

Lifestyles

Ann Landers

DEAR ANN LANDERS: I heard something today that made my hair stand on end. I hope you will deal with it in your column because it is a symptom of a problem that warrants deep concern.

Last October, the teacher of a fourth-grade class asked her students to write a short essay on what they would like to do most to celebrate Halloween. Eighty percent of her 9-year-olds expressed the wish to "kill somebody."

Where do children get such ideas? I believe it is fair to say that they get them from movies and TV.

What are we going to do about this love of violence among the young? Frankly, it scares me to death. I am — Concerned in California

DEAR FRIEND: And I have been Concerned in Chicago for a long time.

It does no good to scream at the movie makers and TV producers. Apparently there is a big demand for violence and they are going to give the people what they want.

The responsibility falls on the shoulders of parents. They must set up hard and fast guidelines about what their young children can watch. A no-nonsense approach can cut down on about 70 percent of the garbage that comes into our living rooms. Easy? No, but it is a battle that parents must win.

DEAR ANN LANDERS: Please,

when someone expresses a point of view that is vastly different from yours, don't say you hope that person falls into the Black Hole of Calcutta.

It is not possible to fall into the Black Hole of Calcutta because it is not a hole. It's a very small room in a fort where 146 British soldiers were trapped by East Indian troops in 1756. All but 23 suffocated. The death room became known as the Black Hole of Calcutta.

Got it, Annie? Cheers!—Hugo S., China-Burma-India Veteran's Assn.-WWII

DEAR HUGO: Thanks for hauling me up short on that turkey of an answer. I think I heard from half of the men who served in the China-Burma-India theater. (Lots of Flying Tigers.)

One thing is certain. When I goof it's a beaut.

DEAR ANN LANDERS: Mom died six months ago. A few weeks after the funeral Dad told us kids that he and Mom didn't have a very good sex life and that they hadn't made love more than four times in the past five years. They were married nearly 45 years so we didn't think that was so terrible.

Three months ago Dad started to take out some nice women. We were happy that he was able to enjoy himself again. But after six or seven respectable dates, he started to go with real young chicks, about the

same age as his daughters. Now he is dating girls in their 20s.

Dad is sweet but very naive for a man who is 70. We are afraid these young women are working him for money and gifts. He resents it when we tell him that he is being taken advantage of. If our mother saw these women she would turn over in her grave. Please tell him, Ann.—Alabama

DEAR ALABAMA: Your dad didn't ask for any advice so I won't give him any. My comments are for you. By this time your father knows how you feel. You've made your point, so cool it. It's dangerous to generalize but girls in their 20s who would date a 70-year-old deserve to have their motives questioned. I hope Grampa wakes up soon.

What are the signs of alcoholism? How can you tell if someone you love is an alcoholic? "Alcoholism: How to Recognize It, How to Deal With It, How to Conquer It" will give you the answers. To receive a copy, send \$2.50 and a No. 10, self-addressed, stamped envelope (39 cents postage) to Ann Landers, P.O. Box 11562, Chicago, Ill. 60611-0562.

Woman of the Year to be named tonight

The highlight of the Women's Division's quarterly meeting, set at 7:30 p.m. today at the Hereford Community Center, will be the naming of the Woman of the Year.

Also, during the event, installation of officers will be conducted. All women holding membership in the organization are encouraged to attend.

WOMEN ASK DR. LAMB

Incontinence BY LAWRENCE E. LAMB, M.D.

DEAR DR. LAMB: I am 39 years of age, not overweight and walk three miles at least three times a week. My problem is that I urinate when I sneeze. I sing in church and I can barely finish a song before I've wet. The problem has existed for the past eight years and is getting worse.

About five years ago I was diagnosed as having stress incontinence and told to do the Kegel exercises. I have after a fashion, but I need some relief. My doctor told me the surgery had many complications.

I do not feel that my case is mild. It's serious to me because I am experiencing embarrassment and irritation. Pads won't help because the urination is heavy at times. I have actually been singing in church and urine just ran down my legs.

DEAR READER: Why not see another doctor for a second opinion? The surgery is done frequently without complications. The results depend a lot on how badly the anatomy is deranged. Kegel exercises to strengthen the pelvic muscles do help in mild cases, but eventually, surgery is often necessary.

The basic problem is a weakening of the pelvic muscles that support the urethra and the bladder. As the structures fall down, the mechanism to close the bladder does not work and a woman loses urine. Anything that increases the pressure above the bladder will cause further dislocation of the urethra and bladder. When a woman laughs or sneezes she may have a leakage problem. Standing up makes it worse. That is why you notice it while singing.

There are some medicines that can be tried that increase the tone of the urethra and help prevent stress incontinence. These include Ephedrine and Ornade. Other women are helped by Imipramine, Tofranil and Janimine. Estrogen deficiency causes tissues to shrink and increases the problem. But I doubt that is a factor at your age.

There is even an inflatable cuff that can be implanted around the urethra to control urine flow as desired, so there are several options. See Special

Report 50, Urinary Incontinence in Women, for details. I'm sending you a free copy. Others who want this report can send \$1 for it with a long, stamped, self-addressed envelope to THE HEALTH LETTER, Dept. 50, P.O. Box 19622, Irvine, CA 92713.

"Mercy is loving kindness which leads to practicing charity to the bodies, minds and souls of our fellowmen."

—Hubert D. Knickerbocker, Dallas Morning News, Sept. 25, 1905.

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Tutors may aid school students

Youngsters who don't talk much at home about their day in school may really be concealing study difficulties, according to an educator who is trying to do something about the problem.

"Ironically, a complimentary report card note from the child's teacher may further cloud the situation," says Glenn Hogen, a former public school teacher, assistant principal and superintendent.

"Saying that your child is 'well behaved and quiet in the classroom' may actually indicate that the child is trying to be inconspicuous to avoid being called upon to answer a question or do a math problem."

Contrasting with the too-quiet child, but with similar problems, Hogen says, is the loud, aggressive student who is trying to cover up for a poor performance in school. In causing disturbances, these youngsters believe notoriety is nearly as good as fame.

"In both cases," he explains, "the problem is usually one of low self-esteem and the need to gain attention."

Most public school teachers do a very creditable job, but nearly 60 percent of America's school children are in need of some kind of supplementary education, says Hogen, who is vice president of education for some 300 Sylvan Learning Centers in the United States and Canada.

"Millions of perfectly normal, bright children have gaps in their learning skills," he adds. "Perhaps it's caused by being home ill on the day their class began studying fractions, or by simply being afraid to tackle a new subject in the environment of a large class of kids they regard as overwhelming competitors."

Hogen has developed and supervises for the learning centers a curriculum he describes as the basis for lifelong positive learning habits. After diagnostic tests, individualized instruction programs are created for

students from preschool age through senior high school.

Under the programs, students attend one- or two-hour after-school sessions each week where the student-to-teacher ratio is never higher than 3-to-1.

"A three-member class encourages a rapport between a student and teacher that can't be gained in any other way," Hogen says, adding that such a low ratio allows a degree of personalized teaching not possible in the typical school system.

"Children reach study comprehension levels at different ages. We work with each child according to his or her ability. Averages and other statistics don't mean all that much."

"What counts is helping each child attain his or her optimum performance, without competing against 35 or 40 other kids, all with different achievement levels."

Another serious problem facing educators is the faltering reading ability of many students, according to Stanley Frank, who says "a shocking 20 percent of all our school children are significantly behind their grade level in reading."

There are a million children between ages 12 and 17 who cannot read above the third-grade level, says Frank, chairman of the American Learning Corp., a subsidiary of Encyclopaedia Britannica, Inc., which operates a national network of more than 100 after-school remedial reading centers.

Parents can help children get an early start on reading skills by reading to their preschool youngsters, even if only for 15 minutes a day, according to Frank. Just hearing the sound of a friendly

voice reciting simple nursery rhymes can mark the beginning of a love for reading, he explains.

As the child grows older, Frank says, parents can stimulate reading by pointing out printed words seen outside the house, such as on street signs, billboards, trucks and packages in supermarkets.

Other suggestions include:

— Encourage hobbies of all types and buy books that relate to them.

— Establish a regular family reading hour where the parents take turns reading aloud from books that were enjoyable to them as children.

— Obtain a library card for the child and help him or her bring home several books for reading aloud.

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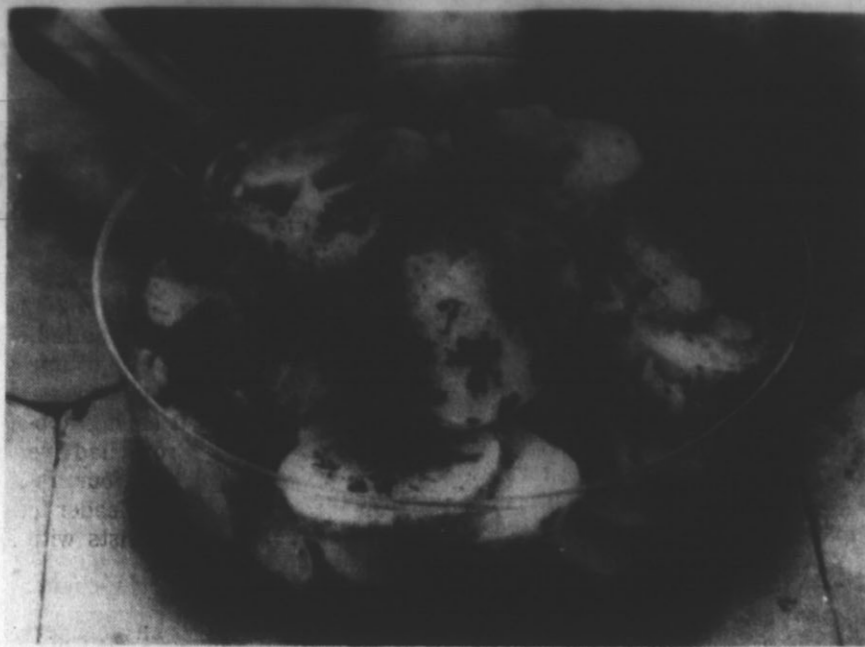
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Potato is an ideal mixer

By Aileen Claire
NEA Food Editor

The versatile potato blends well with fruits and vegetables. One-dish meals fit into busy schedules, especially if they can be prepared ahead and reheated. Cabbage and cheese combine in a well-seasoned casserole that is just right for supper, while a special stew gets added flavor from prunes and apples.



MAKE-AHEAD potato-cabbage casserole is filling and flavorful.

POTATO-CABBAGE CASSEROLE

- 1 1/2 pounds potatoes (3 large), unpeeled and washed
- 1/2 pound bacon, cut into 2-inch strips
- 1 cup sliced onion
- 2 tablespoons flour
- 1/2 teaspoon dried leaf thyme, crumbled
- 1/2 teaspoon salt
- 1 1/2 cups (12-ounce can) beer (non-alcoholic optional)
- 1/2 cup milk
- 6 cups finely shredded cabbage (1 1/2 pounds)
- 1 cup shredded Swiss cheese (1/4 pound)

Steam potatoes in 1 inch of boiling water for 30 to 40 minutes, until tender. Slice, unpeeled, into 1/4-inch-thick slices.

In large skillet, cook bacon until crisp; set aside. Pour off all but 2 tablespoons bacon fat.

In same skillet with fat, saute onion until golden; stir in flour, thyme and salt. Gradually add beer and milk; stir over low heat until mixture boils and thickens.

In 3-quart casserole dish, layer half the cabbage, potatoes, bacon, cheese and sauce. Repeat with remaining ingredients. Cover. Bake in a 375-degree oven for 30 minutes. Uncover and bake 15 minutes longer, until cabbage is tender. This kitchen-tested recipe makes 4 servings.

GERMAN POTATO-APPLE STEW

- 2 tablespoons butter or margarine

Myths about mental health, aging exist

Old age isn't a time of mental illness. Yet, if you believe many of the common myths about aging, it would certainly appear to be so.

"Accepting a stereotype of generally poor mental health among the elderly often causes us to deal ineffectively with elderly parents and family members we care about," says Dr. Judith Warren, a gerontology specialist.

She says one of the greatest myths is that the incidence of serious mental illness increases with age.

"It's true that if you count the number of adults who are mentally ill and grow old, the rates of mental disorders will rise steadily and peak in the oldest age group," notes Warren. "However, when the one-year rates of new episodes of mental illness are counted, the rates are lowest after age 65."

In other words, a mentally healthy adult is likely to be a mentally healthy elder. While the older adult may have to cope with more life stresses than at earlier ages, the aging process itself does not lead to serious mental illness, she emphasizes.

"Many people also think that confusion and memory loss in the elderly must be due to inevitable and irreversible brain disease."

- 1 1/2 cups sliced onion
- 1 tablespoon flour
- 1 cup chicken broth
- 1 cup apple juice
- 2 tablespoons lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon caraway seeds
- 1 1/2 pounds potatoes, unpeeled and washed, cut in large chunks
- 1 pound cooked ham, cut in large cubes
- 1/2 pound pitted prunes
- 2 red apples, cored, cut in wedges

In Dutch oven or large covered sauce pot, melt butter; saute onion until golden. Stir in flour; gradually add broth, apple juice, lemon juice, salt and caraway seeds; stir until slightly thickened.

Add potatoes, ham and prunes; bring to a boil. Cover; simmer 15 minutes. Add apples. Cover, simmer 15 to 20 minutes longer, stirring occasionally, until potatoes and apples are tender. This kitchen-tested recipe makes 4 servings.

POTATO-CORN SOUP

- 2 tablespoons butter or margarine
- leek, sliced (or 1/4 cup chopped onion)
- 4 cups chicken broth
- 4 cups diced, pared potatoes
- 1 cup pared, sliced carrots
- 2 teaspoons lemon juice
- 2 teaspoons salt
- 1/4 teaspoon pepper
- 1/4 teaspoon dried leaf thyme
- 1 1-pound can whole-kernel corn, drained

In large saucepan, melt butter. Add leek and cook for 5 minutes. Add remaining ingredients except corn. Cover and simmer for 40 minutes, or until potatoes are tender. Add corn and heat for 5 minutes. This kitchen-tested recipe makes 4 one-cup servings.

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"Friendship is a challenge, searching down into what one has been. Its basis is moral sincerity and it is in this phase of personal relationship that we exert our deepest influence. For deep friendship there must be a wide range of common interests. The more different two people are, the more they have to give each other. Common experience is a bond of friendship."

—Edward Howard Griggs, *The Prairie, Canyon, Texas*, July 10, 1922.

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Hints From Heloise

DEAR HELOISE:

I am a retired Marine who has been working in the trucking industry for several years, driving an 18-wheeler around the country. In my shaving kit, I always carry the following coins: a roll of quarters, dimes and nickels (\$17), for emergencies. If I get to a loading point and get delayed, I always have coins to operate the vending machines.

If I have a roadside emergency, I have coins for the pay telephones.

When my wife and I take short trips together, she also keeps a roll of quarters, dimes and nickels in her makeup kit for emergencies. (You know a woman is not going to let her makeup get too far away from her!)

A few coins can sure brighten up your day when you are temporarily stranded. — Harold Broadstreet, Dimmitt, Texas

Anyone who travels knows what it's like not to have change. I too always carry extra coins in my makeup case, not a whole roll but enough to get by. — Heloise

SEND A GREAT HINT TO:

Heloise
P.O. Box 795000
San Antonio, Texas 78279

DRAWER SPACE

Dear Heloise: Short of drawer space? Try rolling towels and underwear. More will now fit in the same space and they will also be neater and more orderly. — Louise Silvas, San Antonio, Texas

KITCHEN CALENDAR

Dear Heloise: My kitchen calendar is one of my best time-saving helpers. In addition to upcoming birthdays and appointments, I write things down after they happen, such as the

birth of a friend's baby, the child's weight and height, when teeth came in, first steps.

I also record when the garden was planted, or anything I may need to know in the future. Then, although I may not be able to write in scrapbooks or baby books for months, I have an accurate record of happenings and can quickly fill in the books from my calendar. — Rena Lautaret, Los Angeles, Calif.

SAFETY FIRST

Dear Heloise: Have you ever had to drive home alone late at night? I certainly have many times! A dear friend suggested this idea: Keep a man's hat in the car for these times. Wear the hat on the way home and the chances you'll be followed are lessened. — Dorothy McClellan, Wilkes-Barre, Pa.

Well, it's sure worth a try! — Heloise

FISHING MARSHMALLOWS

Dear Heloise: Recently while on a fishing trip, which was 30 miles from any stores, I found myself without any bait. I usually fish with bait marshmallows, but after arriving at my destination, I found the marshmallows were hard as rocks and impossible to fish with.

To say the least, my fishing trip was

ruined. When I got home I remembered reading that a slice of bread could be placed in the cookie jar and it would keep the cookies soft. So, I decided to try this with my bait marshmallows.

It worked great! — Clemmie Irwin, Cherry Valley, Calif.

ORNAMENT HOOKS

Dear Heloise: I use the long Christmas hooks to hang all my daughter's chains and other jewelry on an old lampshade in her bedroom.

Sure makes a neat appearance, and she can find what she wants very easily. — Charlotte Shupe, Baltimore, Md.

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"Every day the Book of Life gives us a new page. Let us resolve that at the beginning of each day our activities shall be recorded in letters of gold."

—Dallas Morning News, March 13, 1932.



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Sports

First district victory after three defeats

Herd varsity scores 66-53 win over Pampa

By GARY CHRISTENSEN
Sports Editor
Hereford High School swept Pampa in three boys' basketball games on Saturday in Hereford, including a 66-53 victory over Pampa in the varsity contest.

In other games, the HHS junior varsity team scored a 74-49 win, and the HHS sophomore team beat Pampa 64-33.

Saturday's win for the Herd varsity was that team's first District 1-4A victory against three defeats. Overall, the varsity has a 6-11 record.

Season records for the other Whiteface teams are 8-3 for the junior varsity and 3-9 for the sophomores.

Today, the Hereford varsity hosts Lubbock Dunbar in a district game at 8 p.m. at the La Plata gym. The junior varsity game is scheduled for 6:30 p.m. at the HHS gym. Later this week, the junior varsity team will play in the Dalhart tournament Thursday through Saturday.

The next game for the Hereford sophomore team is on Thursday at Plainview, at 6:30 p.m. On Saturday, the sophomores will play in the Canyon tournament.

Two scoring spurts by the Whiteface varsity boys on Saturday were a key to defeating Pampa 66-53. Hereford outscored Pampa 8-2 in the last minute and a half of the first quarter for a 19-12 lead.

Pampa scored the first five points of the second quarter to move within two points of Hereford, 19-17, but the rest of the quarter belonged to the

Whitefaces. Hereford scored 19 points compared to just two by the Harvesters, and held a 38-19 halftime lead.

The closest that Pampa could get to the Herd in the second half was eight points, 52-44, with 6:32 left in the game. Hereford's biggest lead of the second half was 21 points, 47-26, after Brad Smith made a field goal and free throw for a three-point play.

Rodney McCracken poured in 26 points to lead the Whitefaces. Kevin Hansen, who was named to the all-tournament team in the Clovis Holiday Tournament, scored 17 points and led the Herd in three statistical categories — 11 rebounds, seven steals and seven assists. McCracken had three steals.

Marcus Brown added nine points and had four assists. Other HHS scorers included Ross Torres with six points and Smith with five points.

The Whitefaces hit 28 of 59 shots from the field.

"It helped us to finally play at home. We had played 17 games, and the only game at home was Dimmitt," Hereford Coach Mike Fields said.

"When we got on that roll, the crowd kept us going. Before when we have done that, the crowd was against us because we were on the road.

"On Wednesday, when we lost to Midland Lee on that last-second shot, it was a tough loss. But I felt our players came back from that loss real well against Pampa," Fields continues.

"It was real important for district.

We haven't lost at home in district, so if you can win district games at home it will keep you in the district race, because it's an even district.

"The playoff teams will be the ones that can win on the road. We have only five road games left. We're still in it if we can get on a roll."

Junior varsity team members Todd Schroeder and Jason Scott each

scored 20 points to lead Hereford over Pampa 74-49. Schroeder hit eight of 12 shots from the field and Scott made nine of 17 shots, with each individual hitting a three-point shot.

Roger McCracken added eight points, Adolfo Martinez scored seven points, and Stuart Mitts had six points.

Hereford jumped out to a 19-2 lead in the first quarter, and held a 24-9 lead when the period ended. Hereford then held a 43-24 halftime lead en route to the 74-49 victory.

McCracken and Scott each grabbed 10 rebounds, Keith Brown had five rebounds and Mitts had four rebounds. Schroeder was the leader in steals with six and in assists with five.

The Hereford sophomores scored 21 points from three-point goal territory in defeating Pampa 64-33. Matt Smith, Jason Walterscheid, and Chad Schroeder each scored two three-point goals, and Russell Backus hit one three-point shot.

Backus was high scorer for Hereford with 13 points, and Chuck Lemons was also in double figures with 11 points. Schroeder scored eight points, and Walterscheid and Matt Smith each had six points.

Hereford had a good team effort in rebounding and on defense. Twelve HHS players had two or more rebounds each, led by Tate Smith with 10, Jim Andrews with seven, and Lemons, Daniel Garcia, and Andrew Tijerina each with five.

On defense, Nate Williamson led Hereford with six steals.

HEREFORD VARSITY: Rodney McCracken 12-22 2-5 28; Kevin Hansen 7-11 2-4 17; Marcus Brown 4-11 1-3 9; Ross Torres 2-2 1-1 6; Brad Smith 2-4 1-3 5; Bobby Robbins 1-1 1-2 2. Totals: 28-69 8-28 66.

Pampa 12 7 19 15-53
Hereford 19 19 11 17-66

Three-point goals: Hansen and Torres, 1 each.
Rebounds: Hansen, 11; Smith and McCracken, 4 each; Robbins and Cotten, 2 each.

Assists: Hansen, 7; Brown, 4; McCracken, 2.
Steals: Hansen, 7; McCracken, 3; Robbins, 2.

HEREFORD JUNIOR VARSITY: Jason Scott 9-17 1-2 20; Todd Schroeder 8-12 2-3 20; Roger McCracken 4-10 0-0 8; Adolfo Martinez 3-4 1-2 7; Stuart Mitts 2-5 2-2 6; Carl DeLuzier 1-2 0-0 3; Kelvin Brown 1-4 1-2 3; Paul Kuper 1-2 0-0 2; Keith Brown 1-0 0-0 2; Jim Allen 1-1 0-0 2; Nick Kendall 0-5 1-2 1. Totals: 31-77 9-32 74.

Pampa 9 15 12 13-49
Hereford 24 19 14 17-74

Three-point goals: Schroeder, Scott, and DeLuzier, 1 each.

Rebounds: McCracken and Scott, 10 each; Keith Brown, 5; Mitts, 4; Schroeder, Kuper, and Kelvin Brown, 2 each.

Assists: Schroeder, 5; Mitts and Keith Brown, 3 each; Scott, 2.

Steals: Schroeder, 6; Mitts, 4; Keith Brown, 3.

HEREFORD SOPHOMORES: Russell Backus 4-8 4-4 13; Chuck Lemons 5-7 1-3 11; Chad Schroeder 3-9 0-1 8; Matt Smith 2-3 0-2 6; Jason Walterscheid 2-5 0-0 6; Jim Andrews 2-4 0-0 4; Keith Kelo 2-3 0-0 4; Tate Smith 2-6 0-0 4; Daniel Garcia 2-4 0-0 4; Dee Nall 1-6 0-2 2; Zane Watts 1-3 0-0 2; Nate Williamson 0-0 0-1 0. Totals: 26-73 5-13 64.

Pampa 6 12 6 3-33
Hereford 13 14 23 14-64

Three-point goals: Schroeder, Walterscheid, and Matt Smith, 2 each; Backus, 1.

Rebounds: Tate Smith, 10; Andrews, 7; Lemons, Garcia, and Andrew Tijerina, 5 each; Fred Melendez and Jason Laeb, 4 each; Schroeder, Nall, Walterscheid, Kelo, and Matt Smith, 2 each.

Steals: Williamson, 6; Garcia, 5; Walterscheid and Backus, 3 each; Nall, Melendez, Kelo, Andrews, Tate Smith, and Matt Smith, 2 each.



Hansen Flies In

Kevin Hansen (20), a member of the Hereford Whiteface varsity boys' basketball team, scores for a fast break basket Saturday night. Hansen scored 17 points in Hereford's 66-53 win over Pampa, and led the Whitefaces with 11 rebounds, seven assists, and seven steals. (Brand photo by Gary Christensen)



Shot By Kahlich

Tricia Kahlich (22) of the Lady Whiteface varsity basketball team attempts a shot during Saturday's District 1-4A game against Pampa. No. 10 of Hereford is Stacy White. The Lady Whitefaces suffered a 52-43 loss to Pampa. See story, Page 10. (Brand photo by Gary Christensen)

***** BULLETIN

Tonight's games with Lubbock Dunbar have been postponed due to icy roads between here and Lubbock, it was announced late this morning by Don Cumpston, HHS athletic director.

The games will be at the same time and place here Thursday. The girls' varsity plays at 6:30 p.m., and the boys' varsity at 8 p.m.

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SUPER SENIORS
PONTE VEDRA, Fla. (AP) — The Super Seniors group in the PGA-Senior Tour is limited to golfers 60 years or older.

The list of eligibles was raised this year from 10 to 12 for the 1988 competition. The Super Seniors competition will include a number of tournaments each worth \$35,000 with the winner drawing down first money of \$7,000. The events are part of the Vantage Cup championships series.

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New Air Force One to be jumbo jet

By HUGH A. MULLIGAN AP Special Correspondent
WASHINGTON (AP) — To press, passengers and the president aboard Air Force One, certain truths are self-evident:
 The smaller the country, the longer the national anthem.

Dropping in on a state fair, dedicating a dam, inspecting a poverty pocket indicates it's campaign time again.
 Congressmen hitching a ride back to their district to get within glad-hand range of a presidential speech

means election day is high.
 Breaking out the long-stemmed champagne glasses signifies satisfaction in the main cabin at the election returns.
 A "perfect martini," hand-stirred by Richard Nixon, requires the best imported vermouth and an off-brand gin.

A seldom-varying lunch of cottage cheese garnished with lettuce, radishes, celery sticks and carrot shreds, all smothered in A-1 Sauce, confirms that Gerald Ford is aboard.
 Grits for breakfast indicates Jimmy Carter is presiding over the Oval Office in the sky.

The aroma of chili, meat loaf, macaroni and cheese and similar "heavy-duty fare" wafting from the galley announces that dinner is about to be served to Ronald Reagan.
 Unless Nancy happens to be on board, in which case the menu takes a nutritious turn in the direction of crabmeat salad or a shrimp and avocado platter.

If the lettuce starts to wilt and the fresh milk runs out, you know that Air Force One has been out of the country too long.
 Of course the big news for frequent fliers on presidential aircraft is that after all these years — 25 to be exact — the White House jet is about to expand to jumbo size.

Boeing's Wichita, Kan., plant is fitting out a 747 with a presidential bedroom and bathroom, an enlarged oval office, a 14-place conference room, an emergency medical center, 10 work stations for speech writers and aides, all the latest communications equipment and state-of-the-spook-art decoding devices. Soon there even may be enough elbow room for a pool reporter to reach for

a typewriter without knocking the cheese dip off the table.

The first of two jumbos in the \$250 million order will be delivered late in 1988, diplomatically just in time to taxi Ronnie and Nancy into retirement at the Santa Barbara ranch without the administration being accused of seeking more deluxe transportation. A back-up 747 will be ready a few months later.

The jumbos, 80 feet longer and three-times as roomy, can fly 8,000 miles without refueling, compared with the 7,000-mile range of the 707s they are replacing. They can land on shorter runways, cruise 40 mph faster at 640 mph, and accommodate 70 passengers and a crew of 23, compared with the current 47 passengers and 17 crew.

Although not as lavishly appointed as the gilt and bejeweled flying throne rooms of Arab oil sheiks, the jumbos destined for the huge hangars at Andrews Air Force Base represent a giant step in chief executive air travel since Franklin D. Roosevelt buckled his seat belt aboard the four-engine DC-4 called the Sacred Cow, the first presidential aircraft, or Harry Truman scared the daylight out of his womenfolk, Bess and Margaret, by having the pilot of his DC-6 buzz the White House while they were up on the roof watching an air show.

Air Force One, by the way, is not an airplane. Ever since Dwight Eisenhower's Super-Constellation, the Columbine II, almost got its control tower signals mixed up with an Eastern flight out of Washington, D.C., Air Force One has been the call sign of any Air Force plane with the president on board.

The big new presidential jets will have to log a couple of million miles before tracing in the changing skies of history the glorious and sometimes REie contrails drawn by the 707s they are replacing.

Tail No. 26,000 joined the SAM Fleet — Special Air Missions — on Oct. 12, 1962. This is the plane that took John F. Kennedy to Ireland for

tea in the widow Ryan's thatched cottage, to Berlin for his "Ich bin ein Berliner" speech.

On Nov. 22, 1963, it made the 13-minute hop from Carwell AFB, Fort Worth, to Love Field, Dallas, where a few hours later Kennedy's coffin was loaded into the tail section, now occupied by the press pool, while Lyndon Johnson in the forward cabin took the oath of office as the 36th president. The plane Kennedy loved, and which Jackie fitted out with fine bone china, made a low pass over Arlington Cemetery as his body was lowered into the grave.

Aboard No. 26,000, Johnson became the first president to circle the globe; Richard Nixon reopened the People's Republic of China, visited Russia twice and had his pilot, Col. Ralph Albertazzie, slip Henry Kissinger into Paris 14 times for secret negotiations to end the war in Vietnam.

Gerald Ford got tangled up in an umbrella alighting at Salzburg, Austria and fell down the last four steps of Air Force One. He recovered with a nimble one-liner: "I'm sorry I tumbled in like this."

The press pool rarely gets to see Reagan on board, except to take photos from the aft staircase of Nancy and Ronnie, waving from the front steps, he with the right hand, she always with the left, two Hollywood pros who never block each other's camera angle.

There have been bomb scares in Berlin and Dublin, and recently, with Reagan aboard, a gasket in the galley blew out with a loud bang that set nerves on edge as the pilot quickly descended from 27,000 to 14,000 feet.

Air Force One gets called on for a little stunt flying when a president treats his guests to a closer look at Mount Rushmore or the Grand Canyon.

Asked how Reagan was holding up during three low passes over the Air Force Academy while the cadets stood at attention, former spokesman Larry Speakes replied,

"Well, he hasn't thrown up yet."
 George Reedy, LBJ's press chief, once banned from Air Force One a newsmen who staggered aboard intoxicated, but the days of the hard-drinking reporter vanished with the bourbon and poker sessions on the Ferdinand Magellan, FDR's private railroad car.

"On the final leg, you might relax with a gin and tonic, but these mostly are fairly boring, work-intensive trips," says Terry Hunt, the AP White House correspondent.

It costs \$7,615 an hour to keep Air Force One flying. The press pool pays its own way.

"We charge them the commercial coach rate, plus one dollar," says Billy Dale in the White House transportation office, who sends out the bills to the news organizations.

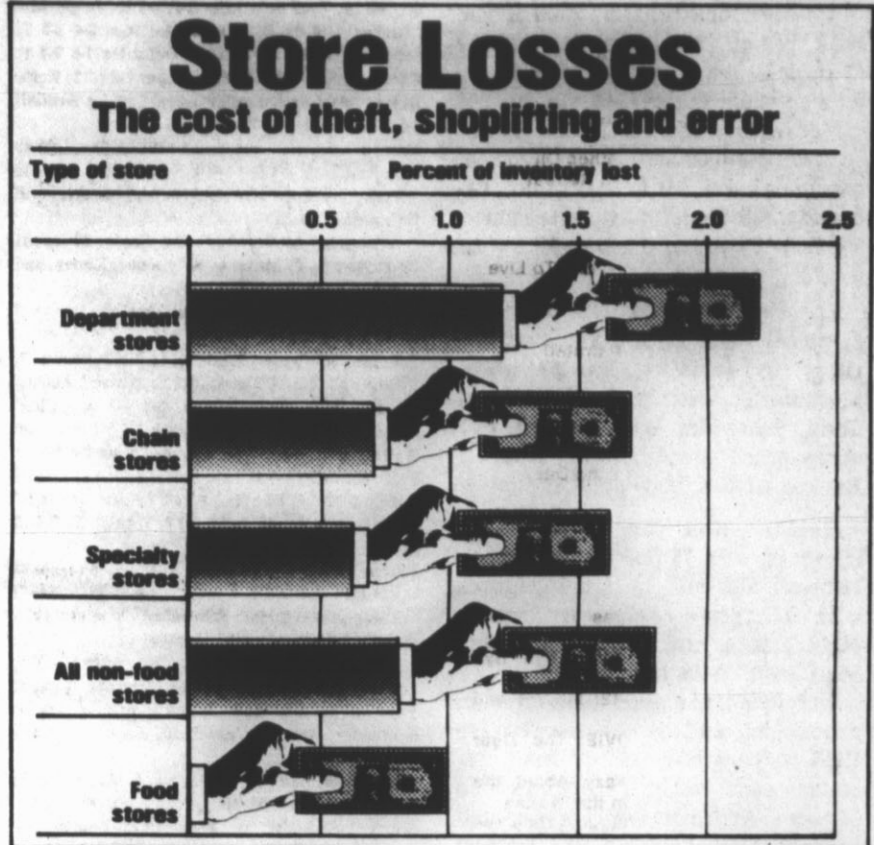
A few days in advance of Air Force One's arrival, two huge military cargo planes deliver the president's bubbletop limousine and a backup, four armored cars for the Secret Service, metal detectors for crowd surveillance, sometimes even a fire engine, and hundreds of thousands of dollars worth of communications equipment, which in foreign climes is often cheaper to leave in place. A press charter, sometimes two, and the backup 707 fly in with the president's plane.

Reagan's five-day Caribbean trip in 1982 left the island of Barbados with virtually a brand new telephone system.

Frequent press travelers on Air Force One sometimes see Americans living abroad grow homesick, even tearful, at the sight of Air Force One rolling to a landing on an alien tarmac.

In one of those poetic moments that always surprised listeners, gruff Lyndon Johnson gave the view from the top of the stairs:

"My plane has landed on many continents. The wheels have never stopped and the door has never opened that I have not looked upon faces which would not like to have traded citizenship with me."



Source: National Mass Retailing Institute
 NEA GRAPHIC
 In a recent survey, representatives of 30,100 stores said they lost almost \$1.3 billion in 1985. They attributed 42 percent of the losses to employee theft, 31 percent to customer shoplifting, 23 percent to bad paperwork and 4 percent to theft by the vendors who sell the stores merchandise.

The tidal wave caused by the eruption of a volcano on the island of Krakatau in 1883 reached as far as England.

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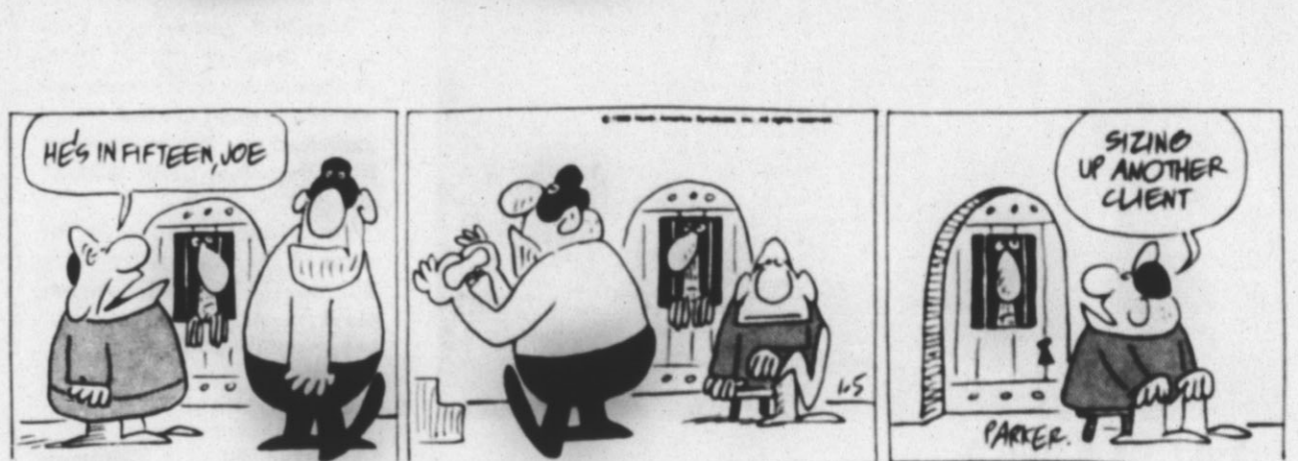
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13-127-3p

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13-128-5c

Legal Notices

To the Members of Hi-Plains Savings and Loan Association
The Annual Meeting of the Members of Hi-Plains Savings and Loan Association (the "Association") will be held at the offices of the Federal Home Loan Bank of Dallas located at 500 East John Carpenter, Irving, Texas 75062, on Thursday, January 21, 1987, at 1:30 p.m., Dallas, Texas, time.
At this Meeting, the Members of the Association of record as of November 30, 1987, present in person or by proxy, will by majority vote elect qualified persons to serve as Directors of the Association in accordance with the Association's Charter and Bylaws. The Members will also consider and transact any other business which may properly come before the Annual Meeting or any adjournment thereof. Furthermore, at the Annual Meeting the officers of the Association will report on the financial condition of the Association for fiscal 1987 and will outline a program for fiscal 1988.
128-1c

Bullock is running, but unsure of office

AUSTIN (AP) — Bob Bullock wants your vote, but he cannot tell you the exact date he wants you to cast it.

Bullock, state comptroller since 1975, is running for lieutenant governor in 1990. "I haven't looked it up," he said when asked the dates of the Democratic Primary or general election that year.

It's early — absurdly early, say some — but Bullock is running hard. He has been traveling the state and forcing other would-be candidates to do something they say they aren't ready to do yet — think about the race.

"I'm interested and am going to keep the possibilities open. It would be too early for me" to get in the race now, said state Sen. Ray Farabee, D-Wichita Falls, a potential Bullock opponent.

"The lieutenant governor's position is a race I would like to not rule out. Now it's just too premature to focus on that race," said Sen. Chet Edwards, D-Duncanville, another potential candidate.

"Every member of the Senate has some secret aspiration to preside over the Senate," said Sen. Hugh Parmer, D-Fort Worth, who has not kept his aspiration a secret. He is widely considered the most probable of Bullock's potential opponents.

But Parmer, like the others, seems perfectly happy to leave Bullock the lone candidate for many months, perhaps years.

"I don't think anybody is going to be able to sew up the nomination this early. You won't find people making firm commitments three years in advance," he said.

George Christian of Austin, a longtime Democratic Party activist and strategist, is not so sure about that. Bullock's early entry, at the least, could dictate who else gets in, he said.

"King Kong's already in the race," Christian said as he grazed the buffet at a Bullock Christmas party.

Bullock jumped into the race in September, shortly after longtime Lt. Gov. Bill Hobby announced he would not run for anything in 1990.

An October campaign survey confirmed what the candidate already knew — his name is known. Eighty-eight percent of the 700 respondents said they had heard of him.

And 65 percent said "despite past personal problems ... (Bullock) had done a good job" as comptroller, said a survey memo, referring to Bullock's alcoholism and treatment for it.

"You'd have to be a Ross Perot or an Earl Campbell to have better name ID," said one state senator who asked not to be identified. "But Parmer doesn't scare."

Parmer said Bullock's big-numbers name identification is no reason not to run against him.

"Anybody with the name recognition that Bullock has would be a formidable candidate, but name recognition is only one factor. Name recognition can be overcome by

money," he said. By some estimates, it would take about \$2 million for a lesser-known candidate to buy his name ID up to Bullock's level.

"That's the very thing that lots of us have been critical about," Bullock said. "Waiting to the last, wrapping them up, packaging them and selling them like a new box of soap that just hit the market. 'Buy Oxydol. It's new on the market. It's got bluing.'"

"You're going to be looking at lots of Oxydol boxes."

Bullock's potential opponents note they may be faced with voting on another unpalatable tax bill in 1989, which would make a bid for statewide office difficult.

But Bullock said tax hikes don't help him either.

"I have to collect the taxes. You think that's any big job?" he said.

"It's amazing that I've been able to have the job performance rating I have. Who likes a tax collector? You know what they like? They like somebody who's fair and uses some common sense and that's something that's been exercised in this office," he said.

The Texas Constitution could dictate who the other candidates will be. It bars legislators from seeking statewide offices for which they increased benefits. The lieutenant governor's salary (\$600 a month, just like legislators') is set by the Constitution. But the Legislature can increase other benefits, such as retirement funds.

Edwards and Farabee, who both face re-election in 1988, could be barred from the 1990 lieutenant governor's race if the 1989 Legislature raises benefits. Parmer would not be barred because his Senate term ends in 1990.

The complicated eligibility question is being researched by the Legislative Council at the request of unidentified senators.

Texas Republican Party Chairman George Strake said he is not convinced Bullock will be a candidate when

the serious campaigning starts.

"I know Bob Bullock, and I don't put a whole lot of faith in what he announces he is going to do two years from now," Strake said, referring to Bullock's last early campaign announcement.

Shortly after Mark White was elected governor in 1982, Bullock said he would run in 1986. But when the serious campaigning began, the Bullock-for-governor campaign was a memory, a victim of underwhelming financial support.

But Bullock says this time he is in the race to stay.

"He knows what he's doing," says a Bullock campaign brochure.

And what he's doing, even if he doesn't know the specific dates, is asking Texas Democrats to vote for him on March 13, 1990 and all Texans to vote for him on Nov. 6, 1990.

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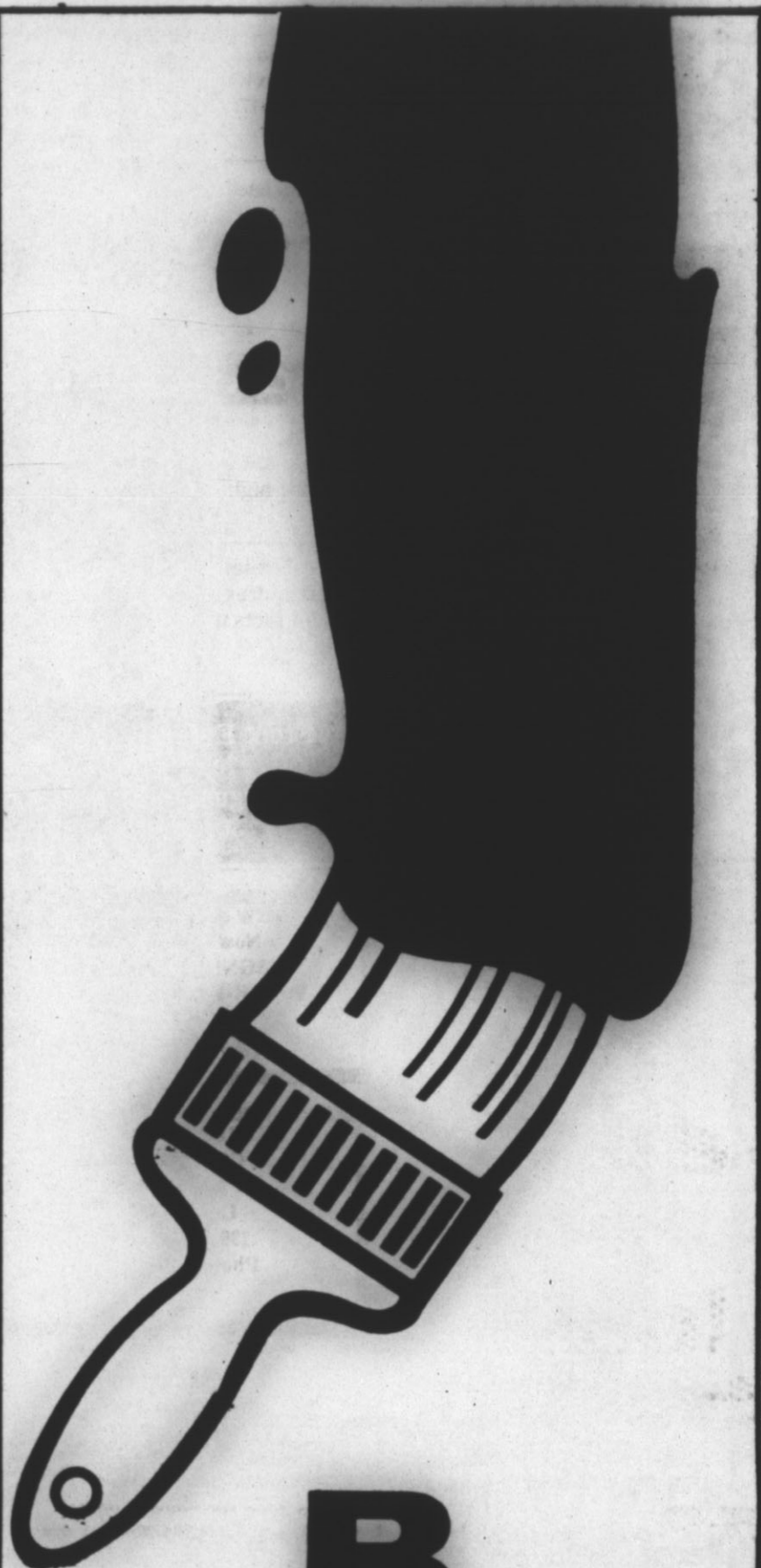
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Lady Whiteface varsity falls to Pampa

By GARY CHRISTENSEN
Sports Editor

The Hereford High School varsity girls' basketball team had its problems in the first half again Saturday night when they fell behind Pampa 35-18 in a District 1-4A loss, 52-43.

The loss dropped Hereford to 0-6 in district games and 5-14 for the season. Hereford's junior varsity team defeated Pampa 42-29 to improve its record to 3-9.

"The key for us is putting together a whole game, instead of a couple of quarters. If we do that and hit our shots, taking advantage of our opportunities, we'll do all right," Hereford

Coach Frank Belcher said.

"We'll have to shoot better from the free throw line, too," he adds.

In the third quarter, Hereford closed to within nine points, 37-28, on a basket by Stacy White with 2:02 left. Pampa held a 43-30 lead going into the fourth quarter.

In the first three minutes of the fourth quarter, Cande Robbins scored four points and White two points as Hereford cut the Pampa lead to eight points, 44-36. Pampa gained back a double-figure lead with 3:41 left, 49-38.

Neither team scored after that until Hereford's Crystal Ball hit a field

goal with 1:51 left. Pampa missed the first shot in a one-and-one, and Robbins scored a basket with 1:31 left, bringing the Lady Whitefaces to within six points, 48-42.

Pampa's margin proved to be too much to overcome, and Hereford suffered the 52-43 defeat.

Robbins led the Lady Whitefaces with 16 points, White had 11 points, and Carmen Brockman scored nine points. Those same three players were the rebound leaders -- Brockman with 15, Robbins with nine, and White with seven.

Tricia Kahlich, who had five rebounds, led the team in assists with

four. Today, the Lady Whitefaces play at home against Lubbock Dunbar, at 6:30 p.m. at the La Plata gym. The junior varsity game is scheduled for 8 p.m. at the HHS gym.

The Hereford junior varsity girls gradually pulled away from Pampa in a 42-29 victory on Saturday. Hereford held an 18-14 halftime lead, and increased the lead to 31-24 in the third quarter.

Scorers for Hereford included Chandra Brown and Poppy Richardson each with eight points, Jessica Dearing with seven points, Brienna Townsend with six points, and

Michelle Kwilinski with five points.

The HHS junior varsity girls will play in the Dalhart tournament this week. Hereford plays Sanford-Fritch on Thursday at 3:30 p.m.

The winner of that game will play in the championship at 6 p.m. Saturday, and the loser plays at 5 p.m. Friday against the loser of the Dalhart-Vega game.

HEREFORD VARSITY: Cande Robbins 7-15 2-6 16; Stacy White 6-12 3-4 11; Carmen Brockman 3-15 3-4 9; Crystal Ball 1-6 1-3 3; Tricia Kahlich 1-4 0-1 2; Kathy Banner 1-1 0-1 2; Amy Conaway 0-1 0-1 0; Shea McGinty 0-2 0-1 0. Totals: 17-42 9-21 43.

Pampa 14 21 8 9-42
Hereford 9 9 12 15-43
Rebounds: Brockman, 15; Robbins, 9; White, 7; Kahlich, 5; Ball, 4; McGinty, 3; Banner and

Michelle Kwilinski with five points.
Assists: Kahlich, 4; Ball, White, and Robbins, 2 each.

Players of the game (selected by HHS coaches): Cande Robbins, offensive player of the game; Shea McGinty, "Best Hustler" honor; Carmen Brockman, defensive player of the game.

HEREFORD JUNIOR VARSITY: Poppy Richardson 6-9 0-1 8; Chandra Brown 6-9 0-2 8; Jessica Dearing 3-10 1-3 7; Brienna Townsend 2-6 2-4 6; Michelle Kwilinski 2-4 1-2 5; Jill West 1-6 1-2 4; Libby Koub 2-4 0-0 4. Totals: 18-42 5-14 42.

Pampa 9 5 10 5-29
Hereford 9 9 12 11-42
Three-point goals: West, 1.

Rebounds: Dearing and Brown, 5 each; West, 7; Richardson, 6; Kwilinski, 4; Townsend and Koub, 3 each.
Assists: West and Kwilinski, 3 each; Belinda Britten, 2.

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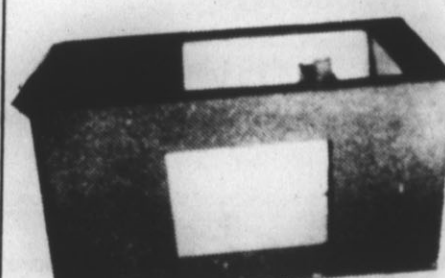
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