

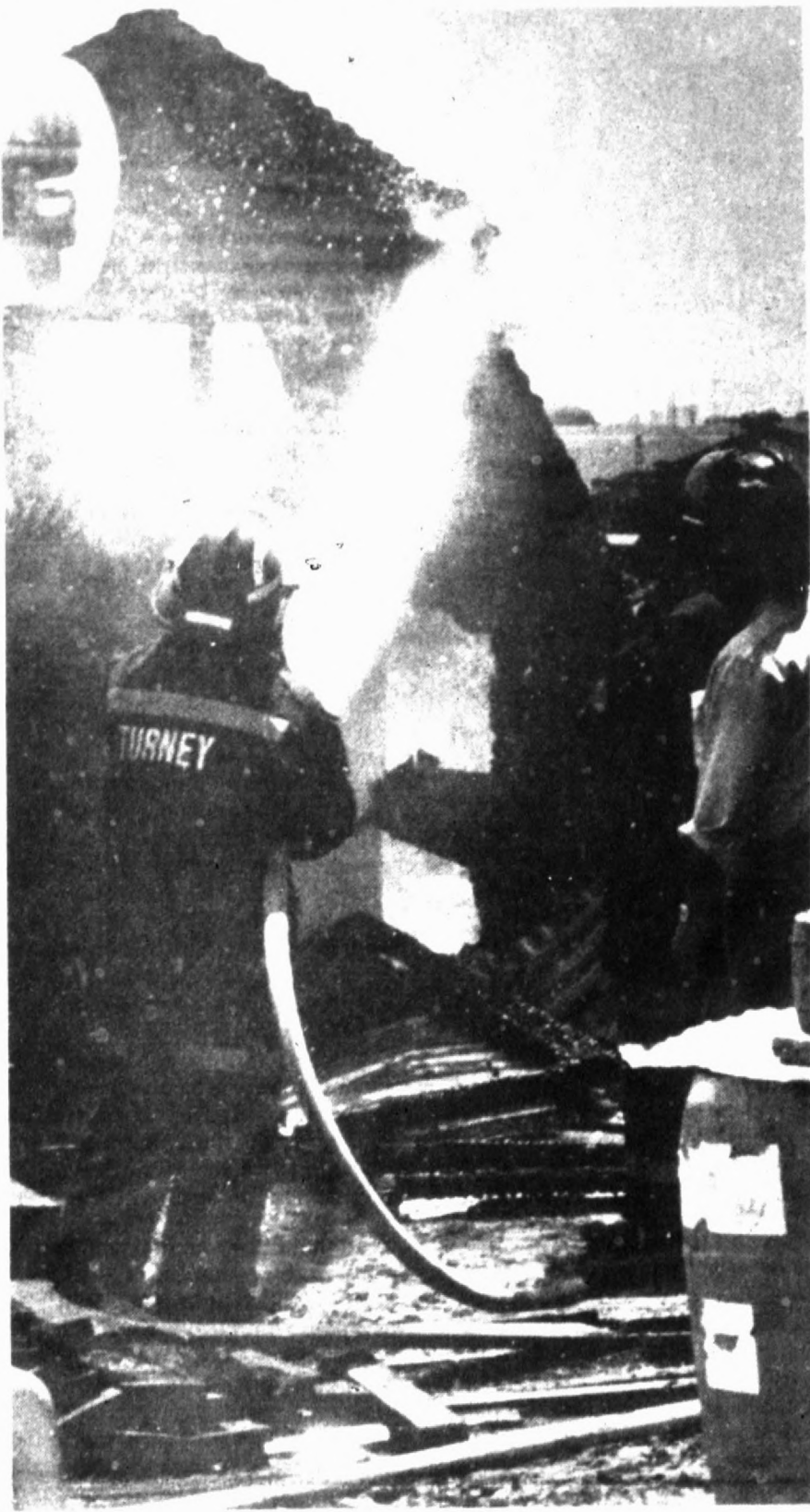
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92nd Year, Vol. No. 216 Deaf Smith County, Texas

10 Pages

25 Cents



Fire scene

Hereford firefighter Dean Turney directs a spray of water onto a storage shed at Carrasco Tires, 721 W. Bradley, Wednesday afternoon. The blaze began as a controlled trash fire, but quickly spread out of control when burning trash blew onto adjacent grass, which then ignited the shed and piles of oak pallets that were standing nearby. There were no injuries reported.

Two die, one missing as storms cause flooding in San Antonio

By The Associated Press
At least two people drowned, and a third was missing and presumed drowned, as the result of a wave of powerful storms Wednesday that swept away cars and ripped the roofs off buildings in San Antonio.

Many areas of South Texas reported brief power failures and damage to homes and businesses as residents were awakened by winds that were clocked at up to 80 mph. Airlines grounded flights as 6.26 inches of rain fell at San Antonio International Airport, making it the city's fifth-wettest day on record.

Several tornadoes were reported in the Texas and Oklahoma panhandles in the late afternoon and early evening Wednesday, but the only major damage reported from the twisters was a farmhouse near Guymon, Okla., that was blown away. No injuries from the tornadoes were reported.

Agreement reached on bill to keep PUC operating

AUSTIN (AP) - Newspaper publishers and telephone companies have reached tentative agreement in negotiations over a bill that keeps in existence the Public Utility Commission, officials from both sides say.

Glenn Smith, of the Texas Telephone Association, said Wednesday the two sides are near resolution on the PUC "sunset" legislation.

The bill has already passed the Senate, and is now being considered by a House subcommittee.

"They have tentatively agreed on this," Smith said. "There are still some disagreements over exact language, but the principals all signed the agreement."

As in the Senate bill, the subcommittee plan calls for a two-year study of telephone deregulation, and other telecommunication issues.

Southwestern Bell had sought

reported.

The storms and resulting floodwaters in Antonio delayed the start of the NBA playoff game in San Antonio between the Portland Trail Blazers and the San Antonio Spurs.

Steady showers also soaked Atascosa, Bandera, Comal, Guadalupe, Medina and Wilson counties. Just west of La Vernia, more than 4 inches of rain fell in a seven-hour span as sporadic gusts tore the roof from a garage and uprooted trees early Wednesday.

"I just heard this swish, and then I actually saw something flying ... then I realized it was my garage roof," Mary Winkler said. She said the wind carried the corrugated metal roof about 150 feet before plopping it onto a nearby farm road.

Several people were pulled from swollen streams in San Antonio during the afternoon, including a

deregulation, but was stopped by Lt. Gov. Bob Bullock, who said the issue was so complex that lawmakers needed time to study it. Newspaper publishers and consumers opposed deregulation, saying that unregulated competition in the electronic information business would give undue advantage to the companies that control telephone lines.

The subcommittee plan also calls for establishment of a development fund, and a rate freeze of approximately 80 percent of all business and residential rates.

There is also a two-year ban on electronic publishing under the proposal.

The negotiations have been agreed to by the Texas Daily Newspaper Association, the Texas Press Association, and the Texas Telephone Association.

Texas tops in business vitality

WASHINGTON (AP) - Colorado, Maryland, Utah and Washington top the honor roll of states in terms of their potential to attract new businesses providing high-paying jobs, according to an annual survey released today.

In the area of business vitality, the top rankings were held by Texas, Alabama, New Mexico and Colorado. In the area of current economic conditions, the states of Delaware, Washington, Wisconsin and Virginia held the top four spots, respectively.

The four top states in terms of development capacity were Minnesota, Utah, Washington and Colorado.

Overall, when judging all three categories, the report cited Colorado as the top scorer, followed closely by Maryland, Utah and Washington.

The Corporation for Enterprise Development gave those states the highest marks in a variety of categories designed to show which areas of the country have the healthiest economies and businesses currently and are doing the most to create high-paying jobs in the future.

At the opposite end of the spectrum, it gave straight Fs and Ds to Louisiana, Oklahoma and South Carolina, faulting those states both in terms of current economic and

business conditions and for failing to invest adequately to promote future growth.

It judged those states to be doing the poorest job of preparing their economies to attract high-wage jobs.

"We have consistently found that states with high grades in investment in the fundamentals of state resources - people, technology, financial institutions and infrastructure - also demonstrate high grades in their ability to attract jobs at good wages," said Brian Dabson, president of the research corporation.

The group's "1993 Development Report Card for the States" used

more than 50 economic measurements, divided into three categories, to rate each state. The three broad categories sought to assess the state's current economic performance, the vitality of its businesses and its capacity to attract future economic development.

The corporation created its state economic report card seven years ago to counter traditional business climate indexes that generally gave the highest marks to states with low wages and low taxes, often found in the South.

"This report card challenges the conventional wisdom of economic development that a good business climate means cheap labor, low taxes and lax regulation," Dabson said. "We are trying to measure the keys to creating high-skill, high-wage economies."

Among the barometers used to judge current economic performance were such things as job growth, unemployment rates, average annual pay, poverty rates and income distribution.

Business vitality was judged by such criteria as the mix of industries in a state and whether a state had a larger proportion of fast-growing companies and business failure rates.

Development capacity was determined by looking at education levels for the population, illiteracy rates, the number of scientists and engineers in the work force, the size of commercial bank deposits, energy costs and the quality of a state's roads, bridges and sewers.

Morales seeks to let schools pay debts if aid cut off June 1

AUSTIN (AP) - The state attorney general hopes to make sure that teachers owed money this summer for working this school year get paid, even if lawmakers don't meet a June 1 deadline for education finance reform.

A hearing was scheduled Thursday before State District Judge F. Scott McCown, who oversees Texas' school funding case. He has warned that state education aid will be stopped if the deadline is missed.

Ron Dusek, spokesman for Attorney General Dan Morales, said the state wants to ensure that if aid is halted, school districts can pay their legal obligations out of their own funds without going through the court. That includes money owed to teachers who work during the regular school year, but get some of their salary over the summer, he said.

Officials also want school districts that are expected to run out of money if the court freezes state aid to be able to get aid to pay such teacher salaries, he said. More than 100 of Texas 1,048 school districts are expected to be in that situation if aid is stopped.

In their effort to meet the deadline, the House and Senate committees that deal with public education planned a joint hearing to search for alterna-

tives to a reform proposal turned down by voters. That ballot proposal would have allowed some property tax money to be shifted from wealthier to poorer school districts.

The Texas Supreme Court has ordered lawmakers to come up with a plan that makes similar revenues available to school districts that tax locally at similar rates. Schools rely mainly on state aid and local property taxes; differences in local property wealth historically have resulted in large funding disparities.

Some state leaders have said

consolidation or spending caps may be the only realistic ways to equalize funding without redistributing property tax funds.

Asked whether he is hopeful that something new will come out of today's committee hearing, Senate Education Committee Chairman Bill Ratliff, R-Mount Pleasant, said, "Yes. Not real optimistic, but hopeful and truly open-minded."

"We are looking for ideas. This is not for show. This is for real," he said.

Italian ex-POWS to return to area to dedicate chapel

A group of 44 Italians, including 23 ex-prisoners of war, are scheduled to attend a dedication ceremony at 2 p.m. Saturday at the POW Chapel, southwest of Hereford in northern Castro County.

All interested persons are invited to attend the ceremony. Former Hereford Mayor Wes Fisher will be one of the speakers. Others on the program include Castro County Judge Polly Simpson, Dimmitt Mayor Wayne Collins, and Castro County Historical Museum Association officers Dale Winders and Clara Vick.

Former POWs Armando Boscolo and Valentino Barillaro will unveil the medallion. Accepting the marker will be Charles Schlabs, who granted the easement which made restoration of the chapel possible.

The chapel, dating from World War II, has received Texas Historic Landmark Distinction through the efforts of the Castro County Historical Commission, and a medallion and interpretive plate will be unveiled at the ceremony. The commission will offer, for sale, tee shirts with an illustration of the chapel.

The chapel was built by Italian POWs housed at the Hereford POW Camp, which was actually located just inside Castro County. Prisoners built the chapel in memory of five comrades who died while imprisoned at the camp.

One of the Italian visitors, Adriano Angerilli, at the ceremony will be one of the former POWs who helped build the chapel, according to information received by Ms. Vick, chairman of the POW committee for Castro County Historical Commission. Not all of the visiting POWs were prisoners here. Many were prisoners at other camps in the U.S., and they will be accompanied by family members and friends.

The Italians are expected to arrive in Amarillo Friday. They will attend the ceremony at the chapel Saturday, then travel to Dimmitt for a community-wide barbecue, about 5:30 or 6 p.m., at First United Methodist Church. Interested persons can attend both events, and tickets for the barbecue will be sold at the door for \$5 a person. Proceeds will go to the maintenance and upkeep of the chapel. The historical commission will provide tickets for Italian and American POWs.

The visitors will attend the 9 a.m. mass at St. Mary's Catholic Church in Umbarger Sunday, followed by a reception with coffee and donuts being served. The church has murals painted by some of the prisoners. Lunch will be served for the visitors at the Harvey Artho farm at Wildorado Sunday, then the Italians will tour the Veterans Hospital in Amarillo and meet with the Panhandle Chapter of American POWs.

Vick said the Italians plan to bring documents and artifacts for display in the POW Archive Room at the Castro County Historical Museum. The room already has some books and paintings. Vick said the museum is also preparing a display depicting what a typical POW barracks room might have looked like.

Vick said an author of one book on the POW camp, Fernando Togni, is scheduled to be here. "This has been a very rewarding work for me and the commission. We must have better communications to have peace in the world."

She said most of the visiting Italians will leave for California Monday, where they have also scheduled a trip to Hawaii.



POW chapel to become Texas 'Landmark'

The old Hereford POW Camp's little prayer chapel, built by Italian prisoners of war during World War II, will be officially dedicated as a "Texas Historic Landmark Distinction" Saturday at 2 p.m. The Castro County Historical Museum Association is sponsoring the ceremony, and all interested persons are invited to attend.

(Photo by Don Nelson, Dimmitt)

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Lifestyles

Ann Landers

DEAR ANN LANDERS: Three years ago, I had a brief affair with my brother-in-law. We both felt ashamed and guilty and decided to put an end to it, which we did.

The problem is that I became pregnant during the affair, and I have no idea if my husband or his brother is the father of my baby. "Junior" is a toddler now, and I keep seeing a strong resemblance between him and "Uncle Jim." I don't know if this is my guilty conscience playing tricks on me or what.

Meanwhile, I keep wondering if others also think Junior resembles his Uncle Jim more than he resembles his father.

Jim says he is willing to take a blood test if it will put my mind at ease. He has, however, said that a

blood test could complicate matters and would be pointless since we have agreed never to let my husband know about our affair.

For my own satisfaction, Ann, I want to know who my child's father is. Will a blood test determine this?—Is He or Isn't He in California

DEAR CALIFORNIA: According to a spokesperson at the Center for Blood Research, a Harvard affiliate, a blood test may not be definitive. If the brothers happen to share the same genetic makeup, it would not be possible to tell which is the father. If, on the other hand, their genetic makeup is not identical, the test would show a greater likelihood that one is the father.

My advice is to forget about genetic testing. It could complicate your life, cause a great many problems and serve no useful purpose.

DEAR ANN LANDERS: This is in response to the letter about the noisy neighbors in the next hotel room. Ann, if you were able to get the management to respond to a complaint about the racket in the next room, you were either lucky or they catered to you because you are a well-known person.

My husband and I have had many vacations ruined because of wild partying in adjoining rooms and drunken guests singing in the corridors at 2 a.m. In spite of our complaints, we have found hotel management to be reluctant to correct the situation simply because they don't wish to offend paying guests.

We've had drunk neighbors come

in at 3 a.m., turn on the TV very loud and then pass out. We've had teenagers jumping off the diving board into the pool right outside our room at 4:00 in the morning.

Recently, the people in an adjoining room got up at 6 a.m. and put on their TV full blast so they could hear it while they were showering and blow-drying their hair.

Surprisingly enough, Ann, hotel employees can also be offenders. We've heard maids shouting at one another, banging their carts in and out of elevators at all hours, slamming doors and so on.

I hate to sound cynical, but I suppose what it boils down to is plain, everyday manner. I've concluded that most people are rude and inconsiderate.—Southern Ontario Reader

DEAR READER: Rather than "rude and inconsiderate," I would say "thoughtless." This is especially true when they've had a bit too much liquid refreshment.

Then, too, there's something about being away from home that makes thoughtless people less considerate than ever. Just ask any hotel or motel maid.

What can you give the person who has everything? Ann Landers' booklet, "Gems," is ideal for a nightstand or coffee table. "Gems" is a collection of Ann Landers' most requested poems and essays. Send a self-addressed, long, business-size envelope and a check or money order for \$4.85 (this includes postage and handling) to: Gems, c/o Ann Landers, P.O. Box 11562, Chicago, Ill. 60611-0562.



Featured artists for May

Twenty-one local artists at Mom and Me Crafters Mall, located at 409 N. Main St., have been selected as the May's featured artists by the art committee of the Deaf Smith County Chamber of Commerce Women's Division. Amy Gililand, at left, is preparing her booth at the business owned by Sue Kester, at right.

New Arrivals

Rodney and Tammy Turrubiates are the parents of a daughter, Alyson McKenna, born April 21, 1993, in San Diego, Calif. She weighed 6 lbs. 11 oz.

Grandparents are Jimmy and Ester Moreno of 211 Blevins and George and Malisha Sell of Amarillo.

Home trends

Cooktops are probably the most used portion of the range. And consumers have more styles than ever to choose from.

No longer just a choice between gas or electric...today's consumer can choose smooth ceramic glass surfaces, gas elements sealed into tempered glass, glass surfaces with solid elements, open coil elements, units with grills and griddles and more.

Whatever style appeals to you, it's important to look for models that are easy to clean. Many cooktops are designed with a raised edge to help keep spills and boilovers on top where they're easy to reach and wipe up. Grates or elements and control knobs can be removed for easy cleaning, and the cooktop is hinged at the rear so it can be raised to give access for cleaning the burner box.

On the glass cooktop models, the gas or cast iron elements are permanently sealed into the tempered glass top, eliminating surface gaps, and making clean-up easy with a damp sponge or cloth. Spills can't drip through, so there are no drip pans or burner box to clean.

A child's height and weight should be monitored with each visit to the doctor.

May Older Americans Month

May 1993 is Older Americans Month, a time when we honor our elder citizens and recognize the many contributions they have made to our families, our communities and our nation--while renewing our commitment to preserving the quality of life they deserve.

During their lifetimes, this generation has shouldered the load in bringing our country triumphantly through wartime, economic hardship and the constant threat of nuclear war. Through unfailing persistence, older Americans have provided the next generation a worthy example of unbending will and resolve--and no matter how difficult the road ahead, this generation has always believed in a better tomorrow.

This year marks the 30th anniversary of Older Americans Month. While we salute the continuing contributions of older Americans, it is also time to focus on the efforts of those who have worked to preserve the security, health and independence our nation's elders--the individuals and organizations who have joined with the aging network in collective efforts to enhance vital services for at-risk elderly in their community.

Now, more than ever before, we are entering an age where the

generations must pull together, young and old reaching across years to help assure the quality of life each American deserve. Each generation must be willing to acknowledge an interdependence in the struggle to maintain dignity and independence.

Only by helping to preserve the security and independence of older Americans, can each succeeding generation ensure that its own future will also hold dignity and independence, many believe.

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Sports

Card playoff decides year's first Wednesday Scramble

Two teams recorded a four-under par 32 on the back nine at Pitman Municipal Golf Course in the season's first Wednesday Scramble yesterday. Taking first place on a scorecard playoff was the team of Anthony Gale, Speedy Nieman, Steve Stevens and Robert Kubacak. Runnerup honors went to a team composed of David Darnell, Steve Sanders, Dwayne Robbins and Stacy Joslin.

Two teams also tied with a score of 33. Third place on a card playoff went to the team of Blair Rogers, Max Goforth, Robbie Chrisite and David Bone. Also scoring a 33 was the team of Paul Hubbard, Rocky Lee, Charles Hoover and Martha Jones.

Fourteen teams competed in the first weekly scramble of the season. The 9-hole scramble is open to all interested golfers, and registration begins each Wednesday evening at the conclusion of the scramble. Merchandise prizes are awarded to the top three teams.

Alice Doshier and Beverly Olenheirs combined on a 71 to win the championship flight of the Ladies' Partnership golf tournament, which was played Saturday and Sunday at Pitman Municipal Golf Course.

Results were not made available until today. Tiffi West and Helen Ann McWhorter shot a 72 to finish second in the championship, while Linda Stevens and Donnie O'Rand were third with a 73.

Pat Goforth and Theresa Albracht shot 78 to win the first flight. Colleen Meyer and Patsy Hoffman were second at 83, and Brenda Elliott and Brenda Martinez were third at 85.

In the second flight, it was Janet Kale and Debra Baxter with an 85; Dee Hare and Martie Gailegly with a 93; and Bernice Orel and Norma Coffey with a 95.

In other golf news, Dave Kaesheimer, the pro at Pitman, announced that annual green fees and locker fees are now due.

Magazine ranks Cowboys as most valuable franchise

DALLAS (AP) - Now the Dallas Cowboys are officially on top.

The Super Bowl champion Cowboys are worth an estimated \$165 million, making Jerry Jones owner of the most valuable sports team in North America, according to Financial World magazine's annual appraisal.

The May 25 edition estimates the franchise's value has increased 13 percent from last year's No. 9 ranking that put the team's worth at \$146 million.

"It's no surprise to me that they've been rated the most valuable entity in sports," Jones said. "I said when I bought the team that I never intended to sell it, and I never will sell it. That's the only time value is really meaningful."

Financial World rates teams mostly on the average revenues for the past three years, whether the stadium or arena is owned or leased

and the prospect for the league's near future.

Jones owns Texas Stadium, which raked in \$20 million in revenues last year.

Baseball's New York Yankees were second on the list at \$160 million, followed by the Toronto Blue Jays at \$155 million.

The Houston Oilers came in second among the Texas teams, ranked 16th and valued at \$132 million. The Texas Rangers claim 39th place at \$106 million, followed by the Houston Astros at No. 54 and \$87 million.

The San Antonio Spurs, with an approximate worth of \$65 million, ranked 72nd, followed by the Houston Rockets at No. 80 and \$58 million. The Dallas Mavericks were 82nd at \$56 million and Minnesota North Stars were ranked 102nd out of 103 franchises with an approximate value of \$42 million.

McHale retires after Celtics lose

By CHRIS SHERIDAN
AP Sports Writer

After spending 13 years in the company of Larry Bird, Dennis Johnson, Robert Parish and rest of the Boston Celtics, a worn and weary Kevin McHale finally called it quits.

McHale, who helped the Celtics add three championship banners to the Boston Garden rafters in the 1980s, announced his retirement Wednesday night after the Celtics were eliminated from the NBA playoffs by the Charlotte Hornets.

"All good things must come to an end," a teary-eyed McHale said after his career and the Celtics' season ended. "I really wanted to play one more game at the Boston Garden. But it wasn't meant to be. The tank's empty."

Charlotte won the best-of-5 series three games to one and became the first of the most recent expansion teams to win a playoff series.

In other games, Cleveland took a 2-1 lead on New Jersey with a 93-84 win; San Antonio went ahead of Portland 2-1 with a 107-101 victory; and the Los Angeles Clippers tied their series with Houston at two games each with a 93-90 win.

McHale, 35, retired on the same date as two other Celtics superstars, Bill Russell and Sam Jones. Perhaps the greatest Celtic of them all, Bird, announced his retirement prior to this season.

"People always ask me what it felt like to play second fiddle to Larry Bird," he said. "I say it's still a pretty mean second fiddle, because he was the best."

So ended a career that included seven all-star selections, three selections to the all-defensive team, two Sixth Man awards, and, most importantly, three championship rings.

Hornets 104, Celtics 103

The Celtics came back from a 19-point fourth-quarter deficit, but Alonzo Mourning sank a jumper from the top of the key with 0.4 seconds left.

With one last chance to win, Boston ran an alley-oop play for Dee Brown. McHale tossed in the ball from midcourt, Brown put it up and the ball was deflected before it hit the side of the rim and bounced away.

Goaltending?
The Celtics certainly thought so,

and television replays showed they probably were right - Kendall Gill appeared to touch it.

"The inbounds pass was perfect and Dee was in the right position," Boston coach Chris Ford said. "It just didn't go. End of story."

Charlotte will play the winner of the Boston-New York series in the second round of the playoffs.

Cavaliers 93, Nets 84

At East Rutherford, N.J., Cleveland took advantage of an injury to yet another of New Jersey's centers.

The Nets led by as much as 14 in the first quarter, but Sam Bowie went down with a sprained left foot in the second quarter, and the Cavaliers started to pound the ball inside against fourth-stringer Dwayne Schintzius and flu-ridden reserve Rick Mahorn.

Larry Nance led Cleveland with 23 points and Brad Daugherty had 22. The Cavaliers outrebounded New Jersey 50-32, led by Nance with 17 and Daugherty with 16.

Spurs 107, Trail Blazers 101

At San Antonio, the Spurs held Portland scoreless for the final 3:05 to complete a fourth-quarter comeback.

Willie Anderson scored 13 of his 19 points in the fourth quarter and had a key steal with 19 seconds left. David Robinson had 26 points and 14 rebounds and hit a crucial field goal

YMCA to open on Friday nights

The Hereford YMCA will be open from 8-11 p.m. every Friday night for all junior and senior high school students, at no charge. Activities include basketball, volleyball and racketball.

Brawn And Brains

HOUSTON (AP) - Chris Pezman of the University of Houston was one football player who hit the books as hard as opposing ball carriers.

Pezman, a linebacker last fall, took two degree courses: economics and business administration and finance. He was also busy working with volunteer groups in Houston and in helping the homeless.

with 49 seconds remaining to push the Spurs' lead to 104-101.

Clippers 93, Rockets 90

At Los Angeles, Mark Jackson hit three of four free throws in the final 33.2 seconds to force a Game 5 on Saturday.

Jackson made one of two foul shots with 33.2 seconds left after

Winston Garland fouled him on a follow shot. With 6.1 seconds left, Scott Brooks fouled Jackson when he rebounded Hakeem Olajuwon's missed 10-footer.

Ron Harper scored 21 for the Clippers, Stanley Roberts added 20 and Danny Manning had 19. Olajuwon led the Rockets with 25 points.

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Seles talks about knife attack

By STEVE WILSTEIN
AP Tennis Writer

VAIL, Colo. (AP) - Resting among the snow-covered Rockies, far from the heat of the courts she loves, Monica Seles is not embracing the role of victim.

"I'm quite happy I can play tennis again," Seles said Wednesday in her first interview since the court-side stabbing in Hamburg, Germany five days earlier. "It would have been kind of a hard ending of my career at age 19. I look at the positive side. It happened and I just have to look at the next step."

All the mental toughness that has gone into making her the No. 1 women's tennis player - her absolute refusal to yield on any point, let alone a game, a set or a match - is evident in her attitude toward recovery from the attack in Germany.

"I feel fine, probably the best that I could," she said, talking of enjoying her long walks in the valley in the quiet interlude between the ski season and the summer crowds. "I'm getting better day by day. I'm not looking forward, getting impatient. I just hope to have my arm back."

A nervous little laugh followed because, in truth, neither she nor her

doctor knows when or even if her muscles will heal properly. At the moment, her golden left arm, the one she used to wallop some of the hardest serves in women's tennis and win eight Grand Slam titles and \$7.4 million, hung limp and immobile at her side, too painful to move.

Yet she believes she'll be back on court before too long, stronger than ever as a result of the workouts she's doing to speed her recovery.

More important right now are the exercises to reduce the chances that adhesions or scar tissue will form on the back muscles, restricting the range of motion in her shoulder and taking the power out of her serve and two-handed groundstrokes.

The inch-long wound from the slender butcher's knife is beginning to close, but has not been stitched so that it can be cleaned and dressed daily, said Dr. Richard Steadman, who heads a team treating her here at the Steadman Sports Medicine Foundation.

"Those muscles should heal," Steadman said. "My anticipation is that she will get back to the same level she was before, but I can't give a guarantee."

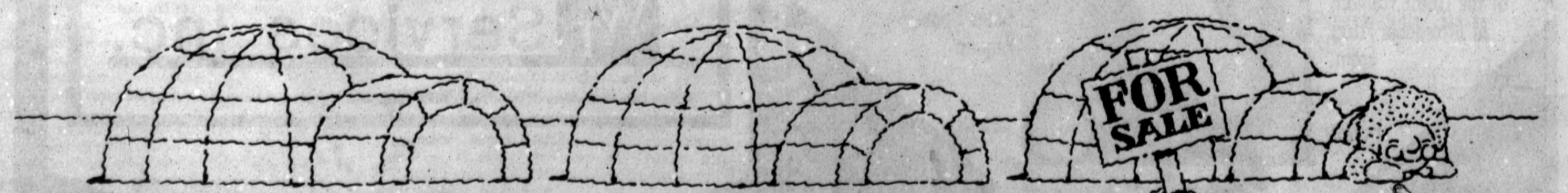
She's put out of her mind any anguish over missing the Italian Open this week, the French Open in 2 1/2 weeks, probably Wimbledon in June and possibly the U.S. Open in August.

"Mentally it takes a while to come back," she said. "I'll come back when I feel I'm ready. But I'm sure I'll be thinking about the guy behind me: What are his intentions?"

Seles recalled her thoughts after the knifing by the man who told police he was an avid fan of Steffi Graf and couldn't tolerate seeing Seles as No. 1.

"I was down 3-love in the set (to Maggie Maleeva) and I came back 4-3, and I just told myself to concentrate and try to break and finish the match," Seles said. "I just leaned forward (on the changeover) to put the towel on and concentrate and all I felt was, whew, something in my back."

"I automatically went forward, because I knew something went in. I saw blood coming out. Then I turned back and saw a guy with a knife. I didn't know what was going on, how bad it was. I was lucky my brother was there. He kind of helped me to keep calm."



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Rangers capitalize on Olerud's three errors

By The Associated Press

It was a game Toronto first baseman John Olerud would rather forget - fast.

Olerud made back-to-back fielding errors in the sixth inning Wednesday night, leading to four unearned runs as the Texas Rangers beat the visiting Blue Jays 7-1.

He made another error in the eighth inning to tie a club record, after entering the game with only one error this season. Willie Upshaw also made three errors for Toronto at first base in 1986.

"A rough day? I'd say so," Olerud said. "Three errors is a pretty rough day. I wouldn't say I was pressing out there. I just misplayed

a couple of balls. I was just going after the ball."

With the bases loaded and the score tied 1-1 in the sixth, David Hulse hit a grounder that scooted through Olerud's legs to score two runs.

Three pitches later, Julio Franco hit a grounder to Olerud's right with the ball glancing off his glove as two more runs scored.

Olerud couldn't recall a tougher day.

"Not that I can remember, ever," he said. "I just have to put it out of my mind, try to forget about it. It's not that easy, though."

Texas starter Kenny Rogers (3-1) gave up five hits and one run in eight

innings, fanning eight to improve to 4-0 lifetime against the Blue Jays. Todd Burns finished.

Todd Stottlemyre (3-3) took the loss despite allowing only one earned run in 5 2-3 innings.

Jose Canseco hit a solo homer in the third inning, his eighth lifetime against Stottlemyre. Canseco has 14 hits in his last 33 at-bats (.424), with five doubles, a triple, three homers and 11 RBIs.

White Sox 3, Brewers 1

Robin Ventura homered in the ninth inning and Steve Sax made a run-saving catch in the eighth, helping Chicago beat Milwaukee at County Stadium.

Ventura homered off Jesse Orosco (0-2) to break a 1-1 tie. Chicago got another run on Sax's double and an RBI single by Craig Grebeck.

Scott Radinsky (1-0) retired two batters in the eighth for the win, and Roberto Hernandez struck out the side in the ninth for his fourth save.

Royals 4, Tigers 3

Harvey Pulliam hit a two-run homer in the eighth inning as visiting Kansas City handed Detroit's David Wells his first loss of the season. Wells (4-1) allowed four runs on only five hits in eight innings.

Jeff Montgomery (2-1), the fourth Kansas City pitcher to work in the seventh inning, finished and got the victory.

Orioles 3, Twins 0

Mike Mussina pitched a two-hitter and blanked Minnesota for the second time in a week as Baltimore defeated Minnesota at the Metrodome.

It was the sixth major-league shutout and 12th career complete game for Mussina (4-1), who beat the Twins 11-0 at Baltimore last Thursday.

Willie Banks (2-2) gave up five hits in 3 1-3 innings.

Red Sox 3, Athletics 1

Ivan Calderon, playing because of Andre Dawson's knee injury, drove in two runs with a single and a triple to help Boston beat Oakland at Fenway Park. The hits gave Calderon four in five at-bats after he managed just three hits in his previous 24.

His single off Ed Nunez (0-1) followed a leadoff double by Mo Vaughn, giving Boston a 2-1 lead in the sixth. Back-to-back triples by Vaughn and Calderon made it 3-1 in the eighth.

Paul Quantrill (2-0) got the win

with 12-3 perfect innings in relief of starter John Dopsen.

Angels 6, Yankees 2

Gary DiSarcina hit a three-run homer off Melido Perez (1-2) and California snapped a five-game losing streak by beating New York at Yankee Stadium.

John Farrell (2-3) held the Yankees scoreless on three hits until Kevin Maas hit his third homer and second in two nights, a solo shot in the seventh. Farrell gave up six hits and two runs in 7 1-3 innings and Julio Valera pitched 1 1-3 innings for his third save.

Indians 3, Mariners 2

Cleveland won its fifth straight game, beating visiting Seattle as Mike Bielecki got the better of an unlikely pitching duel with rookie John Cummings (0-5).

Bielecki (3-2) entered the game with a 6.41 ERA, but held the Mariners scoreless until Rich Amaral chased him with a two-out homer in the seventh. Bielecki gave up one run and six hits in 6 2-3 innings.

Pirates finally score on Maddux

By DICK BRINSTER
AP Sports Writer

One nice thing about the youthful Pittsburgh Pirates is that they don't know when they are supposed to lose. Pitcher Bob Walk is glad for their ignorance.

"That was a good lesson to a young team like ours, not to get too down early in a game," Walk said Wednesday night after beating the Atlanta Braves 4-1. "We could have just hung our heads and said, 'We're not going to get to this guy tonight,' because (Greg) Maddux was outstanding."

Indeed. He had pitched 14 consecutive shutout innings against Pittsburgh. But his downfall began with Walk, a .167 hitter, who doubled to start the sixth inning and eventually scored on Jeff King's two-run double.

King, who sat out the Pirates' 3-2 loss to Atlanta on Tuesday with the flu, was 3 for 4 with an RBI single in the eighth. He has two homers, a double and seven RBIs in his last two starts.

Walk (3-2) was nearly as effective as he was in beating the Braves 7-1 in Game 5 of the NL playoffs. He

allowed seven hits in seven innings, but got help from three double plays and a disputed pickoff of David Justice at first base that may have prevented a big fourth inning for Atlanta.

Maddux (2-3), the 1992 Cy Young Award winner for the Chicago Cubs, allowed two runs on six hits in seven innings, walked one and struck out eight.

Stan Belinda pitched the final inning for his sixth save.

Giants 11, Phillies 2

Barry Bonds went 4 for 4, increasing his batting average to .432 as San Francisco beat Philadelphia in a matchup of division leaders at Candlestick Park.

Royce Clayton added a three-run triple and drove in a career-high five runs for the Giants. San Francisco had 15 hits against Danny Jackson (2-1) and four other pitchers.

Bill Swift (3-1) allowed eight hits, including Darren Daulton's sixth homer, in seven innings.

Cubs 3, Rockies 2

Steve Buechele homered and Ryne Sandberg had two sacrifice flies to

make up for his first throwing error in nearly three years, leading Chicago over Colorado at Wrigley Field.

Buechele homered in the fourth inning off Armando Reynoso (1-1) to snap a 1-1 tie, putting the Cubs ahead to stay.

Greg Hibbard (2-2) gave up five hits in eight innings. Randy Myers got his eighth save.

Sandberg's bad throw in the third was his first throwing error since July 4, 1990, covering 393 games and 1,298 chances.

Astros 6, Cardinals 3

Craig Biggio continued his torrid hitting, going 4 for 4 with a homer for Houston.

Biggio has a six-game hitting streak in which he has batted .619 (13 for 21).

Mark Portugal (3-2) allowed five hits and two runs in 5 1-3 innings for the Astros, 9-4 on the road. Doug Jones got his fifth save.

Biggio's homer off Donovan Osborne (1-1) tied the game 1-1 in the third. Ken Caminiti also homered for the Astros.

Reds 6, Marlins 2

Tom Browning continued his

comeback from knee surgery with six strong innings at Miami.

Reggie Sanders and Bobby Kelly had solo homers for the Reds, who used wildness by Ryan Bowen (2-3) to score four runs in the fourth inning.

Browning (2-2), who sustained a season-ending knee injury last July, turned in his second consecutive strong start, allowing six hits.

Dodgers 6, Mets 5

Tim Wallach drove in a season-high four runs, including two with a two-out bases-loaded single in the eighth inning.

Wallach's decisive hit came off reliever Mike Maddux (0-3) and sent the Mets to their ninth loss in 10 games.

Pedro Martinez (1-1) earned his first big-league victory with two scoreless innings of relief. Jim Gott pitched out of a jam in the ninth for his third save.

Expos 6, Padres 5

Larry Walker's second RBI double of the game scored Marquis Grissom, giving Montreal the victory in the bottom of the ninth at Olympic Stadium. Grissom hit a one-out single and scored from first on Walker's double off Rich Rodriguez (1-1).

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Ask Dr. Lamb

DEAR DR. LAMB: Do you know how to prevent ulcerated ankles due to the veins not sending the blood back to the heart? I am a 55-year-old woman and can't sit with my feet elevated all day.

I am able to get the sores healed with dome paste bandages (Unna's paste boots), but new ones continue to come. Three doctors haven't give me the answer. You are my next hope.

DEAR READER: Ankle ulcers caused by varicose veins are difficult to treat. The fact that yours do heal when you use Unna's paste boots is encouraging. But you may need to make more of an effort than your letter suggests you are doing.

The ulcers form because venous blood pools in the area without circulating and, therefore, can't nourish the tissue. The varicose veins first cause fluid to accumulate in the tissues. Some fibrinogen leaks out into the tissue as well. This is a blood protein involved in blood clotting. The net result is persistent swelling. A major factor in preventing ulcers is to prevent persistent swelling.

As you know, the Unna's paste boots, along with wrapping, provide pressure against the tissue to prevent accumulation of fluid in the ankles.

You need to have the opportunity to elevate your feet for about 20 minutes at least four to five times a day. That helps to prevent the accumulation of fluid. The mistake many people make is not using adequate elevation.

At any location below the heart there will be increased pressure in the veins. You must get your ankles well above the level of your heart for the most effective drainage. That means lying down and putting your feet up rather high above the chest. Sitting in a chair with your feet on a stool won't be as effective. And even lying down without having your feet well above your chest will not be as effective.

I have discussed this in Special Report 96, Help for Varicose Veins and Venous Insufficiency, which I'm sending you. Others who want this report can send \$3 with a long, stamped (52 cents), self-addressed envelope for it to THE HEALTH LETTER/96, P.O. Box 5537, Riverton, NJ 08077.

All individuals with varicose veins should make certain to avoid swelling to prevent future problems. That is why pressure stockings and periods of elevating the feet to drain fluid from the tissues are so important. You should follow an elevation program daily even after ulcers are healed.

DEAR DR. LAMB: I have a friend who is suffering from a trigger finger or trigger thumb in her right hand. She is 67 and very depressed about it. What can be done for it?

DEAR READER: If she has a trigger finger, there is a little knot on one of the tendons to the finger or thumb. This is also called a snapping finger. The tendon that bends the finger or thumb must slide through a sheath. As the knot slides through the sheath, there may be a snapping sound and it may be painful. Then, when she starts to straighten the finger or thumb, it remains bent. It is a lot like trying to pull a rope with a knot on it through a pulley. The treatment is rather simple. That sheath is simply slit so the knot can slide through easily.

It is important to not confuse this with Dupuytren's contracture which is a thickening and contraction of the connective tissue in the palm that causes the fingers to curl. In these cases, most hand surgeons recommend early surgery to remove the contracting tissue and preserve the hand function.

DEAR DR. LAMB: Two years ago I was operated on for cancer of the lower colon. Seven years prior to that, my husband had a spot on his upper lip removed. The spot would not heal for weeks before being removed. It was a melanoma.

A nurse recently told me that indeed a cell could have passed from his lips to my mouth, ended up in my lower colon, and continued to grow there. Is this possible?

DEAR READER: Absolutely not! If a nurse really told you that, she needs to learn some more fundamental facts about cancer.

The type of cancer cells in a melanoma are entirely different from the cells that cause cancer of the colon. Cancer is spread through the circulation and lymphatic systems or by direct extension. It is not transmitted by swallowing a few cancer cells, even if that did occur.

Cancer begins with one or more of your own cells undergoing fundamental changes. These are really damaged or faulty genes within the cell nucleus. These cancer cells then begin to multiply by repeatedly dividing to form more cells. Some of these cells may be picked up by the circulation or lymphatic system and transplanted to remote areas, which is how cancer spreads.

The cells in the cancer in the other areas still look like the original (primary) cancer, which is how pathologists unravel where the cancer started.

Read Special Report 123, Under-

standing Cancer, to resolve your concern and to better understand how cancer develops, spreads, is identified and is treated. Others who want this report can send \$3 with a long, stamped (52 cents), self-addressed envelope for it to THE HEALTH LETTER/122, P.O. Box 5537, Riverton, NJ 08077.

DEAR DR. LAMB: My wife has stiff-man syndrome. This is a terrible disease, and she endures incredible pain. We have great doctors helping her, and they are trying her on various drugs.

She has muscle spasms in her lower back, legs and feet, but we understand the disease can affect different sets of muscles. We have been told this is a rare disease and not much is known about it. My wife was first afflicted 15 years ago, but went into remission until two years ago, when it returned with a vengeance. She is now confined to a wheelchair.

DEAR READER: As your doctors have told you, there is little known about this disease. The opposing muscles, such as the biceps over the front of the upper arm and the triceps over the back of the arm, are stimulated by nerves simultaneously. Since they are both in contraction — cramp might be a better word — the area involved is stiff and immovable, hence the term "stiff-man syndrome." But it doesn't always involve just men.

It may be an autoimmune disease where a person's antibodies attack the nerve fibers involved. But there is no disease of the brain or nervous system.

Your wife's doctors are probably prescribing diazepam (Valium) or baclofen (Lioresal) in rather large doses, which act to prevent nerve stimulation of the muscles. Clonidine (Catapres) which prevents action at terminal nerve fibers is also used. I note that some years ago Dr. Ulf Westblom of Oskarshamn, Sweden, reported good results in one woman from clonazepam (Klonopin), which was gradually increased to 6 mg a day, at which time she no longer needed diazepam. I wish I could be more helpful, but that is about all that is known at present.

DEAR DR. LAMB: I was told I have hardening of the arteries. I have quit smoking and I swim two times a week, plus I do exercises. The doctor said the blockage was in the groin and a balloon could be used to open it. But it was dangerous and could break and I could lose a leg. I certainly don't want that.

When I walk fast or am carrying something with a little weight, the calves of my legs get hard and hurt until I stand for a few minutes, then start again. I've been able to play golf on a small course, but have to stop often.

How can the doctor know where the blockage is? He only applied pressure in the groin area. Once I had something taped to the legs and they listened, I don't know what to do. I'm only 65 and not ready to just sit.

DEAR READER: Your story is typical of what happens when the arteries to the legs are obstructed. When you work those muscles and they need more blood flow to deliver more oxygen, that can't happen because of the blockage. You don't have a problem at rest because the need for oxygen is less. When you walk, the pain or cramping occurs, and when you rest, the blood flow catches up with the need for oxygen.

By feeling the pulses in the legs and groin, a doctor can often have a good idea of whether there is a limit in blood flow. Good bounding pulses in the ankles means the blood flow is good. I do not know from your description what test was being done, but Doppler scans can be used to bounce soundwaves off areas of the body that help in identifying where an obstruction is located. Then dye can be injected to visualize the arteries with X-rays.

You should see a vascular surgeon about your status. The balloon method involves inserting a deflated balloon at the area of the obstruction and then inflating it to open the obstructed artery. It is a common procedure. In other instances, if the blockage is localized, a bypass graft can be put in place to detour the area of blockage and improve the circulation.

I have discussed this problem and options for treatment in Special Issue 36-08, Obstructed Leg Arteries and Aortic Aneurysms, which I'm sending you. Others who want this issue can send \$3 with a long, stamped (52 cents), self-addressed envelope for it to THE HEALTH LETTER/36-08, P.O. Box 5537, Riverton, NJ 08077. A progressive exercise program as described in the report often will double the distance a person can walk.

Leukemia patients, their families and others may benefit from reading the book *Bone Marrow Transplantation*.

A better way to cover wounds, stop pain and itching and even seal out dirt has been developed, a new gel bandage called "DermaFlex."

Be pipeline smart

Whether you live or work near a petroleum pipeline - or if, like most people, you've driven or walked past one and didn't even know it - it pays to be pipeline smart and pipeline safe.

That's the message from the member companies of the American Petroleum Institute, which is spreading the word about pipeline safety through its official safety spokesperson, Piper the Owl.

Pipeline accidents are infrequent, but when they do occur, it's usually when someone inadvertently damages a pipeline with a post-hole digger or backhoe - and it's often an ordinary citizen who has the first chance to detect and report a pipeline leak.

To detect a leak:
-Look smart-A pool of liquid on the ground, a white cloud or fog or discolored vegetation are all signs of a possible leak.

-Listen smart-Listen for any unusual noise, like a hissing or roaring sound.

-Smart smell-Sniff for any unusual odor like gasoline.

If a leak is detected:

-Leave the area immediately.

-Warn others in the vicinity.

-Contact a local emergency response agency-usually the police or fire department immediately. To get an emergency responder, dial 911 or "operator."

-If you're near a leak, avoid striking a match, starting an engine, switching

on an electric light or even using the phone. Automobiles should not be driven into an area where there is a leak or a vapor cloud.

The authorities and pipeline companies will dispatch help to the scene to control the release, clean up the spill safely, minimize environmental damage and repair the pipeline.

Even a scrape or a dent to a pipeline needs to be reported to the pipeline company.

Another way to be "pipeline safe" is to call before planning to landscape or install a pool, patio or even some new shrubbery. Most states have a notification system known as One-Call for property owners and excavators to contact before they begin digging. The One-Call center alerts the local pipeline company, so it can send a representative to mark the exact location of the buried pipeline. There's no charge for this service.

You can find out if a pipeline runs through your land by checking your property plan or title report for pipeline easements - written agreements between pipeline companies and property owners that let pipeline companies operate and maintain the pipeline through the property.

The approximate location of pipelines can also be determined by looking for pipeline markers - yellow, black and red discs or rectangles on bright orange posts that indicate the petroleum product being transported, a warning and a phone number for the pipeline company. You may find them at public roads, railroads and other significant points.

Petroleum pipeline companies have rigorous programs for maintaining their pipelines, monitoring pipeline performance and detecting leaks. For safety, pipeline staff patrol the pipeline from the air and sometimes from the ground. Companies also practice safe installation of their pipelines and inspect them regularly to minimize the chance of a leak.

Working together, property owners, excavators and pipeline companies can help ensure the safety of the public and our environment.

Eight student nurses were murdered in 1966 in a Chicago dormitory. Richard Speck was later convicted of the killings.

During World War I, the American Expeditionary Force in France suffered its first casualty on Sept. 4, 1917.

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As many of you are aware, Golden Plains has been going through a management transition that has brought forth several positive changes and promises many more to come.

Our new owner, Nathan W. Davis, possesses the administrative knowledge, communication ability, and the financial foundation to ensure the efficiency and longevity of any long term care facility so we are proud to welcome him to the Golden Plains family.

Danny Wylie, our administrator, brings with him 13 years of administrative experience to our facility. However, Danny has also been directly involved in other areas of a long term care facility in the past, such as maintenance and housekeeping, giving him the insight and ability to better understand and help the staff, residents, and family to solve problems on a more personal basis.

Quality Care: has always been the standard at Golden Plains and even though there have been a few management changes, our thoroughly trained and motivated staff will still, as always, provide the best possible care for you and your loved ones.

GOLDEN PLAINS

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

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

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

1. ARTICLES FOR SALE

New and now in stock: The Roads of New Mexico, in book form. Also The Roads of Texas. \$12.95 each. Hereford Brand, 313 N. Lee. 15003

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1A-Garage Sales

Moving Sale 815 Baltimore Friday & Saturday 8-5. Sofa, antiques, china, stoneware, exercise bike, much more. 23675

Garage Sale 304 Ave. A Friday & Saturday 8-5. Baby, kids, adult clothes, dishes, shoes & odds & ends. 23677

Garage Sale 309 Ave. C Thursday & Friday 9-4. Lots of everything. 23678

4 family garage sale, 213 Star Friday 7:30 & Saturday 9:00. Glassware, linens, dishes, pictures, nice toys & children clothing, tools. Lots of nice junk. 23680

Garage Sale 331 West 4th. Two family. Friday & Saturday 9:30-? Leftovers from estate, furniture, kitchen stuff, lots of clothes, mens & womens, no early lookers. 23688

Big Yard Sale 835 Irving, Friday & Saturday. 23689

Garage Sale 414 Ave. H Friday & Saturday. Table & chairs, chest of drawers, two recliners & lots of misc. 23691

For sale Friday Only, Sales Counter Power tailgate, tables, chairs, and sale racks and display racks, 9am-4pm Sears Store Sugarland Mall. 23692

Garage Sale 306 Ave. J Friday & Saturday. Appliances & furniture & lots of misc 23695

Garage Sale 716 Ave. F Thursday & Friday 9-5. Recliner, crafts, adult & baby clothes, mic. 23697

Garage Sale Saturday 9-5. 600 S. 5th, Vega, Tex. Furniture, appliances, stereo equipment, bikes, maternity clothes, baby & children clothes. 23698

Garage Sale 621 Star 8-5, Friday & Saturday. Special items, exercise bike, baby scooter, swivel wicker chair, clothes, toys, kitchenware, misc. 23700

2 family moving sale Saturday Only 8-5. 501 Star St. Barbie dolls, baby dolls, stuffed animals, 2 bikes, chair, end table, sofa, new ceramic items, most clothing items, 50 cents, lots of misc. items. No early callers. 23702

Two family 523 Ave. K Friday & Saturday 8:30-1:00. Baby furniture, clothes, all sizes, bikes, sewing machines, misc. 23703

Extra large garage sale, Friday 9-8; Saturday until noon. 102 Rio Vista Drive, adult & childrens clothing, all sizes, toys, several family sale. 23704

Yard sale 6.2 miles West on Hwy. 60 North side. All clothes free, swing set, cookbooks, small appliances, lots of misc. Saturday 9-? 23708

Garage Sale 436 Ave. H. Thursday & Friday. Washer, dryer, water cooler and lots of misc. 23709

2. FARM EQUIPMENT

New International post hole digger, \$450. Call noon or night 364-7700. 23598

1985-15ft. Bass Tracker w/trailer, 25hp Mercury outboard, 1 rolling motor, Eagle depth finder. \$2200. OBO. 321 Sixteenth St. 364-1852 after 5:30 p.m. 23611

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by THOMAS JOSEPH

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 15 Anatomy class prop
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 18 Inverted "e"
 22 Pub pastime
 24 Given a haircut
 25 "Exodus" hero
 26 Convened
 27 John of plow fame
 30 Play part
 32 Stand for a painting
 33 Clumsy fellow
 34 Business attempts
 38 Spite
 41 Math term
 42 Puts on a pedestal
 43 "Do — others ..."
 44 Most fresh
 45 Cease

DOWN
 1 Historic ages
 2 Ready

MARE	STPAUL
IRON	COARSE
FEUD	RACKET
FAN	BUST
DOUBT	RIM
COHAN	SCONE
ABET	AURA
ROAST	PINED
TED	UPEND
SLAP	HEN
TAIWAN	JAVA
ATRIRING	ONES
PLATES	EDNA

Yesterday's Answer
 starter 36 This, in
 22 Miami's 37 Madrid
 county 37 Mall
 23 Scope 38 business
 28 Speak 38 Chess
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 meeting ster's
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4. REAL ESTATE

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Emergency workers face occupational stresses

EDITOR'S NOTE - The tough, disciplined emergency workers who answer society's calls for help may try to hide their feelings at the scene of a tragedy. But they are not unscathed. Their experiences may leave deep emotional scars. Now there are people trained in stress management who come to their rescue.

By DAIL WILLIS
Associated Press Writer
LOS ANGELES (AP) - For emergency workers, a day on the job can bring a lifetime of nightmares. They are the police officers, firefighters and paramedics who are the first on the scene of bloody crimes, accidents and natural disasters. They must deal with the dead, the mangled, the bewildered and stunned.

"There's no training in all the world that can lower the impact of walking around body parts," says Jeffrey Mitchell, considered by many

the leading expert in the specialized field of emergency-related stress management.

"It's hard to disengage. You get out there and you get your eyeballs stuck on those body parts. The horror stories are unbelievable and without number."

And often it is the children who leave the most searing impressions.

"I've seen an awful lot of dead bodies," says Joseph Grubisic, commander of the Bomb and Arson section of the Chicago Police Department and a police officer for 34 years. "When it comes to kids, it really bothers me."

Don Harrington, a firefighter-paramedic in Hanover, Mass., says, "You can almost always justify in some way adults doing each other in because they're adults responsible for their actions. But children are innocent."

As psychology has advanced, so has the study of how emergency

workers cope says Mitchell, a former paramedic who went back to school to get a doctorate in psychology and now heads the International Critical Incident Stress Foundation in Ellicott City, Md.

Mitchell's organization teaches emergency personnel how to deal with job stress and offers a 24-hour hot line for any workers suffering critical stress.

"These are normal people who have normal reactions to totally abnormal events," Mitchell says.

When the emotional state of an emergency worker is overloaded, clearing it takes work, time and a lot of talk.

"A problem shared is a problem halved," says Grubisic of the Chicago bomb squad. "Talking is the key thing. You have to talk about it, if it's going to be on your mind and you're going to keep beating yourself with it."

Across the country, 305 teams

sponsored by Mitchell's foundation work with local and state agencies to help the emergency workers on the front lines.

Mitchell and his foundation have devised a coping and treatment plan. The program begins by preparing workers for the worst. Then, when a police officer or firefighter actually experiences a critical incident, a two-step program kicks in.

"You ask them to tell you what happened," Mitchell says. After that step, called "defusing," advice and tips are offered: If sleep isn't possible, do something until tired, then go back to bed. Avoid fats, caffeine and salt in times of acute stress.

Defusing can't occur until one to three days after the event, Mitchell says, because "the brain hasn't caught up. It takes about 24 hours before they have processed the experience."

"First comes shock and denial. This is a protective mechanism that allows them to do their job. But then the next day, stuff starts coming up in their consciousness."

Adrenaline will usually carry the worker through the immediate situation, Grubisic says. "Then, an hour later, you realize..."

Harrington, the Massachusetts firefighter, said he, too, has experienced delayed reaction.

In one case, he was summoned to the home of a next-door neighbor who had suffered a heart attack and could not be revived.

That night, Harrington was fine - but not the next day.

"I was a nasty bugger to my family," he says. "At work, I found myself standing around even though it was past time to go home. I said, 'I feel like I have unfinished business here.' Even being educated (in critical stress management), it took me a while to realize what was going on."

Grubisic recalls events that remain troubling even two decades later - seeing the body of a child who had been tortured and the body of a colleague who had killed himself.

"I don't drink, I don't smoke, I don't gamble," he says. "I do a lot of walking, and I do a lot of praying. I have friends I can talk to - my wife and other people."

"Communication is really the essence. Many cops may feel 'I don't want to talk about it because I'll be weak.' If you don't talk about it, that's when you're weak."

San Diego County, Calif., uses Mitchell's stress-management techniques.

"We go to places that roaches and rats run out of every day," says Teri Andre of Hartson Medical Services, who works on critical incident teams for county emergency workers. "But there are things that get to us."

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History-literary fair

Students at Community Christian Church will participate this weekend in a history-literary fair to show off works on a variety of related subjects. The fair will be held on Saturday from 2 p.m. to 5 p.m. at the school, 1508 Whittier. It is open to the public. Among the items on display will be posters which were done by third and fourth graders, as well as log cabins and literary projects. Shown are some students: back, from left, Miriam Wilks, Corey Ortiz, Marion Rushing, Skyra Smith and Jantzen Louder; middle, from left, Monica Rodriguez, Trae Blain and Jodi Wilburn; front, from left, Brenda Brookhart, Erin Louder, Abby Wilks and Kandice Culp; and kneeling, from left, Toby Duncan and Jaime Garica.

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NASHVILLE, Ind. (AP) - Famous faces like Tom Brokaw and Robert Redford won't save America's natural beauties, a former U.S. parks director told newspaper editors.

"They've already had a pretty face," James Ridenour, director of the National Park Service under President Bush, quipped self-deprecatingly. "Why don't they go for experience?"

Brokaw, the NBC News anchor, reportedly turned down the still-unfilled position last month. Redford is among other candidates mentioned to head the 18,000-person agency.

Ridenour questioned the impact either man would have, saying the park service "is not something you can just make small talk about and run."

He warned the Indiana Associated Press Managing Editors on Sunday that crucial pieces of American history will decay and disappear unless the government takes better care of its 80 million acres of parks.

"The parks are the collective history, the heart and soul of this nation," Ridenour said. "They are the story of what we stand for."

NEW YORK (AP) - Convicts, celebrities such as Tony Randall and thousands of others wore out some shoe leather on behalf of people with AIDS, raising more than \$5 million with their feet.

Randall spoke to about 28,000 people before they walked the 6.2-mile route in brilliant sunlight Sunday through Manhattan for AIDS Walk New York.

"But if you think that this march ends in a few hours, I've got news for you," Mayor David Dinkins told walkers in Central Park. "Our march is not over until we tackle this virus."

Some 460 Rikers Island inmates raised \$3,400, marching in formation around the prison grounds, said Vito Turso, a Correction Department spokesman. Pledges made by the inmates and prison staff were collected and sent to AIDS Walk organizers.

"We just had the largest and most successful AIDS fund-raiser ever held," said Craig Miller, an organizer.

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