



Four-wheel winner

Cory Wood (seated) of Paris recently won the Suzuki four-wheeler and custom trailer given away by the Paris Teen League as a fundraiser for the 1992 Dixie World Series chairman, and Ric Hodges, Paris Teen League president. Shown from the left are: Travis Fleming, commissioner of the Paris Teen League; Wood; Dixie World Series chairman, and Ric Hodges, Paris Teen League president.

Photo by Marvin Goray

Stress will be HealthTalk topic

With the welcoming of a New Year, come address stress that can literally eat away at all of us. This week on HealthTalk, Regional Medical Center's HealthTalk, Dr. Joe Williams provides suggestions to assist viewers in dealing with the added strain.

Program host, Dr. Bert Strom noted, "This program is very timely. Dr. Williams will share techniques that are economical and practical for each of us."

Dr. Williams is a gastroenterologist who has been part of the medical community in Paris for 12 years and is associated with

the Digestive Disease Center of Red River Valley.

Prior to coming to Paris, Dr. Williams served a two-year fellowship in gastroenterology at Wilford Hall USAF Medical Center, Lackland Air Force Base, Texas, and held several faculty positions at Wilford Hall and Carwell AFB, Fort Worth. During her medical career, Dr. Williams achieved the rank of colonel from which she is retired.

Dr. Strom added the next five weeks of HealthTalk are "command performance" of programs that have received a number of requests for replay.

"As we prepare for the first 3-4 months of the 1992 season, we want to encourage each and every viewer to take just a moment to either call or drop a line to our staff," Dr. Strom noted. The HealthTalk Line is 737-1301 or letters can be addressed to HealthTalk, P.O. Box 160, Paris, Texas.

HealthTalk is a community education program of McClinton Regional Medical Center. It can be seen on ACTS Channel 27 Saturday, 6 p.m.; Sunday, 10:30 a.m. and 6 p.m.; and Wednesday, 7:30 p.m. and on TCA Cable Channel 8, Tuesday, 6:30 p.m.

Arrests likely in yogurt shop murders

By The Associated Press

AUSTIN — Police say they're close to arresting suspects in the murders of four girls in a yogurt shop, a case that had mystified officials for nearly a month.

Sgt. John Jones, who is heading the investigation into the Dec. 6 slayings, said police might announce arrests at a news conference tentatively set for 3 p.m. Monday.

"It would be safe to say an apprehension is imminent," Jones told the Austin American-Statesman Friday after meeting with agents of the FBI Behavioral Science Unit. "We're real confident that this

case will come to an end real soon."

Amy Ayers, 15, Sarah Harrison, 15, her sister Jennifer Harrison, 17, and Eliza Thomas, 17, were found shot in the head and severely burned after firefighters put out a fire at the I Can't Believe It's Yogurt store in north Austin.

Jennifer Harrison and Eliza Thomas worked at the shop. The other two girls were visiting.

"I don't think it's going to drag on very long," Jones said. "We're not dealing with a hopeless situation by any stretch of the imagination. Things are real positive."

AF colonel will direct Dallas zoo

By The Associated Press

DALLAS — The Dallas Zoo and Aquarium has hired a career Air Force officer as director.

Col. Richard Buckerood, a former fighter pilot, commands the Air Force ROTC program in the Southwest, based in San Antonio.

He sets policy and directs 20 senior executives and 270 staff members for a nine-state area.

Buckerood, 49, succeeds Warren Hill, the director credited with the Dallas Zoo's expansion. Hill resigned in July to head the Phoenix Zoo.

Although he realizes that some people may question his lack of experience with animals, Buckerood said he is confident that his skills can be transferred to the zoo. He pledged to listen to the staff members about their jobs and to customers about ideas for the zoo.

"I want to wear out the soles of my shoes and not the seat of my pants," Buckerood said. "I need to hear feedback."

Buckerood said he developed a passion for wildlife as a Boy Scout and visited every zoo near the base where he was assigned.

He will retire from the Air Force before assuming his new job in March. His new post pays \$85,000 per year with a car allowance.

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Treatment for ulcers in mouth

DEAR DR. GOTT: Is there any cure for mouth ulcers? My daughter lives on Orabase II, especially in the winter. Should she avoid citrus and take vitamin C instead? We need some direction.

DEAR READER: Recurring ulcers in the mouth are caused by several types of microorganisms. In general, the appearance of the ulcer gives the clue to the cause.

Aphthous stomatitis is the most common. Often known as "canker sores," these lesions are shallow flat, painful erosions that can occur anywhere in the oral cavity. The cause is unknown but, after several days, the ulcers become covered by a whitish opaque material that contains bacteria.

Treatment consists of topical anesthetic cream, cortisone paste or tetracycline mouthwash. They had success in treating aphthous stomatitis by lightly burning the ulcers with a stick tipped with silver nitrate. These lesions tend to recur, however, and may be precipitated by stress and local irrita-

Dr. Peter Gott

tion (such as poorly fitting dentures).

Herpes virus infection is also a common cause of mouth ulcers, which begin as a crop of blisters, often called "fever blisters," often called "fever blisters" or "cold sores." Eventually, the blisters break, leaving denuded, painful lesions that can take many days to heal. These herpes infections are highly contagious. Treatment with the anti-viral drug acyclovir is usually successful.

Other causes of mouth ulcers include drug reactions, oral pemphigus (a serious autoimmune disorder marked by large blisters on the skin) and benign mucosal pemphigoid (a condition less serious than pemphigus).

I do not believe that avoiding citrus fruits causes or worsens mouth ulcers, although these fruits are often painful to eat. Vitamin C does not cure mouth ul-

cers, which heal by themselves anyway.

Because your daughter has a recurring problem, she should see her doctor who can diagnose the cause of her ulcers and recommend appropriate treatment.

To provide more information, I am sending you a free copy of my Health Report "Vitamin C—Vitamin and Minerals." Other readers who would like a copy should send \$3.25 plus a long, self-addressed, stamped envelope to P.O. Box 91349, Cleveland, OH 44101-3369. Be sure to mention the title.

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