

Lifestyles

Calendar of Events

THURSDAY
 San Jose prayer group, 735 Brevard, 8 p.m.
 Weight Watchers, Community Church, 6:30 p.m.
 Ladies exercise class, Church of the Nazarene, 6:30 p.m.
 Kiwanis Club, Community Center, noon.
 TOPS Club No. 941, Community Center, 9 a.m.
 Amateur Radio Operators, north biology building of high school, 7:30 p.m.
 Young at heart program, YMCA, 9 a.m. until noon.
 Elkets, 8 p.m.
 American Association of Retired Persons, Community Center, 7 p.m.
 Merry Mixers Square Dance Club, Community Center, 8:30 p.m.
 Red Cross uniformed volunteers, noon luncheon.
 VFW, VFW clubhouse in Veterans Park, 7:30 p.m.
 BPOE Lodge in Elks Hall, 8:30 p.m.

FRIDAY
 Kiwanis Whiteface Breakfast, 6:30 a.m.
 Community Duplicate Bridge Club, Community Center, 7:30 p.m.
 Patriarchs Militant and Ladies Auxiliary, IOOF Hall, 8 p.m.
 Good Timers Square Dance Club, Community Center, 8 p.m.

SATURDAY
 Open gym for all teens, noon to 6 p.m. on Saturdays and 2-5 p.m. Sundays at First Church of the Nazarene.

MONDAY
 AA meets Monday through Friday, 406 W. Fourth St., 5:30 p.m.
 Odd Fellows Lodge, IOOF Hall, 7:30 p.m.
 TOPS Chapter No. 1011, Community Center, 5:30-6:30 p.m.
 Rotary Club, Community Center, noon.
 Planned Parenthood Clinic, open Monday through Friday, 711 25 Mile Ave., 8:30 a.m. to 4:30 p.m.
 Ladies exercise class, Church of the Nazarene, 6:30 p.m.
 Easter Lions Club, Easter Clubhouse, 8 p.m.
 Deaf Smith County Extension

Homemakers Council, Library Heritage Room, 1:30 p.m.
 Deaf Smith County Lapidary Club, Energas Flame Room, 7:30 p.m.
 Friends of the Library board meeting, Heritage Room, noon.

TUESDAY
 Terrific Tuesday, First Church of the Nazarene, 8 a.m. to 5 p.m.
 Women's Golf Association, Play Day, City Golf Course, 5:45 p.m.
 Problem Pregnancy Center, 505 E. Park Ave., open Tuesday through Sturday. Free and confidential pregnancy testing. Call 364-2027 for appointment.
 AA meeting, 406 W. Fourth St., 8 p.m.
 Free women's exercise class, aerobics and floorwork, Community Church, 7:30 p.m.
 Free blood pressure screening, Tuesday through Friday, South Plains Health Providers Clinic, 603 Park Ave., 8:30 a.m. - 5 p.m.
 Hereford AMBUCS Club, Ranch House, noon.
 Social security representative at courthouse, 9:15 a.m. until noon.
 Kiwanis Club of Hereford-Golden K, Senior Citizens, noon.
 Deaf Smith County Historical Museum: Regular museum hours Tuesday through Saturday 10 a.m. to 5 p.m. and Sunday by appointment only. Museum closed Monday.
 TOPS Chapter No. 576, Community Center, 9 a.m.
 Ladies exercise class, Church of the Nazarene, 6:30 p.m.
 Pilot Club, Caison House, 8 a.m.

WEDNESDAY
 Noon Lions Club, Community Center, noon.

In 1985 there were 3,001 corporate mergers and acquisitions, with a combined worth of more than \$197.6 billion.



DONALD W. QUILLEN

Quillen earns degree

Donald W. Quillen of Dumas, son of Mr. and Mrs. Ray Quillen of Hereford, was one of 169 students recently receiving medical degrees from the School of Medicine at The University of Texas Medical Branch in Galveston.

The 97th commencement exercises were held in the Moody Civic Center. Virginia V. Weldon, M.D., Vice Chancellor of the Washington University School of Medicine, St. Louis, and immediate past Chairman of the Association of American Medical Colleges Assembly, was the main speaker. William C. Levin, M.D., Ashbel Smith Professor and UTMB President, presided. George T. Bryan, M.D., Vice President for Academic Affairs and Dean of Medicine, presented the diplomas. Quillen, a 1972 graduate of Dumas Senior High, received his bachelor of science degree from Stephen F. Austin State University in Nacogdoches, graduating cum laude.

DR. GOTT

Thirst may be matter of habit

By Peter H. Gott, M.D.

DEAR DR. GOTT — I drink about two gallons of liquid a day and take three quarts of liquid to bed, which I have to drink before I can get to sleep. Why am I so thirsty?

DEAR READER — The brain's thirst center is controlled, in part, by the concentration of water in body fluids. For example, people with excessive salt or sugar in their bodies will excrete these substances into the urine. Because salt and sugar draw water from the system, some dehydration will result and the person will feel thirsty. In order to replace the water that is used to excrete the salt or sugar. This is why diabetics are often thirsty until the disease can be brought under control.

A rarer cause of thirst is diabetes insipidus, an abnormality of anti-diuretic hormone, or ADH, a substance that causes us to retain fluid. If the ADH system is malfunctioning, a patient may experience uncontrollable thirst, even though he is not excreting excess salt or sugar.

In my experience, the most common cause of extra fluid intake is psychogenic polydipsia, an emotional addiction or habit of drinking inappropriate quantities of fluid. This has no physical cause.

People who seem to have an inordinate thirst need a complete medical examination, blood analysis and urine testing to see if they have a physical cause — such as diabetes mellitus or diabetes insipidus — for the condition. If so, appropriate treatment is in order. If not, counseling may be necessary to help patients with water-habituation to alter their practice of drinking too much fluid.

DEAR DR. GOTT — Whenever I touch metal or a light switch, I get an electric shock. Why is this?

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If you constantly receive a shock from a particular wall plate or lighting fixture, you should have the object checked by an electrician to make sure it is properly grounded. However, plain static electricity is a common component of our environment.

King Edward VII died in 1910.



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We'll take a picture of it or hang it up with the other "Ugly Ties."

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- \$50⁰⁰ Gift Certificate from Etcetera
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Bring your Dad in Father's Day

Sunday, June 21st and he'll receive a

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Summer Cooler Glass

or

Sirloin Stockade Mug

(While Supplies Last)

filled with his favorite beverage

PLUS —

Every time he brings his Glass or Mug into Sirloin Stockade he'll receive Free Refills until Labor Day, September 7th



Hours: Sunday - Thursday
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Friday & Saturday
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Open Father's Day
10:30 a.m. - 10 p.m.

101 W. 15th



364-6233

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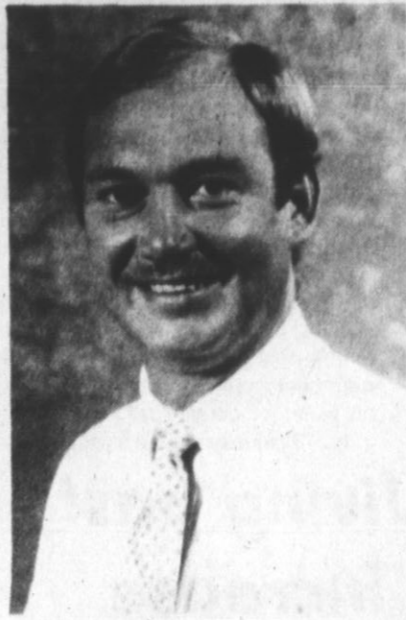
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Promoting Beef

Darlene Fields, Cathy Bunch, Debbie Simpson, and Renee Heflin will be among the Texas CattleWomen of Hereford who will man a booth of free beef sausage samples Saturday at Moore's Jack & Jill. As part of the "Beef For Father's Day" campaign, taste samples of beef will be given away from 10 a.m. until 6 p.m. at the store.

Senior Citizens Opportunities

Activities scheduled this week (June 18 through June 24) at the Hereford Senior Citizens Center include the following:

THURSDAY - Choir 1 p.m.
 FRIDAY - Movie 2 p.m.
 MONDAY - Devotional 1 p.m.
 TUESDAY - Stretch and flexibility 10-10:45 a.m., blood pressure 1-3 p.m.
 WEDNESDAY - Ceramics, young at heart at YMCA 9 a.m. until noon, \$2 charge.

LUNCH MENU

THURSDAY - Salisbury steak, baked potato, buttered spinach, perfection salad, banana split cake.
 FRIDAY - Chicken or tuna salad

on lettuce, macaroni salad, orange gelatin salad with carrots and pineapple, baked beans, watermelon and cantelope.

MONDAY - Smothered pork chops, parried potatoes, Scandinavian vegetables, pound cake with sauce.

TUESDAY - Country-fried steak, hash brown potatoes, beets, broccoli spears, pineapple-cheese salad, chocolate cake.

WEDNESDAY - Baked chicken with lemon pepper, baked potatoes, buttered asparagus, orange honey ambrosia, pumpkin custard with whipped topping.

Diet can lower cancer risk

NEW YORK (AP) - The odds of developing cancer can be reduced by improved eating habits, according to Dr. Elliot J. Howard, author of "Vital Facts About Cancer."

He offers some tips in Family Circle magazine that might lower the risk. These include:

- Cut daily fat intake to 30 percent of total calories. Overweight persons are at a risk which increases with fat consumption.
 - Drink two glasses of milk a day.

Calcium breaks cancer-causing substances into harmless compounds.

- Eat fish several times a week. Fish oils inhibit the development of tumors in the colon, lung, breast, pancreas and prostate.

- Eat more lima and soybeans which are high in chemicals that prevent damage to healthy cells.

- Avoid barbecued meats which have come in contact with smoke and flames - charring produces carcinogens.

Beef recipes are tasty for Dad's Day

The Hereford CattleWomen want to "beef up" menus for Father's Day. Volunteers will be manning booths at local stores on Saturday to encourage cooks to buy beef for the father's special meal.

Statewide, the CattleWomen banded with the Texas Beef Industry Council to persuade Gov. Bill Clements to declare a proclamation encouraging "Beef for Father's Day."

If the "Dad" in your family is concerned about beef's old image of high calories, high fat, and high cholesterol content, Texas Cat-

tleWomen want to share with you the fact that "beef has gone on a diet!"

The beef of today, because of new breeding and shorter feeding time, is a much leaner meat than ever before. A 3-ounce (about 4 ounces raw) serving of cooked, lean, trimmed beef contains only 189 calories, about 10 percent of an adult's diet of 2000 calories per day.

If your Dad likes to eat a larger serving of beef, share with him that double that amount (and that's talking about 8 ounces of lean meat with no bones or outside fat) will supply only 378 calories—still a small portion

to his total daily intake.

Is "Dad" concerned about his dietary cholesterol intake? The cholesterol content in the 3-ounce cooked serving is only 76 milligrams, which equals about 25 percent of the daily amount allowed by the American Heart Association—the same amount that is in a lean, broiled 3-ounce piece of chicken. Ounce for ounce, beef and chicken have the same amount of cholesterol as documented in USDA's Food Composition Handbooks.

Many consumers believe that beef's fat is all saturated. If your "Dad" is concerned about his fat intake, share with him that less than half of the fat in beef is saturated—and that the fat in a 3-ounce serving of lean, trimmed beef is 8.7 grams. How much is 8.7 grams? Each gram of fat is equal to 9 calories which means that the serving of beef provides only 13 percent of the amount allowed by the American Heart Association.

Following are two tasty beef recipes submitted by Darlene Fields, member of the local chapter of Texas Cattlewomen:

SPECTACULAR EASY CHUCK ROAST

1-3 to 4 lb. chuck roast, or larger, depending on family size
 5-cloves of garlic peeled and sliced thin: insert slice into roast, making

sure all areas are inserted with slices 1-16 oz. jar of picante sauce (mild, medium, or hot)

1-small can tomato sauce
 Marinate roast for 3 to 4 hours or more in favorite picante sauce. Add small can of tomato sauce.

Bake in 325 degree oven for 3 hours or until tender.

CHILE KABOBS

1½ lbs. beef, boneless and cubed
 1½ lbs. summer or zucchini squash, panboiled and cut into 1" cubes
 1 lbs (about 32) cherry tomatoes
 1 can (8 oz.) whole green chilies cut crosswise into 1" pieces

Using 16 skewers, arrange beef, squash, cherry tomatoes, and green chilies on each skewer, repeating until skewer is filled.

Broil in oven until done. Serve on rice. Makes 8 servings.

Americans living past age 100 to increase

WASHINGTON (AP) - The number of Americans who live past age 100 could quadruple by the turn of the century, presenting the nation with a new set of challenges as this segment of society grows rapidly, a government study shows.

"The extension of life will probably result in ever larger numbers of economically and physically able very old people along with large numbers of chronically ill, dependent persons," observed the report, "America's Centenarians."

As of 1986 there were an estimated 25,000 Americans aged 100 and over, but that could easily jump to more than 100,000 by the year 2000, according to the study published by the National Institute on Aging.

Compiled by the Census Bureau, the study found that the number of centenarians has increased from only 14,200 in 1980 to its current level and is growing rapidly.

Past studies have analyzed the elderly primarily as a group aged 65 and over, and in recent years the segment had been divided into the 65 to 84 and the 85 and over populations. The new report is the first to give extensive detail on those aged 100-plus.

"Centenarians are rare among the American population, but their numbers are rising rapidly," the study found, particularly thanks to improvements in medical care.

During the past century average life expectancy in the United States has increased an average of 30 years to the current 71 years for men and 78 years for women. "This represents a greater gain than during all of previous human history," the report

states. "As a consequence partly of the increasing numbers of very old people, the nature of American society will probably be very different 100 years from now," the study comments.

Two major concerns for this population are economics and health, the study points out, and even for the financially well-off, long-term illness can present a significant economic threat because they have little chance to replace assets, once spent.

Other findings include:
 - Between 45 percent and 55 percent of centenarians live in households by themselves or with others, while the rest are in group quarters, mostly nursing homes. Women were slightly more likely to live in group homes than men, and whites more likely than blacks.

- Over half of centenarians (58 percent to 67 percent) had an eighth grade education or less. Women tended to have had more years of formal schooling than men.



Four states have active volcanoes: Washington, California, Alaska, and Hawaii.

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The Deaf Smith County 4-H Clubs

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 Country Store &
 Bob's Hickory Pit
 Hereford Grain Corp.
 Caviness Packing
 Cattle-town Feeders
 Walco International
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Everyone Come Out And See The Show!
 June 20th 9:00 A.M.
 Circle A Arena - Westway

Get your Dad a
FUDGE TIE
 FOR FATHER'S DAY
 Freshly made right here with real Cream & Butter
 Presented in a handsome gift box.
 Happy Father's Day
 Order Your Special Gift for Him Now!
Vishes
 364-7122 The Mall

Farm values apparently bottoming out

WASHINGTON (AP) — After five years of brutal decline, the nation's farmland values apparently are bottoming out, the Agriculture Department says.

But officials are cautious about making predictions, indicating that no boom is in sight and that what happens through 1988 also depends of a host of economic factors including commodity prices and federal programs.

"A May 1 survey of rural appraisers and several surveys by

Federal Reserve banks in April noted a leveling in values in areas where values were still falling late last year," the department's Economic Research Service said in a report Tuesday.

Bill Heneberry, the principal author, said the number of farmland transfers also has started to rise for the first time since the early 1980s. Although voluntary sales and estate sales account for most of the transfers, foreclosures made up an estimated 26 percent of the total, up

from 22 percent last year, he said.

"We think that 26 percent is a conservative figure, that it probably does not include some farms where it was a voluntary (sale) to avoid foreclosure," Heneberry said.

Other farmers continue to make up the largest category of farmland buyers, he said, accounting for 56 percent of the purchases so far this year, compared with 57 percent in 1986 and 63 percent in 1985.

No new dollar figures were available, but Heneberry noted in an interview that two months ago that

the agency published national and state figures showing the average value of U.S. farmland and buildings on Feb. 1 was at a 19-year low of \$548 per acre, down from \$595 a year earlier.

Farmland prices rose to a peak of \$823 per acre in 1982 before starting their five-year slide.

"Optimism about the land market stems from expectations of another year of high net cash income and low interest rates," the report said. "Net cash income (the difference between cash receipts and expenses) is ex-

pected to rise mainly because of reduced expenditures and higher government payments, which will offset lower commodity receipts."

The report added: "Higher net cash income and reduced interest rates on farm mortgages will enable more farmers to finance land purchases. Also, high rent-to-value ratios may attract non-farm investors into the farm real estate market."

But the agency cautioned that a large supply of farmland on the market could put downward pressure on values. Although prices were maintained on property taken over by the Farm Credit System earlier this year when borrowers couldn't repay loans, millions of acres remain in lenders' inventories and more is being added, the report said.

"In addition, downward pressure on values could intensify if price supports or other government programs are cut back, because much of the

anticipated rise in farmers' net cash income this year is based on government payments," the report said.

Overall, farmland values the remainder of this year and in early 1988 "probably will continue to show stability," the report said. In the longer run, values will be influenced by technological changes and the overall U.S. and global economies.

"Farmland values probably will increase somewhat toward the end of the decade, but large changes are not expected," the report said.

Price protection, market helping cotton industry move into good year

CONROE, Texas (AP) — Domestic price protection, as well as more competitive prices for U.S. products overseas, is helping the domestic cotton industry move toward its second-best year in the last two decades, according to a top industry official.

"The intrinsic good qualities of cotton are still unmatched in spite of the billions of dollars spent on research by man-made fibers," said Earl W. Sears, executive vice president of the National Cotton Council.

Domestic mill consumption during the first was up 39 percent from a year ago, while cotton's share of the fiber market has risen three percentage points in the last two years, he said.

"Cotton is on the offense as never before. I am so excited," he told the annual National Cotton Outlook Conference on Tuesday.

The U.S. cotton industry also has done well overseas as prices have become competitive in world markets.

"Foreign cotton acreage and production have declined for the second consecutive year," Sears said. "At the same time, world cotton consumption today is growing at an accelerated rate of more than 2 million bales a year. This combination of events has made our exports skyrocket."

Sears credited some of the cotton resurgence to the 1985 Farm Act that guaranteed price protection for cotton growers.

"I can't say enough about how well the cotton program has worked for our commodity," he said. "What's more, if this five-year program is left intact, some economists project that cotton production over this period

will increase by a total of 26 million bales."

The future also is promising, he said, with commitments for exports already strong for next year.

Sears said an advertising campaign, "Grown and Made in the USA," is contributing to the industry success.

"The campaign was initiated to right the wrongs caused to our industry and its suppliers by the flood of foreign cotton pouring into this country in the form of cotton textiles and apparel," he said.

At the same, the industry has signed advertising agreements in Japan and Korea and similar pacts with Italy, France and the United Kingdom are nearly complete.

Sears cautioned, however, that the industry must continue to strive for efficiency, since government subsidies are threatened by moves to

reduce the national budget deficit.

"Although we are already greatly reducing our dependence on government, that help is still substantial," he said, although warning that cotton growers can expect some federal money cuts.

"There is only so much money and the political menu to deal with it is sliced thin," he said.

L. Sykes Martin, president of The Cotton Foundation, a research and education foundation for the cotton industry, said research must continue if cotton growers are to withstand competition from foreign producers and synthetic fiber manufacturers.

"The U.S. cotton industry still feels and will continue to feel the strong challenge of foreign and man-made fibers," he said. "We're well aware the well of technology must be fed constantly."

Loan funds available

Loan funds continue to be available from the High Plains Underground Water Conservation District No. 1 for the purchase of agricultural water conservation equipment.


Through an Agricultural Water Conservation Equipment Pilot Loan Program approved by Texas voters in November 1985, the Water District borrow funds from the Texas Water Development Board to lend to qualified irrigators to help promote water conservation measures. Irrigators may obtain loans for the purchase of agricultural water conservation equipment such as center pivot sprinkler systems, surge irrigation systems, low pressure drip irrigation systems, soil moisture monitoring equipment and underground pipeline.

For Water District loan guidelines and applications, contact Becca Williams at the High Plains Water District office at 2930 Avenue Q, Lubbock, Texas 79045, (806)762-0181.

New permit system completed

WASHINGTON (AP) — The Agriculture Department has adopted final rules for a permit system covering importation, interstate shipment and release of genetically engineered organisms that could be harmful to plants.

The rules, which went into effect Tuesday, allow the issuance of a single, limited permit, valid for one year, to an individual moving one or more regulated articles between facilities designed to contain the organisms and prevent their release.



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With five-hitter versus Reds

DeShaies leads Astros to win

HOUSTON (AP) — The Houston Astros pitching staff is making a strong pitch to become the best pitching staff in the National League.

Jim DeShaies pitched a five-hitter Tuesday night as the Astros defeated the Cincinnati Reds, 4-1. It was their second straight victory over the National League West Leaders and their seventh win in the last eight games.

DeShaies' performance followed Monday night's shutout of the Reds by Mike Scott. Danny Darwin two-hit the Los Angeles Dodgers Sunday.

"Any time you limit a team like the Reds to one run in two games you've got some outstanding pitching," said Astros manager Hal Lanier.

The only Reds run came in the first inning when leadoff hitter Kal Daniels doubled and later scored when DeShaies, 6-2, sandwiched a balk between strikeouts of Dave Parker and Buddy Bell.

The Astros countered in the bottom of the first, loading the bases on

three straight singles and tying the score on Kevin Bass' sacrifice fly to right.

"We had him (DeShaies) on the ropes in the first," said Reds manager Pete Rose. "But we let him off the hook. Give him credit though, he pitched a great game."

Houston got the only other run they needed in the third on Glenn Davis' 11th homer of the year, a powerful line drive deep in the left field seats.

"I don't know if you can hit the ball any farther," Lanier said.

Davis singled in a run in the fifth and the Astros added one insurance run in the sixth.

In the last eight games, the Houston staff has recorded three shutouts and four one-run games. Add to that reliever Dave Smith, who recorded his 13th save in as many at-

tempts while extending his season-long scoreless inning streak to 26 2-3. "Dave has been perfect all year. He's sure one of the best relievers in the game," said Lanier.

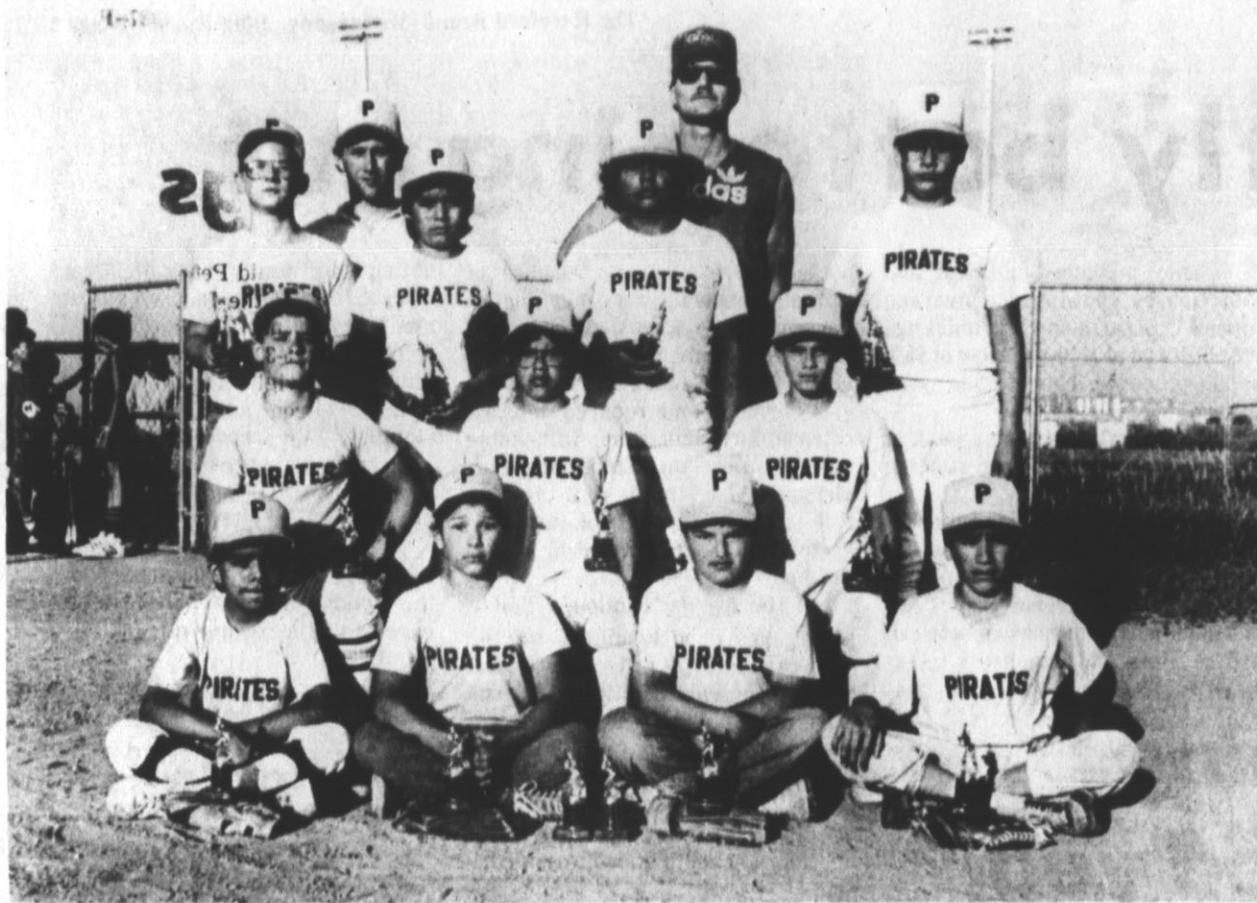
In the last three games, the staff has recorded 33 strikeouts and leads the majors on the year with 504 strikeouts in 561.2 innings.

"I don't think anybody scores a lot of runs against them," said Rose. "Part of it is the ballpark and the rest their pitching."

Losing pitcher Ted Power, 5-3, has an idea what makes the Astros pitching staff so tough at home.

"The lighting makes it hard for hitters and they do have great pitching," Power said.

The Reds have lost six of their last eight games and must face Nolan Ryan and the Astros tonight.



League Champions

The Pirates won the regular-season league championship in the Hereford Kids Inc. boys' major league. Members of the team, which had an 8-2 season record, are: front row from left, J.J. Rico, Joe Ballejo, Lance Ortiz, and Pedro Dominguez; second row from left, Chris Brummett,

Israel Martinez, and Jason Tatarevich; third row from left, Shane Selander, Fonzie Enriquez, Ruben Ramos, and Sammy Casarez; and back row from left, Coach Gary Ruckman and Coach Jeff Streun. Not pictured is Jeremy Haney.

3-2 over Dallas

Tacoma leads MISL series

TACOMA, Wash. (AP) — With Preki scoring a goal and adding two assists, the Tacoma Stars have moved to within one victory of their first Major Indoor Soccer League championship.

They beat the Dallas Sidekicks 5-3 Tuesday night for a 3-2 lead in the MISL finals.

Game 6 of the best-of-seven game playoffs will be played Thursday night in Dallas with Game 7, if necessary, set Saturday night in the Tacoma Dome.

Before the first capacity crowd of 20,284 in the Stars' four-year history, Ricky Davis gave the Stars a 3-2 lead on the first of Preki's two assists at 11:24 of the second quarter.

Neil Morgan of Tacoma opened the scoring 4:12 into the game after a Steve Zungul free kick. The Stars made it 2-0 on a power play goal by Godfrey Ingram on an assist by Davis with 48 seconds left in the first quarter.

Dallas struck back with two goals in a 2:02 span in the second quarter. Kevin Smith scored on Eddie Radwanski's assist at 2:16 and Radwanski tallied at 4:18 to tie the score at 2-2.

The 23-year-old Preki, who was held without a goal in Sidekicks' victories in Games 3 and 4 in Dallas,

scored his 18th goal of the playoffs, rebounding Gary Heale's shot on a power play with 2:21 remaining in the third quarter for a 4-2 Tacoma lead.

Dallas came back with Tatu's 19th playoff goal on Willie Molano's

assist, cutting the Stars' lead to 4-3 at 7:11 of the fourth quarter.

Heale closed out the scoring on an assist by Preki with 4:07 remaining.

The Sidekicks pulled their goalkeeper for a sixth attacker with 1:55 to go.

Kids Inc.

league standings

Here are the final standings for the regular season in the Hereford Kids Inc. boys' major league:

Team	W-L
Pirates	8-2
Astros	7-3
Rangers	6-4
Cardinals	6-4
Braves	3-7
Yankees	0-10

Joe Morgan of the Cincinnati Reds set a major league record for consecutive games without an error — 91 — from July 6, 1977 to April 22, 1978.

All visitors are banned from the umpires' room in major league baseball before and after games.

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Saddle Winner

Chasity Rickman came home Saturday from the Sherman County 4-H Rodeo with the All Around title and two belt buckles. Rickman placed first in goat tying and in barrel racing, and placed second in pole bending and steer daubing to win her prizes. She is a sixth grader at Shirley Elementary.

Sampson said to have offer better than Olajuwon

By MICHAEL A. LUTZ
AP Sports Writer

HOUSTON (AP) — Houston Rockets General Manager Ray Patterson wants free agent Ralph Sampson in a Rockets uniform next season and thinks he's already offered the 7-foot-4 forward a contract that exceeds the one signed by teammate Akeem Olajuwon.

"The difference in the contracts is the difference in the way you treat money — annuities, up front bonuses, interest on money loaned," Patterson said Tuesday.

"The difference is in the interpretation of the contract. I'd say his (Sampson) contract exceeds Akeem's in the way we interpreted it.

"But that's about as specific as I want to get because we're still negotiating in good faith and I want to keep it that way."

After struggling through an injury-plagued season, Sampson announced last week he had reached an impasse in contract negotiations and would seek his value on the free agent market.

Sampson said the Rockets had failed in a pledge to match Olajuwon's contract.

Patterson, breaking a week-long

silence on the subject of Sampson's contract, said Sampson had been judged too harshly by others for his 1987-88 performance.

Sampson played in 43 games last season, averaging 15.6 points and 8.6 rebounds per game. He returned after knee surgery to help the Rockets advance to the second round of the NBA playoffs.

Patterson said his evaluation of Sampson had not changed because of the past season.

"One year ago, everyone was for Ralph," Patterson said. "This year throughout the country, because of things beyond his control, a lot of people would make an immediate short term evaluation," Patterson said.

"But from our standpoint, we're very interested in Ralph and want him with us next year. I'd be just as guilty as I'm accusing someone else of being if I tried to evaluate him on this year.

"I evaluate him as a player that is continuing to grow and mature."

Sampson is one of four Rockets players who are free agents and still unsigned. Robert Reid, Rodney McCray and Allen Leavell also must be re-signed.

In Rangers' 5-4 win over Angels

Guzman hurls 7 1/3 hitless innings

ANAHEIM, Calif. (AP) — Jose Guzman pitched so well, it made him sick. Literally.

Guzman pitched 7 1-3 hitless innings in the Texas Rangers' 5-4 victory over the California Angels Tuesday night, and kept getting ill in the dugout runway between innings.

"I think it was something he ate," said Texas Manager Bobby Valentine, but Guzman himself hinted the nausea may have also been prompted by nerves.

Major league standings

By The Associated Press
AMERICAN LEAGUE

East Division				
W.	L.	Pct.	GB	
Toronto	40	22	.445	—
New York	39	25	.409	2
Detroit	33	28	.541	6 1/2
Milwaukee	32	28	.533	7
Boston	28	35	.444	12 1/2
Baltimore	26	36	.428	13
Cleveland	23	39	.371	17

West Division				
W.	L.	Pct.	GB	
Minnesota	37	27	.578	—
Oakland	34	28	.548	2
Kansas City	31	30	.506	4 1/2
Seattle	32	32	.500	5
California	29	35	.453	8
Texas	27	33	.450	8
Chicago	23	38	.377	12 1/2

Tuesday's Games
New York 6, Baltimore 5
Cleveland 8, Boston 7
Toronto 10, Detroit 4
Minnesota 7, Milwaukee 3
Oakland 11, Kansas City 1
Texas 5, California 4
Seattle 8, Chicago 6

Wednesday's Games
Detroit (Tanana 5-3) at Toronto (Clancy 7-3)
Minnesota (Smithson 3-3) at Milwaukee (Johnson 0-0)
Chicago (Long 2-2) at Seattle (Bankhead 6-4)
Baltimore (Boddicker 5-3) at New York (Rasmussen 4-4), (n)
Boston (Clemens 4-4) at Cleveland (Candotti 2-6), (n)
Oakland (Stewart 7-4) at Kansas City (Saberhagen 11-1), (n)
Texas (Harris 2-5) at California (Whit 7-5), (n)

NATIONAL LEAGUE

East Division				
W.	L.	Pct.	GB	
St. Louis	39	22	.639	—
Chicago	34	29	.540	6
Montreal	33	29	.532	6 1/2
New York	32	30	.516	7 1/2
Philadelphia	29	31	.483	9 1/2
Pittsburgh	27	34	.443	12

West Division				
W.	L.	Pct.	GB	
Cincinnati	35	29	.547	—
Houston	34	29	.540	1/2
San Francisco	33	30	.524	1 1/2
Atlanta	31	30	.500	3 1/2
Los Angeles	29	34	.460	5 1/2
San Diego	19	46	.292	16 1/2

Tuesday's Games
Chicago 7, Philadelphia 2
New York 7, Montreal 3
Atlanta 7, San Francisco 2
Houston 4, Cincinnati 1
St. Louis 11, Pittsburgh 1
San Diego 3, Los Angeles 2
Wednesday's Games
Philadelphia (Rawley 7-3) at Chicago (Moyer 6-4)
Los Angeles (Valenzuela 5-5) at San Diego (Whitson 7-4)
San Francisco (LaCoss 6-3) at Atlanta (Mahler 3-7)
New York (Fernandez 8-2) at Montreal (Smith 4-2), (n)
Cincinnati (Robinson 1-2) at Houston (Ryan 4-4), (n)
Pittsburgh (Reuschel 4-3) at St. Louis (Forch 5-2), (n)

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"I thought about the no-hitter since the third inning," said Guzman, who eventually lost his bid on Doug DeCinces' sharp opposite-field double. "I had real good stuff, and kept throwing pitches on the outside corner. I had a real good curve.

"After the hit, I was fine. I just wanted the team to win. I would have loved to finish the game and get a no-hitter, but the team winning was the most important thing."

Guzman, 5-5, was unable to get another out after the double by DeCinces, who scored on Jack Howell's single before another single by Dick Schofield brought on left-hander Mitch Williams.

Williams ended the eighth with strikeouts of pinch-hitter George Hendrick and Gary Pettis, then gave way to Dale Mohorcic after walking both Mark McLemore and Devon White to start the ninth.

Mohorcic earned his eighth save, but not before one run scored as Brian Downing bounced into a force and two more on DeCinces' eighth homer.

"That was a very exciting finish. I was sweating it out," said Guzman. "I wanted to at least win this game."

"There was a lot of excitement throughout the game," said Valentine. "That's the way we play them. People get their money's worth when they come watch the Rangers."

Guzman's performance boosted the Rangers into fifth place in the American League West, percentage points ahead of the defending champion Angels.

"In this division, whoever's pitching staff picks up will have a great

advantage," said Pete O'Brien, who keyed both of the Rangers' scoring rallies against left-hander John Candelaria, 5-3.

Pete Incaviglia and O'Brien singled in the second and advanced a base on Mike Stanley's fly to deep right before scoring when Steve Buechele's grounder to third went by DeCinces for an error.

Singles by O'Brien and Stanley and a walk to Oddie McDowell loaded the bases in the sixth, setting up Buechele's sacrifice fly and Jerry Browne's two-run triple.

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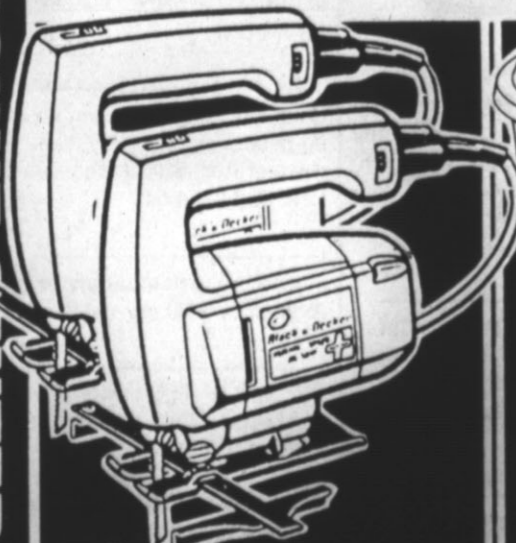
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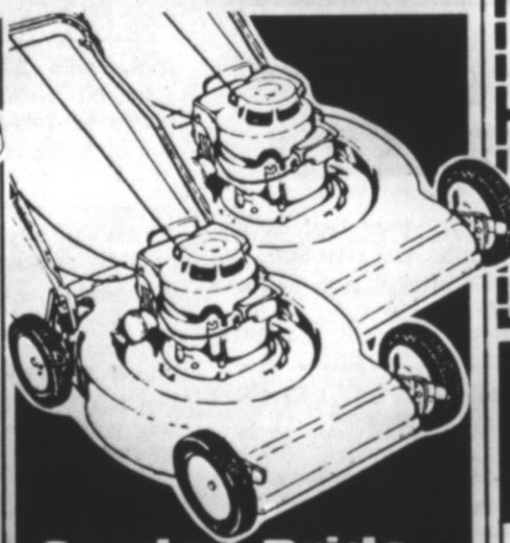
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Ann Landers

DEAR ANN LANDERS: I am writing about the letter signed, "Lucille from St. Louis." She wrote about sibling rivalry.

I am a 20-year-old woman with an older brother. We have quarreled since I was 12. Dad sent me a copy of that column and wrote across the top, "Please read this and think about it." I did, and it made me yearn for the days when my brother and I had such good times together. I felt ashamed that I hadn't done anything over the years to make things better.

One week later I received a letter from my brother saying that he, too, had received the same column from Dad. He said he was willing to put forth the effort to rebuild that great relationship and he hoped I would

meet him halfway.

I never dreamed that a letter in Ann Landers' column could make us realize how stubborn and foolish we had been. My brother's letter arrived on my birthday and it was the best birthday present I have ever received. I want to say, "Thank you, Lucille in St. Louis. Thank you, Dad. And thank you, Ann Landers."—Wendy in Baton Rouge

DEAR WENDY: And I want to say, thank you for letting me know. I hope all brothers and sisters out there who have been holding grudges will mail this column to his or her sibling and write across the top, "How about it?"

I'd love some feedback on the reunions. There are bound to be dozens—

and that would make me very happy.

DEAR ANN LANDERS: Recently you wrote about a woman who became upset because her husband refused to bless her when she sneezed. She said that at that very second the person's heart stops beating and he is actually close to death. If no one blesses him he is without protection and may die.

I read somewhere that in the Middle Ages people believed that when a person sneezed his soul flew out of his nose and the devil would grab it unless someone said "God bless you" immediately.

If you print this, please don't use my name. My family already thinks I'm plenty weird.—No Name in Rochester, N.Y.

DEAR ROCH: Weird? Not really.

Read on:

DEAR ANN LANDERS: My grandmother taught us kids to always say "God bless you" when someone sneezes. She said that at that very second the person's heart stops beating and he is actually close to death. If no one blesses him he is without protection and may die.

Although my good sense tells me this is not true, I am compelled to say "God bless you" to everyone who sneezes, whether I know them or not. I even bless dogs when they sneeze. Would you say I am a little cuckoo?—T in the Big D

DEAR BIG D: Cuckoo, no. Obviously your grandmother's admonition had a powerful influence on you

and you've become compulsive about it. I think it's rather sweet. Not to worry.

DEAR ANN LANDERS: I returned from a visit to France and Germany recently and was struck by the large numbers of dogs and cats I saw there. Has anyone ever done a census on the number of pets in the United States?—J.V. Anchorage

DEAR ANC: An actual census? I don't know, but according to Time magazine (March 30) 52 million dogs reside in U.S. homes. Also 56 million cats, 45 million birds, 250 million fish and 125 million other assorted creatures.

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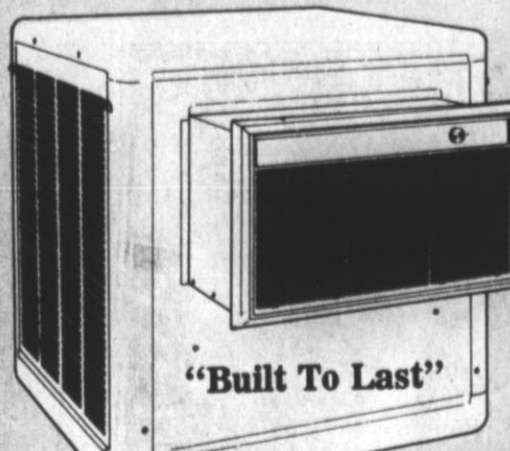
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