

Schlabs elected YF head

Ray Schlabs of Hereford has been elected national president-elect of the Young Farmers of America at its Cold, snow annual convention in Denver, Colo.

Schlabs will serve this year as president-elect and will be president of the national organization in 1992.

Schlabs, who was president of Young Farmers of Texas in 1987, is the fourth person to be elected national president of the organization, which is headquartered in Alexandria,

The national organization president is involved in many duties during his term, and visits most of the conventions held in each of the 50 states during their term as presidentelect, president and past president.

Schlabs is involved in a large farming operation in Deaf Smith County.

HSE will telecast inaugural

If you would like to enjoy the Hereford High School Mighty Maroon Band and all of the other trappings of Gov. Ann Richards inauguration, you don't have to go further than you television. Huge crowds and low temperatures are expected in Austin on Tuesday when Richards and Lt. Gov-elect Bob Bullock will be inaugurated.

hit again

face cold weather at the end of school at Northwest Primary School in Hereford. The youngsters probably weren't ready for what they saw when they woke up this morning, as weight inches of snow covered everything in sight in Hereford.

Youngsters bundle up as they



Storm dumps **8 inches here**

From staff and wire reports

Hereford and the surrounding area was digging out today from a major snowstorm that officially left eight inches of snow here.

The snow started Wednesday afternoon as a storm system moved night. through the area. After light drizzle most of the day Wednesday, there was a brief period of heavy sleet before snow began falling in earnest at about 4:30 p.m. Wednesday in Hereford.

In just an hour, the city had received three inches of snow. By daybreak the snow had ended but had left up to 10 inches in places around the county. The storm yielded .90 of an inch of precipitation, according to the official observation at KPAN.

keep U.S. highways 60 and 385 as clear as possible. A spokesman said this morning that most farm-tomarket roads were not yet plowed.

"We'll get to them as soon as we

could not be determined this morning, although one person was trapped in one of the pickups and had to be freed by Hereford volunteer firemen.

Several major city streets were also plowed by city crews during the

Despite the snow, school was held today in Hereford. Buses ran only on paved roads, and classes started an hour late this morning.

Most other area cities also had school today, although most also started late.

Weather was poor across most of the state, with flash flooding in South Central and Northeast Texas.

The heaviest rainfall Wednesday was in the Austin area where as much as 8 inches fell. Other heavy rain was Road crews from the State Depart- reported south and southeast of ment of Highways and Public Bergstrom Air Force Base, where Transportation were out all night to residents voluntarily left low lying areas.

> Some roads were covered by as much as 5 feet of water.

"Flooding is widespread around Bergstrom and across eastern Travis County," John Murray, the county's

Hereford Cablevision will present six hours of live, commercial-free programming of the inaugural events on Home Sports Entertainment, Channel 28.

"You've probably heard the saying 'all politics is local," said Lloyd Ames, Hereford Cablevision manager. "That's why we are pleased to bring this historical day for our state into as many homes in Hereford as possible."

The broadcast will begin at 10 a.m. Tuesday with the "People's March to the Capitol," when about 15,000 people are expected to join Ms. Richards as she leads them to the Capitol.

Other televised events will include the swearing-in ceremonics at noon, the Governor's prayer service, the Governor's Texas Classroom Address and the inaugural parade.

The classroom address, at 2 p.m., is a special segment when Richards will address Texas students and educators from the Governor's Mansion. Special arrangements have been made with individual schools, PBS stations and HSE to reach most Texas students with this unprecedented programming, Ames said.

"By broadcasting the inaugural events live across the state, every Texan will have the opportunity to witness history in the making, whether at work, at home or at school," said Cathy Bonner, chair of the Texas Inaugural Committee.

The HHS band will perform in the with the Pecos bad, received a personal invitation from Richards to participate in the parade.



can," the spokesman said. "The west end of the county had heavier snow so it's really bad out there. We're working hard to get them all."

The weather-slickened roads yielded one major accident this morning when two pickups collided county line. The extent of any injuries region beginning Friday.

emergency management director, said Wednesday. "Most of what has been done so far involves roadway closures and precautionary evacuations."

Although skies were forecast to be cloudy through tonight, no additional snow accumulations were forecast south of Hereford on U.S. Highway here. Skies are expected to clear and 385 near the Deaf Smith-Castro temperatures will warm over the

Talks turn mood sour

By CHRISTOPHER BURNS Associated Press Writer

failed, fading hopes for avoiding war in the Persian Gulf appeared to rest today with a mission to Baghdad by debating such a resolution today. U.N. chief Javier Perez de Cuellar and European mediation efforts.

Saturday, just three days short of the U.N.-mandated deadline for Iraq to in a war. quit Kuwait or face possible attack.

not become wider but it has not been shut," Germany's foreign minister, allowing Saddam to withdraw and Hans-Dietrich Genscher, said partially save face. Wednesday.

between Secretary of State James A. Algiers over "the next few days" to Baker III and Iraq's foreign minister, discuss the crisis. Community sources Tarig Aziz, were later characterized said Aziz was interested in meeting by their participants with discouraging words.

Baker, who was bound today for Saudi Arabia to brief allies on the outcome, said he had heard "nothing being taken at home and abroad. to suggest Iraqi flexibility."

"We will not yield to threats," inaugural parade. The band, along Aziz told reporters, saying Baker's just one diplomat to settle final presentation was fraught with them. The United States is demanding unconditional withdrawal.

Some U.S. lawmakers said Iraqi intransigence in the Geneva talks U.S.-Iraqi talks in Geneva having raised the chances President Bush would get congressional authorization to wage war. Congress was to begin

French President Francois Mitterrand said Wednesday that The U.N. secretary-general was to France would push ahead with leave for the Middle East this evening diplomatic initiatives but convene its and meet with Saddam Hussein on parliament a week from today, presumably to consider participation

The French, Germans, Italians and 'The window to peace surely has other Europeans favor a Middle East peace conference as a way of

The European Community was Nearly 6 1/2 hours of talks seeking a meeting with Aziz in in Baghdad, but that EC officials were not and that Algiers was suggested as a compromise site.

Even so, final steps for war were The Britons evacuated their

embassy in Baghdad today, leaving details, and the United States said all its diplomats would leave on Saturday.

The Pentagon said restrictions on media coverage of military operations in the Persian Gulf region have taken effect and Bush ordered civilian manufacturers to fill military orders first.

In addition, the Defense Department said it was considering keeping reservists on active duty for up to two years and veterans' hospitals were asked to prepare up to 25,000 beds. Saddam said Wednesday that

Americans will "swim in their own blood" if war breaks out. About 360,000 U.S. soldiers are

deployed in the region along with Bush, discouraged by the Iraqi 245,000 allied troops, facing some 540,000 Iraqi troops in Kuwait and southern Iraq.

Perez de Cuellar's peace-seeking mission was one of the few apparent subjects of agreement during Wednesday's talks in Geneva.

first to Geneva, then to the Iraqi capital on Saturday morning. He said he will hold "personal, direct talks Hill to bolster his hand in the desert with the president of Iraq and the Iraqi authorities."

Now I feel it is my moral duty as secretary-general of the United Nations to do everything in order to avoid the worst," Perez de Cuellar said.

Bush puts ball in Iraqis' court

CRISIS I

"stiff-arm" in Geneva, says it is up to Iraq's Saddam Hussein to choose peace or war.

"It's not toc late," Bush said Wednesday after Secretary of State James A. Baker III informed him that 6{ hours of talks with Iraqi Foreign The U.N. chief said he would fly Minister Tarig Aziz had gotten nowhere.

> Bush now is looking to Capitol faceoff against the Iraqi army that has occupied Kuwait since Aug. 2.

A congressional resolution endorsing force to drive Iraq out of disappointment. Kuwait "now takes on even greater importance," Bush said as he sat at the Cabinet table with supportive

WASHINGTON (AP) - President lawmakers. "I hope that the Congress will send a good, strong signal.' But, as he has done before, the

president said he doesn't need authorization to wage war in the gulf. "I still feel that I have the constitutional authority," he said.

After six weeks of starts and misstarts on arranging face-to-face talks with Iraqi leaders, the White House had not raised high hopes for a breakthrough in Geneva.

But Bush, who before Christmas said he had a "gut" feeling that Saddam, the Iraqi president, would back down at the end, owned up to

"I can't misrepresent this to the

(See BUSH, Page 2)

House defeats challenges to speaker's power

Gib Lewis says a series of votes that 150-member chamber. crushed a challenge to the speaker's power shows that House members are how the members of the House want satisfied with the way business is to conduct their business. The House being conducted.

defeated challenges to the speaker's didn't perceive the proposals as a power Wednesday, including a proposal to require future speakers to temporarily step aside if facing the It does not offend me one way or the same legal problems as incumbent Gib Lewis.

AUSTIN (AP) - House Speaker nine favorable votes in the orderly manner," he said.

"I think the votes are indicating belongs to the membership," said The House overwhelmingly Lewis, D-Fort Worth, adding that he personal challenge.

"I don't view them at all like that. other. And I don't think it was meant to be ... I view it as what they None of the proposals to limit a consider a good, reasonable way to speaker's power received more than conduct House business, in a very

Lewis was re-elected on a 146-1 vote Tuesday for a record fifth term as the top House officer. He has been indicted by a Travis County grand jury on two counts of alleged ethics violations.

He says he is innocent of the charges of failing to report a gift from a San Antonio law firm and of failing to disclose his interest in a business for which the law firm allegedly paid some property taxes. bills.

The proposals to limit any House speaker's power were offered as

amendments to the 1991 House rules by two veteran lawmakers, Reps. Al Price, D-Beaumont, and Paul Moreno, D-El Paso. Price has served 14 years; Moreno 22.

Their amendments, all of which drew at least 130 opposing votes, included proposals to limit the power the speaker now has to appoint members of House committees, to name committee chairmen and vice chairmen, and to control the flow of

Price also proposed a plan to oust a speaker.

He said a speaker should be removed from his post if convicted of any felony, convicted or fined for any ethics law violation or "conduct bringing discredit or dishonor to the House.

The plan also would have forced speaker to temporarily step aside if indicted for any felony offense, any ethics violation, or an offense involving moral turpitude.

It would not have covered Lewis, however, because Price proposed that it apply only to indictments issued after the amendment was adopted. Lewis was indicted Dec. 28.

"We have procedures to expel a member (of the House). We have procedures to get rid of a committee chairman or vice chairman," Price said. "We do not have a provision for removing a speaker."

But only Price and Moreno voted against a motion to kill the amendment, and it died.

Price said he believes that legal difficulties for a House leader could cause problems for the Legislature.

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Page Two

Local Roundup

Police arrest two Wednesday

Hereford police arrested two persons Wednesday: a man, 19, on Department of Public Safety warrants, and a man, 31, for driving while intoxicated.

Reports included purses stolen from the Community Center, Hereford High School, and from a church office; another purse found at Lawton and Park; a wallet stolen in the 100 block of Ave. E; criminal mischief including glass broken out of a train, and \$400 damage done to a house; burglary of a business on West Park; criminal trespass; a civil matter; and a runaway.

Police issued seven citations and investigated one accident

Fair weather for weekend

Tonight, mostly cloudy with a low in the lower 20s. West wind 5 to 10 mph.

Friday, becoming partly cloudy with a high in the upper 30s. Northwest wind 10 to 20 mph.

The extended forecast for Saturday through Monday: Fair. Highs in the 30s Saturday with 40s Sunday and Monday. Lows from the upper teens to mid 20s.

This morning's low at KPAN was 28 after a high Wednesday of 32. KPAN recorded .90 of an inch of precipitation from eight inches of snow.

News Digest

World, National

UNITED NATIONS - High-level U.S.-Iraq talks having failed, U.N. chief Javier Perez de Cuellar heads for Baghdad in search of a way out of war while the French government and European Community embark on mediation efforts of their own.

WASHINGTON - Congress appears more willing to back President Bush's war threat against Iraq now that his diplomatic efforts have faltered, lawmakers say

NEW YORK - Nine out of 10 Americans can see at least one good reason for the United States to go to war with Iraq, an Associated Press poll found.

WASHINGTON - President Bush, discouraged by the Iraqi "stiff-arm" in Geneva, says it is now up to Saddam Hussein to choose peace or war.

WASHINGTON - The Bush administration is considering forcing taxpayers for the first time to bear part of the cost of future large bank failures, a senior Treasury official says.

MOSCOW - The situation becomes more tense as activists report the detention by Soviet troops of draft-evaders in Lithuania, and hundreds of people stand guard at the republic's parliament to protect it from a feared takeover.

MINNEAPOLIS - A county hospital is pressing to withdraw life-sustaining care from an 87-year-old woman over the objections of her husband. An expert in medical ethics said the case is apparently the first of its kind.

TEXAS

WASHINGTON - Texas Sen. Lloyd Bentsen says he's prepared to support the use of force to drive Iraq's Saddam Hussein out of Kuwait.

DALLAS - Texas leads the nation in the number of reserves being called on to contribute to Operation Desert Shield, but officials say the

activation has had little impact on police departments throughout the state. KILLEEN - Casualty notification, military housing - even income taxes - were topics of Army briefings in this Central Texas town for families

Snow scenes

Snow added a new look to the landscape in Hereford this morning. Eight inches of snow was measured at KPAN, the official National Weather Service observer, yielding .90 of an inch of moisture and enhancing the looks of trees and landmarks in the city.



SW Bell will stay with plans

AUSTIN (AP) - Southwestern Bell Telephone Co. will continue implementing a rate settlement approved by the Public Utility Commission despite a threatened court challenge, said a company official.

"We are proceeding as we should be, irrespective of what may or may not occur in the courthouse," said Rich Dietz, Southwestern Bell assistant vice president for rates and revenues.

The PUC refused Wednesday, with a 2-1 vote, to reconsider its Nov. 29 approval of the settlement. C. Kingsbery Ottmers, the state's consumer lawyer in utility cases, said she'll take her challenge of the settlement to court.

The court case will be delayed about 45 days because the PUC made narrow revisions in its settlement order.

One of those changes, said Ms. Ottmers, shows a problem with the process used to settle the rate case.

The commission took out of the settlement a change in a charge by GTE Southwest Inc. to long-distance companies. One of the companies, which buys access to GTE's local telephone lines, disputed the charge.

GTE and other telephone companies agreed to the settlement. Southwestern Bell and GTE spokesmen said GTE's rate properly was changed through the settlement to keep its charges to long-distance carriers in line with Southwestern Bell's charges.

Ms. Ottmers disagreed. She said it wasn't wrong for the PUC to change GTE's rates, but that it should have been done through a different procedure to ensure all customers got proper notice.

"Everyone was trying to get the deal done," she said. "Those little details could be the Achilles' heel to the entire settlement."

Dietz disagreed. "They're obviously looking for a way to resurrect this case, and we'll just see now their arguments bear out in court," Dietz said. He said all customers were given notice about rate changes. The settlement was approved 2-1 by the PUC in November. The vote to deny motions to reopen the case also was 2-1, with Commissioner Jo Campbell pitted against Commissioner Marta Greytok and Chairman Paul Meek. The settlement was opposed by several consumer groups and more than 100 cities served by the telephone company. A number of other cities, telephone companies and the PUC general counsel supported the settlement. Southwestern Bell says total customer benefits would be \$1.2 billion under the four-year settlement. and it last month began mailing \$87.5 million in one-time credits to customers. The settlement also would freeze basic rates and upgrade the telephone system. The Office of Public Utility Counsel, Ms. Ottmers' office, estimates the revenue change under the settlement at about \$291 million. The consumer office, which says Southwestern Bell is overcharging customers about \$1 million a day, says the company's statewide average basic local rate of \$9.70 a month for residential customers should be reduced.

soldiers stationed in the Mideast as a U.N.-imposed deadline loomed.

FORT WORTH - Only Congress may declare war and President Bush will violate the U.S. Constitution if he orders a military strike against Iraq without lawmakers' approval, former House Speaker Jim Wright says.

ALBUQUERQUE, N.M. - Blood-bank reserves in Texas and elsewhere could reach dangerously low levels if the country goes to war in the Persian Gulf, a national blood supplier said.

WASHINGTON - Rep. Pete Geren is asking the Pentagon to help the thousands of workers who are losing their jobs because of the cancellation of the A-12 stealth attack plane.

IRVING - Newly-jobless General Dynamics workers will have a hard time finding work and a harder time if they can't stay healthy.

DALLAS - The third leading preventable cause of death is passive cigarette smoke, which kills 53,000 non-smoking Americans each year, the American Heart Association says in a report today.

AUSTIN - House Speaker Gib Lewis says members of the Texas Legislature deserve a pay raise and creating an Ethics Commission that also could set salary levels might be one way to achieve it.

HOUSTON - The nation's largest city without zoning took the first step toward bringing order to hodgepodge neighborhood development when Houston city council members created a commission to handle the job.

AUSTIN - The legal fight by minorities to make the Texas judiciary reflect the population continued as the largest Hispanic civil rights organization said it will challenge the way judges are elected in seven state appeals courts.

Lewis pushes rep pay raise

Gib Lewis says members of the Texas, Legislature deserve a pay raise and creating an Ethics Commission that also could set salary levels might be one way to achieve it.

According to lawmakers familiar with the negotiations over an ethics reform plan, having a new Ethics Commission also set salaries is a proposal being considered.

Currently, voters must approve any pay raise for legislators.

"I would love to see some vehicle in place that would increase legislators' salaries," Lewis said Wednesday.

But he said he wasn't certain a plan linking pay to ethics reform would wind up in the final ethics bill that he and Gov.-elect Ann Richards say will get quick attention from the new Legislature.

Richards said Tuesday that she opposes any plan to have an Ethics

Commission also set pay levels. "All that's taken place to this point is talk," Lewis said. However, he said, other states have such systems for setting their legislative

Under the state Constitution, Texas lawmakers receive \$600 a month and them and (they) \$30 per day in expenses when in return," he said.

AUSTIN (AP) - House Speaker session. Voters repeatedly have rejected raises, including a 1989 plan to triple salaries and strip voters of the power to approve future pay hikes.

> Lewis said lawmakers sacrifice a great deal to serve in the 140-day regular session and repeated special sessions.

> "The last five years, where we have been in session longer than Congress, members have lost their jobs," he said. "I don't know very many people who can afford to live (on a legislator's salary). I think my take-home pay right now is \$341 a month."

He said low pay keeps many gualified Texans from running for the Legislature because they can't afford the "tremendous sacrifice."

"I'd like to see us put in place a salary system where anybody could run for the Legislature. It should not

be a body for the rich," he said. The speaker also said he doesn't see a system that eliminates the need for voter approval as taking power away from citizens. "I don't think we do a good job in

allowing the public to realize the sacrifices made by members of the Legislature. We expect so much from them and (they) get very little in

90% of Americans see reason for war

NEW YORK (AP) - Nine out of The telephone interviews with 10 Americans see at least one good 1,003 adults showed a substantial poll found.

"If a president ever expects more percent among over-65 respondents support for the war option than polls and 27 percent among those in are currently showing he better move to another country," said Everett C. "We don't have a population just Ladd, director of the Roper Center for Public Opinion Research.

The AP poll and a flurry of others Bush's demand that Iraq get out of Kuwait is tempered with a wait-and-sec attitude.

comply with the Jan. 15 U.N. thought economic sanctions would deadline for leaving Kuwait, 44 percent in the AP poll said the United States should go to war. Fifty percent favored giving economic sanctions more time to work.

Yet 93 percent agreed with at least one of five arguments some people control of a major source of the have made for going to war.

The poll, done by the ICR Survey Research Group, was conducted Friday through Monday, when hopes still were pinned on Wednesday's troops from continuing to kill and talks in Geneva.

BUSH

American people. I am discouraged," Bush told reporters.

He insisted, however, "It isn't too late. But now, as it's been before, the choice of peace or war is really Saddam Hussein's to make.

"I have not made up my decision on what and when to do," the president said, but he refused to match a pledge by Aziz that his country would not be the first to attack

Bush said the Geneva meeting was "the last extra step for peace" that he would take in terms of bilateral negotiations with Iraq, but he said he would not discourage United Nations Secretary-General Javier Perez de Cuellar from undertaking a last-minute peace mission to Baghdad.

reason for the United States to go to gender gap, in which 55 percent of war with Iraq, an Associated Press men and 35 percent of women backed war. Support for war also was just 33

> "We don't have a population just enthusiastic about the concept of fighting," Ladd said.

But the new poll indicated Bush this week show, however, that has gained support for the military American support for President option since the Iraqi invasion five months ago. An AP poll Aug. 8-12 found 59 percent opposed bombing Iragi military targets to force Irag out If Saddam Hussein does not of Kuwait, although only one-third

work Now, 59 percent of Americans said the direct objective of restoring Kuwait's government is a good reason to go to war. An interest closer to home, preventing Iraq from having world's oil, persuades 69 percent.

Even more Americans see a good reason for war in life-and-death arguments: 81 percent to prevent Iraqi mistreat the Kuwaiti people, 74

percent to prevent Iraq from developing nuclear weapons and 71 percent to eliminate Saddam's war-making ability.

The AP also asked what the United States should do if it succeeds in getting Iraq out of Kuwait.

If Saddam remains in power, 49 percent said the United States should keep troops in the gulf area, and 45 percent said troops should be withdrawn. Of those who favor keeping a military presence, about three in eight said they would not feel that way if Saddam were overthrown.

A possible source of confusion for those following gulf polls is that differently worded questions have varying results. For example, The Washington Post-ABC News Poll this week showed 63 percent think the United States should go to war with Iraq to force it out of Kuwait "at some point after Jan. 15."

"The operative phrase there is 'at some point,"' said analyst Ken Dautrich of the Eagleton Poll at Rutgers University in New Jersey.

The AP poll question and others that found less than majority support for using force offered waiting, rather than not going to war.

But Bush took umbrage that Aziz refused to relay to Saddam the letter he wrote warning the Iraqi leader of the consequences of ignoring the U.N. orders to get out of Kuwait. Aziz said it was not fitting language from a head of state.

That, said Bush, was "just one more manifestation of the stonewalling that has taken place."

"The letter was proper. It was direct," said Bush, who added that he would consider making it public if he thought that might help Saddam get the message indirectly.

White House press secretary Marlin Fitzwater said later there were no plans to release the text. "It's diplomatic correspondence," he said.

NEW YORK (AP) - A booklet issued by the American Jewish Committee contends that a "new activism" by pro-Palestinians within Christian churches seeks to under-mine sympathy for Israel and is putting Israel at risk.

Advocacy in the churches of Palestinian Arab political goals has taken an increasingly anti-Israel tilt "in that failure to achieve either peace or stability in the Middle East is laid almost entirely at Israel's door," the booklet says.

THE HEREFORD BRAND

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He also kept up a flurry of liplomatic phone calls with the leaders of the allied coalition in the gulf, including French President Francois Mitterrand twice, Saudi King Fahd and Canadian Prime

Minister Brian Mulroney. "I'm not going to give up. And I told this to our coalition partners," he said. But Baker was met with "a total stiff-arm. This was a total

rebuff." Bush spoke of Aziz's "intransigence," but curiously offered some praise for the foreign minister's

performance in Geneva. "I thought that he presented his views in a reasoned - reasonable way. He had a tough agenda," the president said. "He works for a tough

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Myths surrounding arthritis treatment

Like

For many people, arthritis is a mystery. The name simply means inflammation of a joint," but the disease occurs in more than 100 forms whose causes and symptoms vary widely.

Arthritis affects about 37 million Americans of all ages and walks of life. Effective treatments are available for some forms of the disease. There generally is no sure, so the condition tends to be a lifelong problem. Discomfort can ebb and flow over the years.

Small wonder, then, that people with arthritis look for ways to cope with the condition. In addition to medically valid treatments, people may turn to bogus-or dangerousquack remedies. Expenditures on bogus and legitimate treatments approach \$950 million a year.

Many popular treatments feature diet or exercise. How valid are they? Current research is debunking several food myths-but providing dramatic news about the value physical activity for people with arthritis.

For generations, dietary regimens to "cure" arthritis have been popular. Physicians used to recommend dietary changes as a way to cope with the arthritis-like pain of gout, which results from the buildup of a waste product called uric acid. Today, medications can successfully manage most cases of gout.

As for other types of arthritis, there are plenty of unfounded theories:

Omega-3 fatty acids-This substance, found in fish-oil capsules, seems to have an anti-in-flammatory effect, but it does not alter the course of arthritis. We do not recommend taking supplements as a treatment for arthritis.

* Cod liver oil-A "lubricant" for stiff joints may sound logical, but your body treats cod liver oil like any other fat-the substance has no specific effect on joints. Cod liver oil is high in vitamins A and D; it can be toxic in large amounts.

For some individuals, food choice may seem to affect the symptoms of arthritis. This may be due to psychological factors ("the placebo effect"), or symptoms may coincidentally fluctuate with changes in what you eat. Here's a good rule of thumb: Buy foods and determine the portions you'll have, as if you were in perfect health. Avoid supplements and megadoses. And don't rely on "diet therapy" at the expense of regular medical care to treat your condition.

Maintaining a healthful diet is important for everyone, but it can be a challenging goal if you have arthritis. Medications can interfere with your body's absorption of nutrients, Also, some useful arthritis medications can diminish your appetite and cause bloating or stomach irritation. (Ask your doctor if you can take medications at or near mealtime to decrease unpleasant symptoms.)

By making physical activity uncomfortable, arthritis may promote or aggravate obesity and excess pounds put further strain on your joints. Limited mobility can discourage you from shopping and preparing meals.

Today, you can choose from an increasing array of equipment to make working in the kitchen easier ever know. -- Louisiana and more pleasurable.

Total rest-which might seem to commonsense approach to coping with arthritis-is not ideal. Research shows there must be a balance between rest and physical activity.

Rest is important for helping control active inflammatory arthritis. When acute arthritis subsides, a reasonable form of controlled activity can help improve conditioning and muscle tone and protect your joints. Lack of physical activity can worsen problems ranging from heart disease to obesity and ostcoporosis.

Many hospitals and community centers offer exercise programs for people with arthritis. The Arthritis ndation has developed a program

Ann Landers

DEAR ANN LANDERS: In recent years I've become aware that there is an abundance of lonely women who are looking for a companion or simply a warm body. I have one of them. My husband. He's in excellent physical shape, is

a fine family man and tidy. He goes to church every Sunday without fail. He enjoys golf and tennis. He isn't a drunk. He doesn't gamble and has never had so much as a speeding ticket.

I'm not the worshipful, loving wife he deserves. That woman died a long time ago. In her place is one who has adjusted to reality.

So what's the catch? Simply this: My husband is mean, selfish, critical, deceitful, miserly, demanding, vain, rude, inflexible, unforgiving of the most trivial transgression and impossible to please. He sucks the joy of life on a daily basis.

For many years I kept thinking everything that went wrong was my fault and if I just kept trying things would get better. Now, 40 years later, I know it will never get better and he is at least 50 percent at fault.

Please print this letter and send me the replies you get from interested parties. Some women are so desperate for a man they'll take anything. This one comes complete with wardrobe and he makes and excellent appearance. No one will

Langehennig presents program

Terry Langhennig presented a program for the La Afflatus Estudio Club when members met recently in the home of Pet Ott.

Langehennig stressed to the women the importance of locating the proper businesses for investing their money and also advised the women

DEAR LOU: I sense a tinge of tongue-in-cheek playfulness but I'll bet you feel better for having written. Let me assure you that I am going to receive dozens (if not hundreds) of letters asking how to get in touch with you. Of course, I will not respond.

The sad truth is that there's a large number of lonely women out there, some foolish enough to think that a) once they get the guy they can change him to suit their specifications, or b) a badly flawed husband is better than no husband at all. Let me assure them that they are wrong on both counts.

DEAR ANN LANDERS: Last month my grandmother died. I had to book a flight immediately to attend her funeral and ended up paying more than \$1,000 for a round-trip ticket from California to North Dakota.

When I tried to get the special airfare I was told that unless I stayed a Saturday night I wouldn't be able to get the grievance fare and I'd have to pay the full coach fare. I couldn't afford to take an entire week off work and school just to get half off the fare and ended up paying what amounted to a month's pay.

I ask you, Ann, is it fair that a grieving person be forced to stay somewhere a specific length of time, lose wages and have to deal with all the other expenses just to get a reduced rate on airfare? My travel agent was astounded that not one airline would accommodate me. I'd like to know if anyone else has ever had this problem and what can be done about it. -- Sacramento

DEAR SACRAMENTO: I hate to sound hard-boiled but airlines are businesses and, like all other businesses, if they don't make a profit they have to close down.

I've never heard of a hotel that gives cheaper rates for people who are in town for a funeral or restaurants cutting the bill for mourners. I agree that some of the rates don't make a lot of sense. For example, if you keep a sharp eye open for discount fares, you can go from

Sorority meeting held

the setting of the Jan. 8 meeting of Alpha Alpha Preceptor Chapter of Beta Sigma Phi Sorority.

A book review presented by Carol McGilvary, librarian at Hereford High School, and written by Mame Burns titled "This I Can Leave You" was the topic for the program.

Mrs. Burns and her husband D. Burns were the managers of the Pitchfork Ranch, one of the oldest and largest ranches in Texas, from 1942 until 1965. Mrs. Burns tells of life on the ranch and of the many characters that enter their lives during the 23 years the Burns lived there.

Upon retirement from the ranch,

the Burns moved to Lubbock where D. Burns, at the age of 80, built and oversaw the reality of the Ranching and Heritage Center in Lubbock. Mame was inducted into the

Cowgirl Hall of Fame and Western

Beverly Redelspergers home was Heritage Center in Hereford. She passed away in 1985.

Beta Sigma Phi International Charitable Foundations and the additions of five new grants by the Beta Sigma Phi International Endowment Fund were discussed during the business meeting. The membership voted to contribute to the endowment fund.

Also discussed was the Valentine Brunch and Ball, and the City Council meeting scheduled for Jan. 14 at 7:30 p.m. in the home of Lynda Brown.

The next chapter meeting is cheduled for Tuesday, Jan. 22.

Hostesses Redelsperger and Barbara Burkhalter served Texas trash, brownies, almond tea and coffee to members Virginia Jackson, Alene Tindal, Murlene Streun, Brown, Gerry Taylor and guest McGilvary.

Hints from Heloise

are aware of how important a monthly but I hate to get rid of them. Is there breast self-examination is, but it is also anything that can be done to restore advisable to have a mammogram to them back to their original shape or do detect lumps too small to be felt by I have to call a professional? hand.

The procedure should be performed have to do is wipe the surface of the seat by an experienced radiologist who uses with a cloth that has been dipped in hot a low dose of radiation, which is not water and wrung out. Scrub thoroughly, painful or harmful.

If the compression technique is used, to dry. - Heloise (which is recommended for a clearer, more accurate X-ray), it might be a little uncomfortable, but should not be pain-

ful and is certainly worth any momentary inconvenience.

The first mammogram should be performed between the ages of 35 and 40 so the doctor can compare it with future the entire car in one day, as long as you mammograms. Your doctor will sug- don't stop work in the middle of a panel gest how often you should have one, where a line would then be visible. depending on family history.

If detected early, breast cancer may be 90 percent curable. A mammogram only takes a half-hour or so and can save your life. - Heloise

Dear Readers: I'm sure most women the seats are sagging. They look awful

A. You can fix them easily. All you then place the chair outdoors in the sun

WAX CAR

Dear Heloise: Park in the shade when waxing your car. Heat from the car's surface can interfere with the polish's cleaning action.

Remember, you don't have to polish John Adams, Scarsdale, N.Y.

Send a money- or time-saving hint to Heloise, P.O. Box 795000, San Antonio, TX 78279 or fax it to 512-HELOISE. 1 can't answer your letter

people claim that foods such as tomatoes, potatoes and peppers worsen arthritis pain. This has never been documented; avoiding such foods will not relieve arthritis symptoms.

Make life better

Plastics are helping to bring windpower costs down to earth. Wind aerospace technology in which composites are used to make the turbine blades that rotate to produce the floor. electrical energy.

More than 14,000 windmills now dot California's hills. There, strong tropical winds generate enough electricity to meet the residential needs of a city the size of San Francisco or Washington, D.C.

Used plastic containers, car ports any exercise program: and computer housings, collected, cleaned and chopped, can be a valuable commodity. By mixing used plastics with ground glass, one company has been able to manufacture durable road construction products that won't rust, corrode or rot. These products include highway signs and the "chairs" and "bolsters that support the steel reinforcing rods

for roads and bridges. Modular plastic walls have captured the imagination of avid rock climbers and novices alike. They're great for people who live outside areas where they can rock climb for serious climbers who are constantly in fitness and recreation centers, mimic the look and feel of rock. They're made from glass reinforced polyester panels (fiberglass) that have been coated with a polymer concrete.

Former Soviet Premier Nikita Khrushchev died of a heart attack in 1971. He was 77.

* "Elimination diets"- Some called PACE ("People with Arthritis Can Exercise"). Designed for people with mild to moderate arthritis, PACE meets the traditional treatment goal of increasing your range of motion. But PACE goes further and adds

a new dimension of exercise for people with arthritis-routines that strengthen muscles and improve heart/lung capacity. Result: increased fitness, joint mobility and pain control.

PACE is available as a group activity at local Arthritis Foundation chapters and on videotape for home use. There are two levels of intensity.

The PACE course spans about eight weeks. Sessions last an hour, one to three times a week. You'll learn up to 70 routines that cover posture, machines borrow from current breathing and relaxation. PACE is a total-body workout that you can perform standing, sitting or lying on

PACE complements-but does not replace-the program of medication, rest and joint protection that your physician recommends. Ask your doctor PACE is appropriate for you.

If you have arthritis, follow these guidelines whenever you undertake

1. Move slowly, so muscles can relax between each repetition. Move joints only until you feel a gentle stretch. Concentrate on reaching the joint's full range of motion each day, rather than on speed or number of exercises. Be sensitive to joints that are inflamed (red, warm, sensitive).

2. Exercise at your own pace. Don't. worry about keeping up with someone else. Never allow another person to help you unless he or she has received training from a therapist.

3. Listen to your body. Stop exercising if pain gets worse during your workout, or if you become dizzy, short of breath or sick to your stomach. If pain lasts more than two hours after you exercise, modify your routine.

4. Don't take pain medications before you exercise. By "masking" pain, they could lead you to overexertion and joint mag

5. Breathe deeply when you exercise. Count out loud while you exercise to be sure you're not getting out of breath.

to know the people they deal with concerning money matters. The speaker was substituting for Ike Stevens who had to cancel his program.

The meeting was called to order by Secretary Virginia Beasley and the club collect was recited.

The next meeting will be held Jan. 22 in the home of Emily Suggs with Mary Williamson scheduled to present the program on education.

Frances Crume and Margaret Brorman were welcomed as guests by those present: Etoile Manning, Alberta Higgins, Beasley, Louise Kinsey, Della Stagner, Aileen Montgomery, Williamson and Ott.

Honor students named

Area students attending Angelo State University in San Angelo are listed on the honor roll for the fall semester at the university.

Those listed on the 3.00 to 3.49 honor roll include Jefferson Mark Hicks, an animal science major; Kendra Leigh Tisdale, undecided major; and Chad Micheal Beavers, a psychology major. Those listed on the 3.50 to 4.00

honor roll include Angela Raquel Banner, an undecided major; Kelby Dane Hagar, an accounting major; and Brenda Gail Allen, an elementary education major.

Demons

BARTLETT

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Do you have questions about sex, but no one to talk to? Ann Landers' booklet, "Sex and the Teen-ager," is frank and to the point. Send a selfaddressed, long, business-size envelope and a check or money order for \$3.65 (this includes postage and handling) to: Teens, c/o Ann Landers, P.O. Box 11562, Chicago, Ill. 60611-0562. (In Canada, send \$4.45.)

LOS ANGELES (AP) - Delta Burke of TV's "Designing Women" is suing the show's producers for breach of contract, claiming she was written out of an episode in revenge.

The actress has been feuding in public with producers Linda Bloodworth-Thomason and Harry Thomason, who claim Miss Burke is difficult to work with.

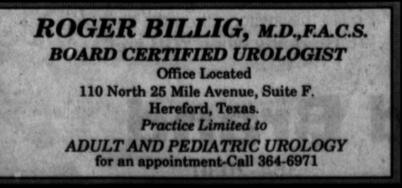
The actress claimed in the lawsuit filed Wednesday that she was kept out of a Nov. 9 episode of the CBS sitcom. Miss Burke, who plays Southern belle Suzanne Sugarbaker, wants \$55,000 she claims is guaranteed per show, and unspecified damages.

Cheryl J. Kagan, a spokeswoman for the Thomasons, said they had not seen the lawsuit and had no comment.



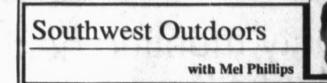






Page 4--The Hereford Brand, Thursday, Jan. 10, 1991





Mid-winter fishing can be successful

Hello 1991. This year promises to be a very good year. For all the dedicated fishermen staying home and watching those marvelous fishing shows on TV, get off the sofa and get on the water. Remember: it was during this time of year that David Conditt of Randall caught the Lake Meredithrecord smallmouth bass, Hank McWilliams of Fritch caught the state-record walleye and Lake Baylor produced a black bass weighing more than 13 pounds.

Rumor has it that the fishing dock at Lake Meredith is good stringers of crappie, sand bass and keeper walleye. The dock is not heated but some good protection from the wind is available. I just might see you there some night.

The deer and turkey hunting contests sponsored by Blake Bros. in Canyon is coming to an end. To enter either the longest turkey beard, mule deer or whitetail buck contests, call Paul Blake at 655-7148 before he closes out the contests. The deer or turkey must be taken in the area north of Lubbock. Winners of the \$50 gift certificates will be announced right here in this column.

I just returned from a deer hunting trip in South Texas and history repeated itself for the fifth year. After four days of serious hunting and scoping out some 35 bucks, no trophy buck revealed himself. Funny how the eight-point bucks seem to know that my goal is a heavy 10-point buck. I have a spot reserved in for that "muy grande." Oh well, as they say in the UT football program - wait until next year.

TIP OF THE WEEK: One of the best ideas for staying warm while fishing or hunting in the really cold weather is one of those no-fuss hand warmers distributed by Grabber under the "miniheater" trademark. These little packets of heat have no smell and when placed in an inside coat packet can really warm up the outdoorsman. Good for between four and 24 hours depending on the size of the packet and the amount of air exposure, these heaters can be resealed and used for several short trips. Just take an air-tight plastic bag, squeeze out all the air and reseal the bag in order to stop the heating chemical reaction. The powders in the heating bags react with the oxygen in the air and stopping the oxygen supply stops the reaction. The manufacturers don't recommend saving their heaters for several trips, but I like to save money whenever possible.

The days are getting longer and the winter chill will soon be replaced by the warmth of spring. We at Southwest Outdoors are looking forward to great adventures in 1991 and wish you and yours a happy and prosperous New Year.

Soph contest off

For the second time in a week,

The team, which has not played weather has forced the cancellation since Dec. 14, was to have hosted a of a Hereford Whiteface sophomore four-team tournament last weekend, but icy roads wiped out the tourney.

UIL may beat NCAA to punch on player conduct, taunting rules

By CHARLES RICHARDS

Associated Press Writer restrict taunting and showboating by high school athletes if the NCAA doesn't clamp down on the tactics, UIL director Bailey Marshall says.

The UIL, which governs athletic and academic competition among Texas' public high schools, began addressing the problem months ago, Marshall said Wednesday.

The University of Miami's much-criticized antics in its by players and coaches, to see what penalty-plagued Cotton Bowl victory over Texas on Jan. 1 "just brought out more vividly" a trend that seems to be increasing, Marshall said in a telephone interview from Austin.

High school football in Texas is played basically by NCAA rules. "The taunting issue we plan to

bring up at an NCAA rules committee meeting in Corpus Christi later in the summer. We are extremely concerned, and if the NCAA doesn't do anything in that area, I feel sure the UIL will make some rules of its own and insist upon enforcement," Marshall said.

The NCAA, and thus the UIL, already has rules on taunting and on end zone exhibitions after touchdowns, Marshall said, "but I don't think those rules are enforced as severely as they should be."

High school and junior high athletes could be expected to try to The University Interscholastic emulate the behavior of players at League will move on its own to Miami, which has finished near the top of the national standings for the past five years, the UIL director noted.

"If we don't get this stopped, we're going to have some severe problems," Marshall added.

"We had already set this out last spring. We sent out letters to all the colleges and pro teams and all the press and media in regard to behavior can be done to eliminate these problems," Marshall said.

'We are asking the colleges and pros to serve as better role models for high school students. We don't blame all of it on the pros and colleges; we realize we have some work of our own to do. Everybody has to realize there is a need to do something; and if that means all of us sitting down at the table and deciding what to do, we are ready to lead the way, or at least set the tone."

The National Federation of State High School Associations implemented several rules changes this week in Kansas City, but none dealt with taunting or showboating.

Several, however, dealt with harsher treatment of flagrant fouls another criticism directed at the they want to. It's a judgment call by in Texas, Marshall said.

Miami team during its Cotton Bowl victory.

Texas high schools are unaffected by the federation changes, since Texas is one of several states that use NCAA regulations as a guideline rather than the federation.

But all of the new changes already are basically in effect in Texas, Marshall said.

'We alter some (NCAA regulations) because of special concerns by our people. For instance, we put in the mouthpiece rule before the NCAA did. We usually are a step or two ahead of the NCAA, as far as safety is concerned," Marshall said. In one notable rules change, the

high school federation said from now on any attempt by a player to hit, kick or elbow an opponent is grounds for ejection, even if no contact was made.

The entire issue of sportsmanship - the taunting and baiting by players is of great concern," said Dick Schindler of the federation.

"Striking and kneeing have always been disqualifying fouls, but swinging and missing, or kicking at but missing, were not. The committee believes both acts are serious enough to warrant ejection.'

Referees at Texas high school ames already have that discretion, Marshall said.

"Officials can throw 'em out if

the official. If I was working a game and saw a player swing at another, I'd either throw a flag and penalize them 15 yards for unsportsmanlike conduct or eject them, depending upon the tone of the game," Marshall said. Also adopted in Kansas City by the

national federation was a rule that would prevent a player who is knocked unconscious or apparently unconscious from returning to a game without the written permission of a doctor.

'We leave that to the coaches, the school trainer and all to make those decisions," Marshall said.

'What is being knocked out? Who knows that? It puts an awful burden on the officials, so we leave those decisions to the coaches and trainers and doctors. Besides, I don't know anyone who takes any chances with head injuries," the UIL director said.

The national federation voted to keep football goalposts wider than those used in college and the pros. It said high school football teams using its rules will keep goal posts at 23 feet, 4 inches. The NCAA will narrow goal posts to the NFL standard of 18 feet, 6 inches next year.

An exception to the rule adopted by the National Federal Football Rules Committee will be made when a high school team plays on a collegiate field. That's the same rule already in force



NASHVILLE, Tenn. (AP) - Games and scholarships were swallowed up in the NCAA's latest round of reforms, student-athletes emerged with more time to just be students, and college presidents removed all doubt as to who's boss.

presidents attending the NCAA athletics at Texas and a long-time Wednesday, delegates approved by

changed. Dramatically and completely," Hunter Chalmers III, president of the University of Iowa, said. "We'll see it again at next year's convention."

"It's good what's happened," said Many of the nearly 250 college Donna Lopiano, director of women's activist in NCAA affa presidents have said to all the athletic directors and faculty reps, 'You're not doing a very good job protecting the integrity of our institutions. We don't like it and we're going to take over.'

"As you can see, the world has basketball programs will lose two was reduced from the present scholarship, cutting back to 13.

"I can't imagine that the quality of our game will not be hurt," Oklahoma football coach Gary Gibbs said.

During a long afternoon session measure that shortens playing seasons and reduces time demands on athletes. Football wasn't affected in the seasonal cutback, but basketball

28-game limit to 27.

The reform movement finally suffered its first setback when delegates softened a key proposal in a series of measures to toughen membership requirements for Division I, the top division.

"It's like scoring a bunch of missing one extra point," NCAA executive director Dick Schultz said.

basketball game.

The Herd sophs were scheduled to play at 6 p.m. today at Lubbock Monterey, but an eight-inch snowfall in Hereford caused officials to call the game off.

The sophomores are scheduled to play Pampa 4:30 p.m. Friday at the HJH Gymnasium as part of a fivegame set against Harvester teams.

Carter ordered to forfeit '88 grid title

AUSTIN (AP) - Dallas Carter committee members said. High School must forfeit its 1988 state 5A football title and give back School District assistant superintenthe championship trophy, the University Interscholastic League's state executive committee ruled today.

The unanimous decision upheld the committee's original decision of Nov. 18, 1988.

Carter temporarily was forced out of the playoffs after Texas Education Commissioner W.N. Kirby ruled that the school had violated the no-pass, no-play law by changing an algebra grade for backfield star Gary Edwards from failing to passing. Under the no-pass, no-play law, a student must pass all classes to be eligible for extracurricular activities, such as sports.

But hours later, on Nov. 18, 1988, state District Judge Paul Davis of Austin issued a temporary restraining order that enabled Carter to continue in the playoffs.

In July 1989, Davis again ruled in favor of Carter and filed a permanent injunction against the Texas Education Agency and UIL, which was appealed. The 3rd Court of Appeals dismissed the case as moot and set aside Davis' ruling on Oct. 3, 1990, meaning that Kirby's decision stands. The case was not appealed to

the Texas Supreme Court. The UIL committee today voted to require Carter to forfeit all four 1988 season games played after Oct. 10, 1988, to return its championship trophy to the UIL and "make a good faith effort" to collect championship medals from former players. Records would show that Carter

had won the championship game but forfeited the title to Converse Judson, which Carter defeated in the state finals Dec. 17, 1988, 31-14,

Chad Woolery, Dallas Independent dent for secondary education, said the district would not take any further action in the case.

"Of course, we're disappointed. But that's it," said John Kincaide, DISD athletic director. "We're glad that it's over with.'

But Kincaide said he still did not believe the question of whether Edwards' grade was changed had ever been clarified.

"My concern was that the issue on the merits of the case, every time the merits of the case was tried in a court, the student was found to be eligible and that no grade had been changed," he said.

Woolery said the school would do its best to contact former players and return their medals to the UIL, although Kincaide said it would be

"literally impossible." "We'll do the best we can with the medals. Those kids are scattered everywhere. We don't even know where all of them are," Woolery said. Kincaide also said he was unsure

of the exact location of the championship trophy, although he said it should be easy to return. "We'll find it," he



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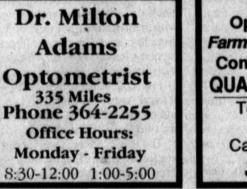
convention began today to head home, their Nashville operation to take control of college athletics an unqualified success. About 50 more agenda items awaited delegates to the meeting, which isn't scheduled to adjourn until Friday.

But the primary items in the Presidents Commission's far-reaching package designed to cut back scholarships, coaching staffs, playing seasons and time demands stampeded to passage Wednesday for the second straight day.

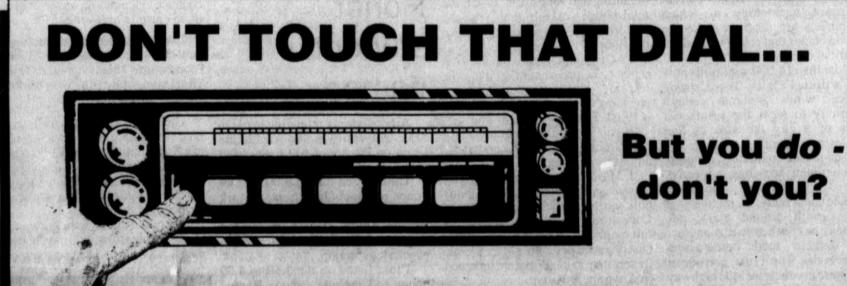
The 44-member commission proved beyond doubt by the two days' voting that it represents the overwhelming majority of college presidents.

"They said it very emphatically," Lopiano added. "But I hope it doesn't have to be said too often."

The reform blitz - one college chief described it as "a fast-moving locomotive" - produced roughly 10 percent across-the-board scholarship cuts in all sports, including the money-making sports of football and basketball. Football scholarship limits will go from 95 to 85 by 1995 and (See CONVENTION, Page 5)



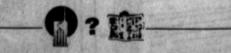
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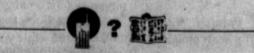


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The Hereford Brand--Thursday, Jan. 10, 1991--Page 5

Jordan passes another milestone

By The Associated Press

When it comes to passing milestones, Michael Jordan would rather be in Philadelphia.

Jordan, who earlier in his career scored his 5,000th and 10,000th career points at the Spectrum, passed the 15,000 mark Wednesday night and finished with 40 points in the Chicago Bulls' 107-99 victory over the 76ers.

"I've had milestones here in the past, but we lost the games. The thing that meant most to me tonight was getting the win," Jordan said.

Jordan reached 15,000 points he's the 54th player to do so - in 460 games, faster than anyone else except Wilt Chamberlain, who scored his 15,000th in his 358th game.

"I'm a little surprised I did it so quickly. Six or seven years ago I wouldn't have thought it would happen so quickly," said Jordan, who is in his seventh NBA season.

Jordan's 15,000th point came on a free throw late in the first quarter.

"To reach the milestone was a bonus," he said. "This was a great victory f or us. We've been playing lead. kind of low-key lately, but we had our minds set to win this game, especially since they beat us in Chicago earlier."

In addition to his other Philadelphia milestones, Jordan also became the Bulls' all-time scoring leader during a 120-109 loss in Philadelphia last Jan. 26.

Elsewhere in the NBA, it was Boston 110, Milwaukee 102; Minnesota 111, Orlando 103; Dallas 109, Portland 99; Phoenix 113, Cleveland 105; and the Los Angeles Lakers 108, Utah 85.

Charles Barkley had 29 points and Armon Gilliam 23 for the 76ers, who have lost six of seven games and fell 8 1/2 games behind first-place Boston in the Atlantic Division.

Celtics 110, Bucks 102

to 18-1 with its 17th consecutive victory at Boston Garden despite losing all but two points of a 28-point lead against Milwaukee.

Kevin McHale had 30 points, 10 rebounds and five blocked shots and Reggie Lewis 26 points for the Celtics.

> Mavericks 109, **Trail Blazers 99**

Portland whittled a 20-point deficit to five with 2:36 to play on a free throw by Clyde Drexler, but the Mavericks held on down the stretch. Drexler fouled out with 1:23 to play with 22 points.

Rolando Blackman and Alex English, who scored 24 points each, keyed a decisive third period for Dallas.

Lakers 108, Jazz 85

Magic Johnson, back from a two-game absence, had 12 points and 15 assists as Los Angeles snapped Utah's six-game winning streak.

Johnson, sidelined because of a strained middle finger on his right hand, sat out most of the final quarter after Los Angeles took an 80-61 lead into the period.

Byron Scott, who had 20 points for the game, scored nine in the first 5{ minutes to propel the Lakers to a 20-8

Suns 113, Cavaliers 105

Phoenix handed Cleveland its ninth straight loss, outscoring the Cavaliers 23-11 in the final 9 1/2 minutes.

Jeff Hornacek scored 23 points and Kevin Johnson had 10 of his 16 in the final 6:42 for the Suns, who trailed 94-90 with 9:41 left after a 9-2 run by the Cavaliers.

Brad Daugherty had 27 points and 14 rebounds and Craig Ehlo scored 19 points for Cleveland.

Timberwolves 111, Magic 103

Minnesota snapped an eight-game road losing streak behind Pooh Richardson's 30 points and 14 assists and a 20-6 fourth-quarter run against Orlando.

The Timberwolves led by 15 in the Boston improved its home record first quarter, then trailed by four in the fourth before the decisive spurt put them back in control. Tyrone Corbin scored 11 of his 29 points in the fourth quarter for Minnesota.

By DICK BRINSTER AP Sports Writer

Although he was still bothered by some half-cooked sausage, Gordon Winchester knew it would take a full-blown effort to control Malik Sealy for Seton Hall to beat St. John's.

Ignoring stomach pain, the residual of food poisoning, Winchester epitomized Seton Hall's defensive effort by shackling the high-scoring Sealy as the Pirates beat the 4th-ranked Redmen 74-62 Wednesday night in the Big East.

"I ate a half-cooked sausage on Sunday and my stomach is still upset," Winchester said after limiting Sealy, a 24.6 scorer, to 11 points. "I just tried to concentrate on the game and forget about the pain."

The 6-foot-8 Sealy came in shooting 58 percent. Against the 6-7 Winchester, he was 3 for 13.

Winchester wasn't alone. Seton Hall (10-2, 3-1), which entered the game allowing opponents to shoot 39 percent, cut St. John's (10-2, 1-2) to 33 percent on 22-for-66 shooting, 9 for 28 in the first half.

Elsewhere in games involving ranked teams, it was No. 1 UNLV 124, Utah State 93; No. 5 North Carolina 105, Mayland 73 as coach Dean Smith got his 700th victory; No. 11 Kentucky 89, Mississippi State 70; No. 14 Duke 98, No. 24 Georgia Tech 57; and No. 18 Nebraska 97, Missouri-Kansas City 78.

Terry Dehere scored 21 points for surging Scton Hall, which won for the fourth time in the last five meetings with its Big East Conference rival.

A 20-8 second-half surge by Seton Hall put the game away. St. John's, led by Jason Buchanan with 13 points, went 6:04 without a basket during the surge.

No. 1 UNLV 124, Utah St. 93 Larry Johnson scored 31 points, leading the Runnin' Rebels to their 21st straight victory over two scasons.

UNLV couldn't get untracked in the first half, while the scrappy Aggies led carly and tied the game four times. UNLV managed a 59-54 lead at halftime.

The Runnin' Rebels opened the second half with a 16-4 run. Kendall Youngblood led the

Winchester shoots down Redn

Aggies with 21 points. No. 5 N. Carolina 105,

Maryland 73

Smith got his milestone victory behind a career-high 25 points by Hubert Davis.

Walt Williams, Maryland's leading scorer at 21.4 points per game, was held to 16 after making only 2 of 11 shots in the first half. Matt Roe led the Terrapins with 23 points.

No. 11 Kentucky 89, **Mississippi St. 70**

Freshman Jamal Mashburn scored 24 points and Kentucky's press forced 31_turnovers.

Kentucky used a 17-4 surge, including three baskets by Mashburn, to pull ahead 23-12 with 12:02 remaining in the first half.

No. 14 Duke 98, No. 24 Georgia Tech 57 '

Billy McCaffrey had a career-high 29 points as sharp shooting and solid defense gave the Blue Devils an

Atlantic Coast Conference victory. Georgia Tech, tops in the ACC by allowing a shooting percentage of 40.8, suffered a reversal. The Yellow Jackets shot 36 percent while the Blue Devils hit 58 percent.

No. 18 Nebraska 97,

Mo.-Kansas City 78 The Cornhuskers got 18 points from Carl Hayes, one of four players in double figures.

Missouri-Kansas City was led by freshman Tony Dumas with 22 points, 15 in the first half.

nse

isn't over for Warren Moon. He's too without a lot of help." busy accepting awards and getting ready to play in the Pro Bowl.

Moon was named Wednesday as Player of the Year, continuing the flow of accolades he's received since the Houston Oilers were eliminated from the NFL playoffs Sunday by the Cincinnati Bengals.

"I've been getting a lot of awards the past few days and this is the biggest one," Moon said. "This is the highest award I've won and I

HOUSTON (AP) - The season realize you can't win awards like this

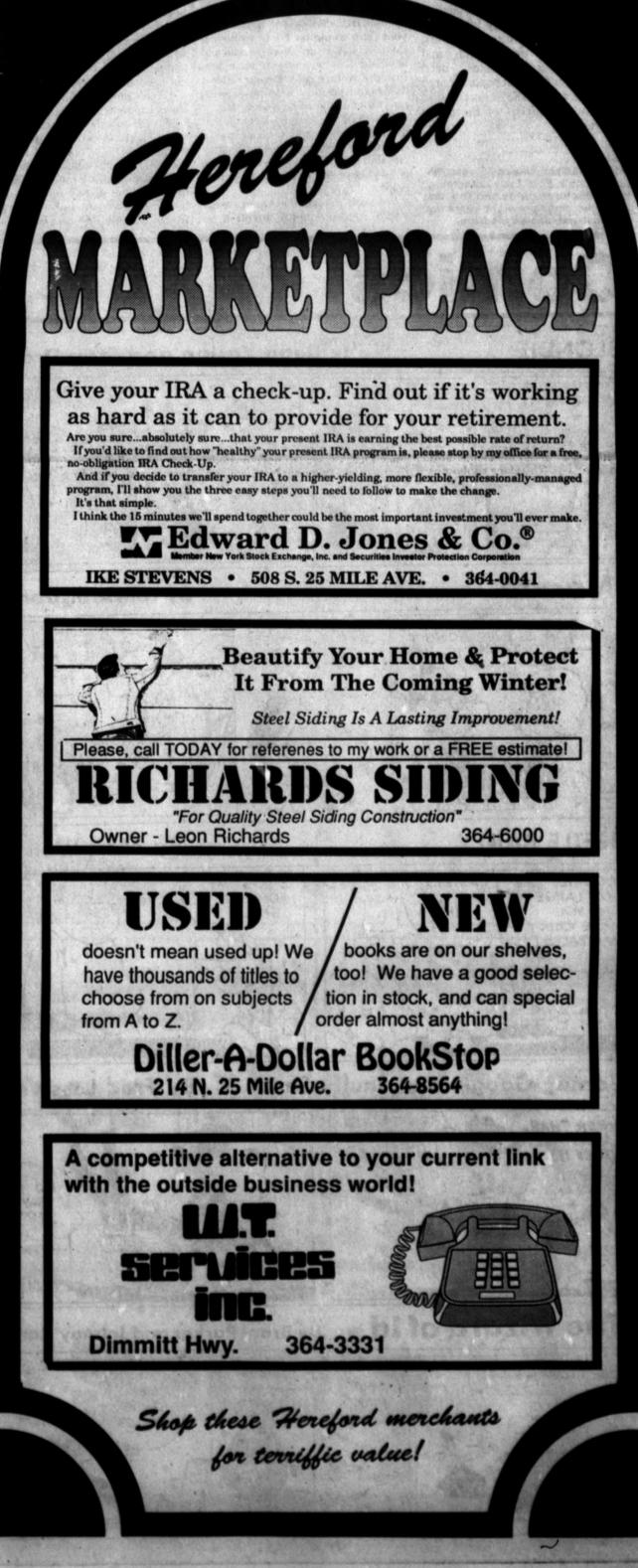
Moon beat Philadelphia's Randall Cunningham 43-14 in voting by 80 The Associated Press' Offensive sports writers and broadcasters who cover the NFL.

> Running back Barry Sanders of Detroit and guarterback Joe Montana of San Francisco each received seven votes. San Francisco receiver Jerry Rice got five and Buffalo quarterback Jim Kelly and Chicago running back Neal Anderson had two each.

Moon finished third behind Montana and Cunningham for The AP's Most Valuable Player award.

Moon led the NFL with 362 completions on 584 attempts for 4,689 yards and 33 touchdowns. His 527 passing yards against Kansas City was the second best performance in NFL history.

Moon is the only quarterback to pass 20,000 yards in both the NFL and the CFL. He's thrown more than 3,000 yards four times and this season narrowly missed the 5,000-yard plateau.



nson

IRVING (AP) - Jimmy Johnson isn't content with the Dallas Cowboys' comeback season, so he's coaching staff, Johnson said. looking for a new offensive coordinator to jump-start a sputtering offense Shula's reassignment as a demotion,

Lowry and Nolan had fulfilled their purpose of breaking in a new Johnson said he didn't view Cowboys' playoffs hopes.

But an injury to starting quarterback Troy Aikman, who suffered a separated shoulder, snuffed the Johnson met with Aikman this

that ranked last in the NFL.

Johnson stripped Dave Shula of his duties as offensive coordinator and quarterbacks coach Wednesday and gave him the new title of "passing game coordinator-receivers coach."

He said a search for a replacement

ment, but he refused to reveal who they were.

Johnson also released tight ends coach Alan Lowry and defensive backs coach Dick Nolan - holdovers year after going 1-15. Dallas lost from the Tom Landry era. Nolan has the option of remaining with the team on a part-time basis, Johnson said.

assistance, will make it much easier

"I think it was more important to

get it passed as amended rather than

not get it passed at all. There is no

question this strengthens Division I,"

for smaller schools to meet the new

CONVENTION

Division I commitments.

Schultz said.

but rather a way to fix a sporadic offense "We're not doing this because of

problems," Johnson said. "We're doing this because we want to get better.

"I don't think this is a reflection was under way, and he hoped to make a hire by the end of January. Johnson said he had "two or three candidates in mind" as a replacebe any scapegoats. I think we had a good year.

> seven of its first 10 games before getting into playoff contention with a four-game winning streak.

week and then with Shula, who until Wednesday was the youngest offensive coordinator in the NFL. think he understands the situation and he understands where

his strengths are," Johnson said. He said Shula's talents would be put to better use in his new role, which includes working with receivers coach Hubbard Alexander

had with the Miami Dolphins" before

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joining the Cowboys, Johnson said. "My feelings are that we can add to what we already have," he said. CALL

and also with the tight ends. 'This is a similar role to what he

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HEALTH INSURANCE to help pay

Delegates voted 175-149 to let the nents, means athletes will be required to spend no more than 20 hours per aid which athletes receive from their week on their sport during its season, school count as athletic aid. That, and with one guaranteed day off. In the another amendment that relaxes off-season, athletes can spend only financial commitments by schools eight hours per week at their sport receiving large amount of federal

and be guaranteed three days off. "You can't overstate the importance of the time-reduction proposal for the benefit of the student-athletes," Lopiano said. "I was hopeful we could take even some more pressure off kids. The hour-per-week limit and mandatory The time-reduction measure, days off are long overdue. It's terrific broken down to its simplest compo- for the kids."



Page 6--The Hereford Brand, Thursday, Jan. 10, 1991

Mortgage facts that can pay off

Are you at home with the truths and misconceptions about home mortgages? Here are a few it may pay you to know.

Fallacy: You must be able to put at least 20 percent down to get a mortgage.

Fact: Lenders will allow a downpayment as low as five percent if you carry private mortgage insurance. The premiums will add to your cost over time.

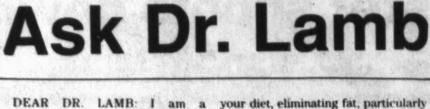
Fallacy: The only thing to consider in a mortgage is the interest rate.

Fact: Mortgage packages consist of more than interest rates. They consist of a quoted rate, plus "points" (pre-paid interest assessed by the lender at settlement, the meeting when the property legally changes hands) and other fees, plus a full range of "terms"-including adjustability versus fixed-rates, low downpayment versus high downpayment, the presence or absence of prepayment penalties and many other features.

Fallacy: If you can meet the mortgage and scrape up the downpayment, you can buy the house.

Fact: You also have to consider closing cost. These may include an origination fee, discount points, appraisal fee, title search and insurance, survey, taxes, deed recording feed, credit report charge and other costs. They can come to three to six percent of the entire mortgage.

Dolley Madison served 16 years as our nation's First Lady...assuming the duties for the widowed Thomas Jefferson and then eight years for her husband, James Madison.



60-year-old female in apparent good 60-year-old female in apparent good saturated fat, and cholesterol. At the health. I am tall, lean and active and I same time try to increase your feel well. Should I try to lower my cholesterol? My total cholesterol is 268; HDL-cholesterol, 94; LDLcholesterol, 168 and my total tri- checked regularly. glycerides, 67.

I understand the HDL-cholesterol, or good cholesterol is the most important. However, the laboratory Understanding Cholesterol and Trireport of the lipid profile stated one and a half times the average risk of coronary disease because of my ratio. What is my ratio?

DEAR READER: Your results would cause serious debate among various authorities, but I believe you are doing fairly well. Your total cholesterol is higher than it should be. For a person over 40 years of age it would be better if your total cholesterol were under 240, and some would want it to be at the 200 level.

You are correct in saying that the higher your HDL-cholesterol, the better off you are in terms of risk, and yours is a nice high level which should help to protect against the high total cholesterol level.

There are several different ratios used by laboratories but a common one is to divide your total cholesterol by your HDL-cholesterol. In that case your ratio would be 4.0. In women, a ratio of 4.44 is an average risk and anything less means you have less than the average risk. So your ratio of 4.0 should mean a less-than-average risk for you, not an increased risk.

Your LDL-cholesterol level, called the "bad cholesterol" because it is a measure of the fatty-cholesterol particles that lodge in the walls of arteries, is just below the level of a moderate risk

Putting it all together in your case, I would suggest careful attention to your diet, eliminating fat, particularly exercise. But I do not think your values call for heroics, meaning a lot of medicine. But do have your levels

You will understand your ratio and the various cholesterol values better after reading Special Report 44, glycerides, which I am sending you. Others who want this report can send \$2 with a long, stamped, selfaddressed envelope for it to THE HEALTH LETTER/44, P.O. Box 787, Gibbstown, NJ 08027-9908

DEAR DR. LAMB: When I was a girl and we would come in from outdoors and our nose or ears were cold, my mother would say we were having frostbite. She would take a pan of snow and rub our nose, ears and hands to prevent it. Since then I have heard this is not the thing to do, bu you should warm the part instead What really is frostbite and how d you treat it?

DEAR READER: Frostbite occur when tissue is frozen. The ears and tip of the nose are particularly suscept ble. You may not be aware of it at first because the affected area, such as the tip of your nose, may be numb. If companion tells you that your nose i white, you probably have frostbit and need to take care of it at once. not treated at once the area will turn red, then blue and blister. In sever cases gangrene can result.

NEVER rub the affected part with snow. Warm the affected part with warm towel -- about body tempera ture - for 20 minutes. That ma cause pain, but it is necessary. Don' use a heating pad or infrared lamp because you may burn the numl frostbitten skin. The best treatment i

prevention. Wear protective clothing, including scarfs and a face mask

Dr. Lamb welcomes letters from readers with health questions. You can write to him at P.O. Box 787, Gibbstown, NJ 08027-9908. Although Dr. Lamb cannot reply to all letters personally, he will respond to selected questions in future columns.

LYNCHBURG, Va. (AP) -Catholic bishops in Virginia have ships in the country.

The agreement was signed by bishops and 160 other representatives at the close of the state's annual Catholic) Conference.

Folic acid, vitamin B are needed during pregnancy

successful pregnancy are folic acid and vitamin B, reports the National Academy of Scientists.

Folic acid (or folate) is a Bcomplex vitamin necessary for a number of functions including synthesis of RNA and DNA-the genetic material responsible for cell division. During pregnancy, folic acid helps create red blood cells for the increased blood volume required

by the mother, fetus and placenta. Because of folic acid's role in Lutheran, Episcopal and Roman producing genetic material and red blood cells, a deficiency can have farentered into a covenant billed as one reaching consequences for fetal of the closest such working partner- development. If the fetus is deprived of folic acid, malformation can result.

Happily, folic acid and vitamin B-12 deficiencies are preventable. During pregnancy, foods rich in these LARC (Lutheran, Anglican, Roman vitamins should be included in the diet to help meet fctal and maternal.

Two vitamins important for a needs. The best sources of folic acid are dark green, leafy vegetables. Whenever possible, these vegetables should be eaten fresh and raw because storage and cooking destroy as much 80 percent of the vitamin. Vitamin B-12 is easier to obtain from the diet than folic acid. By eating adequate amounts of meats, fish and diary products a mother can consume a sufficient supply of vitamin B-12.

> Because of a women's increased nutrient needs during pregnancy, she may require folic acid supplementation. Additional folic acid can be obtained in either overthe-counter or prescription-only vitamin/mineral prenatal supplements. The chief difference between the two involves composition. Prescription prenatal supplements typically provide greater amounts of folic acid and iron that OTC formulations do.

> > (:05) G

Larry Lea

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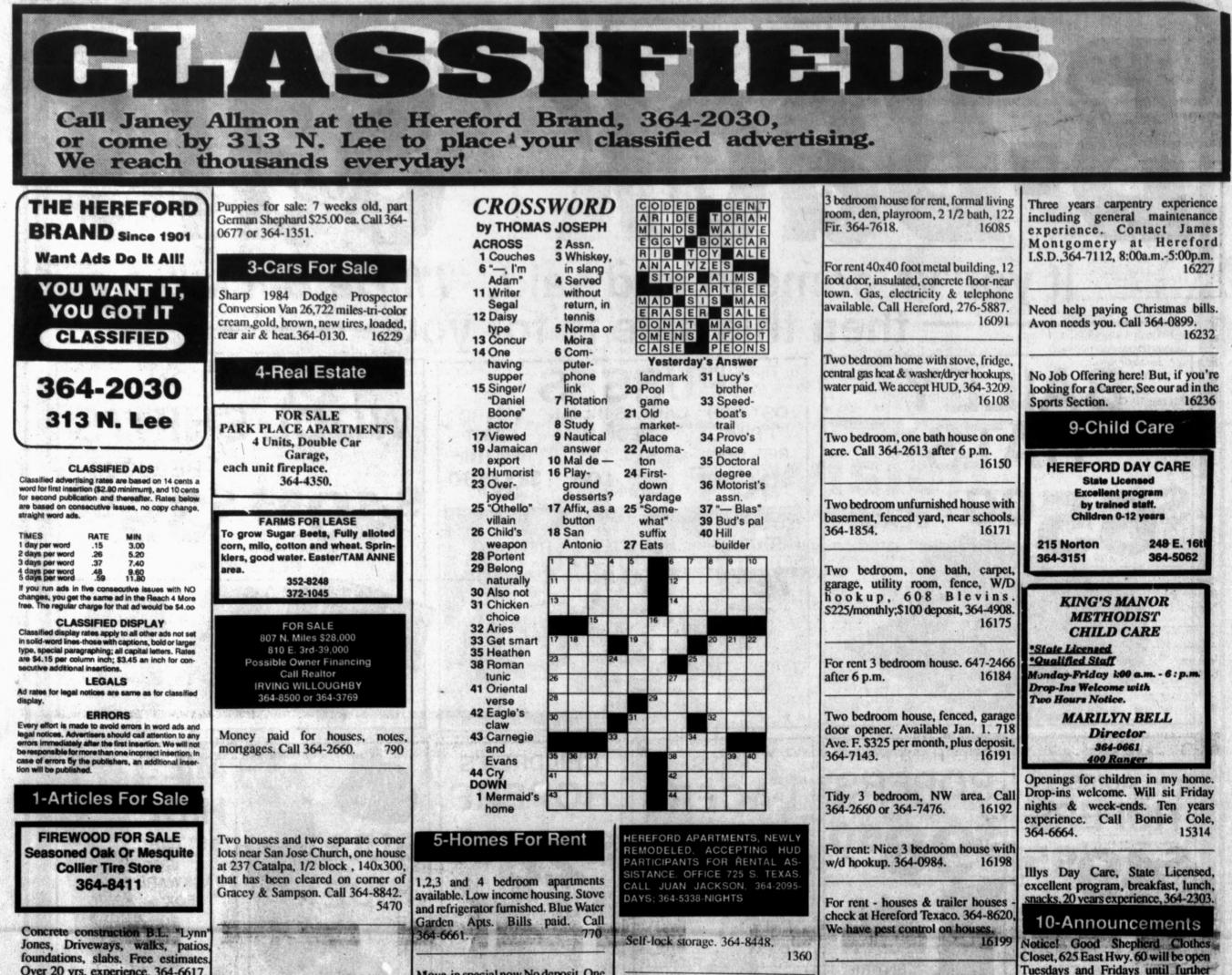
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The Hereford Brand--Thursday, Jan. 10, 1991--Page 9



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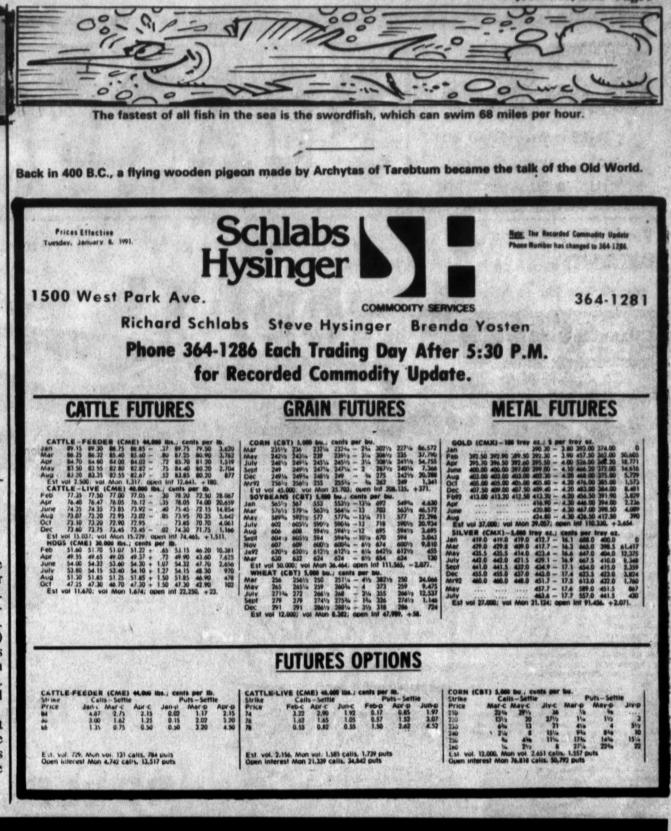
Common eyesight myths

When it comes to eye care, now crossed eyes. Fact: In some children who have

may be a good time to look at Will pick up junk cars free. We buy dispelling some of the most common a wide nose bridge, eyes may appear crossed, even though they are not. eyesight myths. According to experts This facial appearance of eyeat the Better Vision Institute, here are crossing may improve with age. some of the most commonly heard Actually strabismus (crossed eyes) myths about eye care. can be corrected by glasses, eye drops Myth: Eat carrots because they're

good for your eyes. Fact: Carrots are rich in vitamin or surgery. However, the condition of crossed eyes cannot be outgrown. A, which is essential for maintaining Myth: Reading in dim light will good eyesight. However, because damage your eyes. Fact: Reading in dim light won't

cause eye injury but it can cause eye strain. Proper lightning makes reading esasier and can help reduce eye fatigue.



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