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The Hereford Brand

Hustlin' Hereford, home of

PFC Walter Joslin
Operation Desert Shield

90th Year, No. 131, Deaf Smith County, Hereford, Tx.

10 Pages

25 Cents

Pentagon says Iraqis pushing defense west

WASHINGTON (AP) - The Pentagon says Iraq is deploying thousands more troops along its border with Saudi Arabia, extending a western front to block any U.S. flanking move around heavily fortified Iraqi forces inside Kuwait.

Pentagon spokesman Pete Williams said Thursday that Iraq has added about 20,000 troops to its force in and around Kuwait - mostly on the front west of Kuwait. Extra Iraqi artillery pieces and armored personnel carriers also have been deployed in the western area over the past week or so, he said.

In a "last attempt" at peace in the gulf, President Bush offered Thursday to send Secretary of State James A. Baker III to Geneva for talks with the Iraqi foreign minister, Tariq Aziz, early next week. Iraq said it was studying the offer.

Baker, interviewed on ABC-TV's "Prime Time" program Thursday night, said he would carry a message from Bush for Iraqi leader Saddam Hussein.

In that message, Baker said, "I think the president will be very candid and very frank and he will say, 'There are 12 United Nations Security Council resolutions calling upon you to do certain things, the primary one of which is to withdraw from Kuwait completely and unconditionally.'"

"If they fully comply with the ... resolutions, they can expect that we will not exercise force against them," the secretary said. "We hope that Iraq picks up on this because this will be the last such proposal we will make."

But, Baker said, "I'm not as optimistic now about the possibility (of a settlement) as I was before Christmas."

Bush outlined his proposal to House and Senate leaders as lawmakers returned to Washington for the opening of the new Congress.

He said any Baker-Aziz meeting would be only to underscore the U.S. determination that Iraq comply with the U.N. deadline for withdrawing from Kuwait by Jan. 15.

"No negotiations, no compromises, no attempts at face-saving and no rewards for aggression," the president said.

U.S. military officials have declined to say how many Iraqi troops are on the defensive front west of Kuwait. Williams said most of the 530,000 Iraqis deployed in defense of occupied Kuwait are inside the tiny gulf emirate.

Army officers have said one option if Bush orders an offensive campaign to oust Iraq from Kuwait would be a flanking move by U.S. armored forces to the west of the main Iraqi defenses. Iraq has used the five months since its invasion Aug. 2 to fortify its defensive positions in Kuwait with earthen barriers, anti-tank ditches, land mines and wire barricades.

Williams also announced Thursday that an additional 10,000 American troops had arrived in the gulf area, including elements of the famed "Big Red One" 1st Infantry Division from Fort Riley, Kan.

The U.S. force in the region now stands at 335,000 and is expected to reach about 430,000 by month's end. The Pentagon said 245,000 troops from allied nations are in the area.

The Pentagon also announced Thursday that vaccination of U.S. troops in the Persian Gulf, as protection against germ warfare by Iraq, will begin this week.

The spokesman said he could provide no details on the types of agents the U.S. troops will be vaccinated against, but U.S. military medical specialists in Saudi Arabia have said the main agent of concern is anthrax, an animal disease that can be transmitted to humans.

Iraq studying Bush offer for peace dialogue

By BRIAN MURPHY
Associated Press Writer

The diplomatic scramble to head off a possible war in the Persian Gulf shifted today to tiny Luxembourg for a European Community conference, while President Bush awaited word from Iraq on an offer for talks.

Meanwhile, military forces in the gulf region have exceeded 1.1 million troops and continue to grow. The Pentagon this week plans to begin vaccinating U.S. soldiers against germ warfare.

The offer by Bush on Thursday for "one last attempt" at peace was welcomed by world leaders and drove oil prices to their lowest levels since shortly after Iraq's Aug. 2 invasion of Kuwait.

Congress today resumes debate on the gulf crisis, with some lawmakers favoring taking up a resolution stating that congressional approval is needed for any military action against Iraq. Others urge delaying a vote until the Bush administration ends its latest diplomatic efforts.

Congress will remain in session throughout January, canceling a planned three-week recess.

"They keep asking me, 'Will there be war?'" said Rep. Hamilton Fish, R-N.Y., recalling questions from constituents. "What's going to happen?"

The United Nations has set a Jan. 15. deadline for Iraq to withdraw from Kuwait or face the threat of war.

European Community officials predict the 12-nation trade bloc will seek direct talks between Luxembourg Foreign Minister Jacques Poos and his Iraqi counterpart, Tariq Aziz. Luxembourg holds the rotating EC presidency.

Bush on Thursday offered a meeting between Aziz and Secretary of State James A. Baker III any time between Monday and Wednesday in Geneva. Bush had earlier said talks could begin no later than last Wednesday.

Baghdad did not rush to accept the proposal. "We are studying it," said an Iraqi Foreign Ministry official, who spoke on condition of anonymity.

But several leaders, including those in Germany and Britain, quickly supported Bush's offer.

"This is a good step and a very important step," said King Hussein of Jordan, who visited British Prime Minister John Major in London on Thursday.

The king was scheduled to hold meetings today with officials in France, Germany and Italy to discuss the gulf crisis.

The EC and Bush administration officials have said they will demand complete withdrawal from Kuwait in any possible talks. On Thursday, Iraqi President Saddam Hussein reiterated that peace initiatives must also include the Palestinian-Israeli conflict.



Woman of the Year

Betty Taylor, standing with her husband, Don, was named 1990 Woman of the Year by the Women's Division of the Deaf Smith County Chamber of Commerce on Thursday night. Mrs. Taylor was honored for her work in the Women's Division and throughout the community for many years.

Betty Taylor is Woman of the Year

Cited for her exemplary work, not only for the Chamber of Commerce Women's Division but for the community, Betty Taylor was named as the Women's Division's 1990 Woman of the Year Thursday night.

Last year's award recipient, Bettye Owen, made the presentation during the Women's Division's Annual Installation Banquet Thursday at the Hereford Community Center. She presented Taylor a silver engraved tray and a bouquet of roses.

Taylor is a past president of the Women's Division and has served on the organization's Blood Drive Committee and the Welcome Committee. She has also assisted with the Miss Hereford Scholarship Pageant and the Little Miss Hereford Pageant, both sponsored by the Women's Division.

Born in McLean on Nov. 25, 1935, to Sam and Eva McClellan, Betty has a brother and a sister. She and Don Taylor were married May 30, 1952, in McLean and moved to Lubbock that year. They made Hereford their home in 1970 where Betty began working at Allied Millrights. The couple later bought the business.

The Taylors have three children, Jim and Scott Taylor, both of Canyon, and Cynthia Hoover of Arlington. They also have two granddaughters and three grandsons.

Owen emphasized that although Taylor enjoys hobbies such as bowling, making crafts, cooking, traveling and visiting Ponderosa Ranch at McLean, she also is very involved in the community. "Betty is serving on the board at the Cowgirl Hall of Fame and Western Heritage Center and is an active member of La Madre Mia Study Club, the Hereford Pilot Club, La Plata Study Club and the First Baptist Church.

"It is with great pleasure that the members of the Women's Division of Deaf Smith County Chamber of Commerce honor Betty Taylor as their 1990 Woman of the Year."

Also, during the evening, Donna West, 1988 Woman of the Year, installed new officers and board members. The complete story of the quarterly meeting and pictures will be featured in the Sunday edition of *The Hereford Brand*.

Richards pushing ethics reform

AUSTIN (AP) - Tough new ethics legislation must be passed quickly after the Legislature convenes next week, Gov.-elect Ann Richards says.

"My general thinking is that the No. 1 thing I want to do is get ethics legislation out of this session, and I want to get it out very early," Richards said Thursday.

Ethics reform was a key issue in Richards' successful campaign against Republican candidate Clayton Williams, and the subject has made headlines across the state in recent weeks.

House Speaker Gib Lewis, D-Fort Worth, was indicted by a Travis County grand jury on two misdemeanor counts of ethics law violations. Lewis said he is innocent of any wrongdoing.

District Attorney Ronnie Earle said that investigation is continuing and has expanded to include other legislators and lobbyists.

Richards said a key to the tough ethics legislation she wants is the creation of a state Ethics Commission that would have subpoena power to help enforce ethics laws. The current state ethics panel that is on the books has no such power and hasn't even been funded by the Legislature in recent years.

"The No. 1 thing is to attempt to put together a package that will be strong ethics legislation. Now where I think that the strength lies is in a commission that has subpoena powers," Richards said.

"That's going to be the No. 1 priority for me, and I hope that I carry the day on it. But I don't have a crystal ball. I'm going to work hard for that."

She also said a proposal to limit how much lawmakers could receive in gifts - such as a \$100 limit - is

under consideration and is "fine with me."

In 1989, some 800 registered lobbyists reported spending more than \$2.2 million on entertainment and gifts to members of the Legislature. That largess included vacations, hunting and fishing trips, golf outings and more.

As did Richards, Lt. Gov.-elect Bob Bullock's campaign featured a call for tough ethics reform measures. Their staffs, along with aides to the House speaker, have been discussing proposed legislation.

Lewis hasn't responded to a request for an interview from *The Associated Press*, but he told the Fort Worth Star-Telegram this week that an ethics bill would get consideration.

"You'll find a good ethics bill come through this session," Lewis said. "I've been accused of being against ethics when I'm the only



Richards

person that has tried to draft and get together any type of ethics legislation. In the last 18 months, I've made attempts to do that."

Lewis denies doing any favors

AUSTIN (AP) - House Speaker Gib Lewis says he didn't do any favors for an influential San Antonio law firm that took him on a Mexican resort vacation.

"We have entered into a dangerous game of character assassination," Lewis, D-Fort Worth, told *The Dallas Morning News* in today's editions.

In a copyright story published Thursday, the *Morning News* reported that a lawyer with the firm of Heard Goggin Blair & Williams boasted that the 1987 trip to the Mexican resort helped kill legislation

harmful to the firm's business. The speaker dismissed as "a bunch of garbage" suggestions that the vacation influenced the outcome of the legislation.

"It's false and it should be considered false," he said. "There's a lot of reports from a lot of people running around with gasoline and looking for a match."

Lewis charged that the news media have been "duped" by his political detractors into publishing accounts of the April 1987 trip hosted by Heard Goggin.

"I think the press ought to challenge the people who are making these serious allegations on what their motive is," he said.

The speaker made his remarks at a meeting of Tarrant County's statehouse delegation and Fort Worth City Council members, in his first public appearance in his hometown since being indicted last week.

Lewis has been charged with two misdemeanor counts of accepting a gift from Heard Goggin, failing to report it and failing to disclose a business interest by the Travis County

grand jury. The panel continues to investigate ties between legislators and lobbyists.

Earlier, the *Morning News* had reported that during the Mexican vacation Lewis, 54, shared a one-bedroom hotel suite with a 24-year-old Heard Goggin employee who is now an Austin lobbyist.

"I've seen alleged sources make some very incriminating statements lately," Lewis said, adding the accusations made him "sick to the bottom of my stomach."

Estrogen may help extend life

LOS ANGELES (AP) - Estrogen pills help older women live longer by preventing heart disease, strokes and broken bones - advantages that outweigh chances the hormone might cause cancer, a study published today said.

"The evidence is quite strong and consistent that overall mortality is reduced among estrogen users," epidemiologists from the University of Southern California said in the

journal *Archives of Internal Medicine*.

Previous research found women are more likely to get breast and uterine cancer if they take estrogen pills to relieve hot flashes and other menopausal symptoms.

For the average postmenopausal woman, the new findings show "the longer you're on estrogens, the longer you live," despite the cancer risk, said Dr. Ronald Ross, who

co-authored the study.

If the typical older woman doesn't take estrogen to replace her body's dwindling supply of the sex hormone, "your life is shorter because you get more heart disease" and strokes, said Dr. Brian Henderson, the study's chief author and director of USC's Kenneth Norris Jr. Comprehensive Cancer Center.

However, Ross cautioned that for certain women, such as those prone

to breast cancer, the risks of using the hormone still might outweigh the benefits.

He said women who take estrogen should be alert to possible signs of cancer, including breast lumps and unexplained uterine bleeding.

Doctors "need to think about every woman as an individual" in deciding whether to prescribe estrogen, said Dr. Elizabeth Barrett-Connor.

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Local Roundup

Police arrest one Thursday

Hereford police arrested a man, 51, for driving while intoxicated Thursday. Reports included assault by threat in the 600 block of Irving; theft of Christmas lights and a rain gauge in the 200 block of E. Fifth; criminal mischief in the 900 block of Schley; assault; and criminal non-support in the 900 block of Schley.

Winter weather advisory tonight

A winter weather advisory is in effect through tonight for freezing rain. Tonight, cloudy with occasional freezing drizzle or freezing rain. Low in the upper 20s. Southeast wind 5 to 15 mph. Chance of measurable precipitation is 40 percent.

Saturday, cloudy with a 20 percent chance of rain or showers. High in the mid 30s. South wind 10 to 20 mph.

The extended forecast for Sunday through Tuesday is for a chance of rain Sunday, then partly cloudy Monday and Tuesday. Highs around 50, lows in the lower 20s each day.

This morning's low at KPAN was 21 after a high Thursday of 28.

News Digest

World, National

PERSIAN GULF - The European Community considers new diplomatic moves toward defusing the Persian Gulf crisis and Iraq mulls President Bush's new offer to talk, but the military buildup shows no sign of abating.

BAGHDAD, Iraq - Five months after the United Nations clamped an economic embargo against Iraq, people are coping. Although there are no signs anyone is starving, it is clear the sanctions have made life more difficult.

WASHINGTON - The Pentagon says Iraq is deploying thousands more troops along its border with Saudi Arabia, extending a western front to block any U.S. flanking move around heavily fortified Iraqi forces inside Kuwait.

WASHINGTON - Arizona's two senators find themselves suffering together from the politically damaging Keating Five ethics hearings, even as they turn on one another in defense of their own integrity.

LOS ANGELES - Estrogen pills help older women live longer by preventing heart disease, strokes and broken bones - advantages that outweigh the hormone's ability to cause cancer, says a study published today.

NAIROBI, Kenya - Scores of Americans remain trapped in Somalia as thousands of rebel troops, rejecting a cease-fire plea by President Mohamed Siad Barre, close in on the war-torn capital.

SAN SALVADOR, El Salvador - As an Army team prepares to perform autopsies today on three American airmen killed when guerrilla gunfire downed their helicopter, rebels deny U.S. claims that the deaths appear to be executions by the insurgents.

LOS ANGELES - Despite a sharp drop in 1990 movie admissions, Hollywood remains bullish on the new year and says any box-office slowdown will be brief, even in a recession.

TEXAS

ACROSS THE STATE - Meteorologists predicted most of Texas would see relief late this afternoon from the cold front that whipped through the state, causing temperatures to plummet and roads to ice over anew Thursday.

DALLAS - American Airlines will eliminate service between Los Angeles and San Francisco under a plan to reduce its schedule by 4 percent because of problems with its pilots.

AUSTIN - Tough new ethics legislation must be passed quickly after the Legislature convenes next week, Gov.-elect Ann Richards says. "My general thinking is that the No. 1 thing I want to do is get ethics legislation out of this session, and I want to get it out very early," Richards said Thursday.

WASHINGTON - Texas congressmen are back in Washington for the 102nd Congress, wrestling with the threat of war in the Persian Gulf and the effects of recession at home.

AUSTIN - A campaign to limit officeholders' terms is being touted by Rob Mosbacher Jr., who lost the 1990 race for lieutenant governor to longtime comptroller Bob Bullock. "We're convinced that this is the best tool to return control of government to the people," Mosbacher said.

AUSTIN - State attorneys say they have made further progress in a record antitrust lawsuit filed against the nation's largest insurance companies. On Thursday, two major insurers - Fireman's Fund Insurance Co. and USF&G Corp. - agreed to pay \$750,000 each.

AUSTIN - On the same day he was sworn in to office, Comptroller John Sharp said he had devised a new, streamlined structure for the agency. Sharp said Thursday he would abolish 18 of 19 top management slots and replace them with four new positions. He also promised to conduct a management audit of the agency aimed at cutting costs.

Sharp makes sharp changes on first day

AUSTIN (AP) - On the same day he was sworn in to office, Comptroller John Sharp said he had devised a new, streamlined structure for the agency.

Sharp said Thursday he would abolish 18 of 19 top management slots and replace them with four new positions. He also promised to conduct a management audit of the agency aimed at cutting costs.

"Texas is facing a number of tough fiscal decisions in the next year, and I want to begin today doing my part to help make our state government more efficient and service-oriented," he said.

Sharp, 40, was sworn in by his predecessor, Lt. Gov.-elect Bob Bullock, who held the post for 16 years.

Bullock was joined by Gov.-elect Ann Richards and former U.S. Sen. Ralph Yarborough at a Capitol rotunda podium framed by Texas flags and bunches of blue and white balloons.

"Our goal will be to clear away the bureaucratic clutter so that our most creative, innovative people can rise to the top and do their jobs," said Sharp, of Victoria.

Also on Thursday, former U.S. Rep. Bob Krueger took the oath of office as Texas Railroad Commissioner, replacing former Republican gubernatorial candidate Kent Hance.

Texas Court of Criminal Appeals Judge Morris Overstreet administered the oath to Krueger, a Democrat from New Braunfels, who was elected to

the Railroad Commission in November. The commission regulates the state's oil, gas and transportation industries.

During the ceremony in the Senate chamber, Krueger read from a 1973 speech in which he announced his candidacy for Congress. Part of that speech dealt with the energy crisis.

"Today we face as tough an energy problem as we did in 1973," Krueger said. "In some ways even tougher, because we face the possibility of losing not only dollars but losing blood because of our energy posture."

Krueger said that as commissioner, he intends to enforce oil and gas industry regulations while encouraging productivity and competition with other states and nations. He also pledged to champion environmental issues.

"I'm very, very concerned that our underground aquifers be protected. We have to look to that next generation," Krueger said. "We have to be sure that the air we breathe is pure - as pure as we can make it."

As a congressman, Krueger served on the Energy and Power Subcommittee of the Interstate Foreign Commerce Committee. He also has been a dean of Duke University.

Attending the ceremony were Richards and state Rep. Lena Guerrero, D-Austin. Ms. Guerrero has been appointed by Richards to fill the third seat on the Railroad Commission, left vacant by Sharp's election as comptroller.

Backstabbers cut own throat

WASHINGTON (AP) - Arizona's two senators find themselves suffering together from the politically damaging Keating Five ethics hearings, even as they turn on one another in defense of their own integrity.

Although the cases against them are entirely separate, Republican John McCain and Democrat Dennis DeConcini are both in political trouble at home as a result of the savings and loan controversy.

"There was no love lost between them before this, and since this has occurred both see the other one as trying to save their own bacon," said Bruce Merrill, director of the media research program at Arizona State University's School of Journalism.

Facing a televised inquiry into their actions on behalf of failed S&L

owner Charles H. Keating Jr., each has offered defenses that put them sharply at odds.

McCain faces his first public questioning under oath in the case today.

The Senate Ethics Committee planned to question McCain first, then begin questioning Sen. John Glenn, D-Ohio, DeConcini and Sen. Donald Riegle, D-Mich., will follow, probably on Monday.

No decision has been announced on how the panel will question the fifth senator under scrutiny, Democrat Alan Cranston, who is undergoing treatment for prostate cancer back home in California.

A poll published Thursday in Arizona newspapers provided fresh evidence of the political damage the Arizona senators have suffered.

The survey of several hundred Phoenix-area residents by O'Neil Associates, an independent polling firm, gave DeConcini an unfavorable rating from 71 percent of respondents and a favorable rating of 16 percent. For McCain, the figures were 50 percent negative and 38 percent positive.

The latest survey, taken Nov. 30-Dec. 8, carried a margin of error of 4.5 percentage points.

McCain, in an interview Thursday, disputed the poll as unreliable. But he acknowledged that the Ethics Committee's ultimate decision could determine whether he seeks re-election.

DeConcini has faced far more serious allegations of potentially unethical intervention on behalf of Keating. They included testimony

that he attempted to negotiate a deal with regulators and continued to assist Lincoln long after being warned that regulators were recommending criminal charges.

McCain received easier treatment from the committee's special counsel, Robert S. Bennett, who concluded he found no evidence of wrongdoing by McCain.

But McCain had by far the closest personal relationship with Keating. He was embarrassed by the disclosure that he and his family took trips at Keating's company's expense and did not repay them until their disclosure.

McCain also is the only one of the five senators who had a personal financial relationship, through his wife's business partnership in a commercial venture with Keating.

Mosbacher proposes limited terms

AUSTIN (AP) - A campaign to limit officeholders' terms is being touted by Rob Mosbacher Jr., who lost the 1990 race for lieutenant governor to longtime comptroller Bob Bullock.

"We're convinced that this is the best tool to return control of government to the people," Mosbacher said Thursday.

Mosbacher, a Republican, said the Texans for Term Limitation campaign hopes to raise \$250,000 and gather half a million signatures in the effort.

"We're simply asking lawmakers to allow the public to vote on the issue," he said.

Mosbacher said he couldn't tie longevity in office to ethics questions raised about the Legislature. But he said term limits could attract more

people to office who are interested in public service as opposed to a political career.

The proposed constitutional amendment would restrict the governor, lieutenant governor, attorney general, comptroller, treasurer, agriculture commissioner and land commissioner to two terms of four years each.

State senators would be limited to two four-year terms, state representatives to four two-year terms and railroad commissioners to one six-year term.

The campaign also wants to restrict Texas members of the U.S. Senate to two six-year terms and of the U.S. House to four two-year terms.

A Houston oilman who is stepping

down as state welfare board chairman, Mosbacher supported term limits during his campaign against Bullock, a Democrat. In 1984, Mosbacher lost a GOP primary bid for U.S. Senate against Phil Gramm.

Bullock, elected comptroller in 1974, began his political career as a state representative in 1957.

Mosbacher avoided criticizing Bullock, instead emphasizing the importance of bipartisan support for the constitutional amendment, which would be on the 1992 ballot if passed by lawmakers.

Bullock, who as lieutenant governor presides over the Senate, said he didn't regard the proposal as a personal attack.

"It's got pros and cons ... You would lose some experience, but by

the same token, gain some new ideas," he said.

Gov.-elect Ann Richards "doesn't have a problem with it," said Chuck McDonald, her deputy press secretary.

House Speaker Gib Lewis, D-Fort Worth, has not taken a position on the issue, said John Bender, his press secretary.

Joining Mosbacher at a news conference were Paul Ogle, coauthor of a successful Colorado amendment to limit terms, and Laura Lowell, involved in a similar campaign that succeeded in California. Oklahoma voters also recently endorsed limiting terms.

Term limits in those states were initiated by members of the public, rather than going through the legislature.

Boy saves family

PLAINVIEW (AP) - A 5-year-old boy awoke and alerted his family after carbon monoxide filled their home during the night, officials said.

Dominic Jackson managed to wake up his father, Robert Jackson, who rescued the boy's mother and 7-year-old sister.

The boy awoke about 6 a.m. Thursday, concerned about his sister vomiting in the room they share, said the boy's aunt, Christine Sansom.

Unable to wake her, the boy went to his father's room and struggled to wake him.

When the father regained consciousness, he ushered his son outside, carried his daughter out and then found his wife, Darlene Jackson, unconscious in a bathroom. He carried her out, and after breathing some fresh air, loaded his family in a car and drove them to Central Plains Regional Hospital.

Dominic was treated and released to Ms. Sansom, and the others were listed in stable condition and were under observation.

Energas Co. investigated the incident. Family members told physicians that an unventilated wall heater may have caused carbon monoxide to build up.

Hospital Notes

HOSPITAL NOTES

I.S. Isom Ansley, Felipa Avila, Infant Boy Avila, Ronnie Casteel, Etta Cox, Alfredo Figueroa, Beanida Galvan, Infant Boy Galvan, Infant Girl Galvan, Clifford Gandy, Annie Harder, George Jones, Lisa Lopez, Espectacion G. Losolla, Tony Martinez, A.N. McRight, Virginia McWhorter, David Neil Moore, Thanh Ly Nguyen, Dolores Nichols, Dora Pesqueda, Buddy Pickens, Angelina Reyes, Gerda Rouse, Aurora Ruiz and Angela Wilson.

Mr. and Mrs. Moises Avila are the parents of a son, Moises, born Jan. 2, 1991.

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Charles Brownlow Circulation Mgr.



Lion of the Month

Charlie Bell, right, was named Lion of the Month by the Hereford Lions Club for December. Bell received a plaque from Boss Lion Benny Womble, left. Bell is the club's songleader and assists with all of the club's projects in the community.

Salvadorian rebels deny murdering U.S. airmen

SAN SALVADOR, El Salvador (AP) - Leftist rebels deny U.S. allegations they murdered three American airmen after forcing their helicopter down with gunfire. The guerrillas contend the three died of wounds incurred when the copter was shot down.

A forensic team from the U.S. Armed Forces Pathological Institute prepared to perform autopsies today on the crew, said American Embassy spokeswoman Pamela Cory-Archer.

Bush administration and congressional sources said the deaths in the incident Wednesday might serve to spur release of more than \$40 million in U.S. aid to the Salvadoran army. A decision is expected next week.

The rebel Farabundo Marti National Liberation Front, which contends it inadvertently shot down the aircraft, said Thursday night that its combatants found one of the victims dead at the scene and tried to get first aid to the two others.

The State Department earlier Thursday said circumstantial evidence showed that rebels fatally shot the crewmembers after the men safely landed the UH-1H Huey helicopter.

More than 73,000 Salvadorans and 30 Americans have been killed in fighting between the FMLN and a series of U.S.-backed governments in El Salvador's 11-year-old civil war.

The communique by the rebels, known also by their acronym FMLN, said guerrillas shot at the unmarked helicopter because it flew low over a meeting they were holding with civilians in a combat zone.

"Our combatants, assuming that the armed aircraft would open fire on the concentration of civilians, as is the custom of the Salvadoran armed forces, fired small arms at the craft, downing it in the process," the rebels said in a communique.

The Pentagon said the victims were members of the U.S. Army's 4th Battalion of the 228th Aviation Regiment and were returning to their base in Panama after flying a routine mission to San Salvador.

The U.S. Army Southern Command in Panama said victims' names would not be released until families were notified. But Gotay Lacayo, a journalist at a private Salvadoran radio, said military sources told him they were pilot Daniel Scott, Pvt. Ernest Dawson and Lt. Col. David J. Pickett.

Rep. Bud Shuster, R-Pa., a member of the House Intelligence Committee, said the helicopter was flying an administrative support mission for the American ambassador and crew members had no links to the Salvadoran military.

Shuster, speaking in Washington

on Thursday, said the craft was clearly marked as a U.S. Army helicopter.

State Department deputy spokesman Richard Boucher said the site of the incident is not considered a combat zone. The helicopter was downed at San Francisco, a community about 75 miles east of San Salvador near the city of San Miguel.

"They (the victims) were given basic first aid and turned over to the local population to be taken to the San Miguel hospital, but they didn't survive. There are dozens of witnesses to this situation in the civilian population," the communique said.

Eyewitness Silvio Mendez, who lives about 200 yards from the site, said the victims were in the downed craft for about half an hour before the rebels arrived and got him to help move the bodies.

He said one of the crew was dead when he got to the scene and the others were gravely wounded. The helicopter appeared to have crashed against a tree before hitting on a hillside and rebounding, he said.

Boucher said all three Army men were shot in the head after making a safe landing.

Col. Miguel Borja Gomez, director of San Salvador's Military Hospital, said the bodies in the morgue there had numerous bullet wounds.

Life!

Church News

DAWN BAPTIST CHURCH

During the 11 a.m. worship service Sunday, Pastor Jim Hickman will continue with the series **The Relevance of Revelation** as he preaches a sermon entitled "Glimpses of Glory." The message is based on Revelation 4.

The life of David is the subject of the 7 p.m. Sunday Bible study. The lesson is entitled "From Catching Laurels to Ducking Spears."

Everyone is welcome at the Dawn Baptist Church. For further information, call 258-7330.

IMMANUEL LUTHERAN CHURCH

Sunday school for all ages begins at 10 a.m. each Sunday. The Adult Bible Class will continue to study the book of Ezra.

The title of the 11 a.m. Sunday worship service is "Reactions to the Birth of Christ" taken from the text Matthew 2:1-11.

The church has video tapes of all services available upon request. Also, if you would like a printed copy of the sermon, it is available by calling the church office at 364-1668.

COMMUNITY CHURCH

The Foundations of Our Faith Sunday School Class begins at 9:30 a.m. each Sunday.

The Sunday worship services are held at 10:30 a.m. and 6 p.m.

SAN PABLO UNITED METHODIST CHURCH

The public is invited to attend all services at the Hispanic Methodist church. Sunday school begins at 10 a.m. and the Sunday worship services are held at 11 a.m. and 6:30 p.m. The Wednesday night prayer service begins at 7 p.m.

FELLOWSHIP OF BELIEVERS

Doug Manning will be leading a four-session seminar entitled "Don't Take My Grief Away From Me." The public is invited to attend the sessions which are scheduled from 9-10 a.m. Sunday, Jan. 6, Jan. 13, Jan. 20 and Jan. 27 at the Hereford Senior Citizens Center, 426 Ranger Drive. Each session will be dismissed in time for the participants to attend their own church. No reservations are needed. For further information, call In-Sight books at 364-7862.

Manning is also the regular worship leader for the Fellowship of Believers. Sunday worship meetings are held from 10-11:30 a.m. at the Senior Citizens Center.

The study of the New Testament will begin at 9:15 a.m. Sunday.

Among the new congregation's unique ministries designed to meet the needs in the Hereford area, is the "taxi" service. Persons needing transportation for any reason may call 364-0359 seven days a week. In an emergency, call 364-3869. There is no cost for the service.

The Ministry of Manual Labor, "MML," ministers to the needs of the community. All men interested in the program are invited to attend the meetings held at 9 a.m. the first and third Sunday of each month at the Senior Citizens Center.

CHRISTIAN HERITAGE CHURCH OF AMARILLO

"Shekinah Glory", an evangelistic music ministry from Tulsa, Okla., will be appearing in revival at the church located at 900 S. Nelson. The revival is planned at 7 p.m. Jan. 9-11.

The musical group will present the gospel of Christ through songs that teach, exhort, edify and minister in praise and worship. The public is invited to attend.

OMAHA, Neb. (AP) - Actress Debra Winger's ties with Nebraska resurfaced with her casting in the lead role of a play at a small non-profit children's theater.

Winger, who has been romantically linked with U.S. Sen. Bob Kerrey, D-Neb., will star in Robert Bly's new play, "Tattercoats," at the Emmy Gifford Children's Theater in 1992, artistic director James Larson said. Larson said Winger wasn't contractually bound to the show yet, but she's trying to arrange her motion picture shooting schedule to let her perform in the play's monthlong run in March 1992.

She telephoned her acceptance in December, he said. "She is doing this as a personal, artistic commitment," Larson said.

FIRST BAPTIST CHURCH

Plans are underway to begin a handbell choir. There will be an organizational meeting at 7 p.m. Monday, Jan. 7, at the church.

All men are invited to the Men's Breakfast set for 8:30 a.m. Sunday, Jan. 13, in the fellowship hall. There will be a guest speaker. For additional information, contact Cecil Oglesby.

All Sunday school directors and teachers are urged to attend the Sunday school organizational meeting at 7 p.m. Wednesday, Jan. 9, in the fellowship hall.

TEMPLE BAPTIST CHURCH

Dr. Jim Hickman, pastor of Dawn Baptist Church, will lead a Bible study on the book of Acts Jan. 13-16. The special study will begin at the 11 a.m. Sunday worship hour and will continue during the 7 p.m. Sunday worship service. The last three studies will be begin at 7 p.m. Monday through Wednesday.

Books are available for the study at a cost of \$3.30 and if you would like one, contact the church office as soon as possible.

FIRST PRESBYTERIAN CHURCH

Sunday school for all ages begins at 9:30 a.m. and the fellowship time is held from 10:10-10:30 a.m. Sunday.

During the 10:30 a.m. Sunday worship service, the sermon will be "Truth Seekers." The scripture will be taken from Matthew 2:1-12.

The Junior and Senior High Youth Groups will meet at 6 p.m.

The Presbyterian Women will meet at noon Jan. 9 for their regular monthly meeting and covered dish luncheon.

New Arrivals

Mr. and Mrs. Randy King of Hereford are the parents of a son, Randall Scott, born Jan. 1, 1991, at Northwest Texas Hospital. He weighed 5 lbs. and 10 oz.

Grandparents are Mr. and Mrs. Doyle King of Hereford and Lynn McCracken of Burkburnett and Gary McCracken of Wichita Falls.

Colors sell moods, ideas

More newspaper advertising and more color in brochures—those are two tools many businesses are using to sharply increase sales.

Many businesses have found color can communicate a powerful message before the reader ever sees what else is on the pamphlet page, says Doug Reiter, vice president of marketing at PIP Printing.

According to one study, color increases readership 41 percent, retention 18 percent and the tendency to act by 26 percent.

Which colors you use, however, can be very important. It depends on what message you want to convey. Researchers found, for instance, that bright red stimulates most people while soft pink is calming.

Dark blue sends a message of respectability and knowledge; light blue, creativity.

Yellow implies temporary and new. Orange suggests affordability.

Green can be welcoming in a light tone, implies wealth in a very deep color, but can hurt credibility in medium tones.

Brown encourages people to share confidences, but does not give authority to the presenter.



For a masculine-looking gift package, use sporty paper and tie the four corners with heavy yarn.

Homemade food best for growing babies

Babies grow at an astonishing rate—tripling their weight and adding 10 to 11 inches by their first birthday. To fuel this growth, they need the most nutritious food nature can provide.

Many mothers ask: When is it time to offer baby solid foods? Which foods are the best? How can I make solid foods appealing to my child?

A new brochure called "Baby's Garden" answers these common

Communicate with children

What parents don't know about their children can hurt them both.

A parent's failure to recognize clues that a child is having problems in school or in relationships can lead to poor academic performance, loss of confidence and self-esteem and, most importantly, a breakdown of the parent-child relationship.

Whether to mend a strained parent-child relationship or as a preventive to future problems, effective parenting must be the first priority and effective parenting is built on communication.

Sometimes a child's problems are the very obstacles to communication. If a child is falling behind in school or can't get along with peers, he or she may work hard to hide this fact. Children are masters at masking what they don't want their parents to know. Where parents suspect some masking may be going on, extra efforts to communicate must be the response. A few guidelines can help:

-Think of communication with your child as an exploration with no preconceived end. Open-ended, two-way conversations will open up communication where it has been non-existent, or maintain healthy communication already established. A child is quick to sense that a parent is trying to "find out something." Invite the child to talk during a non-threatening activity such as raking the lawn together without setting an agenda. Try to know your child as the individual he or she is.

-Be willing to divulge some of yourself. Be mindful that communication is a two-way street. It's not communication for the parent to expect the child to open up without the parent's willingness to do the same. Some people may worry that it diminishes a parent's authority to talk about his or her own doubts, fears or confusions.

A parent should not share with a child all the burdens of adulthood. However, it is possible for parents to share themselves with their children without jeopardizing their authority.

-Communication does not mean interrogation. Grilling a child is not true communication. Strive for communication that does not put the child on the spot. It is better to initiate a conversation that invites the child to talk about school, friends and activities rather than ask direct questions that focus on what the parent perceives to be a problem.

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questions. It was developed by Dr. William Sears, who has authored several books on parenting and regularly contributes to "Baby Talk" magazine. Here are some of his tips to help you:

*Babies are usually ready for solid foods when they're around four to six months of age, after they've doubled their birth weight. By then they can probably control their heads and are able to sit up with support. Other signs include leaning forward when food is offered and starting a dab on their tongues.

*Try fixing a baby's meal from the family dinner. With a mashing tool, blender or food processor, making a delicious puree of fruits and vegetables is easier than most parents think. Your homemade baby food may be tastier and more nutritious than prepared varieties.

*Excellent first foods for babies include ripe bananas or avocados. Each can be easily mashed to a puree without cooking and has a creamy texture babies enjoy.

The California avocado is an especially good source of potassium, plus 16 other essential vitamins and minerals babies need.

For families on the go, an avocado half create its own convenient serving dish from which a toddler can be spoon fed.

*Once your baby shows an interest in solid foods, try steaming apples and pears with two tablespoons of water until soft and then mash, blend or process with cooking water to make a consistency that is palatable to your child-pureed for infants, chunky for toddlers.

*Fresh peas rich in iron and vitamin-packed carrots can be prepared in the same way. Try baking winter squash or sweet potatoes and then blending it with juice or formula.

For variety, avocados can be mixed with apple or pear sauce, squash or sweet potatoes.

School Lunch Menus

ST. ANTHONY'S SCHOOL Lunch

MONDAY-Macaroni and cheese, green beans, buttered carrots, sugar cookies, milk.

TUESDAY-Pizza, coleslaw, okra, sliced pineapple, milk.

WEDNESDAY-Hotdogs, ranch style beans, fritos, white cake, milk.

THURSDAY-Tacos, pinto beans, lettuce and tomato, cinnamon rolls, milk.

FRIDAY-Berrock, tator tots, corn, peaches, milk.

HEREFORD PUBLIC SCHOOLS Breakfast

MONDAY-Diced pears, pancakes, milk.

TUESDAY-Sausage patties, biscuit and jelly, apple juice, milk.

WEDNESDAY-Frosted flakes, toast, sliced bananas, milk.

THURSDAY-Scrambled eggs,

toast, diced peaches, chocolate milk.
FRIDAY-Hash browns, Texas toast, orange wedges, milk.

Lunch

MONDAY-Spaghetti and meat sauce, green beans, carrot sticks, pear halves, cookie, cornbread, butter, chocolate milk.

TUESDAY-Chili dog, French fries, baked beans, sliced ill pickles, pineapple upside-down cake, bun, milk.

WEDNESDAY-soft tacos, lettuce, tomatoes, seasoned pinto beans, Spanish rice, sliced peaches, cowboy bread, milk.

THURSDAY-Southern fried chicken and gravy, mashed potatoes, green peas, fruited gelatin, cookie, hot rolls, butter, milk.

FRIDAY-Oven-fried fish fillet with tartar sauce, macaroni and cheese, blackeye peas, celery sticks, sliced peaches, sliced bread, milk.

Watch for drug interactions

When two or more medications are taken at the same time, medications that don't react well together could cancel out each other's beneficial effects.

One way to avoid the ill effects of drug interactions is to tell your doctor about any medications—prescription or nonprescription—you are currently taking before he or she writes you a new prescription. That may be particularly important if you have an ulcer.

It's not uncommon for people undergoing drug therapy for ulcers, high blood pressure or asthma to be taking other drugs that could alter its effectiveness. These other medicines can include cardiac drugs, antiseizure drugs and tranquilizers. Fortunately, there are some drugs which have a lower potential for interactions than others.

If your pharmacist knows you take

medicines which could interfere with your drug therapy, he or she can notify your physician. Your pharmacist also helps protect your health by putting the dosage instructions on the labels of your medicines and explaining them to you. You can always ask your doctor or pharmacist to explain more about any medicine that's been prescribed for you and the right way to take it.



A haboob occurs when the intense heat of a desert area creates a strong dry wind that whips up sand and dust into a wall as high as 5,000 feet.

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SPORTS

Southwest Outdoors

with Mel Phillips



1990 was great year for outdoors

Looking back on 1990 from this outdoor writer's point of view, it was a very good year. As your outdoors writer, I want to tell you that Southwest Outdoors is truly a joy. It has been our goal to share with you the best, most accurate information about the great outdoors.

Southwest Outdoors, the newspaper column, is now carried in 10 West Texas cities. The column started in the Canyon News. Publisher Brad Tooley was willing to roll the dice on a new concept - an outdoors writer who was first and foremost an experienced camper, hunter and fisherman and only secondarily a journalist. Thanks to Brad, what began in Canyon has expanded to include The Hereford Brand, Castro County News, Plainview Daily Herald, Pampa News, Friona Star, Bovina Blade, Tulia Herald, Clarendon Press and Wellington Leader.

Thanks to you, the readers, Southwest Outdoors is rapidly becoming the preferred source of reliable information for hunters, fishermen and anyone who is planning to enjoy the outdoors.

BEST OUTDOOR NEWS OF 1990: In reviewing the outdoor scene in 1990, one new event stands out as fun, exciting and even rewarding - the Fun Fishing Tournaments at Lake Meredith. Costing only \$15, these catch-and-release tournaments brought together hundreds of anglers from Texas, Oklahoma, Kansas and New Mexico at a lake considered by some to be destitute of bass. In fact, most area bass clubs had quietly removed Lake Meredith from their tournament schedules in the mid 1980s. They were surprised to discover that bass - even big bass - live in Meredith. Now local fishermen can save those four- to six-hour drives and spend their time fishing instead. The 1991 Fun Fishing Tournaments will start in March. Stay tuned for details as White River and Greenbelt join the schedule.

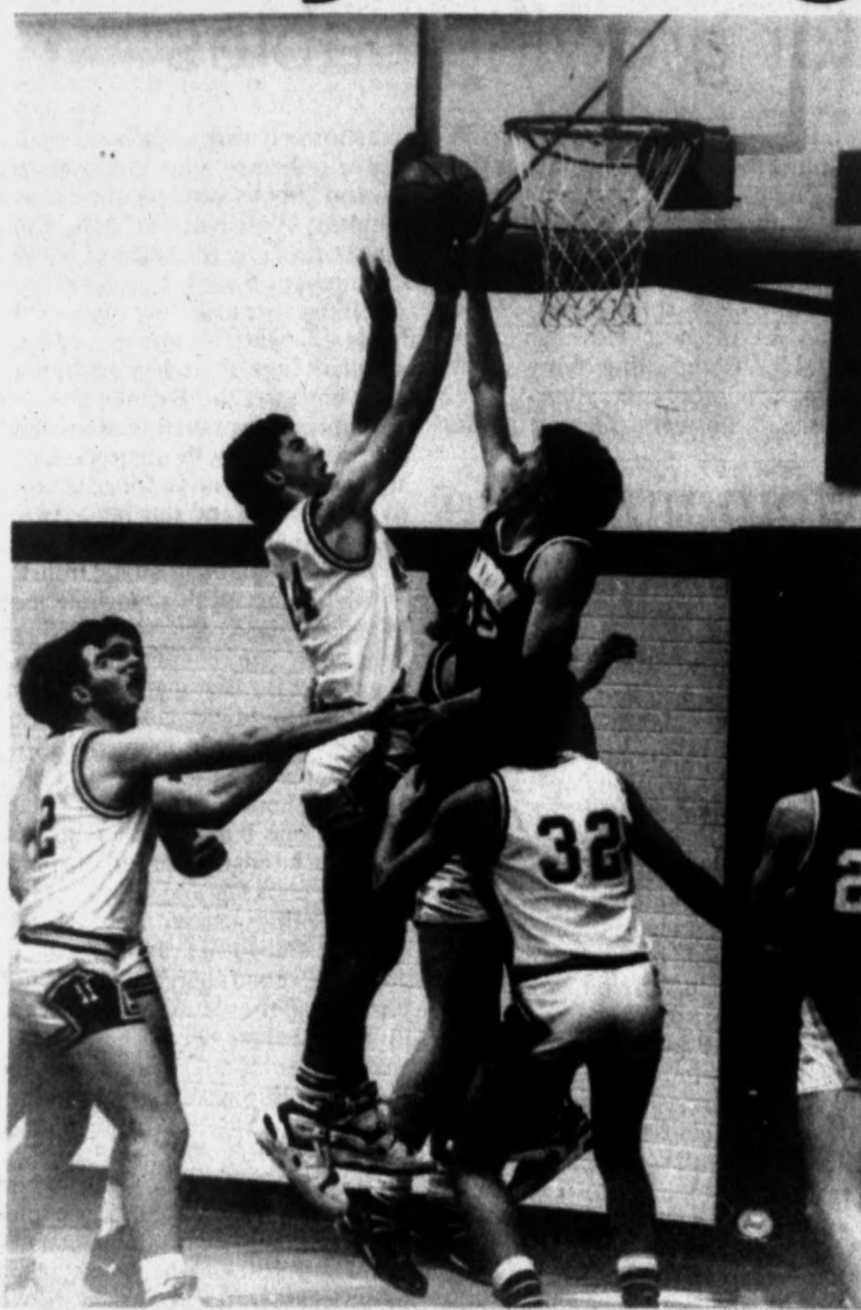
The other major event of 1990 was the beginning of monthly big bass tournaments at Baylor Lake near Childress. For an entry fee of \$50, up to 100 anglers competed for possible first prize of \$2,500 ... not bad for some good ol' boys from out here in West Texas.

In all these Southwest Outdoors tournaments, the fish are released back into the lakes. As proof that catch-and-release tournaments do not hurt the lake, witness the good fortune of Stan Ripley of Vernon who recently caught a new Baylor Lake record black bass weighing 13.2 pounds. Stan gets my nomination for West Texas Sportsman of the Year for keeping his fish alive so that he could contribute her to Operation Share a Lone Star Lunger. After she is successfully bred, both the fish and her offspring will be returned to our northern Texas lakes, and she will be returned to Baylor.

We at Southwest Outdoors are looking forward to some great times in 1991, and hope you will share them with us.

Good luck, good hunting, good fishing and goodby 1990.

Canyon edges Herd JV



Count it with the foul

Mark Kriegshauser (44) of the Hereford Whiteface junior varsity puts up a shot over Canyon High's Kevin Kraai (35) during Thursday's 53-50 loss in the first round of the Hereford JV Tournament as Chad Sandoval (32), Jason Paetzold (left) and Kyle Hansen get rebounding position.

The Hereford Whiteface junior varsity went down to the wire Thursday before falling to Canyon High 53-50 in the opening round of the Hereford JV Tournament at Whiteface Gymnasium.

A Chad Sandoval three-pointer with 46 seconds left in the game gave Hereford a 50-49 lead before the Eagles scored the last four points to win.

The game came down to free throws as Canyon converted 24 of 33 trips to the line while Hereford shot 10-of-22.

Both teams came out running in the first half with the lead changing hands eight times in the first quarter before the Eagles emerged with a 17-16 lead at the end of the period.

Hereford regained the lead twice early in the second before embarking on a 7-1 run late in the half to go up 34-28. The six-point margin was the largest held by either team during the game before the Herd ended the half with a 35-30 advantage. Mark Kriegshauser scored nine points for hereford in the quarter.

The Eagles scored the first eight points of the third quarter for a 38-35 lead before Tempie Abney stopped the run with the Herd's first basket of the half. Canyon outscored the

Herd 10-4 in the period with eight of the points coming on free throws.

Kyle Hansen converted a one-and-one opportunity to open the final period and Jason Paetzold added a three-point play to give the Herd a 44-40 lead, but the Eagles took over as the game turned into a free-throw shooting contest. Hereford missed the front end of four one-and-ones in the last five minutes.

Sandoval and Kriegshauser both finished with 11 points to lead the Herd while Kevin Kelso reached double figures with 10. Hansen finished with nine points with Abney adding six, Paetzold four and Michael Kubacak two.

Danny Love led the Eagles with 10 points with Matt Mooring and Jeremy Friemel getting nine each.

In other first-round games Thursday, it was Tulia 68, Dumas 43; Levelland 80, Borger 34, and Dimmitt 79, Canyon Randall 62.

Today's games feature Tulia vs. Levelland at 5 p.m. at the HHS Gymnasium and Dimmitt vs. Canyon High at 8 p.m. at HHS in the championship semifinals while Dumas plays Borger at 5 p.m. at the HJH Gymnasium and Hereford meets Randall at 6:30 p.m. at HHS in the consolation semifinals.

Cunningham looks to take Eagles higher

By DICK BRINSTER
AP Sports Writer

Randall Cunningham is arguably the most talented quarterback in the NFL, someday to be remembered as one of the most frightening offensive weapons ever to step on the field.

But to be considered among the greats of the game, Cunningham has some winning to do when it really counts - in the playoffs. He knows it and so does Philadelphia Eagles coach Buddy Ryan.

"If I voted for a guy who's the best at quarterback, I'd have to vote for somebody who won the Super Bowl," Ryan said Thursday as he prepared the Eagles for Saturday's NFC wild-card game against the Washington Redskins. "I think that's the ultimate in our business."

That is not meant as criticism of Cunningham, who quarterbacked the Eagles in playoff losses the last two seasons.

"In Chicago, we threw for 400 yards, but we turned the ball over six times in the Fog Bowl," Ryan said

of a loss to the Bears two seasons ago. "And then last year (against the Los Angeles Rams), it was a terrible game. He had nobody to help him, but he didn't play that well, either."

Cunningham, who has passed for more than 3,000 yards three years in a row and is within 237 yards of Fran Tarkenton's all-time rushing record for quarterbacks, is focused on nothing short of victory.

"We know we've lost in the playoffs twice, so we're not going to settle for anything less than a win," he said.

In addition to the Redskin-Eagle matchup at 12:30 p.m. EST, Miami plays host to Kansas City in the AFC wild-card game at 4 p.m. On Sunday, it will be AFC Central champion Cincinnati hosting wild card Houston at 12:30 p.m. EST, and NFC Central titlist Chicago at home to wild card New Orleans at 4 p.m.

With the spotlight on Cunningham and the Eagles a 4-point favorite,

(See NFL PLAYOFFS, Page 6)

San Francisco paces All-Pros with four selections to squad

NEW YORK (AP) - Why are the San Francisco 49ers in line for an unprecedented third straight Super Bowl? Just look at the 1990 All-Pro Team.

Four 49ers made the squad, announced Thursday - Jerry Rice at receiver, Joe Montana at quarterback, Charles Haley at outside linebacker and Ronnie Lott at safety. No other team had that many All-Pros in balloting by a panel of 80 sports writers and broadcasters.

"We have not been a dominant team the way we were at times last year," 49ers coach George Seifert said. "We have gotten excellent performances at the important times from key people."

Rice, Montana, Haley and Lott are among the most key people for the Niners, whose 14-2 record this season was the league's best.

Rice, the fourth player in league history to catch at least 100 passes in a season when he got 100 for 1,502 yards and 13 touchdowns, led all players with 78 votes. Like Rice, Montana is a repeater from last year's team and completed 61.7 percent of his passes, tops in the NFC. He threw for 26 touchdowns and 3,944 yards, although he played sparingly in the final two games.

Haley paced the NFC with 16 tackles and was the big-play star of

San Francisco's underrated defense. Lott, another repeater, remains the glue of a strong secondary and his best work comes in the biggest game, such as the 49ers' 7-3 victory over the New York Giants on Monday Night Football.

Buffalo, Kansas City and Philadelphia had three players apiece on the All-Pro squad, while Minnesota, Detroit and the Giants had two each.

For the AFC East champion Bills, defensive end Bruce Smith, center Kent Hull and running back Thurman Thomas were named. Smith was second in the overall voting with 77 votes.

The Chiefs had linebacker Derrick Thomas, the NFL sack leader with 20, cornerback Albert Lewis and placekicker Nick Lowery, who led the league with 139 points.

Philadelphia's All-Pros were defensive end Reggie White, DT Jerome Brown and tight end Keith Jackson.

The Lions placed Barry Sanders, the NFL's leading rusher with 1,304 yards and a league-high 16 TDs, in the backfield, and also had kick returner Mel Gray make the team. Minnesota's All-Pros were safety Joey Browner and guard Randall McDaniel. The Giants had outside linebacker Pepper Johnson and punter Sean Landeta.

Joining Rice at wide receiver was Andre Rison of Atlanta. The rest of the offense had tackles Jim Lachey of Washington and Anthony Munoz of Cincinnati and guard Bruce Matthews of Houston.

The defensive team also had nose tackle Michael Dean Perry of Cleveland, inside linebacker John Offerdahl of Miami and cornerback Rod Woodson of Pittsburgh.

There were 12 repeaters from last season's team - Rice, Montana, Jackson, Munoz, Lachey, Matthews, Sanders, White, Perry, Lewis, Lott and Landeta. First-time All-Pros were Rison, McDaniel, Hull, Thurman Thomas and Gray on offense. On defense, first-timers were Brown, Derrick Thomas, Johnson and Offerdahl.

Notably missing from the team were Warren Moon, Mike Singletary and Lawrence Taylor, all of whom made the second team. Moon led the NFL in passing yardage with 4,689 and had a league-high 33 touchdown passes operating Houston's run-and-shoot. Singletary was on six previous first teams and Taylor had made it eight times.

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OSU survives rough night against Iowa

By The Associated Press

You don't figure a team to remain unbeaten when it scores 36 points below its average and shoots 10 points under its usual mark from the field.

Sixth-ranked Ohio State still moved to 11-0 on Thursday night with a 63-59 victory over No. 22 Iowa despite coming in at those exact numbers.

"Iowa did a good job of slowing us down and they stopped our penetration," Ohio State coach Randy Ayers said. "This was good for us tonight. We had to play for 40 minutes and needed to execute down the stretch and we did it."

Jamaal Brown and Jimmy Jackson each made two free throws in the final 30 seconds as the Buckeyes ended the Hawkeyes' 10-game winning streak.

"That's the mark of a great team: We have a great effort and they win the game," Iowa coach Tom Davis said.

After Brown made his free throws with 30 seconds left, Mark Baker, who sat out seven minutes of the second half with four fouls, forced Iowa's Troy Skinner into a turnover and Ohio State got the ball on the alternate possession rule.

In other games involving ranked teams on Thursday night it was Washington 70, No. 4 Arizona 56; No. 7 North Carolina 108, Cornell 64; and No. 25 Michigan State 85, Michigan 70.

Ohio State joins top-ranked UNLV (7-0) and No. 3 Syracuse (13-0) as the only unbeaten Division I teams.

Jackson led Ohio State with 20 points, while Treg Lee had 12 and Brown 11.

Iowa (11-2) was led by Acie Earl and James Moses with 16 points each.

The Buckeyes, shooting 56 percent for the season, hit on 27 of 59 attempts from the field, their second worst shooting night of the year. Iowa was 22-for-42 for 52 percent.

Washington 70, No. 4 Arizona 56
The Huskies beat Arizona for the first time in 10 games over five years and also improved to 9-1. The Wildcats (10-2) shot just 34 percent from the field and were 3-for-22 from 3-point range.

Dion Brown led Washington with 21 points and the Huskies didn't falter down the stretch, making 12 of 14 free throws in the final 2:15.

Matt Muehlebach led Arizona with 13 points.
No. 7 North Carolina 108, Cornell 64

King Rice had six points and six assists in 22 minutes in his homecoming of sorts. The Tar Heels (10-1), who won their eighth straight, play near the hometown of each of the seniors every year and this game was Rice's chance to return about 30 miles from his hometown of Binghamton, N.Y. North Carolina had little trouble with the Big Red (6-3) as all 14 Tar Heels who played scored. Rick Fox led the Tar Heels with 19 points. Rich Medina's 16 points led the Big Red.

No. 25 Michigan State 85, Michigan 70

Steve Smith and Matt Steigenga each scored more than 20 points for the third straight game as the Spartans (8-3) opened defense of their Big Ten title in the conference opener for both. Michigan State dominated on the boards, 42-28, and that translated into 20 second-chance points and 42 points in the paint. Smith finished with 24, while Steigenga had 20. Demetrius Calip led visiting Michigan (7-4) with 19 points.

Lakers down Portland

By DICK BRINSTER
AP Sports Writer

By winning five NBA titles in the 80s, the Los Angeles Lakers proved they were the best.

Now, three seasons removed from his last champagne victory celebration, Magic Johnson says the Lakers are simply trying to prove they belong among the league's elite.

"We needed this game to prove to everybody and to ourselves that we can still play with the best," Johnson said after the Lakers beat Portland 108-104 Thursday night.

The loss marked the first time the new king of the West had been beaten consecutively in rolling to a 27-5 start.

"I think they wanted this game more than they wanted anything in life at this point," Portland's Clyde Drexler said. "It was just another game on the schedule."

"I don't think we overlooked them. I just think they came in and played a better game."

Elsewhere, it was Houston 114, Chicago 92; Milwaukee 97, Dallas 87; Washington 118, Charlotte 108; New York 135, Denver 108; Orlando

110, the Los Angeles Clippers 108; and Sacramento 131, Golden State 113.

Byron Scott scored seven points in the final 1:43, including three of four free throws in the last 18.1 seconds, as the Lakers won their fourth straight game.

The Lakers, who got 30 points from James Worthy, wrapped it up by outscoring the Trail Blazers 10-6 in the final two minutes.

Johnson finished with 13 points and 17 assists. Sam Perkins hit seven of eight shots and scored 19 points before fouling out in the final minute.

Portland's Kevin Duckworth matched his season high with 27 points.

Rockets 114, Bulls 92

With Akeem Olajuwon out after being knocked unconscious in the third period, Houston cooled off Chicago behind a 23-point, 11-rebound effort by Otis Thorpe.

Olajuwon had 20 points and 10 rebounds when he collided under the Houston basket with Bulls center Bill Cartwright with 3:32 remaining in the third quarter. Olajuwon was carried to the locker room on a stretcher.

Olajuwon, hit in the side of the face by an inadvertent elbow, received X-rays, which proved negative, and was sent to a Houston hospital for observation.

Bucks 97, Mavericks 87
Ricky Pierce scored 15 of his 28 points in the fourth quarter as streaking Milwaukee held off a late charge to beat floundering Dallas and remain unbeaten at home.

Jay Humphries added 24 points as the Bucks improved their homecourt record to 16-0 with their season-best sixth straight victory. Dallas, a loser in seven of its last 10 games, got 21 points from Derek Harper and 18 from Rolando Blackman.

Bullets 118, Hornets 108

Bernard King scored 46 points and keyed a 10-2 fourth-quarter spurt as Washington handed Charlotte its 13th loss in 14 games.

King and Harvey Grant scored four points apiece in a surge that gave Washington a 107-98 lead with 4:29 left. Grant scored 27 points.

Knicks 135, Nuggets 108
Gerald Wilkins matched his season high with 25 points and New York

defeated Denver despite taking 26 fewer shots.

New York made 56 percent of its 93 shots compared to 38 percent of 119 shots by Denver.

Michael Adams led Denver with 22 points.

Magic 110, Clippers 108

Scott Skiles scored 10 of his 22 points in the fourth quarter and Otis Smith 10 of his 15 as Orlando rallied to send the Los Angeles Clippers to their 10th loss in 11 games.

Orlando trailed by 13 points with 46 seconds left in the third period. But the Magic made a comeback by playing four reserves - Smith, Jerry Reynolds, Jeff Turner and Michael Ansley - the entire fourth period.

Kings 131, Warriors 113

Antoine Carr matched his career best of 32 points as Sacramento snapped a six-game losing streak.

Lionel Simmons scored 26 points and Duane Causwell 20, both career highs for the rookies.

Chris Mullin scored 25 points as Golden State sustained its sixth straight road loss.

Carlson ready to lead Oilers

HOUSTON (AP) - Cody Carlson is ready to take the second step in his job as replacement for injured Houston Oilers' quarterback Warren Moon, but he hopes he doesn't stub his toe.

A fourth-year pro from Baylor with little playing time, Carlson subbed for Moon Sunday and led Houston to a 34-14 victory over Pittsburgh that put the Oilers into the NFL playoffs for the fourth straight year.

"We expected him to play well but he made things look so easy," coach Jack Pardee said. "This was the 16th game of the season and he hadn't had much playing time. That could have been a worry."

Carlson completed 22 of 29 passes for 247 yards and three touchdowns against the Steelers.

He also replaced Moon in 1988 and led the Oilers to a 38-25 victory over the Los Angeles Raiders in his first pro start. In his second start, he completed 9 of 25 passes for 108 yards and was replaced by Brent Pease to complete a 45-3 loss to the New York Jets.

Now Carlson must step in again Sunday against Cincinnati in a first-round playoff game in Cincinnati's Riverfront Stadium.

Cincinnati coach Sam Wyche recalled his scouting report on Carlson when he finished his career at Baylor.

"I gave him high marks then, but I didn't place him in a run-and-shoot offense at that time," Wyche said. "But he's adapted to the offense very well. He's a smart guy, very clever. He's actually more a scrambling type runner than Warren. He's not a saucer-eyed rookie."

Carlson has been the center of attention since Moon suffered a dislocated thumb late in the fourth quarter of a 40-20 loss to Cincinnati Dec. 23.

He likes the playing time but not the attention that goes with it.

"I don't like it to tell you the truth," Carlson said. "I wish I could go play a game like that and have no

attention. That makes it easier, but that's not the way it works."

Carlson is modest off the field. He was born in Dallas, was an all-state player at San Antonio Churchill High and became a record-setting quarterback at Baylor before the Oilers drafted him in the third round in 1987.

He likes to hunt and fish and says he would handle any lasting fame by going to the mountains to get away from fans waiting at his door and autograph seekers.

"I hope I never start thinking I'm more than I actually am, which is an average Joe, a guy who can throw a

(See CARLSON, Page 6)

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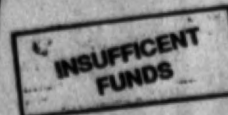
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Gretzky snaps 'slump' with record-setting 47th hat trick

UNIONDALE, N.Y. (AP) - To anyone else, going without a goal for two games would be nothing to worry about. But to Wayne Gretzky, it was a mini-slump.

"I have been pressing a little bit," he said.

He came out of it in grand style, though, with an historic three-goal game Thursday night that led the Los Angeles Kings to a 6-3 victory over the New York Islanders.

CARLSON

football, so big deal," Carlson said. "It's important while we're on the field, but other than that it's not as important as a lot of things in life. People just get wrapped up in it."

Carlson sheds his humble personality when he steps on the field. He became so frustrated with his lack of playing time that he demanded during the off-season to be traded and was a contract holdout until Aug. 6.

"This definitely makes up for the

me, barring injury," Gretzky said, alluding to Howe's mark. "Right now, I'm on a pretty good pace to catch him."

But, first, Gretzky will have to catch Phil Esposito (717) and Marcel Dionne (731), the others who are also ahead of him.

Gretzky came into the season with 677 goals and a mandate from Kings coach Tom Webster.

"I thought Wayne should be shooting more, rather than dishing off," he said. "He's been determined to get more shots on goal this season."

For that reason, Webster said, Gretzky abandoned his wooden stick and went with an aluminum shaft this year for the first time in his career.

Since his NHL record 92 goals in the 1981-82 season with the Edmonton Oilers, Gretzky has concentrated more on playmaking than goal-making. In the 1985-86 season in Edmonton, he established the NHL record for assists in a season with 163.

Last year with the Kings, his performance was typical of the way his career had gone. It was top-heavy with assists (102) and matched a career low in goals (40). "Last year he didn't shoot enough," Webster said. "With his skills, we wanted him to be more creative trying to score goals."

History though it may be, ancient by NFL standards it certainly is. So ancient, that Kansas City quarterback Steve DeBerg was still in high school.

DeBerg, a 14-year NFL veteran, nevertheless finds himself in a strange position.

"I'm not a big expert on this by any means," he said from the Chiefs' temporary training camp at Vero Beach, Fla., as he prepared for only the second postseason game of his career.

"I'm playing better than I ever have," said DeBerg, who will be 37 in two weeks. "I have a great understanding of the game, and I don't get fooled by anything anymore."

NFL PLAYOFFS

Washington quarterback Mark Rypien is hoping to do well in his first playoff appearance.

"This is a big step for me," Rypien said. "There's pressure, but I'm looking at it as a great opportunity."

Ryan, rarely the diplomat, took a swipe at Washington running back Earnest Byner, who gained 1,219 yards this season.

"He'll probably lay one on the ground and we expect to be there and pick it up," Ryan said before being informed that Byner has fumbled only once in 297 carries.

"Is that right?" Ryan asked.

"Maybe he'll lose three this week." History will be relived in the second game Saturday, although those awaiting an encore to the only previous postseason matchup between Miami and Kansas City are asking to be disappointed. On Christmas Day

in 1971, the Dolphins won the longest game ever played, beating the Chiefs in the second overtime period (after 82 minutes, 40 seconds) on Garo Yepremian's 37-yard field goal.

BOWLING

WEDNESDAY NIGHT LADIES LEAGUE

TEAM	W	L	Total Pins
Crawford Trucking	43	17	35,209
Newton Trucking	37	23	34,932
The 4-Krazy's	33	27	34,169
L.N. Feedyard	32	28	34,486
Allied Millwrights	29.5	30.5	34,079
Bubba's Auction	29	31	34,324
Park Ave. Bowl	29	31	32,344
KPAN	26.5	33.5	33,910
Clover Spraying	24	36	33,765
Screwballs	19	41	31,202

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Marvin By Tom Armstrong



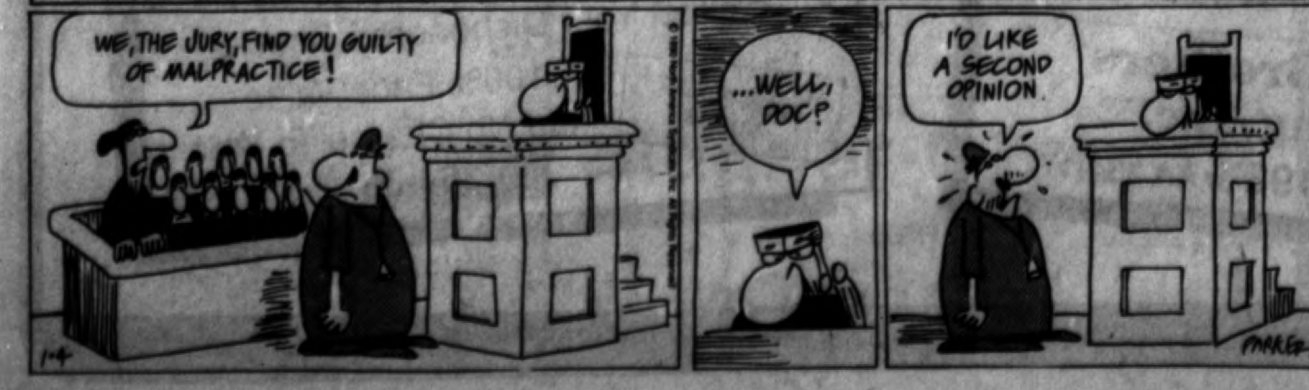
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Barney Google and Snuffy Smith By Fred Lasswell



The Wizard of Id By Brant Parker and Johnny Hart



Television

FRIDAY JANUARY 4

6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM
Movie: Captain January *** 1936	Quantum Leap	News	MacNeil/Lehrer NewsHour	Happy Days	News	Brother Jake	Jeanie	Golden Girls	SportsCenter	MacGyver
Movie: Cheats ** K. Coogan 1988	Night Court	Wall St Week	Great Performances	Movie: Operation Pacific *** J. Wayne, P. Neal	Strangers	Movie: Island of the Blue Dolphins *** C. Kaye	Movie: Further Adv., Buck *** D. Keith	Movie: Sands of Two Jims *** J. Wayne, J. Agar 1949	News	Movie: A Tree Grows in Brooklyn ****
Animals	Night Court	Wall St Week	Great Performances	Movie: Island of the Blue Dolphins *** C. Kaye	Strangers	Movie: Further Adv., Buck *** D. Keith	Movie: Sands of Two Jims *** J. Wayne, J. Agar 1949	News	Movie: A Tree Grows in Brooklyn ****	Tonight Show
Animals	Night Court	Wall St Week	Great Performances	Movie: Island of the Blue Dolphins *** C. Kaye	Strangers	Movie: Further Adv., Buck *** D. Keith	Movie: Sands of Two Jims *** J. Wayne, J. Agar 1949	News	Movie: A Tree Grows in Brooklyn ****	Tonight Show
Animals	Night Court	Wall St Week	Great Performances	Movie: Island of the Blue Dolphins *** C. Kaye	Strangers	Movie: Further Adv., Buck *** D. Keith	Movie: Sands of Two Jims *** J. Wayne, J. Agar 1949	News	Movie: A Tree Grows in Brooklyn ****	Tonight Show

SATURDAY JANUARY 5

7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM						
Mickey!	Movie: Mother	Movie: Fraggle Rock	Donald Duck	Movie: Bedknobs and Broomsticks *** 1971 (G)	Movie: Mouse Club	Danger Bay	Zorro	Movie: Camp Candy	Gravestone	Movie: Captain N	Movie: Inside Stuff	By the Bell	Guy Nxt	InSport	TBA	Sports
Mickey!	Movie: Mother	Movie: Fraggle Rock	Donald Duck	Movie: Bedknobs and Broomsticks *** 1971 (G)	Movie: Mouse Club	Danger Bay	Zorro	Movie: Camp Candy	Gravestone	Movie: Captain N	Movie: Inside Stuff	By the Bell	Guy Nxt	InSport	TBA	Sports
Mickey!	Movie: Mother	Movie: Fraggle Rock	Donald Duck	Movie: Bedknobs and Broomsticks *** 1971 (G)	Movie: Mouse Club	Danger Bay	Zorro	Movie: Camp Candy	Gravestone	Movie: Captain N	Movie: Inside Stuff	By the Bell	Guy Nxt	InSport	TBA	Sports

12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30				
Movie: National Velvet *** E. Taylor, M. Rooney	(35) World	Movie: Black Stallion *** K. Reno, M. Rooney (G)	Absent Minded Professor	Movie: House	Woodwright	HomeTime	Movie: Cats & Dogs	Art Forum	Alone Craft	Current Affairs	Weekend	News	Memories	
Movie: House	Woodwright	HomeTime	Movie: Cats & Dogs	Art Forum	Alone Craft	Current Affairs	Weekend	News	Memories	Movie: (11:30) Gals of Naverone *** 1961	(35) Hall in the Pacific *** L. Marvin (G)	(35) R.	(35) D.	(35) Wrestling
Movie: House	Woodwright	HomeTime	Movie: Cats & Dogs	Art Forum	Alone Craft	Current Affairs	Weekend	News	Memories	Movie: (11:30) Gals of Naverone *** 1961	(35) Hall in the Pacific *** L. Marvin (G)	(35) R.	(35) D.	(35) Wrestling

6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM				
Movie: Bear *** J. Wallace 1989	(35) Let's In the Barrens *** N. Shields 1990	Videopolis	Movie: Seven Faces of Dr. Lao ***	Star Trek	Armen	Fanelli Boys	Golden Girls	Empty Nest	Carol & Co.	Dear John	News	M*A*S*H	Sat. Night	
Star Trek	Armen	Fanelli Boys	Golden Girls	Empty Nest	Carol & Co.	Dear John	News	M*A*S*H	Sat. Night	Movie: Joseph Campbell	Lawrence Welk	Austin City Limits	Stage 9	Great Performances
Star Trek	Armen	Fanelli Boys	Golden Girls	Empty Nest	Carol & Co.	Dear John	News	M*A*S*H	Sat. Night	Movie: Joseph Campbell	Lawrence Welk	Austin City Limits	Stage 9	Great Performances

SUNDAY JANUARY 6

7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM					
Mickey!	Movie: Mother	Movie: Fraggle Rock	Donald Duck	Movie: Mary Poppins **** J. Andrews, D. Dye 1964	Best of Disney	Movie: Cowboys Spz	Amara's	J. Robinson	Larry Jones	Pat Pro	Movie: Miracles	San Jacinto	Daylight	American Experience	Post-World
Mickey!	Movie: Mother	Movie: Fraggle Rock	Donald Duck	Movie: Mary Poppins **** J. Andrews, D. Dye 1964	Best of Disney	Movie: Cowboys Spz	Amara's	J. Robinson	Larry Jones	Pat Pro	Movie: Miracles	San Jacinto	Daylight	American Experience	Post-World
Mickey!	Movie: Mother	Movie: Fraggle Rock	Donald Duck	Movie: Mary Poppins **** J. Andrews, D. Dye 1964	Best of Disney	Movie: Cowboys Spz	Amara's	J. Robinson	Larry Jones	Pat Pro	Movie: Miracles	San Jacinto	Daylight	American Experience	Post-World

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Facts About The BIBLE BY JOHN LEHTI

PONTIUS PILATE, THE MAN WHO COULD HAVE SAVED JESUS' LIFE!

PILATE, ROMAN PROCURATOR OF JUDEA FOR TEN YEARS (A.D. 26-36), WAS AN UNFIT RULER, NEVER ABLE TO UNDERSTAND THE RELIGIOUS PRINCIPLES OR THE NATIONAL PRIDE OF THE JEWS OVER WHOM HE HELD SUPREME POWER. FROM THE VERY INCEPTION OF HIS GOVERNORSHIP, HE MADE MISTAKE AFTER MISTAKE, ROUSING THE IRE OF THE PEOPLE EACH TIME! WHEN HE WAS ASKED TO CONDEMN JESUS, HE WAS ALSO WARNED THAT, IF HE DIDN'T, COMPLAINTS WOULD BE SENT TO ROME! AFRAID FOR HIS OWN POLITICAL SAFETY, PILATE WEAKLY COMPLIED, ALTHOUGH HE STATED PUBLICLY HE THOUGHT JESUS WAS A MAN UNJUSTLY ACCUSED!



AS A YOUNG MAN, PONTIUS PILATE, OF HIGH EQUESTRIAN BIRTH, SERVED HIS TIME, AS ALL YOUNG NOBLES, IN THE ROMAN CAVALRY UNTIL HE WAS IN LINE FOR A LUCRATIVE POSITION. ON RECEIVING HIS GOVERNORSHIP, HE COULD HARDLY HAVE REALIZED HE WAS EMBARKED UPON A ROAD OF MISMANAGED AFFAIRS, A RECALL TO ROME IN GREAT DISGRACE, AND EXILE TO GAUL WHERE HE WOULD FINALLY COMMIT SUICIDE!

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Ann Landers

DEAR ANN LANDERS: We hear so many people complain that the younger generation is spoiled rotten, hopelessly selfish, materialistic, thoughtless and ill-equipped to take us into the next millennium. I do not believe this.

As evidence I submit for your consideration a poem written by a 9-year-old girl. I hope you will find room for it in your column. This youngster has described what is happening to our planet in a way that should jolt us back to reality. -- R. (Texas)

DEAR TEXAS: What a gifted youngster and what a stunning message. I am pleased to make room for it. Thank you for sending it on.

Nine-Year-Old Girl Speaks of Her Concern

I am the ill Earth.
People have cut down the trees,
which are my lungs.
The have polluted the air, which
is my brain.
They have polluted the streams,
which are my blood vessels.
They have polluted the oceans,
which are the chambers of my heart.
My wrath has gotten gigantic.
My wrath is hurricanes and
tornadoes.
I am the ill Earth.
If people trash me, I will die, and
so will they. -- Misha Mayr, 9-year-
old, El Paso

DEAR ANN LANDERS: After several years of effort, I found the perfect job. I married my childhood sweetheart and bought a new home. Now a problem has arisen that jeopardizes my future happiness and I need your help.

The problem? I snore. Don't laugh, I'm dead serious.

My wife knew I snored before we got married. She has shoved earplugs in her ears until she feels like they're coming out her nose. She is tired and grouchy in the morning and sometimes she stays that way all day long.

My wife, my children and overnight guests feel justified in waking me up in the middle of the night to tell me I snore. I know I snore and I'm sorry, but I can't help it. Waking me up doesn't do any good. It only causes me to lose sleep which means I am even more tired the next night so I snore louder.

Please consult your medical experts about this. Ever since I can remember, people have made jokes about snorers, but it's not a laughing matter. It has ruined relationships, wrecked marriages, caused sleepless nights and interfered with work performance. I need help. -- Greensboro

DEAR GREENSBORO: The main reasons for snoring are a nasal obstruction or apnea (interruption of breathing). It is often associated with high-blood pressure or obesity. You need to be checked out by a physician. Surgery can alleviate the problem in several cases.

If you want more information, write to the American Sleep Disorders Association, 604 Second St. S.W., Rochester, Minn. 55902. I hope you get the help you need.

Gem of the Day: Be nice to the people you meet on the way up because they are the same people you will be meeting on the way down.

What can you give the person who has everything? Ann Landers' new 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. (In Canada, send \$5.87.)

Tips on quality paint jobs

A few simple steps can put "1,2,3" ease into painting for the do-it-yourselfer.

"The important first step in painting is preparation," says Carl Cooper of Wagner Spray Tech Corporation.

To prepare walls for painting, Cooper suggests:

- * First, make sure the surface is clean and dry.

- * Next, remove any old deteriorating paint by sanding or scraping.

- * Fill cracks or holes with paintable caulk, putty or other compound and then sand the surface.

Calcium prevents bone loss in older women

A major two-year intervention study conducted by researchers at the U.S.D.A. Human Nutrition Research Center on Aging (HNRC) at Tufts University brings hope to older women suffering from bone loss.

Reported in the *New England Journal of Medicine*, the study finds that just increasing the amount of calcium in the diet to recommended levels (three servings of calcium-rich food a day totalling 800 milligrams) will significantly reduce bone loss in the spines and hips of healthy, older women.

The study also found that not all calcium sources are the same in preventing bone loss. Consumption of a special form of calcium called CCM (calcium combined with citric and malic acids, two naturally occurring fruit acids) had the greatest effect on minimizing bone loss in the spines, hips, and forearms of the older women studied in this trial.

The trial studied the bone density levels of 361 healthy postmenopausal women aged 40 to 70, half with normal dietary calcium intakes of less than 400 mg a day and half with intakes of 400 to 650 mg a day. In this double-blind, two-year randomized study, these women were given either a placebo or 500 mg of additional calcium a day. The two types of calcium evaluated were calcium carbonate, most commonly used in supplement tablets, and CCM, a highly soluble form of calcium that is currently available in one kind of orange juice.

"This study is a significant step forward in our understanding of calcium nutrition," said Bess Dawson-Hughes, M.D., the study's principal investigator. "Despite recommendations by government and professional organizations that Americans, particularly women, should increase their calcium intakes, the importance of calcium to retard bone loss in postmenopausal women had not been universally acknowledged. Now we have direct evidence that low calcium intakes contribute to accelerated rates of bone loss and that consuming more calcium can slow or prevent bone loss in these women."

The study found a clear link between diets low in calcium (below 1 1/2 servings of calcium-rich foods or 400 mg a day), which are very common among women in this country, and bone loss in women who

had been menopausal for over five years. Specifically, women in the trial whose diets were low in calcium and who did not receive any additional calcium experienced rapid bone loss, especially from the spine.

Further, the two forms of calcium studied were not equally effective in retarding bone loss in these women. Compared to women not taking any additional calcium (placebo), CCM made a significant difference at all three bone sites measured, while calcium carbonate did so only at two sites. Thus, only those receiving CCM calcium showed no bone loss at any site.

"CCM had a significant and sustained preventive effect on bone loss in the spine, which was not seen among women with diets low in calcium that took calcium carbonate," Dr. Dawson-Hughes explained. "The positive effects for CCM were obtained without the use of estrogen and are the first to show that a form of calcium can prevent bone loss at the hip and spine."

According to federal government research, the median calcium intake for adult women in the U.S. is just under two servings—or 475 mg—a day. Because so many women's diets fall well below the three recommended servings of calcium needed daily, understanding this link between low calcium intakes and accelerated bone loss in older women can be especially important in helping to prevent osteoporosis, or "fragile bone disease." This disease currently affects approximately 20 million Americans, mostly women. Currently, a woman's risk of developing osteoporosis is greater than the combined threats of developing breast, uterine and ovarian cancers.

"It is clear that this study is relevant to literally millions of American women who can improve their chances of keeping healthy bones simply by getting three servings of calcium-rich foods every day. On the basis of this study, we recommend that healthy postmenopausal women with low calcium intakes be urged to increase their consumption to three calcium-rich servings totalling 800 mg a day, the level of the current recommended daily allowance, in order to reduce bone loss," Dr. Dawson-Hughes said.

Extension News

BY BEVERLY HARDER
County
Extension Agent

People are crushed by their families. Others are saved by them. What constitutes a healthy family as opposed to a merely passable one?

The first characteristic is that the healthy family has achieved economic survival. It provides protection for its members. The healthy family provides a religious faith for its members. It educates its young and it confers social status.

In today's families Dolores Curran found 15 traits that were perceived to be characteristic for strong, healthy family units.

The healthy family does the following:

- Communicates and listens.
- Affirms and supports one another.
- Teaches respect for others.
- Develops a sense of trust.
- Has a sense of play and humor.
- Exhibits a sense of shared responsibility.

-Teaches a sense of right and wrong.

-Has a strong sense of family in which rituals and traditions abound.

-Has a balance of interaction among members.

-Has a shared religious core.

-Respects the privacy of one another.

-Values service to others.

-Fosters family table time and conversation.

-Shares leisure time.

-Admits to and seeks help with problems.

Healthy families are our nation's greatest resource. It is in them that we find our meaning, our strength and our future. It is to them we say thank you and make our New Year's resolution one to build healthy families in 1991.

Educational programs conducted by the Texas Agricultural Extension Service serve people of all ages regardless of socio-economic level, race, color, sex, religion, handicap or national origin.

Accent on Health

Resuming sexual relations is an important part of returning to a normal lifestyle and reestablishing closeness with your partner following childbirth. As with other activities in the postpartum period, however, you must be prepared to ease back into sex slowly and be patient while your body heals.

Most couples can begin to have intercourse when all pelvic structures, including the episiotomy, have healed, the menstrual-like (or bloody) discharge has stopped, and the woman feels comfortable—usually in about three to four weeks. Try not to get discouraged if at first intercourse is painful. To minimize discomfort, you might try experimenting with different positions or finding other means of mutual sexual enjoyment. Lubricating jelly can help relieve vaginal dryness caused by lowered postpartum hormone levels.

It is important at this time to

decide upon an appropriate form of birth control. Some women mistakenly believe that until their period resumes (usually in six to eight weeks), pregnancy is impossible. Remember ovulation occurs two weeks before menstruation, sometimes soon after delivery.

Although breast-feeding usually delays the return of menstrual periods or several months, some nursing women begin menstruating much earlier. Therefore, it is not safe to rely on breast-feeding for contraception.

When choosing a postpartum contraceptive, you may find that the method you used before does not suit your needs now.

Dr. Milton Adams
Optometrist
335 Miles
Phone 364-2255
Office Hours:
Monday - Friday
8:30-12:00 1:00-5:00

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