

National

Woman picks winners in Pepsi contest

United Press International
BRIGHTON, — Although Pepsi-Cola officials say they don't believe it, a keen-eyed housewife

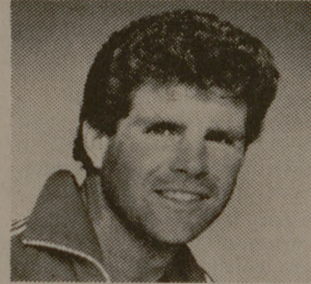
claims to be able to pick out the winners in a bottle cap contest simply by looking at the outside of the caps.

Rose Kirsch of Brighton said tiny colored markings on the side of the caps give the winners away.

In the promotion called the "Pepsi Challenge Double Pay-Off," specially marked bottle caps have symbols hidden on the inside. Winners can claim anywhere from 25 cents to as much as \$1,000.

Karen Miles, a representative of the sales marketing department of the Pepsi-Cola Bottling Co. of St. Louis, said she does not believe there is a method of spotting winners.

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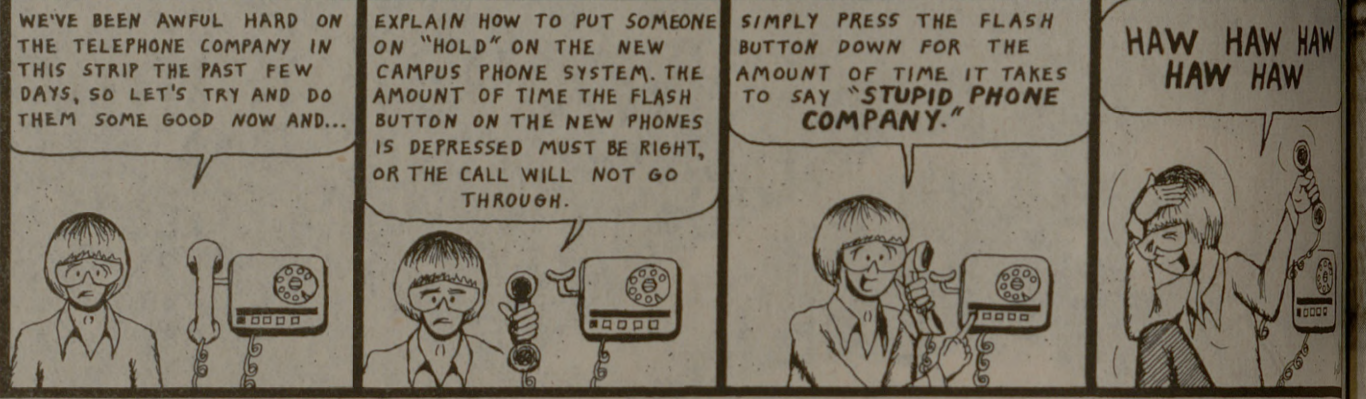
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By Scott McCullar



Moonshine still produces energy

Amish man's farm alcohol-powered

United Press International
KALONA, Iowa — An Amish farmer is reviving the distilling process of moonshiner days to make his 232-acre homestead energy self-sufficient.

An orange-colored still — a modern-day version of the copper kettle and tubing — is housed in a new building behind Edward F. Miller's hog farrowing sheds, along with a pair of cookers and eight fermentation tanks.

Miller uses the alcohol in his tractors, whose power has been increased by the ethanol mixture. He feeds his animals the corn mash, called stillage.

The distillery will also provide hot water heat to Miller's farm house and farm buildings and produces carbon dioxide for a greenhouse.

Miller, 54, built the distillery for his daughter, Mary Catherine, 32, to operate. She had open heart surgery two years ago and had to discontinue her work in Amish Mennonite missions in South America.

"My father and a friend went to see about producing alcohol for the farm to save on fuel," Miss Miller said. "They were enthused and dad said it was something I could do."

Miss Miller, who wears her hair up under a white lacy bonnet common to Amish women, said members of her family are not from the strict branch of the religion and are thus allowed to use electricity, vehicles and telephones.

She said friends and family members initially considered the distillery "just another one of

dad's experiments. "He's always been the first to go into something new in the community," she said. "But I wouldn't be surprised if the others try it, too, once they see it is working."

Her responsibilities will be to monitor the distilling process, "pushing the switches at the right time," and to care for some 150 plants in the greenhouse, which is the first of its kind to get its carbon dioxide from a still.

The hydroponic growing system allows plants to grow in plastic tubes filled with a liquid nutrient — a combination of water, carbon dioxide and plant food — instead of soil.

"We will raise tomatoes, lettuce, cabbage and almost any kind of vegetable," Miss Miller said. "But we can't do carrots, potatoes or root vegetables because you couldn't get them out of the

pipes." The Millers' distillery, which is still under construction, will produce about 300 gallons of ethanol each day. It now produces between 150 and 200 gallons a day.

Miss Miller said 40 bushels of corn are needed for each 100 gallons of alcohol produced. She said a third of the corn will come from the family farm, but the remainder will be bought from other sources.

Miller's farm will use about 5 percent of the alcohol and the rest will be sold to local farmers or large distributors. Neighbors are already buying the corn mash for feed, she said.

"They say the cattle go crazy over it," Miss Miller said with a smile. "I guess it still has a little alcohol in it."

A trench has been dug leading from the distillery to the main

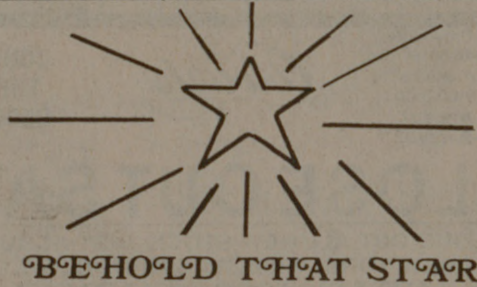
farm house and Miller is installing pipes to carry water, which is to cool the still and reach a 180 degrees, to the house for

"The engineers say it should be plenty to keep our places warm," Miss Miller said. "But I don't think they're going to tear up furnaces right away. We'll let them for backup."

She said it also will heat a nursery, the milking parlor and two farrowing sheds.

Although there are operating costs, such as buying LP gas for the still and electricity for machinery, Miller said he expects to make a tidy profit from the

ture. "I'd feel mighty foolish to build an operation like this and turn a profit," he said, pushing straw hat back to wipe his



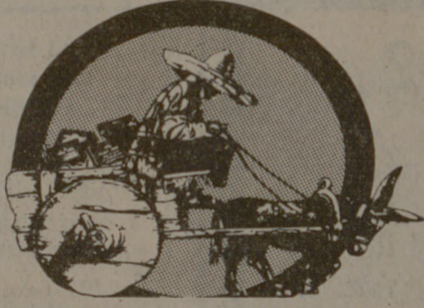
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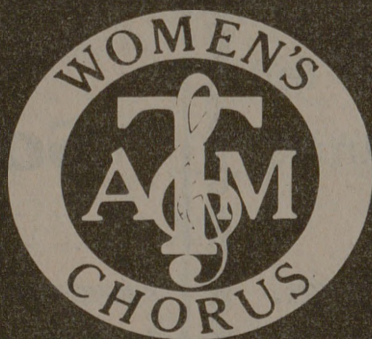
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Good health necessitates handling stress, doc says

United Press International
WASHINGTON — Doctors know that too much stress can weaken the body's defenses against disease but a New York specialist says stress also can be good for you.

"Stress by itself has a potential for self-sabotage on the one hand, or growth and expansion on the other," said Dr. Herbert Spiegel of the Columbia University College of Physicians and Surgeons.

"Stress may offer an opportunity to apply experiences of the past to new situations and occasionally may help one see new connections in an inventive or creative way. In this sense, stress can be a desirable asset leading to growth, exhilaration and a sense of well-being."

"It is the inability to cope with stress — adequately and over time — that produces distress,"

Spiegel said. Here are some of his prescriptions for dealing with stress:

— Try to regulate the frequency and intensity of your emotional responses to stressful events. "If you tend to hold things inside, try to talk them out. If you are easily excitable, try to think before you act. Give yourself five seconds to think over a response before you begin to react."

— When you are faced with a situation that you expect will be stressful, rehearse your reaction to the point where you feel comfortable with the situation.

— Make sure poor health habits don't affect your response to stress. Avoid cigarettes, get proper rest, avoid excessive alcohol, get proper exercise and limit caffeine intake.

— Try to adapt to situations which you cannot control. When

you find yourself stuck in a jam, take a deep breath, relax muscles and say, "What is it?"

— Build your self-confidence and ego strength to make you more secure and less responsive to stress.

— Treat others with respect. Have regular contact in such a way as to minimize the stress response.

— Organize your life to include periodic respites from your responsibilities through your hobbies and diversions.

— Don't treat stress as appropriate items such as marijuana or long-term use of tranquilizers.

Spiegel said a common mistake that many people make is to assume that the only way to deal with stress is to fight it.

"A more effective approach to resolving the tension and symptoms is a deceptively simple one," Spiegel said. "Accept the positive."

"By consciously and deliberately planning your daily life so the sizing respect for your own observing proper eating habits — using alcohol moderately or not at all, not smoking, and in fact, t appropriate physical exercise can generate a continuous flow of energy and life, which completely avoids tension but does not transform the stresses of everyday life into the oppressive and, at times, overwhelming and w

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