

| RUBY JAY'S CORNER |
| :---: |
|  |  |
|  |  |

The Now Hope Baptist Church, where Rev. Bilt :h?
Moton is the proud pastor, had very yood services last Sun-s very
day
Sunn
Sunday School began at 9:30 a m. Phulary teacho Sandra Henry piesided ove the teacheris and olticers who vere prese
ul liesson.
This was fellowship morning for the Sunday School. Al journeyed to fellowship hall for efreshments which were served betore the morning
senvices. Everyone had an en joyable time.
,
Durii.a the moming worship hourf it all began with song scrip:.ive and prayer. The Male Chorus marched in singing
They really did sing well las They really did sing well las
Sunday morning. Let's hope they will keep up the good work.
Altar prayer was oftered by Rev. B. Sohnson; followed by another song and scripture
which was tracd by Rev. C. Mar shatl. He read Psalm 37 th Prayer was offered by Rev. Michael Matthews. Anothe song, "Life is Like A Mountain Railiroad
by Sistisis Swain, with the congregation standing.
The monning hymn was TTrust And Obey.
Pastoral observaio
siven by Rev. Moton.
The Supt. of the Suinday words or thanks to Sundeg School officers. A lob well done this year.
Another song, "Son
Around Gud's Throne. The sermon of tite morring His subbect was 'Just Want To Ask The Question, Are Yo That Enemy God is Talking About.
thout cant explain it. You jusi should have been present. as usual.

Geod Hews Department 8
8
8
8

During tro 3.00 p. in servic es, Biother Tyrone Howard is a grandscon of Brother \& Sis ter Jotin Howard. Let us pray for him.
Sunday, November 8, 1992 S the Pastor's Anniversar Hour, beginning at $3: 00 p$. m.
Speciel guest will be Rev. W D. Davis and Lyonf Chapel Baptist Church.
Saturday. November 14 1992. New Hope is inver 14 worship with St. Luke Baplis Church at $11: 00 \mathrm{a} . \mathrm{m}$. in the celebration of Women's Day Pastor Moton will bring the message of the hour.
Pray for our breaved familics the Philip Ciant family.

Keep all the sick on our prayer list.
Brother Sammy Beaty is on ine sick list
Sister R. B. Thompson is home from the hospital.
Sister Shut-in Katie Johncon wa hut trat week. She had den at trouble.
Hemember Sister Fannie Young, Sister Lillian Strugg and ill. Go, Kado Lang who are all ill. God is able.
Pastor Moton Anniversary events include: Wednusday, November $4,7: 50$ p. m., Choi
\& Usher Night, Rev. F. B. Sell pastor, Rising Star Baptist Church; Thursday, Novembe 5, Youth \& Sunday School Guest, Rev. Lary Brooks, pas or, Community Baptis Friday Friday night, November 6th at KoKo Inn inversary Banque p. m. Tickets 10.00. dents s7:00 An and students. $\$ 7.00$. All are we
come. come.
Saturday

## Crystral's Is Back!!! Starting FridayII

With Top 40 R\&B Music on Friday and Sun day nights for ages 21 and over with an en forced dress code

Friday - TGIF Night Sunday - Ladies Night
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South Plains!


Isn't it Time You Trade. In Your Old Machines For The Lates! The Best 7 Commission Sates

Coin Operated Machines Since $190^{\circ}$
Nowhers in the history of the world hes there ever been any real significance to the number six.
 Thiere were hever SIX Müsketeers. There was never any Magnificent SIX Nobody ever says, "Hey, hcmeiooy, slap me SIX" "There are no mentions of the big SIX automakers, and so on and so forth.
wherey So, for the first time in the history of the world, Inwly SIX is about to be elevated to a much higher level. Elevated, in - fact, to millions, in a new type
 of gome. Read on, it gets eusier. Lotro Texas is new game from
the Texas Lottery It's fun, it's exciting and it s easy to play. Nou pick six numbers from one to fifty, and should you noppen to pick the same six numbers that rome up during the drawings, then you could win
of dollars.

Now, cie long version on how to

## Step number 0

 Go to your LOTTO Texcs retailer. You can only play where you see the red and yellow sign that
and it will work quite nicely. Also, do not erase ary of the mistokes you make. Just fill in the voID box on that play and you will not be charged for it
 Step number
four. (Past the halfyay mark.) Take a dollar it costs to play LOTRO
Texas) and give it and the ptoystip to the retaiter in just a few seconds, you will be handed a ticket that verifies which numbers you picked. Please remember; sign we back of your ticket so no ane else an cash it in.

Step number five. stand called a
101I! If nut, just ask or one. Step number three. (My, we
are moving right along now, aren't we?) Choose SL" of the piaysiip from cne to fifty. You can aiso play up to
five times on each playstio. five times on each playslip.
You must completely fill in the numbers you choose on the playslip with G BLACK OR BIUE BALLPOINT PEN OR A PENTL ONLY. The pencil below is free,



## The jackpots are paid

 out to the wirmers in 20 annual installments. You can also win second and third prizes by matching five out of six num bers or four out of six numbers. Match three out 0, six and you'll win \$3 automatically. If you win up to $\$ 599$, you can collect your prize at any LOTTO Texas retoiter. All vinninys of $\$ 600$ or morebe claimed at be claime
any of the Texas
Lottery claim center
in any of the cities listed on the hark of a How To Play brochure for LOTTO Texas. (That list is a little long for this ad.) You will also find the odids printed in that brochure. You can slaim pizes through the mail, as well, by using a claim form that you pick up fiom any Texas Lottery
retailer. Please make copies of the fron and the bock of your tickpt before you send it in. The Texas Lottery is not responsible for tickets los in the mail. All prizes must be claimed within 180 days of the drawing.

Finally, lotro Texas can be played up to 10 drawings (five weeks) in advance. If you want to play the same numbers for several drawings in a tow fill in the mutti-draw box on
ou con tune in to the televised drawings on Wednesday and Saturday nights at $9: 58$ p.m. CST to see how well you did. If you picked alt six of the numbers that are ran "xmily chosen on the ball machine, then you
your playslip
with however (b) sich many drawings you would like to play.
years or outter to play. And when you are watching the televised drawings, your heart may pound a little. Your palys may sweat. Please do remenber to have fun


OBSEQUIES


Estacado Matador Yearbook On Sale NUW!
$\$ 20$ until December 10 \$10 Down for Layway

Drawing for $\$ 50$ Cash Prize Deadline!

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"Psartand OHer*
Looking To Future


Shone Evans
A Peartand Oiler is looking forward to the future. Pearland, Texas .-. The Pearland Oliers are looking forward to the 1992 football season, and the future looks rright. Antown Derone Evans has . Aeen singleo out for his abililies asone of the better defensive players in the Pearland School District. He is a 6 foot, I inch, 195 pound kue chipper. He has been rated as one of the de
Oilers.
The proud parents of this young man is *1r. \& Mrs. Albert Evans (aee Olympia Melton) The grandparents are Mrs. Gla dys. Henderson, Fay Hendar
son, M: 8 Mrs Leon Melton, Louise Lien day, all of Lubbock Texas.

## WILEY'S OLD FASHIONED BAR-B-Q

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## Southwestern Public Service Company



## EDITORIALS - COMMENTS OPINIONS

## It's A Very Good Article; Want You To Read It Too!! <br> Eadio p. R.icharactoon

We read this article in a publication called "Issues \& Views," and found it to be rather interesting and most informative. Wanted to

Opportunities Unlimited A Black Success Story

Elizabeth Wright

Members of REACH now own about 2,000 acres of farmland, spread out in places like Epes, Alabama and Decatur, Mississippi, where they grow crops that are sold on the wholesale market and which they also process for retail selling. From their farms they stock much of the produce in their stores and provide the meats and vegetables required by their restaurants. They own the spacious, comfortable South Fork Restaurant in Eutaw, Alabama (a pcpular stopover for truck drivers looking for home-style cooking), separate delis in Livingston and York, Alabama, a gas station in Livingston, and a meat processing plant in Meridian.

## Wetfare Has Made Invalids of Blacks

The man Luke Edwards who, with his wife, lives in a modest, 20 -foot trailer on REACH farmiand and has no personal bank account, is up every morming at heck in on the nearby sy work in the fields, he may struction by REACH members, and later go to the office for messages or to handle correspondence. Afternoons are spent again in the fields or tending to Aternoons are spent again in the fields or tending to the routine business of the community. Edwards is a
man of opinion. "So many preachers teach that the man of opinion. "So many preachers teach that the
Lord going to come down and deliver us. The Lord Lord is going to come down and deliver us. The Lord
isn't going to deliver you. He comes and dwells within yeu to give you the ability to deliver yourself. Deliverance is up to you."
He is a staunch believer in the potential inherent in America and the unlimited oppoitunities that are here for blacks. He is grateful that Jim Crow "justice" was broken in the South, so that blacks now have greater mobility and freedom to keep what they create. "The good that came out of Dr. King's mave ment is that we now have legal leverage against such people tike those in the Klan. They are now restrained from coming in here and burning down


A 29YV. OLDRACK MALE WAS KiliED AND HIS BuAKK PRIIND SFPIOUSY Y HUEED WHILE WAKNIG THEIA BIACK NEGHEORHCOOO..


> - POUCE HSA ARRSTED A YOUNG BACK MIE IN GNE ETHON WIIT THE CRME. MREE BLACK ON BUCCK NEWS AIEERTHESE


He is angry that the biack maases, froed from their former servitude. now find themselves captive of another form of slevery, promoted mainly by other blacks. "Welfare has made invalids out of us. Aiter the civil rights movernent there was enough mone given to all these counties in Alabama an Mississippi and throughcut the South to release blac people from poverty, if that money had been applied correctly. Instead, blacks used their own people to andermine such efforts, and they're still doing it today."

His assessment of black politicians is severe "What bothers me most about these politicians is that they use the grestroots black to get political clout for themselves. We were taken in by the black politician in the first place. They claimed that we needed black representation and even though none of them had any track records, we voted them in. Now tha they're in, they just continue to attack, and don' even know what they're in office for. They're only there because they're black"

Like growing numbers of Americans who recog nize the economically destructive force of particular governnest regulations, especially on small business owners, Edwards exhorts black politicians to attend to these issues. "In place of doing research and find ing out what we really need, these politicians just continue to attack. They should be working to clea up some of those laws that hurt us, all these regulations on our backs. They talk a good game, but they never do anything." CONTINUED NEXY WEEK

## Crazy Horse

## Stepehn C. McIntyre

 eepubican daily newspaper, Buried creep in the back of the Lubbock Avianche-Journal on Hatlowoen morning was the report that the FDiC seized control of First Ciry Bancorporation of Texas on Friday atter noon. It was the eighth largest bark failure in U.S. history. The bar more coming in December after the elections. I guess the story was two scay to report on the front page.
11/T0 1924 - Bociety for Humati Rights, the first American ga;
$11 / 111885$-. Dr. Pepper introduced, Naco.

Packing Co, Austin, Minn
$\begin{array}{lll}11 / 14 & 1974 & \text { - } \\ \text { - } & \text { Karen silkwood muidergd } \\ \text { Margaret Sanger arrested for operting a bith }\end{array}$ control dinic.

A Guatemalan Indian was awarded h.e Nobel Peace Prize a couple weeks ago. She is about 35 years old. As I recall, no one in her tantily was able to see her receive the award because they had all oren slaughtered by government securily forces in the ongoing 30 yvar ar. nilk zition of the indians in norther, Guatemaia Except for a brief time when Jimm, Carter condemneo the govern..... Bush. The right winy Guatemalan government actvely campaigned against her recaving the award.
The peace in El Salvdor is falling apart. Thy right wing government supported by Reagan/Bush refuses to dismantle the death squads. Murders are on
down their guns.

The UNV antitassador to Somalia resigned last week. He resigned not because of the problems in Somalia or bocause ne was overwheimed by the job. He quit because of the lack of interest and response to the nerds of Somaina by une UN. I guess he did to want ing expedited for the antioipated problems and needca care for ilie
 Editor

## THIS N THAT

WELL IT'E OVERII HIS N TKAT would ON LAST TUESDAY and that you did cast your vole for the person you fell was right.... Regardiess of what camp you voted in this week and work for the betterment of the community.... THED THIS WEEKI! THIS N THAT is a little tired this week week..... and with more ener-
will be bat Wy SEEKII YOU NEXT WEEKO
BEFORE THIS N THAT
CLOSEII THIS N THAT CLOSEII THIS N THAT has learned that the con-
tact person.... in legard to the posture of, in....the........
INTERNATIONAL DE. INTERNATIONAL DE:-
NOMINATIONAL FELNOMINATIONAL FEL-
LOWSHIP ALLIANCE (IFMA) ........ you may con-
tact ...... REV. D. A. tact ...... REV. D. A.
SMITH..... at. .....765-
gane oryou may FAX at 9900 or you may FAX at ...
$747-7232 . .$. Since REV. KADO LANG has been unaible to participate in his posture as president.....
'REV. SMITH coorcinating the effort of the MMFA!

Chacs often breeds life, when order bredd shabit

- Henry Brooks Adam
polite, And this applies to each and everyone of the staff a Bellys' Night Club. I feel the in ustice is being unfaifly ac would not have mattered olcky Dale Thomas hed been blue, he was still wrong buld he issue is not the fact he wa Black, the issue is Ricky Dale homas was wrong in record without permission and each and everyone of us should no lose sight of the facts. Wrong is wrong, Black or White. It's that simple.
Coneana simen.
THE NAVY,
THEY'RE
OUT THERE
FOR YOU.


## THE NAVY. THEY'RE FOR YOU.

full benefit of the seceral culces so ge fuil benefit of the deductions. The
same rutes apply to any family member who works for you. Family memm-
tern mist the bers must do the work for which 'tem
are paid are paid You can pay a family mem. ber a deductible salary of up to the
amount you would pay a non-family amount you would pay a non-family
member to do the same job. The lay
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Solaries paid tec children -utdic: 18 are not subject to Social Seccurity tax
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IT'S YOUR NAVY.

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## Music Workshop

 WH Oh w Baptist Church
Thus $\|_{5}$ Fris $\%_{6}$ : Sat $y_{1}$ Nightly, at 7:30 pm. Director: Nim Shaomafo: The is alice $5.00 /$ peceson N(sicit. will ba. Sonturday. $1 / 7$ Striating Tina 7.30 pm. Como and lets lift our toreces tayiflie to the LORD.

Pascident: Brad: Froth
Do You Need A Blessing? Ealing Salvation Lotiverancol
PRAISE THE LORD ITS
Revival Time! Revival Time! New Hope Baptist Church
p. O. Box 1221 . Shallower. Tex

1 st Annual Revival Featuring: The Power Team Fort Worth, Texas

Evangelists: Helen Johnson Nae Francis Miller \& Juanetta Save
Sponsored By: New Hope_Mission
November 8 thru November 13, 1992 Pastor: Elder Bobby Thomas Location:
Shallowater Community Center th Street \& Avenue H

Sunday. November 8, 1992 - 7:00 P. N
Special Quest: *The Power Team Guest Church - Lyons Chapel Baptist Church

Monday, November \&, 1992 7:00 P. M. Tuesday, November 10, 1892 - 7:00 P. M. ford Memorial LOGic Bishop W. H. Watson Wednesday, November 11, $1992=7: 90$ P. M. St. Matthew Baptist Church - Rev. A. S. Stanley M.. Pleasant Baptist Church - Rev. c. Harikston

Friday. November 13, 1992 - 7:00 P. M. Divine Love - Rev. K. Burns
rising Star Baptist Church. Rev. F. Bell Rising, Star Baptist Church Re Rev. F. o. Ben
Pilgrim Baptist Church . Rev, L. Anderson

The Power Team Will Speak Nightly H

## THE ANNUAL FALL REVIVAL - INSTITUTE

November 8-13, 1992 - 7:30 p.m. nightly

Guest Evangelist


Reverend Dr. Manuel L. Scott, Jr. Los Angeles, California

Host Pastor


Reverend Gregory D. Franklin

GUEST LECTURERS FOR THE WEEK


Reverend S.T, Steed Pastor
Beard Chapel C.M.E. Church Plainview, Texas


Reverend N. H. Franklin Bethel A.M.E. Church Lubbock, Texas


Reverend Leonard Chatham Pastor
Happy Union Baptist Church


Reverend Wendell D. Davis
Pastor
Lyons Chanel Davit Church


Reverend Ben F. Roberts Pastor
Still Baptist Church Amarillo. Texas

UNITED MISSIONARY BAPTIST CHURCH 2106 Walter Griffin Street Plainview, Texas 79072 EVERYONE IS WELCOME!

# CHURCH DIRECTORY 

You Absence from Church is A Vote To Close its Doors

## The Outreach Prayer Breakfast

Nembers of the Gulreach Prayer Breaktast would like to remind all African-Americans that this whole world, you are looking for answers in all the virong places. A nation that forgets God, What hapPhilip Philip 2:14 away ing you do, stay way from complaining and arguing, so that no one can speak a word of blame against you. You are to live clean, innoGod in a dark world full of peopte who are crooked and stubborn. Shine out among them like beacon lights. Hotding out to them the word. The an-
swer is clear how can anycne not see it.
(Read II Chronicles
7:14)
I'm sure you voted now go down on your knees watch over this ne fion. That's all we have. And no weapon that's formed against us will prosper. Isaiah 54:17. No matter how dark our eyes off the dark nees and keep them for ward on God. Gan you re momber what happended
walked on the when he waiked on the A very important meeing will be held Saturday at 9:00 a. m. Plesae be present at 2132 East 30th Street. If you cant make id, call $762-3347$. And continue to pray for us and all of those who need And keep smi And keep smiling, Lubbock, make ilt We will survive, "Love you Write Breakfasi Outreach Prayer Breaktasi, P. O. Box 1223,
tubbock, Texas 79408 ubbocki Texas 79408 .
Dorothy Hood, president; Ardelia Hardrick, vice president.

## Musical Pew Rally

Slaton, Tx. - The members of Gospel Chapel African Methodist Episcopal Church are inviting their many friends
to attead thair "Musical to attend thair "Musical Pew
Rally" Sunday aftemoon November 8,. 1992, beginning at 3:00 p. m.
"We are inviting our sister churches to come out and heip us fill up Gospel Chapel
and praise the and praise the Lord with us,
says Rev. Ralph Nathan tor

## ${ }^{1.05922}$ We Thank God For Jesus Judge Or You Be Judged* Part 12

Revelation $2: 7 \mathrm{a}$.-. Jesus said, ne hath an ear, let Ezekiel $3: 18$.- The Lord said, the Churches. Ezekiel $3: 18$-- The Lord said, when I say unto the
wicked, thou shalt surely die; and thou givest him no warning, nor speakest to warn the wicked from his wicked ways. To save his life; the satne wicked man shall die in his inquity, but his blood will I require at thine hanc
choir the Church has a known homosexual, singing in it's choir,
that's a big fat Revelation $2: 11 \mathrm{a}$
let him hear what Jesus said, he that hath an ear, Amos 5:21-24. The spirit saith unto the Churches. feast days, and I will regard i hate, I depise your your fat beasts. Take thou away from me the noise of thy songs; for 1 will not hear the melody of thy idote but let judgement run down as water, and righteous ness as a mighty stream.

To Judge Means To Call Into Question Even when the Preacher. 'For The Leve of Money; Let Sin Come In.
"So that he can live high on the hog, and ride around in a Mercedes-Benz.
Rovetation $2: 17 \mathrm{a}$-- Jesus said, he that hath an ear
let him hear what the spirit saith unt let him hear what the spirit saith unto the Churches. root of evil which while some coueted atter, the have erred from the faith, and pierced themselves through with many sorrows. But thos, O'man of God flee these things, and follow after righteousness, godiliness, faith, love, patience, meokness. Andier 'They know of his Alealines Asssetration to front him of these things in love: repunt will bring i.zaling.

Luke 16:1-2 .. Jesus said, there was a certain rich Iman, which had a steward, and the same was accused unto him that he had wasted his goods. And he called him, and said unto him, how is it that I hear thou mayest be no longer steward.
Revelation $2: 29$-- Jesus said, he that hath an ear let him hear what the spirit aaith unto the Claurches. Ezekiel $3: 20$.- The Lord said, again, when a righ teous man doin turn from his righteousness, and him, he shall die; because stumbing block bofore warning, he shall die in his sin, and his righteous-
ness which he hath done shall not be remembered, but his hiood will 1 require at thine hand.
James 5:19-20 --Brothern, if any of you do err from the truth, and one convert tim; let him know, that he whic
convereth the sinner from the error of his way, shall say a soul from death, and shall hide a multitude of sins. God is not through with us yef. So let's pray for one an other, atways.

> By Our Lord Jesus Christ Brother In Christ Jesus Alwayin

"He went forth, and saw a publican, named Levi, sitting at the receipt of custom: and he said unto him, Follow me. And he left all, rose up, and followed him." Luke 5:27-28.
Our Lord Jesus is wonderful. He is wonderful because of his divinity. He heals the sick, sleanses dead to. life. He is the blind, and raises the incomparable both in his wonderful as teacher wonderful as he stands manner and message. He is Pilate and the people. But the wonder of all is seen in his care for, and the companionship with those stained by sin, those that companionship with those reprobates, and those whom were wied to be society. Listen at the tenderness of his voice as he calis those who are troubled and burdened to come to him for rest. Look at the beauty in the way that he handled women who were tainted by wrongdoing. Look at him in the home of publicans and sinners. Listen to his words spoken in the agony of death whils on the cross io a thief: "Today shatt thou be with me in paradise." It is this kind of compassion that makes known to humans that Jesus' humanity was based upon divinity
occupied to do his woncierful work: Moseged or shepherd; Shamgar, Elisha and Gideon, the farmers James and Jchn, Andrew and Peter, the fishermen Uke, the phystelan; and Levi, the tax collecto
Levi heard the voice of Jesus saying, "Follow me." He could not and would not resist that wonderfu voice. He turned his back on his old life. By doing suffer hardship in order that he might firid salvation. Levi, the publican, becomes Matthew, the apostle The despised sinner is transformed into a saint. In the bullding of the Church, our Lord used moral rubbish. A publican like Levi, a traitor like Peter, are at its very foundation. And as always our Lord transforms those who subruit themselves to him Have you given your life to him? if not, give Jesus a

## St. Matthew

 Baptist News

Sistor Imatha iseec Sunday School opened at $9: 45 \mathrm{a} . \mathrm{m}$. last Sunday morn-
ing with the suot and ing with the supt. and teachers
were in charge of s veny good were in chage of a very good
lesson. The lesson was well taught.
During the 11:00 a. m. wership services began with the De3cons in charge. Altar vall prayer wass offered by Rov.
W. Jackson. Jesus had to Wray. 50 do we. The Senior Choir followed with the singing of songs of praise Pastor R. S. Stanley brought Very uplifting sermon. His title
of the sermon was "Am Going Through ' The scripture text Through The scripture text
was I Corinthians 1:7-9. We should all stive to go through with Jesus.
During the 3.00 p. a. services, the Ushers presented their
annuat program. Evaryonn present enjoyed it very much. Thanks is given to all who helped us to have such wor derful programs.
Let's prav for ail. Prayer is so important Dont excluce any.
thing or anybnoty il all. This writer, Mra. isacic. stiil emphasizing love Love Love, Love. As Christians we
of really loving one another in toving as we should. this
talked a lot about it. God is
love; Jesus loves us; love; Jesus loves us I love you. But we fail wcefully short
Would be a better place to would be a belter pla
live.
May God bless you all.

## Curry Funeral Home <br> At Your Convenience

Serving Lubbock and the Surrounding Cities providing: Burial Insurance, Chapel Services, Pre-N


## clial-ogue

DEAR DIALOGUE: I'm trying to such as rourd and sirlcin steak, but have any tips to show them how at the University of Minnesota tell to wasn thei- harids so they can how to reduce the fat content of awoid infection? Mr Chigeo it DEAR M.C.: Hand washing can help prevent the spread of disease-causi ig germs that could result in illness and sick time from school or werk
Here are some tips for the
to doit some lips for he proper way soap is preferred) and warm - Seruing hands vis - Scrub hands vigorousty for at least 30 seconds, paying special attention
to the back of the hands, wrists, between fingers and under fingemaik. Anail rrush helps. - Rinse well and dry hands with a dean paper or coth towel. Change towels
offer so they don't harbo If a family member has a cold or fiu, reserve one twel for their ue only. - In public rest rooms, use a paper towel to tum off the water.

- If possibie, use your elbow to open
the public rest room door on your way out That way, you emerge with
wand dean hands
DEAR DILLOGUE: is there really a way to cook hamburger to eliminate
the stt? DEAR IN. Well, Las Angeles, Calif. hamburger made from leaner cut regilar ground beof form 27 to just ? percent. Brown broken up meat in non-stick pan. Pour off fat. Run hot
water over meat. Again drain. That makes it just right for low-atit chili or spighetti suce.
dear dialocues $I$ am 80 years old and I seem to bruise more readily than Idid when I was 20 and playing tadke loowail. is that nommal I never got
bruises back then, even when I got battered.
dear J.Da Dialogue Cuiver City, Calif. DEAR J.DA Dialogue asked a skin doctor and he said, "Welcome to
annther penalty for growing older: Bruise marks, more obvious in light-skinned races, form. when tiry blood vessels near the surface of the skin are broken by a blow. Bnises are
seldom serious enoust seldom serious enough to worry
about, and will clear up on their own in a week or two. Yes, you're more susceptible when you're older. But frequent bruises can also signal
more serious problem. Check with more serious problem. Check with

Do you have a question about
ea question about Endol ists Get to the Root of Tooin Pain
 have made the treatment virtually
painless. The treatment is ley expensive then haringent is les extracted and replaced with a bridge Most dental insurance policies cover The Tooth Pain Guide not only
telps conaumers recognize other helps consumers recognize othe
types of oral pain, such as pain that
may be caued by types of oral pain, such as pain tha
mayy be cased by sinus probleme
cracked fillinge or tooth grinding. but cracked dillings or tooth grinding, bu also offers suggestions on how to get
relief. For example, over the counte relief. For example, over-the counter
sinus medication may alleriate sinus headache that feels like
toothache and wearing a mout toothache and wearing a mout
guard at night can help prevent coot grard at night can help prevent toot that are sensitiv
to heat and cold may be helped to heat and cold may
special toothpastes. The AAE also recommends that any oral pain be reported to a dentist or endodontist to rule out a ignored.
Readers Renored can recoive a froe copy
Reaterale's Toolh Pain Gzide by
of the AE of the AAE's Too'h Pain Gxide by
evnding a self-addressed, tamper, vending a seli-addressed, tetamped,
businessarized envelope the Amer
ican Asoociation of Endodontists, 211 E. Clisation of Ave. Endodontist
Dept. M. Chice 1400 ,




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[^0]:    Russians and Bo cirans this wiinter, 1090 people, mosity wrine
    and children, are starving to death each day in Somalia. na children, are starving to death seich day in Somelie.
    And according to the bumper chese Sexismin is a scolial disease.

