Inside today's Hereford Brand
SDODTC Carter ordered to
forfeit ' 88 crown

WEATHER Fair, warmer by weekend


Thursday, Jan. 10, 1991


## Schlabs elected YF head


 Storm dumps 8 inches here
From staff and wire reports $\quad$ could not be determined this moming,
Hereford and the surrounding area
although one person was trapped in Hereford and the surrounding area alithough one person was trapped in
was digging out today from a major one of the pickups and had to be freed
snowstorm that officially left eight by Hereford snowstorm that officially left eight by Hereford volunter firemen.
incheseral major city streets were
Snow here. inches of snow here.
The snow started Wednesday also plowed by city crews during the The snow started Wednesday also
afternoon as a storm system moved
night through the area. After light drizzle Despite the snow, school was held
most of the day Wednesday, there today in Hereford. Buses ran only on most of the day Wednesday, there today in Hereford. Buses ran only on
was a brief period of heavy sleet paved roads, and classes started an was a brief period of heavy sleet
before snow began falling in earnest roads, and classes started an
at about $4: 30$ p.m. Wednesday in late this morning.
Most other area cities also had
 In just an hour, the city had started late.
received three inches of snow. By received three inches of snow. By
daybreak the snow had ended but had ther was poor across most of deftreak to to 10 inches in places around Central and Northeast Texas.
let the county. The storm yielded .90 of The heaviest rainfall Wednesday
an inch of precipitation, according to
was in the Austin area where as mush an inch of precipitation, according to was in the Austin area where as much
the official observation at KPAN. as 8 inches fell. Other heavy rain was Road crews from the State Depart- as 8 inched fell. Other heavy rain was
reuth and southeast of menad of Highways and Public Bergstrom Air Force Base, where
Transportation were out all night to residents voluntarily left low lying kecp U.S. highways 60 and 385 as
clear as possible. A spokesman said clear as possible. A spokesman said
this morning that most farm-totharket roads were not yet plowed.
med
 can," the spokesman said. "The west
cnd of the county had heavier snow so it's really bad out there. We're
s working hard to get them all."
The
weather-slickened yielded one major accident this yielded one major accident this
morning when two pickups collided
south of Hercford morning when two pickups colided
south of Hereford on U.S. Highway 385 near the Deaf Smith-Castro
county line. The extent of any injuries

$$
\begin{aligned}
& \text { areas. } \\
& \text { So }
\end{aligned}
$$ areas.

Some roads were covered by as areas.
Some roads were co
much feet of water. "Flooding is widespread around County" "John Murray, the county's
emergency managementdirector, said emergency management director, said
Wednesday. "Most of what has been done so far involves roadway closures
and precautionary evacuations." and precautionary evacuations.
Although skies were forecast Aldhough skies were forecast to be
clouy through tonight, noadditional snow accumulations were forecast here. Skies are expected to clear and
temperatures will warm region beginning Friday.

## CRISIS IN THE GULF

## Bush puts ball in Iraqis' court <br> WASHINGTON (AP)- President lawmakers. "I hope that the Congress

 Bush, discouraged by the Iraqi will send a good, strong signal. Bush, discouraged by the Iraqi will send a good, strong signal.""stiff-arm" in Geneva, says it is up
But, as he has done before, the
to Iraq's Saddam Hussein to choose president said he doesn't need to raq's Saddam Hussein to choose
$\qquad$ "It's not toc late," Bush said Jednesday after Secretary of State 6 ( hours of talks with Iraqi Foreign
Minister Tariq Aziz had nowhere. Bush now is looking to Capitol
Hill to bolster his hand in the desert faceoff against the rraqiarmy that has
occupied Kuwait since Aug. A congressional resolution endorsing force to drive Iraq out of Kuwait "now takes on even greater importance," Bush said as he sat at
the Cabinet table with supportive president said he doesn't need
authorization to wage war in the gulf.
"t "I still feel that I have the constitutional authority," he said. After six weecks of starts and
misstarts on arranging face-to-face misstarts on arranging face-to-face talks with lraqi leaders, the White
House had not raised high hopes for a breakkhrough in Geneva. But Bush, who before Christmas said he had a "get" feeling that
Saddam, the Iraqi president, would Saddam, the Iraqi president, would
back down at the end, owned up to disappointment I can't misrepresent this to the (See BUSH, Page 2)

You've probably hcard 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 The broadcast will begin at 10 a.m.
Tuesday with the "People's March to Tuesday with the "Pcople's March to
the Capitol," when about 15,000 people are expected to join Ms.
Richards as she leads them to the Capitol.
Oher televised events will include the swearing-in ceremonics at noon,
the Goveror's prayer scrvic, the
Governor's Texas lassroom Address and the inaugural parade. is a special segment when Richards
will address Texas students and educators from the Governor's
Mansion. Special arrangements have PBS stations and HSE to reach most Texas students with this unprecedent-
ed programming, Ames said. "By broadcasting the inaugural
events live across the state, every events live across the stare, every
Texan will have the opportunity to witness history in the making,
whether at work, at home or at whether at work, at home or a
school," said Cathy Bonner, chair o the The HHS band will perform in inaugural parade. The band, along with the Pecos bad, received a
personal invitation from Richards to participate in the parade.

## Talks turn mood sour

By CHRISTOPHER BURN Associated Press Writer
U.S.-Iraqi talks in Geneva having failed, fading hopes for avoiding war
in the Persian Gulf appeared to res today with a mission to Baghdad by
U.N. chief Javier Perez de Cuellar and European mediation efforts. leave for the Middle East this evening and meet with Saddam Hussein on U.N.-mandated deadline for Iraq to quit "The windor to peace possible surelty not become wider but it has not been
shut," Germany's foreign minister, Hans-Dietrich Genscher, said
Wednesday. Wednesday. $61 / 2$ hours of talks
Nearly $6 \quad 1$ between Secretary of State J ames A
Baker III and Iraq's foreign minister Tariq Aziz, were later characterized ing words.
Baker, who was bound today fo Saudi Arabia to brief allies on the
outcome, said he had heard "nothing outcome, said he had heard " "nothing
to suggest raqi flexibility." Aziz told reporters, saying Baker,'s presentation was fraught with ther.
The United States is demanding The United States is demanding
unconditional withdrawal.

## House defeats challenges to speaker's power

AUSTIN (AP) - Housc Speaker nine favorable votes in the orderly manner," he said. Gib Lewis says a series of votes that
crushed a challenge to the speaker's power shows that House members are satisfied with the
being conducted.
The House overwhelmingly defeated challenges to the speaker's power Wednesday, including a
proposal to require future speakers to proposal to require future speakers to
temporarily step aside if facing the temporarily step aside if facing the
same legal problems as incumbent
Gib Lewis.
None of the proposals to limit a
 "I think the votes are indicating toconduct their business. The House belongs to the membership," said
Lewis, D-Fort Worth, adding that he didn't perceive the proposals as a personal challenge. It does not offend me one way or the other. And I don't think $i$ t was or meant
to be ... I view to be... I view it as what they
consider a good, reasnal consider a good, reasonable way to
$\left.\begin{array}{l}\text { orderly manner," he said. } \\ \text { Lewis was re-elected on a 146-1 }\end{array} \begin{array}{l}\text { amendments so the } 1991 \text { House rules } \\ \text { by two veteran lawmakers, Reps. Al }\end{array}\right]$ 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 $C$. indicted by a Travis County grand
jury on two counts of alleged ethics jury on two
He says he is innocent of the
charges of failing to reporta gif tron charges of failing to reporta giff from a San Antoniol law firm and of failing
to disclose his interest in a business to disclose his interest in a business
for which the law firm allegedly paid some property taxes.
The proposals to limit any House
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 Their amendments, all of which
drew at least 130 opposing votes, drew at least 130 opposing votes,
included proposas to limit the power the speaker now has to appoint members of House committees, to
name committee chairmen and vice name committee chairmen and vice
chairmen, and to control the flow of chairmen,
bills. bills.
Price also
a

He said a speaker should be removed from his post if convicted
of any felony, convicter af any fectony, convicted or fined for
any
bristaw laiolation or "conduct bringing discredit or dishonor to the ouse."
The plan also would have forced a speaker to temporarily step aside if indicted for any felony offense, any
ethics violation, or an offense ethics violation, or an offense
involving moral tuirpitude. It would not have ecovered Lewis, however, because Price proposed that
it apply only to indictments issied
after the amendment was adop Lewis was indicted Dec. 28 .
"We have procedures to expel member (of the House). We have procedures to get rid of a commituee
chairman or vice chairman," Price chairman or vice chairman," Price
said. 'Wedo 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.
issued seven citations and investigated one accident
Fair weather for weekend
10 mph . mostly cloudy with a low in the lower 20 s . West wind 5 to 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

UNTTEDNATIONS. High-levelU.S.S.Iraqualks having failed U.N.


 lawmakers say.
NEW YORK

 | poillion four |
| :---: |
| WASHIN |

in Geneva, sevi-Presiden, Bush, discouraged by the Iraqi" "sifif-am"
 taxpayers So r hen first time to bear part of the cost of future large bank
failures a senior
Treasury MOSCOW The situ 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

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 KILLEEN - Casualty notification, military housing - even income taxes - were topics of Army briefings in this Central Texas town for families of soldiers stationed in the Mideast as a U.N.--imposed deadline loomed.
FORT WORTH -Only Congress may declare war and President Bush FORT WORTH-Only Congress may declare war and President Bush
will violate the U.S. Constitution if he orders a military strike against 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. Gulf, a national blood supplier said.
WASHINGTON - Rep. Pete Gere
thousands of workers who are losing their jobs because of the cancellation
of the A-12 stealth attack plane of the A-12 stealth attack plane.
IRVING -New y-jobless Gene
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, he American Heart Association says in a report today.
AUSTIN - House Speaker Gib Lewis says members of the
AUSTIN - House Speaker Gib Lewis says members of the Texas Legislature 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. 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

AUSTIN (AP) - House Speaker session. Voters repeatedly have GibLewis says members of the Texas $\begin{aligned} & \text { rejected raises, including a } 1989 \text { plan } \\ & \text { Legislature deserve a pay raise and }\end{aligned}$ creating an Ethics Commission that also could set salary l
According to lawmakers familiar with the negotiations over an ethics reform plan, having a new Ethics commission also set salaries Currently, voters must ap pay raise for legislators.
in place that would increase legislators'
Wednesday.

But he said he wasn' $/$ certain plan linking pas to ethics reform that he and Gov.-elect Ann Richards sw Legist quick attention from the new Legislature.
poses any plan to have an Ethics "All All is that's taken place to this
e said, other lewis said. However,
systems for setting their legislative
Under the state Constitution, Texas
lawmakers receive $\$ 600$ a month and
$\$ 30$ per day in expenses when in
$\qquad$ the power to approve future pay
hikes.

Lewis said lawmakers sacrifice a great deal to serve in the 140 -day sessions. "The last five years, where we
have been in session longer the have been in session longer than jobs," he said. "I don't know very
many people who can afford to live 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
qualified Texans from running for the Legislature because they can't afford the "tremendous sacrifice." salary system where anybody could run for the Legislature. It should not run ar the Legislature. it should
be a body for the rich," he said.
The speaker also said he does see a system that eliminates the need for voter approval as taking power away from citizens.
"Idon't think
allowing the me 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
return," he said.

## Snow scenes

解 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.

## 90\% of Americans see reason for war

NEW YORK (AP) - Nine out of The telephone interviews with percent to prevent Iraq from 10 Americans see at least one good 1,003 adults showed a substantial 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
poll found. poll found. "If a president ever expects more
support for the war option than poll "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 households seaming less than $\$ 15,000$.
to another country," said Everett C. "We don't have a population just Lo another country," said Everett C. "We don't have a popul $\$ 15,000$.
Led, director of the Roper Center Public Opinion Research.
The AP The AP poll and a flurry of others this week show, however, that
American support for President Bush's demand that Iraq get out of
Kuwait is tempered with a Kuwait is temper
wait-and-sec attitude.
If Saddam Hussein does not
comply with the Jan. 15 U.N. deadline for leaving Kuwait, 44 percent in the APpoll said the United favored giving econ. Fifty percent more time to work.
Yet 93 per cert
Yet 93 percent agreed with at least one of five arguments some people have made for going to war.
The poll, done by the ICR Survey Research Group, was conducted
Friday through Mo nd Friday through Monday, when hopes
still were pinned on Wednesdays still were pinned on Wednesday's
talks in Geneva.

## BUSH



## siastic about thpula

sighting," Lade said.
But the new poll indicated Bush has gained support for the military
option since the Iraqi inv months ago. An AP poll Aug. 8-12 Iraqi military targets to force Iraq out Kuwait, although only one-third thought e,
work.
Now, 59 the direct objective Americans said Kuwait's government is restoring reason togo to war. An interest closer control of a 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 troops from continuing to kill and



## SW Bell

 will stay with plans AUSTIN (AP )-Southwestern BellTelephone Co Telephone
implementing a
a implementing a rate settlement
approved by the Public Utility
Commission Commission despite a threatened
court challenge, said a company court cha
official.
official.
"We are proceeding as we should be, irrespective of what may or may not occur in the courthouse," said
Rich Dietz, Southwestern Bell Rich Dietz, Southwestern Bel
assistant vice president for rates and assistant vi
revenues.
The PUC refused Wednesday, with
$2-1$ vote, to reconsider its a 2-1 vote, to reconsider its Nov. 29
approval of the settlement. C approval of the settlement.
Kingsbery Otters, 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.
Otters, process used to settle the with the The commission took out of the settlement a change in a charge by GTE Southwest Inc. to long-distance
companies. One of the companies 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 o keep its charges to long-distance carriers in line
Bell's charges.
Bell's charges.
Ms. Otters disagreed. She said Ms. Otters 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 en
proper notice.
"Everyone was trying to get the deal done," she said. "Those little details could be the Achilles' heel to Dietz disagreed.
"They 're obviously looking for a way to resurrect this case, and we'll just sec how their arguments bear out
in court," Diet said. He said all 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 Commission-
er Marta Greytok and Chairman Paul
Meek. The settlement was opposed by The settlement was opposed by
several consumer groups and more seven 100 cities served by the telephone company. A number of
other cities, telephone companies and other cities, telephone companies and
the PUC general counsel supported the PUC genera
Southwestern Bell says total customer benefits would be $\$ 1.2$
billion under the fours billion under the four-year seulement, 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. Office of Public Utility Counsel, Ms. Outmers' office, estimates the revenue change under the settlement at about $\$ 291$ million.
The consumer office, which says The consumer office, which says customers about $\$ 1$ million a day, says the company's statewide average
basic local rate of $\$ 9.70$ a month for basic local rate of $\$ 9.70$ a month for residential customers should be

NEW YORK (AP) - A booklet NEW YORK (AP) - A booklet
issued by the American Jewish Committee contends that a "new
activism" by pro-Palestinians within Christian churches seeks to undermine sympathy for
putting Israel at risk. Advocacy in the churches of
Palestinian Arab political goals has Palestinian Arab political goals has
taken an increasingly anti-Israel tilt taken an increasingly anti-1srael 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


 $= \pm=-2=$

## Myths surrounding arthritis treatment

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 widdely. Arthitis affects about 37 million Americans of all ages and walks of
life. Effective treatments are life. Effective ureatments are
available for some forms of the
disease. There generally is no sure, disease. There generally is no sure,
so the condition tends to be a lifelong problem. Discomfor
flow over the years.
Small wonder, the
Small wonder, then, that people
with arthritis look for ways to cope with arthritis look for ways to cope
with the condition. In addition to
medically valid treatments, people mey turn to bogus-or dangerousmay turn remedies. Expenditures on bogus and legitimate treatme Many popular treatments fea diet or exercise. How valid are they? Current research is debunking several
food myths-but providing dramatic for people with arthritis.
For generations, dietary regimens
"cure" arthritis have been popular. 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, product called uric acid. Today,
medications can successfully manage medicationscan sut.
most cases of gout.
As for other types of arthritis,
there are plenty of unfounded theories: Omega-3 fatty acids-This substance, effect, but it does notalter the course of arthritis. We do not recommend taking sup
arthritis.
*Cod liver oil-A "lubricant" for
stiff joints may sound logical, but stiff joints may sound logical, but
your booy treatscod liver oill like any
other fat-he substance has no specific other fat-the substance has no specific in vitamins A and D ; it can be toxic in large amounts.

* "Elimination diets". Some worsen arthritis pain. This peppers been documented; avoiding such been documented; avoiding such
foods will not relieve arthritis
symptoms.

Make
life

## better

Plastics are helping to bring
windpower costs down to earth. Wind windpower cosstsown to earth. Wind
machines borrow from curren aerospace technology in which
composites are used to make the composing blades that rotate to produce
turbine
elecrical energy More than 14, 000 windmills now
dot California's hills. There, strong tropical winds generate enough
electricity to meet the residentia needs of a city the size of San
Francisco or Washington, D.C. Francisco or Washington, D.C.
Used plastic containers, car port and computer housings, collected cleaned and chopped, can be
valuable commodity. By mixing used plastics with ground glass, one
company has been able to mane company has been able to manufacture durable road construction products that won trust, corrode or
rot These products include highway signs and the "chairs" and "bolsters" that support the steel reinforcing rods
for roads and bridges. for roads and bridges. walls have
Modular plastic warte
captured the imagination of avidrock 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 areas where they can rock climb fo
serious climbers who are constantly
in fitess and recreation centers, in fitness and recreation centers,
mimic the look and feel of rock They're made from glass reinforced
polyester panels (fiberglass) that have 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.

110 North 25 Mile Avenue, Suite F
Hereford, Texas.
Practice Limited to

For some individuals, food choice
may seem to affect the symptoms of arthritis. This may be due to
pychological factors ("the placebo
effect"), or symptoms may coincidentally fluctuate with changes in what
you eat. Here's a good rule of you eat. Here's a good rule of thumb:
Buy foods and determine the portions you food have, as is if you were in perfect
health. Avoid supplements and megadoses. And dontrements on "diet
therapy" at the expense of therapy" at the expense of regular
medical care to treat yourcondition. Maintaining a healthful diet is Maintaining a healthful diet is
important for everyone, but it can be
challenging a challenging goal if you have
arthritis. Medications can interfere arnhrits. Medications can interfice
with your body's absorption of
nutrients. Also, some usefularthritis 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.) symptoms.)
By making physical activity
uncomfortable, arthritismay promote oncomforabace, araesity and excess
pounds put further strain on your joints. Limited mobility can
discourage you from shopping and preparing meals.
Today you choose from an increasing array of equipment to
make working in the kitchen easier make working in the kitchen easier
and more pleasurable.
Total rest-which might seem to 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 aclivity between rest and physical activity.
Rest is important for helpyg
control active inflammatory arthritis. control active inflammatory arthritis.
When acute arthritis subsides,' reasonable form of controllec activity
can help improve conditioning can help improve conditioning and
muscle tone and protect your joints.
Lack of physical activity can worsen muscle tone and protect your joints.
Lack of physical activity can worsen
problems ranging from heart disease problems ranging from heart disease Many hospitals and community
centers offer exercise programs for centers offer exercise programs for
people with arthritis. The Arthritis peopic with arthriits. The Arthritis
Foundation has developed a program
called PACE ("People with Arhti called PACE ("People with Arthritis
Can Exercise"). Designed for people Can Exercise"). Designed for people
with mild to moderate arthritis, PACE meets the traditional treatment goal of increasing your range of motion
But PACE goses further and add a new dimension of fecercisc for people
with arthritis-routines that strengticn with arthrius-routines have strenghthen
muscles and improve hear/lung
capacity. Result: increased finess, joint capacily. Resuit. increascorniness, join
mobility and pain contro.
PACE is available as agroup activity PACE is available as a group activity
at local Ardritis Foundation chapters
and on videotape for home usc. There are two levels of intensity. The PACE course spans. about cigh
weeks. Sessions last an hour, one to three times a weck. You'Il learn up
to 70 routines that cover posture to 70 routines that cover posture
breathing and relaxation. PACE is
total-body workout that you can total-body workout that you can
perform standing, sitting or lying on
ihe floor PACE complements-but docs no
replace-the program of medication replace-the program of medication,
rest and joint protection that your
physician mecomments if PACE is appropriate for you. If you have arthritis, follow these
guidelines whenever you undertake
any exercise program. any exercise program:

1. Move slowly, so muscles can relax 1. Move slowly, so muscles can relax
between each repetition. Move joints
only until you feel a gentle strectch only until you feel a gentle stretch.
Concentrate on reaching the joint's
full range of full range of motion each day, rather
than on speed or number of excrises. than on speed or number of excrcises
Be sensitive to joints that are inflamed (red, warm, sensitive).
2. Exercise at your own pace. Don'
worry about keeping up with somconc 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 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 routsine.
4. Don't take pain metications ter 4. Don't take pain medications befor you exercise. By "masking" pain, they
could lead you toovercxerion and joint damage.
5. Breathe deeply when you exercise. Count out loud while you cxercise to Count out loud while you cxercise to
be sure yourre not geting out of breath.

## ROGER BILLIG, M.D,FA.C.S BOARD CERTIFIED UROLOGIST <br> ROGER BILLIG, M.D,FA.A.S. BOARD CERTIFIED UROLOGIST

| ULT AND PREDIATRIC UROLOG |
| :--- |
| for |

## Ann Landers

DEAR ANN LANDERS: In recent years I've become aware that
there is an abundance of lonely there is an abundance of lonely
women who are looking for a
companion or simply a warm body companion or simply a warm body.
Ihave one of them. My husband Thave 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 h never had so much as a speeding I'm not the worshipful, loving wife
he deserves. That woman died 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 cy My husband is mean, selfish, critical,
deceifful, miserly, demanding, vain, deceitful, miserly, demanding, vain,
rude, inflexible, unforgiving of the rude, inflexible, unforgiving of the
most trivial transgression and impossible to please. He sucks the
joy of life on a daily basis. joy of life on a daily basis.
For many years I kept thinking every thing that went wrong was my
fautt and if $I$ just kept trying things fould get better. Now, 40 years later, h know it will never get better
and he is at least 50 percent at fauth. and he is at least 50 percent at fautt.
Please print this letter and send me the replies you get from interested
partics. Some women are partics. Some women are so
desperate for a man they'Il 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 program for the La Afflatus Estudio
Club when members met recently in the home of Pet Out.
Langehennig stressed to the
women the importance of locating the proper businesses for of investing the
money and also advised money and also advised the women
to know the people they deal with concerning money matters. The
speaker was substituting for Ike speaker was substituting for Ike
Stevens who had to cancel his Stevens
program.

The meeting was called to order by Secretary Virginias Beasley and the club collect was recited. 22 The next meeting will be held Jan 22 in the home of Emily Suggs wit
Mary Williamson scheduled present the program on education. Frances Crume and Margare
Brorman were welcomed as guestsy Brorman were welcomed as guassis by
those present: Etoile Manning those present: Etoile Manning,
Alberta Higgins, Beasley, Louis Alberta Higgins. Beasiey, Louise
Kinsey, Decla, Stagner, Ailcen
Montgomery, Williamson Honor students named
Area students attending Angelo
State University in San Angelo are State University in San Angelo are
listed on the honor roll for the fall
semester at he uniter semester at the university.
Those listed on the 3.00 to 3.49 Those listed on the 3.00 to 3.49
honor roll include Jefferson Mark honor roll include Jefferson Mark
Hicks, an animal science major Kendra Leigh Tisdale, undeaided
major; and Chad Micheal Beavers, a major; and Chad Mic
psychology major.
Those listed on the 3.50 to 4.00
honor roll include honor roll include Angela Raquel
Banner, an undecided major; Kelby Dane, Hagar, an accounting major;
and Brenda Gail Allen, an elementary and Brenda Gail All
education major.


Sorority meeting held


Beverly Redelspergers home was
the setting of the Jan. 8 meeting of the setting of the Jan. 8 meeting of $\begin{aligned} & \text { Heritage Center in H } \\ & \text { Apassed away in } 1985 .\end{aligned}$ Alpha Alpha Preceptor Chapter of Alpha Alpha Preceptor Chapter of passed away in 1985. Beta Sigma Phi International Beta Sigma Phi Sorority.
A book review presented by Carol Beta Sigma Phi International
Charitable Foundations and the
additions of five new McGiook review presented by Carol additions of five new grants by the
librian at Hereford Beta Sigma Phi International High School, and written by Mame Beta Endowment Fund were discussed
Burns titled "This I Can Leave You" Buns " his ICan Leave You" was the topic for the program.
Mrs. Burns and her husband D. Mrs. Burns and her husband $D$.
Burns were the managers of the Burns were the managers of the
Pitchfork Ranch, one of the oldest Pichlor largest ranches in Texas, from
and during the business meeting. The membership voted to meontribute to the endowment fund.

## 1

## lit

 life on the ranch and of the manycharacters that enter their lives during
the 23 years the
characters that tenter their lives during
the 23 years the Burns lived there.
Upon retirement from the ranch,
the Burns moved to Lubbock where the Burns moved to Lubbock where
$\mathbf{o}$
a
and Heritage Center in Rubbhock.
Mame was inducted into the 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
The scheduled for Tuesday, Jan. 22.
Hostesses Redelsperger and Hostesses Redelsperger and
Barbara Burkhalter served Texas trash, brownies, almond tea and
coffee to members Virginia Alene Tindal, Murlene Streun,
Brown, Gery Taylor and guest


## Hints from Heloise



Southwest Outdoors with Mel Phillips L,

## Mid-winter fishing

 can be successfulHello 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 Meredith-
record smallmouth bass. Hank McWilliams of ritch cught the state-record record smallmouth bass, Hank McWilliams of Fritch caught the state-record
walleye and Lake Baylor produced a black bass weighing more than 13 (anunds.
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 a6 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 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 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. 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 fishing or hunting in the really cold weather is one of those no-fuss hand
warmers distributed by Grabber under the "miniheater" trademark. These warterer sistributed by Grabber under the "mininheatec" 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 fire 24 hours depending on the size of the packet and the amount of aire exposure,
these heaters can be resealed and used for several short trips. Just take these heaters can be resealed and used for several short trips. Just take
an air-tight plastic bag, squecze out all the air and reseal the bag in order an air-uight plastic bag, squecze 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 react with the oxygen in the air and stopping the oxygen supply stops
the reaction. The manufacturers don't recommend saving their heaters the reaction. The manufacturers don't recommend saving their heate
for several trips, but I like to save money whenever possible.
for several trips, but like to save money whenever possible.
The days are geting longer and the winter chill will soon be replaced
by the warmth of spring. Weat Southwest Outdoors are looking forward 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 | togreat adve |
| :--- | :--- |
| 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 hostcd a of a Hereford Whiteface sophomore four-team tournament last weekend,
basketball game.
but icy roads wiped out the tourney; The Herd sophs were scheduled to
play at 6 p.m. today at Lubbock play at 6 p.m. today at Lubbock
Monterey, but an eight-inch snowfall Monterey, but an eight-inch snowfall in Hereford cas.
the game off.

The sophomores are scheduled to 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
High School must forfeit its 1988 comittee members said.
Chad Woolery Dallas Inder High School must forfeit its 1988 Chad Woolery, Dallas Independent
state 5A football title and give back
 staic excculive commituag ruled
 the commiuters.
Nov. 18,1888 .
Chanct temororaily was forecedoun
 Commissioner W.N. Kirby ruled that no-play law by changing eno aldersà grace or orack iciclas sasi Gay Edwards
 pass au urricusular acivivities, such as Sporss hour sater, on Nov. 18,1988 ,
 Austin issued a temporary restraining
order that enabled Carter to continue in the playoffs.
favor of Carter and filed a permanent injunction against the Texas Education Agency and UIL, which
was appealed. The 3rd Court of was appealed. The 3rd Court of Appeals dismissed the case as moo
and set aside Davis' ruling on Oct. 3 , stands. The case was nrby s decision the Texas Supreme Court. to require Carter to forfeit all four 1988 season games played after OcL . 10, 1988, to return its championship
trophy to the UIL and "make a good trophy to the UIL and "make a good
faitheffor" to collect championship medals from former players.
Records would show that Carter Records wonld show that Carter
had won the championship game but had won the championship game but
forfecited the title to Converse Judson, which Carter defeated in the state
finals Dec. 17, 1988; 31-14,
$\qquad$ A.O. THOMPSON ABSTRACT COMPANY
Margaret Schroeter, Owner
Abstracts Titte Insurance Escrow P.O. Box 73 242 E. 3 rd Phone 364.6641 Across from Courthouse "Of course, we're disappointed. But that's it," said John Kincaide,
DISD athletic director. "We're glad that it's over with." But Kincaides said he still did not
believe the question of whether believe the question of whether
Edwards' grade was changed had Edwards' grade was changed had
ever been clarified.
"My concern was that the issue on "My concern was that the issue on
the merits of the case, every time the the merits of the case, every time the
merits of the case was tried in a court, 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 return their medals to the UIL
although Kincaide said it would be
"litergll "literally impossible."
"We'll do the best we can with the
medals. Those kids are medals. Those kids are scattered
everywhere. We don't even know 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 champion-
ship trophy, although he said it should ship trophy, although he said it should
be easy to return. 'We 'll find it,"' he said.

| Charlie's |
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## UIL may beat NCAA to punch on player conduct, taunting rules

N

By CHARLES RICHARDS
Associated Prest Writer Associated Press Writer The University Interscholasti League will move on its own to
restrict taunting and Kessicict taunting gand showboating $b$ by
high shool athletes if the NCAA doesn't clamp down on the tactics.
UUL director Bailey Marshall says. The director Bailey Marshall says.
Nuich govems athletic and acalemic compoetition antienoun
Texas' public high schools beng Texas' public high schools, began
addressing the problem months ago addressing the problem months ago
Marshall said Wednesday. Marshall said Wednessay. Miami's
The
muchersitity of much-criticized antics in in its
penally-plagued Couto penaly-plagued Couton Bowl victory
over Texas on Jan. 1 "just brough over Texas on Jan. I "just brough
out mor vividly. a trend that seems
tobe increcsing our morer vividy a rend hiat seems
tobe increasing, Marshall said in a
telephono interien telephone interview frrom Austin.
High school football in Texas is High school football in Texas is
played basically by NCAA rules played basically by NCAA rules.
".The taunting issue we plan to bring up a a an NCAAA nulsscommitue
mecing in Corpus Chrisi later in he meceing in Corpuschishisi later in the
summer. We are extremely summer. We are extremely con-
cerned, and if the NCAA doesn't do anmed, and ine
any rea, If feel sure the ULL will make some rules of its own
and insist upon enforcement." and insist up
Marshall said.
The NCAA, and thus the UIL already has rules on taunting and on end zone exhibitions after touch-
downs, Marshall said th downs, Marshall said, "but I don"t
think those rules are enforced as think those rules are enforred as
severely as they should be."

NASHVLLLE, Ten. (APP. - Games
and scholarships were swallowed un and dcholarshins were swallowed up
in thic NCAA's latest round of in the NCAA's latest round or
reforms. student-athetes merged
with more time to 0 ust be students with more ume to just be suduents.
and college presidents
removed all and conicge presidents removed al
doub as owhos boss.
Many of the nearly 250 college Many of the e early 250 college
presidens and attending the NCAA convention began ioday to head
home, their Nashville operation to home, their Nashville operation to
take control of college athtecics an take control of collegeg athletics an
ungualifid success. About 50 more agendaiiems suwaresteddelelgates sothe mending. which isn' schectuled to
adjoun until Friday
But une
But the primary items in the
presiden Presidents Commission's
far-ceaching packagedesigncd tocut back scholoraships, coaching staffs,
playing seasons and time demands playing seasons and ime demands
stampected to opassage Wednesday for she second dstaigsigh day.
The 44 member
The 44 -member commission
proved beyond doubt by the two proved beyond doubt by by thes two
days' voting that it represents days' voting that it represents the
overwhelming majority of college presidents.
 Miami, which has finished near the by the federation changes, since top of the national standings for the
past five years, the UIL director ."if we we're we don't get this stopped,
proble problems." Marshall added.
.We had alcealy
set this 1 spring. We sent out letters to all the
colleges. colleges and pro teams and all the
press and media in regard to behavior by players and coaches. , ,o ose ewhat
can be done to eliminate these can be done to eliminate
probems,"
"Warshall said. problems," Marshall said
"We arr asking the colleges and prosto serve ass beuerer role modesels for
 all of it on the pros and colleges; we
realize we have some work of our realize we have some work of our
own to to. Everybody has to realize there is a necer do dod somemething, and
if hat means all of us siting down iftrent eansallo of susisiting down at
the table and deciding what to do we 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 implement
ed several rules changes inis week iKansas City, but nose dealt with taunting or showboaning. Several, however, dealt with
harsherteatment of flagant fouls.
another
by the federation changes, since
TTxas is one of several states that use NCAA regulations as a guideline rather than the federation. But allo of the new changes already
are basically in effect in Texas
Marshall said Marshall said.
"We alter "We alter some (NCAA regula-
tions) because of special concers by tions beocle. For instance, we put in our people. For instance, we put in
the mouthpiece rule before the NCAA
did. We usually are a step did. We usually are a step or two
ahead of the NCAA, as far as safty ahead of the NCAA, as far as safety
is concerned," Marshall said. is concerned," Marshall said.
In one notable rules change, the 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
cjection, even if no contact was made cjection, even if no contact was made.
"The entire issue of sportsmanship - the taunting and baiting by players
is of great concern," - is of great concern," said Dick Schindler of the federation.
been disqualifying fouls, but swinging and missing, or kicking at but missing, were not. The commituee
believes both acts are serious enough believes both acts are serious enough
to warrant cjection." to warrant ejection."
Referes at Texas high school games already have that discretion,
Marshall said. Marshall said.
"Officials they want to. It's a judgment call by
the official. If I was working a game
and saw a player swing at another, I'd nd saw a player swing at another, I 'd 15 yards for unsportsmanlike conduc or jeect them, depending upon the ore of the game,", Marshall said.
Also adopted in Kansas C Also adopeded in Kanssas City by y
national federation was a rule that national federation was a rule that
would prevent a player who is would prevent a player who is
knocked unconscious or apparently unconscious from retuming to a game without the written permission of a "We leave that to the coaches, the school trainer and all to make those "What is being knocked out? Who knows that is fing puts an awful burden on the officials, so we leave those decisions to the coaches and trainers nd 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. used in college and the pros. It said
high school football teams using its high school football teams using its
rules will keep goal posts at 23 fect, 4 inches. The NCAA will narrow goa posts to the NFL stan
6 inches next year. inches next year.
An exception to the rule adopted
by the National Federal Football Rulc Committee will be made when a high school team plays on a collegiate fiecd. That's she same rule alrcady in force

## makes more cuts

## "As you can see, the world has basketball programs will lose two was reduced from

 changed. Dramaticalit andcomplete. scholarship, cutuing back to 13 . of cant timagine that the qualityof game will not be hurt."
 said. convention."
Donna Lopiano director of women's Donna Lopiano, director of women's
athletics at Texas and a long-time ivivs al Texas and a long-ume Wednestay, doleggates apporoved by acivist in NCAA affairs. The nearly a $10-1$ margin a complex directors and faculty reps, 'You're 'and reduces time demands on not doing a very good job protecting
he integrentect. Footall wasn taffected in dne integrity of our institutions. We ${ }^{\text {over. }}$ They said i t very emphatically,"
 Lopiano added "But I hope
docosn't have to be said too often." The reform blitz -one college chier described it as "a ast-moving
locomotive"
produced roughly 10 ocomotive- produced roughly 10
percentacross -the-board scholarship cuts in alls sports, including the
money-making sporis of foothall money-making ssoris of foobtbal and
baskeball. Foobball scholarship limits basketball. Football scholarship limits
will go from 95 to 85 by 1995 and

## DON'T TOUCH THAT DIAL...

28 -game limit to 27 , presen The reform movement finally delegates softened a key proposal in
delt ind a series of measures to toughen membership requirements for "It's like scoring a bunch of unanswered touchdowns and then missing one extra point,", NCAA
executivedirector Dick Schultz said (See CONVENTION, Page 5)
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## Jordan passes

## Winchester shoots down Redmen

another milestone

## By The Associated Press

 When it comes to passingmilestones, Michael Jordan would rather be in Philadelphia. Jordan, who carlier in his career
scored his 5,000 th and 10,000 scored his 5,000 th and 10,000 th
careerpointsat the Spectrum, passed career points at the Spectrum, passed
the 15,000 mark Wednesday nigh and finished with 40 points in the and finished with 40 points in the
Chicago Bulls' $107-99$ victory over
the 76ers. "'rve had milestones here in the
past, but we lost the games. The thing past, butwe lost the games. me he thing getting the win," Jordan said. Jordan reached 15,000 points -
he's the 54 th player to do so- in 460 games, faster thay anyone clse excep With Chamberlain, who scored his 15,000th in his 358 sth game. "I'm a litle surprised I did it so
quickly. Six or seven years ago quickly, Six or seven years ago
wouldn't have thought it would happen so quickly," said Jordan, who
is in his seventh NBA is in his seventh NBA season. Jordan's 15,000 th point came on
a free throw late in the first quarter a free throw late in the first quarter
"To reach the milestone was bonus," he said. "This was a great
victory $f$ or us. We've been playin 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 Philadel
phia milestones, Jordan al so became phia milestones, Jordan alsobecame
the Bulls' all-time scoring leader during a $120-109$ loss in Philadelphia last Jan. 26 .
Elsewhere in the NBA, it was Elsewhere in the NBA, it was
Boston 110, Milwaukee 102;
Minnesota 111, Orlando 103; Dallas Minnesota 111, Orlando 103; Dallas
109, Portland 99; Phoenix 113, Cleveland 105; and the Los Angeles Lakers 108 , Utah 85.
Armon Gilliam 23 for the 76 ers, who have lost six of seven games and fell $81 / 2$ games behind first-place Boston in the Alanics D10, Bucks 102
Boston improved its home record
$18-1$ with its 17 th consecutive to $18-1$ with its 17 th conseccutive
victory at Boston Garden despite victory at Boston Garden despite
losing all but two points of a 28 -point

## Johnson shuffies staff

IRVING (AP) - Jimmy Johnson Lowry and Nolan had fulfilled
isn't content with the Dallas Cowboys'comeback season, sohe's looking for a new offensive coordinator to jump-start a sputtering offense that ranked last in the NFL.
Johnson stripped Dave Shula of his duties as offensive coordinator and quarterbacks soach Wednesday and gave him the new title of "passing
gamecoordinator-receiverscoach." He said a search for a replacement was under way, and he hoped to make a hire by the end of January.
Johnson said he had "two or three Johnson said he had "two or three
candidates in mind" as a replacecandidates in mind as a replace-
ment, but he refused to reveal who they were.
Johnson also released tight ends
coach Alan Lowry coach Alan Lowry and defensiv
backscoach Dick Nolan - holdover from the Tom Landry era. Nolan has the option of remaining with the team
on a part-time basis, Johnson said. CONVENTION
aid which athletes receive from thei school count as athicic aid. That, and another amendmential commitments by relaxe receiving large amount of federal assistance, will make it much easier for smaller schools to meet the ne in I commitments. et it passed as amended rather than not get it passed at all. There is no Schulzz said lz said The lime-reduction measure
eir purpose of breaking in a new oaching staff, Johnson said.
Johnson said Johnson said he didn't view hula's reassignment as a demotion, ffense. "We're not doing this because of problems," Johnson said. "We're tuer. "I don't think this is a reflection on any one individual or any one game or one year," he said. "We saw this as an opportunity to improve be any scapegoats. I think we had good year."
The Cowb The Cowboys went $7-9$ in 1990
narrowly missing the playoffs one yearowly missing the playoffs on seven of its first 10 games befor getting into playoff contention wit four-game winning streak. nents, means athletes will be required
to spend no more than 20 hours per
week on their spor during ists season,
with one guaranteed day off. In the
off-season, athletes can spend only
eight hours per week at their sport
and be guaranteed three days off.
"You can't overstate the
importance of the time-reduction
proposal for the bene-fit of the
student-athletes," Lopiano said. "I
was hopeful wecould takee even some
more pressure off kids. The
hour-per-week limit and mandatory
days off are long overdue. It's terrific
for the kids."

By DICK BRINSTER
AP Sports Writer
 Winchester knew it would take a
full-blown effort to control
Malil Sealy for Selon Hall to beat St.
Ignoring stomach pain, the residual of food poisoning, Winchester
ppitomized Selon Hall's defensive effor by shackling the high-scoring Sealy as the Pirates beat the
144 thranked Redmen $74-62$ Wedtes day night in the Big East.
"I ate a half-cooked sausage on
Sunday and my stomach is sill upse,", Winchester said after limiting
Scaly, a 24.6 scorer 1 Il 11 points. Sealy, a2 4.6 scorer, 10 11 points."
just tried to concentrate on the game just 1 rided oco concentrate on
and forget about the pain." The 6 -foot--8 Sealy. came in
shooting 8 percent shooting 58 percent. Against the
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 SL. 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, Uah
late Carolina 105 , Mayland 73 as coach
Dean Smith got his 700 h vicory No 11 Kenuck go 89. Mississipipi Staic 70 ; No. 14 Duke 98 , No. 24 Georgia Tech S7; and No. 18 Nebras
Missouri-Kansas City 78.
 surging Scton Hall, which won for the fourth hime in the last five mectings
with its Big East Conference rival. with its Big East Conference rival.
A20-8 second-half surge by 5 Selon Hall put the game away. St. John's. led by Jason Buchanan with 13 . points, went $6: 04$ without a basket
during the surge during the surge.
No. 1 UNLV 124, Utah St. 93 Larry Johnson socred 13 points.
Icading the Runnin Rebels Icading the Runnin' Rebels to their
21st straight victory over 21st straight victory over two
scasons. UNV couldn't ge untracked in Aggies led carly and tied the game our times. UNLV managed a 59.54

But an injury to starting quarterback Troy Aikman, who suffered a
eparated shoulder, snuffed the Cowboys' phoulder, snuffed the Johnson met with Aikman this week and then with Shula, who until Wednesday was the youngest "I situation and he understands where his strengths are," Johnson said.
He said Shula's talents would be Hut to better use in his new role which includes in horking with
wether receivers coach Hubbard Alexander and also with the tight ends.
"This is
Thad with the a similar role to what he
joining the Cowboys "My feelings are that we can add we already have," he said. HEALTH
 $\mathrm{S}^{\text {nopolati }}$ buideal =COUCNO
 10 annon Induodes up to 5 atrs. on (mos major brandss. imer, Ube
and check all fulds.

Scott oilchano 41325 Mille Ave. $364-2633$

FULL MeAL DEAL!

The Runnin' Rebels opened the second half with a 16.4 run
Kendall
Youngblood led the Aggies with 21 points.
No. 5 N . Carolina 105, ${ }^{\text {No. }} 5$ N. Carorina 105, Smidh got his milestone victory
behind a career-high 25 points by behind a carecer-high 25 points by
Huberr Dovis.
Walt Williams Marlands Walt Williams, Maryland's leading
scorer at 21.4 points per game, was held to 16 atter making only 2 of 11
shots in the first half. Mat Roe led
$\begin{array}{ll}\text { Billy Mccaffrey had a carcer-high } \\ \text { hots in the first half. Mait Roe led } & \text { Repoints as sharp shooting and solid } \\ \text { defense gave the Blue Devils an }\end{array}$

No. 11 Kentucky 89, Mississippi St. 70
Freshman Jamal Mashburm scored 24 points and Kentucky's press
forced 31, furnovers. Kentucky used a Kentucky used a $17-4$ surge,
coluding three baskests by Mashburn, incouing incee baskets by Mashburn, emaining in the first half.
No. 14 Duke 98 . No. 24 Georgia Tech 57 ,
Billy McCaffrey had a career-high

Auantic Coast Conference victory
Georgia Tecch, tops in the ACC b allowing a shooting percentage of 40.8 , suffered a reversal. The Yellow No. 18 Nebraska 97 Mo.-Kansas City 78 The Cornhuskers got 18 points in double figures.
Missouri-Kansas City was led by Missouri-Kansas City was led by
doshman Tony Dumas with 22

## ffense

can't winawards like this Moon finished third behind



 How faceladdests.'s.sececived since



 he highest award Tve won and I Neal Anderson had two cach.

## 

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Page 6-The Hereford Brand, Thursday, Jan. 10, 199
Mortgage facts that

## Ask Dr. Lamb

Folic acid, vitamin B are needed during pregnancy
can pay off
Are you at home with the truths
and misconceptions about home and misconceptions about home
mortgages? Here are a few it may pay
you to know. Fallacy: You must be able to pu at least 20 percent down to get a
mortgage. mortgage.
Fact:
Fact: Lenders will allow a
downpayment as low as five percent downpayment as low as five percent
if you carry private morgage
insurance. The premiums will add to 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 of more than rerest rates. They (pre-paid interest assessed by the lender at settlement, the meeting
when the property legally changes when the propery legally changes
hands) and other fees. plus a full
rangeof "terms"-including adjustabil range or "terms"-including adjustabil
ity versus fixed-rates, low downpay ment versus high downpayment, the
presence or absence of prepayment presence or absence of prepayment
penatties and many other features.
Fallacy; If you can meet the Fallacy: If you can meet the
mortgage and scrape up the downpayment, you can buy the house.
Fact: You also have to Fact: You also have to consider
closing cost. These may include an closing cost. These may include an
origination fee, discount points, origination fee, discount points,
appraisal fee, title search and
insurance, survey, taxes, insurance, survey, taxes, deed
recording feed, credit report charge recording feed, credit report charge 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.

## Comics

BLONDIE


Marvin


By Tom Armstrong


BEETLE BAILEY


Barney Google and Snuffy Smith ${ }^{\text {® }}$ By Fred Lasswell


## The Wizard of Id

By Brant Parker and Johnny Hart


Dr Lamb welcomes veterem from


 eetectect questions in future columme
 Lutheran, Episcopal and and Roman
Catholic bishops in Cathotic bishops in hirigina have
entered inios ocovenant billectas ase of the closeses suchen workinged pastener ships in the country.
The agreement was signed by bishops and 160 other representatives
at the close of the state's annual
LARC (Lutheran, Anglican, Roman

Two vitamins important for a needs. The best sources of folic acid successful pregnancy are folic cacid are dark green, leafy vegetables. and vitamin B, reports the National
Academy of Scientists. Academy of Scientists.
Folic acid (or folate) is a B- should be eaten fresh and raw because
storage and cooking destroy as much Folic acid (or folate) is a B- storage and cooking destroy as much
complex vitamin necessary for a
number of percent of the vitamin. Vitamin
nunctions including
B-12 is easier to obtain from the diet synthesis of RNA and DNA-the than folic acid. By eating adequate genetic material responsible for cell amounts of meats, fish and diary
division. During pregnancy, folic products a mother can consum division. During pregnancy, folic
acid helps create red blood cells for a mother can consume
sufficient supply of vitamin B-12. the increased blood volume required
by the mother, fetus and placenta. Because of a women's increased by the mother, fetus and placenta. Because of a women's increased
Because of folic acid's role in in
nutrient needs during pregnancy, she ecause of folic acid's role in nutrient needs during pregnancy, sh
producing genetic materaial and red may require folic a cid
bloodcells, a deficiency can have far-- supplementation. Additional folic reaching consequences for fetal supplementation. Additan be obtained in either overevelopment. If the fetus is deprived the-counter or prescription-only vita
of folic acid, malformation can result.
min/mineral prenatal supplements of folic acid, malformation can result.
Happily, folic acid and vitamin B. 12 defficiencies are preventable, During pregnancy, foods rich in these The chief difference between the two involves composition. Prescriptio prenatal supplements typically provide greater amounts of folic aci
and iron that OTC formulations do.

## Television

THURSDAY
JANUARY 10


## FRIDAY

JANUARY 11


If you've come in and said, "I'll Be Back,"


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or come by 313 N . Lee to placed your classified advertising.
We reach thousands everyday!



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313 N. Lee

In case after case, Hereford Brand readers are finding unique items and services they've been searching for... satisfying their needs quickly... at a low cost.

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And something more. classified ads make more goods and services accessible... and certainly more affordable to more people. Are you beginning to see the potential in the Classifieds?

With such a broad array of buying options available today, it's a good idea to use our product first. It pays to read the Hereford Brand Classifieds!


We Have The Price........................................Volume Buying For Best Price! We Have The Selection..............................................Over 100 Rolls in Stock! We Have The Service.

