schools, you will receive fewer state monies. Who is going to pick up the slack? The people who are left? But, I bet you thought your taxes were going to decline when the hospital was closed.

What are you going to do in the evening and on weekends, when you need medical care? Drive the 52-mile-trip to Perryton, or further, if you live in Gruver, or drive the 90 miles to Guymon, round trip? Remember you won't have an ER or any doctors here to help you. Better hope that it isn't an acute problem, where time is of the essence.

What about your older residents, who are limited as to their ability to travel from one town to another? Now, when a resident of the Manor needs care, the doctor is usually across the street in his office or at his home. For your information, Dr. Viola usually sleeps in Spearman when he is on call in the ER evenings. Forget that, if you don't have a hospital.

One of the reasons that our Manor has such a fine name, other than its outstanding quality of patient care, is its proximity to quality medical care by being close to the hospital.

Our doctors are available, as a rule, within minutes. Most of the time the doctor will see his patient in the Manor when he is making his morning or evening rounds at this If the hospital were gone, we would have to put these people into a van and pack them up to go see a doctor in a surrounding town. What are they to do on weekends?

Is a physician from a surrounding town going to come to them to see about their needs? I think not. Don't take me wrong. You can still have a nice Manor, as Stratford does, but it will not be business as usual, to which we have become accustomed.

Do you think that if your local hospital closes, your taxes are going to go away? Forget that thought. Ask Gray County how much they pay to the for-profit hospital in their county for indigent care. Ask them how much they pay to Amarillo and, folks, it is only going to be worse in the years ahead.

We can care for a patient cheaper here in Hansford County than they can in Amarillo. Hansford Hospital's average cost per day at the current time is \$507.00 per patient day. Compare this with the Amarillo hospital:

Northwest Texas Hospital	\$710.00
High Plains Baptist Hospital	573.00
St. Anthony's Hospital	646.00
Family Hospital	624.00
Palo Duro Hospital	575.00

Your community loses these dollars when they lose you as a patient for an illness that we are capable of handling here.

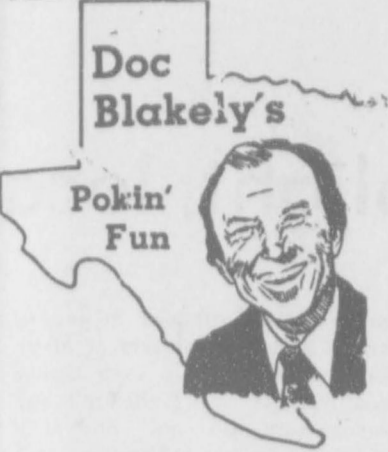
I hope that some of these facts may help you understand how important it is that Hansford County have a Hospital District, and that the people, when they have a need, use this facility. We recognize peoples' right to use any facility they may choose, wherever it may be. We just want them to know at what price, and there's a price.

We try hard. We will try harder. It is difficult to live with all the Medicare cutbacks, but when your local people don't use you, then you are doomed.

These past 12 months have been the best we have seen in a long time. We want Hansford Hospital to be one of the survivors. With your help, the regular hard working people of the county, we will be able to survive.

Let us be positive and forge ahead. Remember, together we can conquer, divided we fall. Let's pull together and be one.

A NOTE TO OUR READERS: Hansford Health Shelf, the column that features local health professionals' answers to questions about health care, will return next Sunday, Feb. 12.



Snow job

Shoveling snow can be an aerobic exercise I'm told but I've never seen the need to destroy something that will self-destruct anyway.

My yankee friends have different ways of dealing with the task. One guy says a temporary paralysis of one arm makes it impossible to do the job. "Wouldn't a temporary paralysis of both arms be better?" I asked.

"That's dumb," he said. "I don't want to miss bowling."

"It can be a religious experience," said a preacher friend. "After a hard day of shoveling snow, I pray that I can even walk the next day."

It's best to warm up with some stretching exercises. Most of us are in such bad shape that we can pull a muscle just reaching for an excuse.

I like to do my warm up exercises in Orlando.

It's amazing how inspired one can get about shoveling snow when the temperature at least matches your I.Q.

However, if you just have to do the job, here are a few tips on doing it safely:

Never shovel under small children especially if they are all on a school bus.

Do not under any circumstances try to gain a running start advantage by using roller skates.

Start out easy. Practice first with a spoon in a frozen margarita.

As you gain confidence, develop a backswing that keeps you sliding toward the house.

Push the snow. It's much easier on your back than pulling it.

Don't pick up too much at once. You may not be able to pick up any at twice.

Physical therapists suggest limiting loads to 25 pounds. Never shovel around a therapist if both of you are loaded.

Bend your legs, not your back. If you freeze in that position, it's easier to get you into the car.

Do not stick your tongue to a cold shovel.

Do not stick your tongue to a hot shovel.

Use protective clothing. It's better to be safe than sorry. An extra pair of earmuffs can be comforting, built into your underwear.

Finally, for when the job is finished, remember to keep your fingernails long enough to claw your way back up the driveway you were dumb enough to shovel.

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U.S.D.A. offers rules for buying lean meat

According to U.S. Department of Agriculture rules for beef other than chopped beef, the word "lean" on the label is supposed to mean the product contains no more than 10 percent fat by weight.

The words "extra lean" are meant for cuts that are no more than 5 percent fat by weight. But since not all stores follow the agency's policy, ask your butcher if you are in doubt.

The rules are completely different for ground meat, according to a policy now officially adopted by the USDA. Ground beef can contain as much as 22.5 percent fat by weight and still be called lean or extra lean. But be aware that 22.5

percent fat by weight does not mean the same thing as 22.5 percent fat by calories.

A product that is as high as 22.5 percent fat by weight can easily be more than 60 percent fat in terms of calories. The reason, in part, is that ounce for ounce, the fat in beef, or any other product, contains more than twice as many calories as the protein.

In addition, as much of the weight of a hamburger comes from water, which contains no calories whatsoever. In fact, a cooked hamburger can contain 54 percent water by weight, 24 percent protein, and only 20 percent fat, yet derive 65 percent of its calories from only fat.

What it all boils down to is that there is no such thing as truly lean, store-packaged hamburger meat. However, the beef industry is striving to provide a leaner ground product for health-conscious consumers.

SEEDS FROM THE SOWER
By Michael A. Guido
Metter, Georgia

A Christian missionary was captured by the communists, and he taught one of the guerrillas English by means of the Bible.

One day the communist said, "You know, as you've read the Bible to me, I've come to believe that you Christians have a greater message than that of Communism."

But he added, "Still I believe that we're going to win the world. Christianity means something to you. But Communism means everything to us."

It's not enough that Christ means something to you. He must mean everything. If He doesn't mean everything, He doesn't mean anything.

What does Christ mean to you?

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2 - IHC 1586 Tractors, Cab/Radio/Heat/Air, 18.4-38 W/Duals (1981 W/3700 hrs. & 1980 W/3800 hrs.); 1 - 1982 A.C. 5020 21 HP Diesel W/60" Belly Mt. Shredder, Small Chisel, Rotary Tiller & Seed Spreader; 1 - IHC 1586 Dsl. Tractor, Cab/Radio/Htr, 18.4-38 Tires; 1 - 1974 IHC 1466 Tractor, Cab/Radio/Htr, 18.4 x 38 W/Duals, Weighted; 1 - 1975 J.D. 4430, P/S, Cab/Radio/Htr., 18.4 x 38 Tires, Wts.; 1 - Ford 6 Row Select-O-Speed Rope Wick Applicator; 1 - Versatrac 6100 Topper W/Wick Bar Applicator

TRUCKS - PICKUP
1 - 1974 Chev. C-65 Twin Screw Truck, 427 V-8, 5 Sp & 4 Sp, Air Brakes, 2 Side Tanks, 18' Bed, Hoist, 10.00 B. & 9.00 F., 17260 Miles; 1 - 1975 C-60 Chev. Tandem Truck, 366 V-8 4 Sp, 2 Sp, Ref. Air, 20' American Bed, 52" Sides, Hoist, 2-Side Tanks, 9,00-20 Radials, 36,000 Miles; 1 - 1974 Chev. Series 90, Twin Screw Truck, 671 Detroit Dsl. Eng. W/In-Frame Overhaul W/00 Miles, 10 Sp, Fuller Tran. P/S, A/B, 2 Step Tanks, 20' King Bed, Hoist W/Stabilizer, 10.00 - 20 Tires, 115,000 Mi.; 1 - 1964 IHC R-200 Tractor-Truck, Twin Screw, V-8, 13 Sp., Air Brakes, 5th Whl. 2-Step Tanks; 1 - 1948 Chevy Truck, 6 Cyl., 4 Speed, Flatbed; 1 - 1977 GMC 4 Whl Dr. 1/4T. Camper Special Pickup, 350 V-8 Rebuilt Eng., Autom., New M&S Tires, LWB; 1 - 1974 GMC 4 Wheel Drive Pickup, 350 V-8 Auto. Long Wide Bed

HARVEST
1 - 1985 N.H. 655 Round Bailer W/Bail Command; 1 - 1984 N.H. 320 PTO Twine Tie Bailer; 1 - New Holland #282 PTO Wire Tie Hay Baler; 1 - Hesston #4600 PTO Twine Tie Hay Baler, New Gear Case; 1 - 1964 N.H. 114 Pivotal Tounge 14' Swather; 1 - Large 4 Whl. Foliage/Ensilage Wagon W/Live Bottom; 1 - Davis Ensilage Feed Box; 1 - Whitmore Grain Cart; 1 - 1975 Roll-A-Cone Combine Header Millo Attach.

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We are seeking the following qualifications:

- High school diploma or equivalent
- Good mechanical aptitude and solid work history

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We offer an excellent star. salary and comprehensive benefits package.

We will be accepting applications on Monday, Feb. 6 from 1 p.m. through 7 p.m. and Tuesday, Feb. 7 from 8 a.m. through 11 a.m. at the Best Western Ambassador Inn, located at Hwy. 64 and 21st Street in Guymon, Ok.

G18 ltc S14S ltc

You talked
Through a survey conducted last year, you and other customers of Texas-New Mexico Power Company said you wanted to save energy. But, you said, you didn't want to have to make large investments in energy-efficient appliances to achieve this savings. You asked us to tell you how to save energy without spending much money.

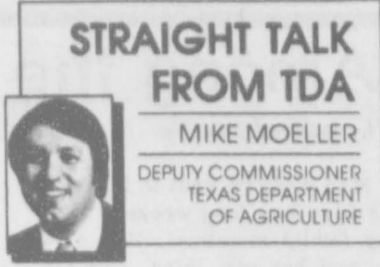
We listened
To show we heard your requests, we'll be running a series of advertisements telling you how you can save energy with no-cost and low-cost measures during the next 12 months. Brochures with information on energy savings are also available in our local offices. We hope this series will help you find new ways to save energy.

Thanks
It's our way of thanking you for your help with the survey and telling you that we've listened to your requests.

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2a/89

Department of Health offers buying tips



STRAIGHT TALK FROM TDA

MIKE MOELLER DEPUTY COMMISSIONER TEXAS DEPARTMENT OF AGRICULTURE

Eggs are one of the most commonly purchased agricultural products. Some 4.3 billion eggs are sold in Texas each year. Yet most people don't know how to get the best buy on eggs.

For example, few shoppers can tell by looking at a carton of eggs how fresh they are. Unlike milk or other perishable products, eggs need not have an expiration date stamped on the container. (Some retail chains voluntarily print a "sell by" date on their egg cartons, and if you see one, remember it's best to use the eggs within two weeks of that date.)

If the carton doesn't have an expiration date, though, you can still tell the age of the eggs by looking for a number stamped on the end of the carton. This number, called a Julian date, records when the eggs were packed. Since eggs are normally packed the same day they were laid, this date tells you how old they are.

Under the Julian calendar (named for Roman Emperor Julius Caesar) the days of the year are numbered consecutively, so that January 1 appears as 001 and December 31 is written 365. A Julian date of 032, for instance, would tell you the eggs were packed on February 1, the 32nd day of the year. According to U.S. Department of Agriculture guidelines, a retailer has to sell the eggs within 30 days of this "pack date" or remove them from the shelves.

Any dates that appear on an egg carton serve the double purpose of informing consumers about the freshness of the eggs they buy and reminding retailers to rotate their stock. You may wish to notify your retailers if the eggs in the display are more than 30 days old by Julian date, or if the "sell-by" date has passed. Although egg experts agree that refrigerated eggs can remain edible and nutritious for several months, most consumers don't store their eggs that long. The rule of thumb for freshness is that eggs should be used within two weeks of the "sell-by" date or six weeks of the Julian date.

There is one egg issue that all food shoppers are familiar with: cracked eggs in the carton. Egg shells are delicate, and they can be damaged at

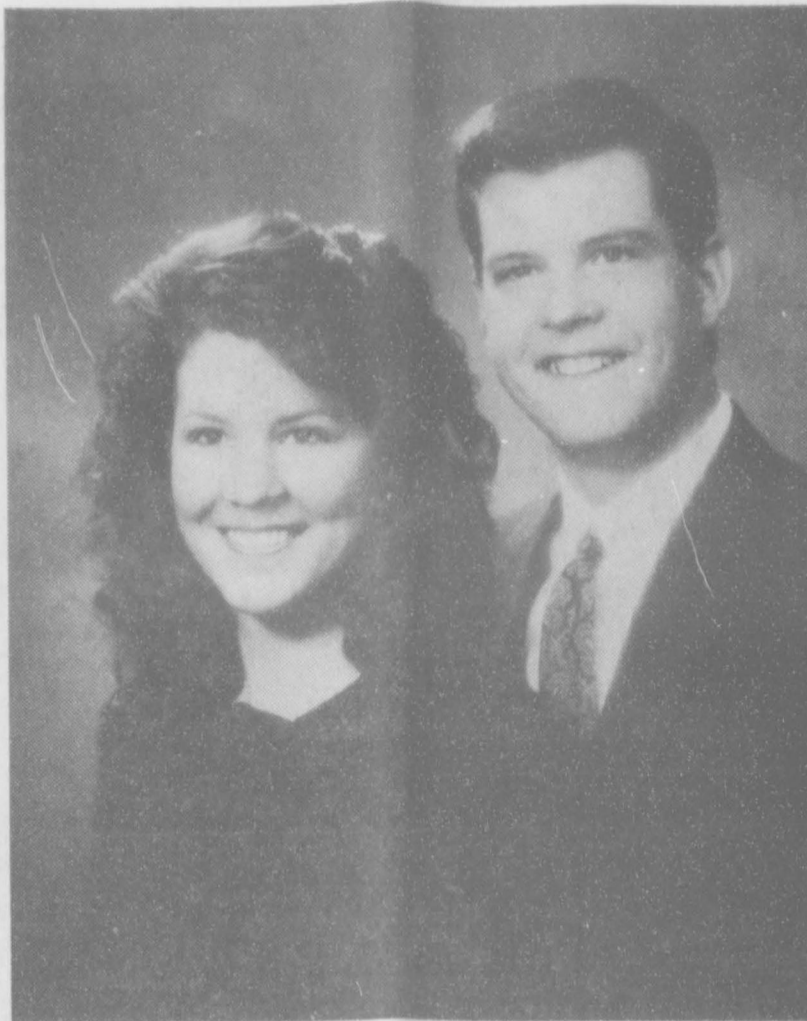
many points in their travels from hen to grocery store. At the farm, cracks and leaks can occur as an egg moves along the conveyor belts that carry it through chlorine washes, protective mineral oil coatings, weighing and packaging. Also, breakage can result from rough handling during transportation to the store or by retail stockers. Ironically, eggs are sometimes broken in the store by consumers who are checking the cartons to see if there are any broken eggs.

You should not eat an egg that was cracked before you got it. A cracked shell can be an entryway for harmful bacteria, including salmonella.

Since eggs are such a fragile commodity and because they are sold in so many different sizes and grades, producers, distributors and retailers of Texas eggs are subject to inspections and "stop-sale orders" from the Texas Department of Agriculture. The purpose of these inspections is two-fold: to protect consumers from dirty, cracked or improperly sized and graded eggs, and to encourage improvements in industry egg-handling practices.

Eggs are one food product that most shoppers take for granted. They are self-contained and have no additives or preservatives, and other than the drawback of their high cholesterol content, they are the perfect protein.

But informed consumers should never take any food item for granted. Always take a close look at the products you buy. With eggs, that means checking the shells as well as knowing what the information on the front and sides of an egg carton means.



Mr. and Mrs. Ray J. Martin of Spearman, Texas, announce the engagement of their daughter, Mary Ann to Mr. Roger Louis Morris III, son of Mr. and Mrs. Roger Louis Morris, Jr. of Vega, Texas. The prospective bride is a graduate of Spearman High School and a graduate of Texas Tech University in Lubbock. She earned a Bachelor of Business Administration degree in Finance. She is currently employed by The Prudential Insurance Company in Amarillo. The prospective groom is a graduate of Vega High School and a graduate of Texas Tech University. He earned a Bachelor of Science degree in Agricultural Education. He is engaged in farming and ranching near Vega. The couple is planning an April 22 wedding in the First United Methodist Church in Spearman.

The scientists tell me...

Saturated fatty acids are the real villaines of heart disease

By Marilyn Brown TAES Science Writer

Now, more than at any other time in our history, Americans are aware that diet and good health go hand in hand. Discoveries about the relationship between high blood cholesterol levels and heart disease have led many people to believe that red meats are unhealthy. But this is not necessarily so.

"While the saturated fatty acid content is generally higher for red meat than for poultry or fish, the cholesterol content of lean meat, with all trimmable fat removed, is not higher than that of poultry muscles or fin fish, and red meat has less cholesterol than some shellfish," says Ki Soon Rhee, meat scientist with the Texas Agricultural Experiment Station.

Rhee explains that saturated fatty acids, not cholesterol, are the villains to be feared.

"When the public is finally convinced that the meat consumption-cholesterol-health concern is largely based upon misconception and misinformation, saturated fatty acids will eventually become the primary nutrition health issue in regard to meat consumption," she says.

And what is a saturated fat, any-

way? Fats, or lipids, are present in the body in many forms, and they are vital to life. They are carbon-carbon chains. Saturation occurs when additional hydrogen atoms attach themselves to carbon atoms in the fat molecule, making them difficult for our metabolism to break down.

Saturated fatty acids in the diet increase the level of low density plasma lipoprotein cholesterol (the undesirable fat in the blood). Elevated levels of LDL cholesterol have been associated with increased risk of coronary heart disease.

When monounsaturated fatty acids are substituted for saturated fatty acids in the diet, plasma LDL cholesterol levels are decreased, without reducing the level of the desirable blood lipid, high density lipoprotein (HDL) cholesterol. Higher HDL cholesterol levels actually decrease the risk of heart disease. A few monounsaturated fats include avocado oil, olive oil, and one new to most people - canola oil made from low-erucic acid rapeseed.

Polyunsaturated fatty acids, popular as vegetable oils and margarines, reduce both the desirable HDL cholesterol and the undesirable LDL cholesterol. Shortenings, even though they may advertise "no cholesterol," have been hydrogenated during production, making them less heart-healthy than their "no cholesterol" labels would have consumers think.

Rhee and other meat scientists have initiated studies to try to further improve the health profile of red meats by substituting large amounts of monounsaturated fatty acids for saturated fatty acids in the animal's diet. In Rhee's study, pigs were fed high oleic sunflower oil, a vegetable oil that is over 80 percent monounsaturated.

Animals fed the oil showed no significant difference for feedlot performance or for carcass muscling or marbling. But the dietary modification markedly decreased the percent-

age of saturated fatty acids in adipose and muscle tissues, while increasing the percentage of monounsaturated fatty acids. The ratio of monounsaturated to saturated fatty acids was increased by more than 130 percent for raw adipose (fat) tissue and by 58 to 92 percent for raw muscles.

Animals on the oil diet had softer carcass fat and oilier carcasses than those on the control diet, but the treatment had no adverse effects on palatability traits of whole muscle cuts or processed products, Rhee says.

"In fact, products from animals on the oil diet were juicier and more tender than those from the animals on the control diet," the scientist says.

The study demonstrated that, by altering the diet, the lipid profile of pork can be composed of healthful fatty acids. With beef, however, the process is not as simple because of the cattle's ruminant digestive system.

The rumen, a sort of pre-stomach, is full of microorganisms that can digest grasses, hay, and other forages that simple-stomached animals cannot break down. Those same bacteria also saturate fatty acids as they enter the rumen, creating havoc for scientists in search of monounsaturated beef fat.

Stephen Smith, a TAES beef cattle scientist, says that while stearic acid, a desirable lipid, is found in the digestive tract of cattle, it is not as prevalent in the muscle. "Our question now is why the cow doesn't deposit more stearic acid," he says. "Humans, for example, store most of it they get."

One previous study that will get another look, Smith says, involved feeding crushed sunflower seed. The cattle in that study had higher levels of stearic and oleic acid in their small intestines, which means those desirable lipids had survived the rumen. "So that was somewhat promising," Smith says. "What we need to understand now is why those lipids aren't making it to the tissues."

Legislature can bring ag industry new hope

(AUSTIN)--"At a time when federal support for agriculture is being reduced, it is crucial that state lawmakers maintain programs that allow Texas agriculture to diversify and become profitable," Deputy State Agriculture Commissioner Mike Moeller said here upon the opening of the 71st Texas Legislature.

"Agriculture has been a vital part of the Texas economy since the days of the Texas Republic. The food and fiber industry adds \$33 billion in economic activity to our state every year, and agriculture provides a paycheck for one out of every five Texans. Despite the serious economic problems faced by farmers and ranchers over the past decade, agriculture still gives Texans a great return on their investment," Moeller said.

"However, the future of agriculture could well be determined by the actions of the Legislature this year. First, three agencies important to family farmers and ranchers, the Texas Department of Agriculture, the Texas Animal Health Commission and the Natural Fibers and Food Protein Commission all must be reviewed by the Legislature as required by the Texas Sunset Act. The Legislature's decision to continue the existence of these agencies will say much about our state's commitment to agriculture, especially now as the duties of these agencies become increasingly important.

"As part of the Sunset review process, the 10-member Sunset Advisory Commission makes recommendations to the legislature on the function and organization of every state agency at least once every 12 years. The continued existence of the Animal Health Commission is crucial to our state's ability to combat brucellosis and other livestock diseases. The Natural Fibers and Food Protein Commission plays a vital role in funding research of various agricultural products. TDA has worked with hundreds of Texans to create a number of crop diversification and economic development projects over the past six years. We hope to continue programs which have already helped open a new flour mill in Dawn, a beef slaughter plant in Childress and a soon-to-be-completed pinto bean processing plant in Perryton," Moeller said. Diversified crops assisted by TDA include wine grapes, blueberries, landscape nursery products and cut flowers.

"TDA will also ask state lawmakers to support a number of innovative pilot programs. For example, TDA and the Texas Agriculture Diversification Board recently awarded 14 matching grants, totaling \$200,000 for projects ranging from an ultrasound training program for beef feedlot operations in Childress to a pig feedlot project at Texas Tech University. TDA will seek increased funds for this program which assists pilot-sized projects across the state.

TDA will also seek continued funding for the Linked Deposit Program. The Linked Deposit Program uses a small percentage of state deposits in accredited depository banks to leverage private capital for new food and fiber processing facilities, direct marketing ventures and alternative crop production. Already,

this program has been used to provide more than \$1.3 million to enterprising Texas farmers, ranchers and agribusiness operators, such as a tofu plant in San Antonio and a wildflower seed production operation at Eagle Lake.

"Our efforts to promote the food and fiber industry come at a time when the outgoing Administration in Washington is proposing \$9.3 billion in budget cuts for federal agriculture programs. While many of these proposed budget cuts may be rejected by Congress, it is clear that federal officials are intent on limiting their support for the nation's family farmers and ranchers. It is also clear that Texans must remain supportive of a food and fiber industry which has the potential to create thousands of new jobs and hundreds of new businesses across our state," Moeller said.

"Government food assistance programs in Texas, for example, served 76 million pounds of food last year, but still reached only half of those people who qualify for government food assistance. Nearly four million Texans require some form of food assistance every month. Texas food banks distribute another 60 million pounds of food annually through various agencies, but they meet less than half the demand. Right here in Harris County, the Houston Food Bank distributed 10.7 million pounds of food and came up short. Last year the Harris County AFL-CIO distributed emergency food packages to over 33,000 families, numbering 103,000 people. They are in great need because the federal TEFAP (Temporary Emergency Food Assistance Program) commodities they depend upon were cut. All they have to distribute from the federal government now is butter.

"The international debt squeeze is hurting those most who have the least. It is crucial that we support the efforts of organizations like UNICEF to alleviate the consequences suffered by those squeezed the most. At the same time, we should be working to remedy the causes of this worldwide reversal of the progress of humankind," Hightower said.

"We should also press for increased U.S. non-military aid to help developing nations attain self-sufficiency. Less than 25 percent of the foreign assistance by industrialized nations goes to the 40 least-developed nations. The UNICEF report estimates that the cost of meeting essential human needs worldwide is between \$30 and \$50 billion per year. That is less than twice last year's U.S. federal farm subsidy.

"Our policies must be changed so that they are no longer geared to military spending, capital-intensive industry and multinational economic interests. As a matter of national self-interest, as well as because it's the right thing to do, we should be putting our international aid into job-creating industry; food producing, rather than export agriculture; education and health care. U.S. export markets will grow as a result. But we will also see the growth of the possibility of worldwide economic stability, as well as political stability. We are all in this together. We will either shrink together or grow together," Hightower said.

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Club News

RHO RHO SORORITY

The 553rd meeting of Rho Rho Sorority was held in the home of Kristi Ramon January 26. Denise Donnell presided over the meeting in the absence of the President. Roll call was taken after the opening ritual. Minutes of the previous meeting were read and approved.

Elaine Morris gave the treasurer's report. Donna Murray announced that the next meeting will be held in the home of Barbara Townsen on Feb. 9 at 1 p.m.

Pat Cudd extended an invitation to the Valentine Ball and to the tea honoring the past Valentine Queens.

Stephanie Crossland reported that Elaine Morris received a meal with the arrival of Whitney Nicole.

No anniversaries or birthdays in the sorority during the next two weeks. Denise reminded members the dues and fines need to be paid.

The group enjoyed a short reading from the Beta Sigma Phi Book. After reciting the closing ritual, Denise Donnell gave the group a talk on "Our Place in Life: Who and What We Are."

Refreshments were served. Members present were: Pat Cudd, Janie Kunselman, Denise Donnell, Elaine Morris and daughter, Paula Butler, Stephanie Crossland, Same Goehring, Donna Murray, Kristi Ramon, Beth Raper, Brenda Pierson, Patti Schnell, Lori Scroggs and Lee Ann Sheets. Honorary member present was Mary Lou Wysong.

HANSFORD COUNTY LIBRARY by Rita Curtis

Dorothy Haner's rabbit collection is the Collection of the Month at Hansford County Library. Dorothy's bunnies are made, not of fur, but of brass, china, pottery, porcelain, and thread. Her rabbits have come from many places. She has a sandcast bunny from Eureka Springs, Ark. and a tiny Beatrix Potter "lady" rabbit from England.

There is a lovely crewel picture of two rabbits done by Dorothy and a beautiful lace rabbit stitched on a red velvet throw pillow. Included in her collection are two Beatrix Potter collectibles. One of the newest additions to her collection, and a very special one to Dorothy, is a small counted cross stitch done by her granddaughter.

The first rabbit Dorothy recalls obtaining was one purchased at the old Herring Hotel in Amarillo on a shopping trip with her dad. She has no idea what became of that first bunny, but her rabbit collection has grown through the years.

Most of Dorothy's rabbits were given to her by friends, her family, and by secret pals in her clubs.

Dorothy has had several pet rabbits through the years. She fondly remembers a white Angora rabbit she had as a child, as well as various cottontails and jackrabbits that she tended to while growing up in the country.

Dorothy was born in Oklahoma and moved with her family to Borger during the oil boom days of 1926. The family lived in a house where the Phillips football field was later located. Later they resided on the Armstrong Ranch near the present site of Lake Meredith Dam.

Dorothy and her husband Ed, who worked for Exxon, were transferred to Spearman from Pampa in 1960. Although they had lived in the Panhandle for many years, Dorothy had never been to Spearman until they moved here.

Dorothy's rabbits will be on display at the library through February.



The Texas Tech Ex-Students Association annually provides scholarships to high school valedictorians and salutatorians who enroll as freshman students at Texas Tech. Lynette Williams, valedictorian of Spearman High School, receives her scholarship check from Dr. Bill Dean, executive director of the Ex-Students Association. Lynette is majoring in agricultural economics. She is involved with the Agricultural Economics Association and Knapp Hall government. She is the daughter of Mr. and Mrs. Burton M. Williams.

Comptroller suggests tax for health programs

State Comptroller Bob Bullock said recently that if the Legislature wants to get an additional \$274 million in federal money from health care programs, it could do so by earmarking matching money from an increase in the cigarette tax.

Bullock said a seven-cent per pack increase--bringing the total tax to 33 cents--would raise \$166 million in state money, which would earn \$274 million in federal

matching money for hospitals and extended Medicaid services.

"There are those who will say this is a tax increase, but in my opinion, it's not. It's an exchange of seven cents per smoker per package for \$274 million in federal money which taxpaying Texans have already sent to Washington," Bullock said.

Bullock said that "for every \$1.15 Texans send to Washington, we get only \$1 back--and that's not our fair share."

Bullock said that the 60-40 federal-to-state matching program "is the kind of deal we ought to be doing every day, particularly when it involves taxing a known health hazard to help pay for health care."

Bullock said a 33-cent per pack tax would move Texas from 13th to fourth among the states in cigarette taxes. He said that California voters last fall overwhelmingly approved increasing cigarette taxes to 35 cents per pack.

He added that the threat of bootlegged cigarettes coming into Texas had been taken into consideration in the revenue figures he used.

The federal money could be used for extended Medicaid services, including needy children, nursing home payments and services for pregnant women. He said that health specialists estimate that the combined \$400 million in state and federal money would cover the most pressing needs of financially troubled hospitals and the extended Medicaid program.

Job services offered Feb 9

A representative from job training information through the Texas Employment Commission will be in Spearman on Tuesday, Feb. 14 from 1 to 4 p.m. at the Hansford County Courthouse.

The program also offers service through the job placement, a regular service of the Texas Employment Commission. Applicants are required to have two types of identification to make application for the service. These could include a driver's license, social security card or birth certificate.

Among the Neighbors

by HELEN FISHER

Mae Wofford went to Portales last Friday for a long weekend with many family members. Her parents, and her son, Alan, and his family as well as two sisters all live there. They were joined by another of her sisters who lives in Colorado Springs so they had a mini-family reunion. She returned on Monday.

House guests of O.C. and Louise Holt at their lodge in Red River for the weekend were Mary Fern Terry, Mr. and Mrs. Ted Widener, and Charles Ball. The frigid winter blast had not yet reached there, so the weather, though cold, was not miserable.

Iola Hazlewood, of Amarillo, visited here on Tuesday with her sister, Mrs. Dale Womble at the Manor, and also with Lillie Palmer.

Many old friends have been pleased to greet Anita Garnett who has been here this week. She has been a guest of Altha Groves. Anita is retired and lives at Waco, as does her daughter Ann and family. Her son, Howard, lives in Corsicana. Anita and her late husband, Stanley, lived in Spearman for many years.

Mary Lee and Bill Clew visited in Spearman the early part of the week, staying with her aunt, Mrs. Winnie Allen.

Mary Lee grew up in Spearman, the daughter of the late Henry and Susie Dacus.

Bill is with Nissan Company after many years with Ford Motor Company. They have had a very interesting life and traveled worldwide in his work, living in Japan on several occasions. They had been attending a convention in New Orleans and were enroute back to their home in Mississ Viejo, Calif. They plan to stop in Portales and visit another of her aunts, Della Ducus.

On Tuesday evening, they enjoyed dinner at J & J's Restaurant with Mrs. Allen, Mr. and Mrs. Billy Miller, Mr. and Mrs. Johnny P. Vernon, Eva Pierce, Wynn

Payne and Jack Pierce.

Considering Spearman to be the proper place and Sunday to be the proper time for his birthday celebration, Gayle Sherwood and wife, Sarah, spent the weekend here. They were guests of his son, the Gary Sherlocks and children. Gayle and Sarah are from Plainview.

A sell-out crowd enjoyed the musical "Cats" presented by a touring group at the Amarillo Civic Center on Tuesday evening.

Among those from Spearman noted in the audience were Helen Etter, Pearl Pierce, Elsie Mathews, Rosalie Butt, Jane Meek, Mary Alice Gibner, Kaye Vernon, Bobbie Novak and Eddie Martin.

Frankie and Troy Sloan returned to Spearman for the weekend, staying in the home of Gary and Sue Woolley. Frankie stayed over a few days and will accompany Sue to visit Connie Woolley who is a student at Texas Women's University at Denton.

Frankie and Troy are pretty well settled by now and have taken an apartment in Breckenridge. Their address is Box 351, Breckenridge, 76024.

Ray Phelps, who is recovering from knee surgery, is having to do the family cooking, and Beth, who is recovering from a broken arm, is having to do the family walking.

Beth slipped on the porch on Monday, breaking two bones in her left wrist. Since Ray is not yet able to drive, Sam Wysong took them to Amarillo to have the wrist tended.

Ray feels that he is able to handle most of her chores, except her oil painting!

Proudly announcing the arrival of a new granddaughter are Loren Dale and Debbie Gable of Spearman.

Kayla Dawn Gable, weighing 7 pounds 6 ounces, was born to Kevin and Bridgett Gable of Yuma, Colo. on Jan. 9. She joins two brothers, Adam and Teddy.

Mrs. Blanche Watson is the paternal great grandmother.

Area students named to List

Baylor University

Baylor University has announced that Kellie McWhirter of Spearman was entered on the Dean's Academic Honor List for the Fall semester of 1988. Miss McWhirter's average was 4.00 for the semester.

A 1987 graduate of Spearman High, she is a member of Gamma Zeta Phi honor society at Baylor and Zeta Tau Alpha sorority. Her parents are Steve and Sheri Benton of Spearman and Lloyd McWhirter of Denver, Colo.

To be named to the Dean's List at Baylor, students must have a grade point average of 3.7 or better of a possible 4.0 while enrolled in at least 15 semester hours.

Southwest Texas State University

Sharlene Sangalang, daughter of Dr. and Mrs. Romeo Sangalang of Spearman, was among the 1,491 students whose 1988 fall semester grades earned them places on the Dean's List at Southwest Texas

State University.

To qualify for the academic honors listing, an undergraduate student must have earned a grade point average of at least 3.5 during the semester while taking at least 12 semester hours of course work.

Wayland Baptist University

The fall 1988 Dean's Honor Roll at Wayland Baptist University includes Thad Kyle Reid of Morse. Reid, a senior, posted a 4.00 grade point average (GPA) for the recently-completed term. He is the son of Mr. and Mrs. David Reid of Morse.

The Dean's Honor Roll is announced at the end of each semester by Dr. Bill Hardage, academic vice president and dean at the university.

It lists the names of students who compiled a GPA of 3.50 or better on a 4.00 scale while completing at least 12 semester hours during the term.

A total of 186 students from 12 states and one foreign country were named to the Dean's Honor Roll for the fall term.

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BLEND
MILK
TUESDAY
HAMBURGER
FRIES
SALAD BAR
COOKIE
MILK
WEDNESDAY
GRILLED CHEESE SANDWICH
VEGETABLE / BEEF STEW
SALAD BAR
FRUIT
MILK
THURSDAY
PIGS-IN-A-BLANKET
PINTO BEANS
SALAD BAR
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MILK
FRIDAY
PIZZA
SWEET PEAS
SALAD BAR
APPLE CRISP
MILK

JR. HIGH-ELEMENTARY MENU FEBRUARY 6 - FEBRUARY 10

MONDAY
SPICY MEAT-RICE LOAF
MASHED POTATOES/GRAVY
BUTTER CARROTS
HOT ROLLS
BUTTER/PEANUT BUTTER
BLEND
MILK
TUESDAY
HAMBURGER
FRIES
LETTUCE/TOMATO
PICKLE/ONION
COOKIE
MILK
WEDNESDAY
GRILLED CHEESE SANDWICH
VEGETABLE / BEEF STEW
WHOLE KERNEL CORN
CRACKERS
FRUIT
MILK
THURSDAY
PIGS-IN-A-BLANKET
PINTO BEANS
CHOPPED SPINACH
CONGEALED APPLESAUCE
MILK
FRIDAY
PIZZA
TOSSED SALAD
SWEET PEAS
APPLE CRISP
MILK

PLIGHT, from p.1

had 40 rural hospital closings. Van Hook is the executive director of the National Rural Health Association (NRHA). He contends that Medicare payments constitute a higher proportion of the total revenues of rural hospitals, yet urban hospitals receive Medicare payments averaging more than 36 percent higher than rural hospitals. The NRHA advocates replacement of the separate urban and rural rates by a single DRG rate for all hospitals.

NRHA challenges of inequality

The NRHA filed a lawsuit in November of 1988 against the Department of Health and Human Services in Washington D.C. challenging the constitutionality of these unequal Medicare reimbursements. This could evolve into a long court battle, one which experts estimate may last more than two years.

An additional problem rural hospitals face is a declining census (number of patient beds filled) due mostly, again, to the advent of the DRG's. LaRoche believes that as much as 50 percent of the declining patient census at Hansford Hospital is due to the DRG's, which mandate when and for what time period a physician can admit a Medicare patient to the hospital. He noted that upwards of 50 percent of Hansford Hospital's admissions are Medicare patients.

"This is what I call 'cookbook medicine,'" LaRoche stated. "The government agency makes the criteria which determines whether or not a doctor can admit someone and how many days their treatment should require. The Texas Medical Foundation's representative review a physician's charts to make sure he is adhering to these criteria. Needless to say, these representatives never meet or see the patient or his doctor." Another reason for declining

patient populations in rural hospitals is that area residents choose to use an urban hospital instead of their local facility. LaRoche said no percentage can be reliably attained to indicate how many Hansford County residents do this. "All we can do is our own patient origin studies, which show who does use Hansford Hospital. From these, we know that 60 to 70 percent of our admissions come from Spearman and the rest from Gruver, Morse, and Waka," he explained. (The hospital provides services for the Borger patients of Borger physicians with staff privileges at this time, but this is not a situation which LaRoche expects to continue indefinitely.)

Hansford Hospital's occupancy rate in the early 80's was in the 46 to 52 percent range. In the last two years, this rate has dropped to 25 to 28 percent occupancy. LaRoche emphasized again that the DRG's are responsible for much of this decline.

Local hospital's finances

In spite of the government's inequitable reimbursement system, Hansford Hospital is in significantly better financial shape than many rural hospitals of under 100 beds. "Last year was a great year for the hospital," LaRoche said. "The taxes we needed from the district went down over \$100,000. We were able to retire over \$400,000 in debt, plus we made important investments in capital equipment which enhances what the hospital offers as medical services."

He credits the improved financial situation at the hospital to increased charges, better utilization, and better efficiency. The increased charges came through the growing practices of the staff physicians, the closing of Golden Plains Hospital in Borger (prompting use of the facility by Borger physicians) and the recruitment of a new family physician to Spearman. The hospital also began a

policy of sending personnel home during periods of low census. "This means we can't guarantee our staff a 40-hour work week, but what we save by doing it enables us to stay in good financial shape," LaRoche said.

These factors combined to cause lowered operating costs for the facility overall and provided it with funds for new programs.

LaRoche commended

Hospital board members credit Al LaRoche himself with the hospital's strong position in the last year as a half. Board President Jack Oakes cited LaRoche's aggressive physician recruitment and intelligent hospital management. Both Oakes and LaRoche also point to a community which has long proved to be supportive with tax dollars, as well as utilization, of Hansford Hospital.

Rural hospital crisis experts agree that survival of these institutions depends on the following: 1) legislation requiring equitable Medicare reimbursement to all hospitals, urban and rural alike; 2) institution of programs to encourage professional medical personnel to locate in rural areas; and 3) provision of grants to assist the hospitals in making a transition to other modes of services.

The first of these conditions is currently being considered in the U.S. Senate. Texas Senator Lloyd Bentsen is sponsoring a bill to correct the inequity by phasing in a uniform Medicare reimbursement rate effective Oct. 1, 1994. Before that time, Medicare would be required to guarantee that rural hospitals receive reimbursement for their full costs. LaRoche believes this piece of legislation is in Hansford Hospital's best interests.

In terms of programs for professional personnel, Hansford Hospital will pay an LVN (licensed practical nurse) \$350 per month to go to school to become an RN (registered nurse). This program

was begun when the need for RNs became a pressing problem that could not be met locally. The nearest school for RN degrees is 100 miles from Spearman, which is why the education stipend is offered. In repayment for these monies, the new RNs are expected to work one year for Hansford Hospital.

Grant possibilities for hospital

On the subject of grants, LaRoche revealed that there is work going on at this time to apply for a grant that would give the hospital \$100,000 over two years (to be matched by \$100,000 of the hospital's own money). With this \$200,000, he hopes to help develop an outpatient chemotherapy program as part of the Herrington Foundation in Amarillo. "We have the staff, the rooms and the desire. We are currently still gathering the data and are in the very early stages of the idea," he said.

In order to expand outpatient services, the hospital has purchased within the last two years the following equipment: urology equipment (used in over 70 cases by the hospital's visiting urologist from June to December of 1988); a colonoscope (for internal examination of the colon); and added Holter monitoring, pulmonary function test and Electroencephalograph (EEG) monitoring. The Hospital now offers ultrasound services once a week as well.

"We're doing fine now, but 'now' isn't the future, so we have to plan carefully," LaRoche said in summary. "The rural hospital's existence is definitely threatened today. The community has been supportive of Hansford Hospital up until now, but people must continue to use our facility if it is to survive."

He added philosophically, "We cannot be everything to everybody, but whatever we do, we want to do well. We can't wait for the government to fix our problems, so we are forging ahead on our own."

CONTEST, from p.1

Ashley Brown ★
Michelle Laughlin
Becky Porter
Chayci Shaver
Wendy Woolley
Trey Porter ★
Mandi Porter
Tina Baumgardner ★
Ronda Renner
Tom Kirk
Regan Boxwell ★
Wendell Ralston
John Holt ★
Jeremy Willingham
Jason Sutterfield ★
Pat Hunter ★

Nationally-determined rules require that the entries be selected on the basis of originality, creative ability and expression of the theme "Proud Experiences."

Spearman PTA would like to thank those community members who generously agreed to serve on selection committees - Jean Ann Behney, Rita Curtis, Ruth Bryan, Verna Lee Shirley, Lometa Sparks, Penny Thomas, Ernie Newcomb, Mae Wofford, Dorothy Baggerly, Ann Sanders and Jennie Lynn Massad.

"We are very proud of our children and their creative efforts. We look forward to having even more participants in the years to follow," said Candy Boxwell, Spearman PTA Cultural Arts chairperson.

water

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Preserve it

TEXAS WATER DEVELOPMENT BOARD
P.O. Box 13231, Capitol Station
Austin, Texas 78711

THANK YOU

Perhaps you sent a lovely card, or sat quietly on a chair.
Perhaps you sent a floral piece; if so, we saw it there.
Perhaps you spoke the kindest words, that any friend could say.
Perhaps you were not there at all, just thought of us that day.
Perhaps you spoke a silent prayer to ask God to see us through.
Whatever you did to console our hearts, thank you and God Bless You.

The Family of Thelma Vaughn

HAPPY VALENTINES GREETINGS
WILL BE PUBLISHED ON
FEBRUARY 12, IN
The Hansford Plainsman

VALENTINE

Now you can send Valentine's greetings to the ones you love in a new and novel way... love lines to a special someone, a relative, a dear friend. Your message will be cherished for years to come.

2 lines minimum 5.00
3 lines 6.50
4 lines 7.50
5 lines 8.75
6 lines 10.00
Each additional line 2.00



SAMPLE:
To Tommy, I would just like to tell you in this special way that you are a wonderful person and I love you very much. Happy, Happy Valentines Day Honey. Love Susan.

MINIMUM GREETING SIZE TWO LINES.
NO ABBREVIATIONS. WE MUST HAVE
YOUR GREETING BY THURSDAY
FEB. 9th.

CLIP & MAIL TO: WANT ADS, P.O. BOX 458 SPEARMAN TEXAS 79081

NUMBER OF LINES _____ REMITTANCE ENCLOSED \$ _____
NAME _____ PHONE _____
STREET _____ CITY _____ STATE _____ ZIP _____
VALENTINE NAME _____
VALENTINE ADDRESS _____
CITY _____ STATE _____ ZIP _____

WE GIVE S&H GREEN SEALS EVERYDAY • ONE SEAL ISSUED FOR EVERY \$5



DOUBLE SEALS ON WEDNESDAY

EXCLUDING TOBACCO PRODUCTS

UNITED Supermarket

the personal touch
Values

Grocery

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• SLICED BEETS 303 CAN • SLICED CARROTS • NEW POTATOES • SAUERKRAUT .39

REG. OR NO SALT 303 CAN **.39**



SPAM LUNCHEON MEAT

• REG. • LESS SALT • SMOKE

12 OZ. **\$1.39**



MRS. BAIRD'S BISKROLLS .59

MRS. BAIRD'S WHITE BREAD

LARGE OR EXTRA THIN

1 1/2 LB. LOAF **.79**

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• FRUIT COCKTAIL • YELLOW CLING PEACHES HALVES OR SLICED • PEARS
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COKES
6 PAK - 12 OZ. CANS
\$1.79

WOLF CHILI
NO BEANS
15 OZ. **.79**

MRS. TUCKERS SHORTENING
42 OZ. **.99**

FRITO'S CORN CHIPS
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10 1/2 OZ. **\$1.49**

TOTAL INSTANT OATMEAL
ASST.
10 OZ. **\$1.69**

DINTY MOORE BEEF STEW
24 OZ. **\$1.59**

MAZOLA CORN OIL
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BEEF FRANKS
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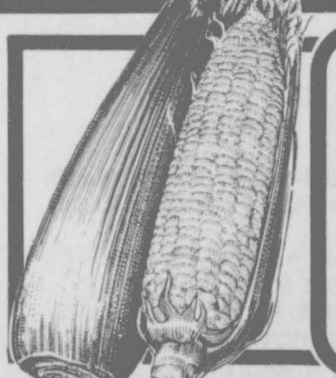
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FRESH JUICY TANGERINES
2 LBS. **\$1**



FRESH GREENS
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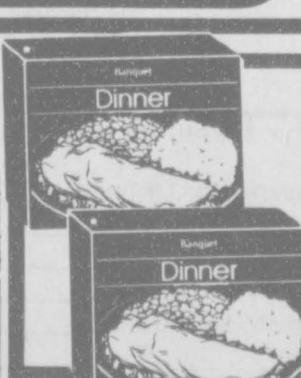


FLORIDA GOLDEN CORN
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