## Caution: living can be hazardous to your health <br> by LOUSE CoOK



## sodium nitrite used to cure bacon because nitrutit can combine with other substances to form canoercusing agens. "Bacon ," says Micher Jacosson, of the Center for Science in the Public Interest. "is noth. to form canoer-causing agens. "Bacon." says Michael Jacosson, of the Center for Science in the Public Interet, "is noth ing but little strips of fat laced with

|  | ad |
| :---: | :---: |
| duct Safety Commission. And |  |
| water is too hot, you may waste energy | noise and other pollutants. Between 1.500 |
| Back in the bedroom to dress. Stop | and 2.000 chemicals are known or sus- |
| ¢ | pec |
|  |  |
|  |  | nitrosamines. The fat promotes heart

da
disease. Americis' No. . health prober.
The nitrosamines promote cancer, the No.
ghealth problem.". $\begin{gathered}\text { 2heaith problem. } \\ \text { Just e eggs then Wait. Egg yoiks contain } \\ \text { cholesterol and high levels of cholesterol }\end{gathered}$
Ro $\begin{array}{ll}\text { are bad for your heart. } & \\ \text { A quick cigarette before showering? } & \text { D } \\ \text { Remember the cancer warnings! } \\ \text { OK, there is nothing wrong with } & \text { D } \\ \text { cleanliness, is there? Only sometimes The }\end{array}$ ntaining chlorofluorocarbons proy government has taken stmopsphere to bant
Perthap you are female. On the

Read the required warning | cancer. |
| :--- |
| cancess doses of estrogen can cau | Off to work. Careful or that automobile.

Does it pollute? Is your seat belt fastened? | $\begin{array}{l}\text { Crive carefully. The National Safety } \\ \text { Council says } y 23 \text { percent on all fatal } \\ \text { methods of cooking hamburger may - Just } \\ \text { accidents happen within } 25 \text { miles of home. mind you - be dangerous. Four } \\ \text { Canadian }\end{array}$ |
| :--- | $\begin{array}{cl}\text { Safe at the office. Safe? Nearly } 1 \text { million } & \text { Canadian doctors say some people may be } \\ \text { allergic to one ingredient in McDonald } \\ \text { Americans may be exposed to cancer. }\end{array}$ FDA wants warning labels on bubble baths

because, it says. some who use them get $\begin{gathered}\text { Smafe a the office. Safe? Nearly } 1 \text { million } \\ \text { Americans may be exposed to cancer- }\end{gathered}$ allergic to one ingredient in McDonald $\begin{aligned} & \text { sauce although McDonald's says ther }\end{aligned}$ rashes and itching.
pected as cancer -causing agents. Ner vous' Try chewing gum, but not with
sugar which can cuase cavities.
Lunch time Skip sugar which can cause cavities.
Lunch time. Skip the three martinis.
President Carter does not DA says It it diet. may be dangerous sweetened soft drinks, Large doses of
saccharin cause bladderAf your stomach Careful: Ultravioletskin cancer


.... sayser crausing agents in rats and- =$=-=-=$ epellents. paints and solvents. inks spors movers and on and on Need a tranquilizer? Or at least an
a spirin? Each year. some 300.000
Americans are hospitalized with severe der
 muminn
$\qquad$ 5 WEDNESDAY May 17, 1978

# The Hampa Aveur 

## Crime report may hurt Hill



Ambulance to seek rate hike service for Pampa and Cray
County may son increase by 50
percent, or from $\$ 0$ to $\$ 60$ per


Choral director John Woicikowfski presents Susan Michael with the
American Choral Directors Association National Student Award American Choral Directors Association National Student Award
Tuesday. She was selected by her fellow choir members
If approved by city and county years. The last in as man service increase came in 197
when the per According to Metropolitan
General. Inc. Ambulance
Service, the rate hike "is needed costs." Metro business Guerations manager
Guengerich. Amarillo, sa
today that his company
$\qquad$ Guengerich

## Wallace ends political career

Illegal alien children have no right to school


 In their appeal. they quoted
Deuteronomy on the rreatment
of servants and foreigners and
President Carter's statement.
"The nations of the world
spend 6 times more equiping
each soldier than educating
each chilid."
The appeals court said a free
edecucation is not a fundamental
right guaranteed by the U. S .
Constitution.
Providing free schooling for
illegals would either burden duce the
for children
legally adm
pealls court
"There are
as 5.000 ill
resididg in
district.,
mon
meny was
pensive to
dren than
that conne
was that if
dren were
school tuition-free. the added
cost to the Houston school sys-
tem could be as much as 88.35 cost to the Houston school sys.
tem could be as much as $\$ 8.35$
million each year." million each year.""
Lawyers for Carlos Hernan Lawyers for Carlos Hernan-
dez and the ther children on dez and the other children on
whose behalf the suit was filed whose behalf the suit was filed
said in their appeal they were said in their appeal they were
legally admitted to the United States but had overstayed.
The court's decision upheld a 1975 state law that allows tui-
tion-free education to citizens
and legally admitted aliens but



Brenda Stout and Robin Lee proudly display the Hugh Saunders Achievement Award which has been engraved with their names. The News photos)

nor a third straight time.
However. one person who re. fused to write hesis poon itical obit
uary was his second wife. Corn uary was his second wife. Corn
elia, divorced from Wallac elia, yivorced from Wallac
last year after a widely publ cized maritil a dispute
Mrs. Wallace said Tuesday Mrs. Wallace said Tuesday
night that her former husband was not "the George Wallace of old "But she added.
"Let's face it. This is a man who likes
crowd."
During 16 years in state and
national popititits. Wailiace was
called savior devil. reformer bigot and bufffoon. But he was
never ignored

## OPINION PAGE

## Businessmen have rights



Is it government's 'business'?

| By OSCAR W. COOLE |  |
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|  | The manaement of tot firm |
| bases in various states, a |  |
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| presereved they forese | landevery militry base |
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## The flampa Neurs

EVER STRIVING FOR TOP o' texas
TO BE AN EVEN BETER PLACE TO LIV
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$\qquad$
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$\qquad$


## Today in history




| Arssotwo columns studies show that Bue Cross |  |
| :---: | :---: |
| Mar | home health care plans save |
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| onest comprehensive home |  |
|  |  |
| programs, the local Blue Crossplan says that as many as 220 |  |
|  |  |
| care of at home at an average daily cost of $\$ 25$ as against the |  |
|  |  |
|  |  |
| During its 17 years, the program bas provided care for more tha |  |
|  |  |
| 10,000 patients, cut hospital bills by more than $\$ 1$ million. |  |
|  |  |
| In Philadelphia, in just two years, another long - standing |  |
| Plan has saved an average of 12 days per patient, slashed $\$ 2.5$ |  |
|  |  |
|  |  |
|  |  |
|  |  |
| program, a Blue Cross plan study of 991 patients showed |  |
|  |  |
| days (an average of nine days per case) and money savings of |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
| period, was put on home care |  |
| Over the next 13 months, her bills amounted to only \$1,100. |  |
|  |  |
| And in Rrock island, two |  |
| ${ }^{\text {hospials }}$ 328 home care pated thent resulted ted |  |
|  |  |
| in total savings of 6,944 hospital days, the equivalent of on |  |
|  |  |
| bed for 19 straight years! |  |
| where home health care programs have been given a fair |  |
|  |  |
|  |  |
|  |  |
| cynicism, the "it can't be done and "it doesn't work as |  |
|  |  |
| on. Opposition to all efforts to |  |
|  |  |
| costs by curbing spending on |  |
|  | extremely expensive new direct relationship to evidene |  |
|  |  |  |
|  |  |  |
| direct relationship to evidence |  |
| Bitter fights are breaking out across the nation between thos |  |
|  |  |
| who want to slow hospital |  |
| accelerate it. Scorn greets even |  |
|  |  |
| sthow that hame heath care |  |
| health care there is as well as |  |
| runaway hospitial costs - |  |
|  |  |
| actually do save in terms of hospital stays and dollars spent. <br> In fact these documented |  |
|  |  |




## 

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\begin{aligned}
& \begin{array}{l}
\text { ins } 1248 \text { an and went wore male made } \\
\text { I. Whase } \\
\text { 1. Whicture appeared }
\end{array}
\end{aligned}
$$

## .

田


But it shouldn't happen here

WASHINGTON- NEA)-For most lawabiding Ameri-
cans, the idea of the Central Intelligence Agency conduct-

 defined its legal authority, specifically states the "the
degey shan
ane powers or internal security functions."


${ }^{\text {pasition and was anever even offered employment by the the }}$. 1958 through 1963 , they interviewed dozens and


 family before I I was, born", adds We issman, now a state
government employee iving in Minneapolis. Weissman's experience is pertinent today for two
reasons. First , he filed a civil suit seking aceess to the intormation the CIA had gathered in its it robee, and that
intitagtion provuced a landmark decision from the U.S. Court of Appeats for the District of Columbiad
When Congress established the CIA, it had
 that reached these conclusions: such activities create a






 cilizens,
specer ifo
coerito
recruits.


## Leaders say aliens tortured, murdered comminttee that should the ad- ministration inistration should the ad- Sen. Harrison Schmitt.

, munus bowner Mistinion unit









Lobbyist claims he had inside info on bills
$\qquad$

 is currently investigating The document said the trio
$\begin{aligned} & \text { Rompo was accompanied by } \\ & \text { had been }\end{aligned}$ (tripped naked, kick.
Bonilla, $\begin{array}{ll}\text { had been stripped naked, kick- } & \text { Bonilla, prisist lawyer Ruben } \\ \text { ed and beaten with rifle butts } \\ \text { League of }\end{array}$ and dragged through the "bak. League of United Latin Amer
and ing desert sind." The docu- can citizens (LULAC), who told
ment also stated that two of the tends "President Carter's plan men had been peppered with
birdshot from shotgun blasts Sirdshot from shotgun blasts
and the third had been "hung
wher is inconsistent withted the
by the neck by the neck but managed to es.
cape stran The Arizizona ranchers
charged in the case were ac-
quitted by "the racist all jury," according to the docu-
ment.

## Grover doesn't scare Tower

$\qquad$

| de American citizens a | residents of the United States." |
| :---: | :---: |
| $s$ serve in her armies, but | 'Basically, LULAC seeks the |
| initiatied mass deportation | initiation of a Marshall Plan of |
| campaigns during times of eco- | economic development for |
| nomic depression, said Bonilla. | South Texas and Meixco as a |
| LULAC could support the | means of easng the flow of ille- |
| president's plan, continued Bo- | gal alieis while at the same |
| -no sanctions | opportunities for our |
| no estabishm | Americans in South Texas," |
|  | said Bonilla referring to the |
| , | massive American economic |
| despread | aid program to Western Europe |
| against American citizens |  |
| Mexican descent." | In addition to the allegations |
| amnesty to "any | of trampled human rights, his- |
| resided in the Unit | panic leaders also stressed that |
| er than Jan. 1, 1977. | school districts - specifically |
|  | those in a seven-county area in |
| $y$ to illegals who entere |  |
| country prior to 1970 . | cially crippled by the unrelent- |
|  |  |
| mit | crossing the |
|  |  |
|  | $h$ Texas pubicic scma |

 law it should be amended to for its lack of conclusive data provide financial relief for bor-- or the illegal al conclusive probem. He tata
derschoot districts crowded testified that 'the president's derschool districts crowded testified that "the president's
with chidrren of ilegal aliens.
proposal is a good example of "The passage of the bill
would requing the cart before the est areas in the nation to raise Schmitt, like Bonilla, called
millions of dollars in local funds in order to provide facil- to Mexico noting that - "unless
ities." he ities." he said, "Schoold districts M- exico renews economic
along the Mexich order will become even more heavily im-
pacted with permanent resident $\begin{aligned} & \text { grownation explosion. a very } \\ & \text { phatic }\end{aligned}$

## Evaporative Cooler

 Motors- New Electric Motors by Westinghouse
- Choose $1 / 3$ or $1 / 4$ Horse Powe - 1800 Revolutions per Minute - Single Speed

District 21 - Tom Loeffler 8.-
806. Wallace R R Larson 2.558 .
Neil Calnan 2.007, Bobby Locke


District 24 - Leo Berman 4 .
685. Ben Franklin Bruce 970


## ${ }^{5} 28$ s ${ }^{5} 24$

Other Sizes
Electric Service Co. nes man

SHOP THURSDAY 10 A.M. TIL 8 P.M.

DUNLAPS<br>

## WHITESHOME SALE 



## They＇re not related but they＇re family

By Chris EDWARDS
Pampa News Staff Pampa News Staff
$\begin{gathered}\text { Way down on the end of Kingsmill，where the } \\ \text { city streets merge into farms，there＇s a brick }\end{gathered}$ city streets merge into farms，there＇s a brick
houssewhics sets back from the end of the road． After school or during the summer，you＇re
liable to see children working in a garden in the backyard，skippeng wope in the front yard or
tossing basketballs into the hoop which Todd tossing basketballs into the hoop which Tod
Clement erected for his community service Eagle Scout project．
But wait seven children out there，along with two older
teenagers．From the teasing laughter minagers．From the teasing，laughter and
manor squabbeses going on，it＇s obvious that
these are brothers and sisters，the chids these are brothers and sisters
typical middle－class family： typical middile class amily，
This family will throw the doors to its home
open from 2 to 4 p．．m．Sunday for a community open from 2 to 4 p ．m．Sunday for a com munity
open house．And although some of the chilren
at the Pa at the Pampa Children＇s Home re siblings，
most of the brother，sister－and parent－roles are assumed from love and not from blood．
Lajuanna．15，Crystal，12，and Brian，13，are

brother．and sisters．Michael，12，Robert，8，and Lloyd，6，are brothers．Norman， 6 ，has no real brothers here，but he has Mr．and Mrs．Randol．

Nichols，house parents Nichols，house parents of the crew．The
Nichols daughter，Lisa，18，and son，Marc，17 Nichols＇daughter，
round out the team．
The childien and the Nichols family，involved
in foster children care for 13 years spppoorted by donations from the Mary，Ellen home at 1401 Kingsmill works in conjunction
with the High Plain＇s Children＇s Home in home at
with the
Amarillo．
The home itself，partially because Mrs．
Nichols is a meticulous housekeeper and parhols is a meticalous fouseceeper ausection
pat any time，is spotiess．Not or tomente inn Komey The $\$ 50.000$ facility，remodeled from the Old
East Ridge Lodge and licensed for 10 homeless children，opened in April 1976．Because state
law mandates that giris and boys occupy law mandates that girls and boys occupy
different wings of such institutions．the
two－winged building was a perfect choice．

Volunteers spent c
into a foster home． But thister home．
nem no institution feel and only
ne intution smell－that of a stron one institution smell－that of a strong
disinnectant．Aside from the give away of exit and＂wash your hands＂signs，one would never
know that this isn＇t just another Pamp tione The Nichols sise it that whot war Pampa hiome ＂People don＂t understand that these children are like any other children，with the likes and s she walked through the home． The rooms，some shared and some single，are
paneled with wood Some show the different
interests of the children paneled with wood．Some show the different
interests of the children，which range from
macrame，music and athletics to ouilts． macrame，music and athetetis to quilts．
The children are involved in church and The children are involved in church and
school a citivities．attend church camp in the
summer spend the night summer，spend the night chith friends and even
have regular chores．The chores helps have regular chores．The chores helps Mrs．
Nichols，who does almost all the cooking and washing while her husband works full－time for he Pampa police department

Collier．Foster care is far from new to them－ hey stopped counting at 50 children．
Den＇they Don＇t they get tired of it？ ＂an＇t timagine not having child Net sold But the foster couple can take one weekend off a month，though they plan none until the
children are thoroughly comfortable with their

## Disce parents．

Discipline－as in many families－revolves
round an incentive plan，with children getting stars for good things and black marks for
behavior less thandesirable．
Because the Pampa Children＇s Home has so
nany children，the rooms and towels for each child are color－keyed．＂That way I can always
ell whose towel is on the bathroom floor．＂Mrs． tell whose tow
Nichols said．
But there will be no towels on the bathroom
lloors for open house Sunday．＂We＇re cleaning floors for open house Sunday．＂We＇re cleaning
up．We want the community to become
re－acquainted with us．＂Mrs．Nichols said．

## Americans rescued from zaire

| INGTON（AP）－Heli－ | the remaining Americans have |
| :---: | :---: |
| copters and a convoy of trucks | not been injured and are not |
| rescued most of the Americans | being held captive． |
| Zair＇s Shaba province today． |  |
| the State Department said | ciated Press in |
| Americans were left in | early this morning from the |
|  | Zaire capital of Kinshasa said |
| Robert Holliday of the St | pany＇s er |
| partmen | m |
|  | nwhile，a Defense De－ |
| son－Knudsen，the Boise．Ida | partment source |
| firm which employed most | ＂highly unlikely＂that U．S． |
| the Americans in the area | Army paratroopers，now on |
| wei， |  |
| aptured by rebels． | cause＂the situation seems to |
| There were con | be sorting itself out．＂ |
| s about how many |  |
|  | ns |
| Holliday said the depar | se |
|  |  |
|  |  |
|  |  |




## Chaplins body found

| USANNE．Switzerland | life and where he was burted |
| :---: | :---: |
| The body of Char |  |
| Chaplin，stolen from his village | Tenthorey said the body was |
| grave the night of March 2 ，has | Wednesday |
| en recovered and police | morning．He said more than 50 |
| arrested the two alleged | police investigators took part in |
| thieves，a Pole and | the final phase of the search． |
| rian，authorities said today． | He did not say immediately |
| men were arrested | whether other suspects were |
| lege | being sou |
| police demanding a ransom for | Chaplin＇s oak coffin weighed |
| the return of the come | 325 pounds，and detectives said |
| mains，said Examining Magi | would have taken at least |
| trate Jean－Dan | ee strong men to drag it |
| He said the body was found | some 50 feet from its gravesite |
| ar Villeneuve，a small to | in the cemetery overlooking |
| at the eastern tip of Lake Gen－ | Lake Geneva before loading |
| about 10 miles east of Co | to a small van． |
| sur－Vevey，where Chap | There was no immedia |
| nt the last 25 years of his | comment from Chaplin＇s |

## Names in the news

 BOGOTA．Colombia（AP）－Sen．Edward Kennedy will not
run for presiden in 1980 and
will not separate from his wife．
says his sister．Eunice Kennedy


Court rules cities
must sort utility data


## abroad．House minority leader <br> Reports reaching Brussels



Filibuster starts on labor bill

during his trial in Georgia on
pornography charges．
Flynt．who has refused to be
questioned by Georgia author－
ites since the shooting that left
him paralyed below the waist．
said Tueszay night in a tele－
vision interview from his ho
tal in Columbus，ohio：
II knew who did it even be－
the same people who assasi－
rother Booby．Martin Luther
King Jr．Malcolm X
have been investigating the as－ F．Kennedy said the shooting
hadn＇t changed his life＂be－
hadnt changed his life se－
cause I knew it was going to
happen sooner or later．I just
thank God my life was
Fpared．added that he plans to
Flynt a
ander

Large multi－cunty elec
power systems are not requi
to provide separate data


## is that the burden of separating the required data is upon the municipality



It observed that the utility
act＂attempts to regulate the
realitites of contemporary utility service systems．＂
＂One of these realities in this
state is the existence of large
state is the existence of large
integrated utilities，the facil－
ities of which serve many com－
ities of which serve many com－
munnities without regard to gov－
ernmental boundaries．＂it said

## On the record

| Highland General Hospital |  |
| :---: | :---: |
| Amisisions： | Pearl 1 ．Ray－ 128 s S |
| Ena M | Lavana Thronburs．Dumas． |
| 兂 |  |
| Lodge Pege | Alvin |
| 退 |  |
| 2109 Alococ | ${ }_{\text {Mrse }}^{\text {Drive．}}$ |
|  | Ikins |
|  | Barrilla ${ }^{\text {a }}$ |
| ners | Freddie |
| ren Hale－Miami． |  |
| Bull－ 1 Len Willi | Patty Harlan－104 Prarie． |
| icias L．Baum | Starkeathen－ 1129 N |
| ary Elen． | Esther Ferr |

Mainly about people











| Police report |  |
| :---: | :---: |
| Tuestay afternon fire in | Vandals were report |
| estimated 400 in property | out the front |
| an estimated sta in in property damage．Rita Beth Chumbly | of a car parked in the of |
| deal |  |
|  |  |
| 俍 |  |




## By The Associated Press Texans in thes were the prediction for

 western portions of the state Only in south and Southwest may have to travel south to seemuch sunshine today． $\begin{aligned} & \text { Texas were sunny skies pre－} \\ & \text { dicted．Temperatures were ex－}\end{aligned}$ The forecast called for thun－ $\begin{aligned} & \text { pected to be in the hundreds } \\ & \text { some southern cities }\end{aligned}$ der showers，some of them se $\quad$ The oxtreme temperatures at vere．to occur in north and 4 a am．wexre 79 at Brownsville
north central Texas and cloudy
to 54 at Marfa．

(t), By Abigail Van Buren DEAR ABBY: I have a \&-year-old daughtor III call Well, we took our daughters to the doctor for their shotad

 Taucet. Wen it was my daughter's surn for her shot, t took her

 anrsef and diany't mores eccenes. After that, she behave

 DEAR MAMA: No. If you had, you would have taugh


DEAR ABBY: I am a single woman, 43, going with
 years, and now he wants to marry me med trouble is my mother. We have lived together since
The The trouble is my mother. We have lived together sinto

 presestly live in a suburb.)
When
When hert riends try ty toll her that ahe ehould be happy
 won't hast that much longer.
Abby, Icould be very happy with Sidney if it weren't for y mother. What should I do? MOTHER TROUBLE DEAR TROUBLE: Marry Sidney. And ask him if he has

DEAR ABBY: My husband is dead and I have two
enlarged pictures of him nicely framed I keep them in my living room. The other day a neighbor came in and saw
them, and she said personal pictures do not belong in the Abby, I haven't had much education, and I would
appreciate it if you would tell me if 1 am wrong to keep his inctures there.
I get a ot of p
Ivet r lot of pleasure out of looking at his pictures in the
living room, but it they really don't belong there, I suppose DEAR DONT: Personal pictures should be enjoyed.
And they "belong" wherever they afford the moost

8
Ask Dr. Lamb

Lawrence E. Lamb, M.D
$\begin{array}{ll}\text { DEAR DR. LAMB - I } & \begin{array}{l}\text { tion is there but the evidence }\end{array} \\ \begin{array}{ll}\text { sent for your Health Letter } \\ \text { about orgasm is lacking. That in }\end{array} \\ \text { orostate gland and } \\ \text { itself should not prevent con- }\end{array}$ gave us much information tinued sexual enjoyment.
bout what my husband is oing through as musband is need additional a formone
hormport

## By ERMA BOMBECK

Furrs adds products
 President Carter and I are the only two people in this country I.
know who work from our home. He's got the best of it. having a desk that locks, and no one ringing his chimes in the pastry brushes and lip sloss. Oh sure, he has his share of
nterruptions. but does he ever ift his phone and discover
lite pome has entwined popsicle stick in the cord? Does he ever get involved in a high.
level phone conversation and have to excuse himself to turn
the timer off on the ham? Is he he timer off on the ham? Is he
ever in the midst of drafting a ever in the midst of drafting a
piee of leesisation that will
change the history of the world change the history of the world
and hear a yell from the other
end of the house. We're out of toilet paper!"'
The big problem with working from your home is no one treats
you like a professional. Pest
control men shufle in and out
spraying insectificide on my feet.
children draw faces on my calendar and color my roll of
stamps yelow, and at leastonce
a day my husband calls with instructions to, "Go to the
garage. Turn the power mower over on its back. On the bottom,
just under the right rotary
Tribe found living in volcano


By Tom Tie
DALLAS
In April

rostate surgery. We would sex life after this operation.
My husband is having trou-
ble since he had prostate者 since he had prostat He was pretty sick agno
Hot of bst transfusion at had to have le of months before he felelt ee with sex. The doctor put dren Linguets but it has not
helped at all. DEAR READER - T'm igporous when thee yare sick.
IIness of any severity ften a damper to sex. So is
tarvation, as occurred in prisoner of war camps. Af-
tera all, the sexual functions
are like other parts of the perfectly all the time. You hould expect sexual funcmay also recover his sexual ormal sexual vigor aecoter don't and this is often be
ause the In the age groun that sex was anyway - decline for them he surgery. It dopes mant a a
difference. whether you are 19 or 99.
Then you should know that
fter prostate surgery the
the aute mechanism at the
outlet of the bladder is usumackward ingasm is expelled true. The pidls (linguets)
your husband takes contain
male hormone. These will
not help unless there is nate hormone. These will
not help unless there is a
real need for increased hormones. When theysed dor. her-p
some men the effect is often
more psychological than due Im glad you. have already
read The Health Letter number 1.6, Prostate Gland. Oth-
ers who want this issue can
send 50 cents stamped, self-addressed en-
velope for it to me in care of
his his newspaper, P.O. Box
1551, Rodio City Station,
New York NY ${ }^{\text {De }}$ DEAR DR. LAMB -
pound walk an hour each morning
at the rate of four miles an
hour, Then Iforent hour. Then I pick up my wiffe
and we walk approximately
10 minutes and cover two miles. How many calor tese do
I use walking at four miles use walking at four miles
per hour for one hour and
how many at three miles per hour? DEAR READER - Your question indicates you houre spe mistaken idea that the
speed of walking makes a
difference. It doesnt. The
two most important vario. two most important varia-
bles are your body weight
and the distance walled. At your weight you walked. At
about 60 calories more per
mile than you would have
 Waik lour miles in one hour
that would be 240 extra calo-
ries and three miles an hour
for one hour would be be 180
calories. Your wife in no-frill wrapping
 Monday by Furr's supermarket more of the line will be available
in an effort to eliminate advertising and promotional
expenses passed onto shoppers. The generic products will be
abeled only by name tomeled only by name - - beans and peas, for
tomatoes, - on a white
exampe spokespersons say the iline will
be cheaper than most other xampes, beans and peas, for
In addition, to lower the cost ol black printing. They will be and the use of plastic bags
placed in aspecial section of the rather than boxes will be
store
"SELBY"
SAVINGS SALE FOR WOMEN \& YOUNG LADIES
"SELBY"
SAVINGS SALL


DEAR POLLY - Grease the rim of a pot to keep anything cooking in it from bubbing over. a
Cream your forehead before giving yourself a shampoo to avoid getting soap in your eyes.
Remove spilled wax from a rug bago ver the spot and then ironing the bag. Change the bag I rub a pecan nut meat on scratches made on wood
furniture. - ANN F .

## Polly's Pointers

## By Polly Cramer


$\qquad$ The IRS is questioning my
Texpenditure of a new shower
len curtain for my
do they know?


WINKKLER FIELLD
HEROES repair shop so they'Il know what
they're dealing with. Whe you're out picking up my cleaning, you can pick up the
part." As a humor writer I can only relight have the flashes of wit that might have been had I only had
a typewriter with set margins paperclips that weren't strung into a "neckkacee." a dictionary
with all the vowels, and a pen and pencil by the phone for messages.
Sometimes. I torture mysel by wondering what tit mussel be
like to fill a wastebasket do 't fall a wastebasket you
don to empty, and the peace of not having to let a dog
in and out 175 times a day inandout 175 times a day.
But the real kicker convincing your friends and
family you are really working The telephone calls that begin
You busy? So, what's
happening? Still happening Still working for
that crazy lady wo wont let
you go to lunch or play ten So. let her fire you. Ha. Ha.
Like President Carter. I to have my Camp David. It's calm.
serene and private. Itell no one r.m going there. I just slip of
with my work. and sometimes
just a few hours makes all the difference in the world. When perspective. and 1 am once
again ready to do batte with the
steady strea - rumerox PG
 pen b:30-5how Q:1.
Now showinc.. 4 Berono atiantis" andem


Astro－Graph

©
By Bernice Bede Osol YoOs BIrobday  Aumebody＇s

 Aunus（April 20－May 2o） ou＇ll do fine today so long as yarry gut oumeone else to
lasks．ll＇s not
ikely you＇ll do much about electing a career？Sent for tror
our coopy of Astro－Graph Let－ and a long，selitadorotessed raph，P．O．Box oxe9．Radio CCity
tation，N． 10019 ．Be sure to EMINI（May 21．JJune 20）If you cial dilemma today，look into
iee mirror to find out who is to CANCER（June 21－July 22）
eeling that nobody cares for erely the result of one of
ose periodic moods．Try to and culy 2 2－Aug．22）You
ould change your so
nany times today that one of Wo things happens：You＇ll get
lo contused to doantying or
oil
yourself into a false sense

H20

＂I＇m so proud of Harry．He became a member of the establishment

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MANK AND ERNEST
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 THE SAME PRICES AS YESTERDAY－．． THAT＇S WHY IT＇S A SALE．

$\square$ AND DONTT POPE TO PICK UP THAT DOLL FOR
HURRCANE HATTIE＇S． HURRKANE：HATTIE＇S BIITHACY！


OUR KING HOW？MOST By Davo Grave Moo？



## Houston businessman sneaked out in crate

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## DR election results：tension

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Grand jury gets police chief

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| Cubs |  | HAMburger patties |
| ambulance |  |  |
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Betting votes not reported



One That got Away

Brewers get revenge, 4-3

Sonics riled, Nuggets ready

 "He (Sorensen) was great."
said damberger "He eshowed
lot of heart out there has kept us in every game he
pitched. He's only been playin
professional ball Sorensen went the distancee
allowing six singles and John
Lowensten's RBI double in Lowensten's RBI double in
two-run Texas fitt hinning. Jin
Sundberg tapped him Sundberg tapped him for a sac-
rifice fy for the other Texas
run in the fifth The Rangers nicked him for
a rui on four consecutive sin-
gles in the third inning, with three of them bounding off the
gloves of Milwauke infieders. Mine Hargrove hit a one-ut
single off the glove of second
basem baseman Paü Molitor, before
Bump Wills lashed another shol
off

Tubbs loses to Stevenson





 out our Joe Merinno of sem

The hahyly ramed watios world champion Roberto Duran
with the victory which gave him a record of $38-2-1$ record of Houston retaint Alvis Tennis
middleweight title with middieweight title with an 1 -
round knockout of over Deryl
R Blumley of Cut in Shoot.
Texas: Raul Aguirre of San An tonio successfully defer ded his
Texas middleweight croun with Texas middleweight crovm with
a third round knockout of Manuel Torres of Houston: Ar Texas woronado of Uvix rouond split decision over Terry Strapnel of
Houston is a battle of ligh weights: and light heavyweight scored a firstest round knockow scored a first round knockoul
over Bruce Kaposta of Houston

and one to go
Clay Douglass, left, Richie Hill, Brad Knutson and Loney Wilson begin the last lap
in the 880 yard run. The event was part of the Sam Houston Middle School's in the 880 yard run. The event was part of the Sam Houston Middle School s
seventh grade track meet held at Harvester field recently. The seventh grade boys
and girls competed among themselves in boys', girls' and coed divisions.

Records set at Sam Houston


## Sports scoreboard





## Astros flatten Phillies



The Phillies came back with
a run in the fourth off Houston
starter Mark Lemongello, 34 , A walk to Howe, a triple by



| have reached the final round in their 11-year history. The championship series begins Sunday at the home of the | lanta's Hubie Br |
| :---: | :---: |
|  | one in history |
|  | stepped in when a team was |
|  | the depths, the second-worst |
| Western Conference winner.The Sonics have a home | team, and done what he's |
|  | done." scoffed Schulm |
| streak of 19 victories. The | Marvin We |
|  | the fi |
| The teams split the first two |  |
|  | ning |
| $n$ both | from a defici |
| Denver, down 3-1 in the series, then won at home Sunday, 123 - | Wally Walker, Sonics reserve |
|  | forward, said, "When you think |
| 114. But only two teams in NBA | of the kind of year we've |
| ${ }_{3.1}^{\text {playoff deficits. }}$ hisy have overcome | under Lenny, it makes you kind |
|  | of wonder what criteria the |
| The 1968 Boston Celtics did it | writers are using. |
| against Philadelphia in the | Wilkens said, "The only thing |
| Eastern Division final, while | I want to say is Hubie had a |
| the 1970 Los Angeles Lakerswon their opening round series | fine year and I'm happy for |
|  |  |
| against Phoenix after dropping | At least one Denver player |
|  | feels the pressure will be |
| three of the first four. Sonies President Sam Schul- | Seat |
| man was angry that Wilkens, | Seattle has |
| who took over as coach when the team's record was 5-17, placed second in the coach of | there," said David Tho |
|  | ored 35 points in leading |
|  | gets to Sunday's victory |
| the Year balloting behind At- |  |



Sports

## NFL "deceitful" attorney charges

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yers are bad actors likely to Perry Mason to cajole them into a verdict, says a chicago
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